



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



The Voice

April
2008
Articles translated
into six languages

The newspaper of Neighborhood House

Governor Gregoire visits Rainier Vista Center

More than 100 community members, service providers and local officials turn out for special bill signing at RV

BY TYLER ROUSH
The Voice editor

Rainier Vista saw a little bit of history made when Gov. Christine Gregoire visited on March 21 to sign into law 13 bills related to housing in Washington.

With the new legislation came the assurance that homeowners, prospective homeowners and tenants of Washington state would be protected, according to Gregoire.

Shortly before signing the assorted bills, the governor described a vision for Washington state where everyone can own a home; where everyone can live in a safe area, near schools; and where no one is at risk of foreclosure.

"This is the American dream we all grew up with," she said.

She then indicated the group of state Legislators behind her, many of whom were sponsors of the legislation, and said that they were here "to make sure that the American dream is alive and well in Washington state."

Paul Austin, a member of the Association of Community Organizations for Reform Now (ACORN), spoke specifically to the effect that some of the new laws will have on predatory or irresponsible home lending.

"It's important because until today we haven't really had any kind of official watchdog on lending organizations for



PHOTO BY TYLER ROUSH

Flanked on either side by television news cameramen and joined by elected officials and activists, Gov. Christine Gregoire addresses the crowd in Neighborhood House - Rainier Vista Center's Paul Allen Room, shortly before she signed into law a piece of legislation relating to housing in Washington. The governor visited Rainier Vista March 21 to sign 13 different bills, all relating to housing and home construction in Washington state.

Please see "Governor" on Page 2

Washington State Legislative Session ends with good news for housing

BY SHA STAFF

The State Legislative session officially ended on March 14. The session was extremely productive for low-income housing.

Nearly twenty housing-related bills passed and nearly \$80 million in new funding is now dedicated to affordable housing production and services.

The 2008 session was a shorter legislative session than last year's. This is the usual process in Washington because the state's overall budget is developed and passed every two years.

For that reason, the additional funding allocated to housing in this session was

especially significant. The Housing Trust Fund received an additional \$50 million on top of the \$130 million that was established in the budget passed last year.

This fund is used to build low-income housing all across the state. Of the \$50 million in the Trust Fund, \$10 million is dedicated to flood-prone areas, \$2 million will be used for farm housing, and \$250,000 will go to the City of Burien in connection with the Lora Lake Apartments. One hundred thousand dollars is also set aside for the study of cost-reduction strategies.

In addition, two special allocations were

Please see "Housing" on Page 3

Taxes are due April 15

Tax day is right around the corner, and free assistance with preparing your taxes is still available.

Through April 15, visit any of the locations listed later in this article to take advantage of the United Way of King County's Free Tax Campaign.

You don't need an appointment. But because many sites get very crowded, you should arrive as close to the site's opening time as possible for the best chance of getting served.

What to bring with you:

- Any W-2 forms, 1099 forms and other end-of-the year wage statements that you received from all of your employers and sources of income
- Photo identification

- A copy of last year's tax return
- Social Security card or Individual Taxpayer Identification Number and birth date for every person in your household that you support

- Anything else that you think might affect your return, even if you're not sure

If filing jointly, both filer and spouse must be present to sign.

While at your tax preparation session, be sure to ask if you qualify for the Earned Income Tax Credit, which can help you receive a tax refund between \$428 and \$4,716.

For more information, call 211.

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"My goal is to become an automotive engineer and this program helps me see what goes into it. This is just my first step (towards a career)."
— Johnny Nguyen, on how the Asian Counseling and Referral Service's vocational program has started him on a career path. See Page 4.

Neighborhood House
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905 Spruce Street
Seattle, WA 98104

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Health Notes

A column devoted to your well-being

Small changes in diet can help prevent breast cancer

BY PAM MCGAFFIN

It almost sounds too good to be true, but a few simple changes to your diet can significantly reduce your risk of breast cancer — a disease that affects one in eight American women and more than 1,500 men annually.

“You just have to do a little planning,” says Heidi Lucas, a naturopathic physician at Seattle Cancer Treatment and Wellness Center and former community educator at Bastyr University. “It’s not difficult.”

In the United States, one woman in eight either has or will develop breast cancer in her lifetime, according to the National Breast Cancer Foundation. This year, an estimated 211,000 women and 1,600 men will be diagnosed with the disease and 43,300 women and 400 men will die.

At Seattle Cancer Treatment and Wellness Center — which integrates standard oncology with naturopathy, Chinese medicine and other complementary treatments — Lucas is one of three naturopathic doctors who help patients fight cancer through diet and nutrition.

Here are her major recommendations:

- **Favor good fats:** Cut back on animal fats, including red meat, and add fish oil (high in disease-fighting omega 3 fatty acids) to your diet. Your grandmother was right. A tablespoon of cod liver oil a day can keep the doctor away. And, if you put it in a fruit smoothie or some yogurt, you won’t even taste it.

- **Balance blood sugar:** Studies have linked breast cancer rates to elevated blood sugar levels. In fact, sugar is the preferred fuel of cancer cells. To balance your blood sugar, limit white-flour and processed foods, and make sure each meal includes a quality protein (beans, fish, nuts) and a good source of fiber (fruits, vegetables and whole grains).

- **Speaking of fiber:** The recom-

mended daily intake is 30 grams. (A cup of black beans, for example, has 19 grams and a half-cup of broccoli has four grams.) Along with drinking plenty of water, fiber helps rid the body of toxins. For a good source of fiber that also helps with hormone balance, add ground flax seed to your diet as well as cruciferous vegetables such as broccoli, cauliflower, cabbage and kale.

- **Protein’s a plus:** Adequate protein is important to immunity. Choose high-quality, low-fat protein sources including organic, free-range chicken and turkey; deep, cold water fish such as halibut and salmon; organic, hormone-free dairy products; and beans, lentils and nuts.

- **Vitamin D:** Make sure you’re getting enough vitamin D, the so-called “sunshine vitamin” also found in fish oils, fortified milk and other foods. Besides its role in bone health, vitamin D has been shown to regulate cell growth. A deficiency of vitamin D has been associated with the most common cancers, including breast cancer.

- **Green tea and spices:** Drink plenty of green tea, rich in anti-cancer flavonoids or plant pigments, and spice your dishes with turmeric and ginger, known for their anti-cancer properties.

Lucas is particularly big on legumes, which she says deliver a lot of bang for their buck in terms of protein, fiber and vitamins.

“If you have a food processor, you can get a can of organic beans for \$1, add in roasted red pepper, chipotle, almonds, garlic and salt, and have a good, nutritious spread in 10 minutes,” she says.

One more thing: “If you look down at your plate and it’s beige, don’t eat it!” she says with mock alarm. “Your plate should have at least three colors on it.”

For more information and cancer-fighting tips, call 206-FOR-HOPE (367-4673) or visit www.seattlecancerwellness.com.

Governor

Continued from front page

home lending,” he said. “A house is one of the biggest investments families make in their lifetimes, and I’m just grateful that our state has the vision to finally put something like this in place.”

What the legislation will do

The following bills that favor low-income housing were among those signed by the governor on March 21:

Housing Finance Commission Debt Limit: Raises the debt capacity of the

Housing Finance Commission by \$500 million, making it possible for nonprofit housing developers to obtain additional bond financing for their projects.

Mobile Home Preservation Law: Provides an excise tax exemption to mobile home park owners who sell to a tenant organization or nonprofit.

New Condo Conversion Law: Owners must provide 120 days notice to tenants whose units are to be converted, along with relocation assistance.

Fair Zoning: Prohibits discrimination against affordable housing development.

SHA, KCHA united in effort to end homelessness

BY MARTHA GALVEZ, SHA,
AND KCHA STAFF

For the past three years, the Seattle and King County housing authorities have worked with King County government in a unique cooperative funding effort to create new housing and supportive services for homeless people — an effort supported by the Committee to End Homelessness in King County (CEH).

In total, this collaboration has dedicated more than \$44 million in federal, state and local funds and loans to develop 215 housing units across the county, in 61 different programs. SHA contributed more than 100 Section 8 Housing Choice vouchers to the initiative, for a total investment of \$5.3 million in five years. Meanwhile, KCHA awarded 63 subsidies totaling about \$2.5 million.

KCHA, SHA and King County awarded funding to housing and service providers through a competitive process based on criteria that the committee developed. All of the programs combine stable housing with services such as case management, mental health, recovery assistance and education.

The programs also help reach the goals of the Ten Year Plan to End Homelessness in King County. The program model is based on the understanding that many homeless households face complex challenges and need a mix of services — in addition to housing — in order to be successful.

Funding was awarded to housing and service providers in three rounds in 2006 and 2007. The local funds — which are administered by King County — came from the Homeless Housing and Services Fund. The state Legislature created that fund in 2005 when it passed the Washington State Homeless Housing and Assistance Act (ESSHB 2163). That Act established a new \$18 document-recording fee dedicated to funding homeless programs, with three quarters of the money distributed at the local level.

The first time dollars from the Housing and Services Fund were awarded was in October 2006, when eight local projects received more than \$6 million, including 55 Section 8 Housing Choice vouchers from SHA and 10 from KCHA.

In February 2007, an additional \$15 million in grants and loans — including \$167,000 in SHA vouchers and \$96,120 in KCHA vouchers — were awarded to 29 projects serving homeless youth between the ages of 18 and 24.

The third and final round of awards was in December 2007. Twenty-five projects received \$23 million in grants and loans, including 40 SHA vouchers and 48 KCHA vouchers. The programs will be funded for five years.

Examples of projects using SHA vouchers include the YMCA of Greater Seattle’s resource center for homeless youth in south Seattle, the Evergreen Treatment Center in downtown Seattle, and Catholic Community Services’ youth center in the University District. In each case, SHA vouchers are being used to create new units

of affordable housing.

Examples of projects using KCHA vouchers through these funding rounds include supportive housing for families, veterans, and youth. In addition, KCHA has piloted a new subsidy program that both housing authorities are using to allow service providers to master-lease apartments from landlords and sublet them to homeless households.

Those households also receive intensive home-based services, such as mental health services and chemical dependency treatment. KCHA also continues its efforts to serve disabled and homeless households in the county through the Housing Access and Services Program (HASP), which is now the largest disability voucher program in the country.

