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The Voice

February
2004
Articles translated
into six languages

The newspaper of Neighborhood House

Busy year of voting in Seattle starts early

School levies and presidential contests await voters' decisions this year

By CHARLES REDELL
Voice editor

2004 is an election year and the voting starts early in Washington. In early February, King County voters will have a chance to vote on funding for schools during a special election on Feb. 3. Democrats all over Washington will choose a Democratic nominee for president on Feb. 7.

Two levies will be on Seattle's ballot in February. One will fund capital projects all over the School District. The \$178 million Capital Levy will pay for nearly 700 projects and improve every school in the District.

Schools Superintendent Raj Manhas said that this levy is a part of a 10-year master plan adopted by the School Board to renew all of the District's buildings over time.

\$95.5 million of it will pay for improvements to school buildings including roof replacements, upgrading safety and mechanical systems, retrofitting buildings so that they are as safe as possible during earthquakes and making sure that school buildings are accessible to all.

Along with these basic infrastructure improvements, the capital levy sets aside \$42.75 million to help the District pay for technology upgrades and equipment including new computers, servers, printers, scanners and projectors.

The third and final component of the capital levy is an *Please see "Dems need a candidate ..." on page 2*

Roaring in the new year



SafeFutures Youth Center in West Seattle celebrated Vietnamese New Year or Tet late last month. The celebration started with a traditional lion dance, above, complete with firecrackers. The rest of the celebration featured traditional greetings for community elders from the gathered youth and treats for the children to wish them a lucky and prosperous new year. A fan dance and other performances also had the crowd enthralled.

Earned Income Tax Credit best anti-poverty tool; assistance offered around region

By CHARLES REDELL
Voice editor

Tax time is coming up again. All over the United States, people are gathering their W-2's, pay stubs and receipts so that they can report their earnings and pay their taxes on time. Many low-income individuals and families have a little bit more figuring to do than the average taxpayer however. This is because they can claim the Earned Income Tax Credit. The extra work is worth it because the EITC can significantly reduce

the amount owed to the government and often results in a refund to low-income taxpayers.

The EITC and its companion credit, the Child Tax Credit, are special tax benefits for working people with low or moderate incomes. They are designed to supplement wages and make work more attractive than welfare.

"This is an important program and you should check to see if you qualify," said Internal Revenue Service Commissioner, Mark W. Everson. "EITC rules can be

complicated so you should carefully review the qualifications. Know, don't guess, if you are qualified. If in doubt, contact the IRS or its volunteer partners for help. If someone prepares your taxes, seek out a reputable professional who understands EITC rules and who will avoid common mistakes."

To be eligible for the EITC, single or married people between the ages of 25 and 64 on Dec. 31, 2003 must have worked at least part time for part of 2003 and have a social security number issued by the federal government. Additionally, workers with

children can receive up to \$1,000 in tax credits for each child they have.

The IRS is working with more than 180 community-based organizations nationwide to outreach to low-income workers who may be unaware of their EITC availability. In Washington, many service providers and nonprofit agencies will provide tax-time assistance with the specific goal of helping low-income people and families claim these credits.

According to Roxanne Lowe, executive *Please see "Tax help is ..." on page 3*

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"This is a real American holiday."

Deirdre Daw

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Health Notes

A column devoted to your well-being

Laughter is the best medicine

By DENISE SHARIFY

Community Health Program Manager

"Laughter is the shortest distance between two people." -Victor Borge

In my family, we have a great family friend named Sam. We all look forward to his visits because when he arrives, our family comes alive. Every household member, young and old, gathers around and eagerly awaits his stories. He has the gift of making simple events and plain stories funny and entertaining. He leaves us feeling great and exhausted from laughing.

People love to laugh. The average adult laughs 17 times a day and 5 year olds laugh naturally about 250 times a day. Research studies have proved that laughter is good for us and can improve our health and happiness. It has been found that the ability to laugh is helpful to those coping with major illnesses and the stress of life's problems. Laughter can bring balance to all the components of the immune system, which helps fight off diseases.

These are some of the reasons that Annie Edwards, Neighborhood House's Family Support Worker invited Kevin Wilhelmsen to speak to Rainier Vista and NewHolly residents this winter. Wilhelmsen and his

partners are mental health educators at Harborview Medical Center's Tee Hee Hee Therapeutic Laughter Program. The seminars emphasized the benefits of laughter and laughing exercises.

"Laughter or even the anticipation of a good time can create a positive mood and the ability to deal with problems better," says Wilhelmsen. "You may not be able to change a situation but with humor you can change your attitude about it. Laughter can decrease anxiety and stress, lower blood pressure, boost the immune system and relieve pain. It rests the brain, improves digestion and also inspires creativity."

Wilhelmsen said he was able to communicate with a diverse audience because laughter is universal. In fact, happiness is one of five emotions that can be communicated across cultures. Edwards believes that an increase in Senior Club participation at Rainier Vista and NewHolly is a result of the Laughing Seminars.

The laughter benefit that I like the most is that it stimulates circulation, tones muscles and provides an aerobic workout. Since one minute of laughter equals 10 of jogging, I plan to change my New Year's resolution. Instead of taking up jogging, I'm going to watch more funny movies.



One to grow on

Garden tips for community gardeners

Planning to plant perfect patch of peas

By ANZA MUENCHOW

Special to The Voice

It may only be February, but it is not too early to begin planning your garden.

The first step to getting ready to garden is to draw a map of your garden and to choose where you want to plant your favorite crops. If you are going to grow any crop that you also planted last year, remember to change the location of that vegetable. This is called crop rotation and is especially important for peas, squash, broccoli, cabbage and mustards. However, rotating all of your vegetable crops is a good idea. It helps avoid pest problems and keeps the soil's nutrients from becoming depleted.

Planting can also begin this month for some crops. For example, peas can be planted in February. To help you remember when to put peas in the ground, the rule of thumb is to plant them on Washington's Birthday, Feb. 22nd.

One of the best things about growing peas is that they do not need a lot of soil preparation. It is alright to add some compost, but not to add any manure. Though peas can fix their own nitrogen, I have discovered that peas do much better if you add a microorganism called pea inoculant when you plant.

To plant your peas, put a teaspoon of

the inoculant (which is a black powder) in a plastic bag and add the pea seeds and a tablespoon of water. Then plant the peas in a long row. Peas should grow up a trellis which is a frame for the vines to hang on, so pick a site where you can easily construct one. Your trellis doesn't have to be too complex. I use string for peas to grow on since their little tendrils grab easily to it.

If you are anxious to get more crops growing, plant parsley seeds in February as well since they like several weeks of cold before they sprout. These seeds will like more of a rich compost with manure in it, since it is a leafy green and always likes the extra nitrogen. You have to be patient with parsley seed since it takes three to four weeks to germinate. The wait is worth it though. Parsley is very high in vitamins and is a natural breath freshener too. It is wonderful to always have a patch of parsley for salads and garnishes. Because it lasts 12 to 15 months in a garden before it goes to seed, parsley can be a fresh winter treat in any green salad.

The days are getting longer and we'll discuss more about getting ready to plant your food garden next month. If you have any specific questions please send an e-mail to friendsofppatch@qwest.net or send your question to The Voice, 905 Spruce St., Seattle, WA 98104.

Dems need a candidate; schools need yes votes

Continued from page 1

academic one. This piece includes improvements to library, science, music and arts facilities, renovations to small learning communities and upgrades to athletic fields used by schools and the surrounding communities.

The second levy before voters in February is called the Educational Programs & Operations Levy or EP&O. As with the Capital Levy, this one is also up for renewal. Currently, its \$338 million provides 23 percent of the School District's funding.

"Every dollar raised by that operating expense levy supports our students' learning and academic achievement," Manhas said.

The EP&O levy funds important educational programs including funds to increase the number of teacher positions which in turn reduces class size. It assures at least one full-day, free kindergarten class in each elementary school, bilingual services and pays for programs that work directly with at-risk students, among other items.

"We want to be able to provide the best education possible for our students," said Patti Spencer, spokesperson for Seattle Schools. "Levy dollars allow us to continue to support some of the small-size schools ... where kids can be brought back into the system."

These levies are paid for through property taxes and currently cost homeowners in Seattle \$2.39 per \$1,000 of assessed value every year. Renewing the levies will not increase that rate.

If either levy fails "it will be a disaster," Manhas said.

If just the operating levy were to fail, 25 percent of Seattle Schools' staff would have to be laid off.

"I hate to even think about it," he said.

Upcoming elections

In other elections news, 2004 is a presidential election year. Along with this year's national election in which President George W. Bush is running for a second term, there is a Senate race. All Washington state representatives are up for re-election and so is half the State Senate. Gov. Gary Locke's term is also up and the office he is vacating is being hotly contested.

The first step in the Presidential election for Washington is a caucus. Democrats will hold their caucus on Feb. 7. Republicans will hold theirs on March 9 though their nominee is already decided.

Similar to primary elections, caucuses allow voters of a specific political party to come together and discuss all of the different candidates who are seeking the state's nomination. The process is a bit more complicated than a regular primary election, but has the same end result: delegates are awarded to a candidate helping to propel him toward the nomination.

All registered voters willing to declare themselves

as a Democrat can take part in their local caucus on Feb. 7.

Other state elections take place in two steps. The primary is on Sept. 14 and the general election, when voters choose a president, will be on Nov. 2, 2004.

For more information on the Democratic presidential caucuses or to find out where your precinct's Democratic caucus will be held, call 206-622-9157 or visit www.kcdems.org. For more information on the Republican caucuses, call 206-575-2900 or visit www.wsrp.org.

Election time line

Feb. 3 Local elections	School levies and initiatives are on the ballot all over King County.
Feb. 7 Democratic Caucuses	Washington state Democrats meet to nominate a presidential candidate.
March 9 Republican Caucuses	Washington Republicans meet to nominate a presidential candidate.
Sept. 14 Washington state primary	Washington voters nominate local candidates.
Nov. 2 General Election	Voters choose who should fill various elected positions.

Scholarship opportunity

By VOICE STAFF

Every year, Neighborhood House works with students all over Seattle and King County to help them attain their educational goals. Through scholarships, tutoring, mentoring partnerships and Head Start programs for preschool-aged children and their families, the agency provides support for youth of all ages and at all levels in their school careers.

The Heart of Oak Scholarship Fund was established in 1999 with an initial gift of \$1,500. The scholarship is offered annually to help pay for tuition and other hard costs of higher education.

Scholarship payments are made directly to schools' financial aid offices. To be eligible, applicants must:

- Be residents of Seattle Housing Authority public housing or residents of a community served by Neighborhood House.
- Be high school graduates or GED

recipients 21 or younger.

- Be able to demonstrate financial need, and a history of overcoming obstacles.
- Be able to demonstrate a likelihood of success in higher education.

To apply, submit an official high school or GED transcript, an official college transcript (if applicable), three letters of recommendation (including at least one from a high school teacher and one from a responsible community member), a personal statement detailing how you have shown courage in pursuit of a diploma, and the completed application form. The form is available at your local Neighborhood House center or by contacting Liz-Beth Levy at 206-461-8430 ext. 230 or by e-mailing liz-bethl@nhwa.org.

