



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



The Voice

November
2007
Articles translated
into six languages

The newspaper of Neighborhood House



PHOTO BY TYLER ROUSH

(From left) Seattle Mayor Greg Nickels, Boys & Girls Club of King County President Daniel Johnson, Branch Executive Director Bill Burton and King County Executive Ron Sims pose for a photo during the Oct. 22 groundbreaking of the Rainier Vista Boys & Girls Club Rainier Valley Teen Center.

Boys & Girls Club breaks ground for Rainier Valley Teen Center

SHA STAFF

The Boys & Girls Club of King County hosted a groundbreaking event Monday, Oct. 22 on the site of their new facility at MLK Jr. Way South and South Tamarack.

The event marked the start of construction of the Rainier Vista Boys & Girls Club Rainier Valley Teen Center, a 40,000-square-foot facility that will include a state-of-the-

art gymnasium and a multi-use sports field suited for Little League baseball and softball, football and soccer.

The use of the field will be coordinated with the help of Seattle Parks and Recreation.

Seattle Mayor Greg Nickels and King County Executive Ron Sims attended the Oct. 22 groundbreaking for the \$14.3 million project, which will serve youth in the Rainier Val-

Please see "Teen Center" on Page 2

2007 general election set for Nov. 6

By TYLER ROUSH
The Voice Editor

Voters around Seattle and King County will take to the polls Nov. 6.

Among the major issues on this month's ballot are state measures on insurance claims and school district tax levies and a King County roads and transit package.

Voters will also vote on five seats on the Seattle City Council, four positions on the King County Council, two Port of Seattle commissioners, the county assessor and the county prosecuting attorney.

At the state level, Measure 67 concerns fair conduct related to insurance claims for coverage or benefits. Approval of the bill would make it illegal for insurers to unreasonably deny certain insurance claims.

Resolution 4204 would change the way school district tax levies are approved through an amendment to the state constitution. School district tax levies currently require a 60 percent "supermajority" to be passed. The amendment would make a simple majority vote adequate for a school district tax levy to pass.

The biggest countywide measure is Proposition No. 1, the roads and transit package.

Sound Transit's regional roads and transit plan proposes an expanded light rail system and road improvements to the state Route 520 bridge, Interstate 405, state Route 167 and the SR-167/I-405 interchange, Mercer and Spokane streets in Seattle, and state Route 509.

The plan would be funded by a sales tax increase of six-tenths of one percent and a motor vehicle excise tax increase of eight-tenths of one percent.

In Seattle's council races, incumbent Jean Godden and challenger Joe Szwaja are contending for Position No. 1.

Newcomers Venus Velázquez and Bruce Harrell are vying for Position No. 3, which is currently held by councilman Peter Steinbrueck, who opted not to run for re-election.

Incumbent David Della and challenger Tim Burgess are in the race to fill Position

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Federal housing budget still up in the air

By SCOTT FREUTEL
Seattle Housing Authority

An article in The Voice last month reported that in September the U.S. Senate had passed a \$104.6 billion housing appropriations bill, and that a similar bill had been passed in the House of Representatives.

The article ended by noting that differences between the two bills are to be negotiated by a conference committee

made up of representatives and senators. One of the senators will be Patty Murray (D-WA).

But according to Alex Glass, Sen. Murray's press secretary, who was reached late last month, the conference committee hasn't met yet, and won't "for at least a couple of weeks."

Assuming the committee is able to hammer out terms satisfactory to both the House and the Senate, an appropriations bill will be voted upon in both houses.

If it passes, it will be sent to President Bush for his signature. The president, however, has given formal notice to Congress that he will veto the bill if it calls for substantial increases in appropriations for the Department of Housing and Urban Development (HUD) over those outlined in his budget.

Even as a battle over HUD's budget looms, the House agreed last month to establish a National Housing Trust Fund,

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Quotable

"We were too scared to go so both of us put all our stuff (jackets and everything) on the escalator, but we couldn't go. It all moved down slowly."
— Neighborhood House employee Niyimo Abdisimad describes the day nearly 18 years ago when she and her family arrived in the United States.

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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.

Go fly a kite!
RV YOUTH BENEFIT FROM ART PROGRAM
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SHA NEWS

November
2007

News and information about Seattle's neighborhoods

Section 3: Not saying 'no' puts SHA residents to work

By SCOTT FREUTEL
Seattle Housing Authority

You get a sense, in talking with Samuel A. Pierce, that he's not an easy man to say "no" to.

It's not that Pierce, the Employment Coordinator for Seattle Housing Authority's Section 3 program, is fierce-looking or loud. On the contrary: He's pleasant-looking and quite soft-spoken.



Samuel Pierce

But if you were a contractor working on a Seattle Housing Authority project and Pierce were to approach you about hiring low-income SHA residents, you'd be looking for ways to accommodate his request.

If you were in charge of a union's apprenticeship program and he asked you to consider certain residents for your program, you'd do your best to take those residents in for training and placement.

And if you were a low-income resident eligible for the Section 3 program, you'd find it nearly impossible to turn Pierce down when he offered to create a résumé for you, point you to programs that provide training and education, and let you know that all you have to do is give the word and he'll do his best to find you a good job, a job with benefits, a job with a future.

All because you'd find him relentlessly pleasant — with an emphasis on "relentless."

Pierce's days are spent in outreach: in meeting with contractors and union officials, in setting up and attending job fairs, in meeting and encouraging residents and potential employers alike.

He meets every day in his High Point office with SHA residents and other prospective clients. He meets every month with an 11-member advisory committee that oversees both SHA's progress toward Section 3 goals and contractors' compliance with Section 3 requirements.

"My goal is to help eliminate barriers in the building trades," Pierce said. "I really want to help people in the community be successful."

He interviews and prepares a résumé for every client he works with. (Requirements of all clients are few and straightforward: He or she must provide a copy of a valid Washington State driver's license and proof of having successfully completed at least 10th grade, and must be able to pass a drug test.)

Section 3 — the name for a HUD program that dates to 1968 — provides the legal basis for SHA to provide or find jobs for residents and award contracts to businesses in construction projects that receive certain types of HUD financial assistance.

These projects are mainly the HOPE VI communities: High Point, NewHolly and Rainier Vista.



PHOTO BY STEPHEN NEWELL-NIGGEMEYER

Don Ashlock (left), SHA's director of housing operations, poses for a photo with Antwine Williams, who was hired through the Section 3 program.

In bid documents on these projects, and in its construction contracts, SHA requires contractors and their subcontractors to agree to hire people who live in or near HOPE VI communities.

More particularly, SHA requires that 30 percent of new hires, that is, workers outside a contractor's experienced core work crew, go to Section 3-eligible residents. (The agency actually wants to see 100 percent of Section 3 contractors' new hires going to

its qualified residents and other low-income people.)

Of these new hires, 15 percent must be apprentices — a figure that's much higher, Pierce said, than on most building projects.

For its part, SHA identifies low-income people it houses in HOPE VI communities and others, including people who receive assistance under the Housing Choice (Section

Please see "Section 3" on Page 2

SHA board approves budget for 2008

Funding restored for Youth Art Program

By JEFF ARNIM
Seattle Housing Authority

With additional funding for two community service programs put into place, the Seattle Housing Authority's Board of Commissioners voted unanimously to approve the agency's 2008 budget during their meeting Oct. 15.

The draft budget presented to the board last month called for the elimination of \$81,000 in funding for the Nature Consortium's Youth Art Program, which provides year-round out-of-school time programming to at-risk youth, ages five to 19, living at Yesler Terrace and Rainier Vista. Through an amendment offered by commissioner Nora Gibson, the Board approved restoration of all funding for the upcoming year.

"While we focus most of our time and resources on providing more affordable and safe housing, commissioners have a deep understanding that family success has many dimensions," board chair David Bley said.

Nancy Whitlock, executive director of the Nature Consortium, was pleased with the Board's approval of the budget amendment.

"We're extremely grateful to the Board of Commissioners and Seattle Housing Authority staff for reinstating the funding for our program, which makes a difference in so many kids' lives," she said.

Whitlock cited the vocal support of her organization's supporters as a key to influencing the board's decision.

"I think we really caught the attention of the commissioners on the day of the public hearing (Sept. 17) by the number

of supporters that showed up. We were able to get approximately 30 people to write letters of support and send in public comment, in addition to handwritten notes from our youth participants.

"We're all very passionate about the work that we do and that seems to have a ripple effect on those that we serve."

The restoration of funding will allow Nature Consortium to continue the Youth Art Program at Yesler Terrace and Rainier Vista, and affords them the opportunity to now look toward expanding its reach.

"We will continue to seek additional funding sources to continue, improve and expand the programs that are in place. We want to continue being an integrated part of these communities," Whitlock said.

The Board of Commissioners also unanimously adopted an amendment proposed by Commissioner Yusuf Cabdi. It will add \$50,000 to the 2008 budget, for the purpose of improving access to community and supportive services for Seattle Housing Authority family community residents of East African heritage.

The number of East African residents has risen sharply in recent years, and funding for these services has struggled to keep pace.

In proposing the amendment, Cabdi
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Conserving energy, one twist at a time

By JEFF ARNIM
Seattle Housing Authority

Seattle Housing Authority embarked on its largest electricity conservation effort to date in October, putting into action an ambitious plan to replace more than 40,000 traditional incandescent light bulbs with more efficient compact fluorescent lights (CFLs).

The Housing Authority will be obtaining the CFLs for use by residents under an agreement with Seattle City Light's Twist & Save program. Residents living at Yesler Terrace, in Seattle Senior Housing Program buildings or Low Income Public Housing high-rises, or in Scattered-Sites units will be receiving CFLs for free under this program in the coming months.

"Using these compact fluorescent lights will decrease residents' expenditures for electricity by as much as 20 percent over the life of their CFLs," said Jonathan Stine of Seattle Housing Authority's housing operations utilities management. "The typical CFL lasts six to ten times longer than a regular bulb and offers greatly improved efficiency."

In addition to using 75 percent less
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UW Urban Planning grad student joins Housing Authority's development office

By SHA STAFF

When asking someone the age-old question, "What do you want to be when you grow-up?", it is often assumed that unless you are a child you will have an answer or at least an idea about what it is you strive to be.

For Edward Hill, the ability to answer this question only came recently.

For more than a decade Hill worked a variety of jobs including journalist, instructional aide, program manager, graphic designer, soldier, tile setter, visual arts teacher, community facilitator, filmmaker and full-time parent.

His goal to find out what it was he was supposed to be doing was often interrupted by offers to work on projects and short-term contracts that provided experiences he thought might be interesting and rewarding.

"My thought was that if I could glean some new skill or talent out of the opportunity presented, it was worth the changes and temporary nature of the work," Hill said.

Often the impermanence of the job caused more problems than expected.

He continued, "Short-term contracts means short-term money, which means ends are never going to be met consistently. I have been transitionally homeless, living at friends' houses and with parents as an adult trying to figure out where I need to be."

In a chance encounter with a professor at the University of Washington's Graduate School of Architecture and Urban Planning in January 2007, Hill was introduced to the field of urban planning and design, which until then he had never heard of as a career option.

"When Professor (Brandon) Born looked at my résumé and told me what 'I already was' — in other words, what I had been doing in my work experience — he immediately recognized my pattern and mentored me into the graduate application process at the UW."

At the same time, SHA extended its support to bring more professionals-in-training to expose them to public sector development and planning careers, in a move spearheaded by UW urban planning and design alumnus Al Levine to broaden the connections between Seattle Housing Authority and local urban planning, design,



SHA intern Edward Hill

and architecture graduate programs at local universities.

In July, Hill was chosen by Development to not only learn his chosen career path hands-on, but also to bring his skills and experience to support the efforts of Judith Kilgore, senior development program manager for the Yesler Terrace Redevelopment Project, during a 12-month fellowship.

"The ability to bring my past community-building experience, a basic understanding about design and urban form, and the chance to put the theories and ideas I am learning directly into practice through the critically important work of SHA ... is a unique opportunity," Hill said. "My goal is to find ways to improve the lines of communication in redevelopment as well as working to integrate healthier, sustainable practices when creating housing solutions for very-low and low-income populations."

Hill completed his Bachelor of Arts in Journalism at California State University, Hayward in 1994, and in Urban Studies at Evergreen State College, Tacoma in 2005. He also attended the Art Institute of Seattle in the late 1990s as a visual communications major.

In his free time, Hill is raising his daughter, working on a documentary film on African and Native American architects, researching his thesis ideas, snowboarding, cultivating urban farming methods, and staying grounded.

"I never thought I would be in grad school or figure out what I wanted to be, but now I have an answer and I am looking forward to the challenges of the profession," he said.

Clark, 3 Kings Environmental, Inc., Absher Construction and Turner Construction.

"I'll send the list to the contractors, and a person on the list will interview with the contractor," Pierce said. "If all is O.K., he or she gets hired. If not, we send another person. If no one is qualified, then the contractor or subcontractor can hire out."

Contractors are often looking for experienced workers, for journeymen, but, Pierce said, there aren't usually too many out-of-work journeymen in the population of residents he serves.

Still, he does identify some, and he sends them and a steady stream of apprenticeship candidates the contractors' way.

If a contractor shows interest in a prospective apprentice, the contractor endorses the candidate, who then spends a week in Kingston, Wash., in a training program before reporting to the job site.

Most apprentices learn earthmoving and similar skills, or carpentry.

Michael Woo, a community organizer with a good deal of experience in construction who sits on the Section 3 advisory committee, said recently that Section 3 "aims at trying to provide benefit to all members of the community. It's an important tool to help community residents reach some level of success in transforming their lives. SHA

SHA

Continued from front page

cited a desire to improve the Housing Authority's capacity to serve this group of residents, and to empower East African community members for self-help and self-sufficiency.

