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The Voice

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The newspaper of Neighborhood House

Thousands come see the Dalai Lama sow Seeds of Compassion

By VIRGINIA FELTON
Seattle Housing Authority

Blue skies and warm breezes greeted His Holiness the Dalai Lama at Qwest Field on April 12 when he came to share his message of compassion and nonviolence with more than 50,000 people.

In a stadium where intense competition is usually celebrated, he stressed cooperation. Instead of celebrating the wonderful masculine strength of football players, he grasped the hand of Washington Governor Chris Gregoire and said simply, "We need more women leaders."

The mood of the crowd was positive and peaceful. Strangers smiled and tied friendship bracelets for one another. And in his customary humble way, the Dalai Lama said, "I am just one human being — 73 years old. In my life I have observed many events on this planet. Many of our problems are man-made problems — and I do mean man made. Sometimes women make problems, too, but usually they are not so much troublemakers."

He went on to say that when we face problems at any level — globally, locally or nationally — we need to face them with nonviolent dialogue. "I think this century will be the century of dialogue," he said. "The concept of war is outdated."

"In this century, we need nuclear disarmament. But to do that, first we need



inner disarmament. How do we do that? It is not easy."

He stressed that we need to emphasize our universal values of warm-heartedness and taking care of each other. He then talked about the importance of parents and teachers modeling compassion and caring behavior for children, and of treating children with love and respect.

"Our children are the basis of our hope," he said. "Our future depends on them."

He answered a few questions from the audience. Someone asked how we can change the mindset of our leaders so that they will be more compassionate.



PHOTOS BY VIRGINIA FELTON

The Dalai Lama (above) is shown speaking on a Jumbotron at Qwest Field. A family (above, left) gathers outside the stadium in Seattle to see the Dalai Lama speak.

In response he said, "I don't know — we may have to wait and get new leaders."

But he went on to suggest that leaders of the world's biggest countries should get together for a vacation with each other's families and get to know each other, make

friends, with no agenda.

"Let their children play together, let them all talk together — then when there are problems to solve, they will be able to work together better because they care about each other."

SHA Residents Hold Training at Green Lake Plaza

By LYNN SEREDA
Section 8 Tenant

More than 40 residents from several high-rise and garden communities gathered at Green Lake Plaza March 27 to attend a training on resident participation and how residents can have more knowledge and input into decisions that affect their housing.

The training was organized by resident leaders who have been participating in a leadership development group that has been meeting for two years.

After a survey that residents created and presented at RAC meetings and RPF meetings was conducted, it was determined that

Please see "Training" on Page 3



PHOTO BY LYNN SEREDA

Presenters (from left to right) Michele Thomas of the Tenants Union, Jon Grant of Solid Ground and Emily Paddison of the Tenants Union speak with Susan Cook, a resident of University House.

HUD Secretary Jackson resigns amid controversy

By VIRGINIA FELTON
Seattle Housing Authority

Alfonso Jackson resigned his post as Secretary of the Department of Housing and Urban Development on March 31. Appointed HUD Secretary in 2004, his time in office was marked by conflict with housing authorities and allegations of illegally favoring Republican contractors.

On March 21, Senator Patty Murray (D-WA) and Senator Christopher Dodd

Please see "Jackson" on Page 2

In this issue

Health Notes	Page 2
PREVENT SERIOUS FALLS	
One to grow on	Page 3
PROTECT YOUR CROPS FROM BOLTING	
Wheels on the bus	Page 4
YOUR GUIDE TO METRO	
Translations	Page 8
KEEP AN EYE ON WATER QUALITY	

Quotable

"Practicing some simple prevention techniques can reduce your chances of becoming a victim and increase your general feelings of safety."
— Seattle Neighborhood Group advises residents on personal safety in a new column premiering in *The Voice*. See Page 3.

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Health Notes

A column devoted to your well-being

Get going today to prevent serious falls tomorrow

By PAM MCGAFFIN
Special to The Voice

Falling is a common and serious problem among older adults, but it isn't an inevitable part of aging.

Simple steps taken now to improve your health, strength and balance will help you avoid falls now and into the future, according to the Healthy Aging Partnership (HAP), a coalition of 40 Puget Sound-area organizations dedicated to the health and well-being of older adults.

