



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



The Voice

October
2004
Articles translated
into six languages

The newspaper of Neighborhood House

Band helps celebrate Mexican independence

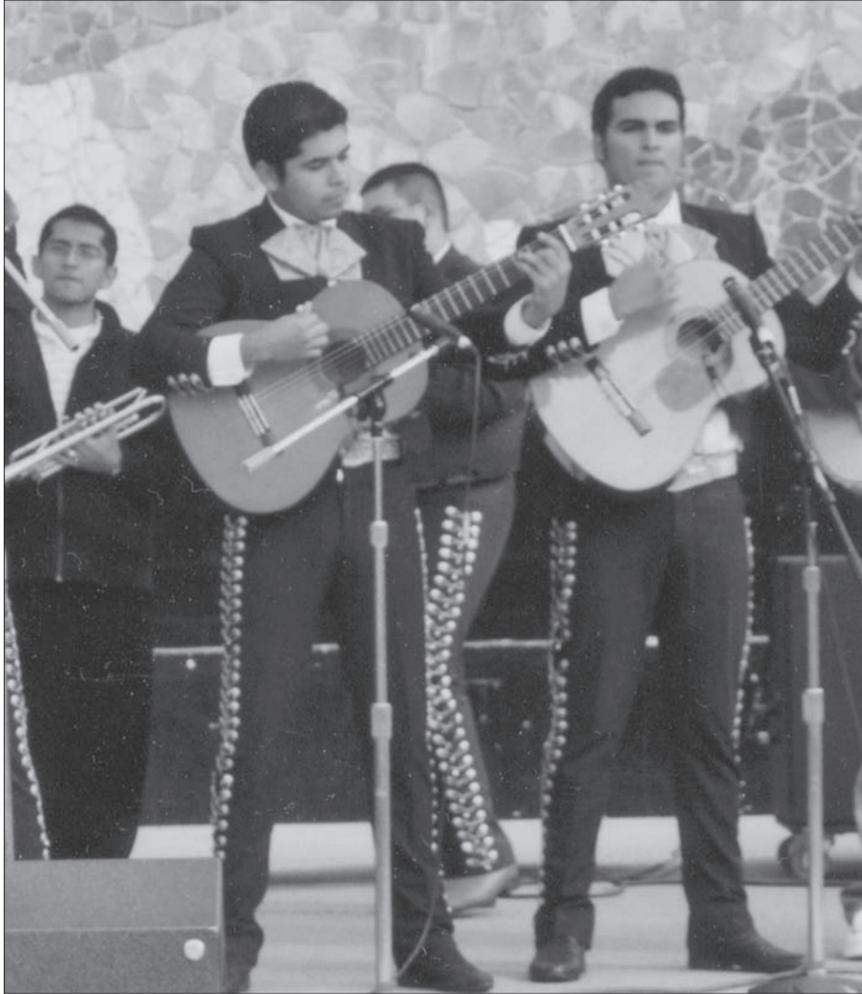


PHOTO BY CHARLES REDELL

Members of Mariachi Huenachi play at the Fiestas Patrias celebration held last month at Seattle Center. The weekend-long party, a celebration of Mexico's independence from Spain, featured traditional music, dancing and food. It is a part of Seattle Center's Festal series where each month the public is invited to experience a different cultural group's customs and festivities.

Gregoire wins primary

BY VOICE STAFF

Christine Gregoire won the Democratic nomination for governor in September's primary with 59.2 percent of the vote. She will run against Republican Dino Rossi in the Nov. 2 election.

"We are surprised by the margin - I am humbled by this outcome," Gregoire told the Seattle Post-Intelligencer.

Gregoire is Washington's Attorney General. In that job, she negotiated a settlement between states and the tobacco in-

dustry, which among other points, prevents tobacco companies from targeting advertising at youth.

Her opponent calls her a career bureaucrat who helped develop too many state regulations, but Gregoire stands by her record.

The centerpiece of Gregoire's campaign is a plan to bring jobs back to Washington. She also wants to improve education in part by focusing on early childhood education.

Rossi was the leader of the state Senate
See "Race for Governor" on Page 3

Levies for families, libraries pass

BY VOICE STAFF

Area voters gave the go-ahead to two property tax measures in last month's election - one that will provide continuing support to education programs in Seattle, the other to pay for an extensive overhaul of King County libraries.

Over 61 percent of Seattle voters cast their ballot in favor of the seven-year, \$116.8 million Families and Education Levy.

The King County Library System also gathered enough support to pass its \$173 million bond measure, earning approval from 63.6 percent of voters.

"This levy will help close the achievement gap and bring accountability to our public schools," Seattle Mayor Greg Nickels said in a statement. "We must give every child and every family a chance for success in Seattle schools."

The Families and Education Levy will help pay for preschool programs for about 400 children each year.

The property tax also supports school-based health centers, after-school programs for middle school students and family involvement programs.

Some of the money is targeted specifically at high-risk middle- and high-school students. Its passage will allow the work of a number of community-based organiza-

tions and health clinics to continue.

Efforts of some of those organizations will be focused on working to close the achievement gap between racial groups and lowering the school dropout rate.

The measure also included about \$200,000 a year for the city to audit levy-funded programs to ensure they are working.

"It's nice to continue what has been a long history of support for kids and education," Dana Robinson Slotte, spokeswoman for the Families Yes! campaign told the Seattle Times. "I think Seattle voters understood the fate of some 47,000 public-school kids was on the line."

Although it is intended that all people benefit from the levy-funded programs, property owners will pay the program costs through annual property taxes levied by the city.

The 20-year King County Library system bonds will pay for new libraries at Newcastle, Kent's East Hill and Park Lake, replace existing buildings in 16 other locations and expand 11 more. Improvements will also be made at the rest of the county's 43 libraries.

The library system is separate from the King County government and operates libraries in all parts of the county except Seattle and four smaller cities.

Congress takes a step away from Section 8 cuts

BY VOICE STAFF

The Senate Appropriations Committee approved a 2005 spending bill last month that would fund the Section 8 rent subsidy program at levels even higher than those approved by a House of Representatives committee.

The bill will now go to the full Senate for a vote. The House has not yet voted on its version of the bill, passed by its appropriations committee in July.

Both bills reinstate nearly all of the \$1.6 billion in cuts to Section 8 proposed by the Bush Administration in its 2005 budget.

However, the House plan calls for a 4 percent cut in nearly every other Department of Housing and Urban Development program to pay for it.

When the Administration announced its budget in February, officials called for a major overhaul of the Section 8 program, saying program costs were growing too fast.

People who qualify for Section 8 vouchers usually pay between 30 and 40 percent of their income for rent and utilities, with vouchers making up the difference.

In April, HUD said it would stop reimbursing housing authorities for the full costs

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"The fact that the Northwest Social Forum itself is organized from the bottom up by people in grass-roots movements is one reason I became involved."
Public housing resident Lynn Sereda on why she plans to attend the forum. **see page 3**

Neighborhood House
Jesse Epstein Building
905 Spruce Street
Seattle, WA 98104

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Health Notes

A column devoted to your well-being

By DENISE TUNG SHARIFY

Community Health Program Manager at
Neighborhood House

During a year, it is estimated that people in the U.S. will suffer from more than one billion colds.

Colds are most likely to strike during the fall and winter seasons, which can start as early as late August and last until March or April. The common cold is one of the most widespread illnesses and leads to more doctor visits and absences from school and work than any other.

The common cold is highly contagious and can be caused by more than 200 different viruses.

According to the National Institute of Allergy and Infectious Diseases (NIAID), "Contrary to popular belief, cold weather or getting chilled does not cause a cold. You can catch a cold by inhaling the infectious droplets that the contagious person spreads through coughing or sneezing or by touching these droplets (hand to hand or hand to surface) and then touching your eyes or nose."

Symptoms of the common cold usually begin two to three days after the virus enters the body and can last from several days to several weeks.

The best way to avoid catching the common cold is to wash your hands frequently and avoid close contact with people who have colds.

When around people with colds, do not touch your nose or eyes, because your hands may be contaminated with the virus.

People with colds should cough and sneeze in facial tissue, dispose of the tissue promptly, and then wash their hands immediately. In addition, cleaning surfaces with disinfectants that kill viruses can stop or reduce the spread of the common cold.

While each individual may have different symptoms, many suffering from the common cold experience a stuffy, runny nose or

a sore, scratchy or tickly throat. Their eyes may water or they may experience a discharge from their nose that thickens and turns yellow or green. Sneezing, chills, mild fatigue, headaches and achy muscles or bones are also common.

Despite the multitude of choices of over-the-counter cold medications at the pharmacy, no medication currently available cures or shortens the duration of the common cold.

However, there are some treatments that may help relieve some symptoms of the cold:

- lots of clear liquids such as water, tea or apple juice
- warm salt water gargling for sore throat
- petroleum jelly for raw, chapped skin around the nose and lips
- warm steam for temporary relief symptoms of congestion
- eating raw garlic for those interested in an Ethiopian remedy
- White Flower Oil or Tiger Balm for those interested in Asian remedies
- rubbing a coin hard over ointment applied is a remedy in Vietnam and Cambodia
- pain relievers for headache or fever (Do not give aspirin to a child who has fever without first contacting the child's physician.)
- over-the-counter cold medications, such as decongestants and cough medicine
- over-the-counter antihistamines, which may help in relieving inflammatory responses such as runny nose and watery eyes

Since cold symptoms may be similar to certain bacterial infections, allergies and other medical conditions, consult your physician for a diagnosis.

Because viruses cause colds, your doctor will not prescribe antibiotics, which are given to treat bacterial infections. So the next time you catch a cold, the best thing to do for yourself and others is to stay home, drink lots of liquids and rest.

Back to its roots



PHOTO COURTESY OF BLUE SCHOLARS

Local hip-hop group the Blue Scholars will be performing at the Langston Hughes Performing Arts Center this month.

By ROBIN MCGINNIS

Voice reporter

The Langston Hughes Performing Arts Center (LHPAC) will be getting *Back to its Roots* on Oct. 8-10.

In a weekend-long urban hip-hop festival, the center will host live performances, workshops, art exhibits and an open mic session.