Mail all application materials to: Neighborhood House, attention: Heart of Oak Scholarship, 905 Spruce Street, Seattle, WA, 98104. Deadline: April 19, 2004

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The Voice, the newspaper of Neighborhood House, is published monthly with the support of the Seattle and King County Housing Authorities. 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, SHA or KCHA. We welcome articles and tips from the community, and reserve the right to edit all submissions.

MLK Day brings many voices, many messages



PHOTO BY CHARLES REDELL, VOICE

As this year's Martin Luther King Jr. Day march kicked off from Garfield High School, many different messages competed for attention.

Annual march brings out many messages in honor of King's message of freedom

By CHARLES REDELL
Voice editor

Martin Luther King Jr.'s 75th birthday was commemorated this year on Jan. 19. In Seattle, as in past years, many different groups used the national holiday as an opportunity to honor King's life, work and message of change through nonviolence.

The Garfield Teen Life Center, located

next to Garfield High School in the Central District, hosted three workshops for youth. The first – "Racism: Media/Music/Minorities" – explored many different topics including institutional racism, minorities and the media and the content of today's urban music. The second workshop provided various perspectives on higher education and job preparedness. The final workshop was called "Juvenile Justice and

Civil Rights." In it, participants looked at ways to reverse the high incarceration rates for African American youth and commemorated the 40th anniversary of the Civil Rights Act.

After the workshops, the teens and other community members held a rally that included speeches, songs and poetry in the Garfield gym to prepare for a march to downtown Seattle.

In the meantime, hundreds of people with almost as many messages gathered outside of the Teen Life Center as they assembled to join the march. Representatives of many different organizations also joined the throng of more than 2,000 people in an effort to get their message heard by those participating in and watching the march.

Unlike the numerous anti-war demonstrations held in Seattle last year, this event did not cover one topic. Supporters of different presidential candidates waved signs and passed out leaflets next to members of the Buddhist Peace Fellowship and Not in Our Name, an anti-war group protesting the Bush administration's policies. Union representatives with the message of "justice begins at work" also made up a sizeable contingent of the marchers.

Many people came to the march because they felt the need to mark something more basic than anger at a war, the president, their belief in labor unions or support of a candidate.

"I always do this because it's so important to keep human rights and justice alive," explained Debra Morrison, a Seattle resident who sits on the coordinating council of the Seattle's Green Party and has been attending the Martin Luther King Jr. Day march at Garfield for almost 10 years. To her, the wide variety of messages were "all about the same thing."

Kenneth Vassar, who lives in the Central District and has also been going to the annual parade for years, had a slightly different perspective. He comes to the Martin Luther King Jr. Day march every year with his grandmother and said that they come to support King's message because "if it weren't for him, I wouldn't be here right now."

The mix of messages during the day didn't feel right to Vassar though.

"The day should be about Dr. King's birthday," he said. "But I respect all the different messages. I feel happy that all these people came for a purpose."

One aspect of the afternoon's march that was very different from last year's protests was the diversity of the crowd. One woman, Deirdre Daw, who is white, was there with her Asian-American husband Mark Bix and their 4-year old daughter Lilly Bix-Daw. Daw said that she sees the diversity of the crowd as natural for the holiday and why the couple came out and brought their daughter.

"This is a real American holiday," she said. "It's not for any specific group."

Elsewhere around the region, groups marked the holiday in a variety of different ways.

Seattle Center hosted a day-long celebration that included an arts area for children that was put on by the Youth Volunteer Corps of King County, a concert by the MLK Mass Choir, a group of 100 multi-ethnic singers and a commemorative community reading of King's "I Have a Dream" speech. Four people read the bulk of the speech until the very last, and most famous, paragraph. At that point, the entire crowd read together, leaving the final words of the speech, spoken by many voices, hanging in the air to sum up the day: "Free at last, free at last. Thank God almighty, we are free at last."

School choice time is now; help picking is available

By CHARLES REDELL
Voice editor

From Jan. 15 through Feb. 28, parents in the City of Seattle have the chance to choose what school they will send their children to in the 2004-2005 school year. This is the opportunity for parents whose children are entering kindergarten for the first time, families who are new to Seattle Schools or just want to switch their child's school to make their choices and get priority assignment.

During this Open Enrollment period, parents may submit school choice application forms. Turning the application forms in on time gives parents the best chance of getting one of their top school choices.

Choosing a school can be a confusing process for parents who want the best education possible for their children. As a result, Seattle Schools goes out of its way to help parents make the best decision possible.

The Enrollment Services department provides a wealth of resources and information for parents. Chief among these resources are the Elementary Choice and Secondary Choice booklets which are available at Enrollment Service Centers around the city and on the district's Web site.

These booklets can be parents' main source of information for the entire process of choosing their child's school. They include information about services and

programs that are available in Seattle Schools, detail which schools offer which programs and a staff member from each school in the district, usually the principal, describes the school and the types of learning approaches that the school takes. The Elementary Choice Booklet also lets parents know which schools offer a free, full-day kindergarten option, preschool classes and special education programs. They also cover the details of state graduation requirements as well as the steps to making school choice.

Even armed with all the information available in the books, parents may still have questions. For this, there are Enrollment Service Centers available. Staff at the three centers are there to help parents "with the entire enrollment process" according to the Secondary Choice Booklet.

The Bilingual Family Center serves families whose first language is not English. Along with the general assistance that Enrollment Centers provide, the BFC can also assess the English-language skills of children to see if English as a Second Language services are needed by a student.

In addition to these resources, parents are invited to visit the schools in which they are interested. Tours and open houses are scheduled for every school in the district.

For more information about making school choices for your children, contact Enrollment Services at 206-252-0410 or visit their Web site at <http://www.seattleschools.org>. For bilingual services, call 206-252-7750.

Tax help is out there

Numerous free programs are offered

Continued from page 1

policy analyst for Washington's Workfirst program, the EITC is extraordinarily valuable for Washington's families.

"It's free money for low-income families," she said. "They just need to file."

Last year in Washington state, more than 330,000 families filed for the EITC. They received more than \$500,000 in refunds.

As a part of their efforts to address poverty as the root cause of homelessness, United Way of King County and the King County Asset Building Coalition will again offer free tax preparation services to help low-income tax filers get back more of what they earned in 2003.

Volunteer tax preparers are expected to fill out some 1,800 returns in White Center, Bellevue and at Seattle-Tacoma International Airport between Jan. 17 and April 15. Volunteers will provide services at seven sites in English, Spanish, Vietnamese, Cambodian, Samoan, Tongan, Russian and Somali.

Last year's inaugural efforts in White Center led to more than 1,000 tax forms prepared by United Way of King County and more than \$1 million in tax refunds to filers that otherwise may have gone unclaimed. The average refund amount was \$1,457.50.

"We're offering the service in many languages because we need to meet people where they are," said Dave Sieminski, United Way of King County program manager. "King County has many refugees and immigrants who aren't familiar with IRS tax codes or preparing their own returns, and

we help them make sure they get all the tax benefits they have earned."

The King County Asset Building Coalition will also connect people with financial education and provide opportunities for filers to use their refunds for personal asset development. One way people can do this is by taking part in United Way's Individual Development Account program. The IDA program helps participants save for a house, education or a small business as a way to break the poverty cycle.

"The Earned Income Tax Credit is the federal government's most effective anti-poverty tool, and we're excited to help people strengthen their futures," said United Way of King County President, Jon Fine.

The IRS also provides some valuable free tools to help individuals file their taxes and get their refunds.

Now starting its second year, the Free File program lets taxpayers prepare and file their federal taxes online for free. This allows people to receive their refunds in half the time of a paper return. The program was principally designed to assist taxpayers in low-income communities.

Free tax preparation is available through the Volunteer Income Tax Assistance (VITA) and Tax Counseling for the Elderly (TCE) programs in most communities. Call 1-800-829-1040 to find VITA or TCE sites.

Look for other articles in this issue of The Voice for tax-assistance sites near you. Also look for more tax-aid resources in future issues of The Voice.

TRANSLATIONS

TRANSLATED ARTICLES FROM THE VOICE

Программа по продлённой выплате пособий по безработице заканчивается

Extended Unemployment Benefits Program ends

Вашингтонская программа продлённых пособий (Extended benefits), которая обеспечивает помощь уволенным работникам, исчерпавшим другие пособия по безработице, закончилась в январе.

Решение о закрытии программы, принятое Департаментом труда США, базировалось на данных процента безработицы, опубликованных 19 декабря. Никто из претендентов не будет получать продлённое пособие после 10 января 2004 года.

В декабре Департамент охраны труда отправил по почте 9050 людям, недавно подавшим заявления на продлённые пособия, и 17400, которые проходили утверждение на программу в течении следующих недель, уведомления о том, что они не будут больше получать пособие.

Многие безработные имеют право на получение дополнительных выплат до 26 недель через другую программу, известную как

федеральная программа временной помощи по безработице в экстремальных ситуациях (Temporary Emergency Unemployment Compensation - TEUC), когда они исчерпали свои обычные пособия. Эта программа больше не принимает заявления на пособия TEUC.

Программа продлённых пособий обеспечивала дополнительные выплаты до 13 недель после окончания выплат по TEUC.

Когда заканчивается выплата продлённых пособий, штат не может начать новую программу продлённых пособий как минимум в течении следующих 13 недель. Центры по поиску работы (WorkSource centers) штата обеспечивают ресурсы, помогающие людям в поисках работы. Для того, чтобы узнать, где они находятся, а также для получения информации о возможностях трудоустройства посетите вебсайт центра по поиску работы <http://go2worksource.com>.

Для дополнительной информации о TEUC и Extended benefits пособиях посетите вебсайт <http://go2ui.com>.