As one HAP representative put it: "The more you do today, the more you can continue to do tomorrow."

You're also less likely to become a fall statistic. One out of three people aged 65 and older falls each year, and approximately one in 10 of those falls results in a serious injury such as hip fracture.

In 2003, more than 13,700 older adults nationally died from falls, making falls the leading cause of injury deaths among people 65 and older.

That same year, 1.8 million seniors were treated in emergency departments for nonfatal injuries from falls, and more than 460,000 were hospitalized.

Fall prevention begins with awareness. Know the risks and how they might apply to you, then take action to reduce or eliminate them, HAP advises.

The most common risk factors include: muscle weakness and poor coordination, multiple medications, vision and hearing problems, foot problems, certain diseases and conditions, alcohol or drug abuse, mental confusion, and hazards in the home.

Ironically, a fear of falling can also increase your risk. It's okay to be careful, but fear can lead to physical inactivity, which can lead to weakness, balance problems and other health issues.

On the flip side, sedentary older adults can see surprising improvements in strength, cardiovascular conditioning, flexibility and balance when they start and maintain a regular, moderate exercise regimen, such as walking 30 minutes every day.

Staying physically active also helps keep your brain healthy, reduces depression

and builds self-confidence and a sense of well-being.

Here are some other tips from HAP to help you prevent falls and stay independent as you age:

- Have your vision and hearing checked regularly by a professional, and wear glasses and use hearing aids if needed.

- Talk to your doctor about adjusting medications to avoid dizziness and other side effects. Older adults who take four or more medications or take such psychoactive drugs as tranquilizers and sleep aids are more likely to fall.

- Eat regular, nutritious meals to keep up your strength and energy. Make sure your diet includes plenty of colorful fruits and vegetables, whole grains, lean proteins and low-fat dairy products.

- Join a fitness class. Yoga, Pilates, weight training, tai chi and dance all improve balance. (Be sure to check with your physician before beginning any fitness program.)

- Remove hazards around the home. Pick up clutter from floors, use non-slip mats in the bathtub and shower, remove or secure loose rugs, improve lighting and install grab bars in the bathroom and handrails next to stairways.

- Wear rubber-soled, low-heeled shoes that fit snugly but aren't too tight. Avoid high heels, slip-ons and shoes with slick soles.

- If you live alone, prepare for the possibility of a serious fall. Consider getting an electronic device or portable help button that alerts a response center in the event of an emergency.

- Take your time. Get up slowly after eating or lying down, be aware of your surroundings, and use handrails.

For more information about fall prevention and other issues related to life as an older adult, call 1-888-4ELDERS (1-888-435-3377). To learn more about HAP and its partner agencies, visit the Web site at www.4elders.org.

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

Mood in Washington, D.C. — "Wait and See"

Weakening economy, upcoming election impact funding for housing

By VIRGINIA FELTON
Seattle Housing Authority

In early March, two of Seattle Housing Authority's directors traveled east to Washington, D.C. to meet with members of Washington state's Congressional delegation and participate in a meeting of the National Association of Housing and Redevelopment Officials (NAHRO).

Andrew Lofton, Seattle Housing Authority's deputy director, and Lisa Cipollone-Wolters, director of rental housing and advocacy, reported back that the mood in Washington, D.C. is one of "wait and see." Legislators and lobbyists are waiting to see who gains the White House next fall and what the impact on policies and programs might be.

"The facts are sobering with respect to the budget," Lofton said. "The war in Iraq will continue to require a high level of funding, and the tax cuts of the last

several years are still a factor. The housing/credit crunch is on everyone's mind, and is potentially a big drain on the next federal budget.

"In general, there's a lot of worry about the economy."

While the housing credit difficulties have had the most visible effect on homeowners who face foreclosure, renters are also likely to be affected as more people enter the rental market.

There is a ripple effect as the credit market in general is tighter. This means that bond financing and tax-credit projects are more difficult to pull off.

With respect to the budget for 2009, no one in D.C. expects to see this Congress take much action, and the status quo will likely be in effect until a new president takes office. Congress will most likely pass a series of continuing resolutions to keep funding in tact for government programs.

While in Washington, Lofton and Cipollone-Wolters met with Senators Patty Murray and Maria Cantwell and with staff members from Rep. Jay Inslee and Rep. Jim McDermott's offices. The Washington State delegation continues to strongly support housing for low-income residents and to designate it a priority.

