



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



Neighborhood
House

The Voice

October
2007
Articles translated
into six languages

The newspaper of Neighborhood House



PHOTO BY TYLER ROUSH

A girl hands flowers to Seattle School Board member Mary Bass (right) during a cultural ceremony, part of the Ethiopian Millennium celebration at Warren G. Magnuson Park Sept. 15.

Local Ethiopians ring in the new millennium — at last

By TYLER ROUSH
The Voice Editor

For Ethiopians, it's finally the year 2000.

Ethiopians around the world celebrated a new millennium last month, as the Ethiopian calendar rolled over to the 21st century.

Ethiopians and Ethiopian-Americans from Seattle and around the Pacific Northwest gathered at Warren G. Magnuson Park to mark the occasion during a three-day millennium festival, running Sept. 14–16.

"This is going to be once in a thousand years," said Metassibia Mulugeta, standing next to a table full of traditional Ethiopian crafts, utensils, musical instruments, and art. "As bad as things in our country are, let's celebrate it — this is a once-in-a-lifetime thing."

Mulugeta said that disputed elections in 2005 and an oppressive political regime in Ethiopia have fostered divisions among the country's people, of which there are more than 80 distinct ethnic groups.

The goal of the millennium event was to

promote unity, not only within Ethiopia's many ethnicities and cultures, but also among Ethiopians and non-Ethiopians.

"We want to bring people together in hope that we'll have a better life and a better future if we come together," said Gezahegn Negussie, chair of Ethiopian Millennium Pacific Northwest.

Ethiopia's calendar is very similar to the Egyptian Coptic calendar, which is about seven years, eight months behind the more widely used Gregorian calendar.

Ethiopia celebrated both the new year and new millennium at midnight Sept. 12, which is the date of Meskerem 1, 2000 on the Ethiopian calendar.

The calendar is divided into 12 months of 30 days each, and a 13th month of five days (or six days during a leap year).

Ethiopia is the only African nation with its own calendar, script, and numerals, Negussie said.

Still, much of the country's culture and rich history is lost upon émigrés to America — particularly among second-generation Ethiopian-Americans.

Please see "Millennium" on Page 2

Senate passes housing appropriations bill

Bill would provide \$104.6 billion, but a presidential veto is threatened

By VIRGINIA FELTON
Seattle Housing Authority

On Wednesday, Sept. 12 the Senate passed HR 3074, the fiscal year 2008 Housing and Urban Development (HUD) funding bill, by a margin of 88-7.

However, the bill, which proposes funding in excess of that requested by President Bush, faces the possibility of a presidential veto.

Funding levels for the public housing programs remained unchanged from the earlier Appropriations Committee-passed bill.

A very similar bill has also been passed by the House of Representatives.

Several housing-related amendments were passed on the Senate floor, including a provision to require HUD to provide assistance to housing authorities dealing with applicants and residents who have limited English skills.

Funding in the Senate bill includes the following:

\$4.2 billion for the Public Housing Operating Fund, the same figure the Committee's House counterparts arrived at and \$336 million above the fiscal year 2007 appropriation;

\$2.5 billion for the Public Housing Capital Fund, an increase of \$61 million over both the House-passed funding level and the fiscal year 2007 appropriation;

\$14.9 billion for Tenant-Based Vouchers, an increase of \$500 million over the fiscal year 2007 appropriation and approximately \$191 million higher than the level supported by the House.

After protracted negotiations, an amendment by Sen. Robert Menendez (D-N.J.) to provide \$380,000 to HUD for the creation and promotion of translated materials and other programs that support the assistance of persons with limited English proficiency (LEP) was

approved.

Under this legislation, HUD would be required to provide translations for documents considered "vital," in order to assist those who are likely to have difficulty with such documents in English.

HUD published directions to housing authorities earlier this year requiring them to provide translations to help those eligible for housing assistance to take advantage of the programs.

However, HUD's guidance requires that the cost of translations must be borne by the local housing authorities.

Many legislators expressed concern that leaving the translations of all vital documents to housing authorities across the country would result in considerable duplication of effort and inconsistencies as various housing authorities translated the same or similar documents.

The Mendez legislation would require HUD to procure translations of documents it judged to be "vital," to establish a 24-hour toll-free interpretation service by telephone and to establish a document clearinghouse which would make available templates and translated documents that are necessary for consumers and other stakeholders.

Both Seattle and King County Housing Authorities have been working on plans to better serve residents and applicants with limited English skills.

Similar to the House-passed version of July 24, the \$104.6 billion spending bill for the Departments of HUD, Transportation and related agencies would provide over \$4 billion more than President Bush requested.

The White House has specifically threatened to veto the HUD appropriations bill.

The bill will now go to conference with the House.

The conference process is used to negotiate any differences between the House and Senate bills before bills are submitted for the president's signature.

Senator Patty Murray (D-WA) is a member of the conference committee.

Source material for this article was supplied by the Council of Large Public Housing Authorities.

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"Our team is excited to get started in the schools, and to help more students stay in school and be more successful,"
— Chuck Bartlett, CASA START manager on the new Neighborhood House program housed at Lee House.

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Health Notes

A column devoted to your well-being

Brush up on oral health to add years to your life

BY ANNE DOBSON
Special to The Voice

When it comes to thinking about quality of life, teeth and gums usually aren't the first things that come to mind.

But good oral hygiene is vital to overall health, particularly for seniors, who run a higher risk of developing dental problems, notes the Healthy Aging Partnership, a coalition of 35 Puget Sound-area government and non-profit organizations dedicated to the health and wellbeing of older adults.

The mouth serves as a mirror of the body's overall health, according to a report published by the Surgeon General. Practicing adequate oral care – everything from daily flossing to routine dental exams – helps prevent tooth decay and gum disease as well as a number of potentially life-threatening conditions, including diabetes, pneumonia, heart attacks and stroke, the report says.

Some seniors allow their dental care to slide because they simply can't afford it.

"I had good dental care throughout my life," said Patricia Davis, a patient of the Geriatric Dental Group, a non-profit organization out of Portland, Ore. that just opened a clinic in Federal Way.

"However, when I retired, I lost my insurance," Davis said. "I was in need of care but I could not afford to go, so small problems got much worse ... I feel like they saved my life. I was able to get the care I needed and pay them over a long period of time."

HAP offers the following information and tips to help seniors brush up on their health, oral and otherwise:

1. *Maintain your daily brushing and flossing routine and see your dentist regularly.* Many seniors slip up on their habits and check-ups, figuring that declining oral health is a part of aging. It doesn't have to be. In fact, some periodontists suggest that just by flossing daily, you can add 6.4 years to your life!

2. *Talk with your dentist, pharmacist or doctor if you suffer from dry mouth, a common problem among older adults.* Seven out of the 10 most commonly used medications can cause dry mouth, which can lead to cavities in the roots of teeth and diseased gum tissue.

3. *If you struggle to handle a toothbrush or floss, consider using an electric toothbrush or a floss holder.* Both items are available at your local drugstore.

4. *Avoid tobacco products and heavy alcohol consumption.* People who smoke are seven times more likely than non-smokers to develop gum disease, and drinking heavily increases the risk for mouth and throat cancers.

5. *Snack smart.* Avoid sugary foods such as raisins, chocolates and hard candies that cause cavities. Opt instead for fresh fruit and sugar-free gum.

If you've lost dental insurance or cannot afford care, check into lower cost alternatives, such as dental schools and the Geriatric Dental Group clinic in Federal Way.

The new full-time clinic, made possible by a \$225,000 grant from the Washington Dental Service Foundation, provides dental care at rates that are 20 to 40 percent lower than the average, as well as flexible payment plans.

For more information visit the Geriatric Dental Group's Web site at www.geriatricdental.org.

For more information about oral health, low-cost dental care and other issues related to life as an older adult, call 1-888-4ELDERS (1-888-435-3377) or visit www.4elders.org.

The free and confidential resource line offers a wealth of information and assistance to seniors and their caregivers.

Anne Dobson, of Moore Ink, PR, writes articles about important health, family and community issues for nonprofit organizations.

Stop the bullying: What you can do to help your child

BY PAM MCGAFFIN
Special to The Voice

Your child tells you he is being bullied at school.

Do you:

A. *Advise him to ignore it?*

B. *Ask what he did to provoke it?*

C. *Tell him to hit back?*

D. *None of the above.*

The correct answer is D.

Children who are being bullied need their parents' support and help, says Brian Bailey, violence prevention supervisor at Youth Eastside Services. Start by acknowledging the courage it took for your son to tell you about the problem, he says.

Make no mistake, bullying is a problem.

Fear of being bullied causes thousands of children to miss school annually, and the stress can affect their academic performance and physical and mental health, not to mention leave lasting emotional scars.

Research shows that adults who were bullied as children are more likely to suffer from depression and low self-esteem.

Unchecked bullying also carries consequences for perpetrators, who are more likely to drop out, get into fights, use cigarettes and alcohol, and have criminal problems.

Bailey offers the following tips to

parents:

If your child is being bullied:

1. Listen to him and tell him the bullying isn't his fault.

2. Suggest your child stick with a group or walk with a friend.

3. Role play simple, calm responses: "Cut it out" or "You're right" and walk away.

4. Don't tell your child to ignore the bullying or hit back, both of which could intensify the situation.

5. Tell the teacher or principal about the bullying and encourage your child to do the same.

6. Build your child's confidence by helping him make new friends and explore talents and interests in and out of school.

If your child is doing the bullying:

1. Talk to him about his behavior and its effects on others.

2. Be prepared to carry out clear, non-violent consequences for future bullying.

3. Work with school staff on changing your child's behavior.

Formed in 1968, YES helps more than 36,000 youth and family members each year with counseling, outreach and prevention programs that address a myriad of issues, including emotional distress, substance abuse, sexual abuse, gang activity and violence. For more information, go to www.youtheastideservices.org.

Millennium

Continued from Page 1

The millennium celebration was also a means to introduce Ethiopian traditions and culture to the population of young Ethiopian-Americans who live between two cultures.

It could be seen in the children and teenagers who attended the event. Many arrived wearing popular American styles of dress, but exchanged their jeans and T-shirts for traditional Ethiopian clothing during the millennium celebration.

"Yes, you are American, but you are also Ethiopian," said Negussie of the youth population. "This forum allows people to know about their tradition and their culture."

The event opened Sept. 14 with a bonfire and fireworks show, followed by a concert. The second day included a six-team soccer tournament, a cultural celebration and a family night at Magnuson Park.

On Sept. 16, a panel of intellectuals gathered for a symposium, among them Dr. Mammo Muchie, a professor and director of the Research Center on Development and International Relations at Aalborg University of Denmark; Dr. Alemayehu G. Mariam, a professor in the Department of Political Sciences at California State University in San Bernardino; Dr. Fikre Tollosa, associated with Columbia Commonwealth University; and Dr. Fekadu Fulas, a pharmacist at St. Luke's Regional Medical Center in Sioux City, Iowa.



PHOTO BY TYLER ROUSH

Sketches depicting the "many faces of Ethiopian people" fill a table at the Ethiopian Millennium celebration at Warren G. Magnuson Park.

The panel discussed what the future holds for Ethiopia — today and into the next millennium, according to Negussie.

He added that the event was a success.

"We have achieved what we wanted to achieve," Negussie said. "We wanted to bring all people together, and have fun and enjoy."

The celebration received support from state, county and local governments, which honored the millennium celebration during a brief ceremony Sept. 15.

A proclamation by Gov. Chris Gregoire recognized the week of Sept. 11–16 as Ethiopian Millennium Week in Washington. The King County Council, represented at the event by councilman Larry Gossett, issued a similar proclamation for the county.

Mayor Greg Nickels named Sept. 15 "Ethiopian Millennium Day" in the city of Seattle.

Following the proclamations, a group of Ethiopian women and girls, adorned in traditional Ethiopian garb and representing five of the ethnic groups of the country, performed both a song and a dance as part of a cultural ceremony.