ሥራ የሌላቸው ሠራተኞች የሰጥ የነበረው የገንዘብ አበል(የተራዘመ)ኤክስፔንድድ በነፊት የቋረጣል።

TEUC benefits የዋሽንግተን ስቴት ሥራ የሌላቸው ሠራተኞች የሰጥ የነበረው የገንዘብ አበል(የተራዘመ)ኤክስፔንድድ በነፊት አልቀዋል ሌሎች የገንዘብ አበሎች ክጃንዋሪ ስምረ ያቋርጣል። ውሳኔው የወሰነው የይናይትድ ስቴት ደጋጋሚ ስቴት አፍ ሌቦር በአንዲምፕሎይመንት ቁጥር ብዲሲምበር በውጣው መሠረት ነው የተራዘመ የገንዘብ አበል ከጃንዋሪ 10 9 2004 ጀምሮ አይከፈልም። ዲሲምበር ላይ ኢምፕሎይመንት ስኩሪቲ ለ 9,050 ግለሰቦች ለተራዘመ የገንዘብ አበል ያመለከቱና ለ 17,400 ግለሰቦች ለፕሮግራሙ ብቃት ያላቸው በሚመጡት ሳምንታት የሚያገፁት የገንዘብ አበላቸው እንደሚቋረጥ የሚገልጽ ደብዳቤዎች ልክዋል። ሥራ የሌላቸው ግለሰቦች እስከ 26 ሳምንታት ያህል ከሌላ

(ፊደላል ተምፖራሪ ኢመርፕንሲ አንዲምፕሎይመንት ችምፕንስሽን(ቲዩሲ) እርዳታ ያገባሉ መደበው አበላቸው ሲያልቅ ፕሮግራሙ(ቲዩሲ)ማመልከቻ አይቀበልም። የተራዘመ እርዳታ ተጨማሪ 13 ሳምንቶች የርዳታ አበል (ቲዩሲ) እርዳታ በሚያልቅበት ጊዜ ቀጥሎ። እንደ ኤክስፔንድድ የተራዘመው ደርዳታ አበል ሲያልቅ ስቴቱ እዲስ ኤክስፔንድድ የገንዘብ እርዳታ አይፈቅድም ለ 13 ሳምንታት። የስቴቱ የዎርክ ሶርስ ጽ/ቤቶች ሥራ የሚፈልጉትን ሰዎች ሥራን በማፈላለግ አገልግሎት ያቀርባሉ። ስራ ለማግኘትና ስኬታማነትን በነፊት ለመረዳት በ <http://go2ui.com> ወብ ሳይት ይመለከቱ።

Extended unemployment benefits program ends

Qorshaii gobolka washington ee u kordhiyay caawinaad dadka shaqada laga saaray ee ay ka dhamaatay ama daaliyay waxii dhaqaale kale ee soo gali jiray ayaa dhamaatay bisha janaayo.

Goaanka ka soo baxay hayada shaqada ee dawlada dhexe ayaa la xariira warbixin la soo saaray bisha disembar 19 keeda kana hadlaysa tirada dadka shaqo la,aanta ah. Qof danbe ayaan heli doonin in loo sii dheereeyo caawinaad wixii ka danbeeya bisha janaayo 10,2004.

Bisha disembar ayaa qeyubta amaanka shaqada ayaa u dirtay ogeysiin dad dhan 9,500 oo goor dhaw codsaday in waqtiga ay caawinaada helayaan loo kordhiyo,iyo 17,400 qof oo qorshahan xaq u lahaa usbuucyada soo socda,aydoo loo sheegay in caawinaad ka dhamaatay.

Dadka badankooda oo shaqo la,aanta ah ayaa xaq u leh in ay helaan lacag ilaa 26 usbuuc ayagoo isticmaalaya qorsho kale oo la dhaho(qorshaha wax siinta ee deg dega ee dawlada dhexe) TEUC.kaas oo bilaawda marka ay ka dhamaato caawinaadooda caadiga ah. Qorshahaas ayaan mar kale aqbalayn arjiyo cusub.

ንስራሕ ዘቋርጹ ሰራሕተባታት ዝወሃብ ዝክበረ ናይ ገንዘብ ኣገዛት ተቋራጹ።

Extended Unemployment ናይ ዋሽንተን ስቴት ንስራሕ ዘቋረጹ ሰራሕተባታት ዝወሃብ ናይ ገንዘብ ኣገዛት ካልእ ኣገዛቶም ምስ ተጸንቀቐ ዝወሃብ ካብ ጃንዋሪ ስምረ ተቋራጹ ኣሎ። እዚ ውሳኔ እዚ ዝወሰነ ናይ ዩናይትድ ስቴትስ ደጋጋሚ ስቴት አፍ ሌቦር እዩ ብምሰራት መምዘኒ ደረጃ ነጢ ውጽኢት ናይ ዕለት 19 ድሰምበር እዩ ማንም ኣመልካቲ ቐጻሊ ናይ ኣን ኢንፕሎይመንት እይቅበልን እዩ ካብ ድሕሪ ጃንዋሪ 10,2004። ኣብ ወርሒ ደሰምበር ኢምፕሎይመንት ስኩሪቲ ደጋጋሚ ስቴት ን9.050 ሰባት ኣብ ቀረባ እዋን ንቐጻሊ ኣገዛት ዘመልከቱን ከምኡውን 17,400 ወልቀሰባት ንዝመጽእ ሳምንቲ ብቅዓት ዝረክቡን ደብዳቤታት ልኪከዑሎም ኣሎ ሕገዛት ከምዘቋረጹ ዝሕብር። መብዛኤትኦም ስራሕ ኣቋርጹም ዝርከብዩ ውልቀሰባት ን26 ሳምንታት ንተወሳኺ ክፍሊት ሃገዛት ካብ ካልእ መደብ ብ ፈደራል ተምፖራሪ ኢመርፕንሲ ኣንዲምፕሎይመንት ከምፕንስሽን(ቲዩሲ) ይፈቅድ እቲ ምዳብን ልሙድን ኣገዛቶም ምስዘቋርጹ ኣዚ

Extended Unemployment Benefit Program ends

ክሊርቲፊካንግ ስቴት ኢንዱስትሪ ኤክስፔንድድ ቢኔፊት

ክሊርቲፊካንግ ስቴት ኢንዱስትሪ ኤክስፔንድድ ቢኔፊት ከምዘቋርጹ ኣገዛቶም ምስ ተጸንቀቐ ዝወሃብ ናይ ገንዘብ ኣገዛት ተቋራጹ።

ድምር ስቴት ኢንዱስትሪ ኤክስፔንድድ ቢኔፊት ከምዘቋርጹ ኣገዛቶም ምስ ተጸንቀቐ ዝወሃብ ናይ ገንዘብ ኣገዛት ተቋራጹ።

ድምር ስቴት ኢንዱስትሪ ኤክስፔንድድ ቢኔፊት ከምዘቋርጹ ኣገዛቶም ምስ ተጸንቀቐ ዝወሃብ ናይ ገንዘብ ኣገዛት ተቋራጹ።

ድምር ስቴት ኢንዱስትሪ ኤክስፔንድድ ቢኔፊት ከምዘቋርጹ ኣገዛቶም ምስ ተጸንቀቐ ዝወሃብ ናይ ገንዘብ ኣገዛት ተቋራጹ።

ድምር ስቴት ኢንዱስትሪ ኤክስፔንድድ ቢኔፊት ከምዘቋርጹ ኣገዛቶም ምስ ተጸንቀቐ ዝወሃብ ናይ ገንዘብ ኣገዛት ተቋራጹ።

ፕሮግራም እዚ ናይ (ቲዩሲ) ኣገዛት መመልከቲ እይቅበልን እይቅጻሊ ኣገዛት ን 13 ሳምንታት ድሕሪ (ቲዩሲ) ኣገዛት ምውድኡ። ኣንሳብ ቐጻሊ ሕገዛት ምስተወድኤ ስቴት ኣፍ ዋሽንግተን ኣዲስ ቐጻሊ ፕሮግራም ቅድሚ 13 ሳምንቲ እይፈቅድን እዩ። ናይ ስቴት ዎርክ ሶርስ ሰንተራት ስራሕ ንዘቋረጹ ስራሕ ንክበረክቡ ኣገልግሎት የቐርብ ብዝበለጸ ንምፍላጥ ብዛዕባ እዚ ኣብ ላዕሊ ዝጠቐስናዮም ጉዳያት ኣብዚ ዝስዕብ ውብ ሳይት ዕሙቕ ዝበለ ኣበራታ ክትረክቡ ትክእሉ <http://go2ui.com>

The mission of the Seattle Housing Authority is to enhance the Seattle community by creating and sustaining decent, safe and affordable living environments that foster stability and self-sufficiency for people with low incomes.

Snow damage
PROTECTED TREES
See page 4



SHA NEWS

February
2004

News and information about Seattle's neighborhoods

Housing Authority acquires additional housing

SEATTLE HOUSING AUTHORITY

In recent months, the Seattle Housing Authority has purchased several properties in order to preserve affordable housing and to improve the neighborhood surrounding some of its recently redeveloped communities. The Ritz Apartments, a 30-unit building at the corner of 13th Avenue East and East Yesler Way, will be preserved as affordable housing for low-income households living and working in the Central area.

SHA has also purchased the 42-unit Westwood Heights East apartments and six buildings on the same block in West Seattle across the street from the recently refurbished Westwood Heights senior-designated high-rise.

The Ritz Apartments

SHA purchased The Ritz Apartments at the request of Beacon Development and the City of Seattle's Office of Housing. The property had been affordable housing for people with incomes below 80 percent of the area median income. However, the owner, Beacon Development, was in bankruptcy proceedings. Along with the

City, Beacon Development wanted to complete a sale of the property quickly, before it was foreclosed on to make sure that the housing would remain affordable.

Beacon Development, a firm that specializes in developing affordable housing, will act on behalf of SHA to secure funds and oversee the rehabilitation of the building.

Westwood Heights East

With a \$17 million HOPE VI grant, SHA revitalized a small but severely distressed area on the southern city limits. Before HOPE VI, Roxbury House and Village consisted of a 150-unit high-rise for elderly and disabled households. The building was completely surrounded by a poorly designed and constructed 60-unit townhouse village for large families. The HOPE VI grant allowed SHA to rehabilitate Roxbury House, rename it Westwood Heights and target its units for elderly residents. Additionally, the Lutheran Alliance to Create Housing (LATCH) built and manages a new 45-unit, mixed-income family village, Longfellow and Westwood Courts, across the street from

Please see "Land for ..." on page 5



PHOTO COURTESY SEATTLE HOUSING AUTHORITY

The Ritz Apartments were recently purchased by the Seattle Housing Authority.

SHA energy savings exceed expectations

Simple fixes lead to big energy savings for Housing Authority and residents alike

SEATTLE HOUSING AUTHORITY

In March 2002, the Seattle Housing Authority began a project in cooperation with Seattle Public Utilities to replace inefficient toilets, shower heads and faucet aerators. Housing Operations Support Manager Bob Wyda estimated that the annual savings might be as much as \$500,000 a year, admitting at the time that it was an ambitious goal. In fact, the annual savings has turned out to be twice that amount.

More than 5,300 toilets were replaced with water-saving models and hot water boilers were replaced at Olive Ridge and International Terrace. This saved at least \$1,000 a month in utility costs. Through all of the energy conservation measures that have been undertaken, more than \$1 million in utility cost savings is now being realized annually by the Housing Authority and its residents.

"As soon as the replacements in one building were completed, we could see water consumption dramatically decrease," reports Wyda.

He said that it was obvious very quickly that the goal of half a million dollars in savings would be exceeded.

"We are really excited to be able to achieve this level of savings, especially since we have experienced cutbacks of subsidies in some other areas," he said.

In addition to these water conservation measures, SHA has also taken steps to conserve electricity, which have included replacing windows in several buildings, replacing thermostats, and replacing some light fixtures and light bulbs with more energy-efficient models.

"Every small conservation measure helps in the long run," stressed Wyda, "whether the savings flows to the resident or to SHA."

Letter about service coming

SEATTLE HOUSING AUTHORITY

The Seattle Housing Authority is sending letters to all public housing residents in January and early February to inform them of their status with respect to the new Community Service and Self-Sufficiency Requirement. Please read this letter carefully, since it will inform you about what you need to do to fulfill this new requirement. If you have not received a letter about the Community Service and Self-Sufficiency Requirement by Feb. 5, please contact your property manager.