When King County adopted its Ten Year Plan to End Homelessness in 2005, the local community recognized KCHA’s Executive Director Stephen Norman’s expertise and commitment to ending homelessness and asked him to co-chair the Interagency Council of the Committee to End Homelessness, which is the oversight group that directs the organization’s new initiatives and programs.

KCHA’s Communications Director Rhonda Rosenberg sits on the Communications/Public Relations Committee and Homeless Housing Initiatives Director, Debbie Thiele, participates in a number of CEH committees and task forces.

SHA also has long been an active participant in the committee’s campaign to alleviate homelessness in King County.

Executive Director Tom Tierney sits on CEH’s Interagency Council, SHA Communications Director Virginia Felton is a member of CEH’s Communications/Public Relations Committee, and Lisa Cipollone-Wolters, SHA’s Director of Advocacy and Rental Assistance Programs, participates on the Legislative Advocacy Committee.

Each summer, Cipollone-Wolters (SHA) and Thiele (KCHA) join a committee-led group of King County housing advocates to Washington, D.C. for the National Association to End Homelessness’ annual conference. The group includes such members as CEH Director Bill Block, Seattle City Attorney Tom Carr, and city and county government representatives. In meetings with legislators, the advocates present Washington state housing agendas that emphasize the importance of the role in Section 8 funding and other federal programs in ending homelessness.

The Housing Authorities continue to advocate for much-needed Section 8 funds. In April, a group of KCHA and SHA Directors and board members will return to Washington, D.C. with a group of Washington housing industry professionals for the National Association of Housing and Redevelopment Officials’ annual conference. While in the capital, the group plans to meet with legislators to advocate for housing programs.

“Vouchers are a key tool in the fight against homelessness,” said Cipollone-Wolters, “and we will continue to advocate for much-needed Section 8 funding.”

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.

Calling all volunteers!

Neighborhood House is seeking volunteers for events coming up in the next two months.

If you would like to volunteer for Neighborhood House Head Start Reading Week, April 14-17, contact Volunteer Coordinator Jen Rosenbrook at jenr@nhwa.org or 206-461-8430, ext. 255.

NH is also in need of several volunteers for our 7th Annual Breakfast Celebration, taking place May 14. For more information and to sign up, please contact Jen.

The Courage to Change

BY LEELEE INSPIRATION
Special to *The Voice*

Change — a word that can bring feelings of uncertainty, as it often requires letting go of the familiar and embracing the unknown. Change that brings exciting gains like a raise or a surprise greeting card in the mail is uplifting and celebrated.

However, change that brings hardship, like an unexpected breakup, job layoff, or death of a loved one can be dreadful and feared.

When change requires that we experience loss, it often takes courage to rebuild a sense of serenity and trust in life. We are required to “take lemons and make lemonade” as the saying goes. And that is exactly what Mary did after being diagnosed with hepatitis.

“I was having fun, working two jobs and went in for a routine exam and found out I had hepatitis. I don’t even know how I got it ... and I didn’t have any symptoms,” she said. According to *Alternative Medicine – The Definite Guide*, hepatitis is described as the inflammation of the liver that is associated with damage to or death of liver cells.

In 2002, hepatitis was reported in 20-30 cases per 100,000 people in the US. The American Liver Foundation recognizes five different types of viruses (A, B, C, D, and E); the type of virus that Mary contracted is often transmitted through blood transfusion.

The key symptom of hepatitis is extreme fatigue but can also include loss of appetite, weight loss, fever, vomiting, rashes and pain in joints.

Although Mary didn’t recognize any symptoms initially, she became depressed after her diagnosis, and her health began to decline.

“I had to have injections in my stomach and take loads of pills, I lost my hair, became weak with no energy and was just sick, always sick,” she said.

At the time Mary was living in California, and her declining health prompted her sister, a resident in Seattle, to visit. Her sister convinced her to drive back to Seattle with her, and Mary never turned back.

That was four years ago, and when Mary arrived in Seattle she made drastic changes in her lifestyle. She was able to secure disability benefits and public housing that helped her have a solid foundation to begin rebuilding her life.

She became committed to improving her health and the first change came with eliminating all alcohol and drugs from her life.

“I stopped drinking. I stopped smoking weed and started taking care of my body,” she said.

Mary explained that she started doing research online about what kinds of nutrients help replenish the body. She started going to the gym and started losing weight. Soon Mary was able to stop treatments, and her body regained a sense of strength.

As Mary’s health continued to improve, she remembered her passion for making homemade hair and skincare treatments.

“My sister came over after visiting the mall with some skincare products complaining about how much she spent and I said, ‘Watch! I’ll make us something and it will be better than that,’” Mary recalled

Resources from Mary

Mary said the first step to changing her life and improving her health was gaining a renewed sense of personal responsibility and commitment to self-care. Her family was also instrumental in supporting her while she faced new challenges.

Community resources are also available by contacting the Community Information line at 211 or 206-461-3200 if calling from a cell phone.

The Hepatitis Education Project/Resource Center provides confidential screening and support services and can be reached at 206-732-0311 or online at www.hepeducation.org. You can also call the Harborview Medical Center free Nurse consultant hotline at 206-744-2500 for basic healthcare questions.

She explained how she whipped into the kitchen and mixed a batch of lemon peel, orange peel, lemon juice, olive oil and sea salt together and made a natural skincare treatment that she uses to detoxify her skin.

Lemons are noted in the *Alternative Healthcare Guide* as being therapeutic.

A diagnosis of hepatitis challenged Mary. She responded by developing a better respect for herself, a closer relationship with her sister/best friend, and reclaimed her passion for natural treatments.

Mary had the courage to change lemons into lemonade — or actually lemon body scrub — and now believes “I can deal with anything that comes my way.”

Leelee Inspiration is a freelance writer living in Seattle, WA. She is a disabled resident of the Seattle Housing Authority, Section 8 program.

On March 21, Governor Christine Gregoire signed thirteen housing-related bills at a ceremony at Rainier Vista, including several pertaining to homeownership programs and lending practices (see related story on Page 1).

Earlier in the legislative session the Governor signed the Washington Families Fund bill with \$6 million in funding. This fund helps with the housing for homeless people throughout the state.

The Transitional Housing, Operating and Rent (THOR) bill was passed by both houses with \$2.5 million, but has yet to be signed by the governor.

The program provides up to two years of rental assistance, transitional facility operating subsidies, and case management to help families and individuals transition to permanent housing and self-sufficiency.



One to grow on

Garden tips for community gardeners

Cool, wet spring season typically yields blooming crop of salad greens

BY ANZA MUENCHOW
Special to *The Voice*

Looking over the last couple of years, I always started my April article saying, “Isn’t this a particularly cool spring this year,” or something about the cold days of March. Yes, we do live in a climate with cold springs. So, that means we’ll have a bumper crop of greens again this year, probably lasting all the way until the end of June.

As the days are getting longer and the rains keep the soils moist, the leafy greens in our gardens are really responding. Prized salad greens grow best in this weather, and are an easy crop for even a beginner.

Spring leafy greens will need a lighter soil with high fertility and good drainage. Add lots of compost and an extra source of nitrogen, either composted manure, worm castings or fish or blood meal.

When buying fertilizer, the first of the three numbers on the fertilizer package will give you the nitrogen content.

That number should be significantly larger than the other two numbers, maybe three to five times larger. I particularly like the leaf lettuces because you can be picking off their leaves for weeks or months even, and the plants continue to produce.

I plant very thickly and then continue thinning these as we eat our way through spring. Romaine lettuce is a hardy producer and a regional favorite; remember not to crowd this variety — it needs room to fill out.

Though they can be delicious, I have difficulty with the soft buttercrunch varieties. They grow slowly and sweetly and the slugs find their way into the heads and ruin the crop. So, romaine is the primary “heading” lettuce I recommend for new gardeners.

But there are so many more leaves to try in our salads. I fell for baby turnip greens a few years ago. This is a turnip variety that does not produce a large root. I have been saving these seeds for years now.

They grow so quickly and the leaves are easy to snip off with scissors. They grow very much like arugula, which is also easy to save seed for.

Just toss a handful of these two types of

seeds into a well-dug bed in March or early April and you’ll be harvesting these salad greens all through May, and perhaps June if it stays cool.

And of course, if you planted your beets in early spring, they will need to be thinned and you can add those little leaves into your salad mix. Remember that the beet seed is actually a small fruit which sprouts several plants from each “seed.” Thus, to avoid crowding the developing roots, you will need to thin your beets.

Salad growers all over the Northwest have their favorite “designer” salad mixes. Experiment with what your family likes best.

Try tiny kale and mustard leaves which are very fast growing. Don’t forget the perennial plants that add zest to a salad.

We grow a couple kinds of sorrel and love the lemony, tartness on sandwiches and in salads. Add snippets of salad burnett, fennel fronds and watercress.

And while you are snipping through the garden, add the tips of some chick weed, which is a healthy, little treat. Perhaps add a couple tips from your pea vines, which are also a treat in a salad.

As we get into June you’ll need a different strategy for growing your salad greens. Many of these early spring greens will start flowering and producing seeds. Leave a couple blooming plants, tie them to a stake and tag them so you can save the seeds for next spring. Compost the rest, as they will lose their sweet flavors.

For summer greens try planting New Zealand spinach, mizuna, purslane and black seeded Simpson lettuces. I’ve had good production from other lettuces, like slowbolt and valmaine.

Generally you’ll want to plant a short row of greens every month to have a regular diet of green salad. Besides keeping them well-watered, try to give them a spot in your garden with afternoon shade.

Enjoy the spring time. Keep growing your food and your community.

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.

Community notes

Register your child for Neighborhood House Head Start

Do you know a child who has trouble:

- Learning?
- Behaving?
- Playing?
- Hearing?
- Moving?
- Talking?

Some children may need extra help to be able to play and talk the way other children their age do.

Neighborhood House Head Start Prenatal to Five serves all children and families who live in the garden communities. Early Head Start and Head Start are good places for children with Special Needs.

If you are pregnant or have children who have not yet turned three, call

Michale Lew at 206-760-9330, ext. 10 for enrollment information. If you have children who are 3 – 5 years of age call Sintayehu Eshetu at 206-461-8430, ext. 247 for more information.

Free blood pressure screening

Sixty million Americans have high blood pressure and don’t even know it.

To combat this silent epidemic, Providence ElderPlace is offering free community blood pressure screenings April 11.