The girls filtered through the crowd, distributing yellow flowers to each member of the audience, then returned to the stage.

Later, the group paid homage to deceased Ethiopians and Americans. The last name read was Dr. Martin Luther King.

Just days into the new Ethiopian Millennium, Mulugeta's own thoughts on the needs of her home country seemed to echo the ideas of the slain civil rights leader.

"If we live with each other in peace and understanding, we can prosper," Mulugeta said.

"And that is what we're hoping," she added. "At least that's what I'm hoping."

The Voice

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The Voice, the newspaper of Neighborhood House, is published monthly with the support of Seattle Housing Authority resident participation funds and the King County Housing Authority. Neighborhood House helps diverse communities of people with limited resources attain their goals for self-sufficiency, financial independence and community building. The Voice contributes to that mission by providing low-income people, immigrants, refugees and other concerned parties with timely, relevant news. Opinions expressed do not necessarily reflect those of the staff, Neighborhood House, SHA or KCHA. We welcome articles and tips from the community and reserve the right to edit all submissions.

Our Voices...

Editor's note: "Our Voices" is a multi-part series written by Neighborhood House staff members in which they describe their experiences in becoming acclimated to a new culture in the United States.

Why we're sharing our stories

We are sharing our personal stories because people who are new to the United States often come here thinking they need to do things in a particular way.

Back at home we were told to start new in the US and to get rid of our old ways. Some of us threw away our clothes so that we could replace them with "American" clothes.

We didn't know that in America we could do anything we want — that there is freedom here. We thought we had to follow American rules and have American style once we got here.

We asked people, "How is America?"

The answer was, "It is very different than home!"

When we came here, it was like we were newborn babies, because we had no English, we didn't know where to go to the store — nobody helped us. It was a very difficult life when we got here.

Now we want to help the newcomers to America. Our stories will help explain our experiences, how we felt, and some of the lessons we learned when we first arrived in the US.

It is our hope that our stories will help others who have arrived in the US more recently. Perhaps these stories can help build community between all of our cultures as we learn together.

First Halloween not such a treat

By JEMILA ABDI
Special to The Voice

It was almost 5 o'clock. A big man knocked on the door — he had a big knife, and it was sharp, with black and white on the edge. He had big, white teeth, with fangs like a vampire. He had blood coming down his mouth!

I went upstairs (at this time I had two kids). I called my friend before I called the police.

I said, "Somebody is at my house with blood and a knife! I have to call the police!"

She said, "Don't call the police, it's Halloween — give him candy."

I said, "No! I'm not giving him candy — I'm not going downstairs till my husband comes home!"

Another day I went to Refugee Women's Alliance, where they were making pumpkin carvings, and they gave me the pumpkin with a candle. I still didn't know what it was! I asked my friend and she said, "It's for Halloween!"

I'm telling this story now because I'm concerned for the new people in the United States.

I want to help explain Halloween to people who might not know what it is, so that they won't be as afraid as I was! It's just fun for children.

My kids go trick-or-treating now, too!



Name: Jemila Abdi
Home Country: Oromo
Date of arrival in the United States: May 22, 1990
Neighborhood House Job: Assistant Teacher for Head Start
Number of years with Neighborhood House:



One to grow on

Garden tips for community gardeners

Take the edge off winter's frost with these cold-weather growing tips

By ANZA MUENCHOW
Special to The Voice

Now that it is officially autumn, many gardeners have their minds on frost. The Seattle growing season is often defined as the number of days between the last spring frost (generally early April) until the first frost in the fall (generally the end of October).

A likely time to have frost is when the night temperatures drop, when there is no wind, and when the sky is completely clear without clouds.

Clouds are insulation for the land mass. When the sky is clear, the heat from the soils and the earth will rise and escape. Then cool night air settles close to the ground, and frost forms instead of dew.

Because warm air rises and cold air settles, frost forms sooner at the bottom of a slope and down in valleys. But also, higher altitudes will be colder, so the tops of mountains freeze first.

A good, sheltered microclimate is best for vegetable gardens. Examples would include: locating midway on a slope, against a south-facing wall, perhaps with trees to the north and a passage for cold air to drop away from the garden.

When we have a mild winter here, some back yards will rarely experience frost. You may notice places where the plants are blooming even in January. The microclimates in your yards and neighborhoods can really extend a growing season.

Typical vegetable gardens have some cold-tolerant plants that will live through a light frost, or even improve, including cole crops such as kale, choys, mustard, Brussels sprouts and arugula.

The cold temperatures stimulate the plants to produce sugar in the leaves as an antifreeze, usually bringing it up from the roots. That is why kale always tastes better after a frost.

But most of the summer vegetables

(beans, tomatoes, peppers, squashes, basil, melons, corn, eggplant, etc.) die at the first frost. The water in their cells forms ice, and that will shatter the cell walls, killing the plant.

Some gardeners build "cloches" to extend their growing season. This is especially important in the early spring, when small plants are emerging or being transplanted outside.

Cloches are mini-greenhouses made from clear plastic or glass. Like cold frames, these structures can help a seedling get a quick start on the spring as the days are getting longer, protecting them from a late frost. This will be a longer topic for a February or March garden column.

For late October or early November in your gardens, you may consider planting garlic.

The soil should have plenty of compost added, with perhaps some additional bone meal, and be in a well drained area or raised bed. No onions or garlic should have been planted in that bed for several years.

Use a local, reliable garlic variety, perhaps purchased from the farmers' market in your neighborhood.

Garlic is simple to plant. Break apart the bulb into cloves and plant each clove 2-3 inches deep in the bed.

The little green tops will emerge in one to three months and then the garlic will be harvested in July when the tops begin to turn yellow or brown. Yum. You can never have enough garlic in your cooking — and so good for you, too.

Hope you are enjoying the last of the fall harvests!

Anza Muenchow is a farmer and a volunteer with P-Patch.

You can reach her by e-mail at anzam@whidbey.net, or online at www.mahafarm.com.

State jobless rate dips in August

Washington's unemployment rate sinks to 4.6 percent

EMPLOYMENT SECURITY DEPARTMENT

The unemployment rate in Washington decreased to 4.6 percent in August, down from July's rate of 4.9 percent, according to the state Employment Security Department.

An increase of 10,400 non-agricultural jobs accompanied the decline in the unemployment rate, with the largest gains in government, education and health services, and leisure and hospitality.

"I am running out of ways to say 'the news is good.' Washington's unemployment rate has remained at historic lows since the beginning of the year," Gov. Chris Gregoire said. "Our consistently strong economy is bolstered by this low unemployment rate and our strong revenue forecast."

Government jobs increased by 4,500 in August, along with gains of 1,300 jobs

each in the education and health services industry and the leisure and hospitality industry.

Construction jobs increased by 400 and manufacturing jobs by 600.

Jobs in the "other services" sector decreased by 100.

Job totals in the natural resources and mining sector and the transportation, warehousing and utilities sector were unchanged.

The state has gained 87,900 jobs since Aug. 2006. That's an increase of 3.1 percent — above the national of 1.2 percent.

"So far, we are not seeing the slowdown that some parts of the country are experiencing," Employment Security Commissioner Karen Lee said. "For people who are looking for work or looking for a better job, there are a lot of vacant jobs in our state to choose from."

Still, about 148,300 people in Washington are currently out of work and looking for a job. If you are unemployed in Washington, go to www.go2worksource.com for free job-readiness and job-search assistance, or visit a WorkSource office.



Neighborhood House

Strong Families. Strong Communities. Since 1906.

Community notes

Resident Opportunity for Self Sufficiency (ROSS) Program

The Resident Opportunity for Self Sufficiency (ROSS) program is open to seniors 62 and older and disabled residents of any age. Events for the month of October are planned at the following places:

Greenbridge

Luncheon — 11:30 a.m., Oct. 18

Door Prizes, Bingo

White Center Food Bank

For information, contact Annie Edwards at 461-4522, or Yohannes Hagos at 461-4554.

Jefferson Terrace

Lunch and chat — 11:30 a.m., Oct. 25

Door Prizes

Jefferson Terrace TV Room

For information, contact Annie Edwards at 461-4522, or Yohannes Hagos at 461-4554.

Yesler Terrace

Luncheon — 11:30 a.m., Oct. 11

Door prizes, Bingo

Yesler Terrace Community Room

For information, contact Annie Edwards at 461-4522, or Yohannes Hagos at 461-4554.

Rainier Vista Senior Gathering

Sponsored by the South East Community Agencies, the Senior Gathering includes the following senior communities: Rainier Vista, Gamelin House, Peter Claver, Esperanza, New Holly, Park Place, Beacon Towers and the surrounding community in the south.

Luncheon — 10:30 a.m., Oct. 24

Door prizes, bingo and a presentation (to be announced)

Van Asselt Community Center, 2820 S. Myrtle St.

For transportation, contact Annie Edwards at 461-4568 ext 215 or Angela Smith at 684-7484.

Two new programs find a home at Lee House

PCHP, CASA START programs will be based in Harry Thomas Center

By RAY LI
Neighborhood House

Two Neighborhood House programs, the Parent Child Home Program (PCHP) and CASA START, have opened for business at the new Harry Thomas Center at Lee House, located in lower NewHolly.

The Parent-Child Home program, funded by the Business Partnership for Early Learning, shows parents how to teach their young children language and reading skills through books, puzzles, games and the like.

Research has shown that the program helps prepare toddlers for future success in school, furthers their social-emotional development and builds parent-child bonds.

"We couldn't be happier to be in a new, centrally located space, and to be reaching more families than ever," said Marcy Miller, PCHP manager.

The other program located in the new center is CASA START (Striving Together to Achieve Rewarding Tomorrows), a school-based program targeting high-risk youth ages 8-13.

The program will partner with three local middle schools, including Aki Kurose, Asa Mercer and Denny.

Four newly-hired case managers will be located on-site at the schools.

"Our team is excited to get started in the schools, and to help more students stay in school and be more successful," said Chuck Bartlett, CASA START manager.

CASA START focuses on reducing risk factors leading to drug use by providing



PHOTO BY RAY LI

The CASA START (Striving Together to Achieve Rewarding Tomorrows) Team, including (left to right) Mohamed Abdi, Lakim Washington, Chuck Bartlett, Claire Abe and Monica Cheng, pose for a photo at Lincoln Park in West Seattle during the annual Neighborhood House staff picnic.

intensive case management to youth and families, year-round programming, mentorship, academic and social support, and youth asset development.

In the first year, the team hopes to work with 70-80 youth across all the schools.

"This program couldn't have come at

a better time, having the CASA START team on board will be an amazing help to the academic success of our children," said Andhra Lutz, Asa Mercer Middle School principal.

Seed funding for the local program came from a four-year challenge grant from the

Bill & Melinda Gates Foundation.

Additional program funding came from the Nesholm Family Foundation, Seattle Public Schools and the City of Seattle.

CASA START was originally developed by The National Center on Addiction and Substance Abuse at Columbia University.

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City Council seeks applicants for Seattle Immigrant and Refugee Advisory Board

By VOICE STAFF

The Seattle City Council and Mayor Greg Nickels are accepting applications for seats on the Seattle Immigrant and Refugee Advisory Board.

The role of the board will be to advise the Mayor and Council on issues that affect immigrants and refugees in Seattle. Board members will be appointed to one- or two-year terms, and will have the option for reappointment to an additional term. The first meeting of the board is expected to be held no later than January 2008.

The deadline to apply for a position has been extended to 5 p.m. Oct. 12. Applications should be sent to Michael Gilmore at Seattle City Hall, 600 Fourth Ave., P.O. Box 94749, Seattle, WA 98124-4749, or via e-mail to michael.gilmore@seattle.gov.

**Be green.
Please recycle this
newspaper.**

New editor joins The Voice

By VOICE STAFF

Neighborhood House has hired Tyler Roush as the editor of The Voice newspaper.

Roush replaces outgoing editor Stacy Schwandt, whose last day was Aug. 31. Roush started at the newspaper Sept. 12. He's excited to be joining an excellent organization, and looks forward to working with such a diverse and vibrant community.