The allocated funding will be distributed through a vendor selection process consistent with Housing Authority policy. This will occur following consultation with community leaders and affected stakeholders to identify specific program needs and goals.

The board was able to earmark funding for both community service programs by making a slightly smaller contribution to the Seattle Housing Authority's reserves.

The 2008 budget initially offered to the board proposed expenditures from Seattle Housing Authority's MTW Block Grant that were roughly \$2.3 million less than estimated revenues for 2008.

"We had recommended dedicating this \$2.3 million in net revenues to reserves," said Shelly Yapp, the Housing

Authority's chief financial officer.

"By adding money to the reserves, we would have partially restored some of the reserves we spent in 2007 for property acquisition," she explained. "The commissioners supported increasing the reserves by an amount just under \$2.2 million, while restoring funding for the Nature Consortium's Youth Art Program and adding funds for improved access to services for East African residents."

The board is realistic, but at the same time optimistic, about the challenges they face in this area in coming years.

"It's unfortunate that basic life opportunities for residents are always underfunded and remain under enormous budget pressure," commissioner Bley said. "We haven't solved the long-term funding issues — and the needs of residents are so unique and diverse, ranging from senior services to youth programs to jobs and health care to cultural and language issues for recent immigrants.

"But the board's decision to restore and modestly expand funding for these priorities signals we are serious about supporting all aspects of resident life in Seattle Housing Authority homes."

CFLs

Continued from front page

energy, CFLs offer other benefits, such as brighter light and better color rendition, compared with the incandescent bulbs they are replacing. Unlike other types of fluorescent lights, the latest generation of CFLs do not flicker, hum or buzz.

The distribution and installation of the first 7,500 CFLs is already underway in the Yesler Terrace community. Because of the high ceilings in many of the homes, installation is being done by Housing Authority staff members at no charge.

Following the work at Yesler Terrace, the light bulb replacement project will extend to Seattle Senior Housing Program buildings, Low Income Public Housing high-rises and the Seattle Housing Authority's Scattered-Sites units. Residents will receive six new CFLs each, including two for bathroom fixtures, two for dining room fixtures, and two more for use in table or floor lamps.

The CFL replacement project is the first electrical resource conservation effort of this size undertaken by the Housing Authority.

It was inspired by the goals of the Seattle Climate Partnership program, a voluntary

pact among more than 50 Seattle-area employers to take action to reduce their own emissions, with the goal of meeting or beating the global warming pollution reduction target of the Kyoto Protocol.

"Seattle Housing Authority signed the Seattle Climate Partnership agreement this spring and is now an active partner, as this project demonstrates," Stine said. "Not only will this project save Housing Authority residents hundreds of thousands of dollars on their electric bills and the initial cost of the CFLs, but it will also prevent more than two million pounds of carbon dioxide from being emitted into our atmosphere."

One of the key differences between the new bulbs and traditional incandescent lights is the way in which CFLs must be disposed of, so residents using CFLs need to take note of what to do when their new lights eventually burn out.

Because they contain a small amount of mercury, CFLs cannot simply be thrown in the garbage. Instead they must be dropped off at recycling locations that are part of the Take It Back Network. A complete list of locations is available by calling 206-296-4692, or by going to www.takeitbacknetwork.org.

Section 3

Continued from front page

8) voucher program.

After Pierce prepares a résumé for a client, he tries to get him or her hired. His chief mission is placing people in construction-industry jobs, but together with his colleagues at The Job Connection, his workplace at SHA, he also places clients in production, warehousing, social services, administrative and secretarial jobs.

Under federal rules, Pierce is required to give first priority, in helping clients find jobs with contractors, to low-income residents of HOPE VI communities at which construction is planned or taking place.

Next he looks to any resident of any SHA building or program, including Section 8.

Then he turns to people in "Youth Build," a HUD program administered by King County that trains people for jobs in the construction and building industries.

Then he reaches out to low-income residents who live near HOPE VI communities, which in practical terms means people who live in adjacent ZIP codes.

Typically Pierce develops a list of eligible Section 3 prospects for submission to contractors and subcontractors. Among those contractors are Tri State Construction, W. G.

has shown a strong commitment to the Section 3 program. Without that commitment, the program would go nowhere."

Pierce meets often with his peers and colleagues at social service agencies and at the Seattle Vocational Institute.

As a former employee of Workforce and of the Seattle Youth Employment program with a long experience of delivery social services, he speaks their language.

Another member of the advisory committee, Grover Johnson, of the Northwest

Regional Organizing Coalition, said recently that what SHA is doing for people under its Section 3 program "should be implemented by other agencies throughout the city and the county. SHA is seeing to it that people get jobs that come with health insurance, good jobs, and I hope that this will be a model for other agencies."

For information about the Section 3 program, call Samuel Pierce at 206-937-3292, ext. 303, or e-mail him at spierce@seattlehousing.org.

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 at 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 at 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

homeWorks digs Lake City House

By SVEN KOEHLER
Seattle Housing Authority

The renovation at Lake City House is almost like a homeWorks medley, combining a little bit of everything that has happened at various other buildings during homeWorks.

It includes new windows, new deck railings, elevator rehabilitation, roof repairs, exterior coating, renovated common areas, and some plumbing work thrown in for good measure.

Plus, it includes one thing that has been missing from construction at other buildings: lots of heavy machinery moving lots of dirt.

Starting in early September, construction began to relocate the parking lot to the north side of the building. The new lot will replace a hodgepodge of smaller lots scattered up a hill along the building's south side.

These lots have made for a considerable walk to the front door for residents, and suffer from bad lighting and questionable security.

By contrast, the new design is level and will be easily accessible to the building via a new building entry that opens directly to the lot. Lighting, landscaping and a new dumpster enclosure are also part of the plan.

Besides the improvements in usability for residents that the new lot will provide, the relocation opens up opportunities to use the vacant lot to the south of the building for other uses besides parking cars.

George Nemeth, one of SHA's housing developers, recently solicited ideas from residents of Lake City House regarding a possible HOPE VI family townhouse development on the gravel lot that once held the defunct Lake City Village.

In order to build Lake City House's

new parking lot on level ground, a big chunk of hillside is being removed.

A number of trees and existing landscaping and the patio adjoining the community room had to yield to the excavators and dump trucks. Understandably, the loss of these familiar and beloved parts of the landscape was distressing for many residents.

"I was really concerned about the loss of the mature trees," resident Lynda Muselman said, "but now I'm just trying to look forward to the new lot. It was good to learn there will be new trees planted."

At a meeting with property manager Anna King, residents and staff learned that 13 new trees will replace the seven that were taken down.

Even before the work started, the subject of replacing the landscaping and the patio resulted in several meetings between residents and homeWorks staff.

Stephanie Van Dyke, now SHA's Director of Development, took resident input to the architects to make revisions to the design.

In mid-October, a large auger drilled the last of over 30 holes that now contain the supports for the new retaining wall.

Before the autumn rains begin in earnest this month, the contractor is aiming to have the excavation finished.

That will leave a level surface for the eventual paving of the lot, but also for scaffolding that will be used for the upcoming work that will transform the building's exterior.



PHOTO BY SVEN KOEHLER

Excavation work for the new parking lot continues at Lake City House. The metal beams in the foreground, called "soldier piles," are driven into the ground to create a retaining wall. The new lot will provide safer and more convenient access for residents than the existing lots, as well as making space available for any future development of the site.

While the north side of the building has been seeing all the earth-moving action, the south side already has its scaffolding installed.

This will provide a safe work platform for plasterers who will apply a weather-proof, colored exterior wall coating, similar to the coating at Lictonwood, the first homeWorks building.

The scaffolding will also help while new deck railings and windows are installed. The window replacement, which will involve considerable work inside the units, begins in a small number of units around Thanksgiving.

Residents, who have been gearing up for the work for months, will be spending a number of nights in a hotel during the process, much as residents at Capitol Park did.

Then, in 2008, the work will ramp up to include most of the building.

"We've learned a great deal from our previous buildings," said Ross Duncan, the homeWorks contractor's superintendent. "We'll have many of our most experienced crews on the job to make sure it runs smoothly."

While Lake City House gets underway in earnest in November, unit renovations at Center Park are in full swing.

Things are wrapping up at Olympic West, Cedarvale House is practically done, and the end is near for the work at Cal Mor Circle.

Planning is underway for celebrations at these Phase 2 buildings, but already on the books is the grand finale for Phase 1 of homeWorks, with a celebration at Capitol Park at 2 p.m. Nov. 8.

The grillmasters



PHOTO BY UNIQUE SAUNDERS

Melvin Morrison (left) and Bob Sewell tended the grill during a barbecue at Columbia Place Oct. 13. The high-rise community usually hosts the annual barbecue during the summer, but held it in October this year and dubbed it Octoberfest. "We had a wonderful time. It was a nice outing for the people that don't get out often," said Ora Hicks, a resident.

Some full time students aren't eligible to live in tax credit housing

VOICE STAFF

Residents living in Seattle Housing Authority's tax credit housing, which encompasses much of the homeWorks program, may have some questions about whether or not they are allowed to enroll in college while living in their building.

Full time students are generally prohibited from living in tax-credit housing.

"What they didn't want to do was create a dormitory for students, because students would meet the eligibility requirements hands-down," said Rhonda Hue, SHA's compliance auditor.

Olive Ridge is one building in the homeWorks program that wasn't renovated using tax credits.

But other buildings in the homeWorks program will be considered tax credit housing.

However, several units in each of Seattle

Housing Authority's tax credit buildings are set aside to accommodate students.

There are also exceptions within the tax credit program that allow students to live in tax credit buildings.

Anyone receiving TANF benefits through the Social Security Act is eligible to live in tax credit housing, regardless of their status as a student. The same applies to full time students attending a job training program with the assistance of the Workforce Investment Act.

Single parents who are attending school are eligible to live in tax credit housing, provided that they and their children aren't dependents of another individual.

A married couple filing a joint tax return is also considered an exception.

Students may also live in tax credit housing provided that there are other members of their household who meet the eligibility requirements.

Visit Neighborhood House online at www.nhwa.org.

HIGH POINT HERALD

NEWS ABOUT THE HIGH POINT COMMUNITY

A celebration of progress at High Point

By CLAIRE MCDANIEL
Seattle Housing Authority

A tremendous amount has been accomplished in High Point over the past six years. On a stormy evening Oct. 3, community members and partners gathered to look back at how far they've come.

Already 700 units of housing have been completed, as well as a new medical and dental clinic, a neighborhood library, new streets, and a sustainable natural drainage system.

The final phase of construction, which will include more than 1,000 new homes by eight different builders and a new 3.5-acre park known as the Commons, is underway.

Being that much closer to the realization of their dream to create a diverse, healthy and vital community was cause for celebration.

Adding to the jubilant atmosphere of this event were a live band and good food that reflected the diversity of the neighborhood: fried chicken and potato salad, Ethiopian samosas and Vietnamese spring rolls.

Guests were also warming themselves with hot coffee as thunder, lightning, wind and rain roared and rumbled outside the tent in which they had gathered.

Tom Tierney, executive director of the Seattle Housing Authority, described some of the reasons for the celebration.

"We can step back for a second today and say, 'Wow, what a job we have done.' What a job all of you have done, to cre-

ate a new way of being a neighborhood," Tierney said. "We're also celebrating the start of rental construction on Phase II. What this project represents is the marriage of both caring about the neighborhood mix of people and also the environmental design."

Dorothy Bullitt, executive director of Habitat for Humanity Seattle/South King County, described the High Point project as a glimpse into the future of residential development in this country.

"I actually believe that what we have collectively done and are doing here at High Point represents the future of our country: a mixed-income, multicultural, environmentally sustainable community," Bullitt said.

To Nancy Ahearn, deputy director for Utility Management and Watersheds for Seattle Public Utilities, the rain provided a demonstration of the environmental features of the development.

"It's great that it rained," Ahearn said, "because so much of what the development out here is about is how we're handling the runoff and the pollutants that come along with the rain that we get in Seattle on a very, very frequent basis."

She talked about the great care that has been taken to mitigate the impact of the development.

For example, the porous pavement that soaks up the rainwater rather than shooting it into the springs downhill.

Andrew Mead, new president of the High Point Neighborhood Association, said



PHOTO BY CLAIRE MCDANIEL

Considering the weather, the turnout at the High Point event in October was good

he was excited about the future.

"We just love the neighborhood and the neighbors. We're trying to get to know everybody," Mead said. "We want to make sure that everyone is made to feel welcome — renters to homeowners. I'm so excited to be in a place that allows me and, hopefully, our future generations, our kids, to be among the peoples of the world that live at High Point."

Dow Constantine, King County Councilman from District 8, also spoke during the event, delivering a brief history of the High Point area.

He said the neighborhood, which was established during World War II, has served as "the first stop for people determined to make a better life for themselves in Seattle."

Among those groups he listed returning war veterans, migrants within the Seattle community and immigrants from around the world.

But he noted that the previous neighborhood wasn't built with sustainability in mind.

The redevelopment project, on the other hand, will establish a lasting neighborhood, Constantine said.

"This time this community is not being built just for the moment, it's being built to last for many, many generations," he said.

The event was sponsored by Absher Construction, Key Bank, McCullough Hill P.S. and Tri-State Construction.

The redevelopment of High Point will be complete by 2011.

High Point redevelopment receives Urban Land Institute's Global Award

By JEFF ARNIM
Seattle Housing Authority

With success comes praise, and praise has been given in abundance over the past four years to Seattle Housing Authority's redevelopment of the High Point housing project in West Seattle.

In that time, the community has won more than a dozen major awards at the local, national and international levels, gaining recognition for its impressive master planning, its innovative natural drainage system, and its overall design and effectiveness.

This past month, however, High Point received perhaps its most significant recognition to date when it was given the 2007 Global Award by the Urban Land Institute.

The ULI is a nonprofit education and research organization focused on supporting responsible land use and development that enhances the whole environment.