Back to Its Roots officially kicks off at the LHPAC with a hip-hop performance on Friday at 8 p.m.

Starting at noon on Saturday, the center will provide a series of rhythm, dance and music workshops.

In the afternoon, audiences can hear renowned spoken word artist Jessica Care Moore perform an original reading.

Sunday features more live performances, an art walk and a community open mic.

Performers for the weekend include Rajnii, Beyond Reality, Melissa Greene, Iese, Blue Scholars, Circle of Fire and the Massive

Monkeys.

According to the LHPAC, hip-hop's spontaneous nature makes events such as *Back to Its Roots* important for artists.

"[Artists] perform in clubs, gyms, schools, restaurants where there is no theater," said LHPAC publicist Ruby Aquino. "Being here at Langston Hughes Performing Arts Center will provide a way to network with other artists and the community itself."

Aquino elaborated on events like *Back to its Roots* can help young people connect.

"There is a younger generation of artists who are looking for a place to nurture and grow and be a part of a community," she said. "This is particularly true in the hip hop community."

Admission for performances is \$12 for adults and \$7 for children. LHPAC is located at 104 17th Ave. S. For more information, call (206) 684-4757 or e-mail langstonhughestickets@yahoo.com.

Section 8

From page 1

of Section 8 rents. The plan called for reimbursements to be capped at the 2003 level with an annual adjustment for inflation.

After announcing the new plan, HUD said it was intended to be applied retroactively to January and the months that followed, causing sudden budget shortfalls for local housing authorities.

Under pressure, HUD eventually found the money to fully fund the 2004 budget.

This year, Congress' spending bills are more generous to Section 8 than the Bush Administration's, but they also support the "budget-based" renewal formula.

The Senate report caps the cost of vouchers at the October 2004 rate, with rent adjustments based on an annual factor set by HUD.

The Administration is also encouraging housing authorities to give more vouchers

to those at the upper end of the allowable income range.

The Senate report dismisses that idea, saying, "the requirement that three-quarters of all vouchers go to extremely low-income families...is a critical requirement that is the foundation of the budget that allows households to move from homelessness to homeownership."

All but 1,000 of Seattle Housing Authority's 7,500 Section 8 vouchers are funded by a special contract called "Move to Work," which is exempt from the new funding rules, SHA Executive Director Tom Tierney said.

Still, if cuts continue at the current rate, Tierney said they may equal about 30 percent of the agency's budget by 2009.

King County Housing Authority Executive Director Stephen Norman said his agency administers 8,200 Section 8 vouchers.

The cuts, he said, could result in families losing their rent subsidies.

GED classes offered

Ready to earn your GED? Cascadia Community College, located in Bothell, is now enrolling students interested in earning their high school equivalency degree.

The college offers a daytime GED class that meets Monday through Thursday from 9 am to 12:15 pm, making it easy for students to drop off their kids at school and head to school themselves.

The program is 13 hours per week, allowing students to finish faster than they would in many other programs. Technology is part of the class, too, so students improve their computer skills as they study. One-credit computer classes are also available.

Teachers at Cascadia urge those interested to not to put off the decision, because earning a GED can open up many doors. Classes started on September 27, but interested students can sign up at any time. The classes are free for most low-income individuals. For more information call (425) 352-8132.

Immigration office moves

The U.S. Citizenship and Immigration Services is permanently closing its Seattle office at 815 Airport Way on Oct. 7.

The agency's new office is located at 12500 Tukwila International Blvd. in Seattle. It will be open for business on Monday, October 18.

To get to the office from north of the city, customers are instructed to take I-5 South towards Seattle, take the Boeing Access Road exit #158 towards E. Marginal Way. Turn right on S. Boeing Access Road; merge left into the next lane. Take a left on Tukwila International Blvd and look for the 12500 block.

From south of Seattle, customers should take I-5 North, exiting at the WA-599 North exit #156 towards Tukwila/W. Marginal Way. WA-599 North becomes WA-99 North, take the WA-99 South exit towards Tukwila International Blvd. Turn Right onto Pacific Highway S./Tukwila International Blvd and look for the 12500 block.

The Voice

Stacy Schwandt
Editor
206-461-8430 ext. 227
stacys@nhwa.org

Reporters
Robin McGinnis
Charles Redell

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.

NH Neighborhood House

New Start artist makes mark in murals



PHOTO COURTESY OF KING COUNTY HOUSING AUTHORITY

Veasna, an artist with New Start, stands in front of one of his murals, which decorates the White Center Food Bank storage bin.

By CLAUDE IOSSO
King County Housing Authority

The White Center Food Bank must have one of the prettiest storage bins on the planet. The big white shipping container at the corner of Southwest 97th Street and Eighth Avenue Southwest features colorful murals of Asian and African landscapes painted by local youth.

In the summer of 2003, seven White Center boys painted the Asian scene, which portrays a farmer in Cambodia standing among his rice paddies, with mountains and an outline of the famous Angkor Wat temple in the background. Picking up where he left off, the boy who led that project has painted another pair of murals by himself.

Veasna (who did not want his last name published) went beyond his Cambodian roots this time, researching Africa before painting the new landscapes, evocative of Somalia with their rivers, mountains and red earth. When he chose his subject, he said he wanted to celebrate the diversity of Park Lake's population, which includes many immigrants and refugees from Somalia.

Veasna shies from attention. When the first mural was unveiled last year, none of the artists came forward. This summer, when

the new murals were dedicated, Veasna stood in front of a small crowd reluctantly.

Tall and stocky, with a pony tail, he dug his hands deep in his pockets, rocked on his feet and looked far off in the distance. At times he grimaced with chin jutting out in what could have been called a gangsta pose.

When asked to talk about his art, Veasna shrugs and says, "I just paint."

Veasna does not live at Park Lake, but he is like many young people who live in King County Housing Authority housing. From an immigrant background, he faces an array of threats and temptations on the mean streets. Like a lot of kids, Veasna has stumbled at times, but, as nearly all of them can, he is finding himself and success.

"He was having some problems," said Grace Kong, interim program services manager with New Start, a Highline School District program aimed at turning youth offenders away from crime and gangs. "But he joined us and is working on his GED."

"Veasna's been with our agency for a while, but we wanted him to do more," she said. "He's artistic and always looking for stuff to experiment with art. We wanted him to take it up another level."

With the new murals, Veasna did.

Classes for witnesses of domestic violence

Project DVORA: Domestic Violence Outreach, Response and Advocacy and the Jewish Family Life Education program are offering a new 12-session course to all mothers and children who have been affected by domestic violence.

The program, which begins on Oct. 5, helps mothers strengthen relationships with their children and helps children process what they have experienced, reinforcing positive behaviors to help develop safe and healthy relationships.

There is no religious content in the curriculum. Classes meet every Tuesday from 6:30 to 8:30 p.m. For more information call (206) 461-3240, ext. 3159.

Race for Governor

From page 1

until he stepped down last year to run for governor. His campaign also focuses on job creation, and he released a plan to make Washington more business-friendly by making government and state agencies more efficient.

Gregoire has questioned his record in the Legislature, saying he voted to cut health care for 40,000 children. Rossi denies the charge and says he's dedicated to protecting health care funding for everyone, including low-income people.

The candidates are scheduled for three televised debates this month. The debates will take place on Oct. 12, 13 and 17, but those interested should check local television listings for broadcast days and times.

Thousands expected for forum on social issues

By ROBIN MCGINNIS
Voice reporter

On Oct. 14-17, activists and organizations from Alaska, British Columbia, Idaho, Montana, Oregon, and Washington will meet at the Seattle Center for the first Northwest Social Forum.

The forum will include a variety of workshops and discussions, addressing issues such as globalization, economic justice, the environment, human rights and racial and gender justice.

The event is one of many regional forums that have followed the 2001 World Social Forum in Porto Alegre, Brazil.

According to the organizers, more than 50,000 people from 130 countries have attended the forums to share ideas, strategies, joy and the determination to create a better world.

Public housing resident Lynn Sereda sees the forum as a valuable way for herself and her neighbors to be heard.

"I feel that it is very important to link the issues in our community to the greater community," she said. "The fact that the North-

west Social Forum itself is organized from the bottom up by people in grassroots movements is one reason I became involved. The inclusion of poor people, people of color, and other marginalized groups is at the center of the Northwest Social Forum."

According to NWSocialforum.org, previous events have paid special attention to marginalized people's perspectives.

Shaped by experiences not shared by the mainstream, the marginalized develop a unique and "strategic wisdom." The Northwest Social Forum says it plans to listen to this key insight when developing solutions for ecological, economic, and social problems.

Registration and the workshops cost a fee, but NWSocialforum.org states, "These fees should not stop anyone from participating."

Volunteer opportunities and a solidarity fund are available for those unable to pay the costs.

For more information on the Northwest Social Forum, call (206) 448-7348, ext. 342 or e-mail info@nwsocialforum.org.

Safety fair provided valuable information

By VOICE STAFF

Solutions to mold, crime, mice and allergies were shared at the annual Yesler Terrace Safety Saturday last month. About 25 residents gathered to listen to the advice of police officers, counselors and health educators on how to keep themselves and their families safe and healthy.

Officer Shelton Robinson from the Seattle Police Department and Crime Prevention Coordinator Michael Neguse talked about keeping crime in check.

Raymond Ogon from Asian Counseling and Referral Services discussed domestic violence.

Sonja Richter from the Seattle Police Department gave tips on how families can prepare for disaster, and a representative from King County Health Department talked with Nicky Josephs, a master home environmental volunteer about maintaining a healthy home.

Officer Robinson expressed distress over the number of crimes that go unreported by Yesler Terrace residents.

"A lot of residents feel like they're intimidated or afraid to get involved," he said.

One resident told of a time when she called 911 to report gambling outside her house, but the police never came by to check

it out. Robinson described the system police use to prioritize calls and urged the resident to continue to report crimes.

Later, the domestic violence presentation grew animated when a resident argued that receiving information on earthquakes and mice was more important to him than hearing about domestic violence.

Ogon pointed out that domestic violence is an important issue to talk about. It is pervasive in all communities, regardless of race.

