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Neighborhood  
House

# The Voice

The newspaper of Neighborhood House

## U.S. education secretary visits NewHolly

BY STACY SCHWANDT  
*Voice editor*

One of President Bush's cabinet secretaries tackled pointed questions last month during a visit to the NewHolly community.

U.S. Secretary of Education Rod Paige talked to over 200 people about the No Child Left Behind law, which sets up rigorous performance standards for the majority of public schools.

The crowd's reaction to Paige's presentation was mixed. Many questioned whether the law puts too much pressure on students and teachers without providing schools with enough financial support.

Others asked why government officials often visit low-income communities to tout reforms that fail to cause positive change. Still others argued that the federal government has every right to hold schools accountable for the federal dollars they spend.

Paige is traveling to six cities to talk about the No Child Left Behind law, appearing at many stops with Housing and Urban Development Secretary Alfonso Jackson. Jackson was unable to attend the Seattle event.

Martha Wilson, a U.S. Department of Education aide who helped organize the

event said planning visits with HUD helped Paige reach public housing residents.

"This is one of the most difficult groups to connect with," she said.

Paige focused his message on the thrust of the education law – that all children, regardless of their race or income level, should succeed in school.

He said statistics show an unacceptable gap between the academic achievement of white and Asian students and that of other minority groups.

Children from diverse backgrounds "need our help, need someone to say they can learn," he said. "We believe in their worth, they're just as important to us as any other child."

Paige also declared his support for charter schools and encouraged parents to stay involved in their children's education.

"Teachers need parents' help," he said. "Check your child's reading. If your child is not reading well, don't start hoping that they're going to read well. Get into action now."

At least that part of Paige's speech sounded good to 10-year-old NewHolly resident Ruth Teklai, who said she is skeptical of the No Child Left Behind law.

"That's a good idea," she said. "If a kid



*U.S. Secretary of Education Rod Paige listens as Rainier Valley resident Don Alexander asks a question.*

learns to read and they grow up, they can be a genius. If they want to be a singer they need to read. If you want to be an astronaut you have to read if something goes wrong."

NewHolly resident Sidney Carter said he questioned whether the federal government has provided enough money to support the law. Paige said Washington has received a 54 percent increase in federal education dollars since George W. Bush took office.

"I want to ask him so bad, if there's a 54 percent increase, where is it?" Carter asked.

"Parents are getting hit up for dollar after dollar after dollar. There are always levies. I'm here tonight selling entertainment books to raise money for my daughter's school."

Carter added that he was uneasy with the event's close proximity to the presidential election.

"This was to my knowledge his first time coming to NewHolly," he said. "He's doing what he's doing because his job is on the line."

## Mayor's budget a mixed bag

***Plan includes both service cuts and plans for revitalized neighborhoods***

BY STACY SCHWANDT  
*Voice editor*

When Mayor Greg Nickels presented his budget plan for 2005-06 to the city council in late September, he said he planned to make an investment in Seattle's neighborhoods.

He spoke specifically about Southeast Seattle, saying he would spotlight the area, ending the cycle of planning for neighborhood development but achieving little action.

"We have a message to the people of

Southeast Seattle," he said. "The wait is over."

Nickels said his budget would direct money toward helping small businesses in the Rainier Valley and work to create more jobs, improved housing, better schools and safer streets in the area.

He also announced a plan to invest \$1 million in a new headquarter building for Asian Counseling and Referral Services, a organization that provides human service and behavioral health programs for Asians

Please see "Budget" on page 3

## Low-income people encouraged to vote

BY KARI SHERROD  
*Seattle Housing Authority*

Housing providers and advocates are working to increase the percentage of low-income and homeless voters for this month's presidential election and beyond.

As part of a nationwide tour, Sheila Crowley, president of the National Low Income Housing Coalition, visited Denny Terrace last month to urge community members to register to vote.

She also encouraged those registered to educate themselves about election issues, figure out when and where to vote and to cast their ballots.

Crowley said much is at stake in this

year's election, including the future of low-income housing. In the past, affordable housing has not been high on the political agenda in part because low-income people vote in fewer numbers than those in middle-and upper-income brackets, she said.

If people with incomes at \$15,000 or less had voted at the same rate as those with incomes of \$75,000 or more in 2000, another 3.9 million votes would have been cast, Crowley said.

"It is our goal to help people with low incomes understand the extraordinary potential power they have to raise issues that are important to them," she added.

Denny Terrace Resident Action Council  
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"We're going to do more to help immigrants and refugees in the city."  
*Mayor Greg Nickels describes what he believes his proposed 2005-06 budget will do for Seattle.*

see story above

Neighborhood House  
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905 Spruce Street  
Seattle, WA 98104

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# Health Notes

*A column devoted to your well-being*

## Diabetes prevention is proven and possible

By NAOMI CHANG  
*Special to the Voice*

Almost 16 million Americans are well on their way to developing diabetes—and most don't even know it.

They have a condition called pre-diabetes, which means their blood glucose levels are higher than normal, but not yet diabetic. The good news is there is now scientific proof that they can delay or prevent the disease and its complications.

Over 18 million people in the United States, about 6.3 percent of the population, have diabetes. While an estimated 13 million have been diagnosed, 5.2 million people (or nearly one-third) are unaware they have the disease.

Diabetes prevention is proven, possible and powerful. Studies show that people at high risk for type 2 diabetes can prevent or delay the onset of the disease by losing 5 to 7 percent of their body weight.

The key is to take small steps, which will eventually lead to big rewards. Here are five steps you can begin today to live a healthier life and prevent or delay diabetes.

The first is to find out if you are at risk for diabetes or if you have pre-diabetes. For instance, if you are over 45 and overweight, you have an increased risk. Talk to your health care provider at your next visit.

The second step is to set realistic goals.

You don't have to knock yourself out to delay or prevent diabetes. Start by making small changes. For example, try to get 15 minutes of physical activity a day this week. Add five minutes each week until you build up to the recommended 30 minutes.

Third, make better food choices. Try to eat more fruits and vegetables (five to nine servings a day), beans, and grains. Reduce the amount of fat in your diet. Choose grilled or baked foods instead of fried.

Fourth, record your progress. Write down everything you eat and drink. Keeping a food diary is one of the most effective ways to lose weight and keep it off. Review this diary with your health care provider.

Finally, keep at it. Making even modest lifestyle changes can be tough in the beginning. Start with one healthy change a week. Always get back on track, even if you fall off a few times.

The key is to keep a positive attitude and refuse to give up.

If you have pre-diabetes, the National Diabetes Education Program has information to help you. To get a free copy of "Small Steps. Big Rewards. Your Game Plan for Preventing type 2 Diabetes," call (800) 438-5383 or visit the NDEP Web site on the Internet at [www.ndep.nih.gov](http://www.ndep.nih.gov).

If you are interested in participating in the NewHolly Diabetes Support Group, please contact Naomi Chang a community health educator for Puget Sound Neighborhood Health Centers at (206) 461-3690, ext. 111. The group meets on the first and third Thursday of every month from 10:30 a.m. to noon at the Providence Peter Claver House Community Room, 7101 38th Ave. S.

*Naomi Chang is a community health education with Puget Sound Neighborhood Health Centers, a non-profit organization that provides medical and dental services to people in Seattle and King County.*

## Hip hop in the neighborhood



PHOTO COURTESY OF LANGSTON HUGHES PERFORMING ARTS CENTER

The Langston Hughes Performing Arts Center hosted a weekend-long hip hop festival last month that featured live performances and workshops. Pictured are some of the artists who participated. From left to right: Melissa Green, Sabzi, Jacqueline Moscou, DVI, Jessica Care moore, Jonathan Moore, members of Blue Scholars, Rajnii, Darcel, Timecca Briggs and Pearl. At bottom: Erica Moore, Upendo Moore and Ty Wilson.

The Voice

Editor  
 Stacy Schwandt  
 (206) 461-8430 ext. 227  
[stacy@nhwa.org](mailto:stacy@nhwa.org)

Reporter  
 Robin McGinnis

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.



PHOTO BY KARI SHERROD

*Sheila Crowley, president of the National Low Income Housing Coalition talks with Denny Terrace residents about the importance of voting.*

## Voting is Power

from Page 1

and Denny Terrace Resident Council President Sybil Bailey agreed that everyone has the power to determine the course of their own lives. Voting is one way people can exercise the power, she said.

Members of the National Low Income Housing Coalition say that although elected officials are obligated to represent everyone in their districts or states, the nature of politics means they tend to listen more closely to those who put them in office.

Therefore, advocates believe that to get affordable housing into the political debate, it is essential that low-income people be-

come more informed about the impact of federal policy decisions on their well-being, more engaged in the housing policy debate, and to vote in greater numbers.

Denny Terrace residents are committed to making sure every person in their community has the opportunity and tools to vote. They are already seeing results.

Evelyn Lester, Denny Terrace resident and democratic precinct representative, has led a door-to-door campaign in public housing buildings and the surrounding community to register people to vote and to let them know their votes are important.