If you can be granted an automatic exemption based on knowledge that SHA already has, the letter will say so. If you are not granted an exemption, your household may still apply for one. The letter also explains how to do that. You also need to check to make sure that the information about you and any possible exemptions for your household is correct. Please correct any inaccurate information that the Housing Authority has used to make its determination about your exemptions by contacting your property manager.

Policy discussion needs your input

SEATTLE HOUSING AUTHORITY

The Seattle Housing Authority is asking residents to review and submit written comments on the Housing Authority's revised Americans with Disabilities Act policy. The comments are available at management offices.

In an effort to clarify the process for requesting, accepting and processing an accommodation request, SHA has added an "Eviction" section which states:

"Requests for accommodation submitted after a Notice for Eviction has been served shall be considered under an expedited process. To the extent possible, the person making the request shall receive a written response from the Senior Property Manager

or designee within fourteen (14) calendar days of SHA's receipt of the request. The administrative procedures outlined in this policy shall not apply after service of an unlawful detainer Summons and Complaint."

If you need additional copies of the policy, please contact Cindy Sribhibhadh at 206-615-3302.

Comments about the policy change should be submitted in writing by Feb. 23.

Comments can be sent to Cindy Sribhibhadh at the Seattle Housing Authority, PO Box 19028, Seattle, WA, 98109. Comments about the policy can also be sent by e-mail to Sribhibhadh at csribhibhadh@seattlehousing.org.

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Habitat starts new homes at NewHolly

By JAMES OWENBY
Seattle Housing Authority

Four more 1,250-square-foot duplexes are under construction by Habitat for Humanity at NewHolly. The duplexes will be home to eight new families who will participate in their construction. Additional volunteers from Habitat for Humanity will also help with the building. Construction on the homes began in late September 2003 and should be complete by early summer 2004.

Habitat for Humanity is a nonprofit, Christian housing organization. Its mission is to build affordable housing. Habitat relies only on the labor of community volunteers and the future homeowners themselves to build all their homes.

Since 1976, Habitat has built more than 150,000 homes throughout the United States and 92 countries. Habitat and their volunteers are finishing a house every 26 minutes. More than 1 million people will be living in Habitat houses by 2005.

The Seattle chapter of Habitat for Humanity bought the land for these duplexes at NewHolly from the Seattle Housing Authority. Habitat will follow the NewHolly design guidelines when they build there. The families selected to be homeowners by Habitat are required to put in 500 hours of "sweat-equity" by volunteering on Habitat projects (250 hours for a single parent family).

"A lot of the time the homeowners and

volunteers have little or no construction skills. Some acquire very good construction skills in the process of building a Habitat house," said Tim Howland, Construction Manager for Seattle Habitat for Humanity.

If a Habitat family can not perform the construction work required, they work doing other tasks, usually at the Habitat offices.

The homes are sold with no-interest mortgages. Families are chosen according to their need, their ability to repay the mortgage and their willingness to work with Habitat.

To qualify to become a Habitat homeowner you must first attend an orientation and complete an application. The Habitat staff then reviews the application to see that it meets specific low-income criteria. Applicant families must have lived in the Seattle or King County area for the past year. The family services staff of Habitat for Humanity and the volunteer Family Selection Committee verify information on homeowner applications including income, current rent, relationship with landlords and account status with the utility companies. They also check Washington State Patrol criminal history conviction records, credit reports and personal references.

Homeowner orientations for the Seattle area are currently over for this year. More will be scheduled in September 2004. To get more information call Seattle Habitat for Humanity at 206-292-5240.

Residents invited to write for The Voice

It's your paper, so your thoughts, opinions and news are all welcome

By CHARLES REDELL AND VIRGINIA FELTON
Voice editor and SHA communications director

Each month, it is our goal at The Voice to bring you a wealth of useful information. From stories about new programs in the community to in-depth coverage of news that affects you and your family, The Voice is here for you, our readers.

To those of us who put The Voice together, this means more than just writing stories for you to read. We want you to have a part in creating The Voice as well.

Your participation can take many forms. The most basic way for you to shape the content of The Voice's pages is to tell us what you want to see covered. If your community group is hosting an event you want to publicize or if a neighbor is doing something worth reporting on - maybe they just got a new job or are volunteering to help in the community - let us know and we'll write about it. The possibilities for what can be covered in The Voice are almost endless.

As with any newspaper, readers are always welcome to submit letters to the editor. Traditionally, these letters are in response to an article in the previous edition. When you write a letter to the editor, you can be complimentary of the coverage, agree with the basic premise of an article, add to what has been said, or even contradict statements made in something you read.

Another way to get your voice into The

Voice is to write a commentary or opinion piece. Similar to a letter to the editor, commentaries can be about any subject that is relevant to our readers. We welcome submissions about the topics that interest you. Whether you want to state your support for an agency or initiative that will affect the community or publish an opposing viewpoint to a Housing Authority policy, The Voice is here to give you a forum in which to speak.

Finally, perhaps you would like to consider becoming a regular writer for The Voice. Neighborhood House, which publishes The Voice, often uses interns to write stories. These interns are usually assigned specific stories to research and write about each month. If you enjoy writing and have some experience in the field, please consider becoming an intern and contributing on a regular basis.

You need not be afraid to speak your mind in a submission to The Voice because the Housing Authority does not expect that residents will always agree with their policies and procedures. You can be assured that your differing opinion will be respected and heard. While pieces that are submitted are sometimes edited for clarity and grammar, the opinions that are expressed are not altered.

To contact The Voice's editor with a story idea, call Charles Redell at 206-461-8430 ext. 227. Story ideas and submissions can also be mailed to The Voice, 905 Spruce St., Seattle, WA 98104 or sent via e-mail to charlesr@nhwa.org.

SHA achievement report

Housing more accessible; still affordable

SEATTLE HOUSING AUTHORITY

A recently published "Moving To new Ways" report details the Seattle Housing Authority's accomplishments in 2003. Each year the Housing Authority submits a "Moving To new Ways" plan to the Department of Housing and Urban Development, outlining its planned activities and initiatives. The follow-up report compares the plan with what was actually accomplished.

In a number of areas, SHA met or exceeded its goals. A few highlights from the report are listed below.

General Highlights

SHA had a very successful grant writing year. The Housing Authority secured more than \$1.2 million for supportive services for residents from partner agencies.

Information and application forms for potential applicants for SHA housing are now posted on SHA's Web site in six languages: Chinese, Russian, Somali, Spanish and Vietnamese, as well as English.

A new rent policy for the Seattle Senior Housing Program was established. This new policy protects the financial viability of SSHP, which receives no federal subsidy, while ensuring that rents remain affordable for seniors with incomes less than \$16,000 per year. A volunteer Rent Structure Advisory Committee consisting of SSHP residents and advocates, housing experts and City of Seattle representatives helped SHA craft the new rent policy.

The Board of Commissioners adopted new local preferences for admission to public housing and the Housing Choice Voucher program. Now households with incomes below 30 percent of the area median income for their family size, or households that are homeless, have priority for admission.

Milestones in community revitalization

Infrastructure construction began at the third and final phase of NewHolly, and the first phases of Rainier Vista and High Point.

The site for the new Yesler Terrace Community Center was conveyed to the Seattle Parks Department and construction on the new community center began.

The first rehabilitated Tri-Court building began leasing as a smoke-free community.

High Point was awarded \$1.8 million for the Healthy Homes initiative for asthma prevention and intervention. SHA will build 35 healthy homes there and work with Seattle & King County - Public Health,

Neighborhood House and SafeFutures on asthma education and monitoring for the asthma-affected families who will live in those homes.

Housing Resources

During FY 2003, SHA:

- Received 375 new Housing Choice Vouchers from the federal government.

- Purchased 319 units of affordable housing, of which 160 will count toward replacement housing goals.

- Completed construction of Lake City Commons, a 15-unit building of two-bedroom apartments that contributes to Holly Park replacement housing goals.

- Assumed management of Kateri House, eight units of housing for people with chronic mental illness.

Performance indicators

More than 11,600 households, with more than 24,000 individuals, benefited from SHA housing assistance by the end of the year, up from 10,900 households at the end of FY 2002. More than 88 percent of households receiving housing assistance have incomes below 30 percent of the area median income.

SHA collected 98.8 percent of rent due in public housing.

SHA responded within 30 days to 96 percent of regular work order requests received from residents of SHA communities. This is the fourth year of a trend of significantly improved performance in this area.

The public housing vacancy rate was 3.65 percent; Section 8 New Construction was 2.6 percent; and the Seattle Senior Housing Program was 4.3 percent.

SHA completed 100 percent of required inspections in public housing and the Housing Choice Voucher program.

SHA used 100 percent of the funds available in the Housing Choice Voucher program and 1,000 new voucher participants completed leasing.

For the sixth year in a row, SHA received an Annual Audit Report with no findings. SHA also received clean opinions on its financial statements for its tax credit units.

The full report is available on the "Development and Asset Management" section of the SHA Web site at <http://www.seattlehousing.org>. For a printed copy of the report, contact SHA's Senior Planner, Ellen Kissman at 206-615-3560.

Get ready for inspection

There is much to do to be prepared

By ELLEN BROESKE
Seattle Housing Authority

Some time during the next six months, Seattle Housing Authority staff will be inspecting your unit to make sure it is clean and safe for your family. While SHA takes care of the major systems and appliances, it is up to you to keep your unit clean and free of hazards on a day-to-day basis. About a month before your inspection, you will get a letter informing you of the exact date. If your home is not clean and clutter free, this is the time to take care of it. Here are some ways to prepare.

- Make sure curtains and furniture are well away from heating sources. Curtains should hang at least 5 inches above heating elements and furniture should be at least 8 inches away from them.

- The oven should be cleaned, including the range hood vents, to remove all grease

which can be a fire hazard.

- The refrigerator and freezer should be free of frost and all old food removed. There should be enough room inside to allow the doors to close completely and for air to circulate.

- Throw away clutter that could create a fire hazard such as newspapers, boxes, broken furniture and rags. Make sure there is no food sitting out which will attract insects and vermin.

- If you have a yard, tidy it up. Mow the lawn and remove any litter. Clear the deck or patio of boxes, newspapers and other combustible items.

If you need to get rid of a large amount of garbage, put in a work order and it can be picked up. There is no extra charge for this additional pickup once a year.

For more information, contact your Administrative Specialist or Property Manager.

POINT OF VIEW

NEWS ABOUT THE SEATTLE SENIOR HOUSING PROGRAM AND SEATTLE'S HIGH-RISE COMMUNITIES

'Act in Time' helps identify heart attack signs

By **MARCIA JOHNSON**
Seattle Housing Authority

Jean Hansen, from the Visiting Nurse Service of the Northwest, has launched a new campaign called "Act in Time to Heart Attack Signs" at Center Park and Jefferson Terrace. The goal is to increase awareness of heart attack signs and the importance of calling 911 immediately at the onset of heart attack symptoms.

"1.1 million Americans will have a heart attack this year," Hansen said at a recent presentation of Act in Time. "Coronary heart disease is America's number one killer. The myth that coronary heart disease affects only men is common when, in fact, it is the number one killer of women in America today. More than one in five women has some form of cardiovascular disease.