All are welcome to have their blood pressure checked and to pick up informational resources on treatment and prevention.

The free screenings will take place from 3-6 p.m. April 11 at Providence Gamelin House, located at 4514 Martin Luther King Jr. Way S.

Housing

Continued from front page

made of \$10 million each. One will fund the Rapid Response Loan Fund and the other \$10 million will fund the Nonprofit Equity Fund.

The Rapid Response Loan Fund will make low-interest (0-3 percent) loans and grants to eligible organizations, including cities, for the purpose of purchasing land or real property for affordable housing and community facility development.

Any rental housing produced or acquired through this Rapid Response Loan Program must be preserved for at least 30 years.

The Nonprofit Equity Fund will be used to help nonprofit housing developers build multi-family low-income apartments.



Neighborhood House

Strong Families. Strong Communities. Since 1906.

People from different walks of life find career paths through vocational program

By CARINA A. DEL ROSARIO
Asian Counseling and Referral Service

Anthony Chen, 22, just arrived from China. He wanted to pursue a business career, but lacked the English skills and experience to get started.

Johnny Nguyen, 19, wanted to become an automotive engineer.

After getting out of the military, Daren Valdez, 34, fell on hard times and moved back in with his parents. He wanted to get back on his feet, and needed to get a good-paying job.

All three share the same desire to get on the path to a rewarding career, and turned to Asian Counseling and Referral Service (ACRS) for help.

ACRS partners with South Seattle Community College and Seattle Jobs Initiative to offer free, three- and six-month skills training programs in specific fields, and provides case management to people with low incomes, so they can become self-sufficient and realize their dreams. It is now recruiting new students for its automotive, welding and office occupations programs.

At South Seattle Community College, Nguyen and Valdez are dressed in blue jumpsuits and goggles. They are in the second quarter of the automotive program. After spending the morning in a classroom, learning about brakes, electrical systems and honing their math skills, they are now in the garage.

Nguyen is under the hood, checking fluids for the brakes, radiator and steering wheel while Valdez wrestles with a tire, trying to remove it from the wheel.

"The instructors are helpful," Valdez says. "You learn in class then actually practice on the cars."

Nguyen wants a career that will interest him while at the same time allow him to support his family.

"I always liked cars," he says. "My goal is to become an automotive engineer and this program helps me see what goes

into it. This is just my first step (towards a career)."

In addition, Nguyen and Valdez get plenty of help from ACRS Vocational Case Manager Sam Him.

"Sam's a good guy. He gives us emotional support, tells us we're doing a good job. It's good to have encouragement come from him," Valdez says.

Him also helps students by providing gas and bus vouchers, housing, child care — whatever they need to stick with the program.

After they complete the coursework, Him also helps them find and apply for jobs, develop résumés and practice for their interviews.

Although the program itself is like a full-time job, both Nguyen and Valdez say it's worth it.

After finishing the program, they will be able to get jobs with a starting wage of \$13 to \$15 an hour, plus benefits.

Anthony Chen is proof of how the program can get a person on a career track. In 2006, Chen completed ACRS' office occupations program and now works at International Community Health Services as a patient representative, helping patients schedule appointments, explaining procedures and what they need to do.

"When I came to ACRS, I was just a regular jobseeker, looking for a regular job," Chen recalls.

He had been working at a fast-food restaurant when he first arrived in the United States, but really wanted to get an office job with a future.

Him knew Chen would benefit from English-as-a-Second-Language classes and the office occupations program since they would help him improve his communication skills and also learn other skills needed to work in an American office.

"This program helped me step by step," Chen says. Following his graduation, "because I didn't drive, Sam helped me find jobs in my area where I could take the bus. He would compare my skills with



PHOTOS PROVIDED BY ASIAN COUNSELING AND REFERRAL SERVICE

Johnny Nguyen and Daren Valdez (above, left to right) work in an automotive class at South Seattle Community College, part of a training program offered through ARCS. Anthony Chen (right) turned a visit to ACRS into a job as a patient representative for International Community Health Services.



the job announcements so I could find something that matched. He helped me find this job."

Now that he's landed on the path he wanted, Chen says he's already planning for the future.

"I want to stay in the health care field, but move into different areas," he says. "I want to learn more skills so I can have more knowledge to help people."

Him says that ACRS' Vocational Services offers something for everyone. "If

you are just out of high school, or are new to the country, or if you just want to change to a different kind of work, this program can help you build the skills you need. It's a commitment, but it's something that will really help people move forward."

For more information about Asian Counseling and Referral Service's Vocational Program, call 206-695-7569. ACRS is now recruiting new students for its free, automotive, welding and office occupations programs.

Taxes

Continued from front page

Seattle

Lake City Neighborhood Service Center, 12525 28th Ave. N.E.

5 to 9 p.m. Tuesdays

11 a.m. to 3 p.m. Saturdays

Rainier Beach Community Center, 8825 Rainier Ave. S.

5 to 8 p.m. Wednesdays

11 a.m. to 3 p.m. Saturdays, Sundays

Seattle Public Library downtown branch, 1000 Fourth Ave.

Noon to 7 p.m. Tuesdays, Wednesdays, Thursdays

Noon to 4 p.m. Saturdays

1 to 5 p.m. Sundays

Yesler Community Center, 917 E. Yesler Way

5 to 9 p.m. Thursdays

10 a.m. to 2 p.m. Saturday

Auburn

Auburn Valley YMCA, 1620 Perimeter Road S.W.

6 to 9 p.m. Thursdays

10 a.m. to 2 p.m. Saturdays

Bellevue

Hopelink, 14812 Main St.

1 to 5 p.m. Tuesdays

5 to 9 p.m. Thursdays

10 a.m. to 2 p.m. Saturdays

Burien

ACORN of King County Prosperity Center, 134 S.W. 153rd St.

5 to 9 p.m. Thursdays

10 a.m. to 2 p.m. Saturdays

Federal Way

Multi-Service Center, 1200 S. 336th St.

5 to 8 p.m. Wednesdays, Thursdays

Kent

Alliance Center, 515 W. Harrison

5 to 8 p.m. Tuesdays, Thursdays

9 a.m. to noon Saturdays

Seatac

Airport Jobs Office at SeaTac Airport

5 to 9 p.m. Thursdays

10 a.m. to 2 p.m. Saturdays

The Village at Angle Lake Community Services Building, 4040 S. 188th St.

5 to 8 p.m. Tuesdays

10 a.m. to 2 p.m. Saturdays

Shoreline

Hopelink, 15809 Westminster Way N.

(next to Marshalls in the Aurora Square Plaza)

5 to 9 p.m. Wednesdays

10 a.m. to 2 p.m. Saturdays

White Center

Salvation Army, 9050 16th Ave. S.W.

5 to 9 p.m. Tuesdays, Wednesdays

9 a.m. to 1 p.m. Saturdays

White Center Assembly, 10237 16th Ave. S.W.

5 to 9 p.m. Thursdays

11 a.m. to 3 p.m. Saturdays

Seniors: Learn how to take advantage of your stimulus payment

By WALLY WALTON

SHA Resident

Hi seniors, are you aware that if you meet certain conditions, your government wants to give you at least \$300 this year? Nice little windfall, huh?

The conditions are, first and foremost, that even if you are not otherwise required to file a tax return, you must file to receive the stimulus payment.

What you need to do

All you have to do to get the stimulus payment is file a Form 1040A and report at least \$3,000 in qualifying income on the form. You can include the amount of your social security benefits to qualify for the stimulus payment. You may get a file 1040A at your library.

Qualifying income

Add the amount of your Social Security benefits to other qualifying income, such as wage earnings or certain benefits paid by the Department of Veterans Affairs, to reach the \$3,000 requirement. However, Supplemental Security Income (SSI) does not count as qualifying income for the stimulus payment.

What you fill out

You will enter your name, address, Social Security Number, and filing status on the form. Then just enter the amount of benefits reported to you in January on Form 1099-SSA on Line 14a of Form 1040A. If you don't have Form 1099-SSA, you can estimate your Social Security benefits by taking the monthly amount you received last year and multiplying it by the number of months you received a check. If you need to include wage earnings to reach the \$3,000 qualifying level, enter that amount on Line 7 of Form 1040A.

In addition, you should write the words "Stimulus Payment" at the top of the 1040A.

When you have completed your 1040A mail to: Department of the Treasury, Internal Revenue Service, Fresno, CA 93888-0002

Is the stimulus payment taxable next year? No!

Will this payment affect the amount of SSA benefits you receive? No!

Will it be counted on my income for my SHA rent calculation? No!

When will I receive my payment? The IRS will begin mailing checks in early May.

NH supports town halls to combat underage drinking

By VOICE STAFF

Project HANDLE of Neighborhood House has received a \$500 federal grant to assist five East African communities in hosting town halls to combat underage drinking.

The funding was provided by the United States Department of Health and Human Services' Substance Abuse & Mental Health Services Administration.

Through a request from the Washington state Division of Alcohol and Substance Abuse (DASA), Neighborhood House will be the fiscal agent to three East African communities and provide space to host two town halls.

Underage drinking is a leading public health problem in the United States. On an average day in 2006, 7,970 teens drank alcohol for the first time, a much higher number than began smoking or trying illicit drugs.

Alcohol use among children and adolescents starts early and increases rapidly with age.

As part of a national effort to help communities in their efforts to stop underage drinking, a series of Town Hall Meetings took place across America during the week of March 31–April 4.

This nationwide effort is supported by the Interagency Coordinating Committee for the Prevention of Underage Drinking.

"Underage drinking affects every community," said Katie Mitchell, program manager for Project HANDLE.

Recently, Mitchell and Project HANDLE Director Warya Pothan attended the Coalition of Anti-Drug Communities of America (CADCA) conference to advocate



Rep. Patrick Kennedy (D-RI) and Project HANDLE Program Manager Katie Mitchell (left) pose for a photograph during the Capitol Hill Rally Day February 11 in Washington, D.C. Project HANDLE Director Warya Pothan and Dr. Drew Pinsky (right) also braved a chilly day to participate in the rally.



PHOTOS CONTRIBUTED

for underage drinking prevention.

Pothan was selected from among over 5,000 coalition leaders in the nation as one of 14 members of CADCA's Coalition Advisory Committee (CAC).

As a member of the committee, Pothan can bring this region's substance abuse issues into the national forum.