He comes to Neighborhood House after two years covering news and sports for Sammamish Review, a weekly newspaper that is part of The Issaquah Press, Inc. Roush has also worked at the daily East Oregonian, in Pendleton, Ore., and The Daily News, in Longview, Wash.

He also spent three years as a writer and editor for The Trail, a weekly campus newspaper covering the University of Puget Sound.

Roush served as editor in chief of The Trail during his senior year at UPS. He graduated from the school with a degree in English in May 2004.

His career in journalism began as a senior in high school, when The Daily News hired him as a freelance sports writer.

His first assignment was a high school baseball game. He has since written an eye-witness account of an Iraq War protest march in Vienna, covered the 2005 Washington state 4A football champion-

ship game, and interviewed Cal Ripken, Jr. prior to the Hall of Famer's final game in Seattle.

Roush has received multiple awards for reporting from the Washington Newspaper Publishers Association.

In 2006, he received a second-place award for Health and Medicine reporting from the Society of Professional Journalists for his story, "Super Marin," which chronicled a high-school swimmer's battle with a brain tumor.

In his free time, Roush enjoys reading, photography, music and sports.

The last good book he read was Chinua Achebe's "Things Fall Apart." Among his favorite books are Ernest Hemingway's "The Sun Also Rises," Mikael Bulgakov's "The Master and Margarita," Ken Kesey's "Sometimes A Great Notion," Michael Chabon's "The Amazing Adventures of Kavalier and Clay," Cormac McCarthy's "Border Trilogy" and Joseph Heller's "Catch-22."

He began to seriously pursue photography while working at Sammamish Review, taking particular interest in sports photography. Before that, when he was in Vienna on an exchange program, he took more than 1,000 photos in just five months.

Roush's favorite musicians include Bob Dylan, Tom Waits, Johnny Cash, Elvis Costello, The Beatles, The Clash, T. Rex, Brian Eno, David Bowie and Deerhoof.



New Voice editor Tyler Roush

His picks for albums of the year include Andrew Bird's "Armchair Apocrypha," Arcade Fire's "Neon Bible," The Avett Brothers "introduce Emotionalism" and Panda Bear's "Person Pitch."

Roush has several online fantasy football and baseball teams, and is a lifelong fan of the Seahawks, Mariners, and Portland Trail Blazers.

Questions, comments, story ideas for The Voice and sports chatter may be directed to Roush at tyler@nhwa.org, or via telephone at 461-8430, ext. 227.

Opportunity Grants provide money for college

Program offers financial aid for low-income adults

By VOICE STAFF

College-bound adults have a new resource to help pay tuition.

The Opportunity Grants program, which provides financial aid for low-income adults, has been expanded to all 34 community and technical colleges in Washington, according to an announcement last month by Gov. Chris Gregoire.

Eligible students may receive awards between \$2,800 and \$3,800 to cover tuition and fees, books, supplies, tools and equipment.

"Washington businesses need highly skilled workers in order to compete with companies around the world," Gregoire said. "These Opportunity Grants help low-income students pursue an education that qualifies them for high demand jobs. Now even more Washingtonians, and the state's economy, will benefit from the expanded program."

A total of \$10.6 million in grant money will be distributed during the 2007-08 school year.

Last year, a pilot phase of the program encompassed 10 community and technical colleges in the state, including Shoreline and Edmonds community colleges.

The average household income for participants last year was \$11,500.

Rep. Phyllis Gutiérrez Kenney (D-Seattle) sponsored the pilot program, and proposed the bill to expand the program this year.

"A high school diploma or a GED is no longer enough to get a good paying job with benefits," Kenney said. "The Legislature is committed to creating opportunities for more students to obtain higher education to succeed in high demand areas which address the skill shortage in our state and that provide family wage jobs and benefits."

In addition to covering tuition and other expenses, the student awards may also be applied to transportation and childcare on an emergency basis.

Area schools receiving grant money include North Seattle, South Seattle, Seattle Central, Shoreline, Edmonds, Bellevue, Highline, Cascadia, Everett, Clover Park, Tacoma and Green River community colleges, and Renton and Bates technical colleges.

Free health screenings

The YWCA Women's Health Outreach program and Verbena are offering a mobile mammography screening during the Seattle Black Pride Mini Health Fair for Women Saturday, Oct. 13, at Multi Faith Works, 115 16th Ave. S. in Seattle.

The screenings, for LBT (lesbian, bisexual and transgender) people age 40 and over, will be conducted from 10 a.m. to 4 p.m. No insurance, no problem.

Call Verbena at 206-323-6540 ex. 3 for an appointment.



PHOTOS BY TYLER ROUSH

Volunteers at Yesler Terrace (above) and Rainier Vista (right) pose for photos during a recent day of volunteer work for Neighborhood House.

A thank you to our volunteers

By JEN ROSENBROOK
Neighborhood House

I'd like to recognize the following volunteers from Seattle University, who donated their time Sept. 21: Rose Slavkovsky, Natalie Chan, K.C. Upshaw, Maya Wernick, Maggie Wykowski, Aaron Ishii, Mehron Abdolmohammad, Mae Saul, Catherine Wilcox, Jen Tilghman-Havens.

On behalf of the clients, volunteers, Board of Trustees and staff at Neighborhood House, thank you so much for volunteering your time at our organization.

I wanted to take this opportunity to introduce myself and to make you aware of service opportunities in the near future. My name is Jennifer Rosenbrook and I'm the new Volunteer Coordinator for Neighborhood House.

Since 1906, Neighborhood House has been committed to helping diverse

communities of people with limited resources attain their goals for self-sufficiency, financial independence, and community building.

I'm here at Neighborhood House because I believe in their mission, I value volunteerism and because I have a heart for meeting new people.

I'd like to invite you to participate in upcoming opportunities that Neighborhood House will continue to do in the Seattle area during 2007 and 2008.

Neighborhood House is seeking volunteers for:

Youth Tutoring Centers at Parklake and Burndale locations; ESL & Citizenship tutors at Wiley Center; front desk and administration help at Yesler Center; and tutoring Seattle-area high-school students Monday-Thursday afternoons

For more information, contact Jen Rosenbrook at 461-8430, ext. 255, or e-mail jenr@nhwa.org.



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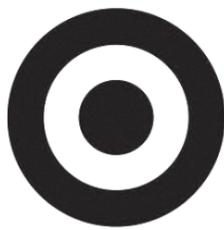
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TRANSLATIONS

TRANSLATED ARTICLES FROM THE VOICE

Be prepared for an emergency

អ្នកប្រុងប្រយ័ត្នសម្រាប់ពេលមានអាសន្ន

ក្រុមភាគច្រើនក្រុមប្រឹក្សាភិបាល និង ក្រសួងអាជ្ញាធរ ក្រសួងសុខាភិបាល នៃរដ្ឋកម្ពុជាបានរៀបចំការប្រុងប្រយ័ត្ន ដើម្បីជួយដល់អ្នកស្រុកក្នុងរដ្ឋមានភាពប្រសើរឡើង ។ ជាកម្មវិធីមួយដែលក្រុមអាជ្ញាធរក្រុងទើបតែងតាំងឡើងដែលហៅថា ជំនួយភាពអាសន្នដល់អ្នកស្រុកជិតខាងគ្នាក្នុងភាពមានអាសន្ន ។ ដើម្បីឱ្យមានលំនឹងក្នុងពេលមានមហន្តរាយកើតឡើងចំពោះអ្នកស្រុក, គួរតែទទួលខុសត្រូវយ៉ាងតិចណាស់ចំពោះពេលមានភាពអាសន្នកើតឡើងចំពោះពួកគេនោះ ។

ក្នុងការសិក្សាអ្វីៗស្រដៀងគ្នាទៅនឹងទំនាក់ទំនងនោះ គឺយើងមានកម្មវិធីនៅតាមសាលារៀន,សហគមន៍នានា ឬ អាចទាក់ទងតាម វីដេអូ <http://www.Seattle.gov/emergency> ក៏បាន ។

តើអ្នកប្រុងប្រយ័ត្នហើយឬនៅសម្រាប់ពេលមានរំជួលផែនដី ? ព្រោះការរំជួលផែនដីពុំអាចដឹងមុនបានឡើយគឺអាចមានកើតឡើងគ្រប់ពេលទាំងអស់ដោយគ្មានសញ្ញាច្រាប់ជាមុនទេ ។ ហេតុនេះអ្នកត្រូវតែត្រៀមលក្ខណៈដូចខាងក្រោមនេះនេះពេលកើតឡើងអ្នកត្រូវ៖ នៅឱ្យនឹងមួយកន្លែងរហូតមានភាពស្ងាត់, ត្រូវចូលក្នុងនាវាត្រាមក ឬ ទីណាដែលអាចផ្សេងផុតអំពីការ រុករានផ្ទះ ។ ត្រូវមានឧបករណ៍ប្រើប្រាស់ និងម្ហូបចំណីឱ្យបានយ៉ាងហោចណាស់ចាំបាច់សម្រាប់មនុស្សម្នាក់ មានទឹក ម្ហូបប្រៀបដូចជាដើម ។

អ្នកប្រុងប្រយ័ត្នដាក់ម្ហូបអាហារកំប៉ុង, ថ្នាំពេទ្យ,សម្រាប់ ១ ខែ, យើងសរសេរមុខថ្នាំនិងថ្នាំពេលកំណត់នៃការប្រើថ្នាំឱ្យបានត្រឹមត្រូវតាមលោកវិជ្ជាជីវៈ ។ បើសិនមុខថ្នាំណាមានត្រូវការម៉ាស៊ីនអគ្គិសនីយើងត្រូវតែអ្នកប្រុងប្រយ័ត្នជាមុនសម្រាប់ដោតខ្សែភ្លើង,នេះផ្សេងផ្សំការពារពេលដែលមន្ទីរសុខភាពបិទនៅពេលមានភាពអាសន្នកើតឡើង ។

សូមទាក់ទងជាមួយក្រសួងការពារភាពអាសន្នក្នុងតំបន់ក្រុងស៊ីអាត្លា ២០៦-៦១៥-០២៨៧ ឬក្រសួងភាគច្រើនក្រុមប្រឹក្សា ២០៦-៧០៩-៤៥២៨

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Magaalada Seattle mashruuceeda cusub waxaa loogu yeeraa Seattle Neighbors Howsha waa diyaar . Waqtiyada dhibaataada dadka waxay u baahan yihiin inay wax isu taraan iyagu naftooda iyo xaasaskooda ugu yaraan saddex maalmood .. Waxbarasho Mashruucyada waa la madalay iyadoo la marinayo Jaaliyadaha iyo Dugsiyada Warar dheeraad ah ku saabsan mashruuca waxaad ka heli kartaa <http://www.seattle.gov/emergency>.
Diyaaar ma u tahay Dhulgariirka ? Dhulgariirka wuxuu qaadan karaa goobtiisa waqti kasta ogeysiin la'aan diyaar ahow amase ha ahaaninee , Raac arrimaha si aad u sugtid inaad diyaar u tahay.
Gudaha ku sugnow ilaa gariirku istaagayo. Gal miiska hoostiisa, waxaad dhex gashaa alaabta iyo amase derbiga ku dhowood .
Saddex maalmood addegooda hayso oo dhalo biyo ah qof kasta oo qoyska ka tirsan Red Cross waxay dardaarmaysaa saddex Galloon oo biyo ah qofkiiba iyadoo ay kujirto biyo loogu talagalay xayawaanka guri joogtada ah.
Hayso bilooyin oo daawo ah waad u baahan tahay, iyo qor liiska wax yaabaha muhimka ah . Haddii aad u baahan tahay Dab dhaliye oo daawo kasta , hayso gadaal wax kaa caawimaya hadii uu dabku tago . Haddii aad Takhtar aragto si caadi ah , go'aanso waxa aad samaynayso hadii ay xiran tahay Bukaani socod eegtada..
Si aad u barato wax badan la xiriiir Seattle Office of Emergency Management at (206) 615-0287, or American Red Cross at (206) 709-4528.