"These issues need to come out," Crime Prevention Specialist Michael Neguse added. "When we talk about disasters we talk about both man-made disasters and natural disasters."

When the conversation turned to disaster preparedness, Richter urged those present to have three days of water stored in washed out pop bottles in case a natural disaster knocked out the water system.

The health district representative talked about keeping mice out of kitchens, and Josephs gave tips on keeping apartments dust free to reduce the incidence of asthma attacks.

Seattle Housing Authority's Community Manager Judi Carter said she was pleased with the turnout to the event.

"This is an extremely important meeting for all residents of Yesler," she said.

Voice has new editor

Michigan native Stacy Schwandt has taken over the post as Voice editor after two-year veteran Charles Redell left Neighborhood House to start a new job.

Schwandt recently moved to Seattle from Spokane, Wash., where she worked as an education reporter at the Spokesman-Review.

She said she is pleased to be on board and looks forward to getting to know many of the residents of the area's housing communities.

She encourages readers to call with feed-



Stacy Schwandt

back, suggestions and story ideas. She can be reached at (206) 2461-8430 ext. 227 or by e-mail at stacys@nhwa.org

Redell is now reporting for a publication that serves the energy industry but says he plans to continue writing and taking photographs for the Voice.

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.

Steady direction
SENIORS TAKE TO THE STAGE
See page 3



SHA NEWS

October
2004

News and information about Seattle's neighborhoods

October is fire prevention month in SHA buildings

What can you do to stay safe?

By KARI SHERRODD
Seattle Housing Authority

There were 136 fires in Seattle Housing units over the past five years, according to Seattle Housing Authority Risk Control Coordinator Barbara Berg. The fires resulted in \$413,032 of loss and damage. Stove-top cooking was the leading cause, followed by cigarettes, candles, children playing with matches and faulty wiring.

According to the Seattle Fire Department, the lack of realization that fire safety needs to be a part of everyday life causes fires every year. To help increase awareness, SHA practices and encourages residents to participate in monthly fire alarm testing and annual fire drills, like those happening at many SHA properties this month.

One of the most important things you can do is to have a plan and act quickly when you hear an alarm. Merland Johnson, resident manager at Willis House and Olmsted Manor, encourages residents to

remember that not every fire alarm is a test. You must act quickly when you hear an alarm, because every second you delay wastes valuable time.

Know your escape plan and practice it regularly. Your plan should include two ways out of your apartment and an outside meeting place away from the building. It may also be a good idea to keep a pair of shoes or slippers and a flashlight by your bed at night. This way you'll be prepared to get out of your home quickly if the alarm sounds while you are in bed.

When making your plan, remember that the elevator cannot be used during a fire, so you'll need to use the stairs. If you are unable to use the stairs, stay in your apartment and call 911. Tell the dispatcher where you are and ask for help. It may also be beneficial to place a sign marked "help" in your window.

To prevent fires, the Seattle Fire Department encourages you to never leave cook-
See "Fire safety matters" on page 2

Summer success with construction jobs



PHOTO COURTESY OF SEATTLE HOUSING AUTHORITY

Laborer Apprentice David Johnson works with the Apprenticeship Opportunities Project's Barb Grubb on a grant application to help pay a union initiation fee. Johnson started work on the High Point redevelopment this summer.

By JOHN FORSYTH
Seattle Housing Authority

Public housing residents and their neighbors have had great success landing construction jobs this summer. Ten residents from High Point and the surrounding community started work this summer for Absher Construction, the general contractor for the High Point redevelopment, or one of its sub-contractors. At Rainier Vista, General Contractor Walsh Construction and its sub-contractors hired another five people living in Rainier Vista or the surrounding neighborhood.

These are good jobs where residents help build new communities for their friends and neighbors. The average hourly wage at High Point is \$11.50, and eight of the 10

residents receive benefits. At Rainier Vista, the average hourly rate is \$13.80. All five of these new hires receive benefits.

Some jobs are entry level, including the apprentice laborer positions recently filled at High Point. In these cases residents receive on-the-job training. The jobs are full-time, union and carry benefits. Other jobs, like electrician or painter with the Rainier Vista redevelopment project, require residents to start with trade skills. These jobs pay about \$15 per hour.

Seattle Housing Authority employment services staff members have worked with residents and contractors to identify applicants from the communities. They also help these applicants make it through the hiring process. In the past year, some residents

See "Construction jobs" on page 2

Time for flu shots

By DORIS VISAYA
Special to the Voice

As flu season approaches, consider protecting yourself against its ill effects with a readily-available flu shot.

Influenza is a serious illness causing approximately 35,000 deaths per year in the United States. Flu shots cannot give you the flu, because the vaccine is made with a killed virus. They can, however, protect you from the devastating effects of influenza.

Flu shots are recommended annually because the vaccine changes from year to year.

Each year, the vaccine is developed after testing is performed to predict which strains will be circulating during flu season. The

amount of protection provided depends partially on how closely the vaccine matches the actual viruses prevalent during flu season.

It is especially important for people who have lowered immune systems to receive the flu shot. The Centers for Disease Control recommends flu shots for high risk people, including those who have chronic medical conditions, are 50 years old or over, are pregnant or are children between the ages of 6 and 23 months.

Health care workers and people who work with high-risk groups should receive the vaccine to prevent the spread of the virus to vulnerable people. In addition, anyone who wishes to protect themselves from the flu should get an immunization.

Anyone who has had a serious reaction to a previous dose of vaccine, is allergic to eggs or is acutely ill should not receive the flu vaccine.

Visiting Nurse Services of the Northwest (VNSNW) nurses provide flu shots at all of the community housing sites where they are scheduled for regular health promotion clinics. Flu immunization clinic dates will be posted at those facilities.

In addition, VNSNW provides flu immunizations at many public sites throughout the community. Call (800) 449-2221 for information or look on-line at www.vnsnw.com for a complete schedule of public clinics.

VNS will bill Medicare B or Secure Horizons for you. If you are not covered by either of these plans, the cost is \$20 per shot.

Get rid of garbage the right way

By JAMES OWENBY
Seattle Housing Authority

By 2005, recycling will be mandatory in Seattle.

Everyone needs to do their part to make sure garbage, recycling and other waste such as hypodermic needles, furniture and electronics are disposed of properly. Improper disposal of garbage and discarded items can pose environmental and health risks to residents and employees of Seattle Housing Authority buildings.

To help residents, SHA has a Solid Waste division that collects garbage and manages recycling pick up. The Solid Waste division

has five refuse trucks and a staff of seven people that makes its way to all SHA buildings and some of the scattered sites once or twice a week. The team doesn't actually pick up the recycling, however. At most buildings, recycling is picked up every other week by one of two city contractors.

When disposed of improperly, electronic devices can become environmental hazards. Computers, monitors, televisions, circuit boards and other electronics with picture tubes (also called cathode ray tubes or CRTs) contain hazardous materials such as lead, cadmium and mercury. A typical TV can contain as much as eight pounds of

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Welcome new VISTA volunteers



PHOTO BY KARI SHERROD

Lori Byrum (left) and Patricia Ann are new VISTA volunteers ready to serve.

By KARI SHERROD
Seattle Housing Authority

AmeriCorps Volunteers In Service To America (VISTA) members serve in hundreds of non-profit organizations and public agencies by helping to bring communities and individuals out of poverty. Some work to fight illiteracy, improve health services, create businesses or increase housing opportunities. We would like to welcome two new Fremont Public Association MLK AmeriCorps VISTA members – Lori Byrum and Patricia Ann.

Lori Byrum will be working closely with Marcia Johnson and Vicky Yuki in the public housing high-rise community, specializing in building residents' leadership skills. She will work with the elderly, non-elderly and people with disabilities, training them in community building, ways to govern residence councils and other skills. She will also look for innovative ways to better serve senior citizens and people with disabilities.

Byrum has lived across the country and

around the world, in places like Africa, Georgia, Nebraska and Florida. She graduated from the University of South Florida last spring with a degree in philosophy and looks forward to eventually continuing her education. Byrum can be contacted at (206) 615-3573.

When the MLK AmeriCorps VISTA program was recommended to Jefferson Terrace resident Patricia Ann, she knew it was right for her. Ann will be working as a VISTA volunteer for the Seattle/King County Coalition for Responsible Lending, which serves residents of Seattle and King County.

Ann will help coordinate the community-based advisory council, create workshop curricula, educate the community on lending and consumer fraud and coordinate other outreach activities. She is looking forward to helping educate the community about lending and consumer fraud and helping others make good choices.

Ann can be contacted at (206) 461-3792, ext. 3002.

Solid waste

From page 1

lead. It's critical to make sure these materials don't make their way into a landfill, where they can harm the environment.

SHA Solid Waste has made it very affordable to dispose of electronics safely and easily.

If you have a piece of equipment you need to get rid of, contact your property manager. The item will be stored in a dry place until it can be picked up. Such storage reduces the possibility of the item breaking and causing a leak of hazardous materials. SHA residents will be charged \$18 for the disposal of electronics. It is much more expensive to do it on your own.

It is illegal to dispose of used hypodermic needles or "sharps" in your regular garbage. Until they can be safely disposed of, sharps should be stored in a rigid container that is one gallon or less in size. If you have

sharps to get rid of, ask your healthcare provider if you can dispose of them at their clinic. If that isn't possible, you can bring them to Seattle's North or South disposal station at no charge. If you cannot travel, you can call SHA Solid Waste at (206) 716-1310 for a free pick up of your sharps container.

It is also important to contact your property manager if you need help getting rid of large items like chairs, sofas or mattresses. It has been reported that large items are being discarded in common areas of some buildings, rather than being thrown out. An improperly discarded item can cause environmental problems, pose a health risk or even impede the evacuation of a building during an emergency. SHA Solid Waste and building management can help you dispose of large items safely.

Building Community

Seattle Housing Authority's communications office produces a monthly e-mail newsletter called "Building Community."

The newsletter contains brief news reports about SHA activities and initiatives, with links to the full stories on the Housing Authority's Web site.