"It is important to provide information to

our diverse communities, so that they can lead in designing their prevention strategies," Pothan said.

At the CADCA conference, the team from Project HANDLE met with U.S. Representative Patrick Kennedy and Dr. Drew Pinsky to discuss this issue.

Project HANDLE is funded by Substance Abuse Mental Health Services Ad-

ministration, Center for Substance Abuse Prevention and the Office of National Drug Control Policy.

Neighborhood House hosted an underage drinking town hall at Rainier Vista April 2.

Somali and Oromo youth groups hosted their underage drinking town hall March 23.

Spring cleaning? Sure — but make sure it's deep

By DAN MORRIS
Special to The Voice

It's time for what most people call "spring cleaning." I call it "deep cleaning."

The deep cleaning of homes is something that needs to be done at least once a year — more often if someone in your household has allergies or if two or more people live in your apartment or you have pets.

Once you put in the time to do a good, deep cleaning of your home, you'll find that daily and weekly maintenance is much easier, and that your apartment or house will always feel cleaner. It will also be much healthier.

To start out, remember that deep cleaning means cleaning all areas of your house, both places you can see and places you can't see. Clean the tops of shelves, cupboards, and doors; clean behind and under refrigerators; clean under beds, sofas and couches; clean inside of cupboards and closets. In a word, clean everywhere.

Here are some rules of thumb I follow when I deep-clean my own home.

Now is the time to clean out and reorganize your things. Be strong and throw out or give away things you haven't used in the last year. The fewer items you have sitting

around, the fewer you'll have to dust and go through every time you clean.

Before you start deep-cleaning, deal with things you want to keep but don't use very often — small things that clutter your home. Clean those and organize them and put them in storage boxes. This way you'll both reduce the amount of dust in your home and make dusting easier: Better to dust the top of a single box than to dust the tops of eight pairs of shoes you rarely wear during weekly maintenance.

Get everyone in the household involved. Make this a family project. Everyone contributes to the deep-down dirt, and when you are done, everyone gets to share in the satisfaction of having a really clean apartment. Assign each person, kids included, to a different task or part of your apartment. When you are done with your part, there will be plenty more to do.

Be prepared. Have everything you need to clean before you start: broom, mop, rags and sponges, cleaning products (remember, vinegar and baking soda make great cleaners), garbage bags, and so forth. If you have rugs or carpeting, start with a fresh vacuum bag.

Always clean from top to bottom. Clean the top of a closet first, the floor of a closet last. The top of a cabinet first, the bottom shelves

last. Be sure to use a sturdy stepladder when you're cleaning high and out-of-the-way spots. If you follow this rule of thumb, the last thing you'll do is mop or vacuum.

Open doors and windows while cleaning, and turn on your kitchen and bathroom exhaust fans. This will allow dust raised and chemicals used to be drawn to the outside.

Now is a good time to wash comforters, blankets and curtains or at least take them outside and give them a good shake. (You can get even more dirt out of such things you aren't washing by putting them in a dryer on the "fluff/no heat" or "air dry" cycle for 20 minutes or so.)

Don't forget to clean refrigerator coils and drain pans (usually found under the fridge). The drain pan is a common source of mold.

Don't stop until you're done! Except for lunch and a short break or two, keep on cleaning until the job is entirely done.

During a really thorough deep cleaning, everything and every place in your house will be touched at least once. The first deep cleaning will be the hardest; after that, it gets easier and easier. Remember, though, that deep cleaning is only the beginning: Weekly cleaning — damp dusting and vacuuming — is a must if you're to maintain a clean and healthy home.

Don't forget your houseplants!

Plant experts recommend cleaning houseplants once or twice a month through the year. Removing dust from the foliage of your houseplants keeps them attractive and allows them to receive the maximum amount of light. Cleaning also can go a long way toward controlling some insect pests.

There are a number of things people can do to ensure effective houseplant cleaning, according to Barb Fick, consumer horticulturist with the Oregon State University Extension Service.

Dust the leaves with a damp cloth or sponge — or simply rinse plants with a gentle shower of water. Try putting one damp cloth or sponge in each hand to clean the upper and lower leaf surfaces at the same time.

To develop a high shine on many foliage plants, rub the leaves gently with soft cheesecloth or a very soft brush.

Beware of commercial leaf polishes. They are usually not necessary and can be toxic to the plant. Just warm water and a soft cloth will do the trick. If you really want to use a leaf polish, test it first. Apply it to a couple of leaves, rinse off the excess, and wait a couple of days to see if the plant tolerates it. Make sure to cover the soil with plastic to prevent contamination. Do not allow your plant cleaner to accumulate in the leaf bases, and avoid using leaf cleaners on flowers and buds.

To clean plants such as African violets that have fuzzy leaves, use a blush or makeup brush you reserve for just this use.

--Courtesy Oregon State University Extension Service

Tickets to see Dalai Lama have been distributed

There has been a great deal of interest in the "Seeds of Compassion" workshops that are being held in mid-April and are being sponsored by the Dalai Lama. All tickets have been distributed and there are no more opportunities to obtain tickets. If you were fortunate enough to receive a ticket, please be sure to take advantage of this opportunity and attend the event.



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10am-1pm

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 - Find out if you are eligible for health insurance.
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-
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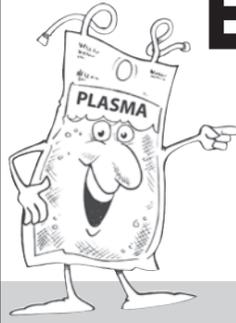


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The mission of the Seattle Housing Authority is to enhance the Seattle community by creating and sustaining decent, safe and affordable living environments that foster stability and self-sufficiency for people with low incomes.

A sea of stories
MEET BOYD DINGMAN
See Page 3



SHA NEWS

April
2008

News and information about Seattle's neighborhoods

Wheels on the bus: Your guide to Seattle Metro

Editor's note: In this first part of The Voice's series on riding Seattle Metro, we will focus on planning your trip and waiting at the bus stop.

By CLAIRE MCDANIEL
Seattle Housing Authority

You would think that riding the bus was a straightforward proposition, but I've learned over the last eight years, since I gave up my car when I lived in Belltown, that there is a procedure (official and unofficial) and etiquette specific to Seattle Metro.

Planning your trip

To find out which bus to take, where to catch it and what time it is scheduled to arrive, I swear by the Metro Rider Information Line, 206-553-3000. Once you get through to the recorded message, you'll be prompted to dial 0. I prefer it to the online Trip Planner because I can talk to a live person. Be prepared with full addresses or

cross streets of your starting point and destination, and what time you'd like to arrive. Be sure to have a pen and paper handy to write everything down and take the paper with you. I usually call for the bus information the day before my trip.

The Trip Planner (<http://transit.metrokc.gov/>) is also useful. You will need to fill out a form online that asks for where your trip starts, where your trip ends, the date of your trip, what time you either intend to leave or arrive, how far you want to walk, what is most important to you – fastest trip, fewest transfers or minimal walking, and whether you require accessibility assistance due to some type of disability. There may be similar streets and specific abbreviations that you will need to select from to be sure

Please see "Wheels" on Page 6



PHOTO BY CLAIRE MCDANIEL

Riders board a Seattle Metro bus on a recent morning. Seattle Metro can be a reliable, cost-effective and environmentally friendly means for getting around the city, but there are some tricks that beginning riders should know.

SHA to coordinate planning for reuse of Fort Lawton

By SHA STAFF

The City of Seattle has chosen the Seattle Housing Authority to manage the planning process for the reuse of 31 acres of land at Fort Lawton, an army base located at the northeast corner of Discovery Park in the Magnolia neighborhood.

Brian Sullivan, a development manager with SHA has been assigned the lead in coordinating the process for the agency. Sullivan played a key role in the planning for the High Point redevelopment, working with residents and other stakeholders to design a new neighborhood that would meet the community's needs.

In addition to the Housing Authority, a number of nonprofit partners are also involved on the planning team. Partners include the YWCA, United Indians of



PHOTO BY GEORGE NEMETH

Brian Sullivan, a development manager with Seattle Housing Authority, speaks at a community stakeholder meeting in Magnolia on March 14.

All Tribes, the Archdiocesan Housing Authority, Habitat for Humanity and the Cascade Land Conservancy.

Nearly a dozen community stakeholder groups — including the Committee to End Homelessness in King County, Heron Habitat Helpers, the Discovery Park Advisory Council, and neighborhood residents — are also involved in the process.

"We agreed to take on this project because our experience in redevelopment over the past ten years has honed our skills in planning new mixed-income communities," said Seattle Housing Authority Executive Director Tom Tierney. "We believe we can work within the requirements of the process for closing this base to repair the damage to the site from years of intensive use and knit it

back into the neighborhood."

The reuse process is controlled by Base Closure and Realignment Commission (BRAC) guidelines issued by the federal government. Under this program, preference is given to new uses that incorporate housing for homeless people.

The city's goal for the site is to create a mixed-income community that will include housing with services for formerly homeless people; self-help housing; housing for first time home buyers; and market rate housing.

Seattle Housing Authority looks to bring these elements together to create a community that is livable, diverse, environmentally friendly, and fits into the surrounding neighborhood. At the same

Please see "Fort Lawton" on Page 2

April 8 deadline to sign up for SHA's Section 8 waiting list lottery

By SHA STAFF

People who want to enter the lottery for a chance at a place on the new waiting list Seattle Housing Authority is creating for its Section 8 program have until midnight Tuesday, April 8, to mail in their sign-up forms.

The forms are available at many SHA buildings and offices and at all branches of the Seattle Public Library, at neighborhood and community centers, and at in-city service centers of the Department of Social and Health Service.

The sign-up form is also available for downloading and printing from the Seattle Housing Authority Web site at www.seattlehousing.org.

Forms must be mailed to the address provided on the form and postmarked no later than Tuesday, April 8. SHA will not accept forms dropped off in person or faxed or mailed to other addresses.

Everybody who enters the lottery by the deadline will receive an acknowledgment from SHA. By May 9, the agency will send letters telling people whether they won a place on the new waiting list, and, if they did, what their position on the list is. SHA expects to create a waiting list of at least 4,000 households.

For up-to-date information on the lottery and where to obtain the sign-up forms, call 206-239-1674.