For more information about affordable housing issues and the National Low Income Housing Coalition, visit the organization's Web site at [www.nlihc.org](http://www.nlihc.org).

## Local group wins grant to tackle drug use in West Seattle, White Center

A local non-profit agency has received a nearly \$100,000 federal grant to support community safety and drug prevention efforts in the White Center and South Delridge neighborhoods.

The Seattle Neighborhood Group was awarded the Drug-Free Communities grant last month by the U.S. Department of Health and Human Services' Substance Abuse and Mental Health Services Administration.

The grant may be renewed annually for up to \$100,000 a year through 2009.

A Seattle Neighborhood Group press release said the group sought the grant to address problems in the White Center and South Delridge neighborhoods, which result from many years of violent crime, illegal gang activity and the street sales of marijuana, cocaine, heroin and methamphetamine.

During 2003 alone, law enforcement discovered 25 meth labs in the White Center and South Delridge vicinity, according to a report issued by a White House drug research office.

Studies also show alcohol and other drug abuse is high among neighborhood youth.

"For over twenty-five years I have seen the damage that drug and alcohol addiction has had on addicts, families and the community," Major Scott Somers of the King County Sheriff's Office said in a press re-

lease. "The DFC grant will help us to reduce this damage by supporting healthy lifestyles for our youth, reducing crime and improving the quality of life of our community."

The grant will pay for youth development and family support programs.

It will also support activities including a multi-lingual public education and awareness campaign, an anti-drug youth poster contest and other community building events.

Those involved will work to enhance communication between the community and law enforcement officers to reduce the amount of open-air drug dealing.

Seattle Neighborhood Group staff members also coordinate the Southwest Seattle Weed and Seed project. The grant funding was awarded, in part, they said because of the strong coalition of community members, social services and law enforcement agencies already established in the area.

"Working together we can help reduce alcohol use, drug use and violence in the area, while enhancing the strengths of the communities and neighborhoods," said Dr. Alonzo Plough, Director of Public Health for Seattle and King County.

For more information about the project, contact Kathy Kaminski at (206) 323-9666 or by e-mail at [kathy@sngi.org](mailto:kathy@sngi.org).

 NH Neighborhood House

# Water festival touches Asian community

**New HIV/AIDS prevention initiative takes the opportunity to reach out to neighbors**



Festival officials watch a dragon dance.

PHOTO BY SOKUNTHEA OK

**BY SOKUNTHEA OK**  
*Special to the Voice*

For centuries, Cambodians have celebrated the importance of water to their daily lives with a fall water festival.

Last month, several hundred Asian Americans brought the festival to the Pacific Northwest for the first time.

Dragon boat races, with teams of 20 paddling canoes across Lake Meridian in Kent, Wash., were the biggest draw, but eating the flattened rice known as Ok Oombok, praying to the moon, floating candles and a car

show in Lake Meridian Park were also presented to entertain participants.

The audience had the chance to enjoy the boat competition of 12 multi-ethnic teams as well as cultural dances performed by Cambodian, Lao, Thai, Filipino, and Vietnamese dancers and performers.

The crowd also tasted a variety of food prepared by chefs from each participating ethnic group.

The purpose of the event was to unite all Asian-American communities, to share different Asian cultures and traditions and to encourage all Washington residents, espe-



Project HANDLE outreach worker shares information.

PHOTO BY SOKUNTHEA OK

cially Asian-Americans youth, to actively participate in peaceful sports activities. No doubt, the crowd had fun. The Lao boating team may have been the happiest because they won the championship trophy.

Members of Project HANDLE, a new initiative to increase knowledge and awareness of the problems of HIV/AIDS and substance abuse for Asian youth and adults, took the opportunity to explain its goals and messages to those in attendance.

Four outreach workers handed out over 200 flyers to participants who were from the Cambodian, Filipino, Lao, Thai, Khmer Krom

and Vietnamese communities.

While delivering the flyers, these four individuals explained Project HANDLE's goals and activities to the crowd and also answered their questions. Many wanted to know more about the project, including its locations and the types of services the project would provide.

Many would agree that the first ever Asian-American Water Festival was a success. For members of the Project HANDLE team it was an opportunity to spread their message to people in and around the Puget Sound.

## One to grow on

### Garden tips for community gardeners

#### Preparing for winter, dreaming of next year

**BY ANZA MUENCHOW**  
*Special to the Voice*

A gardening column in November? Of course. There is always plenty to plan and think about for your garden next year.

My favorite way to put the garden to rest for the winter is to cover with lots of leaves. There are so many leaves this time of year and the Seattle Department of Solid Waste really encourages people to use them in their gardens.

To keep the wind from blowing the leaves off, I cover them with burlap bags. I find the bags at coffee roasters like Tully's on Airport Way S. (Look for the big Tully's sign from the I-5 freeway.) An old piece of floating row cover could also be used, or whatever organic material you think will work.

Over the winter, the leaves decompose and add humus to the soil. The worms go crazy for this stuff.

Next March when you are ready to prepare for planting, the soil will be rich and ready. Pull off the bags and the remaining leaves and compost them, using layers of lush green grass and weeds from your yard. That makes a quick, happy combination in your compost pile.

If you haven't done it yet, make a map of the location and type of crops you planted last summer. Keep this journal because you want to rotate the plants into a different spot every year. It is best to have a three-year rotation.

In planning for next spring, especially make sure to change the location of peas, onions, garlic and the different cole crops, including broccoli, choy, arugula and kale.

Never plant these crops in the same spot two years in a row. Our heavy clay soils

seem to breed problems with these crops. Just change everything around, keeping in mind how much sun and water the different plants like.

Without crop rotation, gardeners often experience problems with weevils in peas. Weevil larva eat roots and the adult weevil eats the leaves of the little pea sprouts.

In cole crops (also known as Brassicas) we can struggle with "club root," a fungal disease that can be very persistent in Seattle gardens.

To avoid club root, lime your garden regularly and rotate your crops.

It is easy to let the Brassicas live year-round after they've gone to seed and sprouted in random sections of your garden. Instead, keep a tight rein on these delicious invaders because once you have club root, you'll never get rid of it. Check the roots when you pick your Brassica plants and if they look like a gnarly bulb, don't compost them. Get the roots out of the garden and keep battling club root with careful rotations and extra lime.

Enjoy rest and reflection on last summer's garden with a delicious pot of winter squash soup. There are so many lovely pumpkins and squashes to choose from at the markets these days.

Cut the squashes in half, discard the seeds and roast the fruit upside down on an oiled tray until they are soft and easily pricked with a fork. Cool, scrap out the insides and puree it with a savory broth made from onions, garlic, cumin and coriander, or try a sweeter broth with coconut milk. You can add yogurt, sliced mushrooms or chopped scallions when you serve it.

Experiment with your cooking and enjoy the fall season.

## Budget

From Page 1

living in King County.

"We're going to do more to help immigrants and refugees in the city," he said.

While the mayor called this year's proposed budget a turning point after three years of deep cuts, he said he still needs to shave \$25 million from the budget to make expenses line up with expected revenues.

Nickels said he made the majority of cuts from the city personnel rosters, but the budget also calls for the elimination of the Bookmobile, a library service that carries books to homebound seniors and the disabled.

It also calls for a cut of about \$317,000 from human service programs which the mayor called "indirect services."

The proposed cuts would affect organizations that provide capacity building and policy advocacy services, including the Non-Profit Assistance Center, the Seattle Human Services Coalition, Crisis Clinic and the Crisis Clinic Teen Link.

Patricia Hayden, co-chair of the Seattle Human Services Coalition said that by labeling these services "indirect," the mayor demonstrated a lack of understanding of their effect on people's lives.

"His proposed cuts will impact a 30-bed young adult shelter in the University District, an emergency service in the International District and a crisis hotline that provides peer-to-peer suicide counseling," she said.

Advocates also warned of an additional \$635,000 in cuts from other departments that could affect human service programs.

The budget presentation sent off a flurry of public response in October.

At a forum in the Yesler Terrace neighborhood organized by social justice groups, Councilmember Nick Licata said it may be possible to restore the human service dollars.

"It can only be done if the council hears from all of you," he told those gathered.

Forum participants also responded to the mayor's call for an end to "open air drug markets." In his budget, the mayor presented a four-point plan to cut down on drug-related crime, which included working with the courts to keep offenders out of vulnerable areas and directing more money toward treatment.

Those gathered encouraged the council to focus fewer resources on undercover drug buys and more on rehabilitation and treatment programs for those who need them.

"We're going to have to start thinking about these social and human services programs as public safety programs," said Katherine Beckett, of the University of Washington's School of Sociology.

A public hearing on the budget is set for Thursday, November 4 at 5:30 p.m. in the City Council chambers, 600 4<sup>th</sup> Ave in downtown Seattle. Council members can make changes and amendments to the budget before their final vote, which is expected to take place on November 12.