Topics covered vary widely and will be useful for anyone who is interested in knowing more about housing issues in Seattle and across the country.

To begin receiving the newsletter, send an e-mail to newsletter@seattlehousing.org

Ensure children are safe when trick-or-treating

SEATTLE HOUSING AUTHORITY

Using safety tips and common sense can help you make the most of your Halloween festivities and trick-or-treating. The Seattle Police Department encourages safety and supervision on Halloween by asking parents to adhere to a few safety rules for their trick-or-treating children.

First, know your trick-or-treaters' route and accompany them if possible. If you are not able to go, make sure another adult or responsible teenager is with them.

Remember that drivers have a difficult time seeing people, especially at dusk. Make yourself more visible by using sidewalks and cross walks, wearing bright colors and reflectors and using a flashlight.

Be sure costumes, shoes and treat bags are safe. Make sure that fake knives, swords

and guns are made from cardboard or other flexible materials to avoid accidental injury or, worse, having them mistaken for the real thing.

Set rules about not eating treats until your kids get home and you have the opportunity to inspect them. Candy that has been opened or damaged should be thrown away, and any homemade treats or fruit should be closely inspected.

It is also important to ensure that your home is safe and accessible to trick-or-treaters. Turn on your porch light and move lit jack-o-lanterns off the porch where kids can get bunched up if they are trick-or-treating in groups. Also, remove all objects from your yard that might present a hazard.

If you see any suspicious or criminal activities please report them to the police.

Fire safety matters



PHOTO BY JAMES OWENY

Residents of a Seattle Housing Authority high-rise building respond to a fire drill.

From page 1

ing food unattended. If you have to leave the kitchen for a short time, set a timer or take something with you to remind you that the stove or oven is on. In the event of a kitchen fire, the best response is to put a lid over the flames in order to deprive them of oxygen. Do not pour water on a grease fire as it will spread and increase the flames.

Taking a few well-planned steps can prevent electrical fires. Keep anything that can burn, like furniture, curtains, papers and clothing, away from baseboard and portable heaters. Extension cords and multi-plug adapters should be used as little as possible, and extension cords should be tacked to walls or run under rugs.

Keep matches, lighters and other smoking materials out of the reach of children, preferably in a locked cabinet. Always place candles in non-tip candleholders before you light them and extinguish candles before you leave a room or go to bed. Also, don't smoke in bed. If you are drowsy or on medication, you may forget to put out your cigarette, or fail to extinguish it completely, and accidentally start a fire.

Finally, check your fire alarm monthly to make sure it is working. If you have questions about your fire alarm, or about fire safety in general, contact your management office or the fire department's public education department at (206) 386-1338.

Construction jobs

From page 1

faced challenges meeting the minimum job qualifications, such as carrying a Washington State Drivers License or proof they'd achieved a 10th-grade education. SHA staff helped these job seekers get their GED, request school documentation from other countries or earn their drivers license.

It is always the residents themselves, however, who ultimately convince the contractors to hire them.

Jeff Thungc of the High Point Job Connection program notes, "construction jobs

are not for everyone. Yet for some residents they are a great fit." Jeff anticipates that some of the summer's new hires will get work with larger Seattle-based projects like SoundTransit once the High Point redevelopment is completed.

For more information about construction jobs at High Point or Rainier Vista, please contact the High Point Job Connection office at (206) 937-3292 or the Rainier Vista Jobs Plus office at (206) 722-4010.

POINT OF VIEW

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

"I got a new attitude"

By JEFFREY GERHARDSTEIN
Special to the Voice

A kind resident recently sent this quote to me from a written work by Christian-author Charles Swindoll:

"The longer I live, the more I realize the impact of attitude on life.

"Attitude, to me, is more important than facts. It is more important than the past, than education, than money, than circumstances, than failures, than successes, than what other people think, say or do.

It is more important than appearance, giftedness, or skill. It will make or break a company... a church... a home."

If you are a coach, you give a pep talk to players to sharpen their attitude toward the game. You tell them to keep to the basics, the fundamentals of the game and team performance will improve.

If you are a coach, you also teach a player resilience and attitude. A coach doesn't want to pull a player from the game. A coach teaches the player to stay in the game, take a proper attitude toward mistakes and to rebuild their confidence.

Attitude is a mental discipline, a living skill that requires social support.

We each become 'attitude coaches' when someone we care about relapses into severe depression, spirals into anxiety attacks or binges on their addiction.

If you have a friend suffering from depression, you know you are sometimes called upon to 'coach' him or her back to

health. If you have a partner or family member living with alcoholism or drug dependency, you may be called upon to help 'coach' your loved one back to sobriety.

If you are one who lives with a disabling mental illness, you may face a lifelong challenge. The challenge for you, especially in times of demoralization and relapse, is to salvage, nurture and protect the hopeful attitude that can restore you. Swindoll emphasizes the role of personal choice:

"The only thing we can do is play on the one string we have, and that is our attitude," Swindoll wrote. "I am convinced that life

is 10 percent what happens to me and 90 percent how I react to it."

If you suffer from a longtime mental health condition, such as depression or post-traumatic stress disorder, you know how valuable your longtime allies are. These are the attitude coaches and caregivers who help sustain your creative outlook on life.

Above all, you must be your own attitude coach.

You must return fearlessly and courageously to the program of recovery that feeds your spirit and nurtures an attitude of hope when the chips are down. In recovery, every day calls for a 'new attitude!'

Jeffrey Gerhardstein is the mental health case manager for the Seattle Housing Authority's high-rise communities. He is available for questions or to help with mental health issues. Call him at (206) 545-8611.

Attitude is a mental discipline, a living skill that requires social support.

Seniors enjoy dramatic life

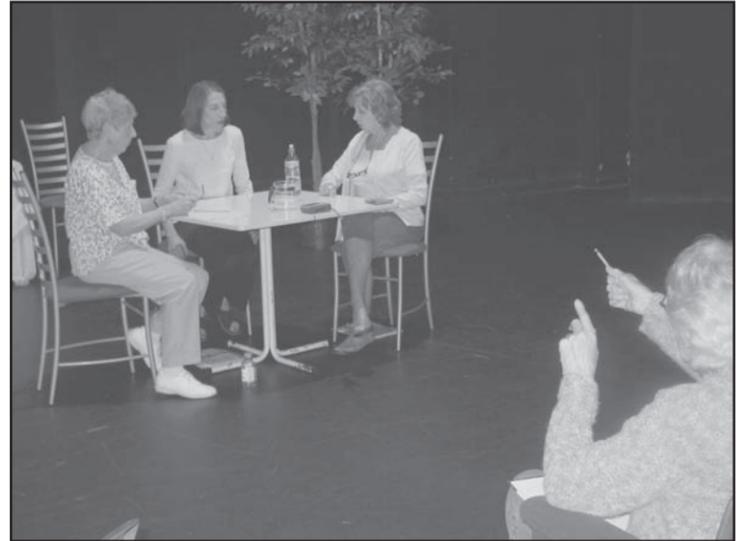


PHOTO BY JAMES OWENBY

Reunion House's Roz Kuring (lower right) gives direction to (from left) Pamela Abas of Carroll Terrace, Sybil Butler and Carole Fricke

By JAMES OWENBY
Seattle Housing Authority

The lights will come up at the Langston Hughes Performing Arts Center on four afternoons in October and November for a program of plays, poems and music for seniors and by seniors. Roz Kuring of Reunion House and Pamela Abas of Carroll Terrace are two Seattle Senior Housing Project residents involved in this set of senior performances.

Kuring is directing the program and Pamela Abas is acting in two of the one-act plays. Kuring admits the program is a bit of a nod to her days working as the artistic director of the Phoenix Players. The Phoenix Players were a senior theatre group that performed at Lowell School on Capitol Hill during the 1990s. Kuring started the Phoenix Players when the school's principal donated the space for rehearsal and performances. After a few years it got to be too much to keep going on a consistent basis, so the Phoenix Players just ceased to exist.

Kuring has been active in community theatre her entire life - even while raising her four children. She is a serious actor and director who attended the American Academy of Dramatic Arts in New York when she was a young woman. She hopes the performance will inspire the formation of another senior theatre group at the Langston Hughes Performing Arts Center.

"I'd like to see it be kind of like a children's theatre, but for senior adults,"

she said. "Just because you're old, you don't just have to sit around in rocking chairs. There is a lot of life left in us, and a lot of us are really creative. It would be great if there were more opportunities for seniors to put on performances geared to our age group."

The performance, which doesn't have an official name other than a Senior Performance, will open with a narration. It will then transition into "Three Women," a comical one-act play by Roger Cornish. The play is about three women who live in senior housing. The script is contemporary, and the play can basically be set anywhere, so Kuring says it's set in Seattle.

Afterwards, Carmen Leone of the Seattle Opera Chorus will perform a vocal piece. A poetry reading follows, featuring a poem called "Time," written by Maddie Booth Payne, which Kuring says "really speaks to our generation."

Then, the 90-minute program will once again transition to another one-act play called "Candle on the Table," by Patricia Clapp. "Candle on the Table" is set in about 1918 at an upscale retirement home.

The performance's closing item will be the reading of a letter to all people born before 1940.

"It's an amazing letter," Kuring said. "Our generation has seen a lot of changes and this letter puts it in perspective really well."

The performances will take place on Tuesday, October 19 and 26, and on Tuesday, November 2 and 9. All performances will be held in the afternoon. For more information, call Roz Kuring at (206) 323-3809.

Flag raised to remember resident



PHOTO BY MARY JOHNSON

Robert W. Nelson salutes Island View resident Susan Hagen, while her sister Jean Lauriten, at left, looks on.

By MARY-ELLEN WHEELING
Special to the Voice

When Island View's flag was replaced last month, manager Ephiram Duell raised the new one in honor of recently deceased resident Arnie Hagen, a World War II naval veteran.

In a touching ceremony, relative Robert W. Nelson, who was named the 1995-96 all-American commander of the Veterans of Foreign Wars Post 2995, presented Hagen's

widow Susan with a folded family flag commemorating and honoring her husband's service to his country.

Island View resident Robert Freeman delivered a benediction following the flag ceremony.