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Two resident self-sufficiency programs receive additional funding

By JEFF ARNIM
Seattle Housing Authority

The U.S. Department of Housing and Urban Development (HUD) announced in early March the award of \$700,000 in grant funding to two programs working to help Seattle Housing Authority residents achieve self-sufficiency.

Awarded as part of HUD's Resident Opportunities and Self Sufficiency (ROSS) grant, \$350,000 has been earmarked for The Job Connection program at SHA.

An additional \$350,000 has been awarded to Community Psychiatric Clinic (CPC) to support mental health programs for Seattle Housing Authority residents.

The ROSS grant will be used by The Job Connection to assist residents in the areas of employment, job placement, retention and career advancement.

From its five Seattle locations — at Seattle Housing Authority communities in NewHolly, Rainier Vista, High Point and Yesler Terrace, and also in Lake City — The

Job Connection provides occupational interest assessments and step-by-step plans to help residents reach employment goals that meet their occupational interests.

"Any Seattle Housing Authority resident, Section 8 recipient, or relocated HOPE VI resident is eligible," said Laura Lakings-Becvar, employment services coordinator with SHA.

The Job Connection has partnerships with local businesses such as Safeway, Nordstrom and Absher Construction, and uses these partnerships to help place clients in jobs that offer living wages and benefits.

Staff members are multi-cultural, multi-lingual and representative of the communities where they work.

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

The program helps clients work toward a greater level of self-sufficiency. Services are tailored to each individual's unique career goals, and staff work with residents to develop life plans that identify the skills,

experiences and education necessary to obtain employment with living wages and benefits.

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

"We also make referrals to partner agencies for supportive services such as food, clothing, childcare, education and training," Lakings-Becvar said. "In addition, we provide training in résumé development, application completion and interviewing skills development."

Community Psychiatric Clinic is a nonprofit organization that currently partners with Seattle Housing Authority to provide mental health case management assistance for public housing residents who risk losing their apartment as a result of emotional or mental distress.

Residents struggling with mental illnesses work with CPC to schedule confi-

dential appointments with mental health case managers, either in the buildings where they live, or other locations convenient for them.

Case managers work with residents to identify the strengths, skills and support needed to ensure their continued independence, stability and well being.

CPC will use their ROSS grant to provide continued support for this program.

ROSS grants are awarded by HUD to public housing authorities, resident organizations, or nonprofit organizations acting on behalf of residents to encourage self-sufficiency among people living in public housing.

Funding from the grants allows these agencies to do a number of things, including developing educational programs, enhancing employment services, and linking residents with support services such as childcare and transportation, as part of helping them move toward self-sufficiency.

"This funding helps a wide range of people who live in public housing," said HUD Secretary Alphonso Jackson. "It gives families the resources they need to get the education or training they need to find jobs. It also helps our most vulnerable with supportive services that allow them to live on their own."

Dan Goodman discovers new career through The Job Connection

By CLAIRE MCDANIEL
Seattle Housing Authority

Dan Goodman was unemployed for three years after the gas station where he was working closed down. He was living with his then fiancée and her son at Lake City House where they kept receiving information about The Job Connection.

"I figured I'd give it a shot," he said. "And I got into the bug business, and it's been really good!"

Goodman knew that without a high school diploma he'd never make more than \$9, \$10, maybe \$11 an hour. He worked hard and got his GED.

He was thinking about going to community college to become an accountant but he couldn't afford to wait that long to get a steady paycheck.

"When I went to The Job Connection I talked to Larry Hill (a job placement specialist). He helped me do a résumé and asked me what I'd be interested in doing,"

Goodman said.

He told Larry Hill that he had heard about a job fair that Boeing was hosting. Suggesting an alternative, Hill told him, "I could probably get you into the pest control business."

Goodman interviewed with Seattle Housing Authority's Bill Peterson, part of a six-person panel. "I was just happy to get the job. I've been doing really good at it. I got my pest control license earlier than I was supposed to," Goodman said.

"I really enjoy working with bugs ... now," Goodman said. "I went on a pest control job at a highrise apartment where an Asian woman, who didn't speak much English, lived. She wouldn't let us in the first time. The second time we had to show her the picture of a cockroach on the side



Dan Goodman

of our bait bottle. She immediately let us in then!"

When Goodman saw the cockroach infestation in the woman's apartment he said he "screamed like a little girl."

"My partner told me, 'It kind of scares people when you do that.' I told him I have never seen that many bugs before in my life!"

He has learned to deal with it better now.

Goodman hopes to become full time with Seattle Housing Authority. If not he'll try to get with a big pest control company.

"I can see a future in this," he said.

The Job Connection has branches in High Point, Rainier Vista, NewHolly, Yesler Terrace and Lake City. For more information, you can visit their Web page at www.seattlehousing.org/residents/forresidents/employmentresources/jobconnection.html or call Laura Lakings-Becvar, employment services coordinator, at 206-937-3292, ext. 302.

Fort Lawton

Continued from front page

time, the agency needs to meet requirements set by the U.S. Department of Defense and the U.S. Department of Housing and Urban Development.

The development also needs to meet the needs of the community and the city, and must be financially viable.

"Our challenge is to address all of these hopes for the site by working with the neighborhood, the various partners and the guidelines for re-use," Sullivan said. "We will need to pay close attention to the concerns of the neighborhood and to encourage creativity in the site planning process."

Seattle Housing Authority and the city of Seattle are in the process of identifying a design and planning firm to assist with the process.

A series of neighborhood meetings is scheduled with the goal of developing a plan for the site by next fall.

City increases temporary fuel surcharge for taxicab trips originating in Seattle

Last month, the city of Seattle authorized raising the temporary fuel surcharge to \$1.50 per trip for taxicab trips originating in Seattle. The surcharge is added to the fare on the taximeter and is also added to the \$28 flat rate to the airport from downtown.

As a result of the taxicab fuel surcharge, the fare for a typical five-mile trip with no time charges will rise from \$13.50 to \$14, or approximately 4 percent.

The previous surcharge, implemented on April 11, 2007, was \$1 per trip. This marks the second time the surcharge has been raised to \$1.50.

The first time the fuel surcharge was increased to \$1.50 was May 21, 2007; it dropped back to \$1 on June 22, 2007, and has remained there since.

The surcharge is intended to offset the economic impact of recent increases in fuel costs paid by Seattle taxicab drivers.

The city is authorized to impose a taxicab fuel surcharge if the price of a gallon of unleaded regular gasoline, as published by AAA (www.fuelgaugereport.com/WAmetro.asp), exceeds a specified trigger point.

The \$1.50 surcharge may be authorized when the price for a gallon of regular gaso-

line is at or above \$3.40 for 14 days. The price of regular gasoline in Seattle exceeded \$3.40 on Feb. 28, according to the AAA. The \$1.50 surcharge is normally effective until the price of a gallon of regular gasoline declines below \$3.40 and stays there for 14 days.

A printed notice announcing the \$1.50 per trip fuel surcharge must be displayed on all Seattle taxicab dashboards.

It is also possible the surcharge could be increased. Should the price of a gallon of regular gasoline exceed \$3.90 for 14 days, a \$2 surcharge may be authorized.

There are 651 taxicabs and approximately 1,500 taxicab drivers in Seattle. Drivers are dispatched via four taxicab associations: Farwest Taxi, North End Taxi, Orange Cab and Yellow Cab. Eight of the 651 cabs have temporary licenses issued as part of the wheelchair accessible taxicab demonstration project, which ends in Dec. 2008.

Passengers with complaints about taxicab service should note the taxicab name and number, as well as date and time of day, and call 206-296-TAXI (8294). All complaints will be promptly investigated and resolved by the taxicab associations.

Board meeting scheduled for April 21

Seattle Housing Authority's Board of Commissioners generally meets on the third Monday of the month at 5 p.m. at the Housing Authority's Central Office at 120 Sixth Ave. N.

The next meeting is scheduled for

April 21.

Meetings occasionally get cancelled if there are no specific business items to discuss.

Therefore, it is best to visit the SHA Web site online at www.seattlehousing.org, to make sure that the meeting is taking place, if you plan to attend.

About The Voice

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

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

Pleasant Valley Plaza's "old salt" recalls life at sea

By TYLER ROUSH
The Voice Editor

When Boyd Dingman got his start in the fishing business, he recalls that the king salmon he caught would sell for eight cents per pound.

"Now they're paying \$10.50," he says, then points over his shoulder to a decades-old photograph of a 70-pound salmon, caught on one of his many outings.

"That fish would be \$735," he quickly calculates, getting a perfect score on his multiplication.

The Pleasant Valley Plaza resident, who last month celebrated his 90th birthday,



PHOTO BY TYLER ROUSH

A sailor's cap and fishing nets, two symbols of a life at sea, adorn a corner of Boyd Dingman's apartment in Pleasant Valley Plaza.

got his start as a commercial fisherman in 1935, hand-trolling out of a rowboat in Ketchikan, Alaska.

He followed his father, who left for Alaska during the Great Depression.

Dingman hitched a ride up on a fishing boat, paying the crew with a half-crate of eggs.

When he

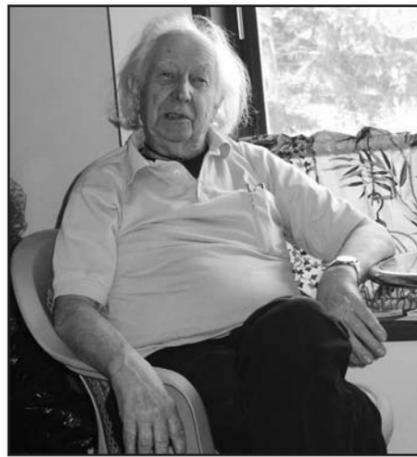


PHOTO BY TYLER ROUSH

Boyd Dingman, in his apartment at Pleasant Valley Plaza, spent parts of eight decades as a fisherman.

found his father in Chatham Strait, Dingman says he wasn't too impressed by the work.

"But that country casts a kind of a spell on you, so I went back the next year," he says.

Hand-trolling was not exactly a lucrative business — he left after his first venture with just \$50 or \$60.

But he kept at it and, in 1940, partnered with his half-brother and two other men in buying and fixing up a seine boat.

Dingman eventually earned enough money to buy the other three men out. He was in his early 20s.

Whose view is this?



PHOTO BY VIRGINIA FELTON

Last month's "Whose View" depicted the view from Beacon Tower.