High Point was one of just five winners in the world to receive the award, which was announced Oct. 26 at the ULI board meeting in Las Vegas.

Twenty-one finalists from the Americas, Europe and Asia Pacific were in the running for the Global Award, narrowed down from an initial field of more than 40 leading projects from throughout the world.

In winning the award, High Point exemplified the Global Award criteria set forth by the ULI.

Not only has High Point established innovative development concepts and standards that can be used by others throughout the world, but it has done so while showing strong urban design qualities, and doing so in a manner that fits appropriately into the surrounding environment.

When representatives from the ULI came to the High Point site, they took the time to explore all that has already been accomplished in these areas.

"They didn't just tour the site," said Tom Phillips, Seattle Housing Authority's senior development program manager for High Point. "They interviewed residents to get a sense of what High Point is all about. They looked at the entire site, at people who live there, and came away with a very good understanding of all that's been created."

The ULI's Global Award also recognizes High Point's awareness of sustainable development, environmental responsibility and smart growth practices, and its ability to implement them while considering both the present and future needs of the community.

High Point has been particularly successful in this area.

"There's a great deal of wisdom held in neighbors, in a community," Phillips said.



PHOTO COURTESY SEATTLE HOUSING AUTHORITY

An aerial photograph of the High Point Phase II development in West Seattle.

"The meetings with community members during the redevelopment process tapped into that wisdom, and the design incorporated what we learned from residents. It also took into account the existing features of the land, recognizing what was already there.

"Because of this, even though it's new, High Point feels like it's been here for a long time. It feels right for this neighborhood. It feels right for West Seattle. It just feels right."

The ULI Global Award is something every resident can take pride in, just as they can now take pride in the neighborhood they call home.

"Ten years ago, you didn't necessarily want to say that you lived at High Point," Phillips said. "Now it's something that everyone can be proud of."

High Point given Governor's Smart Communities award

By JEFF ARNIM
Seattle Housing Authority

This past September, the Seattle Housing Authority's High Point neighborhood was one of nine development projects in Washington State to be honored with a 2007 Governor's Smart Communities award.

"The Smart Communities award winners reflect the wide variety of efforts that make up effective growth management planning," said Juli Wilkerson, director of the Washington Department of Community, Trade and Economic Development. "Communities can move forward when good, collaborative work like this is accomplished."

High Point was specially noted for its success in tackling a difficult problem.

"High Point demonstrates that progress can be made in revitalizing declining neighborhoods," said Wilkerson, who also lauded the development's contribution to the region's supply of affordable housing.

Other award recipients included the cities of Bellevue, Bothell, Everett, Oak Harbor, Sea-Tac and Seattle and Stevens County and the Tacoma Housing Authority.

RAINIER VISTA NEWS

NEWS ABOUT THE RAINIER VISTA COMMUNITY

Youth art classes foster creativity and environmental awareness

By CECILIA MATTA
Special to The Voice

In a city as rich in the arts as Seattle is, connecting youth with teaching artists is an important way to spark their creativity and overall development.

Kids can be kids, create art and learn environmental lessons in after-school programs at the Rainier Vista Art Studio, Yesler Community Center and Youngstown Cultural Arts Center.

Sponsored by the Nature Consortium, a Seattle nonprofit organization, the free classes are offered Monday through Friday, with most running from 4 - 6 p.m.

The Nature Consortium currently works with ten teaching artists who lead daily after-school classes. From outdoor photography and kite-making to African theatre and dance, youth can participate in quite a variety of activities, and, in most cases, take home their creations.

You can "go fly a kite," on Monday afternoons at the Rainier Vista Art Studio, at 4437 Martin Luther King Way S.

With the help of teaching artist Greg Kono, youth between eight and eighteen years old have designed, decorated, constructed and flown a wide variety of kites ranging from Flying Squirrel and Khmer kites to hand-painted kites made with coffee filters and matchstick bamboo.

Kono organizes kite classes and materials so that kites can be made in about an hour.

On good-weather days, kids, kites and Kono head outside for test flights of their creations.

"The kids get to see which kites fly or not. We do repairs on site and we talk about why some kites did not fly," Kono said. "Grasping aerodynamics is not so hard when you've built the kite and launched it into the air."

Kono's working partner at Rainier Vista is Victoria Tangata, site coordinator with the Nature Consortium.

Tangata, who moved to Seattle from

For a related story on the Nature Consortium and SHA's 2008 budget, see Page 1

Kenya when she was eight years old, "grew up at the Rotary Boys & Girls Club on Spruce Street. I did art when I first came to America and didn't speak English," she said. "It was the one thing I could do, and everyone would leave me alone."

Tangata works calmly with all of the kids in the Rainier Vista classes, handing out snacks and keeping the creative chaos to a low roar.

"This free art program is awesome. The kids learn lots. The program hires teaching artists who really know their stuff," she said

Tangata coordinated last summer's photography class, where students used digital cameras to shoot outdoor scenes, and then worked in the computer lab to edit and print their work.

In a recent Monday class at Rainier Vista Art Studio, Kono and Tangata helped their students make kites from a short list of basic materials that were provided: six-inch white paper coffee filters, bamboo sticks (from IKEA blinds), four different paint colors, tape, long plastic ribbon (for tails), and kite string.

After folding the coffee filter circles in quarters, the kite-makers dipped the folded filters into vividly colored paint, or used brushes to soak color onto the absorbent paper filters.

After blotting the excess paint off with paper towels, students unfolded their brilliantly colored papers, decided whether to add a few more design touches, and then dried the paper quickly with a small hair-dryer that Kono provided (and carefully supervised).

To add the spar structure to the kites, Kono and Tangata showed students how to measure and cut two bamboo sticks,



PHOTO BY CECILIA MATTA

Rainier Vista Art Studio student Shuidb Mohamed (left) and teaching artist Greg Kono measure the spars for Shuidb's brightly colored kite.

one to fit across the width of the kite and a second, slightly longer, for attaching the tail, which helps it fly.

Kite-makers then attached the tails and tied on the kite-strings, getting their kites flight-ready.

In Kono's kite-making class, basic lessons in color-mixing, engineering, safety and sharing ran as undercurrents.

Students worked on a loosely structured task, using tools and materials to make a kite with their own hands and by their own design.

They listened, watched, assembled, solved problems — and finished a project that looked beautiful.

The current class schedule runs through Dec. 21. Most classes are "drop-in," meaning participants can come in anytime. Coming for the whole class enables students to begin, finish and take home a project that day.

The Nature Consortium Youth Art

To learn more

More information on the Nature Consortium's Youth Art Program is available online at www.naturec.org/art.htm.

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

Program provides accessible environmentally influenced art classes for youth ages 5-19.

The program offers a variety of classes designed to increase participants' artistic skill, environmental knowledge, positive identity, connection to the environment and social competence.

For more information, contact Tangata at Rainier Vista, 206 234-1009 or Nedra Deadwyler, at Yesler Community Center, 206-830-0488.

Rainier Vista celebrates autumn Moon Festival

RV resident Dang La reflects on the September event

Rainier Vista庆祝中秋节

由雷尼尔威士达邻里社区张姑娘的指引并得到雷尼尔威士达房屋管理会负责人的协助和支持。雷尼尔威士达华越耆老联谊会于今年西历9月25日(农历8月15日)在社区会议室举行了首次别开生面的中秋节联欢会。

联欢会得到数位热心华越耆老:张先生夫妇,伍先生,陈先生, Vũ Đại先生, Trần Dang 女士, Nguyễn Lâm 女士积极热情参与筹备和组织工作,使联欢会能顺利举行。

值得赞扬的是:每位前来参加联欢会的耆老都带备一份精心制作的佳肴与大家分享。当日的美食既丰盛且有中秋的特色。

参加当日中秋节的华越耆老及家属人数众多,坐无虚席。

联欢会在张姑娘的指导下,由张先生和 Vũ Dai先生分别致辞和介绍来宾,并向大家宣布西城超级市场东主夫妇赞助名贵月饼四盒,价值约100美元。

当天庆祝活动有各类奖品提供抽奖,猜灯谜,Bing Go等。

耆老们一边欣赏音乐,一边品尝各种美食后,兴高采烈地参加抽奖,尤其猜灯谜,他(她)们感到很有新意,特别高兴。

最后联欢会在一片欢乐愉快和满载友谊的气氛中结束。

Under the direction of community builder Naomi Chang and with the assistance and support of SHA staff, Chinese and Vietnamese elders in Rainier Vista had a holiday party on Sept. 25 (Lunar Year August 15) in the Community Meeting Room. It is the first time we celebrated the Moon Festival.

This celebration was supported by Chinese and Vietnamese elders, including Mr. and Mrs. Zhang, Mr. Wu, Mr. Chen, Mr. Vũ Đại, Mrs. Trần Đăng, and Mrs. Nguyễn Lâm, which made it a complete success.

It was pleasant to see that all the elders who attended brought and shared delicious home-made food. There were plenty of special foods that were meant for the festival.

The families of the Chinese and

Vietnamese elders also joined in the celebration and the room was packed.

Under the coordination of Mrs. Chang, Mr. Zhang, and Mr. Vũ Đại, they had given a speech and introduced the guests and told them that the moon cakes were donated by the owner of Seattle Market. The four boxes of moon cakes were worth about \$100.

During the party we also had different kinds of gifts for raffles, and played bingo and guessing word games.

The elders enjoyed the music and the food and had fun with the raffles. The guessing word game was very new for them, and they felt excited and enjoyed it very much.

Finally, the festival ended with happiness, joyfulness and friendship.

Thanksgiving lunch coming to Rainier Vista

All seniors are invited to come and celebrate in a pre-Thanksgiving lunch and meet new friends.

The lunch will be from 10:30 a.m.-2 p.m. Nov. 14 at the Rainier Community Center.

For more information, contact Angela Smith with the Seattle Parks and Recreation Department at 206-584-7484, or Annie Edwards at 206-461-4522 or 206-261-2684.

The Voice wants you!

The Voice newspaper welcomes your letters, articles, and ideas.

Please e-mail editor Tyler Roush at tylerr@nhwa.org, or call 206-461-8430, ext. 227, if you have something you would like to contribute.

The deadline for submissions is the 15th of each month. Articles may be edited for length.

NEWHOLLY NOTES

NEWS ABOUT THE NEWHOLLY COMMUNITY

Learning about the Red, White and Blue

By SCOTT FREUTEL
Seattle Housing Authority

On a recent blustery Monday evening 14 adults gathered in a small classroom at the NewHolly Family center for a class. Four were men, 10 women. Some were born in Asia and some in Africa.

All were newcomers to the United States with one goal in common: to become U.S. citizens.

On the wall was a map of the United States that bore the legend, "We Count," a map of the world, a poster showing the presidents of the United States, and a small American flag. Their instructor, Thanh V. Nguyen, had to speak loudly enough to drown out the sounds of a spirited martial arts class in the room next door.

The session began with a volunteer observer, Brandie Flood, a graduate student in social work at the University of Washington, playing the part of an immigration official and asking a volunteer student questions she'd be asked before being allowed to become a citizen.

The questions came in quick order. The answers came more slowly.

"What is your name? Your date of birth? On what date did you come to America? What is your country of birth, your address? How many trips have you taken outside the United States since you became a permanent resident? Where did you go?"

Flood continued: "Have you ever claimed to be a citizen of the United States? Ever voted in an election here? Do you owe any overdue taxes? Within the past five years, have you been declared legally incompetent or confined to a mental institution? Have you ever committed a crime? Been arrested, convicted of a crime, jailed or imprisoned? Been a habitual drunkard, a prostitute? Ever used narcotics? Gambled? Ever been married to more than one person at a time? Helped anybody enter the U.S. illegally? Deserted from the U.S. Army? Are you willing to take an oath to support the Constitution, and to serve in the Armed Forces if drafted?"

Some questions were apparently designed to uncover any dark political agendas on the part of the applicants: "Have you had any associations with Communists or totalitarian or terrorist groups, have you ever advocated the overthrow of any government, and if not, why not?"

The woman answering seemed a little bewildered by this last question.

"Why not?" she wondered.

"Because you don't want to hurt or kill anybody," Nguyen gently suggested.

"Because I don't want to hurt or kill anybody," the woman echoed.

The exercise and many more to follow are designed to help aspiring citizens prepare for the maze of questions they'll have to get through to become citizens.

After the personal questions and the assurances that each is no bigamist, no terrorist, and no drunkard, and not a scofflaw with regard to paying taxes, among other things, a candidate is ready for the second part of the



PHOTO COURTESY OF SEATTLE HOUSING AUTHORITY

Time out for smiles: A recent evening citizenship class at NewHolly's Youth and Family Center takes a break. Standing, left to right, are Brandie Flood (a University of Washington graduate student in social work and program volunteer) and students Safia Kahir, Safira Ali, Pei Yi Chen, Sang Su, Chau Khau, Dong Pham, Xuan Truong, Nguyet Le, Tewan Kong, Hen Tran, Tan Nun, Asha Gobana, Khadija Hussein and Seng Dzip (partially obscured). Seated is instructor Thanh Nguyen.

citizenship interview: Proving knowledge of American history, the Constitution, and the workings of the American government, and doing so in understandable English. Nguyen calls this the conversation part.

"It is important to be able to understand and to speak English, not just to memorize the questions," Nguyen, himself a native of Vietnam, told his students. "You will do better on the test if you give full answers to the examiner."

Nguyen holds that learning English should be the first priority in learning to live in America.

"Learn English first," he said. "Then become a U.S. citizen."

The evening citizenship class at NewHolly meets twice a week, on Mondays and Wednesdays, for four 11-week quarters per year. Students enrolled in a class stay in the class until they're ready to take and pass the citizenship test.

"Some students may be in the class for several months, while others may be in the class much longer," Nguyen said. "Age and literacy in their first language as well as in English are both factors in how long it may take to prepare. Confidence is another. Also, students come and go due to child care issues, employment schedules and shifts, and religious holidays."