In addition to a number of building residents, family members Jean and Frank Lauriten, Lezly and Bob Nelson and Susan and Jerry Hagen were in attendance.

Refreshments were served after the ceremony.

Community notes

Discount cards for disabled

FLASH cards, which qualify disabled Seattle and King County residents for discounts, services and programs, are available for free from the city. FLASH stands for Fun, Leisure, Access, Savings and Health.

Those with permanent disabilities can get discounts at restaurants and businesses, theaters and recreational facilities. It also works at the Seattle Public Library and enables users to get pet licenses at half price. Those with temporary disabilities may qualify for temporary FLASH cards. FLASH cards are avail-

able from the Seattle Mayor's Office for Senior Citizens in the Alaska Building at 618 Second Ave. and at other locations. Call (206) 684-0500 for more information.

Advocates II meeting

The board of The Advocates II, an organization of seniors living in SHA senior housing, meets on the third Wednesday of each month. The meetings are open to all interested residents. Call Edie Koch at (206) 217-9451 or Bette Reed at (206) 523-8685 for the latest location and time.

HIGH POINT HERALD

NEWS ABOUT THE HIGH POINT COMMUNITY

High Point says farewell to community builder

By STACY SCHWANDT
Voice editor

The High Point community lost one of its stars last month, as Neighborhood House's Mao Theam left to start a new job.

Theam, 26, worked for two years as an outreach specialist for the CASA Community Health Program. She grew up in the High Point neighborhood.

"It's hard for me, I'm so close to the community," she said. "I didn't want to leave."

But when funding for the CASA program ran out, Theam was forced to look for a full-time job. She will begin work as a senior grants and contracts specialist at the City of Seattle this month.

She said she believes the job, which includes the coordination and monitoring of family support programs in the Seattle Public Schools, will offer her the opportunity to grow and develop her career.

Her former boss knows she'll do just fine. "She was instrumental in the development of the community health program," said Program Manager Denise Sharify. "Her knowledge of the High Point community, her relationships with the residents and her commitment to strengthening the health of the community has been incredible."

Theam points to organizing Vietnamese and Cambodian tea groups and working with residents to produce an anti-smoking booklet as two of her biggest successes with Neighborhood House.

The booklet included children's drawings and information in four languages. Members of the tea groups helped prepare the booklet, and Theam remembers their reactions on the day it came back from the printer.

"I was at a diversity festival and I saw one of the tea group members," she said. "I gave her the book. She had her grandkids with her and she showed them. She said, 'This is the book that we made.' She was surprised and happy to see what came out — I don't think she thought it was going to be so nice."

Theam said she was heartbroken when she told the tea groups that she was leaving.

"I wasn't really ready to say goodbye," she said. "I had this empty feeling."

She said she believes the tea groups helped strengthen High Point by alleviating some of the isolation immigrants can experience. In turn, the groups helped her understand the importance of building relationships.

"You can't expect to just come in here and implement your program," she said. "Without the residents on board and as part of the decision-making, it's just not going to work. These people are knowledgeable; they care."

The participants, for their part, are sad to see Theam go. Vietnamese tea group member Sang Dang said it was the way Theam talked that earned her the love and respect of the community. She was "very welcoming, happy and ready to help when things came up," Dang said through an interpreter.

Dang said she first went to the tea group to check it out, but she continued to attend in order to keep up on things that happened throughout the community. Though sad about their friend's departure, she and other residents are committed to keeping the tea groups going.

"I want Mao to stay and not to leave," she said.

Job Connection helps resident achieve goals



PHOTO BY KARI SHERRODD

Job Connection's Jeff Thungc (at right) helped Ethiopian immigrant Abdurazaq Abdulqadir land a job at Safeway.

By KARI SHERRODD
Seattle Housing Authority

After leaving Ethiopia, Abdurazaq Abdulqadir went to a refugee camp in Kenya. For four years he and his family waited for their opportunity to come to the United States. On July 25, 2003, he made Seattle his home, along with his mother and two of his nine siblings.

Abdulqadir immediately enrolled in Garfield High School's English as a Second Language program, but because his mom is elderly and disabled he was forced to choose employment over education. At that time, the economy was extremely weak and jobs were sparse, especially for someone who spoke very little English.

Fortunately, The Job Connection had just opened its Lake City office, close to Abdulqadir's home. Abdulqadir enrolled with the Job Connection and worked with Jeff Thungc, a job placement specialist, to create a life plan. The plan included seeking employment while furthering his education. Together they visited potential employers, filled out many applications and prac-

ticed interviewing.

Six months after Abdulqadir enrolled in the program, the two visited with a Safeway employment coordinator and Abdulqadir was offered an interview. He received such short notice for the interview that he couldn't arrange for proper interview attire, so Thungc gave him the jacket and tie he was wearing. Thungc has been there through the whole process, Abdulqadir said.

Abdulqadir interviewed well and was offered a job as a courtesy clerk at a Safeway close to his home. Since then, he has enthusiastically worked for Safeway, and the store manager even considered promoting him to a baker with a higher wage. After consulting with Thungc, he decided to stay in his position as a courtesy clerk, so he can have the flexibility to go back to school this fall.

He hopes to complete his GED, go to college and perhaps become a teacher someday. With his strong initiative and persistence, Thungc has no doubt he will go far.

"He is very serious about his future," Thungc said. "He takes what I teach him seriously, learns well and applies it."

Elementary school serves the entire community

By VOICE STAFF

With school back in session, staff at High Point Elementary School want to remind those in the neighborhood that the school is a resource for everyone, not just children.

The school has a technology center equipped with 45 computers that is designed specifically for use by the community.

"It's a hidden resource that not a lot of people know about," said Meredith Blache, the center's director.

The center will offer basic computer and Internet skills classes for seniors beginning on Oct. 4. The free classes meet on Mondays from 10:30 a.m. to 12:30 p.m.

There are also basic computer classes with individualized instruction in Vietnamese from 1 to 3 p.m. on Tuesdays and Thursdays. Those interested can attend as often as they'd like.

For more information on the computer classes or to find out when the lab is open for use by the public, call (206) 252-9480.

The technology center is also a site for South Seattle Community College's free English as a Second Language classes. The classes run from 5:30 to 8:30 p.m. on Mon-

days, Wednesdays and Fridays. Children's activities are offered during class time. Pre-registration is required, but space is usually available. Call Mui Bui at (206) 252-9480 for more information.

The school's PTA is also gearing up for an exciting year. On Oct. 16, members will host a free Health and Wellness Fair in the school's cafeteria. Community health workers along with representatives of the police and fire departments will provide participants with information ranging from how to quit smoking to traffic and bicycle safety.

Community members are also invited on the second and fourth Tuesday of the month to a free luncheon that celebrates the food and history of different cultures. The lunch, which is made by community members, always includes plenty of vegetables. It runs from 12 to 1 p.m. in the school cafeteria.

"It's a fun and relaxed meal," said school employee Jean McGhee. "It is a cross section of everybody."

Finally, the school will host a parent and community meeting on Oct. 21 from 7 to 8 p.m. in the school's cafeteria. The event, which will give neighbors another chance to connect with the school, coincides with a book fair.

Community notes

Community Council meeting

The High Point Community Council meets at Holly Hall at 6 p.m. on the second Monday of every month.

To find out more information about the topics to be discussed at the next meeting call (206) 937-5459.

Sunday service and dinner

Every Sunday, Pastor Deborah Dinkins offers Sunday school and worship services for High Point residents. Afterwards, a free community dinner is offered.

Sunday school starts at noon and the service begins at 1 p.m. The services and dinner are held in the old YMCA building at 300 S.W. Graham St.

Home run for High Point

The SafeFutures Youth Center was awarded a \$250 grant from the City of

Seattle's Small Sparks fund to run a softball clinic for girls ages 8 to 14. The clinics, which will take place on Fridays in October from 5:30 to 7 p.m., are a place for girls to learn and practice softball skills and enjoy the company of others.

The clinics take place at the old neighborhood YMCA building at 300 S.W. Graham St. Call Christine Torres at (206) 937-9606 ext. 104 for more information.

Seeking submissions

The Voice is seeking submissions for its High Point community section. Story ideas, articles, photos and community announcements can be sent to Stacy Schwandt at 905 Spruce St., Seattle, WA 98104.

Submissions can also be sent by e-mail to stacys@nhwa.org or called in by dialing (206) 461-8430 ext. 227.

RAINIER VISTA NEWS

NEWS ABOUT THE RAINIER VISTA COMMUNITY

Another successful senior gathering



PHOTO BY STACY SCHWANDT

Ernestine White and Pearl Prevo study their bingo cards.

By VOICE STAFF

About 30 people met in the Rainier Vista community room last month for a senior gathering. The luncheon had returned to the Rainier Vista community after a summer in other locations.

Those who attended listened to presentations, enjoyed egg rolls and macaroni and played bingo.

Peter Claver House resident Ernestine White said she tries to make it to the luncheon each month.

"I enjoy the company, the food, the gathering, the prizes," she said. "And if there are no prizes, I enjoy the people."

At September's gathering White was pleased to walk away with a \$10 Safeway gift certificate for landing a bingo.

Rainier Vista resident Dang La didn't have any luck with the game, but he said he enjoyed the presentations, one of which was a Tai Chi demonstration by Bellevue-based teacher Mitsuo Aoki.

Aoki, who is considered a Tai Chi master, taught a class in the Rainier Vista community room last summer. Although the program ended in September, Aoki continues to teach at the Southeast Senior Center on Mondays from 1 to 2 p.m. and at Jefferson Community Center on Wednesdays from 7 to 9 p.m.

Seattle Housing Authority community builder Nefertari I explained to those gathered that Tai Chi is an ancient Chinese mar-

tial art modeled on the way animals move. The discipline has evolved over centuries, she said, into a series of gentle physical movements and breathing practices that increase a person's range of movement and loosen stiff joints.

"I'll repeat that because I always hear about people having stiff joints," she said.

Neighborhood House Family Support Worker David Trainer also gave a presentation on budgeting.