"That is why this campaign is so important," she said. "People need to learn to reduce their risk factors, know the warning signs, and know how to respond quickly and properly if warning signs occur."

Charlie Kinder, a Center Park resident, shared his story of having a heart attack a few years ago. He said "one of my heart attack symptoms was a sharp pain from my shoulder to my fingers. I knew that this pain was not right and I needed to get help right away."

Kinder survived his heart attack and he is glad to share his story with others. Hansen reminded the group that people will have different degrees of warning signs when having a heart attack.

Some heart attacks are sudden and intense - the "movie heart attack" - where no one doubts what is happening. Most heart attacks start slowly however, with mild pain or discomfort. Often, people affected aren't sure what's wrong and wait too long before getting help. Hansen said that some of the heart attack warning signs include:

- **Chest discomfort** - Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.

- **Discomfort in other areas of the upper body** - Symptoms can include pain or discomfort in one of both arms, the back, neck, jaw and stomach.

- **Shortness of breath** - This feeling often comes along with chest discomfort. But it can occur before the chest discomfort.

Other signs may include breaking out in a cold sweat, nausea or light-headedness.

If you or someone you are with has chest discomfort, especially with one or more of these signs, Hansen says that you shouldn't wait longer than a few minutes



PHOTO COURTESY SEATTLE HOUSING AUTHORITY

From left, Center Park residents Charlie Kinder, Judy McCallister, instructor Jean Hansen from Visiting Nurse Services of the Northwest and Jim Bush.

before calling for help. Dial 911 from any phone right away.

If you are interested in learning more about heart disease, talk to your doctor or contact the visiting nurse or case manager in your building. If you would like to have a

special presentation in your community of Act in Time to Heart Attack Signs please contact Annika Sage, Seattle Housing Authority AmeriCorps VISTA Volunteer, at 206-615-3573 or Visiting Nurse Services at 425-778-2400.

Welcome bags given to new residents

By **ANNIKA SAGE**
Seattle Housing Authority

Just over a year ago, Julie Sahlberg, a resident at Jefferson Terrace, had an idea that new residents there needed special attention. She remembered what it was like to first come to Jefferson Terrace with very little and what a struggle it was to stretch her dollars every month. According to Sahlberg, she wanted to give back to a community that has provided her with a great apartment and many new friends. She thought it would be nice for new residents to have a few extra things to help them through their first month in the building.

Now, a year later, her idea of a welcoming committee has blossomed. With the help of Partners in Caring, a Fremont Public Association community building program at Jefferson Terrace, and two residents, JoAnn Stone and Corey Russell, the group has truly come a long way.

In the last five months, the group, along with the help of Annika Sage, Seattle Housing Authority AmeriCorps VISTA, has worked on getting donations and funds to purchase items for the welcoming bags. One of the businesses the group contacted was Ben Bridge Jewelry.

The staff at Ben Bridge graciously donated more than \$240 as well as many items like small bottles of shampoo, soaps and lotions for the bags. The money that was collected went to purchasing essential items for the bags like packets of soup, hot chocolate and oatmeal. Each bag also contains a roll of toilet paper, juice, pens, paper, canned food and other surprises. The



PHOTO COURTESY SEATTLE HOUSING AUTHORITY

New residents at Jefferson Terrace are being greeted by the Jefferson Terrace Welcoming Committee. Above, new resident Anthony Ashby, left, and committee member, Cory Russell.

items in the bag may differ each month depending on the donations.

The committee members teamed up and delivered the first 15 welcoming bags this month and are already looking forward to next month. It was a rewarding experience for each member.

Residents who were visited this month were very grateful.

"Thank you so much, I did not have very much food today," said one.

Another told the group with a big smile, "It was nice to be included and feel welcomed to Jefferson Terrace."

If you would like more information on how to start a welcoming committee in your community, please contact Annika Sage at 206-615-3573.

Looking 'terror' in the eye

By **JEFFREY GERHARDSTEIN**
CPC case manager

Real life survivors do not flinch. They look terror in the eye. Let's see how.

We live in a time with many opportunities to be afraid. An increase in terrorism all over the world has led to greater anxiety about personal safety, panic attacks, nightmares and depression. Many people ask the same question: "How do I cope with terror?"

For an answer, go to the source: real life survivors of terror and abuse. These men and women agree that telling one's story is the key act of trauma recovery. Survivors of terror must face the facts of their victimization and not run from it according to Marilyn Derbur, a former Miss America and an incest survivor.

"If you are engulfed in body pain, anger and hopelessness, remember: recovery is a process," she says. "You can work through these feelings, but it takes guts. It means looking terror in the eye."

It is easy to get sidetracked. Media glorifies terror and violence to sell a product.

Check your local TV listings for recent shows about so-called 'survivors.' Their

goal? To perform eye-popping feats to gain one thing: celebrity status.

It is safe to say that real life survivors bear little resemblance to these actors. This is especially true for survivors engaged in the marvelous process of recovery. Real life trauma survivors boldly face down terror, perform acts of heroism, experience awful depths of degradation and loss but once separated and disgraced by the horrors of violent crime, their recovery encourages all of us to rejoin the human community.

Many people have long lived in terror inside and outside of their homes. Some privately endure abuse and try hard to put it behind them without the help of a counselor, victim advocate or support group. Real life heroes, like Marilyn Derbur, teach us how to confront our terrors. For a long time she, who survived profound betrayal behind closed doors, couldn't talk about it. Now, she tells it as she sees it:

"Do not be ashamed of yourself; be ashamed of your violator," she said. "I was 53 before I stopped feeling ashamed. I stopped feeling ashamed largely because I stopped acting ashamed. Try it."

How do you face this age of terror? You come to your senses. Enter recovery.

Community notes

Westwood Heights Technology Center

The Westwood Heights Technology Center is designed to meet the needs of Seniors. The Center offers free computer training and use. Individuals who are 50 and older will find this center very user friendly. Instruction is available in basic computing skills, including using the Internet, e-mail, scanning and editing photos, creating and editing basic

documents, brochures, flyers and greeting cards. Classes are also available in various business applications. The center is open from 10 a.m. - 2 p.m. Monday, Wednesday, and Friday; 9 a.m. to 11 a.m. and 4 p.m. to 8 p.m. Tuesday; and 4 p.m. to 8 p.m. Thursday. The center is at 9455 27th Ave. S.W. Drop in or call 206-932-6942 ext 16 to reserve your place in a class.

HIGH POINT HERALD

NEWS ABOUT THE HIGH POINT COMMUNITY

Protected trees damaged in snowstorm

By GEORGE NEMETH
Seattle Housing Authority

No amount of goodwill, expertise or amnesty can help some situations. Some of the trees slated to be preserved as part of the High Point redevelopment were just no match for the extreme weather conditions of the Jan. 6 snowstorm and following freezing rain. As snow and ice accumulated, branches snapped and shattered while trunks cracked and split under the heavy load of snow and ice.

In the still-occupied southern half of High Point, tree branches fell on cars, buildings and utility wires and caused significant property damage. No one was injured.

In the northern half of the community, there was no danger to property because the site is empty and shut down for winter. However, damage to the site's trees, the ones selected for preservation because of their size and beauty, was glaringly apparent. The hefty weight of snow effectively crushed a hawthorn. A gray birch sustained serious damage and an elm and an ash tree were badly shattered. At least 18 others were less seriously damaged. What is left of one hawthorn and the gray birch in the northeast corner of the site near

the new pond will have to be cut down. The remaining trees, although bruised and battered, are expected to recover their original health and beauty.

The planners included many mature trees in the new neighborhood's design and implemented far-reaching tree protection measures. The construction fences surrounding each tree and the big red-lettered signs warning of harsh consequences if trees were hurt could not, however, stop the wrath of winter.

"It is sad to see them wounded," said Tom Phillips, redevelopment manager for Seattle Housing Authority. "Mature trees not only provide shade and beauty to the landscape, they also provide value and a sense of home and continuity. That is why we're preserving so many of them."

John Schroeder is SHA's assistant construction manager for High Point. As soon as the weather allowed, he was on-site to assess the damage.

"Within two days, the general contractor's arborist evaluated the condition of each tree and prepared a report for us," he said.

A few days later, SHA hired another arborist, Jim Barborinas, to get a second opinion. Barborinas played an active role in



PHOTO COURTESY SEATTLE HOUSING AUTHORITY

The unfortunate hawthorn tree that collapsed under the weight of snow and ice.

writing and implementing the High Point tree preservation plan two years ago.

"We want to save these trees if at all possible, and we trust Jim's expertise and commitment," Phillips said. "When a healthy tree falls victim to an icy snowstorm,

the ensuing steps one takes may make the difference between survival and death of the tree. With proper damage analysis, good pruning and selective branch removal, we may help the otherwise doomed tree recover and live for many years."

Grant for providers will help area youth

By CHARLES REDELL
Voice editor

The High Point Youth Service Provider Coalition (HPYSPC) recently received a two-year, \$280,000 grant to strengthen interagency collaborations between youth service providers in and around the High Point community.

The program is aimed at ensuring that all High Point youth, and those in the surrounding neighborhoods, receive the kind of help they need from the most appropriate service provider in the area.

The funds will also provide additional resources for the providers to help youth to get more involved in bettering themselves and their community.

Christine Torres, Youth Development Specialist for SafeFutures, has been with the agency since 2001. She will be a case manager for individual youth who attend SafeFutures.

She will also coordinate the Youth Leadership Board. The young members of this group will be made up of neighborhood youth.

Along with being a voice to the community and acting as advisors to the HPYSPC, the members of the Youth Leadership Board will also gain valuable leadership skills that they can pass on to younger members of the community.

According to Sorya Svy, SafeFutures executive director, the grant will allow his agency and many others in the neighborhood to "coordinate services around youth in High Point and the surrounding neighborhood."

Called PAVE or Partnership for Anti-Violence Enhancements, the grant was awarded by the Substance Abuse and Mental Health Services Administration

(SAMHSA). It will provide opportunities for already-established community partners such as SafeFutures Youth Center,

The Seattle Neighborhood Group and the Seattle Housing Authority to better coordinate their work with the community's youth in a variety of ways.

Svy pointed out that the programs developed by PAVE will be available to youth who live in many different situations. They do not necessarily have to be high-risk youth.

Specifically, the program will target youth in the neighborhood who may know most or all of the services available in the community and might even drop in to the youth tutoring program, SafeFutures or the YMCA, but are not attached to any one program on an ongoing basis.

PAVE's goal, Svy said, is to bring all of the resource providers in High Point together so that they can compare notes and make sure that each individual gets the kinds of services he or she needs.

"We want to get the kids who are not connected and give them some kind of follow through," said Marcus Stubblefield, program supervisor at SafeFutures.

The PAVE project is built on a foundation laid down by an already successful one created by the HPYSPC.

"We're not inventing anything new," Stubblefield said. "We've been implementing a lot of this with way less. This grant helps secure additional services for youth. It gives you more eyes and helps stop youth from falling between the cracks."