**NH Neighborhood House**



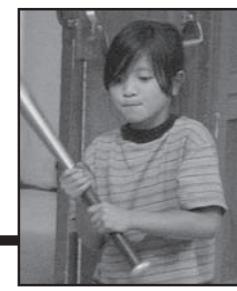
**The mission of the Seattle Housing Authority is to enhance the Seattle community by creating and sustaining decent, safe and affordable living environments that foster stability and self-sufficiency for people with low incomes.**



# SHA NEWS

November  
2004

**Eye on the ball  
GIRLS LEARN SOFTBALL SKILLS  
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News and information about Seattle's neighborhoods

## Federal grant to fund computer access for Rainier Vista families

By VIRGINIA FELTON  
*Seattle Housing Authority*

Families living in the Rainier Vista housing community will have access to up-to-date computer technology, thanks to a \$250,000 federal grant awarded to the Seattle Housing Authority.

The grant will be used to develop high-tech programs that will be operated by local non-profit organizations.

The U.S. Department of Housing and Urban Development awarded the three-year grant which will establish the Rainier Vista Technology Network. An additional \$270,000 will be contributed from partner agencies to complete the network, which will start programming in January.

"We are very excited at the possibilities this grant opens up," said SHA Executive Director Tom Tierney. "This will help to erase the 'digital divide' that separates low-income residents from the information resources that more affluent people now take for granted."

Neighborhood House will operate the adult-centered computer lab in the Rainier Vista Technology Center, initially located in the Jobs Resource Center on the community's east side.

In July, the center will move into a Neighborhood House building that is now under construction.

"We see the computer lab as a real focal point for our new Rainier Vista Center," said Mark Okazaki, executive director of Neighborhood House. "In today's world, everyone relies on computing tools, on-going technology education and on-line resources. This lab will play a crucial role in keeping the community connected."

The grant will also fund a computer lab for youth called Club Tech, operated by the Rainier Vista Boys and Girls Club. With two labs at Rainier Vista, more people will be

able to get online during peak hours and programs can be targeted to different age groups.

Residents of Rainier Vista and the surrounding community will be able to use the centers to access the Internet, write school reports or resumes, apply for jobs online and learn to use software programs.

Residents also will be able to use the computers to help them learn English as a second language and improve their overall literacy. This was especially important to the Rainier Vista Leadership Team.

"In particular, we wanted to make it possible for our non-English speaking residents to focus on their ESL studies and continue their education," said leadership team chair Sandra Borders.

The grant dollars will be used primarily to staff the centers with knowledgeable technology professionals who can help users make the most of the labs. Funds will also help equip the labs with the latest computers and software.

The goals of the Rainier Vista Technology Network go far beyond simple access to technology. They include increasing economic self-sufficiency for families living in and around Rainier Vista, reducing the specific barriers that residents face in reaching their goals and increasing the academic success of low-income youth.

In addition to Neighborhood House and the Boys and Girls Club, the Technology Network partners include Horn of Africa Services, the Seattle Literacy Council, Deloitte Tax LLP, the Rainier Vista Leadership Team, Puget Sound Alliance for Community Technology and the City of Seattle Community Technology Program.

Also, SHA's on-site employment services program Jobs Plus will work closely with the Technology Network to help clients take advantage of the lab's resources and to enroll residents in employment services.

## SHA residents honored for community service



PHOTO BY JAMES OWENBY

High Point resident Terrence Pream, at left, was honored for his service.

By JAMES OWENBY  
*Seattle Housing Authority*

Community leaders from all over Seattle came together last month to honor individuals who are working in their neighborhoods to prevent crime.

More than a dozen people were recognized at the Seattle Neighborhood Group's third annual "Celebrating Community" awards ceremony, which was held in the Brockley Student Center at South Seattle Community College.

In her opening remarks, Weed and Seed's Kate Greenquist described community participation as a vaccine against crime. Deputy Mayor Tim Ceis told those gathered that public safety remains one of Mayor Nickels' top priorities. He noted that even though the mayor has had to cut the city's budget by \$120 million over the past three years, no funds have been cut from public safety programs.

Barbara Clement from Councilmember Jan Drago's office read a proclamation that

named the day "Celebrating Community Day."

The audience watched a performance by the High Point SafeFutures Youth Center Coconut Dancers.

The following residents from Seattle Housing Authority communities were honored:

**From Rainier Vista:** Getachew Tsigie for the active role he plays in the Rainier Vista Crime Prevention team, for his consistent volunteering for community events and activism in the East African community and for volunteering to provide translation for law enforcement officials when needed.

**From Denny Terrace:** Mark Moore for his organization and chairing of the Denny Terrace Safety and Security Committee. Mark made a significant contribution by videotaping and cataloging security camera tapes to increase awareness for residents, management and police about late-night activities in Denny Terrace.

**From Jefferson Terrace:** Cory Russell for her coordination of a weekly meeting

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## Residents offered cable savings

By JAMES OWENBY  
*Seattle Housing Authority*

We all know that cable TV can be expensive, but did you know that Seattle Housing Authority residents can receive a discount on the service?

The City of Seattle Office of Cable Communications has an agreement in place with Millennium Digital Media and Comcast that allows residents in subsidized housing to get a discount on cable if they live within the city limits.

All SHA residents live within the city lim-

its, so all residents who subscribe to Millennium Digital Media and Comcast are potentially eligible for the discounts, depending on the service package to which they subscribe.

Millennium Digital Media customers can get \$3 off a month and Comcast customers can get about \$4 off on basic or expanded basic cable.

Customers with basic cable will get a 30 percent discount, which amounts to about four months of free cable a year.

Customers with expanded basic cable will get approximately \$4 dollars off a month,

or one free month of cable for the year.

If you are a customer with Millennium Digital Media or Comcast and haven't been getting the discount, call your cable provider and tell them you are a resident of subsidized housing.

To reach Millennium Digital Media call (800) 829-CABL between 7:30 a.m. and 7 p.m. Monday through Friday or on Saturday from 10 a.m. to 4:30 p.m.

To reach Comcast call (877) 824-2288 between 7 a.m. and 8 p.m. Monday through Friday or on Saturday between 8 a.m. and 5 p.m.

# Once-blighted building purchased



PHOTO COURTESY OF SEATTLE HOUSING AUTHORITY

**BY JUDI FANI**  
Seattle Housing Authority

In an effort to purchase residential buildings that thwart neighborhood safety, the Seattle Housing Authority acquired the Alder Crest Apartments this summer on 35<sup>th</sup> Avenue SW close to High Point.

Historically, the Alder Crest has been a problem property, a well-known center for illegal activity that negatively affected its surrounding neighborhood.

Between January 1999 and October 2003, Seattle police were called to the property 138 times for disturbances ranging from assaults and domestic violence to drug possession and sex offenses.

A few years ago, SHA staff and a community police team officer met with the property owner to urge him to enforce his lease against his residents and conduct better applicant screening. After one such meeting, the owner asked if SHA would buy the building.

About a year later, after much negotiation, a deal was signed.

The Alder Crest Apartments is a three- and four-story apartment building containing 24 one-bedroom and 12 two-bedroom apartments. It will serve low-income couples and families with children.

A complete rehabilitation of the Alder

Jim Moody lives with his family in the Alder Crest and is the building's resident manager. Moody said moving into the building has helped his family put a patch of hard times behind them.

"I was injured and unable to work. We were living in a motel," he said. "Now I work everyday at Alder Crest. It gives me peace of mind."

Crest is planned. The rehabilitation will help convert Alder Crest from a dilapidated, crime-ridden liability to a neighborhood asset that offers low-income and homeless individuals and families safe, sanitary, secure housing with dignity.

During the renovation, SHA will repave the parking lot and alley behind the building, install handicap access ramps and upgrade the site's lighting.

The building will be seismically upgraded, a new roof will be built and new siding added. On the inside, work crews will install a sprinkler system and smoke detectors and replace kitchen cabinetry, appliances, floor coverings and bath fixtures as needed.

Last month, SHA applied for three grants to support the rehabilitation with help from Beacon Development, a local company with experience in affordable housing development. The applications were sent to the City of Seattle's Office of Housing, the Washington State Housing Trust Fund and Sound Families.

With the addition of Sound Families funding, eight units would be set aside for families transitioning from homelessness. Catholic Community Services King County will provide case management services and service referrals to the formerly homeless residents.

## Awards From Page 1

called "Sip and Chat," her co-production of the Jefferson Terrace Juneteenth celebration and for her work on the Safety and Security Committee.

**From Yesler Terrace:** Jose Gonzales for his work with the Yesler Terrace Block Watch and for his volunteer work with Neighborhood House.

**From Yesler Terrace:** Ahmed Hassan for his work in crime prevention and youth activities and for the Somali interpretation he provides.

**From High Point:** Sang Dang for her volunteer work with the Vietnamese tea group, CASA, SafeFutures "PAVE" program and the National Institute Environmental Science Adult Action team.

**From High Point:** Terrence Pream for his work with SafeFutures, including the "Tobacco Cessation" and "Alcohol and Other Drugs" programs and his assorted volunteer work with the High Point Safety Carnival, Family Day, SHA's groundbreaking

event and the High Point Cambodian Dance group.