On Tuesdays and Thursdays, many of the citizenship students join others in practicing English in conversation classes.

Morning classes offered by the Center for Career Alternatives meet at the same facility from 9 a.m. until noon.

South Seattle Community College offers a family literacy class at the NewHolly Family Center and, in its own building nearby, classes in English as a second language and to prepare students to take the GED.

Nguyen has been teaching the citizenship class and leading the English conversation class since 1995, when the program was created for multi-ethnic immigrants at the Southeast Family Center.

It moved to Southeast Family Center at Holly Park in 1997, and then to the NewHolly Family Center in 1999.

Nguyen has taught students from Vietnam, China, Cambodia, Laos, Latvia, Eritrea, Oromia, Somalia, Sudan, Kenya and Mexico.

These days most of his citizenship students are from Asia and from East Africa; one is from the Philippines.

Even as he prepares his students for the current immigration exams, Nguyen is learning about new exams the government will shortly introduce. He downloads questions from governmental websites and adds them to the questions his students may have to answer.

According to Nguyen, students need to be prepared to answer any of 100 questions on the conversational part of the exam — the part that deals with American history and institutions.

He or she will only be asked 10 of the questions. Eight correct answers is a passing score.

Before this Monday evening class began, Nguyen told his students that six students in an earlier class — two from Ethiopia and four from Vietnam — had taken the citizenship exam on one day in September. All passed.

"We have a very high success rate in terms of students passing the exam the first time — especially if they have really participated in the classes for a period of time," he said later. "I would say at least 90 percent pass the first time. Students that have not passed have run into one of several problems: they got nervous and froze, they got particularly tough interviewers — some of these cases have been appealed — or they did not understand the English conversation, or they did not study the questions enough."

There's a waiting list several months long for the classes, which typically enroll from 15 to 25 students and which are part of a program funded by the Atlantic Street Center, an agency founded in 1910 to help immigrants and, later, African Americans.

For information about enrolling in citizenship or English conversation classes, call 206-723-4073.

Can you pass the test?

Below are ten of the 100 questions on the "conversational" part of the citizenship exam and interview. Answering eight correctly is a passing score. (Answers below, upside down.)

- Who said, "Give me liberty or give me death?"
- Who was the main writer of the Declaration of Independence?
- Can you name the 13 original states?
- What did the Emancipation Proclamation do?
- Who wrote "The Star-Spangled Banner"?
- What was the 49th state added to the Union?
- Who is the president of the Senate?
- What special group advises the President?
- Name one Amendment to the Constitution that guarantees or addresses voting rights.
- What do the colors of our flag stand for?

- Answers
- Patrick Henry
 - Thomas Jefferson
 - New York, New Jersey, New Hampshire, Massachusetts, Maryland, North Carolina, South Carolina, Connecticut, Delaware, Georgia, Pennsylvania, Rhode Island and Virginia.
 - Freed many slaves
 - Francis Scott Key
 - Alaska (Hawaii was 50th)
 - The Vice President
 - The Cabinet
 - The 15th, 19th, 24th and 26th
 - Red stands for courage, white for truth, blue for justice

Correction

A story about the grand opening of the Harry Thomas Community Center in last month's issue of The Voice misidentified two party guests. Dot Rohan is grand daughter of Charles Lee, and Evelyn Galvin, 99, is Lee's step-daughter.

YESLER HAPPENINGS

NEWS ABOUT THE YESLER TERRACE COMMUNITY

A clean sweep coming for lot near Yesler



PHOTO BY TYLER ROUSH

A parcel of land near Yesler Terrace, home for nearly 60 years to a drycleaning business, will soon receive a thorough cleaning of its own. The Seattle Housing Authority, which owns the property, has received \$300,000 in grant money from the EPA as part of the agency's Brownfields Program, which seeks to make polluted land suitable for development.

By TYLER ROUSH
The Voice Editor

The Seattle Housing Authority, with the help of nearly \$300,000 in EPA grants, will soon begin a cleanup on property it owns near Yesler Terrace.

The contaminated land is an approximately 0.37-acre parcel near 12th Avenue and Yesler Way, the site of an old drycleaning business.

"Basically, the land has been affected by contamination from the site of an old drycleaners operation that was in the neighborhood 50 years ago," said Paul Fitzgerald, development program manager for SHA. "The legacy of it is chemicals and some oil product that has drifted from the site."

SHA received an initial grant of about \$97,000 for the cleanup in 2005. A second EPA grant, this one for about \$200,000, followed this year.

The housing authority will invest an additional \$300,000 to finish the cleanup, which is expected to begin this summer.

The work will entail removing contaminated soil and water from the site, thereby making it suitable for future development.

Just what type of development is still up in the air.

"SHA hasn't determined exactly what will happen on the site, but it will likely be either totally residential or a mixed residential, first-floor-commercial development," Fitzgerald said.

Yesler Terrace resident Kristin O'Donnell, a member of the Yesler Terrace Citizen's Review Committee, said the work was necessary, and that she's glad it's happening.

But she added she's concerned that SHA, as part of a potential redevelopment, will reserve the property for housing low-income residents, leaving more desirable property at Yesler for higher-end housing.

Whether the site could be incorporated into a possible redevelopment of Yesler Terrace is still undecided.

The SHA board is not expected to make its decision on the redevelopment of Yesler Terrace until late 2008, said Judith Kilgore, senior program development manager.

"If at a future date the board has made its decision, and if the decision is to go forward with redevelopment, of course we will look at that site as a possible tie-in to the Yesler redevelopment," Kilgore said.

Photography exhibit to open at Yesler Community Center

By CASEY CORR
Special to The Voice

A new collection of photographs of Yesler Terrace residents will be exhibited Wednesday, Nov. 28 at the Yesler Terrace Community Center.

The photographs by Sally Tonkin are the result of a yearlong project funded in part by a grant from the Seattle Arts Commission.

Tonkin is a documentary photographer and photojournalist whose work has been published in a number of newspapers, magazines and books. Her latest book, "Chip Shots," documents the annual motorcycle rally at Sturgis, South Dakota.

Tonkin spent nearly a year visiting Yesler

Terrace and getting to know many residents. Some of the photographs are intimate close-ups. Others were taken from a distance. One picture shows long-time resident Martin B. Reyes, photographed immediately after a family memorial.

"The project reflects my experience as an outsider getting to know both place and people," said Tonkin. "The photographs reflect what I don't know as much as what I do know. The effort to make connections with people never ends. I'm deeply grateful to residents of Yesler Terrace who welcomed me into their lives and their homes. I hope to continue this work over the next months and years."

Seattle-based Tonkin grew up in Yakima

and earned a master of fine arts at the University of Washington.

She has been exhibited in Seattle at the Frye Art Gallery and the Henry Art Gallery and in Boston at the Carpenter Center. Her work has been published by the Seattle Times and by the Seattle Post-Intelligencer, and in the annual "Best of Photojournalism" book and in a recent VH-1 calendar featuring concert performers. She teaches photography and freelances for various publications.

More of her work can be viewed at www.sallytonkin.com.

Twenty photographs will be presented at the reception at the community center, 917 E. Yesler Way. Light refreshments will be



PHOTO BY SALLY TONKIN

This photo of Martin B. Reyes will be included in Sally Tonkin's photography exhibit at Yesler Terrace.

served between 6 p.m. and 8 p.m.

For information about the exhibit, call 206-523-5617.

Notes from the manager

By JUDI CARTER
Senior Property Manager

Wow! Are the leaves falling down in Yesler Terrace!

All of the pretty colors are fading, and most leaves are on the ground or on their way there.

Now is the time to borrow a rake from the management office if you don't have one of your own and get the leaves raked up.

Bags will be available in the management office to put the raked up leaves into, and they can be put on the curb for pick up on Nov. 15 or 29.

It is getting cooler, and people have the heat on in their apartments.

It is extremely important for you to make sure that your furniture and belongings are at least eight inches away from your heaters!

The curtains need to be at least four inches above the heaters as

well.

Seattle Housing Authority does not allow space heaters, as they can present a fire hazard.

It is also not a good practice to use the oven for heat. Space heaters and the use of your oven for heat can drive your electric bill up very fast.

On the fourth Thursday of this month, we will be celebrating Thanksgiving. I have so much to be thankful for. I am grateful that I have a job.

Even better, I have a job that I like. Still better, I work with people who are dedicated and fun to be around.

Best of all, I am privileged to work with you, the residents of Yesler Terrace.

The management office will be closed on Nov. 22 and 23 in celebration of Thanksgiving. We at SHA wish your family many things to be thankful for, too!

Viewpoint: CRC has good intentions, poor execution

By KRISTIN O'DONNELL
Special to The Voice

It is done. The Yesler Terrace Citizen Review Committee has finished its "Definitions & Guiding Principles."

The report has large print and lots of pictures. It says nice things about social equity, economic justice, environmental sustainability and replacement housing.

The report — and the committee — mean well. SHA fed us pretty well at the meetings. There was interpretation. The audience got to speak, sometimes.

Not so good: There's a lot of "perhaps, maybe, and if practical" language in the report. The committee represented only a small piece of Seattle and was more positive about public housing and the Housing Authority than the public at large may be.

We will hear from less-friendly people before Yesler Terrace's fate is decided, and they will be part of the decision eventually.

The minority report, which provides a contrary

opinion to the committee's report, has small print and no pictures. It mentions including renovation as an option, needing to retain all very low-income units at Yesler Terrace, needing to keep public land public and needing to have a citizen's committee included when real decisions about Yesler Terrace are made.

The minority report is signed by the two members of the committee whose membership was required by the settlement of the Rainier Vista lawsuit.

Copies of both the committee report and the minority report will be available after Nov. 14 at several locations, including the Yesler Community Center, SHA's central office and online at www.seattlehousing.org.

The Yesler Terrace Community Council meets from 6-8 p.m. Nov. 13 in the Epstein Building.

This winter we'll be co-sponsoring several workshops on how to understand and participate in redevelopment planning.

Thanks to the Resident Leadership Development Planning Team and the Rainier Valley Unitarian Universalists for helping this happen!

TRANSLATIONS

TRANSLATED ARTICLES FROM THE VOICE

Stay warm but stay safe ቆይታዎን ይቆይ፣ ግን ግንኙን ይቆይ

የሕንጻው ግንኙን ለማስታወስ ጥሩ ጊዜ ነው። ለምሳሌ መጋረጃ፣ ፍራይ፣ ልብሶች፣ ሶፋና ወንበር፣ መጋረጃ፣ የመሳሰሉትን ቢያንስ ቢያንስ ስድስት ኢንች ከግርግር ፋን ወይም ሂተር መራቅ አለበት። የኤሌክትሪክ የግርግር ፋን ሂተር እና ቤዝ ቦርድ ሂተሮች ቢያንስ ሰዓት ሁለት ጊዜ መፅዳት አለባቸው። ይኸውም በፎል በቀዝቃዛው ወራትና በስፕሪንግ ሂተሩን ከተጠቀምን በኋላ ሂተሩን ማፅዳት እሳት ሊያመጡ ከሚችሉ አደጋዎች ይረዳል። ሻማ አብርተው ትተው አይውጡ። የጨስ መቆጣጠሪያ ቢያንስ በወር አንዴ ይዩት።

በAugust 2007 “Bulletin” ከተገኘው አንድ ሴክሽን ለባለቤቶችና ለማኔጅሮች በSHA ታትሞ ወጥቷል። ለተጨማሪ የኤሌክትሪክ ጥንቃቄዎችና ማስታወቂያዎች Electric Safety Foundation International website at www.electrical-safety.org የሚለውን ቢመለከቱ ተጨማሪ መግለጫ ያገኛሉ።

www.electrical.org ግ

Stay warm but stay safe Будьте в тепле и в безопасности

Осень как раз подходящее время года, чтобы напомнить себе, что ничего, что может загореться, не должно быть ближе, чем 6 инчей от и над любыми отопительными приборами. (Для большинства взрослых расстояние от основания ладони до кончика среднего пальца составляет 6 инчей). И время напомнить себе о тех предметах, которые могут загореться: портьеры и занавески, одеяла, матрасы, туалетные столики, диваны и стулья, корзины для белья, детские игрушки и коробки с игрушками.

Пол Гимми, пожарный инспектор Жилищного управления Сиэтла, предлагает следовать следующим советам противопожарной безопасности: Держите всю мебель, портьеры и прочую домашнюю утварь на расстоянии не менее 6 инчей от настенных отопительных приборов. Настенные вентиляционные электроотопители и нагреватели над плинтусами должны очищаться как минимум дважды в год, осенью перед похолоданием и снова весной, после использования нагревателей в течении сезона. Очистка нагревателей предотвращает запах горелой пыли. Никогда не оставляете горящие свечи без присмотра. Проверяйте детекторы дыма хотя бы раз в месяц.