Among the correct entries that The Voice received, Boe Oddisey's entry was drawn as the winner. Congratulations to Boe!

This month we feature a new view. Send your answers to the question,

"Whose view is this?" to Tyler Roush at tyler@nhwa.org or mail them to 905 Spruce St., Suite 200, Seattle, WA 98104.

All correct entries will be entered into a drawing each month for a \$15 gift card to Safeway, QFC or Bartell Drugs.

Deadline for submission of entries is the 15th of the month.

Long-time ties to the area

Dingman's family ties to the area date back more than 130 years.

His grandfather homesteaded in Kitsap County "in the early '80s," as Dingman puts it — the 1880s.

In doing so he passed up an opportunity to buy a dairy farm near what is now South Lake Union, at a cost of \$17 per acre.

"He pert-near bought it, he really should have. But you see, he could homestead right away because he'd been in the service,"

says Dingman of his grandfather, who fought in the Civil War.

An uncle worked on Seattle's iconic Smith Tower while it was under construction in the 1910s.

Dingman, a long-time Seattle resident, moved into Pleasant Valley Plaza in June of 2006.

"It's nice, it's centrally located ... and close to the fisherman's dock over here," he says. "So it's one of the better ones as far as I'm concerned."

Mail times gets an upgrade with brand-new boxes

By SVEN KOEHLER
Seattle Housing Authority

Timing it right to be in the lobby when the mail carrier arrives is a daily ritual for many LIPH residents. People are eager to discover what the post office has delivered, but this is also a chance to connect with neighbors who have gathered to wait for a spell. For most buildings in the homeWorks project, this ritual stands to be improved upon with the installation of brand new mailboxes.

For the mail carrier, the biggest change with the new mailboxes is that the mail is delivered from the front of the boxes instead of from a separate mailroom tucked in behind them. Having access from the front makes the delivery easier and quicker.

From the resident's standpoint, the biggest difference between the new and old mailboxes is the size of each individual resident's private box. The brass mailboxes that were originally installed when the buildings were built had doors that were about four inches square. Individual mailboxes tended to fill up with mail quickly, and it wasn't always easy for people with limited mobility to reach into the boxes.

The new boxes are much larger than the old ones — still 4 inches high but about 9 inches wide and 12 inches deep.

Center Park resident Tom Ross noted, "The new boxes are much bigger, and it seems easier to reach all the way to the back to get every piece of mail out."

The new dimensions are not arbitrary. Residents using the new boxes may notice that a standard 8 1/2 x 11 inch sheet of paper will fit inside while lying flat.

"With my new box, I noticed the mail isn't as crammed in there," said Lake City resident Jerry Ingram. The new design follows the current postal regulations for the size of individual boxes, and ensures that even larger pieces of mail won't have to be curled up to fit inside.

Since the 1970s, when the original boxes were installed, the standards for size have increased to keep up with the current mail volume. This leads to better handling of the mail, especially printed materials such as advertisements, according to the US Postal Service.

Along with the larger individual boxes, the size of the overall cabinets has grown, too, and they don't always fit in the same space as the old boxes. To solve this problem, entirely new mail rooms were created at some buildings, like Capitol Park and Harvard Court.

Olive Ridge will be getting a new mail room in April, as well. In other buildings, the new mailboxes were moved into the lobby.

For example, the old boxes at Lake City House were in the tight hallway right outside the office. This situation created a bottleneck when people were trying to walk through the hall and get mail at the same time, and was especially crowded for people using wheelchairs. Now, they are in the lobby with plenty of room in front, and they are more easily accessible.

As a bonus, with the mailboxes in the lobby the mail carrier has a chance to interact with residents instead of being hidden in the mail room.

Resident Chris Verein, for example, was recently able to get personal instructions



PHOTO BY SVEN KOEHLER

"Anything good in there?" asks Lake City House resident Jerry Ingram, Jr. as he checks a newly installed mailbox. At right, the mail carrier opens the front of the entire mailbox to deliver the mail to each individual box.

from the carrier on how to use the new parcel lockers.

One negative side of the increase in the size is that the accessibility of some boxes has shifted compared to the old mailboxes.

Ross is a wheelchair user, and his old box happened to be located at a convenient height for him.

But when the new mailboxes were installed in February, he was disappointed to find that the position had shifted and was now out of reach for him.

Since Postal Service regulations govern the height and order of the mailboxes, it took some negotiation by property managers to find a solution that worked for everyone. Delivery can be arranged to specially designated lower boxes to provide individual accommodations.

In addition to the change to the individual mailbox design, the mailbox cabinets are custom-built to incorporate low shelving underneath. This is useful to store the stacks of bulk mail that are a part of the advertising world these days.

Residents at University West have placed paper recycling bins next to the shelves.

While the new mailboxes are a big improvement, some things haven't changed.

The arrival of mail is still an event for many residents. And the handmade signs that say "Mail has arrived/ Mail has not arrived" that used to hang by the old boxes now hang by the new ones.

As before, as soon as the mail carrier leaves, someone always flips the sign over to help let the rest of the building know that they have new mail.

HIGH POINT HERALD

NEWS ABOUT THE HIGH POINT COMMUNITY

Breathe Easy Homes study documents positive results

BY VOICE STAFF

Members of 35 families in the High Point neighborhood are finding it a little easier to breathe, according to an indoor air quality study conducted by Seattle Housing Authority, University of Washington, Simon Fraser University, Public Health Seattle and King County and Neighborhood House.

The results showed marked improvement for both those afflicted with asthma and their caretakers. Once into the new homes, children's symptom-free days increased from 7.6 to 12.4 days in the previous two weeks, while emergency clinic visits decreased from 61.8 to 20 in the previous three months. The children suffered significantly fewer asthma attacks in the new homes. Both parents and children reported sleeping better through the night and missing fewer days at school or work.

The Breathe Easy Homes project placed

35 low-income families with children who have asthma into homes specially designed to improve indoor air quality. Using the children's symptoms in their former homes as a baseline, the study examined how asthma symptoms changed during the course of one year in the new homes, which were built to reduce indoor asthma triggers.

Some of the features of the units included insulated construction slab and glass, marmoleum flooring, low-emission materials and filtered air ventilation. Each family also received in-home education in their primary language, a vacuum cleaner, allergen mattress covers for the child's bed and other supplies to reduce asthma triggers. The added expense for using these materials was nominal: about \$5,000-\$7,000 per home.

SHA is building 25 additional Breathe Easy Homes at High Point. To apply for a Breathe Easy Home, please contact the High Point Management office at 206-932-2736.

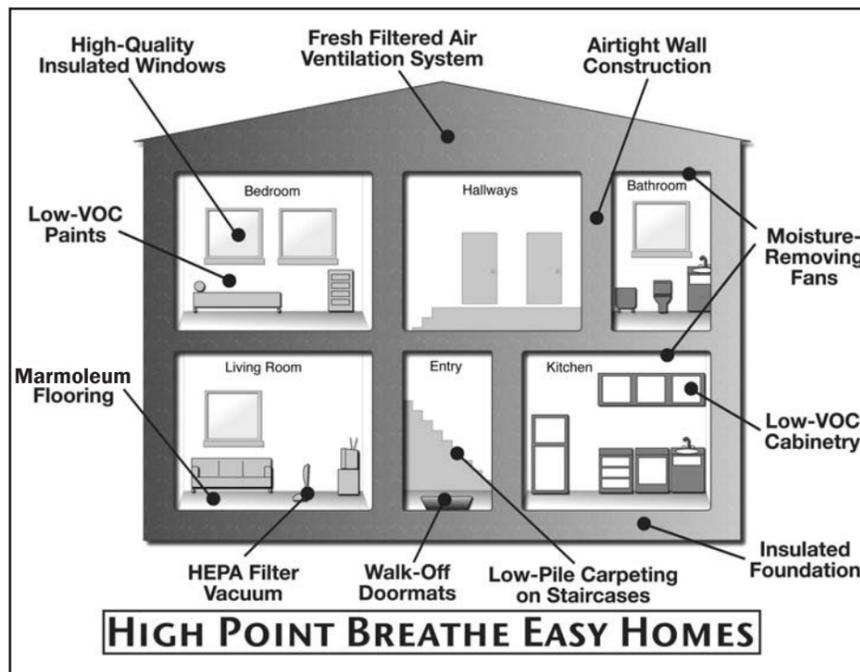


IMAGE COURTESY BREATHE EASY HOMES PROJECT

The image above shows many of the air-quality features of High Point's Breathe Easy Homes.

Community notes

Computer classes offered at High Point branch

For those who want to be computer-savvy but lack the know-how, the High Point Library offers a series of computer classes for adults beginning in April.

Those who register will have the opportunity this month to take classes on Computer Basics, Internet Basics and E-mail Use.

All courses are offered in English and are free for everyone.

Registration is required and began March 15; call 206-684-7454 for more information or to register for any of the classes.

Classes and descriptions are listed below:

Computer Basic 1

When: 1-2:30 p.m. April 10

Want to begin using a computer? Do you need practice using a mouse and keyboard?

For first time computer users, this class introduces common computer terms and features.

Internet Basics 1

When: 1-2:30 p.m. April 17

This class will introduce you to the Internet and show you how to navigate a Web page.

You will learn about Web browsers and how to use links, the forward and back buttons, and how to find Web pages.

The class includes a brief introduction to search engines and Web directories.

E-mail 1

When: 1-2:30 p.m. April 24

Come to this class if you would like to get a free e-mail account.

You will learn basic e-mail terms and how to read and send e-mail.

Prerequisite: Internet Basics 1, or the ability to use the Internet.

Evening book group meets April 15

The evening book group will meet at High Point Library from 6:30-7:45 p.m. to discuss this month's title, "Anil's Ghost," by Michael Ondaatje.

In the book, Anil Tissera, a forensic anthropologist, returns to her homeland, Sri Lanka, on behalf of a human

rights organization, to investigate the many murders being committed in the ongoing ethnic, religious, and political violence.

The event is free and open to the public. No registration is required. For more information, call 206-684-7454.

Next month's title is "A Gathering of Old Men," by Ernest Gaines.

Open House week is coming

Neighborhood House is hosting an open house for the High Point Family Center over the course of three days in April.

Neighbors and community members are invited to come for cake, fun and activities for the whole family from 11 a.m.-3 p.m. April 19 and from 5:30-7:30 p.m. April 22 and 24.