Honorees from outside SHA buildings and communities included:

Andrew Taylor from the East Precinct Crime Prevention Coalition, Thurston Muskelly from Central area Weed & Seed program, Sarah Valenta from the Southeast Weed & Seed, Amie Patao from the Southeast Crime Prevention Council, Russell Parks from Southwest Weed & Seed and Ronald Oldham from the West Seattle Community Safety Partnership.

The Seattle Neighborhood Group is a non-profit organization whose mission is to work with residents, businesses, government agencies and other service providers to advocate for safe neighborhoods and to develop strategies that create strong communities.

The event was emceed by Kate Greenquist of Weed and Seed and featured guest speakers Yvonne Sanchez, director of the City of Seattle's Department of Neighborhoods and Seattle Police Chief Gil Kerlikowski.

# SHA provides help for limited-English speakers

## SEATTLE HOUSING AUTHORITY

Residents of Seattle Housing Authority buildings speak over 50 languages.

Because of this widespread diversity, SHA is taking steps to make it easier for people with limited English skills to understand notices and information about their housing.

A recently-issued notice from the U.S. Department of Housing and Urban Development lists policies to help people with limited English skills. With this as a guide, SHA has revised its policy on interpreters and translations.

The policy deals with the services SHA has agreed to provide to applicants and residents to help them with communication and language barriers when they're conducting SHA business.

Services include providing translation and interpreting services, usually by using an interpreter on contract with the Housing Authority. SHA will also provide written materials in the most commonly used languages about the availability of communication and language services from both SHA and other agencies in the community.

In order to help people understand important documents, SHA will translate written

ten materials into non-English languages, large print, Braille and cassette tapes. These services are provided upon request.

However, some important documents will not be translated. For example, the dwelling lease, handbooks and legal forms will only be provided in English. This is because the precise meaning of these legal documents could be open to interpretation if they were translated, and some legal concepts in English don't necessarily translate precisely into other languages.

Some documents that change frequently or are very difficult to manipulate (such as complicated forms) will also not be translated.

However, SHA will make a good faith effort to provide qualified and certified interpreters and communication assistance when it is needed. Unfortunately, SHA cannot guarantee that professional interpreters will always be available in all languages spoken by SHA residents or applicants.

Providing interpreters for appointments with residents is costly. If a resident or applicant fails to show for a scheduled appointment for which they requested an interpreter, SHA may require reimbursement for the cost of providing the interpreter.

# New family housing units in International District



More than two dozen families have already moved into these public housing buildings, known as International District Village Square II. The complex includes a library, community center and gym. These units contribute to the stock of low-income housing that will replace units lost during the redevelopment of NewHolly.

PHOTO BY VIRGINIA FELTON

**BY KARI SHERROD**  
Seattle Housing Authority

Thirty-one families have recently moved into the Domingo/Viernes Apartments at the International District Village Square II, a new multi-use complex built by the Seattle Chinatown International District Preservation and Development Authority.

The 14 two-bedroom and 17 three-bedroom apartments provide affordable housing to families with incomes below 30 percent of the area median income.

They also contribute to Seattle Housing Authority's stock of NewHolly replacement housing, said Ellen Kissman, Seattle Housing asset management coordinator. SHA is committed to replacing all the units affected by its redevelopment projects, she said.

The Housing Authority provided construction capital and project-based Housing Choice Vouchers for the project. Kubota Kato Chin/Kovalenko Hale Architects joint venture were the project

architects and Marpac Construction was the general contractor.

The apartments were named to honor Silme Domingo and Gene Viernes, who were murdered at union headquarters in Pioneer Square in the 1980s. Domingo and Viernes worked hard to clean up graft and corruption in the Alaska Cannery Workers Union.

The International District Village Square II provides 26 additional apartments with affordable rents, a public library focusing on multi-lingual materials, a large community center and gym, retail space and an underground parking garage.

Residents will also be able to take advantage of a health clinic and other services located across the street at the International District Village Square.

The first phase of International District Village Square was completed in 1998. It includes senior housing and assisted living apartments, a childcare center, a health clinic, job training and counseling in 35 different languages.

# Grievance procedures streamlined

## SEATTLE HOUSING AUTHORITY

In order to provide grievance hearings in a timely manner and at lower cost, the Seattle Housing Authority has streamlined its procedures.

A grievance is any dispute a resident has with an SHA action or failure to act in ac-

cordance with their lease or other regulations. The grievance does not apply to disputes between residents.

In the past, SHA has assembled a three-person "informal hearing panel" that included a resident, SHA staff person and an independent hearing officer.

Now, SHA grievance hearings will be conducted by an impartial person appointed by the Housing Authority.

The grievance policy provides that, "No person who made or approved the action being grieved or who has some interest in the matter under review or who appears to lack impartiality, shall be appointed."

The cost and administrative burden to recruit, schedule and manage the informal

hearing panel proceedings and the desire to provide hearings in a timely and efficient manner, has prompted this change.

Property Management Administrator Cindy Sribhibhadh stressed that SHA will continue to direct its best efforts toward resolving resident grievances at the management level. However, if the grievance cannot be resolved, SHA is committed to providing a fair and impartial hearing.

# POINT OF VIEW

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

## Good fun launched at fall event

BY STACY SCHWANDT  
*Voice editor*

For one afternoon last month, Beacon Tower's 15<sup>th</sup>-floor lounge became a center of engineering and flight.

Dozens gathered to lob paper airplanes from a corner window into a grey and rainy Saturday. They designed, folded and finally aimed their vessels at Safeco Field and the Puget Sound. Though most of the planes drifted into nearby trees and yards, participants enjoyed the challenge, food and conversation.

Through a translator, Cantonese resident Sear Lao said he came to the event to share the day with his friends.

Hao Ly, who has been a Beacon Tower resident for 17 years, said she has attended the luncheon every year since it was first held four years ago. She said she enjoys the challenge of tossing the airplane.

A handful of local firefighters were there and offered a brief presentation on fire safety. They reminded residents to pull the fire alarm and leave the building if fire breaks out. They also encouraged residents to call the station with questions about fire safety.

Firefighter Jason Lynch said he showed up to share more than just information.



*Beacon Tower residents fold paper airplanes.*

"I'm still a kid at heart, so I like to have fun," he said.

He joined Tower residents and neighbors at a table, folding sheets of white and pink paper into airplanes. Resident Charles Bradley got an early start and explained his plan to create a masterful flying machine. He folded the paper tight, held it eye level

and tipped it up and down.

"The whole plane needs to be equal weight front to back," he said hopefully.

For all his planning, the plane's maiden flight was a bit of a disappointment. When he lobbed it out the window it went straight down, twirling erratically.

One resident tossed airplane after airplane out the window, until the sky appeared filled with pink confetti.

A crowd at the window provided commentary on each craft's flight.

"It made it across the street and in the tree," one person said.

"That one is going. It's going, going," said another.

"That one's headed for that guy's truck," called a third spectator.

After watching nearly two dozen flight attempts, 12-year-old Sara McMillon had a strategy.

"If you don't try to fly them they go higher," she said.

And so, with her next airplane, McMillion leaned as far forward as she could and simply let go. The vessel drifted over two houses before the wind caught it just right. It then careened in circles, gaining distance, before it finally came to rest in a tree, at least a block further than any other.

McMillion was pleased.

"I got the world record," she said.

## New shoes for those with diabetes

BY JAMES OWENBY  
*Seattle Housing Authority*

Is it time for some brand new shoes?

Many diabetics who receive Medicare and Medicaid are eligible each year for a pair of custom-fitted shoes and custom-molded shoe inserts.

Research has shown that if a person with diabetes takes care of their feet, they can cut foot-related health problems by 65 percent.

That's because more than half of all diabetics suffer from a condition called neuropathy which can cause the feet to sting, swell or go numb. Often, patients can't feel the pain of minor irritations like slivers or cramped toes which can cause problems over time, even leading to hospitalizations or amputations.

Since 1993, the federal government has authorized a preventative approach to this problem, encouraging diabetes patients to purchase one pair of therapeutic shoes and three sets of inserts each year.

Not just any shoes, of course, but specially-designed shoes that provide extra



*Pinehurst Court resident Judy Jarvis gets her foot measured by Priority Footwear's Nancie Hines.*

support and a larger toe box to give toes more room.

Priority Footwear, a Bellevue-based company, works with patients to take advantage of this benefit. Priority Footwear workers travel to retirement homes, diabetes support groups, senior centers, Seattle Housing Authority's high-rises and wherever those with diabetes and Medicare or Medicaid meet.

Client Care Coordinator Nancie Hines is trained to properly measure clients' feet and

help them select the best shoes for their needs.

She has over 200 styles, colors and sizes, all of which are approved by Medicare and Medicaid.

She also works hard to raise awareness in the community about the benefit.

"It's amazing how few case managers, doctors and those with diabetes know about (it)," Hines said during a presentation at Pinehurst Court in North Seattle.

Because Priority Footwear is an authorized Medicare supplier, the company can handle all the required paperwork.