Материал адаптирован из августовского 2007 года выпуска "Bulletin", выпускаемого ЖУС для владельцев и управляющих 8-й программы. Для дополнительной информации по безопасности посетите Electric Safety Foundation International web site at www.electrical-safety.org

Stay warm but stay safe

ከሞቃት ነገር አይራቁ ግን ይጠንቀቁ

ፎል ጥሩ ጊዜ ነው። ማንኛውም እሳት የሚቃጠል ነገር ሁሉ ስድስት ኢንች ከፊሊፊትም ሆነ ከላይ ከማንኛውም የኤሌክትሪክ ቤዝቦርድ ወይም የግርግር ሂተር መራቅ አለበት። (ለአብዛኛው ትልልቅ ሰው እጅ ከመጻፉ እስከ ትልቁ ወይም ረጅም ጣቱ ድረስ ያለው በግምት ስድስት ኢንች ይሆናል ይባላል።) በተጨማሪ ሌላ አንዳንድ እሳት ሊይዛቸው የሚችሉ ነገሮችን ለማስታወስ ጥሩ ጊዜ ነው። ለምሳሌ መጋረጃ፣ ያልጋ ልብስ፣ ብርድ ልብስ፣ ፍራይ፣ ልብሶች፣ ሶፋና ወንበሮች የቆሽሹ ልብሶች መከማቻ ቅርጾች፣ የህፃናት አሻንጉሊቶችና ያሻንጉሊት ሳጥኖች።

ፖል ጊሚ የሲያትል የቤቶች አስተዳደር ተቆጣጣሪ በተጨማሪ ከዚህ የሚከተሉትን ከእሳት አደጋ ለመጠንቀቅ የሚጠቅሙ

ምክሮችን ሰቷል። የእሳት አደጋ ሊያመጡ የሚችሉ የቤት መገልገያ፣ ሶፋ ወንበር፣ መጋረጃ የመሳሰሉትን ቢያንስ ቢያንስ ስድስት ኢንች ከግርግር ፋን ወይም ሂተር መራቅ አለበት። የኤሌክትሪክ የግርግር ፋን ሂተር እና ቤዝ ቦርድ ሂተሮች ቢያንስ ሰዓት ሁለት ጊዜ መፅዳት አለባቸው። ይኸውም በፎል በቀዝቃዛው ወራትና በስፕሪንግ ሂተሩን ከተጠቀምን በኋላ ሂተሩን ማፅዳት እሳት ሊያመጡ ከሚችሉ አደጋዎች ይረዳል። ሻማ አብርተው ትተው አይውጡ። የጨስ መቆጣጠሪያ ቢያንስ በወር አንዴ ይዩት።

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Stay warm but stay safe HÃY GIỮ CHO ÁM ÁP MÀ AN TOÀN

Mùa thu là thời điểm tốt nhất để nhắc nhở chúng ta rằng các vật bất lửa không được để gần hơn 6 inches nơi các máy sưởi. (Đối với người lớn chúng ta, thì khoảng cách từ cuối mu bàn tay đến chót ngón tay giữa thì là khoảng độ dài 6 inches. Và đây là lúc thuận tiện để nói đến các vật dễ bắt lửa: màn cửa, mền, nệm, tủ áo, sofa, ghế, rô đựng quần áo, đồ chơi của trẻ con, hộp giấy

Ông Paul Gimmi, người kiểm tra của cơ quan Seattle Housing Authority có những chỉ dẫn này để phòng hỏa hoạn:

Hãy giữ cho bàn ghế, màn cửa và các

vật dụng trong nhà cách xa các máy sưởi độ 6 inches. Các máy sưởi điện phải được chùi sạch ít nhất là hai lần mỗi năm, vào mùa thu lúc thời tiết bắt đầu lạnh, và một lần nữa lúc vào mùa xuân sau khi đã hết mùa xài máy sưởi. Chùi sạch máy sưởi giúp tránh đi mùi hôi hám của bụi đất lúc máy sưởi bật lên. Đừng để đèn nến cháy mà không coi chừng nó.

Hãy kiểm tra các máy báo động khói – smoke alarm- ít nhất mỗi tháng 1 lần.

Phổ biến từ tờ Bulletin-Thông Báo số Tháng Tám 2007, in bởi SHA-Section 8- để biết thêm an toàn về điện, hãy vào trng mạng của Electric Safety Foundation International ở địa chỉ: www.electrical-safety.org

Stay warm but stay safe

ሞሚቅኩም ድሕነትኩም ክትሕልዉ ይግባእ።

አብዚ ወርሓት አዚ ማለት ፎል ዝኾነ ሓዊ ባርዕ ከኸትል ዝኸእል ነገራት ካብ ሂተር 6 ኢንች ርሒቑ ክቅመጥ አለዎ ኩሉ እቲ ባርዕ ሓዊ ክሰብ ዝኸእል ነገራት መጋረጃ ታብቶ ኮበርታ ፍርናሽ እርማድዮ ሶፋ ወንበር ናይ ላውንደሪ ባስክት ናይ ቆልዑ መጻውቲ ባምቡላታት ክርሕቅ ይግባእ።

ፖል ጂሚ ናይ ሲያትል ሃውሲንግ እውቶሪቲ ኢኢንስፐክተር ኣዞም ዝሰቡ ሓሙሽተ ጠቀምቲ ናይ ድሕነት ንጥብታት የቅርብ ኩሉ ናይ ቤት እቅሑትን መገልገልን ከም መጋረጃ ካብ መሞቕ ገዛ 6 ኢንች ክርሕቁ

አአለዎም ይብል። ናይ ኤሌክትሪ መሞቕ አኣብ መንደቕ ዝለገቡን ዝንቀሳቅሱን ኣብ ዓመት ክልተ ጊዜ ክጸርዩ አአለዎም ምጽራይ ናይቲ ሞውዓይ ነቲ ዶሮና ብምጽራይ ካብ ባርዕ ሓዊ ድማ ይከላኸል። ዝተውልዑ ሽምዓ ሓዲግኩም ካብ ቤትኩም አይትውጽኡ። ስሞክ ደተክተርስ እንተውሓደ ኣብ ወርሒ ክልተ ጊዜ ክምዝሰርሕ ዘሎ ክተረጋግጹ ይግባእ። ካብ ናይ ሲያትል ሃውሲንግ መጽሕፍት ኣግስት 2007 ሕታም ዝተቀድሕ ንተቐማጦ ሲያትልም ሰክሽን 8 ማናጀርስን ዝተዳለወ ብዝበልጸ ሓበሬታ ንምፍላጥ ኣብዚ ዝሰቡ ኢንተርናትና ወብሳይት ትወከሱ www.electrical-safety.org.

Stay warm but stay safe
Fallka waa uu fiican yahay nafteenna , laakin waa in la xiro ilaa 6 incho oo kor ah kaasoo kulaayl (dadka waaweyn badididiisa kala fogaanshaha gadaal xagga dhirirka farta dheer qiyaas ahaan 6 inchis). Way fiican tahay waqti fiican weeye inaan nafteena xusuusino wax yaabaha qaar oo dab dhalin karo sida

bustaha oo kale iyp sida caruurta waxay ku dheelaan , dharka .
Paul Gimmi, oo Seattle Housing Authority inspector, wuxuu bixinayaa waxyaahabahaan dabka nabadgelyadiisa ahm ka fogee sida kuraasta oo kale derbiga u dhow kullaylasida .
Kprpntada derbiga Fanka kulaylasida waa in la nadiifiyaa

ugu yaraan sannadkiiba laba jeer waqtiga Faal ah (xagaaga) ahm iyo waqtiga Gu'ga ahba oo qabooba ah marka la isticmaalo kulaylka waqtigiisa . Nadiifinta Kullalisada waxay caawimaysaa ka hortagga wax yaabaha yar yarka ah oo gubanaya , weligaaana ha ka tagin Shumuca iyadoon lala joogin.
Fiiri bahasha qaaca sheegta ugu

yaraan bishiiba mar.
Ka bilaw bisha Agoost 2007 “Bulletin,”oo la soo bandhigayo ayna iska leedahay SHA oo ku saabsan Section 8 kuwa iska ;eh ama Maamuleyaasha . Wixii dheery ah oo ku saabsan nabadgelyada Korontada iyo wararba ah fiiri Electric Safety Foundation International web site www.electrical-safety.org.



Health Notes

A column devoted to your well-being

Malnutrition in older adults can lead to serious health problems

BY PAM MCGAFFIN
Special to *The Voice*

Your mother is still active and lives on her own, but she's losing weight and sometimes seems confused. She finds it hard to cook for just one. So she pours herself some tea, nibbles on some toast and calls it a meal.

Although she appears healthy now, your mother may be malnourished, which puts her at risk for serious health problems and loss of independence down the road.

Undernutrition or malnutrition — defined as low or dangerously low levels of protein and other nutrients — is particularly common among elderly patients and residents in long-term care facilities.

But it's also a condition affecting a growing number of independent adults, particularly minority and low-income seniors and women living alone, according to the Healthy Aging Partnership (HAP), a coalition of 40 Puget Sound-area organizations dedicated to the health and well-being of older adults.

The causes are many and varied and include poverty, loneliness, depression, alcoholism, poor digestion, dental problems and appetite-suppressing medications.

Knowing who's at risk can help friends and relatives spot the problem before it becomes obvious and serious, according to HAP, noting that a chronically poor diet speeds decline.

Those weakened by malnutrition find it more difficult to shop for groceries and cook healthy meals. Their weakened immune systems also make them more vulnerable to sickness and disease.

HAP suggests talking to older adults about what they're eating and spending time with them during meal times. Schedule visits to residents of long-term care facilities during the lunch or dinner hours.

The Partnership also recommends that friends, relatives and caregivers:

1. Be alert to symptoms and causes, including easy bruising, dental pain, loss of weight and muscle tone, weakness, confusion, alcohol consumption and depression.

2. Ask a doctor about screening tests for nutrition problems. Low levels of certain proteins can indicate chronic malnutrition.

3. Help older adults add protein to their diets. Spreading peanut butter on toast, melting cheese on vegetables and sprinkling nuts or wheat germ on cereal are easy and inexpensive ways to enrich a meager meal.

4. Encourage healthy between-meal snacks, such as yogurt, a milkshake or an apple with cheese slices or peanut butter.

5. Eat out with your older friend or relative or go with that person to a senior center or another meeting place that provides low-cost meals along with opportunities for talk and friendship.

6. Provide companionship on walks. Daily exercise boosts appetite, strength and mood, particularly when it's done with a friend.

7. Consider dietary supplements to fill in missing nutrients, particularly vitamins D, B-6 and B-12 and folate, niacin, zinc and calcium. Be aware, however, that supplements are not intended as food substitutes.

8. Get outside help if needed. Arrange visits from a home health aide or dietitian or call Meals-on-Wheels. Food banks, churches, and social-service organizations also are available to help seniors who are having difficulty shopping, cooking and/or stretching their food budgets.

For more information on preventing malnutrition and other issues related to life as an older adult, call HAP's free and confidential help line at 1-888-4ELDERS (1-888-435-3377) or e-mail hap@senior-services.org. To learn more about HAP and its partner agencies, visit the Web site at www.4elders.org.



PHOTO BY TYLER ROUSH

What is now a dirt field in the Rainier Valley will soon be home to a new Boys & Girls Club Teen Center.

Teen Center

Continued from front page

ley area.

"I can't think of a project that better captures the mission of the Boys & Girls Club," said Daniel Johnson, president and CEO of the Boys & Girls Club of King County, in a press release. "This amazing building will allow the Rainier Vista Boys & Girls Club to reach out to more children and teens in the community while deepening the impact of that outreach."

About \$9.5 million had been raised for the project as of the groundbreaking, according to a press release provided by the Boys & Girls Club of King County.

The Seattle Housing Authority contributed \$4.4 million to the project through its donation of the 2.7-acre parcel of land upon which the teen center will be built.

The original Rainier Vista Boys & Girls Club facility was built in 1976 and torn down in September of this year.

Bill Burton, executive director of the Rainier Vista Boys & Girls Club, said the new building was an important step for the club.

"I made a promise to the kids that I would help build them a new building," said Burton in a press release. "It's been a dream of mine for a long time now and I'm so happy because we're almost there."

Construction is just underway and is expected to be completed in Aug. 2008.

SHA will be constructing new roadways, sidewalks and underground infrastructure, including a new Oregon Street Boulevard from MLK Jr. Way South to 33rd Avenue South.

The road will replace the old Tamarack and Oregon Street connection.

Included with this project are new street improvements along 33rd Ave South, South Genesee Street and 31st Avenue South, as well as a new Renton Avenue South.

Two new areas of parks and open spaces will be developed as well. One will provide a connection from Alaska Street around the new sports field connecting with the new Oregon Street Boulevard.

The stately red oak on the west side of Tamarack will be incorporated into the median of this new boulevard.

This work is scheduled to begin mid to late December 2007 with an expected completion date of June 2008.

SHA is proceeding with design of a mixed-use building just south of the new Boys & Girls Club facility.

This multi story building will include retail spaces on the first floor and housing on the upper floors.

Other features, such as a pedestrian friendly plaza and playground, are envisioned in the plan.

Voice editor Tyler Roush contributed to this story.

Budget

Continued from front page

which would provide money for the construction, rehabilitation and preservation of some 1.5 million housing units over the next decade.

Seventy-five percent of the funds would be targeted at very low-income families. The bill would require no new taxes. It would operate on contributions from government-backed mortgage entities Fannie Mae and Freddie Mac and on funds generated by the Federal Housing Administration.

The bill goes next to the Senate. Sen. Mitch McConnell (R-KY), the minority

leader, has not yet stated whether he will support the bill or work to kill it.

The deadlock in appropriations for HUD and the uncertain prospects of the National Housing Trust Fund come at a time when nearly half of the country's lowest-income families are at risk of homelessness, and when public housing authorities, including SHA, are struggling to stretch every dollar.

The president's budget, however, would cut HUD funding for 2008 by \$2 billion below the 2007 level, adjusted for inflation, and thereby compound the effects of large cuts made in 2005 and 2006.

Congress took steps to reverse the weakening of low-income housing programs in the 2007 appropriations law by

providing funding increases for core HUD programs.

The president proposed these cuts for the 2008 fiscal year despite evidence that growing numbers of low-income families have serious housing affordability problems.

Some 15 million low-income households have rent and utility costs that are unaffordable under federal standards (that is, costs that exceed 30 percent of their incomes).

Moreover, since 2000, census data indicates that the number of low-income renter families with the most severe housing cost burdens — families that pay more than half of their income for housing — has increased by one-third, to nearly 9 million.

The president's budget for fiscal year 2008 proposes to cut \$2 billion from HUD.