Be prepared for an emergency

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የሲያትል ከተማ አዲሱ ፕሮግራም የሲያትል ኔቨርስ አካባቢ ፕሮግራም ተብሎ ይጠራል። ችግር በሚያጋጥምበት ጊዜ እያንዳንዱ ግለሰብ ራሱንና ቤተሰቡን ቢያንስ ሶስት ቀን ለማስቻል መዘጋጀት አለባቸው።
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No Tigrigna translation this month

Due to technical difficulties, there will be no translation in Tigrigna in this month's issue of The Voice. The translation should return in the November edition of The Voice. We apologize for any inconvenience this may have caused.

HÃY CHUẨN BỊ TRONG TRƯỜNG HỢP KHẨN CẤP

Hội Hồng Thập Tự và Phong Điều Hành Trong Trường Hợp Khẩn Cấp thuộc thành phố Seattle đang hợp tác để giúp cho cư dân trong các khu housing để có sự chuẩn bị.
Chương trình mới nhất của thành phố Seattle được gọi là Seattle Neighbors Actively Prepare – Người Hàng Xóm Seattle Chuẩn Bị Sẵn Sàng. Trong trường hợp xảy ra thảm họa, mọi người cần phải có khả năng tự lo cho họ và gia đình của họ trong ít nhất là 3 ngày.
Trong khắp thành phố, sẽ có lịch trình của những chương trình hướng dẫn được tổ chức ở các trung tâm từng khu vực nơi các cộng đồng và trong các trường học. Các thể tìm thấy các thông tin trên trang mạng <http://www.seattle.gov/emergency>
Quý vị có phòng bị cho một cuộc động đất chưa? Động đất có thể xảy ra bất cứ lúc nào, không có sự báo trước, cho dù quý vị có phòng bị hay không.

Hãy làm theo những chỉ dẫn sau đây để làm chắc rằng quý vị có chuẩn bị sẵn sàng:
Hãy ở bên trong nhà cho tới khi trận động đất ngưng hẳn. Chui xuống gầm bàn cứng chắc, giữa những tủ bàn hoặc bên cạnh sofa dọc theo tường. Cần có lượng dự trữ nước uống cho mọi người trong 3 ngày. Hội Hồng Thập Tự khuyến cáo là cần có 3 galông nước cho một người, kể cả nước cho thú vật trong nhà.
Cần có đủ số lượng thuốc uống mà quý vị cần cho 1 tháng, và kê ra thứ thuốc uống cần thiết. Nếu quý vị có dụng cụ y tế chạy bằng điện, hãy có sẵn phương thức trữ bị trong trường hợp bị cúp điện. Nếu quý vị phải đi khám bệnh thường xuyên, thì cần biết phải làm gì nếu lúc đó phòng mạch bị đóng cửa.
Để biết thêm, xin liên lạc văn phòng Điều Hành Trong Trường Hợp Khẩn Cấp thuộc thành phố Seattle số điện thoại là (206)615-0287 hoặc Hội Hồng Thập Tự ở số điện thoại (206)709-4528.

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.

A rite of autumn
RV CELEBRATES MOON FESTIVAL
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SHA NEWS

October
2007

News and information about Seattle's neighborhoods

Development surrounds SHA's central office

Visitor parking limited

By VIRGINIA FELTON
Seattle Housing Authority

Parking has become scarce at the Seattle Housing Authority's main office.

SHA's central office, located near Seattle Center at Sixth Avenue and Denny Way, is bordered on three sides by new construction projects. Parking in the area is now extremely scarce, and free visitor parking has been reduced to just eight parking stalls.

The large lot just north of the building is part of a project that will add a residential hotel, apartments and retail at the corner of Sixth Avenue and Denny Way.

Seattle Housing's visitor lot will become the site for an underground parking garage in connection with the new building.

When complete, visitor parking will

once again be available in the new garage — but not until mid-2009 or beyond.

Meanwhile, eight visitor parking stalls are available about a block north of the Central Office building, just beyond the Travel Lodge on the right. These spaces will be available on a first-come, first-served basis.

This parking shortage has also affected Seattle Housing staff. The number of staff members commuting by car has been reduced by half.

SHA's company vehicles are now parked in a lot three blocks away.

Seattle Housing staff will be looking for alternate locations for meetings that involve groups of residents or outside stakeholders to minimize the inconvenience.

In some cases, meetings may be held in building community rooms, or at other SHA office facilities, such as PorchLight in Ballard or the NewHolly gathering hall in southeast Seattle.



PHOTO BY VIRGINIA FELTON

Seattle Housing's current visitor parking lot at the Central Office will be under construction beginning this month.

'Save My Spot' working well across the board

By SCOTT FREUTEL
Seattle Housing Authority

According to Dennis Hall, Admissions Manager of SHA's Low Income Public Housing program, the automated waiting list check-in system the agency implemented in June is working "exceptionally well."

Known as "Save My Spot," the check-in system is designed to help move people into housing more quickly by reducing the amount of staff time required for maintaining, updating, and checking waiting lists.

It requires people on waiting lists — applicants who have chosen to wait for housing in SHA's low-income public housing buildings — to call in, or to check in on the Web site, once a month, on any day of the



month, and at any time, 24 hours a day.

The Web site is www.savemyspot.org, and the telephone check-in number is (206) 256-7000. There's also a toll-free number at (866) 623-5111.

At a late-May meeting held to acquaint SHA's partner agencies and others that refer people to SHA for housing assistance, a number of people asked how well the system would service people who are not fluent in English.

At that meeting, Hall explained that people who use the telephone system can choose to hear instructions in any of nine languages besides English. He pointed out that instructions on using the system are available on the SHA website in an additional seven languages, besides English.

"These were fair questions," Hall said, "and we had anticipated them. We've been tracking respondents carefully, and we can report that people whose first language is not English are participating at a rate greater than that of native English speakers.

"We are also monitoring the participation of elderly and disabled families, and we are pleased to report that applicants in those two groups are also checking in at a slightly higher rate than non-elderly and non-disabled applicants."

Hall also noted that SHA has a policy of accommodating people for disability-related reasons, and he said that SHA will consider requests for relief from check-in requirements from those who are prevented from participating for such reasons.

Hall pointed out that information about Save My Spot was mailed in mid-May to every person on every low-income public housing waiting list — over 8,600 people in all — along with a reminder cards and clear instructions on how to check in by telephone or on the Internet. A reminder letter and a 16-language instructions sheet were sent in mid-June to people who had not yet checked in. Since then, the overall rate of check-in has been about 52 percent.

That's well within expectations, Hall said, since it conforms to the historical response rate from the waiting list.

"During the often-lengthy period people must wait, some find other housing or change their plans, or their income has risen to a level that makes them ineligible for subsidized housing," he said. "The people who remain, those who do use Save My Spot to check in every month, are simply letting us know they are still interested."

Applicants who don't check in will ultimately be taken off the waiting list.

However, during the calendar month in which they are removed, they will be reinstated without penalty upon request. After 30 days, applicants who have been canceled must re-apply.

MTW provides a one-stop source for SHA's plans

By SCOTT FREUTEL
Seattle Housing Authority

For people interested in the details of Seattle Housing's activities and its plans and budget for next year, the "MTW" plan provides a comprehensive look. It is a long document rich in specifics.

This plan, formally called the "Moving to new Ways Demonstration Program Fiscal Year 2008 Annual Plan," is approved by SHA's board and submitted to HUD on an annual basis.

The plan provides details of SHA's plans for the Housing Choice Voucher Program (Section 8), which include reopening the waiting list, increasing utilization, possibly raising voucher payment standards and possibly relaxing occupancy standards.

Information is also included about new affordable housing units in the works in 2008 — bringing over 230 new rental units online at High Point, beginning construction of nearly 90 units at Rainier Vista, continuing the homeWorks renovation program for the agency's high-rise buildings, and possibly creating separate waiting lists for studio and one-bedroom public housing units.

Also included in the plan for next year is developing a formal site plan for Yesler Terrace, identifying replacement housing options for Holly Court, and planning for

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Nature Consortium arts program faces cuts

By JEFF ARNIM
Seattle Housing Authority

Approximately 15 staff members, volunteers and participants representing the Nature Consortium attended the Seattle Housing Authority's 2008 draft budget public hearing on Sept. 17 to speak out and generate support for the organization's Youth Art Program, which is slated to see its entire block of Housing Authority funding cut for 2008.

Nature Consortium received \$81,000 from Seattle Housing Authority as part of the 2007 budget, representing nearly 60 percent of the annual funding for the Youth Art Program at Rainier Vista and Yesler Terrace.

"I realize that due to federal cuts in funding the Seattle Housing Authority must reduce its budget in many places, and I don't envy your situation at all," said Nature Consortium Founder and Executive Director Nancy Whitlock. "However, there is no more effective way to reach so many youth, to cross cultures and languages, to build bridges and to create community than the arts."

The Youth Art Program currently provides no-cost art activities for youth and children ages 5 to 19 at Seattle Housing Authority's Rainier Vista and Yesler Terrace communities. It works to enhance the artistic skills of its participants while also increasing their knowledge of, and connection to, the environment.

A reduction in grant money available to Seattle Housing Authority contributed to the budget shortfall.

"One of the hard things about funding

this type of service is that we used to have Drug Elimination Grant monies to fund youth programming," said Seattle Housing Authority Executive Director Tom Tierney at the Board of Commissioners meeting that followed the public hearing. "About five years ago that program was eliminated and our grant has been zeroed out. We have been trying to hold together our services for youth, but it is very difficult to continue everything without a dedicated source of funding."

With the possibility of a funding shortage looming, the Seattle Housing Authority had to consider reducing its budget by 5 percent, according to John Forsyth, Community Services Administrator for Seattle Housing Authority, who was charged with overseeing the portion of the budget that provides funding to the Nature Consortium.

"Nobody wants to cut any of our programs," Forsyth said.

As part of the budget process, all of Seattle Housing Authority's community programs were evaluated internally in areas such as contract performance and the availability of similar services.

Staff also looked closely at which programs most directly fit with the Housing Authority's stated mission: to create and sustain decent, safe, affordable living environments, and foster stability and self-sufficiency for people with low incomes.

Management ultimately determined that a reduction in funding for the Nature Consortium was the prudent decision.

Despite the funding cut, "The Youth Art Program is still considered a highly effective, much-needed program," For-



PHOTO BY TYLER ROUSH

Fuad Mohamed (left) and Hassan Dahi examine digital cameras while teacher Liz Tippery (standing) explains how to use them, during a photography class, part of the Youth Art Program at Yesler Terrace.

syth said.

Tierney noted that a possibility for retaining the program's funding still exists.

"The Board has the option of making the decision to put less into reserves, or making an off-setting cut somewhere else in the budget, and therefore not cutting the Nature Consortium art programs," he said. "Staff did not make that recommendation in drafting the budget, but the Board can make a different choice if they wish to."

The Housing Authority's Board of Commissioners will consider the draft budget over the coming weeks. The board is expected to approve the agency's final 2008 budget at its Oct. 15 meeting.

Youth Art Program calendar

The Nature Consortium's Youth Art Program hosts art classes at 4 p.m. Monday-Thursday and 3:30 p.m. Friday at the Yesler Terrace Community Center and Rainier Vista Art Studio.

Upcoming classes at Yesler include outdoor photography, nature art, ceramics, percussion and hip-hop dance, while classes at Rainier Vista include toy-making, natural solutions, teen art, African theatre and dance, and sculpture.

For a full calendar of events, go to www.naturec.org/calendar.htm.

SHA pursuing HOPE VI funds for Lake City Village

SHA STAFF

Lake City Village, demolished in 2001 following irreparable flood damage, may finally be redeveloped with partial funding from the federal government.

In 1999, residents were relocated to other SHA housing, or received housing choice vouchers. The 16 units that were lost at this time have already been replaced by SHA.