More than 90 percent of those measured for shoes are approved by their doctors and are able to take advantage of the Medicare and Medicaid benefit, Hines said.

Hines is also available to present at retirement homes and senior centers. She meets regularly with case managers, diabetes educators and nurses.

For more information, check out the Internet at [www.priorityfootwear.com](http://www.priorityfootwear.com) or contact Hines at (425) 652-1922 or via e-mail at [Nancie@priorityfootwear.com](mailto:Nancie@priorityfootwear.com).

is posted in every SSHP building for residents to review.

The advisory committee meets every three months in SHA's central office to review the senior housing portfolio performance for the previous quarter.

Those who wish to receive a copy of the clarification or have questions can talk to management staff.

## SSHP rent policy clarified

SEATTLE HOUSING AUTHORITY

The Senior Housing Advisory Committee agreed to a clarification to the Seattle Senior Housing Program rent policy at a meeting in late September.

Beginning in December, residents will

be required to contact management staff if their income changes, and they expect the change to last at least 12 months.

Management staff will then determine if rent can be adjusted to a lower or higher tier.

The policy has been revised and a copy

## Alcoholism and mental health

BY JEFFREY GERHARDSTEIN  
*Special to the Voice*

Over the past two years, the Seattle Housing Authority mental health case management program has helped enroll over 50 residents in community mental health services.

Remarkably, fewer than five have enrolled in an alcohol treatment program, although many have been referred. If you stop and think about the numbers, you realize how difficult it must be for the alcoholic to seek help. Our friends and neighbors who have alcohol and drug problems need our compassion, our firmness and our support.

Below are just a few frequently asked questions and answers about alcohol abuse and programs like Alcoholics Anonymous and Alanon.

Question: What if the alcoholic refuses to go to AA? Can I still go to Alanon?

Answer: You can go to Alanon no matter what the alcoholic is doing. *Your recovery* is no less important.

Question: What if the alcoholic also uses drugs like crystal meth, marijuana or prescription pills? Can they still go to Alcoholics Anonymous?

Answer: AA meetings are prepared to receive the alcoholic, regardless of the mind-altering drugs they use.

Question: Is alcoholism a disease?

Answer: Yes. Alcoholism is a disease and a chronic medical condition. It is a progressive illness, so most will get sicker over time without treatment. Alcoholics Anonymous, Alanon and the 12-Step community offer lifetime programs for lifetime addictions.

Question: What's alcoholism got to do with mental health?

Answer: Alcoholism is a disease of the mind, body and spirit. The disease impairs one's thinking over time, causing bad judgment, poor attitudes, anger management problems and impulsive behavior. A feeling of impending doom comes over the alcoholic. Fears and worries increase. The alcoholic loses friends and, worse, their good reputation, because they have to lie, cheat and steal to protect their supply as the disease progresses.

Question: Is recovery a life or death issue?

Answer: Yes. Recovery always starts with breaking the silence. You take your life into your hands each time you tackle this disease. It is particularly risky to tackle it solo. Go tell someone.

Do you have a situation you want to talk over with a fellow alcoholic? Call (206) 587-2838. Do you need to reach the Alanon program? Call (206) 625-0000. Interested in treatment? Call Bridgeway: (206) 632-5009.

Schedules of AA, Alanon or Alateen meetings can be found on the Internet at [www.seattleaa.org](http://www.seattleaa.org). If you are interested in books or literature, visit the Seattle Inter-group office at 5507 6<sup>th</sup> Ave S. on the corner of 6<sup>th</sup> and Lucille. Office hours are from 10 a.m. to 6 p.m. on Monday through Friday and on Saturday from 10 a.m. to noon.

One day at a time, my friend.

*Jeffrey Gerhardstein is the mental health case manager for 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.*

# HIGH POINT HERALD

NEWS ABOUT THE HIGH POINT COMMUNITY

## Leadership training sparks talk on community history

By STACY SCHWANDT  
Voice editor

It wasn't your typical Friday night chat. More than a dozen past and present High Point residents gathered around a table last month to discuss the neighborhood's history and its path to the future.

They shared fond memories of the days that community groups served breakfast to neighborhood kids and milk was delivered in bottles. They also talked about more difficult times when gang violence threatened and divided residents.

The conversation was part of a two-day leadership training sponsored by Neighborhood House's CASA community health project.

The CASA project aims to address the consequences of tobacco and other substance abuse in three HOPE VI public housing communities. It provides training to local organizations which then engage in broad-based prevention.

The event was moderated by Ann Wilson, a Milwaukee public housing resident who served as a leader during her community's HOPE VI redevelopment.

She urged those gathered to examine High Point's past, because understanding the roots is central to developing a vision for change.

Ron Angeles, who now works for the City of Seattle's neighborhood department, grew up in High Point. He provided the group with insight into the neighborhood during the 1950s.

"Yo-yo was big then," he said.

He remembered being one of only two Filipino families in a predominately white High Point. He remembered afternoons spent playing at the recreation center.

"When I left High Point, I cried," he said. "There was so much to do."

Angeles said that although his family moved a few miles away, he insisted on making the trek to High Point to play with his friends.

Other participants described life in High

Point during the '70s and '80s. They remembered the Black Panther Party serving breakfast in the community center and the convenience of having an on-site food bank and clothing closet.

Based on their comments, Wilson called the decades an era when "the community served the youth."

Participants said gangs began to creep into the neighborhood in the mid-'80s.

"The gang issue I cannot stress that enough," said Nefertari I, who grew up in High Point and held a number of community leadership positions in the '90s. "It was a horrible situation...Every other week High Point was in the news."

But it was also a time when residents organized to create change, she said. Through the Resident Initiative Association, the Seattle Housing Authority trained residents to manage the development.

Nefertari I was one of them. She talked about how the RIA and other non-profit organizations helped build a better relationship with the Seattle Police Department, urging officers to patrol more frequently in the neighborhood.

As managers, the RIA enforced lease terms aggressively and helped to organize neighbors who were tired of the violence.

Bonita Blake sat on the community council during that time. She said the experience empowered her, and she urged neighbors to continue to advocate for their vision of the new development.

"We know that we have a voice and we know we can use it," she said.

The session ended with a brainstorming session on the services that would make the new High Point vibrant.

Those gathered envisioned more mentoring programs for kids, a focus on intergenerational activities, a technology training center, more public transportation and an active senior center.

Resident Goldie Holmes summed it up for the group.

"High Point needs to be a showplace for the West Coast," she said.

## Home run for High Point



PHOTO BY STACY SCHWANDT

"Keep your eyes open," City of Seattle neighborhood coordinator Ron Angeles told 8-year-old Dana Bun as he tossed a ball to her at softball clinic last month. High Point-area social service providers organized the clinics to fill what they saw as a void of activities for girls. "I like hitting the ball and I like being with my friends," 11-year-old Thalia Chhan said of the clinic.

## HiP at High Point



PHOTO BY JAMES OWENBY

West Seattle youth (from left to right) Leon Ropati, Maria Abdullahi, Courtney Jacobsen and Jessica Jerochim have joined six other young leaders to form HiP.

By JAMES OWENBY  
Seattle Housing Authority

Construction is already underway for the new High Point neighborhood. Alongside the work crews, residents and service providers are planning a neighborhood center to serve all who live in and around High Point.

To make sure the center meets the needs of area youth, High Point Community Builder Kari-Lynn Frank invited ten West Seattle teenagers to participate in HiP, a group that aims to be the youth voice for the High Point Neighborhood Center.

Short for High Point, HiP will help shape the redeveloped community of High Point.

They will meet every other Monday with neighborhood planners for six workshops on the history of High Point, human service and community planning, budgeting, evaluating the priorities of other youth and community members, understanding the role of government in redevelopment and sharing information effectively with diverse audiences.

The High Point community will benefit from HiP by gaining a fresh perspective on services and facilities, gaining broader community support and learning about perceived barriers.

The goal is for the collaboration between the youth advisors and the neighborhood planners to result in an improved neighborhood center.

The youth will be working with experts to acquire information that will help them advise the High Point working group about the new neighborhood center's mission, goals and mix of services.

One meeting has already been held. At that meeting Gary Thomsen, a teacher and longtime West Seattle resident, gave an overview of the history of High Point up to

the current redevelopment.

Tom Phillips, Senior Development Manager for the Seattle Housing Authority also described the redevelopment, focusing on where the idea came from and what it should do. At this first meeting, the youth shared a bit about themselves and where they live.

"It's really cool, right now we're just getting to know each other, trying to figure out what the team needs and getting comfortable giving our opinions with one another," said Mohamed Mohamed, a senior at West Seattle High School.

The next meeting will focus on human services, which are expected to be the core of the neighborhood center.

Experts will speak about the services already offered in West Seattle, those that may be missing and the tools they will use to make those determinations. They will also talk about planning for human services, including budgeting.

The third meeting will focus on architectural and urban planning. The youth will work with architects and see the challenges they are facing. They will find out the extent to which budget and function shape building and space designs.

The fourth meeting will build on the previous meetings.