After adjusting for inflation, that's a reduction of 5 percent from the 2007 funding level.

The deepest cuts would be made in housing for the elderly and disabled (a 29 percent cut), Community Development Block Grants (22 percent), public housing (8 percent), and Section 8 Project-Based rental assistance (5 percent), although other programs would receive reduced funding as well.

In most cases, these reductions would come on top of cuts made in these programs in fiscal years 2005 and 2006. Under the president's 2008 budget, total funding for HUD programs would fall to an inflation-adjusted level that is \$4.6 billion — or 11 percent — below the 2004 funding level.

The federal fiscal year began Oct. 1; SHA's fiscal year begins Jan. 1.

But budgeting and planning for SHA's next fiscal year are well underway.

"SHA relies on HUD funding for about 75 percent of our operating expenses," Shelly Yapp, SHA's chief financial officer, said.

When the levels of those funds are delayed at the federal level, SHA has to estimate its revenue for the coming year. Guessing too high or low could have negative consequences, Yapp said.

"If we overestimate HUD funding, we are in the position of having to cut back midyear to meet the funding level finally decided," Yapp said. "If we underestimate HUD funding, we've lost the opportunity to increase or improve our housing services."

"All in all," she continued, "we can't plan as effectively for our programs and services when HUD's funding is up in the air."

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 United States 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 United States.

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

A wild ride on an escalator

NIYMO ABDISAMAD
Special to The Voice

When we first came, we came to New York. We came to the escalator — that's the first time I had seen an escalator! We were looking for the stairs and couldn't find the stairs.

I had my 2-month-old baby and my husband with me but my husband went down the escalator in the middle of a group of people thinking I was behind him. He called me and called me in our language but another man grabbed my arm because he was scared, too — I didn't know him but his fear made me more scared!

We were too scared to go so both of us put all our stuff (jackets and everything) on the escalator, but we couldn't go. It all moved down slowly. Then other people were traveling with and some who worked in the airport helped us and put us in an elevator.

My husband saved my stuff and set the other man's stuff aside. By the time we got down to the lower floor we had missed the plane that was to take us to California.

The next day we got on the plane to California, but we couldn't get seats together. My husband sat in the back and I sat in the middle close to the kitchen with my baby. Then I had to go to the bathroom!

For one hour I kept seeing people getting up, walking away and returning so I kept wondering whether they were going to the bathroom.

Then I got up, I put my baby on the seat and I tapped a woman sitting in the next seat, pointed to her, to my eyes, and to my baby to try to ask that she watch him while I'm in the bathroom. She didn't respond but I had to go.

I left, I found the bathroom, used it, and returned — my baby was gone! The woman was sitting there — she hadn't moved.

I pointed to the woman again to ask her where the baby was — she didn't respond. I was yelling in Somali: "Where's my baby?!"

I finally found a man who did respond by taking me by the hand and bringing me to the kitchen where my baby had been taken by the people who worked there.

They were changing his diapers. I grabbed him fast and held him — I didn't let the woman finish closing his diaper.



Name: Niymo Abdisamad
Home Country: Ethiopia/ Somalia
Date of arrival in United States: Dec. 29, 1989
Neighborhood House Job: Head Start
Number of years with Neighborhood House: 10 years

She tried to show me how to close his diaper but I held him close and wouldn't let go.

Later the woman brought a doll over to my seat to show me how to put the diaper on my baby. She even gave me some extra diapers for him. I thanked her in my language.

Later, when she brought the food there was another seat open and she sat there and held my baby until I was finished eating.

She became my friend — I'm not going to forget her even though I don't know her name.

When I was in Somalia I used to hear that American people steal and sell children. When we saw Americans in Somalia we used to say, "They're here to steal or buy people!"

My experience with the woman who helped me with my baby was the first experience I had that showed me how kind and helpful some people in the United States are.

I've been here a long time and I now have a lot of American friends as well as friends from other places.



One to grow on

Garden tips for community gardeners

Native berries from the garden make a delicious treat in summer and fall

BY ANZA MUENCHOW
Special to The Voice

Walking through the forests even in October and November, I notice the abundance of native berries we have in the Puget Sound region.

Most of these berries are a great food crop for humans as well as for native animals.

Of course, the invasive Himalayan blackberry, with its huge thorny canes, provides delicious fruits used in jams, pies, and cobblers in August and September.

But now, in the fall, we can still snack on the small evergreen huckleberries that we find in the woodland landscape.

This shrub with its small, shiny green leaves will have white and pink blossoms in June and is an attractive ornamental plant. These evergreen branches look great in floral arrangements.

In the fall, when the berries are dark blue or black, they are ripe. A handful of these berries cooked into muffins or pancakes will make a delicious and healthy breakfast.

These berries contain antioxidant phytonutrients that help prevent cancer, heart disease and Alzheimer's.

For easier access to delicious berries and all the health benefits they provide, consider planting some of these domestic varieties in your garden landscapes: blueberries, raspberries and thornless blackberries.

Blueberry bushes are expensive to buy and take several years to bear fruits, but they are worth it.

Purchase quality, disease-free stock from a reputable source. Plant in an area with partial to full sun and work plenty of peat moss, rotten sawdust or leaf mold into the soil.

Berry bushes should never dry out, so water regularly in the summer.

But don't let them sit in soggy soil during the winter or they may develop root rot.

The different blueberry varieties will ripen any time from July to September, so select several and extend your harvest season. Harvesting once or twice a week will supply you with nutritious snacks, and they stay fresh in the refrigerator for several days.

Try planting "Patriot" for an early crop, "Blue Crop" for a midseason harvest and "Darrow" for a late harvest.

Protect them from marauding birds by covering them with a net as they ripen.

One of the best features of blueberry

bushes is how lovely they look in the fall. The leaves turn vibrant red and offer a visual treat after harvesting all that delicious fruit.

The main disease problem is "mummy berry," a fungus that turns berries hard, white and inedible.

Remove these diseased berries or the infection will get worse the following year. Fallen berries will release spores as the weather warms.

Raspberries are much less expensive, since they send out runners that can be almost invasive in a cultivated garden.

I enjoy the fall raspberry, like the Heritage variety, because by pruning it properly, it will give a small harvest in July and then a larger harvest in September. Fresh berries for five weeks of the growing season, how great is that?

Raspberries and thornless blackberries need a strong trellis.

Plant a long row in a sunny location, again working in a good mulch of peat or rotten sawdust. Prepare the soil to a greater depth than is needed for blueberries.

Never add lime to the soil when planting any berries. They all want very acidic soil — 4.5-5.5 pH.

Bird damage won't be a problem for blackberries or raspberries, and with good weeding, careful thinning, watering and a new layer of mulch every year, you will rarely have disease problems either.

Most important to remember is a timely harvest. The fruit doesn't last long on the canes.

Pick and eat regularly. That is the easy part.

Raspberry jam is a northwest favorite. New recipes for freezer jam make quick, small batches of jam that can be enjoyed months later and still offer nutritious snacking.

A bit of trivia: There is a small difference between a blackberry and a raspberry.

When you pick the raspberry, there is a hole where the berry was attached. Blackberries don't leave that hole when you pick them.

I invite you to continue visiting your garden regularly, removing weeds and slug habitat.

Then go indoors, snuggle up with a good gardening book and dream about next growing season.

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.

Please recycle me

Community notes

Re-parenting support group

Southwest Youth and Family Services, a re-parenting support group for grandparents and others who are assuming the role of parent to a family member, holds support meetings on the second and fourth Tuesdays of each month in West Seattle.

The group meets at 4555 Delridge Way S.W. from 1-3 p.m.

The group also offers free childcare.

For more information or to get driving directions, contact Nani at 206-937-7680 or Debbie at 206-926-9475.

The group may be contacted via e-mail at dmdmdt62@yahoo.com.

Winter warmth day

The Cascade People's Center is holding a winter warmth day from 11 a.m.-2 p.m. Dec. 8.

The group seeks donations of clean and usable blankets, coats, shoes, boots, hats, gloves, sweaters and sweatshirts.

Donations will be accepted until 6 p.m. Dec. 6.

For more information, contact Debbie at 206-926-9475.



Neighborhood House
Strong Families. Strong Communities. Since 1906.

ADA issues and taxicabs

This is the first installment in a series on ADA issues pertaining to taxi cabs in the city of Seattle.

By **ROBERT CANAMAR**
Special to The Voice

It's a rainy night. You need a ride. One by one, taxicabs pass you — and your service animal — by.

There have been complaints by residents dependent on service animals about cab drivers refusing to transport them when they had a service dog with them.

Complaints went in to the Seattle Office of Discrimination when cabbies left them behind, refusing the fare because of a service dog's presence.

I spoke with Doug Morrison, president of the Resident Action Council (RAC) first. He said that he got involved because someone from SHA told him about it.

He said that he contacted Greg Bell from the Department of Discrimination, and asked him to come to a RAC meeting to discuss the issue.

Also invited to the meeting were Craig Leisy from the Seattle Department of Executive Administration, consumer affairs unit, and Brett Houghton, community builder to RAC with Seattle Housing Authority.

At the meeting it was discussed how to make a complaint, as well as what cabbies can and cannot do.

In the meeting, Mr. Leisy explained that there are four reasons for refusing a fare:

1. If the driver has already been dispatched on another call

2. If the passenger is acting in a disorderly or threatening manner or behaving in a manner that would cause a reasonable person to believe that the driver's health and safety, or the health and safety of others, may be endangered

3. If the passenger cannot show ability to pay the fare

4. The passenger refuses to state a specific destination upon entering the taxicab

Any reason other than these is a reasonable complaint.

Some things that cabbies cannot do include talking on a cell phone while the passenger is in the cab, not giving a receipt (script users are exempt from this), not taking the most direct route to the passenger's destination (if the customer wants to go a certain route, Mr. Leisy says that the driver is obliged to follow the customer's course), and, of course, refusing to accommodate a service animal with the passenger.

A for-hire driver must also be neat and clean and provide customers with professional and courteous service at all times. Rudeness is not allowed.

Not all users have this experience.

Aaron McLaughlan, who lives on Capi-



PHOTOS BY ROBERT CANAMAR

Tim Guice (above), a City of Seattle employee, conducts a safety inspection of a taxicab. Placards listing the passenger complaint hotline (left) are required in all taxicabs. If the raised lettering on the sign is chipped or damaged, a cab driver has two weeks to replace the sign, or the cab could be put out of service.



tol Hill, said, "I have had problems with just about everything in a cab before I had to get my scooter, but the attitude about my service dog, Gretchen, was the worst."

If you have a problem with a cab driver, and you cannot resolve it, there are a couple of things that you can do.

If it involves an ADA issue, such as

service dogs, you can call the dispatch number and complain to the operator. Or you can call the Department of Discrimination and lodge a formal complaint. That number is 206-733-9378.

In the next issue, we will explore how the taxicab industry is attempting to solve these problems.

A vaccination can fend off the flu this season

PUBLIC HEALTH, SEATTLE AND KING COUNTY

Flu shots are an excellent way to improve the chances that you and those around you will stay healthy during the flu season.

Starting this month and through the fall and winter months, health care providers and Public Health centers throughout the county will be offering influenza vaccinations.

"The flu shot has great benefits for the community by protecting all of us, especially those most at risk for complications," said Dr. David Fleming, Director and Health Officer for Public Health, Seattle and King County. "Flu vaccine protects people by reducing the risk of getting the flu and reducing its severity, and flu shots also protect those who cannot get immunized, such as infants and adults with weakened immune systems, by reducing influenza among their contacts."

Anyone who wants protection against the flu should receive flu vaccine. Flu vaccine is especially recommended for people who are at high risk for complications from the flu, including:

- * Children aged 6 months until their fifth birthday
- * Pregnant women
- * People 50 years of age and older
- * People of any age with such chronic medical conditions as heart disease, lung disease (including asthma), kidney disease or diabetes
- * People who live in nursing homes and other long-term-care facilities
- * People who live with or care for those at high risk for complications from flu should also be vaccinated, including household contacts of persons at high risk for complications from the flu; household contacts and out-of-home caregivers of children less than 6 months of age (these children are too young to be vaccinated); and healthcare workers

Influenza is a highly contagious illness that causes an average of 36,000 deaths and over 200,000 hospitalizations every year in the United States. Pneumonia is the most common complication in high-risk groups.

Influenza, unlike the common cold, has a swift onset of severe symptoms beginning with two to seven days of fever, headache, muscle aches, extreme fatigue, runny nose and sore throat, and a cough that is often severe and may last seven days or more.

Where to get a flu shot

This year, flu vaccine manufacturers plan to make available over 130 million doses of vaccine nationally, more than ever before.

Flu shots will be available at doctors' offices and clinics, Public Health centers and other providers. Some providers may also have available the live attenuated intranasal vaccine, or "FluMist."

For complete information about influenza and where to receive a flu shot, call Public Health's Information Line at 206-296-4949 or visit the Flu Season Web pages at www.metrokc.gov/health/immunization/fluseason.htm.

Persons at high risk for influenza-related complications may also need immunization against pneumococcal pneumonia. This vaccine needs to be given only once to most people, with a one-time revaccination recommended for people with certain medical conditions.

Persons should talk to their health care provider about this vaccine.

Cost of flu shot

Flu and pneumococcal vaccines are covered by Medicare Part B. If you have Medicare coverage and belong to a managed care plan or HMO, you should go to your regular health care provider.

If you do not have Medicare insurance,

the fee for a flu shot at Public Health, Seattle and King County clinics is \$25. For intranasal flu vaccine, the fee is \$33, and for the pneumococcal pneumonia vaccine, \$39, with a sliding scale based on income.

Costs vary for flu and pneumococcal vaccines through other providers.

The federal- and state-funded Vaccines for Children program subsidizes the cost of children's vaccine at most health care clinics. This program now includes funding for flu vaccine for all children ages 6 to 59 months of age.