The site, now an empty field, is located near Northeast 125th Street and 33rd Avenue Northeast, in the heart of Lake City's urban hub.

SHA is preparing an application to HUD for an allocation of HOPE VI funding to help pay for the project.

Since 1992, HOPE VI funding has been used across the country to revitalize distressed low-income communities. President Bush has proposed abolishing

the program, but Congress allocated \$94.5 million for 2007.

SHA will now compete for a share of that money for Lake City Village.

Over the past eight years, SHA has been working with area residents and neighborhood stakeholders to create a plan that fits the community's needs and vision.

The preliminary redevelopment plan calls for a mixed-income community of approximately 75 units with some potential commercial area, and some green space. SHA will involve Lake City House residents and other community members in developing the HOPE VI application, which is due in early November.

If you have questions about the project, please contact George Nemeth, housing developer, at (206) 615-3415, or gnemeth@seattlehousing.org.

MTW

Continued from Page 1

the redevelopment of Lake City Village and adjacent properties.

Among other topics the plan touches on are possible new admissions preferences for victims of domestic violence, a new system for measuring resident satisfaction, and a variety of initiatives to support residents' employment and homeownership goals.

MTW is a U.S. Department of Housing and Urban Development Demonstration Program. SHA is one of about 24 housing authorities across the country permitted to participate in the program.

Under the program, exceptionally well-managed housing authorities may propose and implement alternatives to certain federal housing regulations.

This year's MTW Plan is SHA's tenth. Every year, the plan is drafted and revised and adopted before the start of a new fiscal year.

Then, at the end of that year, SHA prepares a report describing its accomplishments in light of the MTW Plan.

Public may comment on MTW

A few weeks ago, on Sept. 17, members of the public were invited to comment on the MTW plan at a public hearing at SHA headquarters. About 40 people turned out to do so.

About half of those attending came to show their support for reinstating funding to the Nature Consortium arts program at Yesler Terrace and Rainier Vista. (See related article on this page.)

Copies of the MTW Plan are still available for the public to read, evaluate and comment upon. They are available at the front desk at SHA headquarters, 120 Sixth Avenue North, and at the main desk at PorchLight, 907 NW Ballard Way, Suite 200.

The plan may also be downloaded from the SHA website, www.seattlehousing.org. The public's comments are welcome through Monday, Oct. 8.

To learn how to convey comments about the plan, call Andria Lazaga, SHA Asset Management Coordinator, at 615-3546, or e-mail her at alazaga@seattlehousing.org.

Let your voice be heard!

Do you have something on your mind? Thoughts you'd like to share? Is there a story you'd like to have heard?

The Voice welcomes your letters. Please submit your letter to the editor via e-mail to tylerr@nhwa.org, or mail to The Voice, Neighborhood House, Attn. Editor, 905 Spruce St., Suite 200, Seattle, WA 98104.

Please limit your submissions to 250 words or less. Letters that run longer than 250 words may be edited for length.

About The Voice

The Voice is a monthly newspaper published by Neighborhood House with financial support from Seattle Housing Authority resident participation funds.

The Voice is developed and edited by Neighborhood House with help from SHA residents and staff. It strives to provide a forum for objective news and information of interest to low-income people and those living in SHA communities.

The Voice welcomes articles, letters to the editor and columns from readers. If you'd like to submit an article, or if you have a question about anything you've read in this publication, feel free to contact Editor Tyler Roush at 206-461-8430, ext. 227 or by e-mail to tylerr@nhwa.org.

If you have questions about SHA-related stories, you may also contact SHA Communications Director Virginia Felton at 206-615-3506 or by e-mail to vfelton@seattlehousing.org.

You can also mail submissions to: The Voice, Neighborhood House, 905 Spruce St. #200, Seattle, WA 98104. Please include your name and contact information on your submission.

All submissions are subject to editing for accuracy, style and length.

POINT OF VIEW

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

The magic of Cal Mor Circle

West Seattle homeWorks project unveiled

By SVEN KOEHLER
Seattle Housing Authority

Anyone who has regularly walked by the corner of California and Morgan streets in West Seattle over the past four months has seen a transformation unfold in slow motion.

Before the homeWorks high-rise renovation project began, residents of Cal Mor Circle were living in a building that suffered from leaks and lacked good insulation.

But like the grand finale in a magic show, the building was draped, a spell was cast, and something entirely different was revealed: a vibrantly colored, smooth-walled jewel had replaced the plain brick building.

Working from scaffolding protected by mesh, plasterers covered the bricks with insulation and applied colored stucco that waterproofs the walls.

The person waving the magic wand at Cal Mor was the site foreman from W.G. Clark Construction, known to residents affectionately as "Lumpy."

He also presided over the similar transformation of the exterior at Lictonwood, the first SHA building to be completed in the homeWorks project last fall.

Referring to the stucco subcontractor, he said, "The guys from J.J. Jefferson did great work, especially once we got some details in the beginning ironed out."

The change to Cal Mor is dramatic — the exterior has been brightened with a light beige color with burgundy vertical accents, while the top floors are offset with a deep gray. "When the building was behind the yellow mesh, my eyes couldn't tell what the colors would look like," said resident Misha Bromley, who watched from the parking lot as the building was uncovered on Sept. 12. "But now I think it looks great!"

With its unique round shape, the building was always very visible on this busy street corner.

The neighborhood has taken note of the change, thanks in part to continuing coverage of the progress in the local paper.

The West Seattle Herald published a color photo of the draped building in July; a recent follow-up photo showed the scaffolding being removed.

Several patrons at the corner coffee shop watched the unveiling process while sipping their morning coffee.

The building looks so new and different now that construction workers from other companies have even mistakenly shown up at the job site, thinking they were reporting to the new apartment building across the street.

Of course, Cal Mor will remain public housing, as will all buildings being renovated under homeWorks.

Once the scaffolding is completely dismantled, various work items will be finished off over the next few weeks, including work on the entry canopy and around the building perimeter.

With the end of construction nearing, Bowman was looking forward to the



PHOTO BY SVEN KOEHLER

On Sept. 12, workers removed the mesh that shielded Cal Mor Circle's new stucco coating from the elements during construction. Like a huge present being unwrapped, the building's vibrant new exterior colors are visible to the neighborhood for the first time.



PHOTO BY SVEN KOEHLER

The old wooden deck railings at Olympic West Apartments in Queen Anne are being replaced with sleek new railings as homeWorks completes the exterior renovation of the building. The new railings incorporate safety glass panels to enhance the views residents have from their decks.

building's upcoming celebration. Property Manager Sarah Van Cleve wants to put on a special event to mark the end of the construction, with food in the community room and possibly a cookout on the patio.

In addition to the work outside, the common areas in the building received a new paint scheme and matching tiles.

"The new tiles really make a difference," said resident Sandra Glenn at the September resident council meeting.

It was the first event to be held in the new community room, which also received new furniture, a kitchen make-over and a new exit door.

Work at other buildings continues

Progress is happening in other homeWorks buildings, too.

The exterior work at Olympic West includes a new paint application to highlight the decks, new deck railings, and a

thorough cleaning of the architecturally-textured bare concrete exterior.

The painting of Queen Anne Heights and parts of University West may happen in springtime, to allow for enough good weather to ensure a quality application.

The pipe replacement at University West is more than halfway done and, when complete, will lead to a pause in plumbing work for homeWorks until 2008.

Residents are enjoying the changes to Cedarvale House and Capitol Park, as work there is essentially complete.

Meanwhile, residents are gearing up for extensive interior remodeling at Center Park and Lake City House. The homeWorks team has been visiting residents there to share the specific dates for each unit's individual work.

Also at Lake City House, exterior site work for the relocation of the parking lot is in full swing.

If you should survive to a hundred and five...

By JEAN ANDERSON
Special to The Voice

Some great thinker once remarked, "We should strive to die young at a very old age." I think there is a lot of wisdom in the comment.

However, as we age, it can be more and more difficult to stay young at heart.

The movie stars we loved growing up are long gone from the screen, replaced by actors who often seem (to us) to look a lot alike.

The music of young people today is a far cry from the great love ballads and nonsense songs we knew.

Even the humor of today's comic strips can sometimes leave us scratching our heads asking, "Is that supposed to be funny?"

Where are the things that help us to stay young at heart?

A very close friend of mine will celebrate her 92nd birthday this winter.

In her life so far, she has worked while raising two children by herself, she has survived cancer, had knees replaced, cataracts removed, carpal tunnel surgery, various other ailments, and now deals with arthritis and Parkinson's disease.

Many of her friends and peers have died.

Yet in her outlook and perspective on life, she is one of the youngest people I know it that she looks forward to each new day, eagerly anticipates having new experiences and learning new things.

She doesn't play the "Ain't it awful?" game, and seldom reveals any physical discomfort she might be feeling. (Maya Angelou said, "While I might have pains, I don't have to be one," to which we all might add, "Amen!") Anybody giving us an "organ recital" can be hard to take.)

As we head into autumn, as leaves lose their color and flutter to the ground, it seems to me the challenge is to take it all in, appreciate the unique beauty of the season, and instead of getting stuck in the "death" of everything, remind ourselves that this is only a transition.

Personally, I've never claimed winter as my favorite season, but through gray, bleak days I try to remember that in due course a magical rebirth will occur, and a million shades of spring green will soon dominate the landscape.

Maybe a large part of staying young at heart — and happy — is simply being able to stay optimistic, to look forward, to "accentuate the positive, eliminate the negative," as Johnny Mercer wrote in a popular song years ago.

As the 1953 Johnny Richards and Carolyn Leigh song "Young at Heart" suggests, "If you should survive to a hundred and five/Look at all you'll derive out of being alive!/And here is the best part/You'll have a head start/If you are among the very young at heart."

Yes! And the final win could be "to die young at a very old age." It seems like a goal worth striving for...and it's never too late to start.

Jean Anderson is president of the Seattle Senior Housing Project Advocates II group and vice president of the resident council at Pleasant Valley Plaza.

HIGH POINT HERALD

NEWS ABOUT THE HIGH POINT COMMUNITY



PHOTO BY GEORGE NEMETH

A group of French urban planners visited High Point.

French urban planners tour High Point

BY CLAIRE MCDANIEL
Seattle Housing Authority

When SHA employee Judy Fani first received a request to help arrange a three-day tour over Labor Day weekend for a group of 25 urban planners from France, she was very skeptical of making it work over the holiday weekend.

But working with other local planners, including Joe Tovar (current Washington American Planning Association president), Steve Butler (outgoing WA-APA president) and Nicolas Buchoud (a Frenchman from Le Club Ville Aménagement), she was proved wrong.

"Surprisingly, it came together very smoothly," Fani began, "with all of those involved stepping up to show this special group of French architects, planners, engineers, public officials and their guest journalist some of the best of what we have to offer in our region. Buchoud described this group as France's urban development think tank."

Le Club Ville Aménagement translates as the Urban Development Club, and was created in 1993 to bring together developers responsible for major urban projects in France.

The Club is a permanent discussion forum for professional developers; its contributions are particularly appreciated

by government bodies and local authorities responsible for developing and redeveloping French urban centers.

Club Ville Aménagement operates by creating working groups on different topics directly affecting developers. In this capacity, it teams up with experts and academics to bring critical and forward-looking views to bear on the discussions of the working groups.

Buchoud found Fani's name and connection with Seattle Housing when he was searching for a contact person on the Washington planners' association Web site. Since the organizer also wanted to talk with someone from Seattle Housing, she was the perfect first contact.

Once Fani got a sense of what the group was interested in, she sent Internet links to High Point, the Olympic Sculpture Park, Belltown, Bellevue, and South Lake Union. This then became a rough draft of the tour itself.

George Nemeth, housing developer for High Point, was their tour guide, and French-speaking Mambo Emedi, a senior budget analyst at SHA, served as translator.

"Their chartered bus picked them up at the airport and brought them directly to High Point. It was a good place to start because from High Point you get to see the panorama of Seattle," Fani said.

The French planners were duly im-

pressed by the development, according to Fani.