The Neighborhood Center's project coordinator will go over the opportunities and challenges of building the facility. A facilitator will then work with the teenagers to communicate their feedback to the advisory board and Seattle Housing Authority.

"This is a total win-win," Frank said. "The neighborhood planners will get a lot of key insights from this group, and the group will develop skills that will help them to engage with civic leaders, build critical thinking, learn about planning, public speaking and engaging in activism right in their own neighborhood."

## 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

Pastor Deborah Dinkins offers Sunday school, worship services and a free community dinner on Sundays at the old YMCA building, 300 SW Graham St.

Sunday school starts at noon and the service begins at 1 p.m.

# RAINIER VISTA NEWS

NEWS ABOUT THE RAINIER VISTA COMMUNITY

## Lost bikes not lost causes

A missing bicycle isn't necessarily a stolen bicycle.

Rainier Vista security officers often pick up bikes left behind on sidewalks or corners, said Crime Prevention Specialist Michael Neguse.

"I have about four or five in my office now," he said.

Neguse added that those who have lost a bike can call him at (206) 721-1284, describe it and arrange for its pickup.

Neguse works at Rainier Vista on Tues-

days and Fridays from 9:30 a.m. to 5:30 p.m.

He holds bikes for 30 days before donating them to charity.

Still, Neguse warns residents not to leave bikes behind after play.

"Leaving bicycles outside attracts thieves," he said. "People need to keep their stuff locked up."

Neguse said property theft and home break-ins continue to happen in the neighborhood. He urged residents to report all suspicious behavior to 911.

## Murals with a purpose



Laura Harper, Cyreeta Mitchell and Ezekiel Rothnan helped create the murals.

**BY KARI SHERROD**  
Seattle Housing Authority

Eight murals of jazz musicians will soon grace the Rainier Vista community, thanks to the work of a handful of kids who are getting their lives back on track.

Last summer, 184 youth participated in the Rainier Valley Youth Service Project, which provided opportunities for court-involved youth to pay victim restitution while giving back to their community.

Nine of these youth worked with Artworks, a non-profit group that empowers kids by exposing them to employment, volunteer and entrepreneurial opportunities in the arts.

The summer's youth service project was managed by the King County Juvenile Court. More than 20 community businesses partnered to provide work opportunities to the youth.

Artworks has an ongoing mural program that serves 14- to 18-year-olds who are at-risk and on probation. Participants receive paid, on-the-job training in mural creation and have the opportunity to publicly display their work.

Artworks also runs an art gallery for 13- to 21-year-olds, a youth art advisory committee and a free art studio for teens every Monday after school.

Participants feel a sense of pride by shar-

ing their hard work, creativity and expression with the greater community and having it appreciated, said Laura Harper, executive director for Artworks.

The young adults also gain employment skills such as keeping a schedule, taking on responsibility, working as a team and feeling the satisfaction of a job well done.

Seventy percent of the adjudicated youth who work with Artworks have not been arrested for another crime and of the 30 percent who have, the majority of their crimes are less severe, Harper said.

The Juvenile Court has provided employment training and community service opportunities to youthful offenders for three decades.

The Rainier Valley Youth Service Project was a collaborative effort among government, courts, businesses, community agencies and citizens to offer opportunities for high-risk, court-involved youth to earn, learn and give back to their community.

Seed money for the project was provided through the efforts and support of King County councilmember Dwight Pelz and the urging of concerned citizens.

Artworks is always seeking sponsors and volunteers for its ongoing programs.

If you would like more information, contact Laura Harper at (206) 292-4142, ext. 103 or visit the organization's Web site at [www.urbanartworks.org](http://www.urbanartworks.org).

## Speech shows youth the value of goals, friendship



PHOTO COURTESY OF RAINIER VISTA BOYS & GIRLS CLUB

The youth who participated in the Seattle University event pose with the authors of "The Pact."

**BY STACY SCHWANDT**  
Voice editor

A handful of Rainier Vista teens learned the power of friendship as they listened to three best-selling authors describe their path from the "mean streets" to the medical profession.

About 15 students from the Rainier Vista Boys and Girls Club's Keystone leadership program visited Seattle University in late September to hear the authors of the book "The Pact" talk about their path to success.

Sampson Davis, Rameck Hunt and George Jenkins grew up in a crime-ridden area of Newark, N.J., and the three authors said that they could easily have fallen into a life of drug-dealing, gangs and prison.

Instead, after their high school was visited by a recruiter from a college that prepares minority students for medical school, they made a pact to become doctors.

They succeeded.

The book is now a best seller and the three men, one a dentist and the other two doctors, travel the country speaking about

their success.

Thirteen-year-old Kirkmoni Wilson said he was moved by the way the authors stuck together and how their lives changed, despite the obstacles like racial profiling that they experienced.

Lisa Sawyer, 18, said she was impressed that the men were able to build careers even though they fell short at times and were not always successful in school.

"They didn't have good grades at first," she said. "They were skipping classes."

Romelle Bradford, 20, is an alumni of the Keystone program and serves as a mentor and a group leader for the younger kids.

"I thought that it was cool that they came up with the pact, the whole concept, and they did something," he said. "We wanted to get the (Rainier Vista) kids out there in the real world and try to prepare them for the things that will go on in their lives."

The event was an inspiration to 13-year-old Sasha Foxx who said she might one day like to be a doctor.

"They really told us to go to college," she said.

### Community notes

#### Pamper your vote

The Seattle Parks and Recreation Department's senior adult programs division is sponsoring an event called "Pamper Your Vote: A Day to Vote for our Country – A Day to Care for Yourself."

Students attending Seattle Central Community College will be providing free manicures, facials and haircuts at the Rainier Community Center, 4600 Rainier Ave. S. from 10:30 a.m. to 2:30 p.m. on November 2.

Massages and shoe shines will also be available for a small donation.

For more information contact Angela Davis at (206) 684-7484.

#### Free bus tickets

If you have relocated from Rainier

Vista as part of the HOPE VI redevelopment and need assistance with transportation costs to 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.

#### 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 of the community room.

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

# NEWHOLLY NOTES

NEWS ABOUT THE NEWHOLLY COMMUNITY

## Networking at Neighborhood News Night



Mary Becker of Intergenerational Innovations shares information with NewHolly resident Roberto Gonzales.

BY ROBIN McGINNIS  
Voice reporter

October's Neighborhood News Night gave NewHolly residents a unique chance to meet their neighbors and learn about the programs and agencies that serve the greater Othello neighborhood.

Representatives from over 20 agencies, including Sound Transit, NewHolly Housing Association and the Seattle Public Library, met with residents at the NewHolly Campus.

"There are a lot of resources here that people might not know about," said Seattle Housing Authority Community Builder Joy Bryngelson. "The agencies here are interested in reaching out to this community."

Much attention focused on the Sound Transit light rail project, which is scheduled to be completed in 2009.

When the initial route is finished, a light rail line will link the Seattle-Tacoma International Airport to the Westlake station in downtown Seattle. The rail will run down Martin Luther King, Jr. Way and have a station in the Othello neighborhood.

Sound Transit estimates the light rail commute from Othello to Westlake will take about 22 minutes.

Members of the state's Department of Transportation were also at the event to discuss the Chief Sealth Trail.

Using crushed concrete removed from the streets affected by the light rail project, the three-mile, non-motorized trail will start at Beacon Avenue and run south to Seattle's city limits. Department of Transportation officials said the trail will provide a safe alternative for bicyclists and pedestrians.

## Campus mission, vision posted

The NewHolly Neighborhood Campus mission and vision statement has been finalized, distributed and posted.

The document, which was created by service providers and residents, states that the campus aims to foster the success of youth, adults and families by working together in a spirit of mutual respect,

With the new light rail and the Chief Sealth Trail, even more new businesses will find their way to Othello, those at the event said.

A committee of residents known as the Othello Neighborhood Stewards distributed plans for a more pedestrian-friendly town center.

Located at the northwest corner of MLK, Jr. Way and South Othello Street, the town center will house local businesses and apartments, similar to town centers like University Village that exist across the city.

"We need to tell people about this," explained Steward member Mona Lee. "Now with our new (neighborhood) name, we can finally create this business center around our new light rail station."

In addition to hearing about new developments in the community, residents also had a chance to learn about resources they might not have known existed.

"Most of the community doesn't realize that we're just right down the hill," said Lauren Ward of Park Place, a retirement and assisted living facility.

An innovator in its field, Park Place offers spacious studios and one-bedroom apartments for a wide-range of seniors, including those who are on Medicaid.

"I'm also a big believer in networking. We all need to know what each other are doing," Ward added.

Bryngelson said she hoped the night would help further promote the identity of the Othello neighborhood.

"It's a new neighborhood in a sense," she said. "It's important for residents to know they aren't just living in NewHolly, but the Othello neighborhood."

cooperation and appreciation.

It adds that the community honors the diversity of people and ideas.

The statement also includes a code of conduct for the building, encouraging those who use it to respect others, avoid playing on the elevator and to not leave young children unattended.

## Youth sought for leadership program

Teens interested in building leadership skills while having fun should look no further. Atlantic Street Center's Team A.L.I.V.E. is recruiting members for its fall and winter quarters.