The senior luncheons, which have been a tradition for three years, are a collaboration between Seattle Housing Authority's Jobs Plus office, Neighborhood House, Park Place Retirement and Assisted Living, Puget Sound Neighborhood Health Centers, International District Housing Alliance and the Seattle Parks and Recreation Senior Adults program.

The gatherings take place on the fourth Wednesday of the month from 10:30 a.m. to 1 p.m. The group has also organized gatherings at Seward Park, Woodland Park Zoo and Seattle Center's Center House.

For more information call (206) 722-4010 ext. 3.

Seattle Parks and Recreation Specialist Angela Smith said the gatherings are meant to help senior adults work through language and cultural barriers to integrate more strongly into the community.

"The events have increased the opportunity for social networking across diverse cultural groups," she said.

New job is great, close to home

Isse Ulo's commute to work takes less than a minute.

With assistance from the Rainier Vista Jobs Plus program, Ulo recently started work as a property management associate in the Rainier Vista management office.

"I'm very happy about it," he said. "It's a public service. I help people daily."

Ulo moved to the United States from Africa in 1999, where he worked for nearly 20 years in the airline industry.

"This position represents a logical extension of Isse's efforts to date," said Job Placement Specialist Larry Hill.

Hill added that Ulo knows most of the residents he's working with because he has been so active in the community since his arrival.

Ulo's wife Rehima Hebo was one of the first people to enroll in the Jobs Plus program when it was created about four years ago, Hill said. She has spent many years working for Ikon Office Solutions, a company that contracts with Amazon.com.



Isse Ulo

Vietnamese language program forming

By VOICE STAFF

Volunteers at Rainier Vista are starting a language program to encourage the teaching and preservation of the Vietnamese language and culture in the community.

"We really hope (Rainier Vista children) can grow up with two cultures," said Tien Duong-Le, who is heading up the effort and has worked in the Rainier Vista community for over 14 years.

"I hope the program will be inter-generational, so the elderly can teach the culture," she added.

A similar language program, funded by a drug elimination grant, used to exist at

Rainier Vista, said Seattle Housing Authority Community Builder Nefertari I, but when grant monies ran out in summer 2003, the program dwindled.

The revived program meets on Sundays from 12 to 4 p.m. at the Rainier Vista Community Room, 4500 Martin Luther King Jr. Way. People of all ages learn to read, write and speak Vietnamese.

"Sundays are free time," Duong-Le said. "The kids only watch TV at home. We hope this will be an alternative."

For more information call Duong-Le at (206) 355-9601.

Ready for learning



PHOTO COURTESY OF RAINIER VALLEY BOYS & GIRLS CLUB

Three proud new owners of backpacks and school supplies pose for the camera. In late August, the Rainier Valley Boys & Girls Club gave away over 200 backpacks and an assortment of pens, paper, glue, binders, name badges and bracelets. The Boys & Girls Club offers a free after school program that includes homework help, cooking classes, special events and more. For more information call (206) 725-4197.

Community notes

Free bus tickets

If you have relocated from Rainier Vista as part of the HOPE VI redevelopment project and need assistance with transportation costs so that you can continue participating in community meetings or services, contact the Rainier Vista management office at (206) 721-2980 or the Jobs Plus office at (206) 722-4010 ext. 1.

Those groups may be able to provide you with METRO bus tickets at no cost to help you get to and from Rainier Vista.

Free advertisement for residents

Rainier Vista's Community Information Station is available to residents who want to place an advertisement or notice free of charge. The bulletin board is located outside on the wall of the community room.

To place an advertisement or announcement contact Christine or Kathy at Rainier Vista Neighborhood House at (206) 461-4568 or stop by the office, which is located at 3600 S. Oregon St.

Homework and your child

The Rainier Beach Family Center is offering a workshop on Oct. 19 to help parents understand the importance of homework and learn ways they can help their children succeed in school.

A Seattle Public Schools teacher will answer questions and make a presentation. The event is free and will take place at the Rainier Beach Family Center, 8825 Rainier Ave. S. Call for more information or to register at (206) 723-1301.

Seeking submissions

The Voice is seeking submissions for its Rainier Vista community section.

Story ideas, articles, photos and community announcements can be sent to Stacy Schwandt at Neighborhood House, 905 Spruce St., Seattle, WA 98104. Submissions can also be sent by e-mail to stacys@nhwa.org or can be called in at (206) 461-8430 ext. 227.

NEWHOLLY NOTES

NEWS ABOUT THE NEWHOLLY COMMUNITY

International Day of Peace sparks gathering, reflection



PHOTO BY ROBIN MCGINNIS

Three-year-old Aric Lutz digs a hole for his plant in the NewHolly Peace Park.

BY ROBIN MCGINNIS
Voice reporter

In celebration of September's United Nations International Day of Peace, residents of NewHolly held a vigil in the neighborhood Peace Park.

Those gathered spoke about their hope for peace and planted flowers in the garden around the park's two peace poles, which are marked with the words "May Peace Prevail on Earth" in sixteen languages.

The event commemorated the one-year anniversary of the park's dedication.

"With this event, a year later, you can see the growth of not only the flowers, but also of the community," said NewHolly Community Builder Joy Bryngelson Moro. Last year, Seattle University's nursing department donated the poles after working with NewHolly in a series of health-related projects.

Because of current world events, residents agreed that this year's Day of Peace was especially significant.

"It's important to remember even in the middle of a war, that there is a whole world

hoping and working for peace," Bryngelson Moro said.

Organizer Kay Lutz added that a peaceful world isn't created overnight.

"Peace isn't just the absence of war," she said. "It's an evolution that our culture has to get to."

She also encouraged residents who attended the event to plant the flowers she helped to provide.

"It gives a little more connection and sense of ownership so that it's not just a place to throw litter," she said. "Since the flowers were planted last year, I've seen less litter in the park."

Both Bryngelson Moro and Lutz agreed that residents' attitudes toward the park have changed a lot over the past year, allowing it to become a more respected and serene place.

"We really try to have the Peace Park be about peace," Bryngelson Moro said. "When someone's arguing or disagreeing at the campus, we often come here and talk about it. It's a setting to realize that in the grand scheme of things, a little argument isn't that big of a deal."

Community center cost estimates released; public meeting postponed

BY VOICE STAFF

Levy dollars approved by Seattle voters are at work in the NewHolly community, as plans for a \$3.9 million expansion of the Van Asselt Community Center are well underway.

But a previously scheduled public meeting was put on hold last month, after architects released an estimate of the actual cost of the proposed design. The meeting will likely take place in mid-November, rather

than on Oct. 19 as previously reported.

"We will review and revise the project's scope based on these estimates," said Karen Lynch, spokeswoman for Seattle Parks and Recreation. She added that team members have been "aware from the beginning that schematic designs we've reviewed in meeting included an entire 'wish list,' and that it was very likely that scaling back to some degree would be necessary."

Initial plans call for a main entry with a reception counter, staff offices, a lounge

area, activity rooms, a multi-purpose room with kitchen and a remodeled gym. Events such as teen camps, classes, after-school programs, community meetings and weddings will be held in the facility.

Construction is scheduled to begin in April 2005, with the project reaching completion in the fall of 2006. The expansion is made possible by a levy approved by voters in 1999, which provided \$72 million to expand old community centers and build new ones.

Seattle Parks and Recreation has hired Ron Wright and Associates as the architectural firm to design the new center.

A project advisory team, made up of residents and people who work in the area, has been meeting monthly since March to guide decisions on the project.

For more information about the project or to find out when the next public hearing will be held, contact Project Manager Dan Johnson at (206) 684-7149 or e-mail him at dan.johnson2@seattle.gov

News night coming

BY VOICE STAFF

Residents of NewHolly and the greater Othello neighborhood are invited to get involved and attend Neighborhood News Night.

The NewHolly Campus Steering Committee has invited nearly 30 agencies, including Catholic Community Services, the Seattle Parks Department, and the NewHolly Neighborhood Clubs to set up informational tables in the Campus Gathering Hall on Oct. 21. The event, which is meant to be a way to strengthen neighborhood ties, will run from 5 to 8 p.m.

Residents are invited to learn about services in the community, share ideas for new programs and give their opinions on existing programs. Refreshments will be served and door prizes awarded.

When Holly Park was redeveloped into NewHolly, officials envisioned a neighborhood with a mix of low- and middle-income families and the organizations that could serve them. They argued that building such a place would be one way to work toward ending the crime and isolation many people experienced in public housing.

The initial redevelopment grant made it possible for a number of non-profit organi-

zations to locate in the center of the housing development, and, today, members of the steering committee want to keep the network strong and the residents involved.

"We really do feel like we're a community of providers, a community of consumers and participants," said Sue Siegenthaler, program manager for Atlantic Street Center's NewHolly family center. "We have some excitement and enthusiasm about staying current."

In the spirit of keeping groups connected, the steering committee is reaching out to the larger Othello neighborhood, hoping to get local businesses, schools, community associations and activists involved.

Wade Parrott, counseling services coordinator for the University of Washington's Educational Opportunities Center said his organization will attend Neighborhood News Night, not only to spread the word about their services to residents but to learn about what other groups are doing.

"There have been a tremendous amount of changes that have affected my agency," he said, adding that Neighborhood News Night "will help us stay connected."

For more information, contact Joy Bryngelson Moro at (206) 723-1725 or by e-mail at jmoro@seattlehousing.org.

Community notes

Seeking submissions

The Voice is seeking submissions for its NewHolly community section. Story ideas, articles, photos and community announcements can be sent to Stacy Schwandt at 905 Spruce St., Seattle, WA 98104. Submissions can also be sent by e-mail to stacys@nhwa.org or called in by dialing (206) 461-8430 ext. 227.

Celebrate fall

NewHolly will celebrate the changing seasons on Oct. 29 with its annual Fall Bash, a fun and safe indoor carnival for kids. Costumes are optional and there will be games, prizes, treats and more. The event takes place in the NewHolly Gathering Hall. For more information check in at the Family Center or call (206) 723-4073.

Homework and your child

The Rainier Beach Family Center is offering a workshop on Oct. 19 to help parents learn how to prepare their kids for the future.