"They enjoyed the open space, the community garden, the porous sidewalks and the orientation of the porches," she said. "They were amazed. They said, 'This is low income housing? Where's the market rate housing?' I said, 'It's hard to tell isn't it? That was part of the plan.'"

Buchoud explained the reactions of the group in an e-mail to Fani after he returned to France: "The group was seduced by the whole project. Indeed, they could see what a new planned community could mean, when appropriately managed, financed, and implemented with private developers closely linked to the whole process."

In addition to High Point, the group also attended presentations and tours at South Lake Union's Discovery Center by two staff members from Paul Allen's Vulcan, Inc.; a PowerPoint presentation of an overview of Seattle by Diane Sigamura, director of development and planning from City of Seattle; a tour of Belltown by Mark Hinshaw with LMN Architects, during which they got to see McCaw Hall, the dog park, and the Olympic Sculpture Park; and a walking tour of Bellevue's downtown development "laboratory."

Milestones mark Phase II progress at High Point

BY JEFF ARNIM
Seattle Housing Authority

The redevelopment of High Point from a collection of old, worn-out public housing units to a thriving mixed-income community of renters and home owners reached an important milestone with the opening of the new arterial streets, Sylvan Way Southwest and Southwest Morgan Street, on Aug. 13.

These critical streets link the neighborhood to the rest of West Seattle and provide an improved transportation corridor between Delridge and the rest of West Seattle.

A community event celebrating this reopening and other important redevelopment milestones is being held at 4 p.m. Oct. 3 near the West Seattle Elementary School.

"For now, both sides of the street are still a construction site," said George Nemeth, a Seattle Housing Authority housing developer. "But the benefits of the new pedestrian-friendly street will become more evident when the site is occupied."

In addition to a newly installed traffic light, the street features a stamped concrete intersection, a median divider and landscaped planting strips that work as natural drainage swales.

Bellevue's Tri-State Construction has completed more than two-thirds of Phase II infrastructure, including underground utilities such as sewer, water supply, storm water, phone, cable, and power and gas systems.

The construction of curbs, gutters and other Phase II roads is underway and scheduled for completion by early 2008.

Construction of new rental housing is also underway. When completed, 256 total units will be spread across 98 buildings in Phase II. There will be 28 one-bedroom, 71 two-bedroom, 130 three-bedroom, 25 four-bedroom and five two-bedroom units.

Of these, 150 will be reserved for very low income families earning less than 30 percent of Area Median Income (AMI). The remaining 106 units are designated as affordable workforce housing for residents earning up to 60 percent of AMI.

The construction of rental housing is being done by Absher Construction, which built the rental units in High Point Phase I, is also building rental housing in Phase II.

All Phase II rental housing is to be finished and ready for occupancy by March 2009.

More than 400 units of homes for sale are also planned as part of Phase II construction, taking shape as a combination of homes, town homes and condominium flats being constructed by experienced home builders. This includes 12 town homes being built by Habitat for Humanity.

Development has also begun on The Commons, a 3.5-acre park located at the center of High Point.

When finished, it will feature a large lawn area with a viewing mound, an amphitheater, a P-patch garden, a children's play area, and eventually an outdoor basketball court.

There will be opportunities for residents of High Point to participate in art and construction projects as the new park takes shape.

Call Julie Shaffer at 615-3560 if you are interested in volunteering.

Community notes

High Point Neighborhood Association selects its leaders

The High Point Neighborhood Association elected officers at its board meeting last month.

The association voted in Andrew Mead as president, Abdirhaman Mohamed as vice president and Steve Barham as treasurer.

The appointments last two years. To contact Mead, call 922-3721, or

e-mail mandrewmead@gmail.com. To reach Mohamed, call 935-2391. To reach Barham, e-mail sbarham@gmail.com.

The next meeting of the High Point Neighborhood Association will be Oct. 11.

Construction open house scheduled for Oct. 10

High Point residents are invited to a construction open house for the High

Point Phase II project.

The open house will be held from 4:30-6 p.m. Oct. 10 at the High Point Library, located at 3411 S.W. Raymond St.

Tri-State Construction will discuss progress on the project, including information on partial closures of Southwest Morgan Street and Sylvan Way Southwest.

For more information, contact the construction information line at 935-4006.

RAINIER VISTA NEWS

NEWS ABOUT THE RAINIER VISTA COMMUNITY

Moon Festival a time for thanksgiving

Residents of Rainier Vista celebrate traditional Chinese and Vietnamese holiday

By TYLER ROUSH
The Voice Editor

With the moon nearing its fullest point and summer at an end, residents at Rainier Vista gathered to celebrate a traditional Eastern holiday.

The Moon Festival, or Mid-Autumn Festival, is a celebration of the end of the summer harvest and a time for togetherness and abundance. The tradition dates back more than 1,000 years in Chinese and Vietnamese cultures.

The holiday always occurs on the 15th day of the eighth lunar month in the Chinese calendar; this year, that day fell on Sept. 25.

Participants at Rainier Vista's Moon Festival celebration equated it to the Western tradition of the Thanksgiving holiday.

"It's just like a Chinese Thanksgiving," said Kwan Kam, speaking through an interpreter. "You have Thanksgiving in your American culture, we have the Moon Festival in our culture."

The traditional symbols of the holiday evoke the shape of the moon, Kam said — the moon cake, which can be made from a number of different ingredients but is usually round, and the dinner table, en-



PHOTO BY TYLER ROUSH

A paper lantern (above) hangs in the doorway of a community room at the McBride Court building at Rainier Vista, during the Mid-Autumn Moon Festival. The lanterns are a part of the tradition of the Moon Festival in both Chinese and Vietnamese cultures.

circled by an entire family that has gathered together.

During the event, participants ate a potluck meal, held a raffle with prizes that ranged from handbags and gift baskets to bath sponges and children's toys, and played bingo.

Paper lanterns decorated the meeting room. Each child traditionally receives a lantern, which he or she lights during the

Moon Festival, according to Dang Tran, who helped organize the event.

The light in the lantern symbolizes the light of the moon.

Participants also dined on a variety of desserts, from the traditional moon cake to sweet rice balls, sesame jelly and yam-like taro root.

Organizers thanked Seattle Supermarket for donating four moon cakes for the cel-

ebration, a value of about \$100.

Tran said the festival was a means to honor not only her Vietnamese heritage, but also to give thanks to those who are helping her in the United States.

"That's why we carry it to the U.S. — to celebrate, and to invite others helping us to say thanks, in celebration of the full moon," said Tran, speaking through an interpreter.

Her thoughts fly abroad but are happy to come home again

By SCOTT FREUTEL
Seattle Housing Authority

Most of the time, the thoughts of Chanh Au, a resident of McBride Court at Rainier Vista, stay pretty close to home.

Thoughts of Luu Su, her husband of 37 years.

Reminders to herself about upcoming cooking and computer classes at Rainier Vista.

Thoughts about improving her English so she can say more than "good morning" to the many of her neighbors who hail from East Africa, and who no more understand Cantonese or Vietnamese than she understands Somali or Oromo.

And thoughts about those of her six grandchildren who live nearby, and whom she and her husband delight in spending time with on weekends.

But sometimes Au's thoughts stray far afield: nearly 7,500 miles far, to Ho Chi Minh City, Vietnam, where her Chinese-born parents settled before she was born 61 years ago. She remembers the city as Saigon, and still calls it that.

Her thoughts take her there not for remembrance or regret, but because one of her two children, her daughter Tuyet-lan Luu, lives there still, along with three of Au's grandchildren.

Since coming to the United States in 1999, Au has been back to Vietnam three times — twice before she became a citizen last year, and once since.

She'd like to go again to see her daughter and her grandchildren, but can't see how she'll be able to afford to. Her son, Linh Le Au, lives in Oakland, and she delights in seeing him and his children, but she badly misses her daughter.

However, Au sounds anything but homesick. Speaking through an interpreter, she acknowledged that she doesn't like Seattle's cold seasons and that she sometimes misses Vietnam's warm weather.

She likes Rainier Vista "very much." Living there, she said, is "very convenient, very comfortable — the neighborhood is so good, and it's very safe. There are no gangs here, and no robberies."

Au said she especially likes spending time in the park and helping groundskeepers and others plant and tend to flowers there and along the community's parking strips.

In nice weather she likes to go for walks around the neighborhood.

In wet weather she opens the windows and exercises. (Sometimes in wet weather she gets laid low by allergies "unlike any [she knew] in Vietnam" — allergy attacks that bring on headaches and sneezing

fits — and then she doesn't exercise at all.)

Au would like to take more computer classes in order to learn how to use e-mail, but she's waiting for classes tailored to Cantonese- or Vietnamese-speaking students.

She and her husband moved to McBride Court a year ago after seven years of sharing a house with relatives on Walker Street.

Au said they are particularly close to four couples they've met at Rainier Vista, and get together with them and another two or three couples at community meetings and get-togethers.

In the course of an hourlong interview, Au declined to answer such questions as "What would like to see improved at



PHOTO BY SCOTT FREUTEL

McBride Court resident Chanh Au "wouldn't change a thing" about Rainier Vista.

Rainier Vista?" and "Is there anything you don't like about living here?"

Instead, she said, "You don't know the future, what it will bring. But right now, living here, I wouldn't change a thing."

NEWHOLLY NOTES

NEWS ABOUT THE NEWHOLLY COMMUNITY

Harry Thomas Community Center at Lee House open for business

By VIRGINIA FELTON
Seattle Housing Authority

The Harry Thomas Community Center at Lee House officially opened its doors to the community on Wednesday, Sept. 5, in celebration of the completion of this lengthy renovation project.

The new center was established to honor the achievements of former Seattle Housing Authority executive director and former Holly Park resident Harry Thomas, who retired in 2004. The rooms on the bottom floor are available as meeting rooms for community groups, and are also available for private functions. The upstairs offices are being rented by Neighborhood House.

The sparkling late summer weather showcased the fresh paint and landscaping of the new center. More than 100 neighbors and guests stopped by in the late afternoon to check out the new center and say hello to the former executive director.

Special guests at the opening included the grand daughter of Charles Lee, who lived in the house before Holly Park was created, and her great aunt, Charles Lee's sister-in-law, who is 98 years old. Rohan introduced family members and reminisced about her experiences in the Lee House.

Carter Hart, former SHA employee, was present to see the renewed structure. Hart managed the NewHolly project and worked hard to preserve the old house.

He explained how the project began.

"Part of the original plan was to take down the house and put in a duplex on this spot. Even though the house wasn't on the Historical Register, I thought it had potential and should be saved," Hart said. "That meant



PHOTO BY JEFF ARNIM

Evelyn Galvin (left), 99, was the step-daughter of Charles Lee, who owned the house when it was taken over in the early 1940s for defense worker housing. She looks on as her niece, Dot Rohan, recounts the family's history in the house.

fitting in the duplex elsewhere on the plan, which wasn't exactly easy, and convincing people that we should commit the resources to this building.

"It all really started to come together when Al Levine came up with an idea for the project, and a name — the Harry Thomas Community Center at Lee House — that let us get started on visualizing the project, and gave us a theme for fundraising and soliciting donations from our partners,"

Job Connection changes office location

By JEFF ARNIM
Seattle Housing Authority

Career seekers looking to take advantage of the services offered by the Seattle Housing Authority's Job Connection now need to look in a different place.

At the beginning of last month, the Job Connection moved upstairs from the first floor in the NewHolly Learners Building at 7058 32nd Avenue South.

The service is now co-located with South Seattle Community College and other partner agencies.

"The larger space will allow us to work more efficiently with our program participants," said Laura Lakings-Becvar, Seattle Housing Authority's employment services coordinator.

The Job Connection has partnerships with local businesses such as Safeway, Nordstrom and Absher Construction, and uses these partnerships to help place clients in jobs that offer living wages and benefits. Staff members are multi-cultural, multi-lingual and representative of the NewHolly community.

They work one-on-one with their clients to find jobs that fit with their skills, interests and life goals.