Team A.L.I.V.E. stands for Active Leadership in Volunteer Experience and is a teen leadership group that focuses on building skills through community service, neighborhood involvement and critical thinking.

The group has already tackled projects like renovating the NewHolly traffic circles and planning programs to facilitate communication between parents and teenagers. The team also puts on the Atlantic Street

Center Black History Celebration, which is attended by over 200 people annually.

The group also organizes exchanges with colleges and works on refining and enhancing team members' critical thinking skills and improving their personal identity awareness.

The teens also have fun during fall and spring retreats.

To become a member, candidates must complete an application and participate in an interview.

If you are interested, please contact one of the group's co-facilitators, Kevin Considine at (206) 329-2050 ext. 106 or Mehret Mehanel at (206) 723-4073.

## Illuminating autumn



PHOTO COURTESY OF ATLANTIC STREET CENTER

Neighborhood youth put their creative juices to work as they create paper lanterns.

BY VOICE STAFF

Hundreds of NewHolly residents and neighbors gathered last month for a mid-autumn lantern festival.

Children made lanterns out of multi-colored cellophane, construction paper and bamboo. They participated in a talent show and listened to stories.

"The room was packed with people of all ages," said Sue Seigenthaler, program manager for the NewHolly branch of the Atlantic Street Center.

The mid-autumn festival, celebrated in Vietnam, China and many other Asian countries, marks a period during the harvest when the moon is full and work is nearly complete.

It is a festival for children, where families share sweet cakes called moon cakes and make lanterns.

This year's event was a big success.

"We hope to make this an annual event and to expand it next year," Seigenthaler said.

### Community notes

#### Seeking submissions

The Voice is seeking submissions for its NewHolly community section.

Articles, photos, story ideas and community announcements can be sent to Stacy Schwandt, Neighborhood House, 905 Spruce St., Suite 200, Seattle, WA 98104.

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

#### Want some project news?

Interested in learning about projects and opportunities in your neighborhood?

If you would like to participate in projects that address Sound Transit, NewHolly campus changes, Traffic Safety

Club activities or other issues, please contact SHA Community Builder Joy Bryngelson at (206) 723-1725 or by e-mail at j.bryngelson@seattlehousing.org.

#### Family study time

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

During this time, school-aged youth receive homework help from tutors while their parents work on learning English as a Second Language, preparing for the GED, citizenship studies or home childcare training.

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

# YESLER HAPPENINGS

NEWS ABOUT THE YESLER TERRACE COMMUNITY

## Vietnamese residents gather for tea and talk



PHOTO BY STACY SCHWANDT

*One of the tea time participants listens to the conversation.*

BY VOICE STAFF

Over a dozen Vietnamese elders gathered in the Yesler Community Center in mid-October for the neighborhood's first tea time.

They shared green tea, biscuits and crackers and talked about the upcoming election, local news and their lives back in Vietnam.

"I enjoy the seniors getting together," said Resident Dominic Bui, who has lived at Yesler Terrace for 13 years.

The event, modeled on a similar gathering in the High Point community, was sponsored by the Seattle Housing Authority and Neighborhood House. Neighborhood House provided funds to purchase teapots, tablecloths and supplies.

SHA Community Builder Ellen Zontz said local service providers were eager to organize an event to serve Yesler Terrace's large Vietnamese population, which is at least 151 households strong.

The community does not have a particular place to socialize, she said.

"We hope this can be a time to come together for fellowship, with culturally-appropriate entertainment and perhaps occasional educational presentations," she added.

The arrival this fall of two new community outreach workers with Vietnamese language skills helped get the ball rolling, she said. Kathy Nguyen is an AmeriCorps VISTA volunteer at Neighborhood House and Nhu-y Pham is a Vietnamese outreach worker with the Seattle Parks Department.

Nguyen said she visited the High Point Tea Time when she first started at Neighborhood House.

"I saw how it promoted leadership and friendship," she said. "I could go to another room and hear them talking loudly, even singing."

Both Nguyen and Zontz said they hope volunteers from the Vietnamese community will eventually take over the program.

The next Tea Time will take place on November 18. For more information call (206) 343-7184.

least eight inches away from your heaters. The curtains need to be at least four inches above the heaters as well. SHA does not allow space heaters, as they can present a fire hazard.

It is not a good practice to use the oven for heat. Using both space heaters and your oven for heat can drive up your electric bill very fast.

On the last Thursday of this month, we will be celebrating Thanksgiving. I have so much to be thankful for.

I am grateful that I have a job. Even better, I have a job that I enjoy. Still better, I work with people who are dedicated and fun to be around. Best of all, I am privileged to work with you, the residents of Yesler Terrace.

The management office will be closed on November 25 and 26 in celebration of Thanksgiving.

We at SHA wish your family many things to be thankful for, too.

## Emergency homeless shelter coming to community center

BY STACY SCHWANDT  
*Voice editor*

The City of Seattle will open a severe weather homeless shelter in the Yesler Community Center gym this winter, despite objections raised by residents.

About 75 people gathered in the gym last month for a meeting called by the city and the Seattle Housing Authority for neighbors to share concerns about the shelter.

The meeting was the second on the topic, as the Yesler Terrace Community Council voted against the shelter in September.

Seattle Housing Authority Executive Director Tom Tierney told those gathered that although he respected their concerns, neither they nor the council would have the final say on the issue.

"The decision of whether to have the severe weather shelter here is mine to make," he said, adding that he would work with the city on a plan to address residents' concerns. Still, those gathered said their voices weren't heard, and most walked out en masse during Tierney's closing remarks.

"Why are we here if SHA's already made up its mind," one resident asked. Another said she needed more specifics on how officials will address concerns.

According to city officials, the shelter will serve 75 men and women on up to 66 nights between mid-October and March. It will open when temperatures drop below 32 degrees Fahrenheit, when it rains on two consecutive nights or when there is snow on the ground.

Those in need of shelter will be asked to arrive at 10 p.m. and leave at 6:30 a.m. City officials said they will be given bus passes for both legs of the journey.

Three Salvation Army employees will run the shelter, arriving a half hour before clients and leaving a half hour after. Additional employees will work in the morning to help disburse the crowds, officials said.

Tierney told those assembled that if

neighborhoods were allowed to say no to proposed services, finding sites for both homeless shelters and low-income housing would be nearly impossible.

"We can't let fear of other people cause us to turn our backs on them when they are in need," he said.

Community members said they are worried the shelter will make their already dangerous neighborhood worse.

They pointed out that the homeless people using the shelter will not be subject to background checks, but will be in close proximity to children who use the community center in the evenings and board buses nearby in the mornings.

The homeless "are human beings like me," one resident said. "When I am rich I can give them shelter. It's the residents of the area, it's the children of the area – I am concerned about them."

Several Yesler residents urged city officials to take a longer term approach to addressing homelessness, and said they resented the implication that they are not compassionate to those in need.

"Homeless folks live in bushes and under the underpass," resident Naomi Finkelstein said in a statement. "I bring them my old shoes, warm coats and blankets."

Patricia McInturff, head of the city's human services department promised those gathered that, if needed, she would visit monthly during shelter operations to listen to their concerns. She said shelter managers would leave the building clean and free of debris.

"This is a city that is a compassionate city and we care about all of our citizens," she said. "We want you to know that we respect your community. We want to do everything we can to understand and address your concerns."

After the meeting McInturff added that Seattle Police Department officials have promised heavier patrolling in the area and have also pointed out that, in general, crime rates go down on winter's coldest nights.

## Notes from Manager

BY JUDI CARTER  
*Community Manager*

Several families checked out weed eaters, rakes, goggles and cords to do last minute yard cleanups before the leaves began to fall.

Unfortunately, not everyone who checked out these tools returned them. If you hastily put the Seattle Housing Authority tools in your shed, expecting to bring them back later, now would be a good time to return them to the management office in order to avoid fines.

And speaking of falling leaves, we have yard waste bags in the office for your raked up leaves. They are free and hold a lot. Just fill them and put them out on the curb on Wednesday, November 17.

It is getting cool, and people are starting to turn on the heat in their apartments. It's extremely important for you to make sure that your furniture and belongings are at

### Community notes

#### 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 students who live in Yesler Terrace and attend first through twelfth grade can enroll in the program.

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

#### 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 the 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.

#### Basic computer skills classes for seniors

The Seattle Parks and Recreation department is sponsoring basic computer classes for seniors 55 and over on Thursdays and Fridays.

Instruction on computer programs and the Internet is provided in Vietnamese and English.

The Thursday afternoon class meets from 1 to 2:30 p.m. in the Yesler Community Center, 825 Yesler Way.

The Friday afternoon class also meets from 1 to 2:30 p.m. at Garfield Community Center, 2323 E. Cherry St.