A Seattle Public Schools teacher will answer questions about homework and

make a brief presentation. The event is free and will take place at the Rainier Beach Family Center, 8825 Rainier Ave. S. Call for more information or to register at (206) 723-1301.

Want some project news?

Interested in learning about projects and opportunities in your neighborhood? If you would like to participate in projects around Sound Transit, NewHolly campus changes, Traffic Safety Club activities or another project, please contact Joy Bryngelson Moro at (206) 723-1725 or by e-mail at jmoro@seattlehousing.org.

Family study time

The NewHolly Youth and Family Center offers family study time from 6 to 7:30 p.m. every Tuesday and Thursday.

During this time, school-aged youth receive help from tutors, while at the same time parents can get help learning English as a Second Language, GED preparation, citizenship studies and even home childcare training.

No appointment is necessary. For more information call (206) 723-4073.

YESLER HAPPENINGS

NEWS ABOUT THE YESLER TERRACE COMMUNITY

Head Start classes begin



PHOTO BY STACY SCHWANDT

A Head Start student draws a picture of himself on the first day of school.

By VOICE STAFF

Singing, pouring apple juice and playing with dinosaurs punctuated the first day of Head Start classes at Yesler Terrace.

Teachers Judy Young and Pua Smith gave each of their new students nametags, and Young had the children sit in a circle to sing "The wheels of the bus go round and round."

The Yesler classes are part of Neighborhood House's Head Start program, which serves over 170 students in four sites each year. Family Services Manager Jonathan Green said that one of the program's focuses this year is on getting families more deeply connected.

"We see parent involvement as critical," he said. "We see parents as the first and



PHOTO BY STACY SCHWANDT

Shamso Saeed and her son Mohammed arrive at the Yesler Head Start building.

best educators of their children."

Shamsa Saeed said her four-year-old son Mohammed smiled when he learned it was time to go to school.

"He's smart," she said. "He was excited."

Saeed first immigrated to the United States from Somalia five years ago. She said that even though she and her two younger sons will miss Mohammed during the mornings, she hopes the program gives him an advantage.

"He needs reading, writing and education," she said. "He's helping me because I don't have education for myself."

Saeed said she hopes Mohammed is on his way to becoming a doctor.

"The doctor is too much money," she said. "If he is a doctor, he'll help to take care of me and my kids in the future."

Notes from the Manager

By JUDI CARTER

Community Manager

On Sept. 18, a large group of residents came to a meeting to learn about safety. We learned about crime prevention, domestic violence, major disaster preparedness, mold, mice and allergies. It was a very well spent few hours on a Saturday afternoon. Thank you to all who presented, attended and asked questions. Thank you also to the wonderful interpreters who made the event inclusive for so many people.

On Oct. 16 at 1 p.m. in the Yesler Terrace Community Room, I hope to continue with a series of short training sessions on responding to major disasters. For the next year, we will have a short workshop on the third Saturday of each month. All residents are invited and encouraged to attend.

The first session will deal with what residents should do to assure family members are safe and provided for in the case of an earthquake or other disaster. I plan to have interpreters available. Please phone the management office at (206) 223-3758 to let me know if you are able to attend, and if you need an interpreter. It is my hope that by the end of next year, many residents will know exactly what they should do for their families and their neighbors, should a big earthquake hit Seattle.

In the meantime, all residents need to locate the telephone number, if possible, of

one person who does not live in Washington State that all family members can call if a major disaster strikes. Come to the next workshop and find out why.

Last October, I informed the community about staffing changes in Yesler Terrace management office. Well, here it is, October again, and there are more staff changes to announce. On Oct. 1, we bid a fond farewell to Lynda Gasper. Lynda was the first person residents saw when they came into the management office. She was the friendly voice who answered the telephone when folks called to place a work order or ask a question. Lynda has been transferred to the Scattered Site management office. She will be sorely missed.

Having said that, I encourage all residents to come to the management office to meet our new staff member, Jaime Martinez. Jaime comes to us from the High Point management office. She brings plenty of experience and will be a wonderful addition to the Yesler Terrace team. The office will be undergoing a shift in staff responsibilities, which will be announced soon.

I hope everyone has the chance to walk by the fabulous flowering yard of Tu Nguyen. It is two units to the west of the management office and features roses, dahlias, cannas and irises. It is gorgeous. Thank you Ms. Nguyen.

Until next month, rake up some leaves and have a wonderful October.

Residents say no to homeless shelter

Officials plan second community meeting for more discussion

By STACY SCHWANDT

Voice editor

The Yesler Terrace Community Council last month opted not to support the City of Seattle's plan to locate a severe weather homeless shelter in the Yesler Community Center gym for one year.

Though the council vote was split 2-to-2, only two of the over 50 people who attended the meeting voted in favor of the shelter. Those opposed expressed concern that homeless people would hang around the neighborhood outside shelter hours, compromising the safety of children and senior citizens.

The council's vote left plans for the shelter on shaky ground, but officials did not say they will look for an alternative location. The final decision will be made by the city and the Seattle Housing Authority sometime in the next month.

"I don't know where we go from here," said Al Poole, the city's manager of survival services. "I know we're still committed to house as many of the homeless people as possible this winter."

One resident said through a translator that she fears the shelter will bring more and more homeless people who will ask her for money and attack her if she refuses.

Another person said the shelter shouldn't be located in a building that serves children earlier in the day.

SHA's Executive Director Tom Tierney said he is sensitive to the community's concerns, but he hesitates to abandon the plan.

"I believe that in any community in Seattle we can't just discount homeless people on the coldest night of the year out of fear of homeless people," he said.

Tierney is organizing a meeting on Oct. 26 where police, city and housing authority officials can talk with residents again about

measures that might be taken to ensure the shelter coexists peacefully with them.

The meeting will take place at Bailey Gatzert Elementary School, 1301 E. Yesler Way from 6 to 8 p.m.

"The city approached us because we have a very large public building that could be put to use at night," Tierney said. "The problem the city has is a very large number of homeless people who can die in the streets if someone doesn't help them."

The proposed shelter would serve 75 men and women on up to 66 nights between October and March. It would open when temperatures drop below 32 degrees Fahrenheit, when it rains on two consecutive nights or when there is snow on the ground. Those needing shelter would be expected to arrive at 10 p.m. and leave at 6:30 a.m. Three Salvation Army employees would run the shelter, arriving one half hour before clients and leaving one half hour after. Additional employees will work in the morning to help disburse the crowds, Poole said.

"They're told by the Salvation Army very forcefully to leave and not to arrive early," he added. "But I cannot guarantee that people won't arrive early."

Tierney said the October meeting will include a discussion about whether police officers can patrol the area more heavily on nights the shelter is open.

About 4,000 homeless people live in the city, Poole said. King County may open a severe weather shelter for 50 people in its administrative building this winter and there will be a shelter for women only at the Frye Hotel.

Residents expressed exasperation over drug sales and crime already occurring in the neighborhood.

"We have enough problems, if we bring the homeless here we will have more problems," one person said.

Community notes

Free Internet access

The Yesler Terrace Computer lab offers free Internet access and classes to residents interested in learning basic computer skills. The center is located at 825 Yesler Way. It is adjacent to Yesler Community Center on the lower level.

For more information on the classes or for a schedule of open lab hours, call (206)386-1245.

Tutoring at Yesler Terrace

Yesler Terrace Tutoring Center sessions are held Monday, Tuesday and Thursday from 4 p.m. to 7 p.m. for elementary and middle school students.

On Wednesday, sessions are held from 5 p.m. to 7 p.m. for high school students. The tutoring center is located in the Yesler Community Center's community room. Any student who lives in Yesler Terrace and attends first through twelfth grade can enroll in the program.

There may be a waiting list. For more information call (206) 682-5590.

Basic computer skills

A basic computer skills class is available for adults at the Yesler Terrace Computer Lab.

The course is designed for those who have little or no prior computer skills. Classes are two days a week and last up to 10 weeks. Students will be introduced to Windows 98, Microsoft Word, Excel and the Internet.

The center is located at 825 Yesler Way. It is adjacent to the Yesler Community Center on the lower level. For more information call (206)386-1245.

Seeking submissions

The Voice is seeking submissions for its Yesler Terrace community section. Story ideas, articles, photos and community announcements can be sent to Stacy Schwandt at 905 Spruce St., Seattle WA 98104. Submissions can also be made by calling (206) 461-8430 ext.227 or by sending an e-mail to stacys@nhwa.org.

TRANSLATIONS

TRANSLATED ARTICLES FROM THE VOICE

School based Clinic play an Important Role for Teen

ጭንጭንጭን ስራ ለግብርና ጥበቃ ክሊኒክች በወጣት ተማሪዎች ጤና ጥበቃ ትልቅ ሚና ይጫወታሉ።

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School-based Clinics Play an Important Role for Teens

Школьные клиники играют большую роль для подростков

Если ваша шестнадцатилетняя дочь говорит вам, что ей нужен врачебный осмотр перед занятиями спортом в старших классах школы, вы предпочтете врачебный центр при школе.

Школьный врачебный центр (SBHC - school-based health center) - это врачебная клиника прямо в школе, где учится ваш ребенок, поэтому очень легко назначить время встречи с врачом. Те, кто обеспечивает заботу о здоровье в этих центрах, зачастую имеют докторские степени и специализацию по подростковым проблемам. Ученики, похоже, чувствуют, что SBHC - это «их место».

Таких SBHC центров в школьном округе Сиэтла - 14, расположенных в Франклин, Селтс, Инграхам, Кливленд, Райниер Бич, Карфелд/Нова, Баллард, Вест Сиэтл,

CÁC TRUNG TÂM SỨC KHOẺ NƠI TRƯỜNG HỌC ĐÓNG VAI TRÒ QUAN TRỌNG CHO CÁC EM THIẾU NIÊN

Nếu con gái bạn 16 tuổi nói với bạn rằng em cần khám sức khoẻ trước khi chơi các môn thể thao trong trường trung học, thì bạn nên nghĩ tới các trung tâm y tế ngay tại trường học.