Christine Torres

Local tax resource offered

SEATTLE HOUSING AUTHORITY

The Job Connection is offering residents the opportunity to come in to its computer resource room to prepare their 2003 taxes. There are some online tax programs offered through the Internal Revenue Service Web site that are free to people who meet income guidelines. These programs also help identify people who qualify for the Earned Income Tax Credit.

There are four computers available at the High Point Job Connection. Community access hours are from 1:30 p.m. to 3:30 p.m. Monday through Friday, except for the second Wednesday of each month. Computer availability is on a first come, first served basis. The Job Connection will only be able to offer this

service through its High Point office, but residents from all over Seattle are welcome to come.

In order to prepare their taxes, people will need to bring the following information:

- All W-2 forms from all employers
- Social Security numbers for all members of the household, including children
- A list of expenses if filing a 1040-A
- Bank checking or savings account information in order to have a refund, if one is due, deposited directly into the account

It is also important to note that translation and interpretation services are not available for this service, but residents are encouraged to bring in someone who can assist with their language needs.

Community notes

Vietnamese Tea Time

Bring your friends, have fun and enjoy a cup of tea or coffee and cookies at Vietnamese Tea Time from 10 a.m. until noon every Monday at Neighborhood House, 6564 32nd Ave. S.W. For more information contact Mao Theam at 206-923-3266 or Saray Thach at 206-331-2741. Vietnamese Tea Time is presented in partnership with Crime Prevention-SNGI, Seattle Housing Authority, Puget Sound Neighborhood Health Centers and International District Housing Alliance.

Cambodian Tea Time

Bring your friends, have fun and enjoy a cup of tea or coffee and cookies at Cambodian Tea Time from 10 a.m. until noon on the first and third Friday of the month. In February we will meet on Feb. 6 and Feb. 20. Tea Time is held at Neighborhood House, 6564 32nd Ave. S.W. For more information contact Mao Theam at 206-923-3266 or Saray Thach

at 206-331-2741. Cambodian Tea Time is presented in partnership with Crime Prevention-SNGI, Seattle Housing Authority, Puget Sound Neighborhood Health Centers and International District Housing Alliance.

Community Council meeting

Please come to the next High Point Community Council meeting from 6 p.m. until 8 p.m. on Feb. 9 at Holly Hall. For more information please contact Bonita Blake.

Employment news on the radio

Radio Sol 1360 AM, the only 24 hour Spanish radio station in Seattle and Tacoma has started a new employment segment. The employment segment will air on Mondays during the highest rated shows. Jaime y Luciana from 7 a.m. to 10 a.m. and Super Mario from 3 p.m. to 6 p.m. Employment information is also on the station's Web site: radiosol1360.com.

RAINIER VISTA NEWS

NEWS ABOUT THE RAINIER VISTA COMMUNITY

Financial closing paves the way for new construction

SEATTLE HOUSING AUTHORITY

The Rainier Vista redevelopment project reached an important milestone on Dec. 31, 2003 when the financial closing for Phase I rental housing secured financing of \$4.6 million. The funding package combines bond financing, tax credit equity, proceeds from sales of lots to builders, HOPE VI funds and Seattle Housing Authority funds.

Seattle Northwest Securities underwrote the bonds for the project. The tax credit investor is MMM Financial based in Boston.

With financing in place, construction will proceed on the rental housing in early 2004. Utility work will begin in February, with construction of foundations and framing following in March or April.

The financing for Gamelin House, a project of Providence Health Systems, also closed recently, with total development costs of \$9 million. Gamelin House will include 78 units of affordable housing for seniors. This building will also house an adult daycare facility and other nonresidential uses.

Tax help for residents

BY CHARLES REDELL
Voice editor

Between all of the forms that have to be filled out, the paperwork that has to be kept track of and the confusing array of rules and regulations, completing one's taxes can be a stressful situation for anybody.

Help is on the way for residents of Rainier Vista thanks to The Rainier Vista Leadership Team. The RVLTL will be hosting Tax Assistance Nights on two evenings in February thanks to volunteers from Deloitte, an international firm with more than \$6 billion in revenues in 2003. They are coming to Rainier Vista to help residents prepare their tax returns.

"Our goal is to help people who deserve it get the Earned Income Tax Credit," said Katie Appel, tax manager at Deloitte. "We try to get the money that was taken out of their paychecks during the year, returned

to them."

Appel said residents need to bring the tax forms mailed by employers, or W-2's; tax forms sent by banks, called 1099's; and any tax statements sent by the Social Security Administration, the Department of Social and Health Services or other governmental agencies that provide some sort of assistance. Everything else, from tax forms to pens, will be available at the RVLTL.

To get more information, contact the RVLTL at 206-722-8983. Residents interested in receiving help can get it at the RVLTL office between 6 p.m. and 8 p.m. on Feb. 9 and Feb. 11. Appointments must be made in advance. There is a sign-up sheet available between 9 a.m. and 5 p.m. Monday to Friday at the Neighborhood House office, 3006 S. Oregon St. For more information on the EITC or to find other locations where you can get assistance, please see the related story in the Local and National News section.

Land for redevelopment and transit purchased

Continued from front page of this section
Westwood Heights.

About a year and a half ago, SHA and LATCH saw that illegal activities in privately owned properties across 27th Avenue Southwest were interfering with neighborhood revitalization. Drug trafficking and drive-by shootings were even driving potential tenants away.

SHA joined with several City of Seattle departments and neighborhood organizations in a concerted effort to stop the illegal activity through surveillance, stepped up patrols, and the enforcement of Housing Choice Voucher payment contracts against the landlords of some of these properties.

When these efforts proved insufficient, SHA decided to buy the properties and to improve management and curb appeal in order to protect the safety and quality of life of Westwood Heights, Westwood Court and Longfellow Court residents along with taxpayers' multimillion dollar investment in the neighborhood through HOPE VI.

It took more than a year, but by the end of November 2003, SHA had bought the 42-unit apartment building and the six buildings where many problem tenants and absentee landlords allowed gang members to rule the

street. Now that SHA owns the entire half-block that is facing Westwood Heights, the criminal activity has died down and visual improvements to the properties will be made to aid the revitalization of the entire neighborhood.

Twenty-one of the Westwood Heights East units count toward HOPE VI replacement housing goals for Holly Park and Rainier Vista

Alaska Mini-Mart Site

SHA's most recent acquisition is the parcel known as the Alaska Mini-Mart Site, at the corner of Martin Luther King Jr. Way South and South Alaska Street. This site, in the center of the Rainier Vista redevelopment, was acquired by the Housing Authority in mid-January through protracted negotiations with the owner of the property.

Part of the site will be used by Sound Transit as it develops the right of way for Link Light Rail which will run along Martin Luther King Way South. Therefore, Sound Transit will be providing relocation benefits to the businesses currently there. SHA hopes to identify retail uses for the remainder of the site that will be a positive addition to the new Rainier Vista neighborhood as it emerges.

Seniors celebrate Tet



PHOTO BY CHARLES REDELL, VOICE

A member of the Vietnamese Elders group lights incense during a Tet celebration.

BY CHARLES REDELL
Voice editor

Every week for 13 years, a group of Vietnamese seniors have gathered in a converted unit on the edge of Rainier Vista. They come together every Friday to spend time with each other playing cards, reading the paper and visiting with each other over a hot meal. A food bank is set up as well, and everyone who attends goes home with a bag of groceries.

This is a community tradition that is very important to the people who take part in it. The regular gatherings give these senior adults, most of whom came to the United States late in life, a chance to connect with their peers and the ability to carry on traditional celebrations in a new land with people who understand the meanings of those celebrations.

Once a year, the seniors and some special guests fill the Community House on the corner of Viburnum Court South and Martin Luther King Way Jr. South to celebrate Vietnamese New Year or Tet. This year, they did so on Jan. 16.

The festive gathering was thanks to the weekly efforts of Khanh Nguyen, the coordinator of the Vietnamese Elders Program. He also had help from many other community partners including Nefertari I who works for Seattle Housing Authority at Rainier Vista, the Rainier Vista Leadership Team and the City of Seattle Aging and Disability Services.

The decorations in the space gave it an air of festivity. Normally, the Community House at Rainier Vista looks like many other community rooms around the city. Folding chairs are set up around rows of folding

tables and the feel of the place generally comes from the people who fill the room.

To celebrate Tet however, the front of the room was dominated by an American flag on one side and the Vietnamese flag on the other. Between the two flags was a table transformed into a traditional ancestral altar with beautiful red and yellow flowers, traditional fruits meant as offerings to ancestors, candles and incense.

The festivities started with a series of welcoming speeches including one from Nguyen who said, "We want to wish everybody a prosperous and a happy, healthy new year."

A main component of Vietnamese New Year celebrations is to honor the ancestors and elders of the community. While the ancestral altar allowed the guests to pay homage to their family members who have passed away, there were no children present at this seniors-only celebration to honor the older adult guests. Nefertari I took on this role instead.

"I am humbled to be here with my seniors," she said.

Some of the speeches referred to how crowded the room was and the speakers asked Nefertari and the representatives from the RVLTL who were also there to help the group find a larger space for their weekly gatherings.

According to Nefertari, the RVLTL and SHA management want the group to continue and are trying to help get them a bigger space.

The seniors then enjoyed a special hot lunch of traditional foods to ring in the new year.

For more information about the group, contact Khanh Nguyen at 206-250-6810.

Community notes

Correction

Last month on this page, The Voice ran a story about a resident who got help getting a job from Larry Hill at JobsPlus. In that story, we misspelled the resident's name. Her name is Letebrhan Tesfay. We also identified Hill as the director of JobsPlus at Rainier Vista. He is the Job Placement Specialist. We apologize for the errors.

Community Shares program

Due to ongoing budget concerns for the entire public housing program, the

Seattle Housing Authority has decided to discontinue the rent reduction incentive offered in exchange for community shares volunteer hours. After July 2004, Rainier Vista residents enrolled in the Community Shares program will no longer have the option of receiving a rent reduction in exchange for community shares volunteer hours. For further information, please contact SHA Community Services Division Administrator, John Forsyth at 206-615-3579 or the Rainier Vista Community Builder, Nefertari I at 206-722-4010 ext. 3.

NEWHOLLY NOTES

NEWS ABOUT THE NEWHOLLY COMMUNITY

PEPS parenting program proves to be a plus



PHOTO BY CHARLES REDELL, VOICE

Parents at a recent PEPS keep an eye on their children as they talk about common issues.

BY CHARLES REDELL
Voice editor

Karen Schrantz joined a Program for Early Parent Support or PEPS group when her first child was born a few years ago. She said she and her husband felt that they needed a little bit of support since they were the

first people in their group of friends to have children and they just didn't know anyone with kids.

Schrantz hasn't felt that kind of need since finding PEPS.

After joining, she and her husband met other families in their neighborhood who had also just had babies. They quickly found out how valuable it is not only to know other parents who are close by, but to learn about the development of one's own child by watching other children grow up too.

She said that she learned that "there's not a right or a wrong way to do things."