The program helps clients enhance their employability, working to improve their job application and interview skills. Staff members also work with eligible residents by discussing employment opportunities,

helping them secure new jobs and assisting them in advancing to better positions with their current employer. They also offer case management and follow-up services after residents have been placed in new jobs.

Job Connection also helps clients work toward a greater level of self-sufficiency. Services are tailored to each individual's unique career goals, and staff work with residents to develop life plans that identify the skills, experiences and education necessary to obtain employment with living wages and benefits.

Previous participants have used the program's services not only for job-specific training but as a starting point to achieve U.S. citizenship, pursue English as a Second Language training, graduate from college, buy a home or start their own business.

A wide range of people from NewHolly and beyond can benefit from the Job Connection's services.

"Any Seattle Housing Authority resident, Section 8 recipient, or relocated HOPE VI resident is eligible," Lakings-Becvar said. "Anyone who lives in a 12-block radius of NewHolly and meets income guidelines is also eligible to participate."

For more information about the program at NewHolly, call 760-2709. Job Connection offices are also located at High Point (937-3292), in Lake City (363-1471), at Rainier Vista (722-4010) and at Yesler Terrace (344-5837).



PHOTO BY JEFF ARNIM

Harry Thomas, retired SHA executive director, stands beside the sign which bears his name.

Hart added.

The architect for the renovation was Environmental Works. Dan Baldner, project architect, recalled his first impressions of the old house.

"When I first saw it, this building was pretty well trashed," Baldner said. "It had been used for different meetings, but it was in really bad shape, especially the bathrooms. There was an addition on the back that needed to go, and other problems.

"Carter saw what the house could be — what it is now. He saw that the building's bones were still good," he said. "It was really his vision that created this. Carter pushed it through, and then handed the project off to Greg Warner. They both did a great job."

Many SHA employees worked on the project, including Fred Marshal, SHA's landscape lead, who designed the landscaping, which includes a fountain and a patio. According to Marshal, "The fountain was my 'creative moment' — everybody has a creative moment. The flagstone patio was pretty spontaneous — we weren't working from a design or a plan, just designed it on the spot. We're pretty proud of the fountain

and the patio."

To have the opportunity to work on projects like Lee House is one of the perks of Marshal's job.

"One of the reasons I like my job is that I get to see how things I work on benefit from what I do, what my crew and I do. It's giving something back to the community," Marshal said. "This project, it was Carter's dream. It has been a good project."

Many community partners also contributed to the project, including Polygon Northwest, the lead corporate sponsor. Gordon Ballantyne, Vice President of Production, Polygon Northwest, found the project to be very worthwhile for the company.

"Lee House is great for the community — it was a terrific collaboration, and we are proud to have been a part of it," Ballantyne said.

Community organizations and nonprofits can rent the Harry Thomas Community Center at Lee House during the week. The cost is \$20 for a two-hour meeting or \$30 for a four-hour meeting. For reservations and information, call Shazia Choudhary at 760-3280.

VFA offers free tutoring for Vietnamese students

The Vietnamese Friendship Association is excited to offer after-school tutoring for Vietnamese students from the age of 10 to 19 residing in public housing and Section 8.

The program consists of two components: Tutoring in reading and math and WASL, and culture and leadership development. The program's objectives are to improve students' performances in school, and to provide a nurturing environment for students to develop social and leadership skills.

Tutoring sessions begin on October 9th and are held Tuesdays, Wednesdays, and Thursdays from 3-5 p.m. at the New Holly Learning Center, 7058 32nd Ave S, above the library, in rooms 203 and 204. Please call Vu Le at 802-5500 or e-mail vh1312@gmail.com to enroll.

Chương trình dạy kèm miễn phí đang thu nhận học sinh Việt-Nam

Chương trình dạy kèm của Hội Thân Hữu Người Việt đang thu nhận học sinh Việt-Nam tuổi từ 10 đến 19 cho niên khóa 2007-2008. Chương trình bắt đầu ngày 9 tháng 10, năm 2007.

Các em sẽ được thầy cô kèm làm các bài tập ở nhà, các môn căn bản, và WASL. Ngoài ra, các em còn được tham gia vào những hoạt động có tính cách đào tạo khả năng suy luận và khả năng lãnh đạo.

Địa-điểm: 7058 32nd Ave S. (ở trên thư viện New Holly)

Thời-gian: Các ngày Thứ 3, 4 và 5 mỗi tuần, từ 3 đến 5 giờ chiều
Xin liên lạc với Vu Le 802-5500 để ghi tên. Chương trình ưu tiên dành cho các học sinh hiện đang cư trú tại các khu gia cư công cộng chính phủ và chương trình Section 8 tại New Holly.

YESLER HAPPENINGS

NEWS ABOUT THE YESLER TERRACE COMMUNITY

Yesler celebrates family festival

By **CLAIRE McDANIEL**
Seattle Housing Authority

The Celebrating All Families Festival was an afternoon of fun and information held to recognize and honor families of all types, and included food, music, games, art activities, information sharing and networking.

Participants were encouraged to meet and greet, make new friends, and strengthen the community, so that it might become a great place for families of all kinds to live together and share a common spirit of respect and support.

The festival was organized by Rainier Valley Unitarian Universalist Center (RVUUC) at 835 Yesler Way, and co-sponsors Yesler Community Center, Neighborhood House, Yesler Terrace Community Council, Within Reach, Childhaven and Multifaith Works.

"Our congregation has a commitment to diversity, and we started thinking about how we could make that a reality," said Rosemary Adang, Chair of the RVUUC Diversity Committee and primary organizer of the All Families event. "What we have the most of in terms of diversity in

our congregation is diverse families: mixed-race families, families with gay and lesbian parents, families with adopted kids and foster kids. So we decided to do an all-inclusive family festival and really encourage the idea that we're celebrating families of all definitions."

In the main room of RVUUC could be found a cozy arrangement of tables, chairs and sofas that gave it the atmosphere of a comfortable living room.

The musician Jess Grant stood at the microphone in front of the small group of adults and children playing his guitar.

He sang about his first car, and how he should have learned how to work on it himself.

Art supplies filled one table, waiting to be used by any aspiring artists who happened by. A young girl was getting her wrist painted.

Displays were set up on some of the tables with information about community organizations such as Childhaven (www.childhaven.org/new), which provides services for abused children, and Within Reach, formerly Healthy Mothers, Healthy Babies Coalition of Washington State (www.hmhbwa.org/index.htm).

If visitors ventured into another room across the hall, they were greeted by the sounds of children playing a variety of traditional and decidedly low-tech games, such as a coin toss ("...you get to keep the coins; I've got two pennies!"), "guess what's in the mystery box" (using only your hands), and "walk the plank," which consisted of balancing a bag of rice on your head and carrying a Scooby Doo umbrella while walking on a plank of wood.

The musical program included a marimba band, a polka band, a guitar-playing singer and a jazz singer. There were refreshments such as free popcorn; baked goods and beverages were available for a small fee.

"This is the first time we've had this event, and we're hoping to start something rolling so that the community can come together at the beginning of the fall season," Adang said. "The idea was RVUUC's way of breaking the ice and bringing people in so they would know who we were, and we would know who they are."

"We're hoping it can become a yearly thing."



PHOTO BY CLAIRE McDANIEL

A young girl plays a game called Walk the Plank in the game room at the Rainier Valley Unitarian Universalist Center's Celebrating All Families Festival in September.

Community notes

Learn about protecting the environment

Two upcoming events in Yesler Terrace will give neighbors the opportunity to talk about climate change and the environment.

A kick-off event for Climate Dialogues, a group of citizens concerned about climate change, will be held from 6:30-8 p.m. Thursday, Oct. 4 at the Yesler Community Center, 917 E. Yesler Way.

Participants will discuss climate change and what we can do to help.

For more information on the Climate Dialogues event, go to www.climatedialogues.org, e-mail Phil Mitchell, Climate Dialogues director, at phil@2people.org, or contact volunteer organizer Toni Higgs

at toni@2people.org or 718-7879.

The following night, the First Friday Evening Forum will focus on "Reducing our Carbon Footprint: Roads & Transit - Yes or No?" The event takes place from 6:30-8:45 p.m. Oct. 5 at the Rainier UU Center, 835 Yesler Way.

The forum will feature a debate between Tim Gould, of the Sierra Club, and Rob Johnson, of Transportation Choices Coalition, over the upcoming transportation ballot measure.

Coffee and dessert will be served at 6:30 p.m., with the forum scheduled to begin at 7 p.m. The forum is organized by the Social Justice Committee of the Rainier Valley Unitarian Universalist Congregation.

Notes from the manager

By **JUDI CARTER**
Senior Property Manager

It is fall, and as the weather is getting cooler, we are all closing the windows and turning on the heat in our homes.

When the heat is on, and there is less ventilation from fresh air in the apartment, mold and mildew can begin to grow.

Mold usually grows in places where it is damp and warm. It looks like black dots growing on the wall or ceiling in the beginning.

If we don't wash it off, it grows and can create health problems.

Here are some important steps to prevent mold from growing in your home:

1. EVERY time you cook, the fan over the stove must be turned on high, and left on for at least an hour after you are finished washing the dishes after the meal.

2. EVERY time anyone in the household takes a bath or shower, or runs the water in the sink for longer than a minute or two, the fan in the bathroom must be turned on and left to run for an hour or two after the water has been turned off.

3. EVERY time you run your washing machine with warm or hot water, turn on the fan above the stove to pull out the moisture.

4. If, when you run your dryer, you notice that the room is getting damp, you must check that the exhaust hose is connected to the vent. If it is, and the room is still feeling damp, or the area in the lower cabinets is wet, PLEASE phone 223-3758 to have a work order placed to fix the problem.

5. If you wash clothing out by hand, or hang things to dry in your apartment,

run your fans in the kitchen and bathroom until the clothes are completely dry to prevent moisture from building up in the unit.

6. If at all possible, have your window open a bit in the room when you sleep at night.

You are probably wondering why. The answer is because all of the activities I just mentioned create moisture in the air, and mold grows easily where there is moisture in the air or on the walls, ceiling, window sills, or elsewhere. If the wall feels damp, or the windows or mirrors have steam on them, it is a sign that there is too much moisture in your unit.

Mold will grow on the wall or ceiling if you do not either open a window or turn on the fan above the stove and bathroom until the steam or dampness is gone.

Fish tanks that are heated and have an aerator put out moisture in the room, and will cause mold to grow on the walls without proper ventilation from an open window or fan, which draws air out of the unit.

A range hood fan or a bathroom fan will work in the kitchen and bathroom, respectively.

Please, if you have mold or mildew growing on any surface of your unit, wash the area with a solution of four teaspoons of liquid bleach in one gallon of water.

Repeat this cleaning for as long as it continues to reappear. Wear rubber gloves and eye protection, and protect all surrounding areas and objects from coming into contact with the bleach solution.

And, from now on, use your fans every time you cook, bathe, or do anything else that creates moisture.

Together, let's make Yesler Terrace a healthy place to live and raise children!

How do you tell a 4-year-old she may never be 5?