Trung tâm Sức Khỏe là chính các phòng khám sức khoẻ ngay nơi trường học của con em bạn, do đó giúp làm hẹp khám bệnh cách dễ dàng. Những người phục vụ đều có bằng phó tiến sĩ và được huấn luyện đặc biệt trong việc chữa trị cho các em thiếu niên. Các em học sinh đều cảm thấy trung tâm sức khoẻ này là nơi chốn của chúng.

Có tất cả 14 trung tâm sức khoẻ trong các trường thuộc khu Học Chánh Seattle, trường Franklin, Sealth, Ingraham, Cleveland, Rainier Beach, Garfield/Nova, Ballard, West Seattle, Roosevelt, và trường Nathan Hale, ngay cả các trường cấp I như Summit, Denny, Aki Kurose, Madison và Washington cũng đều có trung tâm khám sức khoẻ này.

Tất cả các học sinh ghi danh đi học đều hợp lệ để khám sức khoẻ ở các trung tâm này bao lâu các em còn đi học. Phụ huynh và người giám hộ cần phải tới điền mẫu đơn cho con em để được khám sức khoẻ. Khuyến khích các gia đình ghi tên cho các em học sinh ngay từ lúc các em bắt đầu đi học.

Thêm vào việc khám thể lực của các em, các trung tâm này còn chữa trị các em khi bị chứng cúm, cảm mạo, bị thương tích, đau bụng, tàn nhang, nhức đầu. Chuyên viên chữa trị có thể gửi các em đi chữa trị các bệnh về răng hay về phụ khoa. Cũng có các việc chữa trị về các chứng bệnh tâm thần như bệnh trầm uất, căng thẳng tinh thần, tính dục, lạm dụng chất ma túy.

Рузвельт и Натан Хэл высших школах, также, как в Саммит, Денни, Аки Кюроз, Мэдисон и Вашингтон средних школах.

Все учащиеся, посещающие школу, имеют право воспользоваться услугами врачебного центра SBHC, если они зарегистрируются там. Родители или попечители должны заполнить регистрационную форму, которую можно взять во врачебном центре. Рекомендуется регистрировать учеников в начале учебного года.

В дополнение к врачебному осмотру для занятий спортом врачебные центры обеспечивают лечение от таких недугов, как грипп и простуда, травмы, желудочные боли, общие боли, головные боли. Врачи клиники могут направить пациентов для оказания дальнейшей помощи, такой, как дантиста, гинеколога или уролога. Возможны также консультации по поводу умственного здоровья в случаях, касающихся депрессии, стресса, сексуальных, физических, наркотических или алкогольных злоупотреблений.

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School based clinics

የ 16 ዓመት ወጣት ቤት ልጅዎ ት/ቤት የስፖርት የሰውነት ምርመራ ካስፈላጋት ወደ ትምህርት ቤቱ የጤና ጥበቃ እንድትሄድ ያድርጉ።

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በትምህርት ቤት የጤና መደበኛ በትምህርት ቤት የሚገቡ ሆኖው እስፊላን የሆነውን የጤና ጥበቃ አገልግሎት ለማግኘት ይችላሉ አስቀድመው ቀጠሮ በመያዝ የጤናው ጥበቃው ስራተኞች በማስተርስ ዲግሪ የሰለጠኑ የጤና ጥበቃ ባለሙያዎች ሆኖው ለወጣት ተማሪዎች ምቹና ተስማሚ ናቸው።

School-based Clinics Play an Important Role for Teens

Hadii gabadhaada 16-jirka ah ay ku sheegto in ay u baahantahay dhaqtar in ay aragto inta aysan u cayaarin kubada Iskuulka sare, waa in aad tixgelisaa xarunta caafimaadka ee ku taala Iskuulka dhexdiisa. Xarunta caafimaadka ee u kutaala iskuulka dhixdiisa (SBHC) waa xarun caafimaad oo ku dhextaala iskuulka ay ciyaalkaadu dhigtaan taas oo kuu fududaynaysa ka samaysiga balamaha. Shaqaalaha xarunta caafimaadku intabadan waxay haystaan takhasus iyo xirfado si gooni ah u khuseeya dhalinta yar-yar. Ardadu waxay dareensanyahiin in SBHC “ay tahay meeshoodii.” Waxaa jira 14 SBHC xarumood oo ku yaala Seattle School District, waxayna ku waalaan Franklin, Sealth, Ingraham, Cleveland, Rainier Beach, Garfield/Nova, Ballard, West Seattle, Roosevelt, and Nathan Hale Dugsiga sare sidoo kale waxay ku yaalaan Summit, Denny, Aki Kurose, Madison iyo Washington middle school.

Dhamaan ardada lagu sooqoray Iskuulka waxa ay qax u leeyahiin in ay arkaan xarumaha caafimaadka bixinahaya eek u yaala SBHC inta ay ku duwaangashanyihiin harunta. Waalinka iyo dadka ciyaalka masuulkeeda haya waa in ay saxiixaana warqada diwaangelinta, taas oo aad ka helikarto xarunta caafimaadka. Qoysaska waxaa lagu dhiirigalinayaa in ay soo diwaangashaan ardada si wax loogu qabto marka sanadka Iskuulku bilaabanayo.

Caafimaadka sportiska waxaa sii dheer, in xaruntu ay bixiso dawo jirooyinka ah sida hargabka iyo qufaca, jugta, calool xanuunka, qawadka, iyo madax xanuunka. Caafimaad bixiyayaashu waxay kaloo ay kuu gudbinkaraan xarumaha kale sida Dhaqtarka Ilkaha, iyo reproductive health service.

Cudurka madaxa sidoo kale waxaa jooga coonsilaaro aad helikarto hadii aad danaynaysid sidoo kale cudurka cilminafsiiga, walwalka joogtada ah, galmada, mukhaadaradka sida alkolka iyo drugiska.

ኢንግሪዎም ክሊቭላንድ ራይኒየር ቤች ጋርፊልድ/ኖቫ ባርድ ወስት ስፖትል ሮዝሽልትና ናታን ሀይል ሃይስኩልስና ሳሚት ደኒ ኢኪሮሲ ማዲሰን ዋሺንግተን ሚድል ስኩል።

የሃይስኩል ተማሪዎች ክሊኒክ በመሄድ ነጻ አገልግሎት ለማግኘት ይችላሉ ወላጆችና አሳዳጊዎች የክሊኒክ ፎርም ሞልተው ፈርመው ያቀርቡ ፎርመ ከፈልጉ የክሊኒኩን ስራተኞችን ይጠይቁ ወልጆች ልጆቻቸውን እንዲመዘገቡ ማበረታታት አለባቸው።

ከሞላ ሰውነትና ይስፖርት ምርመራዎች በተጨማሪ ለሌሎች ዓይነት ብሽታዎች እንድ ጉንፋን ይሆድ ብሽታ ብጉር ሕክምና ያቀርባሉ

የክሊኒኩ ሓኪሞች ወደ ሌሎች ሕክምናዎች ያስተላልፋሉ ለምሳሌ የጥርስ የአእምሮ ብሽታ ካውንስሊንግ የያታየሰውነት የእልኮል ድራግስ ትምህርቶች።

አብ ውሽጢ ካልአይ ደረጃ አብያተ ትምህርቲ ዝርከቡ ናይ ሕክምና መደበራት አብ ናይ መንእሰያት ናይ ሓለዋ ጥዕና ጉዳያት ዓቢ ተራ ይጻውቱ።

School based clinics

ጻል 16 ዓመት ተመሃሪት ጻልኩም አብ ናይ ቤት ትምህታ ናይ ስፖርት ንጥፊታት ንክትሳተፍ ናይ ሰውነት (ፊዚካል ኤክሳም) ምስ ዘድልያ ብሓኪም ኦቲ ዝበለጸ ቦታ ምርመራ ክተካይዶሉ እትክበኻ ቦታ ናይ ቤት ትምህርታ ናይ ጥዕና መደበር እዩ።

አብ ቤት ትምህርቲ ዝርከብ ናይ ጥዕና መደበር አብ ናይደቕኸውም ቤት ትምህርቲ ውሽጢ ዝርከብ ሕክምና እዩ ጃጸራ ንምሓዝ ቀሊል እዩ እቶም አብቲ ሕክምና ዝሰርሑ ሓካይም ብማስትርስ ዲግሪ እተመርቑ እዮም ንምንእሰያት ንምክንካዕን ድልየት ዘለዎም እዮም ድማ ተምሃሮውን ስክፍ ከይብሎም ብቐሊሉ ዝከድዎ ቦታ እዩ።

አብ ውሽጢ ሲኦትል ስኩል ዲስትሪክት 14 ሕክምናታት ይርከቡ ንሓቶም ድማ አብ ፍራንኪን ሲልትዝ ኢንግራዎም ክሊቭላንድ ራይኒየር ቤች ጋርፊልድ ኖቫ ባርድ ወስት ስፖትል ሮዝሽልት ናታን ሂል ሃይስኩልስ ከምኡውን ሳሚት ደኒ ኢ ኪሮሲ ማዲሰን ዋሺንግተን ሚድል ስኩልስ ይርከቡ።

አብዞም ቤትምህርትታት ትምህርቶም ዝከታተሉ መናእሰያት ብቐጥታ አለዎም ምስ ዝምዝገቡ አብቲ ሕክምና ወለዲ ድማ ክምዝገቡ ከተባብዑ ይግባእ ንደቆም ፎርም መሲኦም ፈሪሞምን ከቐርቡ ይግባእ ቤት ትምህርቲ አብ ዝጅመረሉ እዋን ።

ብዘይካ ናይ ስፖርት ናይ ሰውነት ምርመራ እቲ መደበር ሕክምና ናይ ካልኦት ዓይነት ሕማማት ከም ጉንፋዕ መሀሰይቲ ሰውነት ፈጸጋ ቃንዛ ሕማም ርእሲ ናይ ጸታዊ ትምህርቲ ናይ አእምሮ ሕማማት ጭንቀት ናይ ኣልኮል ድራግስ ናይ ስኩልኦም ምክብሪ አአገልግሎት የቐርብ ከምኡውን አአብ ካልኦት ሰብ ሙያ ሓካይም የመሓልፍ።