Families may want to check with their clinic or physician about this program.

Stop germs, stay healthy

Good health manners, such as covering coughs and washing hands, avoiding close contact with ill people, and staying home from work and school when ill, can be very effective in preventing transmission of disease, including the flu.

Public Health recommends that you cover your mouth and nose with a tissue when you cough or sneeze. If you do not have a tissue, cough into your sleeve.

Wash your hands often, especially after coughing, sneezing or using the bathroom. If you do not have access to water, use alcohol-based hand gel.

Adults and children should stay home from work and school when sick.

For more information on good health manners and to view educational materials, visit Public Health's Stop Germs Web page at www.metrokc.gov/health/stopgerms. Residents and organizations of King County can order Stop Germs posters in seven languages.

Providing effective and innovative health and disease prevention services for over 1.8 million residents and visitors of King County, Public Health - Seattle & King County works for safer and healthier communities for everyone, every day.

Elections

Continued from front page

No. 7.

Incumbent Sally Clark faces challenger Judy Fenton in the race for Position No. 9.

For Position No. 5, incumbent Tom Rasmussen is running unopposed.

On the County Council, Republican John Potter challenges incumbent Dow Constantine, a Democrat, for the District No. 8 seat.

In District No. 6, Democrat Richard Pope challenges Republican Jane Hague.

Democrat Larry Gossett is running unopposed in District No. 2. Democrat Larry Phillips is running unopposed in District No. 4.

In Port of Seattle races, Gael Tarleton and Bob Edwards are vying for Position No. 2, while Alec Fiske and Bill Bryant are running for Position No. 5.

King County Assessor Scott Noble, a Democrat, faces challenger Jim Nobles, a Republican.

In the race for King County Prosecuting Attorney, interim prosecutor Dan Satterberg, a Republican, faces challenger Bill Sherman, a Democrat.

Satterberg has served as interim prosecutor since long-time King County Prosecutor Norm Maleng died of a heart attack in May.

For more information on the upcoming general election, including detailed information about candidates and measures on the ballots and to find your polling place, go to www.metrokc.gov/elections. An election guide is available in Chinese at www.metrokc.gov/elections/ch/index_ch.htm.

For information on statewide ballot measures, go to vote.wa.gov/Elections/Measures2007.aspx.

For more information on the city election, go to www2.ci.seattle.wa.us/ethics/votersguide.asp.

Many local food banks ramp up services for the holidays

By **CLAIRE MCDANIEL**
Seattle Housing Authority

It's that time of year when the weather gets cooler, the days are shorter, the leaves turn gold and red, and our thoughts turn to the holidays.

A big part of the holiday season is good food and lots of it. It's not easy for some of us to afford a feast or to feed our extended family during Thanksgiving and Christmas.

One resource for residents of SHA communities is our local food banks.

If you have access to a computer at your local library or technology center, you can visit Food Lifeline for a list of food banks in Western Washington at www.foodlifeline.org/hunger/distribute/index.html or the City of Seattle Food Bank Resource Directory at www.seattle.gov/humanservices/csd/survivalservices/emergencyfood/foodbanks.htm.

Northwest Harvest, a statewide hunger relief agency, also has a Web site at www.northwestharvest.org.

Seattle has over 30 food banks serving various parts of the city.

In King County, nearly 90,000 people request food from food banks each month. Forty percent of the adults who use food banks are working people who use as much as half their income to pay for rent. This leaves little for food.

It's important to find out the days and times of operation for each food bank and what particular group they are serving at that time. Food banks generally have special schedules for Thanksgiving and Christmas.

Here are a few highlighted food banks:

Northwest Community Services Food Bank

4205 Rainier Ave. S.
Seattle WA 98118
206-723-4105
Email: NWCommunityServices@q.com

Northwest Community Services (NWCS) provides emergency services to low-income families in Southeast Seattle.

It serves all ZIP codes but encourage clients to go to their local food bank.

Regular NWCS schedule:

Saturdays, 9:30 a.m. – 2 p.m. for general public

Wednesdays, 9:30 a.m. – 2 p.m. for seniors and disabled

Every third Friday, 9 – 11 a.m., is baby day

For homebound service, caregivers can pick up a bag every Friday from 9 – 11 a.m.

Holiday hours for Thanksgiving:

Nov. 17, 9 a.m. – 2 p.m. for general public

Nov. 20, 9 a.m. – 2 p.m. for seniors

Christmas food distribution:

Dec. 19, 9 a.m. – 2 p.m. for seniors

Dec. 22, 9 a.m. – 2 p.m. for general public

NWCS is located in the heart of the Rainier Valley. This central location makes it easier for people who must take the bus or walk to get food. The majority of its clients are from Beacon Hill and Rainier Valley.

NWCS distributes fresh fruits and produce, bulk grains, peanut butter, baby food, pasta and dairy products. Food is collected from two nonprofit food distribution agencies.

It also receives significant support from area grocery stores. NWCS coordinates its services with other organizations such as food banks, shelters, emergency services, private businesses, and social service agencies.

All donations go directly to feeding people.

West Seattle Food Bank

3419 S.W. Morgan St.

Seattle, WA 98126

206-932-9023

Email: wsfb@teleport.com

Fran Yeatts, Executive Director

Clients need to bring picture identification and one additional proof of address such as a bill with their name and address on it.

Regular hours of operation:

Tuesday, 10 – 11 a.m. for seniors only

Wednesday, 4 – 7 p.m. for the general public

Thursday, 10 a.m. – 1 p.m. for the general public

The West Seattle Food Bank offers emergency bags to individuals on Mondays and Fridays from 9 a.m. – 3 p.m.

Thanksgiving holiday distribution:

Nov. 19, 10 – 11 a.m. for seniors only

Nov. 19, 4 – 7 p.m. for the general public

Nov. 20, 10 a.m. – 1 p.m. for the general public

Home deliveries only on Nov. 21.

West Seattle Food Bank will be closed at 3 p.m. on Nov. 21 and all day Nov. 22 and 23 for the Thanksgiving holiday.

Christmas Holiday schedule:

Holiday food distribution will be at regular hours on the week before Christmas.

West Seattle Food Bank will be closed on Dec. 24 and 25 for Christmas.

There will not be a senior distribution during the weeks of Christmas and the New Year's holiday.

The West Seattle Food Bank will be closed on Dec. 31 and Jan. 1 for the New Year's holiday.



PHOTO COURTESY NORTHWEST COMMUNITY SERVICES FOOD BANK

A volunteer at Northwest Community Services Food Bank stands ready to distribute beverages to visitors.



PHOTO COURTESY NORTHWEST COMMUNITY SERVICES FOOD BANK

Visitors gather outside the Northwest Community Services Food Bank.

Beacon Avenue Food Bank

6230 Beacon Ave. S. at the corner of Beacon Avenue and Graham Street

Gretchen Tryon, Administrator

The food bank is open for food distribution on Wednesdays and Fridays from 12 – 2 p.m.

Beacon Avenue Food Bank clients must show original state identification. The only data they compile is name, ZIP code, number of people and break down of the families served. Clients may come once a week. There are no ZIP code restrictions.

Holiday food distribution:

Nov. 21, 11 a.m. – 2 p.m.

It will be closed Nov. 23 for Thanksgiving.

Dec. 19 – 21, 12 – 2 p.m.

It will be closed Dec. 24 through Jan. 1 for Christmas and New Year's.

Beacon Avenue Food Bank will resume its normal hours of 12 – 2 p.m. on Jan. 2.

In 2006, Beacon Avenue Food Bank provided supplemental food to 15,238 families. These families included 13,062 seniors, 14,557 adults, 15,754 children and 246 infants, for a total of 43,620 individuals.

It serves a culturally diverse clientele, including Vietnamese, Cambodian, Ming, Laotian, Chinese, Bosnian, Russian, Hispanic, African American and Caucasian people.

Green Lake Plaza Food Bank

This resident-run food bank has been in existence for 11 years and is managed by Green Lake Plaza resident Glenn Slemmer.

The Green Lake Plaza Food Bank is unique because it hands out large volumes of fresh fruits and vegetables.

(Most food banks aren't able to store them so they shy away from anything that spoils quickly.)

Slemmer goes to the store at 4 a.m. every Sunday to sort the produce. He then loads the fruits, vegetables, eggs, pastries and bread, and takes them to Green Lake Plaza by noon, where the food is distributed by the local community council from 4 – 7 p.m. that same day.

For its other food stuffs, the Green Lake Plaza Food Bank gets food from Food Lifeline and Family Works Food Bank, and partners with Solid-Ground (<http://www.solid-ground.org/Pages/Default.aspx>).

Every second Wednesday, Solid-Ground delivers 42 boxes full of fresh and frozen food.

Green Lake Plaza Food Bank will be distributing on its regular schedule for the holidays.

If you need more information, call Slemmer at 206-524-9603 between 6 a.m. and 12:30 p.m. Monday through Friday.

Essay contest open to all King County eighth-graders

KING COUNTY CIVIL RIGHTS COMMISSION

The King County Civil Rights Commission has opened the Ninth Annual Dr. Martin Luther King, Jr. Writing Essay Contest to all eighth-grade students who attend public and private schools in King County.

The theme of the contest is "The Beloved Community."

The contest is meant to encourage middle and junior high student to think about Dr. King's legacy of peace and justice.

Contest rules:

1. The essay must be between 750 and 1,000 words and must be typed and doubled spaced on white 8.5" by 11" paper.

2. Contestants must submit one typed original and one typed copy of the essay, by mail.

3. The name, address, home phone number, e-mail address, school, grade and age of student author must be submitted on a cover page, accompanying the essay. Do not place your name on any other page.

4. All essays must be in English and include a bibliography, utilizing at least one book source, but no more than one web site source.

5. All essays will be judged on the author's: knowledge of Dr. King and his work in the Civil Rights Movement, originality of ideas, development of point of view, insight into the essay theme,

clarity of expression, organization, and grammar.

6. All essays submitted become the property of the Commission and may be displayed on County web pages, in County publications, in local publications, and in the King County Tunnel. Submitted essays will not be returned.

A \$100 prize will be awarded for first place, as well as \$75 for second place and \$50 for third.

All essays must be postmarked by Friday, Nov. 30 and mailed to King County Civil Rights Commission, 400 Yesler Way, Room 260, Seattle, WA 98104. Essays postmarked after that date will not be considered.

Winners will be notified by mail. Awards will be presented to the winners at the Annual King County Dr. Martin Luther King Jr. Day Celebration on Jan. 10, 2008 in downtown Seattle.

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couples@gottmanresearch.com

Credits & Disclaimers
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Mail to: PPC, 4000 Aurora Ave. N., Seattle, WA 98133 Fax: 206-461-1285
 E-mail: classmgr@nwlinc.com w/subject line "The Voice"

TRANSLATIONS

TRANSLATED ARTICLES FROM THE VOICE

Protect your home from mold and mildew

ការការពារផ្ទះរបស់អ្នក គំរូឱ្យមានសុខភាពល្អ

ក្នុងរដូវក្តៅជាក់ស្តែងមកដល់ហើយ,យើងតែងតែបិទបន្ទប់ ច្រើនដើម្បីបង្កើតកំដៅ ។ នេះអាចបង្កើតឱ្យមាន ចំណាយសេរីនៅក្នុងផ្ទះរបស់អ្នកដែលបណ្តាយ ឱ្យមានផ្ទះស្បែកបើកឱ្យមានការណាញ់ទៅនោះ។ ស្បែកអាចចាប់ផ្តើមមាននៅក្នុងទីកន្លែងដែលអាចបង្ក រាងកាយមានជំងឺនៅកាលណាមានផ្ទះស្បែកឬស្បែក ច្រើននៅតាមផ្ទះរបស់អ្នកបណ្តាលឱ្យប៉ះពាល់ដល់ សុខភាពក្នុងគ្រួសាររបស់អ្នក។

អ្នកត្រូវតែមានការណែនាំពីការពារមិនឱ្យមានផ្ទះស្បែក ឬស្បែកនៅក្នុងផ្ទះអ្នកដូចមានកម្មវិធីខាងក្រោម : នៅពេលអ្នកធ្វើប្រតិបត្តិការណាញ់កុំឱ្យមាន ចម្លាយសេរីនៅទីកន្លែងចម្រុះ។

បើកចម្លងទុកយ៉ាងតិច១ម៉ោងបន្ទាប់ពីធ្វើប្រតិបត្តិ នៅពេលដែលលោកអ្នកមុនទឹកប្រើទឹកក្តៅនៅ ប្រាសាទត្រូវបើកចម្លងចោលនៅបន្ទប់ទឹកអោយបាន ១ម៉ោង។ បើលោកអ្នកបើកម៉ាស៊ីនច្រោក-ហាងខោ- អាវអ្នកត្រូវបើកចម្លងឬបើកបន្ទប់ដើម្បីឱ្យចំហ យចេញទៅក្រៅការពារមិនឱ្យឱ្យស្បែកឬស្បែកនៅក្នុង បន្ទប់ច្រោក។ បើលោកអ្នកបាលសំបុកបំពាក់ នៅក្នុងផ្ទះអ្នកត្រូវបើកបំពាក់នៅបន្ទប់នៅក្នុង បន្ទប់ចម្រុះឬបណ្តាលឱ្យមានផ្ទះស្បែកដែលសេរី មនោះ,បើអាចត្រូវបង្កើតនៅតាមបន្ទប់ដេកចំ ហរឬនិចនៅពេលមុនអ្នកសម្រាន ។ បើសិនជា មានផ្ទះស្បែកឬមានឱ្យក្នុងបន្ទប់ក្នុងផ្ទះរបស់អ្នក គឺ មានលិចឬខ្លៅខ្លាំងតាមជំងឺក្នុង ឬ នៅតាមកន្លែង ពិមានដែលជាហេតុនាំឱ្យលោកអ្នក មានជំងឺលិច ក្បាលជាដើម ។

ដើម្បីសម្រាកនៅកន្លែងដែលមានស្បែកឬឱ្យកន្លែង នោះ លោកអ្នកត្រូវតែយកអំបិលលាយជាមួយទឹកក្តៅកំពុង កំដៅទឹក១លីត្រ អំបិល៤ស្លាបច្រោយបញ្ចូល លាយហើយបោកមុខទឹកនោះអ្នកត្រូវតែពាក់មួក ម៉ែត្រនិងការ ពារស្បែក និងភ្នែក ។

Protect your home from mold and mildew

Защитайте свой дом от плесени и милдью

Во время холодов мы все закрываем окна и включаем отопление. Это может создать влажность в домах, которая, в свою очередь, может привести к образованию плесени. Плесень растёт во влажных и тёплых местах. Чем больше её появляется, тем больше вероятность, что это создаст угрозу для здоровья вашей семьи. Следуйте следующим советам, чтобы не допустить плесень и милдью в свой дом:

Когда вы готовите еду, включайте вентилятор над плитой, чтобы убрать влагу из кухни. Оставьте вентилятор включённым хотя бы на час после окончания готовки. Как только кто-нибудь принимает душ или ванну или пользуется проточной водой в раковине, включите вентилятор в ванной хотя бы на час. Если вы делаете стирку в стиральной машине тёплой или горячей водой, откройте, если возможно, окно и включите вентилятор в прачечной. Если вы развешиваете вещи для просушки в доме, включите вентиляторы на кухне и в ванной, чтобы предотвратить скопление влаги в комнате.