"The more you interact and feel supported, there's a lot of benefits that can come from that," says Ellen O'Dell, facilitator of the new

NewHolly PEPS group. "PEPS provides a really fun and supportive environment for parents to come together."

A parent herself, O'Dell hosts the weekly meeting of parents with infants and toddlers up to three years old in the NewHolly Campus Building. During the meetings, which are sponsored by the Atlantic Street

Center, a group of parents – mostly moms, but dads are just as welcome – bring their young children together to talk over common issues of parenting, play games with the children and create a supportive and welcoming environment in which everyone can feel comfortable asking questions.

"It's really hard to connect in the kind of world we live in today," O'Dell said. "PEPS provides a really fun and supportive environment for parents to come together."

It is for exactly this reason, said Sue Seiganthaler, Program Manager at the Atlantic Street Center, that they brought PEPS to NewHolly thanks to funding from the City of Seattle. The city wants to expand PEPS availability to low-income families.

"Our goal is to make it available to limited-English speaking communities," she said. "What kind of support do they have?"

There's a lot going on during a PEPS meeting. There are toddlers sitting in the middle of a circle nosily playing with toys that are spread out on the floor. They quiet down for a few minutes when their moms sing a couple of songs.

Then, it is almost as if the kids melt into the background a bit while their parents share the issues and joys they have faced during the previous week. They share resources for classes with one parent whose child just started to walk and discuss a 2-year-old girl who is very shy (the group's

consensus is that there isn't much you can do but make her feel protected).

"PEPS is a place for people to come together and share their experience," O'Dell said. "Often, parents will solve a problem with five or six solutions."

O'Dell said that one of the best parts of PEPS is that group facilitators "share their experiences" but are not experts trained in parenting skills. Facilitators are real parents just like the group's members.

O'Dell has two children and was involved in a PEPS group when her children were younger. She is now a PEPS facilitator because she enjoyed the work PEPS does and the way they help parents and children grow.

Linda Spain, a mother with two young children, attends the NewHolly group. She said that when she had her first child, she never thought she would join a parenting group. But then she needed some help handling her son's behavior and got involved with PEPS.

"I got some really good tips," she said. "It was really valuable to me and really important for his socialization. And it's free."

The NewHolly PEPS group meets from 12:45 p.m. to 2 p.m. every Thursday in the NewHolly Building room 104. Parents and their children up to 3 years old are welcome to drop in.

For more information, call PEPS at 206-547-8570.

Funding loss jeopardizes Inside-Out arts program

Popular program is cut in City of Seattle budget; may be shut down this summer

BY TERESA MOORE
Special to The Voice

The Children's Museum, Seattle is searching for alternative funding sources for NewHolly's popular Inside-Out Arts and Humanities Program after the City of Seattle decided to abandon financial support for the nationally recognized program.

Since 1995, Inside-Out has offered arts and cultural activities to 5 to 14 year olds living in NewHolly. The program operates weekdays from 3 p.m. to 6 p.m. during the school year and from 9 a.m. to 3 p.m. during the summer. Another Inside-Out program at Rainier Vista is funded through the Seattle Housing Authority and will continue at least through August.

"It would create a huge void in the community if this were to go away," said Deborah Binder, Assistant Director of Outreach at The Children's Museum. "Inside-Out provides a safe and positive educational experience for kids during non-school hours. We're working hard to look for other sources of support and we hope that funding will be found to continue the program."

Binder said a small grant from the Nesholm Family Foundation and Northwest Children's Fund will breathe life into the program through March. The City of Seattle and SHA had provided the vast majority of funding for Inside-Out since its inception.

However the City eliminated all funding for it in the 2004 budget.

Inside-Out activities include painting, drawing, sculpture, literary arts, mask making, puppet making, dance, drama, film, photography and the culinary arts. Field trips to local cultural institutions occur once a week during the summer and several times during the school year. Guest artists, actors, musicians and dancers are brought in to instruct children and to help develop different exhibits and performances.

"In addition to our focus on the arts, we center a lot of attention on behavior management and the development of interpersonal skills," Binder explained. "The goal of the program is to provide a fun, safe learning environment that helps kids grow socially, emotionally and academically. We would like to keep it running as it is now."

Inside-Out has been recognized as a national model program by the President's Committee of the Arts and Humanities. It has been featured in the Committee's publication "Coming Up Taller: Arts and Humanities Programs for Children and Youth At Risk" as well as in publications of the National Endowment for the Arts and Americans for the Arts.

For more information or to find out how you can help save the Inside-Out program at NewHolly, call Chris Cooper, Director of External Affairs for the Museum at 206-441-1768.

Behavior policy debuts

BY KATIE MEENAN
Voice reporter

With 50 percent of NewHolly's population under the age of 18, service providers in the community decided they needed to curb unacceptable behavior in order to make their resources more fun for everyone, including adults.

Because agency staff members in NewHolly were noticing that youth in their programs were exhibiting similar kinds of negative behavior, they held a forum to discuss a new behavior policy. Then they recruited youth to define which behaviors were unacceptable.

"It makes it more meaningful when youth are involved in creating a campus code of conduct," said Joy Moro, NewHolly community builder.

"The goal was to discourage repetitive behavior issues and to gain consequences for actions," said Rose Peda, head librarian at the NewHolly Branch library.

The behavioral code of conduct was created in order to set limits for inappropriate behavior. The expectations were explained to service providers at the January youth services cluster meeting.

The first offense a youth receives gets a warning and is noted in a behavior log. A second reprimand requires that the youth

be expelled from all campus activities for 24 hours. Upon the third reproof, the youth will be expelled from campus activities for three days and a letter will be sent home to their parents. After four warnings within two months, the youth will be expelled from all campus activities for 30 days and will be required to hold a parent conference with NewHolly staff before permission is granted to rejoin activities.

There are some offenses that require more severe punishment. NewHolly programs will not tolerate bigotry, disrespect of employees or physical violence. These offenses require an automatic seven-day suspension from all campus activities.

"It is a big deal when a youth is expelled from all the programs," Moro said. "The programs are a lot of fun and provide NewHolly youth with a safe place to be as well as entertainment, like pool tables and organized activities."

Peda said that besides the good behavior this will encourage among youth, this new policy will have another benefit as well.

"It opens the avenue up to parents," said Peda. "Parents are supportive and sometimes even tend to be much harder on their kids than the library is."

So far the plan has been successful: Only one youth was suspended for 7 days and no one has been expelled for 30 days.

Community notes

Community safety meeting

From 6 p.m. to 8 p.m. on March 12, there will be a Community Safety Meeting at the NewHolly Gathering Hall. Topics will be protecting our children, stopping

the speeding in NewHolly, trying to get a stoplight next to the 37th Avenue Park. This is your chance to discuss important issues of safety and to talk to staff from Seattle Department of Transportation.

YESLER HAPPENINGS

NEWS ABOUT THE YESLER TERRACE COMMUNITY

Lemlem wins award



PHOTO BY CHARLES REDELL, VOICE

Asfaha Lemlem proudly displays his award in the Yesler Terrace Community Center Computer Lab.

SEATTLE PARKS AND RECREATION

Yesler Terrace Community Center coordinator Asfaha Lemlem is one of three Seattle winners of the Congressional Black Caucus's (CBC) first annual ET3TEC Champion award for Outstanding Technology Leaders. Lemlem was honored

at a ceremony at the CBC's Legislative Conference in Washington, D.C. for "having demonstrated sustained excellence while managing, working or volunteering in a community technology center."

Lemlem coordinates the Yesler Terrace Community Computer and Learning Center which is a partnership between the City of Seattle and the Seattle Housing Authority. An east African immigrant, Lemlem is bringing greater self-sufficiency to the residents of Yesler Terrace through a lab that is used for youth tutoring, health education, seniors, early childhood education and job-skill development.

Each year, the CBC conference draws more than 20,000 of the most influential African American leaders from education, government, the private sector and community-based organizations. The Education Technology Think Tank is a collaboration of business, civic and government sector representatives committed to harnessing technology and telecommunications for the economic and educational empowerment of traditionally underserved communities.

Seattle University nurses return to Yesler

By VOICE STAFF

Seattle University and Yesler Terrace have had a relationship for well over 10 years. One aspect of this partnership is the annual visit by nursing students at the university to the community.

Each year, SU nursing students visit the four Seattle Housing Authority garden communities and create and run a health project based on the needs of residents.

For the next several weeks this year's

group of students will return to Yesler Terrace.

Students will talk with the residents and staff members of the organizations working in Yesler Terrace to plan a special health-related program for the residents. In addition, students are making home visits to some of residents to assist with health care and accessibility to community resources. Students are at Yesler Terrace from January 14th to March 11th.

Notes from the manager

Limiting Yesler's 'mouse appeal'

By JUDI CARTER community manager

During annual inspections of the first section of Yesler Terrace, it was found that many units have mice. These pests are a serious problem that the Housing Authority needs your assistance to remove.

Mice are small and do not need much food to live very comfortably, so it is important to take care to clean up regularly.

It is important everyday to wipe the stove tops, counter tops, tables and any place that there might be crumbs. Floors should be carefully swept every night. It is also very important that you take the garbage out every night before you go to bed. At least once a week, move the refrigerator out from the wall to sweep and mop behind it. Try not to store things on top of the refrigerator because they may slip behind it.

Mice are opportunistic creatures. They will eat almost anything we humans would. Foods that come in boxes or bags are very attractive to mice. If at all possible, these

need to be stored in plastic or metal containers with tight lids. If you do not have such a container handy, store these items in the refrigerator until you can get a plastic or metal container.

Many people feed their pets outside. If you have a pet, be sure to put the food up and wash the food dish after the animal has eaten, whether you feed it outside or inside. If you have a bird, it is important to keep the bird seed cleaned up, especially at night when mice like to forage for food. Please do not feed the wild birds outside, as it attracts not only mice, but other rodents as well.

If you notice small holes in your apartment walls, they could be mouse holes. Contact the management office to put in a work order to have any holes patched. The telephone number is 206-223-4983.

Finally, and nearly as important as these other measures, please contact the management office to have your unit treated if you do have mice. If you are among those who do not, you can be sure that you will not get them if you adhere to these precautions. If we work together, I know that we can get rid of these pests.

Community room almost complete



PHOTO BY CHARLES REDELL, VOICE

The Yesler Terrace Community Room has been getting a make over during January. This photo, from the middle of the month, is of the room's new kitchen. The make over should be complete within a few weeks according to one member of the work crew.

Horn of Africa brings Yesler new programs

By CHARLES REDELL Voice editor

The planning is complete and Horn of Africa Services is once again offering programs in the Yesler Terrace community. According to Ethiopia Alemneh, HOAS youth coordinator at Yesler Terrace, the programs currently being offered by the organization are focused on the families and youth living in the neighborhood.

She said that the two projects offered by HOAS are a leadership program for youth ages 13 to 18 years old and a parent advocacy group that will help parents who live in the neighborhood understand the school system in Seattle.

Alemneh, who moved here five years ago from Ethiopia where she was a middle school and English as a Second Language teacher, will coordinate both groups.