# TRANSLATIONS

## TRANSLATED ARTICLES FROM THE VOICE

#### **Get rid of garbage right way**

## **Get rid of garbage the right way**

Guud ahaan Seattle maamulka guryaha dawlada guryaha ay shacabku degan yahiin waxay u baahan yahiin in ay sameeyaan qaybtooda hubiyaana in qashinka sida curbadaha layku duro, farnajarada iyo korontada in lagu daadsho guryaha.

Qalabka korantada waxaa uu noqonkaraa mid khatar galiya cimilada deegaanka marka aan si wacan loo fogayn. Kambuutarka, talefishinka iyo qalabka korantada waxaa ku jira qalab nafta waxyeeleeya. Telefishanka oo kaliya waxaa ku jira in kabadan sided pounds oo ah suntan khatarta ah ee loo yaqaan lead. Waxaa muhiim ah in la hubiyo qalabkaas in ay ku soo dhicin in dhulka deganka si aysan cimilada wax u yeelin.

SHA wasakhta khaaska ah ayaa waxay ka dhigatay mid la awoodi karo sida lagu fogeyo qalabka korontada si nabadaysan oo fudud. La xiriir maamulka guryaha hadii aad hayso wax aad doonaysid in aad iska fogaysid. Qaymahu waa \$18 aadna ooga jaban hadii aad doonayso adigu iskaa iskaga fogayso.

Waa sharci daro in lagu daro  
qashinka caadiga ah irbadaha laysku  
duro ama afka leh . Hadii kale, ku gur  
caag af adag oo ah hal galoon ama ka yar  
Marka uu buuxsamo caagu, waydii  
caafimaad bixiyaha in aad ku daadinkarto  
xaafiiskooda meesha ay oogu talagaleen.  
Hadii aysan taasi suurto gal ahayn,  
waxaad waci kartaa SHA Solid Waste  
telephonkooda (206) 716-1310 si lagaaga  
qaado caagaas aad ku aruurisay irbadaha  
waana lacag la'aan.

La xiriir maamulka guryaha hadii aad u baahantahay in lagaa qaado alaab wayn sida kuraasta, sariisaha ama joodariyada. Si sax ah hadii aan alaabta loo fogayn waxay dhib ka dhigi kartaa kabixida deg-dega ah ee guriga la soo gudboonaata xiliga dhibaatadu dhacdoo.

# Get rid of garbage the right way

## Избавляйтесь от мусора

Все жители домов, принадлежащих жилищному управлению Сиэтла, должны выполнять свою роль в правильной ликвидации мусора, такого, как иглы от шприцов, мебель и электроприборы.

Электроприборы могут стать источником заражения окружающей среды, если их неправильно выбрасывать. Компьютеры, телевизоры и другие электроприборы содержат вредные материалы. Обычный телевизор может содержать около восьми паундов свинца. Очень важно, чтобы эти вредные вещества ни в коем случае не попали на открытое пространство, где они могут нанести непоправимый вред окружающей среде. Солид вэйст (Solid Waste) жилищного управления Сиэтла сделал доступным способ избавления

от электроприборов легко и безопасно. Свяжитесь со своим домоуправляющим, если вам надо от чего-то избавиться. Цена избавления - 18 долларов - намного дешевле, чем делать это самостоятельно.

Противозаконно выбрасывать иглы от шприцов и разовые шприцы в обычный мусор. Вместо этого складывайте их в твёрдый контейнер вместимостью в галлон или меньше. Когда контейнер заполнится, спросите в той клинике, куда вы ходите, могут ли они забрать от вас это. Если они откажутся, позвоните SHA Solid Waste по тел. 206-716-1310, команда приедут и заберут иглы бесплатно.

Свяжитесь со своим  
домуправляющим, если вам  
нужно избавиться от крупных  
вещей, таких, как стулья, диваны  
или матрасы. Выброшенный в  
неподложенном месте предмет  
может затруднить эвакуацию  
здания в случае необходимости.

## Boû Raùc Cho Ñuùng Caùch

Tất cả cư dân thuộc các khu gia cư Seattle Housing Authority cần phải thực thi phần vụ của mình cho đúng đắn trong việc thải bỏ các kim chích thuốc, các bàn ghế cũ, các máy móc điện tử.

Những máy móc điện tử có thể gây nguy hại cho môi sinh nếu không được thải bỏ đúng cách. Máy computer, máy TV và các máy móc điện tử khác có chứa các chất độc hại. Một chiếc máy TV có chứa 8 cân (pounds) chì. Điều khẩn thiết là đừng để cho các vật này đến các hò rác vì chúng có thể gây nguy hại cho môi sinh.

Ban Thu Rác của Seattle  
Housing Authority đã đưa ra cước  
giá rất hạ cho việc thải bỏ các máy  
móc điện tử cách an toàn và dễ  
dàng. Hãy liên lạc với vị quản lý-

**ንኩፌ ነዕስ በግብር  
ከተተሳይን ከተማውን  
ይገባለ፡፡ Get rid of  
garbage the right way**

ኅይ ስያትል የዕለንግል  
አው-ጥረቱ ተቁማጭ ጽ-አርጭም  
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እንተዘይተኞቻይም ከምተተርሰ  
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በሰርተ አቅስተ ምርካም ጥር  
ነግራተ በለምዎ እያም  
  
አዲ ተሸ ተሽ እስታት  
ገምንተ ተው-ንድ ለድ  
ዘበባል ሰመ-ዶ ማዳድን እለዋ  
እዘም እብ ለወለ ተጠቃለናየ  
ነገሮት እብ ፍይ ከተማ  
ቀንና ጽ-አፍ በዘይ እገባብ  
እንተ ተኞቻይም እብ ፍይ  
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ኋይ አካላም መርፍእነ  
ካልእት በአስተ ንጉሥት እብ  
ኋይ ገዢ ጽጋጌዴ ገኩና  
ምእታው ካይከታዋ እየ እብ  
መዳደቅ ለለም ፍሰን  
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አቅዱት ከም ሲፏ ወንበር  
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ምስተዳደሪ ገምድበርከው  
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ገምግልአስ ወገም ደረሰኝ

manager nếu quí vị có vật gì muốn  
vứt bỏ. Giá tiền cho việc đỗ rác  
này là \$18 đồng, rẻ hơn nhiều so  
với việc quí vị tự đem đi bỏ.

Vất bỏ các kim chích thuốc, hay vật bén nhọn vào thùng rác thông thường là điều sai với luật định. Hãy chứa vào thùng chứa cứng chắt. Khi thùng chứa đầy, liên lạc với phòng bác sĩ của quý vị xem họ có nhận thu hồi hay không. Nếu không, quý vị có thể gọi cho Ban Thu Rác của SHA ở số (206) 716-1310 để họ đến thu hồi cách miễn phí.

Hãy liên lạc với vị quản lý-  
manager nếu quý vị muốn vất bỏ  
các vật lớn như ghế, sofa, nệm.  
Vất bỏ các vật không đúng cách có  
thể gây khó khăn (cho cư dân)  
trong trường hợp phải di tản khẩn  
cấp.

**የበታቸው ቁጥር ፩-ከከለኛ  
መንገድ የሰውም መታወች**  
**Get rid of garbage the  
right way**

የቦታ የወ-ሰን አውቶራት  
ነዋረች በጥብ በአማካን ቅኝና  
እንደ የህክምና መርሱ የበት  
ዕቃዎች እሌክትሪክ  
የሞተርለት በቦታ የወ-ሰን  
መመርያ ደንብ መሰረት  
መግል አለባቸው::

የኤሌክትሪክ ዕቃዎች  
አከባቢን ለመስከላ ይቻላለ  
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እንደ ተራ ተጊዜ እስከ ስምንት  
ታውኑድ ለፈቻ የሚባል  
ከሚናል ይኖረዋል በከተማው  
የቀኝና መጠራቀም በታ  
ከተማለ ባከበበ ገዢ በከላ  
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ይቻላለ::

የቦታ የወ-ሰን ስለድ  
ወሰት በቀላል ወጪ ተረት  
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የራልተት የኤሌክትሪክ ዕቃ  
ካልዋት ማናይቻን ያነጋግሩ  
የጂዥ \$18 በርር በታ ነው::  
በሚያቀርቡት የበትም ቅዱ  
እንደ የአከባቢና መርሱና  
ለለው አዲጋ ነገሬች  
ከጨመሩ በሁባት ተጠዋቁ  
ይሆናለ በእንደ ሂለን ዕጋ  
በማሽን ያስቀምጠት ዕቃው  
ከሞተር ልማም በታወን  
የነጋግሩ ወይም ለአከላ  
የወ-ሰን አውቶራት በከልከ  
ቁጥር (206) 71611310  
ዶው-ለው ያነጋግሩ:: ሌሎች  
የበት ወ-ሰት ዕቃዎች እንደ  
ወንበርች ጠረበሄዎች ለፍቃዎች  
ፍራሽ መግል ከወልጊ  
ማናይቻን ያነጋግሩ

የልጊዜ በበታች በረኩ  
የተማለ ዕቃዎች በሁንጂው  
አዲ በሚያደርሰበት ገዢ  
ለዋችን የሚጠኗል ሲሆ ገዢ  
ቁጥር ይረጋግል::