Когда только возможно, приоткрывайте немного окно спальни перед отходом ко сну. Если плесень всё же вырастет в вашем доме, то она будет выглядеть как чёрные пятна, растущие на стене или потолке. Чтобы очистить её, протрите заплесневевшие поверхности раствором из четырёх чайных ложек отбеливающего средства и галлона воды. Наденьте резиновые перчатки и защитные очки.

Protect your home from mold and mildew

Wagtiga qaboobaha jira annaga dhammaan waxaan xirnaa daaqadaha waxaana daarnaa kuleelka , Kan wuxuu abuuraayaa in guryaheenna u keeno mold Mold ku dhasha kukaylka kaasoo sababa caafimaad xumo oo qoyskaaga Raaca xaaladahaan soo socda ka fogee Moldka aqalkaaga . Marka aad karinayso waxaad shidda waxa loo yaqaan Fan korkiisa ah jikada si ay u caawinto jikada oo qalajiso. Ka tag Faanka ugu yaraan Hal saac isagoo shidan marka aad dhammeysato kaddib karinta . Qof kasta qubaysanaya ama

biyaha socda halka biyuhu ku dhacaan xoogaa daqiiqado ah shid Fanka hal saac . .Haddii uu kuu sicda makiinadda dharka lagu dhaqo kulaylka ama biyo la'aan fur dariishadda haddii ay suurtagal thayna Fankana shid qolka dhar dhaqidda.. .Wax kasta suurtagal ah dariishadaha fur inta aadan seexan . Haddii Moldka ku fido gurigaaga m kaasoo ui eg madow derbiga dushiisa . si loo nadiifiyo xoq 4 qaado oo Bleech ah iyo Hal Galloon oo biyo ah , adigoo xiranaya Galoofyo iyo wax kaa ilaaliyo isha wax ku dhaca.

HÃY GIỮ CHO CĂN NHÀ CỦA BẠN KHÔNG BỊ MỐC MEO VÀ ẨM THẤP

Trong mùa lạnh, tất cả chúng ta đều đóng cửa sổ lại và bật sưởi lên. Điều này có thể gây ra ẩm thấp trong nhà chúng ta, và dẫn đến mốc meo. Mốc meo mọc lên ở những nơi ẩm thấp và ẩm. Chúng càng mọc lên nhiều càng gây hại đến sức khỏe cho gia đình bạn. Hãy làm theo những chỉ dẫn sau đây để nhà bạn không bị mốc meo hay ẩm thấp: Khi nấu ăn, hãy bật quạt lên để làm cho nhà bếp được khô khan, hãy để quạt chạy 1 tiếng đồng hồ sau khi nấu ăn. Bất cứ lúc nào có người đi tắm, hay xả nước trong nhà tắm, thì hãy bật quạt trong nhà tắm lên ít nhất là một giờ đồng hồ.

Nếu bạn chạy máy giặt quần áo với nước ấm hay nước nóng, hãy mở cửa sổ nếu có thể được hay mở quạt trong phòng giặt quần áo. Nếu bạn phơi quần áo trong nhà, hãy bật quạt trong nhà bếp hay trong nhà tắm để phòng hơi ẩm không đọng lại trong phòng. Khi có thể được, hãy mở hé cửa sổ trong phòng ngủ trước khi bạn đi ngủ. Nếu mốc meo mọc trong nhà bạn, nó sẽ giống những chấm đen mọc lớn dần ở tường hay ở trần nhà. Để chùi rửa nó, hãy pha 4 muỗng thuốc tẩy –bleach- với 1 gallon (tương đương 4 lít) nước, mang bao tay và kính bảo hộ, dùng vải thấm vào nước (pha chế) đó và lau chùi bề mặt (có mốc meo).

Protect your home from mold and mildew

លេខ១១ អំពីការពារផ្ទះរបស់អ្នក

ក្នុងរដូវក្តៅជាក់ស្តែងមកដល់ហើយ,យើងតែងតែបិទបន្ទប់ ច្រើនដើម្បីបង្កើតកំដៅ ។ នេះអាចបង្កើតឱ្យមាន ចំណាយសេរីនៅក្នុងផ្ទះរបស់អ្នកដែលបណ្តាយ ឱ្យមានផ្ទះស្បែកបើកឱ្យមានការណាញ់ទៅនោះ។ ស្បែកអាចចាប់ផ្តើមមាននៅក្នុងទីកន្លែងដែលអាចបង្ក រាងកាយមានជំងឺនៅកាលណាមានផ្ទះស្បែកឬស្បែក ច្រើននៅតាមផ្ទះរបស់អ្នកបណ្តាលឱ្យប៉ះពាល់ដល់ សុខភាពក្នុងគ្រួសាររបស់អ្នក។

អ្នកត្រូវតែមានការណែនាំពីការពារមិនឱ្យមានផ្ទះស្បែក ឬស្បែកនៅក្នុងផ្ទះអ្នកដូចមានកម្មវិធីខាងក្រោម : នៅពេលអ្នកធ្វើប្រតិបត្តិការណាញ់កុំឱ្យមាន ចម្លាយសេរីនៅទីកន្លែងចម្រុះ។

បើកចម្លងទុកយ៉ាងតិច១ម៉ោងបន្ទាប់ពីធ្វើប្រតិបត្តិ នៅពេលដែលលោកអ្នកមុនទឹកប្រើទឹកក្តៅនៅ ប្រាសាទត្រូវបើកចម្លងចោលនៅបន្ទប់ទឹកអោយបាន ១ម៉ោង។ បើលោកអ្នកបើកម៉ាស៊ីនច្រោក-ហាងខោ- អាវអ្នកត្រូវបើកចម្លងឬបើកបន្ទប់ដើម្បីឱ្យចំហ យចេញទៅក្រៅការពារមិនឱ្យឱ្យស្បែកឬស្បែកនៅក្នុង បន្ទប់ច្រោក។ បើលោកអ្នកបាលសំបុកបំពាក់ នៅក្នុងផ្ទះអ្នកត្រូវបើកបំពាក់នៅបន្ទប់នៅក្នុង បន្ទប់ចម្រុះឬបណ្តាលឱ្យមានផ្ទះស្បែកដែលសេរី មនោះ,បើអាចត្រូវបង្កើតនៅតាមបន្ទប់ដេកចំ ហរឬនិចនៅពេលមុនអ្នកសម្រាន ។ បើសិនជា មានផ្ទះស្បែកឬមានឱ្យក្នុងបន្ទប់ក្នុងផ្ទះរបស់អ្នក គឺ មានលិចឬខ្លៅខ្លាំងតាមជំងឺក្នុង ឬ នៅតាមកន្លែង ពិមានដែលជាហេតុនាំឱ្យលោកអ្នក មានជំងឺលិច ក្បាលជាដើម ។

ដើម្បីសម្រាកនៅកន្លែងដែលមានស្បែកឬឱ្យកន្លែង នោះ លោកអ្នកត្រូវតែយកអំបិលលាយជាមួយទឹកក្តៅកំពុង កំដៅទឹក១លីត្រ អំបិល៤ស្លាបច្រោយបញ្ចូល លាយហើយបោកមុខទឹកនោះអ្នកត្រូវតែពាក់មួក ម៉ែត្រនិងការ ពារស្បែក និងភ្នែក ។

លោកអ្នកត្រូវតែយកអំបិលលាយជាមួយទឹកក្តៅកំពុង កំដៅទឹក១លីត្រ អំបិល៤ស្លាបច្រោយបញ្ចូល លាយហើយបោកមុខទឹកនោះអ្នកត្រូវតែពាក់មួក ម៉ែត្រនិងការ ពារស្បែក និងភ្នែក ។

លោកអ្នកត្រូវតែយកអំបិលលាយជាមួយទឹកក្តៅកំពុង កំដៅទឹក១លីត្រ អំបិល៤ស្លាបច្រោយបញ្ចូល លាយហើយបោកមុខទឹកនោះអ្នកត្រូវតែពាក់មួក ម៉ែត្រនិងការ ពារស្បែក និងភ្នែក ។

Protect your home from mold and mildew

លេខ១១ អំពីការពារផ្ទះរបស់អ្នក

ក្នុងរដូវក្តៅជាក់ស្តែងមកដល់ហើយ,យើងតែងតែបិទបន្ទប់ ច្រើនដើម្បីបង្កើតកំដៅ ។ នេះអាចបង្កើតឱ្យមាន ចំណាយសេរីនៅក្នុងផ្ទះរបស់អ្នកដែលបណ្តាយ ឱ្យមានផ្ទះស្បែកបើកឱ្យមានការណាញ់ទៅនោះ។ ស្បែកអាចចាប់ផ្តើមមាននៅក្នុងទីកន្លែងដែលអាចបង្ក រាងកាយមានជំងឺនៅកាលណាមានផ្ទះស្បែកឬស្បែក ច្រើននៅតាមផ្ទះរបស់អ្នកបណ្តាលឱ្យប៉ះពាល់ដល់ សុខភាពក្នុងគ្រួសាររបស់អ្នក។

អ្នកត្រូវតែមានការណែនាំពីការពារមិនឱ្យមានផ្ទះស្បែក ឬស្បែកនៅក្នុងផ្ទះអ្នកដូចមានកម្មវិធីខាងក្រោម : នៅពេលអ្នកធ្វើប្រតិបត្តិការណាញ់កុំឱ្យមាន ចម្លាយសេរីនៅទីកន្លែងចម្រុះ។

បើកចម្លងទុកយ៉ាងតិច១ម៉ោងបន្ទាប់ពីធ្វើប្រតិបត្តិ នៅពេលដែលលោកអ្នកមុនទឹកប្រើទឹកក្តៅនៅ ប្រាសាទត្រូវបើកចម្លងចោលនៅបន្ទប់ទឹកអោយបាន ១ម៉ោង។ បើលោកអ្នកបើកម៉ាស៊ីនច្រោក-ហាងខោ- អាវអ្នកត្រូវបើកចម្លងឬបើកបន្ទប់ដើម្បីឱ្យចំហ យចេញទៅក្រៅការពារមិនឱ្យឱ្យស្បែកឬស្បែកនៅក្នុង បន្ទប់ច្រោក។ បើលោកអ្នកបាលសំបុកបំពាក់ នៅក្នុងផ្ទះអ្នកត្រូវបើកបំពាក់នៅបន្ទប់នៅក្នុង បន្ទប់ចម្រុះឬបណ្តាលឱ្យមានផ្ទះស្បែកដែលសេរី មនោះ,បើអាចត្រូវបង្កើតនៅតាមបន្ទប់ដេកចំ ហរឬនិចនៅពេលមុនអ្នកសម្រាន ។ បើសិនជា មានផ្ទះស្បែកឬមានឱ្យក្នុងបន្ទប់ក្នុងផ្ទះរបស់អ្នក គឺ មានលិចឬខ្លៅខ្លាំងតាមជំងឺក្នុង ឬ នៅតាមកន្លែង ពិមានដែលជាហេតុនាំឱ្យលោកអ្នក មានជំងឺលិច ក្បាលជាដើម ។

ដើម្បីសម្រាកនៅកន្លែងដែលមានស្បែកឬឱ្យកន្លែង នោះ លោកអ្នកត្រូវតែយកអំបិលលាយជាមួយទឹកក្តៅកំពុង កំដៅទឹក១លីត្រ អំបិល៤ស្លាបច្រោយបញ្ចូល លាយហើយបោកមុខទឹកនោះអ្នកត្រូវតែពាក់មួក ម៉ែត្រនិងការ ពារស្បែក និងភ្នែក ។

លោកអ្នកត្រូវតែយកអំបិលលាយជាមួយទឹកក្តៅកំពុង កំដៅទឹក១លីត្រ អំបិល៤ស្លាបច្រោយបញ្ចូល លាយហើយបោកមុខទឹកនោះអ្នកត្រូវតែពាក់មួក ម៉ែត្រនិងការ ពារស្បែក និងភ្នែក ។

លោកអ្នកត្រូវតែយកអំបិលលាយជាមួយទឹកក្តៅកំពុង កំដៅទឹក១លីត្រ អំបិល៤ស្លាបច្រោយបញ្ចូល លាយហើយបោកមុខទឹកនោះអ្នកត្រូវតែពាក់មួក ម៉ែត្រនិងការ ពារស្បែក និងភ្នែក ។