The center is located at 6558 35th Ave. S.W. at the corner of Holly Street. For more information, call 206-571-5070.

Pomegranate Center to host arts workshops

The Commons Park is nearing completion and High Point residents have an opportunity to leave their mark.

Pomegranate Center, a non-profit organization, skilled at integrating art into gathering places, invites you to join them for a series of spring workshops.

These workshops will focus on creating, carving and painting concepts onto wood columns and cloth banners that will be featured at the new amphitheater backdrop in the Commons Park.

No skill level is required, simply willingness and excitement to be part of a community project. The workshop dates are:

April 10, 3:30-6:30 p.m.

April 19, 11 a.m.-3 p.m.

April 24, 3:30-6:30 p.m.

May 3, 11 a.m.-3 p.m.

May 8, 3:30-6:30 p.m.

Please contact Julie Shaffer at 615-3560 or jshaffer@seattlehousing.org to R.S.V.P. for these workshops so that we can plan for your participation.

Children under 14 must be accompanied by an adult.

In Memoriam: John "Lee" Jackson, Sr.

Mr. John "Lee" Jackson, Sr., a long-time resident of High Point, lost his long battle with cancer at 3:43 p.m. March 11, 2008, at Life Care Center in West Seattle. He was 80.

Mr. Jackson kept his cancer a secret from all who knew him, for he did not want pity or empathy; it was not his style.

Mr. Jackson was devoted to the High Point community, in which he and his family lived for more than 40 years. He spent countless hours listening to and advising community members.

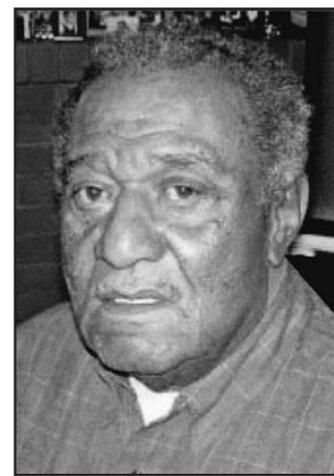
It was customary to see Mr. Jackson on his porch "holding court" and giving advice to community members, young as well as old.

Perhaps it was this unofficial role that led him to a more official role, serving on the High Point Grievance Committee for many years. Mr. Jackson also volunteered at local food banks, sorting and delivering food to the needy.

He was known in the community as a champion of the people who lacked representation, and often fought against injustice. He was highly respected by all who had the privilege of knowing him and what he stood for.

Mr. Jackson has left a legacy of eight children, 10 grandchildren, 17 great grandchildren and one great-great grandson. This spirited man will be greatly missed!

The family would like to extend special thanks to: Harborview Medical Center, Dr. Owens and Dr. Tan, Michelle Marshall, Barbara Parlotz, MSW, Providence Hospice of Seattle, Life Care Center of West Seattle, and members of the High Point community.



Lee Jackson, 1928-2008

Sustainable West Seattle plans its first-ever festival for sustainability

Sustainable West Seattle is excited to have the opportunity to bring to the citizens of West Seattle our first annual "Sustainable West Seattle (SWS) Festival."

SWS is a grassroots organization that educates and advocates for urban sustainability in the West Seattle community.

The group sees a growing awareness and desire in the people in our neighborhoods to engage in a process of becoming more sustainable. There is a great interest in climate change, transportation alternatives, local foods and economies, green products, home energy savings, and improving the water quality of Puget Sound and local rivers. People want the kind of changes to their neighborhoods that build strong local economies, sustainable local food, walking, biking, and transit alternatives.

Sustainable West Seattle's 2008 Festival will be an open invitation for community members to join in building a model sustainable community.

Time and Place

The first annual SWS Festival will occur in conjunction and in coordination with the Farmers Market already occurring on May 4, 2008. The fair will parallel the timeslot of the farmers market, potentially running from 10 a.m.-3 p.m.

SWS Websites

For more information on our organization and the festival, please visit: festival.sustainablewestseattle.org/ www.sustainablewestseattle.org sws-main.blogspot.com/

RAINIER VISTA NEWS

NEWS ABOUT THE RAINIER VISTA COMMUNITY

After-School Program's community celebration set for April 18

By HORN OF AFRICA SERVICES

Horn of Africa Services After-School Program has been serving students at Rainier Vista Neighborhood House since the summer of 2006. This winter, the program has gone through some exciting transformations including the addition of two new staff members: Program Coordinator, Rachael HaileSelasse and Parent Advocate, Getachew Tsigie.

Horn of Africa Services now has a broad base of Seattle volunteers and are working on developing a multicultural math curriculum to use during our program. As a community-based organization serving students, we rely on the participation of volunteers, other community organizations, our staff and, most importantly, the families of school children. Together we create an environment of learning.

Horn of Africa Services will be hosting an After-School Program Spring Orientation and Celebration from 5:30-7:30 p.m. Friday, April 18.

All families whose third through 12th grade children are registered or will be registered for our After-School Program this spring are invited to this fun and informative event.

We want to better serve the academic needs of children in the Rainier Vista community. As part of our goal to enrich children's school experiences we want to provide an opportunity for their parents to meet our tutors, learn about our program and provide complete registration forms for participating students.

In another effort to connect families and the greater educational community, we have invited the African Student Union from the University of Washington. Representatives will speak for a few moments about the importance of education and their relevant experiences as immigrants and refugees.

Following this informational session, we invite the After-School Program community of East African parents to help us celebrate and share the diversity of our community's cultures by bringing a potluck dish.

In observance of several cultural practices, please do not bring a dish containing pork meat or dairy products. During the potluck, we will be showing Seattle Channel's February Episode of Community Stories that featured Horn of Africa's After-School Program.

We encourage you to come, bring your favorite food, meet our staff and volunteers, mingle with friends and family and enjoy seeing your children on TV. Spring is a great time for growing communities, partnerships and minds.

Up close and personal with the youth of Rainier Vista



PHOTO BY TYLER ROUSH

Governor Christine Gregoire makes the acquaintance of one of the youngest members of the Rainier Vista community — and a dozen other young people — during a bill signing at the Neighborhood House - Rainier Vista Center March 21. For the related story, turn to the front page of *The Voice*.

Free junior golf program

The First Tee of Greater Seattle is offering free junior golf classes this spring, summer and fall. All kids ages 8 to 18 years old are welcome.

Programming is offered once a week at three area golf courses: Jefferson Park Golf Course in Beacon Hill, Jackson Park Golf Course in North Seattle, and Crossroads Par-3 Golf Course in Bellevue.

The First Tee of Greater Seattle teaches kids more than just golf.

Through the game, the program seeks to instill The First Tee Nine Core Values: honesty, integrity, sportsmanship, respect, confidence, responsibility, perseverance, cour-

tesy and judgment.

The curriculum also uses golf to teach important communication, interpersonal and leadership skills.

In addition to golf and life skills training, the program offers local field trips and opportunities for national trips and college scholarships.

For more information on how to sign up, call 206-624-1301 or visit The First Tee's Web site at www.TheFirstTeeSeattle.org.

Traffic safety, crime prevention

Residents are invited to attend a Traffic Safety and Crime Prevention meeting at the Neighborhood

House - Rainier Vista Center April 7.

The meeting will take place from 7-8 p.m. in the Paul Allen Room.

For more information, contact community builder Naomi Chang at nchang@seattlehousing.org or 206-722-4010, ext. 2.

Multicultural Committee Meeting

The next meeting of the Rainier Vista multicultural committee will take place from 6-7:30 p.m. April 16 in the Paul Allen Room.

For more information, contact community builder Naomi Chang at nchang@seattlehousing.org or 206-722-4010, ext. 2.

Spring cleaning at Rainier Vista



PHOTOS BY GARY IRELAND

About 30 neighbors at Rainier Vista turned out March 8 for the first community cleanup. With support from Seattle Public Utilities, the group picked up trash and litter around the entire neighborhood. Volunteers also enjoyed coffee, compliments of Starbucks, and doughnuts as a treat for helping. The cleanup is planned to be held once a month.

NEWHOLLY NOTES

NEWS ABOUT THE NEWHOLLY COMMUNITY

NewHolly Homeowners Association files lawsuit against SHA

By VOICE STAFF

Citing faulty construction and liability issues, the NewHolly Homeowners Association has filed a lawsuit against the Seattle Housing Authority.

The association has alleged that SHA has "negligently concealed construction defects, mismanaged the Association, and left the Association and its hundreds of members facing damages that, according to the attorneys for the Association, will likely total in the millions of dollars."

The Seattle Housing Authority has developed and maintained the NewHolly neighborhood with a mix of rental and for-sale housing for the past nine years.

In a letter to SHA staff, Executive Director Tom Tierney noted, "In a construction project of this magnitude over that long a time period, it is not surprising that there might be some areas of contention."

Tierney added that the housing authority has already resolved some of the issues addressed by the association in its lawsuit, and is currently working to resolve other

issues.

Problems have arisen with the hydronic heating systems in some of the Phase I homes in the NewHolly neighborhood.

Those heating units were at the center of a water-quality scare that concerned residents earlier this year.

A water-quality test conducted on one of the heating system units in 2006 found higher-than-normal amounts of lead in the heating pipes.

That triggered a battery of water-quality tests in the NewHolly neighborhood, all of which returned negative for lead.

SHA has since ordered an additional round of testing to confirm that the drinking water in NewHolly is clean.

Results of those tests will be available soon.

In his letter to staff, Tierney wrote that "It is disappointing that the Association has chosen litigation over continued cooperation and joint problem solving."

Despite the lawsuit, he adds that "Housing Authority staff will continue to work toward resolution on issues of mutual concern with NewHolly homeowners."



IMAGE PROVIDED BY HOUSING RESOURCES GROUP

A rendering shows the Kenyon Housing building, which will be located near NewHolly at 3936 S. Kenyon St.

New building near NewHolly to provide housing and support for special-needs residents

By VOICE STAFF

A new housing development for low-income individuals who have specific or complex needs, including those living with HIV/AIDS, is being built adjacent to the NewHolly neighborhood.

Kenyon Housing, a collaborative housing project by Building Changes (formerly AIDS Housing of Washington), Housing Resources Group and Sound Mental Health, will provide 18 residents with nearly 24-hour on-site support and services.