The youth program will be focused around a continuing series of workshops. Each series will meet for six weeks. The workshops will be forums for the youth of Yesler Terrace with cultural backgrounds from east Africa to discuss issues with which young people all over the country deal. The focus of the biweekly meetings will be to help the young participants identify risk factors that they will face as they grow up and to teach them leadership skills so they can become role models for their peers.

"Those youth who take part in the workshops will be a model for other youths," Alemneh said. "They will know about risk factors, about drugs and conflicts. They will also build leadership skills for themselves and for others."

The workshops, she said, will provide the youth with firsthand information about community resources from guest speakers along with the promise of leadership skills

development. The program's curriculum is not yet complete. This is because part of it will be defined by the youth themselves

when they respond to a survey HOAS has designed. Alemneh wants to discover what the youth feel they need to learn.



Ethiopia Alemneh

The second part of HOAS' new programming in Yesler Terrace is for parents living in the community. This program will help parents from other cultures understand and navigate Seattle's school system.

Alemneh said that this program's goal is "getting parents used to the culture" here.

"We want parents to be able to support their child in their school endeavors," she said.

To help accomplish this goal, there will be monthly meetings for parents to come and discuss school issues and take part in workshops that will help them understand what American schools expect from parents. Participants will also be welcome to drop in to the HOAS office next door to the Yesler Terrace management office with questions for Alemneh.

Alemneh said that in order to help parents overcome the twin barriers of culture and language that they face in a new country, she will also act as a bilingual advocate for parents with the school district when that need arises in the community.

For more information on Horn of Africa's new programs in Yesler Terrace, or how you can take part, call Ethiopia Alemneh at 206-344-5872.

Community notes

Employment fair

Seattle Housing Authority Employment Services is partnering with Absher Construction to host a Trade Apprenticeship Information and Education Fair from 10 a.m. to 2 p.m. Feb. 25 at 7054 32nd Ave. S. Representatives from construction companies,

apprenticeship training institutions and small business resources institutions. Attendees will learn about various trades and the requirements of employers and will attend workshops about accessing apprenticeship opportunities and career planning. Contact Rickie Robinson at 206-722-4010 ext. 5.

TRANSLATIONS

TRANSLATED ARTICLES FROM THE VOICE

Job Connection for scattered Sites Residents

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Chaám Dòut Chòong Trinh Gia Hain Trôi Caáp Thaat Nghieáp

Chuong trinh gia hạn trợ cấp thất nghiệp cho những công nhân bị sa thải mà đã lãnh hết tiền thất nghiệp, nay chấm dứt hôm tháng Một. Quyết định do bộ Lao động Mỹ để chấm dứt chương trình này là dựa vào (báo cáo) từ người thất nghiệp hôm 19 tháng 12. Kể từ sau ngày 10 tháng Một, 2004, thì không còn chương trình nào được hưởng tiền trợ cấp gia hạn. Trong tháng Mười Hai, Sở Thất Nghiệp (Employment Security Department) đã gửi thư cho 9050 người vừa mới nộp đơn xin gia hạn thêm thời gian lãnh trợ cấp nghiệp, cùng với con số 17,400 người vừa được xét hợp lệ để được gia hạn lãnh trợ cấp thêm trong vài tuần tới, cũng

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Job Connection Scattered sites እብዙ እዋን እዚ ንናይ ስካተርድ ሳይት ተቆጣጣሪ ስራሕ ናይ ምርካብ ዕድል ተቃለሉ ይርከብ ምክንያቱ ድማ ኣብ ኖርዝ ኤንድ ናይ ስያትል። ስያትል ሃውሲንግ እውቶሪቲ ኣዲስ ናይ ጅብ ኮንክሪት ቤት ጽሕፈት ስለክክፈተ እዚ ኣብ ኖርዝ ኤንድ ሲኦትል ቤት ጽሕፈት ዝተከፈሉ ምክንያት ድማ ኣብ ኖርዝ ዝቆመሉ ናይ ስራሕ ምርካብ ኣገዛት ቤት ጽሕፈት ንምርካብ ርሑቅ ቦታታት ይጎዛዙ ነይሮም ከም ረይነር ቪዝታ ሃይፖጅንት የስለር ተርስ ዘኣመሰሉ ቦታታት። ሎራ ላርኪንግ በክቫር ኢምፕሎይመንት ስፕራይት ከምዚ ኢላ ተዘንቲ “ ኣንቲ ስራሕ እትደሊ ዝነበረት ተቆጣጣሪ ንሃይፖጅንት ንክትብጽሕ 3 ኣውቶብስ ሒዛ ተጓዓዛ ኣብ መጨረሻ ሃይፖጅንት ምስበጽሑት እቶም ስራሕተባታት

የስያትል ሃውሲንግ ነዋሪዎች የሥራ መቀጠር አገልግሎት ለማቅረብ ነው። የገንዘብ ለማግኘት ለሚችሉ ሰዎች ለማቅረብ ነው። የገንዘብ ለማግኘት ለሚችሉ ሰዎች ለማቅረብ ነው። የገንዘብ ለማግኘት ለሚችሉ ሰዎች ለማቅረብ ነው።

ካልእ ሰብ ክሕግዙ ወጺኦም ይጸንሑም ናይ ጅብ ኮንክሪት ናይ ስራሕ አገልግሎት ኣቅረብቲ ስራሕተባታት ናይቲ ስራሕ ዝደሊ ሰብ ድሌት ዓይነት ስራሕ ክእለትን ብቆጥን ብምምዛን ስልጠና ክረክቡ ከምኡውን ናይ ስራሕ ምመልከቲ ምምላእ ረዘመ ምድላው ንኢንተርቪው ንምድላው ንኪገብሩ ይሕግዎም ንደለይቲ ስራሕ ጠለብ ዘማልእ ስራሕ ድማ ይረክቡሎም። ጅብ ኮንክሪት ኣኣብ ኖርዝ ኤንድ ኣብዚ ዝሰዕብ መዓልትን ሰዓትን ኣገልግሎት የቐርብ ሰነይን ሰለሰን ካብ ሰዓት 9 ክሳብ ሰዓት 3 ድሕሪ ቐትሪ ረቡዕ ድማ ቆጸራ ብምሓዝ ኣብ እዚ ዝሰዕብ ኣድራሻ 125461/2 33 ኣብኩ ኖርዝ ኢስት ኣብ ሌክ ሲቲ ብዝበልጸ ንምናጥ ቆጸራ ንምሓዝ ኣብዚ ዝሰዕብ ቁጽሪ ስልኪ 206 344 5837 ንቪሪንግ ጃክሰን ጅንስ ተዘርቡ።

được báo cho biết là quyền lợi thụ hưởng của họ bị chấm dứt. Phần lớn những người thất nghiệp đều được hợp lệ để lãnh trợ cấp thất nghiệp kéo dài thêm 26 tuần lễ nữa dựa vào chương trình từ chính phủ liên bang gọi là Trợ Cấp Khẩn Và Tạm Thời Cho Người Thất Nghiệp (Temporary Emergency Unemployment Compensation) hoặc TEUC, ngay sau khi quyền lợi trợ cấp thất nghiệp của họ bị hết đi. Chương trình gia hạn này nay đã chấm dứt. Chương trình gia hạn này trước đây đã cung cấp thêm 13 tuần lễ tiền thất nghiệp nữa cho những người đã lãnh hết trợ cấp từ 7 chương trình Trợ Cấp Khẩn Và Tạm Thời Cho Người Thất Nghiệp (Temporary Emergency Unemployment Compensation) . Một khi mà chương trình Gia Hạn Quyền lợi (thất nghiệp) chấm dứt, thì cơ quan thất nghiệp của tiểu bang không thể mở lại chương trình này, mà phải chờ ít nhất là sau 13 tuần lễ nữa. Các trung tâm Work Source của tiểu bang cung cấp những hướng dẫn để giúp đi tìm việc làm và họ có danh mục nơi đang mở việc làm, hãy vào trang mạng của cơ quan Work Source

Трудовые связи для жителей разбросанных поселений Жителям разбросанных поселений Жилищного управления Сиэтла будет немного легче найти работу благодаря новому северному отделению Трудовых связей Сиэтла. Северное отделение офиса Сиэтла было создано потому, что многие жители северного района должны были совершать поездки на большие расстояния, чтобы попасть в один из офисов программы, расположенных в Йеслер терас, Райниер виста или Хай пойнт. «Один из жителей однажды ехал тремя автобусами в наш офис на Хай Пойнт, чтобы приехать тогда, когда никого из работников не было в офисе, они обслуживали других клиентов,» - говорит Лора Лэкингс-Беквар, координатор службы трудоустройства Жилищного управления Сиэтла. Северное отделение Трудовых связей предоставляет свои услуги с 9 утра до 3 дня по понедельникам и вторникам и по предварительной записи по средам в офисе по адресу 12546 1/2 33rd Ave. N.E. в районе Лэйк Сити. Для получения дополнительной информации о Трудовых связях или для назначения визита, свяжитесь с Вернидой Джексон-Джонс (Vernida Jackson-Jones) по тел. 206-344-5837.

Cơ quan Job Connection phục vụ cư dân thuộc khu Scattered Sites

Việc đi kiếm việc làm sẽ dễ dàng hơn cho cư dân ở trong các khu lân cận –scattered sites thuộc Seattle Housing Authority, đó là nhờ vào văn phòng vừa mới khai trương của cơ quan Job Connection ở khu cực bắc của Seattle. Văn phòng ở mạn bắc được đặt ra là vì số cư dân ở khu vực phía bắc phải đi đoạn đường xa để đến văn phòng ở Yesler Terrace, High Point hay Rainier Vista (để được giúp đỡ tìm việc làm). Văn phòng ở mạn bắc được đặt ra là vì số cư dân ở khu vực phía bắc phải đi đoạn đường xa để đến văn phòng ở Yesler Terrace, High Point hay Rainier Vista (để được giúp đỡ tìm việc làm). Bà Laura Lakings-Becvar, nhân viên điều hợp SHA, nói “ bà thấy có người phải bắt ba chuyến xe buýt để đến văn phòng ở High Point, khi đến nơi thì nhân viên giúp đỡ đã đi ra ngoài để giúp người khác rồi”. Nhân viên ở Job Connection giúp cư dân nhận ra năng khiếu và ý muốn của mình khi kiếm việc làm và giúp đỡ họ hoặc được huấn nghệ thêm , hay là nên tiếp tục học thêm. Họ cũng giúp trong việc soạn bản sơ yếu nghề nghiệp resume, điền đơn xin việc làm, và giúp chuẩn bị cho các cuộc interview việc làm. Nhân viên Job Connection cũng giúp tìm việc làm hợp với khả năng của người xin việc. Văn phòng Job Connection ở khu cực bắc Seattle mở cửa từ 9 giờ đến 3 giờ chiều trong các ngày Thứ Hai và Thứ Ba, và làm việc theo giờ hẹn trong ngày Thứ Tư, ở địa chỉ số 12546 1/2 33rd Ave Ne ở khu Lake City. Muốn biết thêm chi tiết, xin vui lòng liên lạc cơ quan Job Connection, hoặc gọi làm hẹn, hoặc liên lạc cô Vernida Jackson-Jones ở số 206-344-5637.