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TRANSLATIONS

TRANSLATED ARTICLES FROM THE VOICE

Make sure your child is immunized

កូនរបស់អ្នកត្រូវចាក់ថ្នាំការពារឱ្យបានគ្រប់គ្រាន់ សិស្សានុសិស្សចាប់ពីតំណាងសាលាមត្តេយ្យសាលា រហូតដល់សាលាបឋមសិក្សាត្រូវតែចាក់ថ្នាំការពារឱ្យ បានគ្រប់គ្រាន់ដើម្បីជៀសវាងជំងឺផ្សេងៗ ។

ចំពោះក្មេងដែលពុំមានការចាក់ថ្នាំការពារគ្រប់គ្រា ន់បណ្តាលឱ្យមានការឆ្លងជំងឺផ្សេងៗជាច្រើន, ជាពិ សេសទឹកថ្លែងមើលក្មេង,សិស្សានុសិស្សមធ្យមថ្នាក់,ត្រូវ តែចាក់ថ្នាំការពារជំងឺទូទៅមុននឹងចូលសាលាដើម្បី កុំឱ្យមានការឆ្លងរោគពីអ្នកដទៃ,។ ឥឡូវនេះគ្រប់សា លាទាំងអស់ត្រូវឱ្យសិស្សចាក់ថ្នាំការពារ មុននឹងអ នុញ្ញាតឱ្យចុះឈ្មោះចូលរៀន ។

ចំពោះសិស្សថ្នាក់ទី១មានអាយុ: ១១ឆ្នាំឡើងទៅ, មិនទាន់បានចាក់ថ្នាំការពារ តេតាណូស្យូ ជម្ងឺរីក, ជម្ងឺថ្លើម កាលពី៥ឆ្នាំមុនទេ ត្រូវតែចាក់មុននឹងចូល រៀន ។

សិស្សដែលចូលថ្នាក់មតេយ្យសាលា, ថ្នាក់ទី១,ដល់ ថ្នាក់ទី៦; ត្រូវចាក់ការពារ, ជំងឺអ៊ីត, កញ្ជ្រើល,ហើម កន្ទុះទទេ ដើម្បីការពារមិនឱ្យឆ្លងជំងឺពីអ្នកដទៃ ។

សិស្សពីថ្នាក់ទី៧ ដល់ ថ្នាក់ទី១២ ជម្ងឺថ្លើម៣ដង, ត្រូវចាក់ថ្នាំការពារ ជម្ងឺហើម,ស្លឹក,រោគថ្លើម,សន្ទាក់ ដៃដើង មុននឹងចូលសាលា ។

មុននឹងចុះឈ្មោះចូលរៀន,មាតាបិតាត្រូវតែយកកូន ទៅ ទៅចាក់ថ្នាំដូចជម្រាបមកខាងលើឱ្យតាមបញ្ជា របស់រដ្ឋស៊ីស្តិមតោន,បើមានសំណួរនឹងត្រូវសួរសុខ លភាពសូមទាក់ទងWWW.metrokc.gov/ health /immunization/school.htm. ចំពោះ កូនក្មេងតូចៗអាចចាក់ថ្នាំទាំងដល់នោះមណ្ឌលសុខ ភាពប្រចាំត្រួតសារ។ តាមមណ្ឌលសុខភាពនីមួយៗ យកកម្រិតចំបង់ បើសិនលោកអ្នកពុំមានប័ណ្ណធា នារាប់រងនោះ, លោកអ្នកអាចទាក់ទង-ទៅទៅជួបកន្លែ ខ្លះមិនមានអស់ប្រាក់ផង ។

លោកអ្នកជាមាតាបិតាត្រូវតែទទួលខុសត្រូវក្នុងការ ចាក់ថ្នាំការពារ និង មានប្រតិច្ចាច្ចាត្រូវទៅរបស់អ្ន កអំពីលោកគ្រូពេទ្យផង មុននឹងទៅចុះឈ្មោះរៀន ។

Ваш ребёнок должен быть иммунизирован
 Вы должны быть уверены, что ваши дети, начиная с детского сада до последнего школьного года в безопасности, а это возможно только благодаря регулярным прививкам.
 Непривитый ребёнок рискует заразиться, может быть не допущен к посещению школы или детского сада во время эпидемии болезни, коорую можно было предупредить прививкой, может заразить других. Для посещения некоторых классов введены новые требования.
 Ученики шестых классов в возрасте 11 лет или старше, которые не получали прививок от столбняка в течении пяти лет, должны получить прививку от столбняка, дифтерии и коклюша. Дети, поступающие в детсад, в первый и шестой классы школы должны иметь прививку от ветряной оспы или представить документ, что они ею переболели.
 Три дозы прививки гепатита Б необходимы теперь для детей с детского сада до 10 класса. По две дозы прививок от кори, свинки и краснухи требуется иметь детям с детского сада до 12 класса.
 Закон штата требует, чтобы дети были привиты перед тем, как они поступают в школу. Для полного перечня необходимых для школы прививок посетите вебсайт www.metrokc.gov/health/immunization/school.htm.
 Детские прививки может сделать ваш постоянный доктор. Центры здравоохранения могут сделать прививки по скользящему ценнику. Ни одному ребёнку не будет отказано в прививке по причине невозможности заплатить за неё.
 Родители должны проверить карту прививок, чтобы убедиться в своевременности прививки и принести прививочную карту с собой при посещении врача.

Make sure your child is immunized

HÃY CHẮC RẰNG CON EM QUÍ VỊ ĐÃ ĐƯỢC CHÍCH NGỪA
 Để cho con em từ lớp Mẫu Giáo đến các lớp trung học luôn được an toàn cho mùa học tới này bằng cách cho chúng được chủng ngừa theo đúng hạn kỳ.
 Đưa bé mà không được chính giữa thì có nguy cơ lây nhiễm các chứng bệnh, phải bỏ học hay không thể tới nhà giữ trẻ được nếu có xảy ra dịch bệnh, và có thể khiến lây lan bệnh đến người khác. Đã có luật mới về chủng ngừa cho số lớp học.
 Các em lên 11 tuổi vào học lớp Sáu mà chưa được chủng ngừa bệnh sởi uốn ván trong vòng 5 năm qua, thì phải được chủng ngừa bệnh sởi uốn ván, chủng ngừa bệnh bạch hầu, chủng ngừa bệnh ho gà.
 Các em vào học lớp Mẫu giáo, lớp 1, lớp Sáu sẽ cần chủng ngừa bệnh thủy đậu, chủng ngừa bệnh đậu mùa, hoặc phải có chủng từ các em đã bị bệnh trước đó.
 Các em vào học từ lớp Mẫu Giáo đến lớp 10 bị buộc phải có 3 liều thuốc chích ngừa nhiễm Siêu vi Gan B.
 Các em từ lớp Mẫu Giáo đến lớp 12 bị buộc phải được chích ngừa 2 liều phòng bệnh sởi, bệnh quai bị, bệnh sởi Đức.
 Luật của tiểu bang đòi buộc các em phải được chủng ngừa trước khi đi học. Để có danh sách đầy đủ trong việc chích ngừa cần có cho việc đi học, hãy vào trang mạng www.metrokc.gov/health/immunization/schools.htm.
 Chích ngừa cho trẻ em được thực hiện ở các nơi cung cấp sức khỏe y tế. Sở Y Tế Công Cộng có cung cấp việc chích ngừa với lệ phí dựa vào mức lợi tức. Không một trẻ em nào bị từ chối chích ngừa vì lý do không thể trả tiền lệ phí.
 Các phụ huynh phải kiểm tra hồ sơ chích ngừa để biết chắc con em được chích ngừa đầy đủ, và nên đem hồ sơ chích ngừa đến tham khảo với phòng mạch bác sĩ.

Make sure your child is immunized
ልጅዎ ክትባት ማግኘቱን ያረጋግጡ፣
ከኪንደርጋርተን እስከ ሁለተኛ ደረጃ ት/ቤት የሚገኙትን ልጆችዎን ለሚመጣው የትምህርት ዓመት ክትባታቸውን ወቅታዊ መሆኑን ያረጋግጡ።
 አንድ ክትባት ያላገኘ ልጅ በሽታ የመያዝ እድሉ ከፍተኛ ነው። ምናልባት ት/ቤት ከመከታተል ወይም በሽታው በተነሳበት ጊዜ ከቻይልድ ኬር በሽታውን በክትባት ለመከላከል እንዲያስችል መገለል ይኖርበታል። አንዳንድ ት/ቤቶች አዲስ የክትባት መመሪያዎች አሏቸው።
 የስድስተኛ ክፍል፣ የአስራ አንድና ከዛ በላይ የሆኑ የቴታኑስ ክትባት ባለፈው አምስት ዓመት ያላገኙ ሁሉ የቴታኑስ፣ ዲያትሪያና የፔርቱሲስ ክትባት መውሰድ አለባቸው።
 ኪንደርጋርተን የሚገቡ የአንደኛና ስድስተኛ ክፍል ተማሪዎች የቫርሴላ ክትባት ለችክን ቦክስ መውሰድ ይኖርባቸዋል። ወይም በሽታው እንደነበረባቸው የሚገልፅ መረጃ ያስፍልጋቸዋል።
 ከኪንደርጋርተን እስከ 10ኛ ክፍል ላሉ ልጆች ሶስት ደስ የሄፔታይት B መውሰድ የግድ ነው።
 ከኪንደርጋርተን እስከ 12ተኛ ክፍል አመገኙት ሁለት ደስ ሚሳይልስና ፋቤላ የግድ አስፈላጊ ነው። የስቴት ህግ ልጆች የተወሰኑ ክትባቶችን ት/ቤት ከመጀመሪያው በፊት መውሰድ እንዳለባቸው ያሳያል። ለአጠቃላይ የት/ቤት ክትባት አስፈላጊ የሆኑትን ሊሰጡ ለማድረግ ወደ www.metrokc.gov/health/immunization/school.htm ይጎብኙ።
 በልጅነት ጊዜ የክትባት አገልግሎት ቋሚ ከሆኑ የጤና ጥበቃ ቦታዎች ይሰጣል። የሕዝብ ጤና ጥበቃ ሴንተሮች ለልጆች ክትባት በተመጣጣኝ ክፍያ ይሰጣሉ። ማንኛውም ልጅ መክፈል ባለመቻሉ ክትባት ሳያገኝ አይመለስም።
 ወላጆች የክትባት ሪከርዳቸው ወቅታዊ መሆኑን ማረጋገጥና ወደ ዶክተር ሲሄዱ ከክትባት መረጃቸው ጋር መሄድ አለባቸው።

Make sure your child is immunized

Hubaal ka dhig in cunuggaaga la talaalo
 Ilmaha ku haay kindergarten ilaa Dugsiga Sare si nabad ah Sannadkaan imaanaya Dugsoyada ka dhig hubaal tallalladooda oo dhan inuu u dhan yahay.
 Cunugga aan la talaalin waa khatar wuxuuna qaadayaa cudurro helis ah , oo ka reebi karta dhigashada Dugsiga ama childcare waqtiga tallalada ka hortagga cudurrada a,a cudur ayuu qaadi karaa kuwa kale Dugsiyada qaar ayaa khasab ah in la tallaalo ,qaarna waxay leeyihiin Talaalo cusub oo loo baahan yahay..
 Lixda Grade waa kii ah 11 jir iyo wixii ka weyn oon la talaalin xagga tetanus marka ugu dambeysa ugu yaraan shan sano waa in la talaalaa tetanus, diphtheria iyo pertussis .
 Caruurta gelaya kindergarten,kowda iyo lixda grade waxaa looga baahan yahay varicella vaccine

iyagoo chicken pox, ama qorallo ay haystaan inuu ku dhacay cudurrada .
 Saddex doses oo hepatitis Bwaa looga baahan yahay ardayda geleysa kindergarten ilaa 10th grade.
 LabaTwo doses mar kasta oo raashiin cunayo mumps iyo rubella waa loo baahan yahay ardfayda gelaya kindergarten ilaa 12th grade.
 Sharciga Dawladda wuxuu rabaah in tallaal gaar ah la sooyp ka hor inta aanan gelin Dugsiga waxbarashada waxaad aadaa www.metrokc.gov/health/immunization/school.htm.
 Caruurta tallalkooda waxaa laga heli karaa meelaha caadiga ah ee caafimaadyada . Public Health centers oo samaynayaa tallaal . Cunugna ma soo noqon karo isagoo talaal helin xitaa haddii uusan bixin Karin lacagta.
 Waalidiinta waa inay baaraan tallaalada records si ay u xaqiijiyaan talaalka records marka ay joogaan Takhaatiirka Xafiiskiisa.

No Tigrigna translation this month

Due to technical difficulties, there will be no translation in Tigrigna in this month's issue of The Voice. The translation should return in the November edition of The Voice. We apologize for any inconvenience this may have caused.