The building, which began construction in January, is expected to open in October of 2008.

Becky Bicknell, development coordinator for Housing Resources Group, said the goal of the project is to provide both housing and support for low-income residents without stripping them of their

independence.

"You're providing an affordable apartment, but also providing services to allow residents to stay independent," she said.

The building will feature on-site support services, parking, a secure entry, office space, common dining area, laundry facilities and a dedicated outdoor space.

Services will be provided by Lifelong AIDS Alliance and Bailey-Boushay House/Virginia Mason Medical Center.

Kenyon Housing will be built on land previously owned by SHA. The housing authority sold this parcel and an adjacent one to nonprofit groups looking to build low-income housing in the area.

"We're excited to be part of NewHolly and the other nonprofits that are involved in the block," Bicknell said. "I think it's going to be a great mix of building types, family types, and it's exciting."

NEWHOLLY NEIGHBORHOOD NIGHT & SAFETY TRAINING

Friday - April 18, 2007

6:00-8:00 p.m.

Campus Gathering Hall
7054 32nd Ave South

Vote on how YOU want to use YOUR
NewHolly Community Activity Fund!
\$5000.00

Seattle has had an increase in crime.
Police staff will come talk about:

Personal Safety
The best way to call 9-1-1
Property Safety
Emergency Preparations

Light refreshments will be served.

All neighbors are encouraged to attend.

Volunteers very appreciated for this event.
Interested? Thanks! Please call Joy 723-1725

NewHolly Neighborhood Clubs invite you to participate in your community. Get involved! join a Club!



Multicultural Communication



Crime Prevention



Traffic Safety & Parking



Parks & Gardens



Youth Activities



Welcome Wagon



Special Events & Block Parties

For more information please contact:
Joy Bryngelson
NewHolly Community Builder
7054 32nd Ave S. #205
Seattle, WA 98118
(206) 723-1725
jbryngelson@seattlehousing.org

Othello Station Information Night

Come to the NewHolly campus next month to learn about the plans for the upcoming development and construction at Othello Town Center.

The informational meeting will be held from 6-8 p.m. May 8 at the NewHolly campus.

At the meeting, developers will be

sharing drawings of proposed construction and timelines and schedules for when the work will be completed.

Check next month's issue of The Voice or talk to Community Builder Joy Bryngelson at 206-723-1725 or jrbryngelson@seattlehousing.org for more information.

Wheels

Continued from front page

the Trip Planner gets it right.

At the bus stop

Once I know where to catch my bus, I figure out when I need to leave, adding in what I call "cushion time" so that I won't be running down the street after the bus praying it will stop for me. Whatever you do, don't run across a busy street or in front of the bus in a desperate attempt not to miss it. You may just get a lecture from the driver or he might take off and leave you anyway to teach you a lesson. Not to mention the fact that you could get hit. It's not worth risking your life!

When you get to a bus stop, especially the heavily used stops, you should see a schedule posted either on the bus stop sign pole or somewhere on the bus shelter. Remember when you are reading this schedule that: there are different times for Monday through Friday, Saturday and Sunday/Holidays; you have to look at the top of the schedule to see where the bus will be at the stated time - it could be the

stop you're standing at but usually it will be several blocks before your stop which means you should add on anywhere from 5 to 20 minutes to the time on the schedule.

Remember that traffic, weather, and the number of times the bus you're waiting for has to stop to pick up/drop off people affects the time it will get to your stop.

Another factor to remember is that bus drivers only stop at designated bus stops to pick up or drop off passengers. I can't tell you how many times I have seen people walking or running down the street between bus stops waving and yelling expecting the driver to stop and pick them up.

Body language is important when your bus is approaching your stop. When your bus is a block or two away, get out of the shelter or wherever you happen to be standing and stand by the bus stop sign facing your bus, making it very obvious that you intend to get on. Bus drivers have strict schedules they are trying to stick to and if you turn away or expect the bus to stop and wait for you to stand up or put out your cigarette, you are in for a rude awakening. Your bus will just pass you by unless there are passengers exiting at your stop.

YESLER HAPPENINGS

NEWS ABOUT THE YESLER TERRACE COMMUNITY

Volunteering gives us wings



PHOTO BY TYLER ROUSH

This time, it was Neighborhood House's turn to give its volunteers wings. In recognizing its dedicated volunteers at its monthly volunteer luncheon in the Yesler Community Room, Neighborhood House served up a feast of chicken wings. Above, Neighborhood House volunteer and Yesler Terrace resident Audrey Breaux heats up a plate of the spicy wings. Neighborhood House also recognized the work of Odelia Jonez, Tyra Karlsson, Thao Vu, Anne Byers, Doretha Ford, Randy Larry and Hindia Hussein.

Leadership Team to help keep Yesler Terrace Community Council on track

By VOICE STAFF

For a large entity such as the Yesler Terrace Community Council, it can take a lot of work to keep it organized.

Enter the Yesler Terrace Community Council Leadership Team, which formed earlier this year.

The new group is a sort of governing body for the governing body.

"We are the group that decides the issues that are going to be on the agenda of the council meeting. We are also the group that does the stuff behind making those meetings happen, and doing everything that we said we'd do," said Kristin O'Donnell, a member of the Leadership Team and the community council.

Five different primary languages are spoken among the 15 members of the Leadership Team, which can make communication a unique challenge during meetings.

Interpretation services at the meet-

ings are provided by Neighborhood House and IDHA.

The team meetings are open to the public but generally deal with relatively bland administrative issues, according to O'Donnell.

Residents who would like to participate in the Yesler Terrace Community Council are encouraged to attend its regular meeting.

The group next meets from 6-8 p.m. April 15 in the first-floor conference room of the Jesse Epstein Building, located on Spruce Street about a block north of the Yesler Community Center.

While the proposed redevelopment of the neighborhood remains a major issue for the Yesler community, O'Donnell said the council is focusing on a number of different issues, including social services in the neighborhood, public safety, routine maintenance of sidewalks and pedestrian areas, and bus service through the area.

Notes from the manager

By JUDI CARTER
Senior Property Manager

Lately, I have received complaints about people hanging around in groups of eight to 12, sitting on residents' porches, standing or sitting on stairways far from the streets or in playgrounds.

They are stopping people who are walking and offering to sell them drugs. They are so bold that they are starting to hang out regularly in different areas of Yesler Terrace.

When I see this kind of suspicious activity, I always first phone 911. I then ask people to move along, and inform them that they are on private property. Mostly, when they see me, they just start to move away.

Unfortunately, they come right back after I am gone from where they were. In order for us to keep our community safe and healthy, we all need to work together on this. I need your help.

I know that some people hesitate to phone 911 because they fear retaliation from the criminals. Others say that they have phoned police but, "They never come."

The police do have a very large area to cover, and reports of people loitering, and perhaps selling or buying drugs may not seem as important as more obvious crimes. It frequently takes officers a few minutes to several hours to get to a report of a group of youth who are perhaps selling drugs, and certainly trespassing.

The fact that it does take some time for officers to respond should take away fears that the person who phoned will be easily identified by the "bad guys." It is highly unlikely that they will have any idea who phoned the police about them.

Just to be on the safe side, when you phone 911, be sure to ask that the police not come to your home. If they want more information, they can phone you.

It has been my experience that police respond far more quickly to many calls than to just one.

I encourage you to continue to phone 911 when you see things out of the ordinary. I also encourage you to phone your neighbors and ask them to call 911 as well.

The only way to protect the neighborhood is to let both the police and trespassers know that good people live here and do not want drug dealers or people looking to buy drugs to use our community as a market place for crime.

Emergency preparedness tip of the month: Write down all of your prescriptions names, the dosage you take, (mg, teaspoons, puffs, etc.) and the frequency you take them. Keep this paper in your wallet or purse with a small amount of the medicine.

That way, should you ever have an accident or emergency and need to be treated by an aid unit, you will be able to tell them what your medications are.

Yesler Terrace: Opportunity to return

By JUDITH KILGORE
Seattle Housing Authority

In 2006, the Phase I Citizens Review Committee worked closely with the residents and community stakeholders to develop the Yesler Terrace Definitions and Guiding Principles.

The No. 1 priority of residents was the opportunity to return to the community after redevelopment. This priority is one of the core objectives in the document adopted by the SHA Board of Commissioners in December 2007.

Because SHA understands the importance of this issue, the agency made a promise to the residents that they would receive three letters over the course of the redevelopment project detailing their opportunity to return.

SHA promised residents would receive the first letter once the SHA Board of Commissioners adopted the Definitions and

Guiding Principles. Residents will receive the second letter when the Board of Commissioners authorizes a funding plan for the redevelopment project. The third letter will be the official relocation notice.

Recently every Yesler Terrace resident received a letter from SHA's Executive Director regarding their opportunity to return to the community after redevelopment. The letter pledged SHA's commitment that current residents will have the first priority to return to the rebuilt Yesler Terrace neighborhood.

The letter was translated into the nine languages spoken at Yesler Terrace. For residents' convenience all nine translations were included as part of the letter. Copies of the letter (including translations) are available in the management office and the Job Connection.

Next month's topic: Building a healthy community

Community notes

Tour the tulips in La Conner

Senior residents of Yesler Terrace and Jefferson Terrace are invited to take a day trip to La Conner, where they will have a chance to explore the tulip fields and enjoy lunch.

Residents will be responsible for purchasing their own lunch and tour admission.

The tour will last from 9 a.m.-5 p.m. April 18, with a \$12 admission fee that includes transportation.

To RSVP, call Annie Edwards at 206-461-4522 or 261-2684.

Please call early, as spaces fill quickly. Subsidies are available, and money needs to be paid at the time of admission to reserve a spot on the tour.

The trip has been organized with the cooperation of the Seattle Parks Department.

Spring Spruce Up

The Seattle Central Cosmetology School will be onsite to provide you with a day of pampering; manicures, facials, and brow waxing.

You may also receive a massage with a suggested donation. We will provide complimentary light refreshments. Register by April 23 at 206-233-7255.

Admission is \$5, with \$10 covering admission and lunch.

The event will run from 10 a.m.-2:30 p.m. April 30 at the Yesler Community Center.

Discover your Voice!

Write for this newspaper and let your voice be heard. Contact editor Tyler Roush at 206-461-8430, ext. 227, or tylerr@nhwa.org to learn about reporting opportunities with The Voice.