Another day, another caucus

By ROBERT CANAMAR
SHA Resident

At my Democratic Party precinct caucus in February, I was elected as a delegate to go to the April 5 caucus. I had thought that the precinct caucus was crowded, but this was unreal.

My alternate and I got there at the appointed time only to discover a line that went around the block at Ballard High School.

Once we got inside, there were more lines to figure out where we belonged. Once I had my voting card and got into the gym where the actual caucus was being held, I found a good place for my service dog and myself.

Once the voting got underway (after hearing from all of the speechmakers),

we voted on our platform, spoke on the pros and cons of voter-owned elections, and generally felt like we made a difference.

Then came the time to vote for the delegates who would go on to the next caucus. Once again I was given 30 seconds to make my case.

I was not selected to go on to the state caucus. I came home tired and my back hurt, but I felt very satisfied that I was at least part of the process — that at least I had been able to have my vote counted.

To anyone who has not been to a caucus, if you are registered to vote, go to one. Get a new sense of being part of something big.

Robert Canamar is a resident of Ballard House.

Jackson

Continued from front page

(D-CT), chairman of the Senate Banking Committee, had called for Jackson's resignation. They cited his unwillingness to answer questions about his management of HUD in recent congressional hearings as the primary reason he should depart.

With less than a year left in the Bush presidency, whoever is appointed to take

Jackson's place may fill a caretaker role, noted Andrew Lofton, Seattle Housing Authority Deputy Director.

"We are unlikely to see any new initiatives from HUD between now and the end of President Bush's term. We hope that whoever is appointed will have low-income housing as their highest priority," he said.

Lofton also noted that the appointment of a new HUD Secretary is unlikely to have a significant effect on public housing tenants here in Seattle.

"The majority of our dealings are with the staff in the local office here. Fortunately, they are very committed to the cause of low-income housing and we have excellent relationships with them," he said.

A number of Democratic Congress members have suggested that HUD could be playing a much more active role in dealing with the housing finance crisis.

Murray noted that, "President Bush must now nominate a Housing Secretary with the experience and credibility to attack this crisis rather than hide from it. I hope [Jackson's resignation] signals an end to the neglect of needy tenants and struggling homeowners and the beginning of an administration policy that responds meaningfully to the needs of both."

Presidential candidates Hillary Clinton and Barack Obama offered their perspectives on Jackson's resignation.

"Secretary Jackson's resignation ends a tenure at HUD marked by an indifference to Congressional oversight powers, cronyism, and corrupt contracting practices that have no place in our government," said

Clinton.

"Secretary Jackson's resignation amid a housing crisis and charges of cronyism serves as a stark reminder of what's at stake in this election," said Obama.

Sen. John McCain, the presumptive Republican presidential nominee, did not comment on Jackson's resignation.

On the morning of Jackson's resignation, Lofton and Director of Asset Management Ann-Marie Lindboe were in the cafeteria at HUD headquarters in Washington, D.C., prior to a meeting with HUD staff. Within 20 minutes of the announcement, a crew of workers showed up and began removing the double portrait of President Bush and Secretary Jackson that hung above the cafeteria entrance.

"Maybe it was just a coincidence," said Lofton, "but it seemed like they weren't wasting any time taking his picture down."

Some information for this article was provided by the Council of Large Public Housing Authorities.

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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.

Be safe

Tips to increase your safety on the street

Editor's note: This is the first installment of "Be safe," a personal safety column written by Seattle Neighborhood Group. To submit questions to the Seattle Neighborhood Group for consideration in this column, please e-mail Allan Davis at allan@sngi.org or Kelly McKinney at kelly@sngi.org.

Dear Be Safe,

I was walking on the sidewalk to the bus stop on 18th S. and S. Jackson, around 3pm, when two guys, about 16-17 years old, came toward me. One grabbed my backpack and pulled. I didn't let it go and I fell down and hit my knees. I screamed, "Help! Police!" The boy gave up and ran away. Did I do the right thing?

From Dorothy, a smaller, 50 year-old woman

Dear Dorothy,

We can imagine that your experience left you feeling vulnerable to crime on the street. An attack on you and theft of your backpack can even affect your willingness to move about freely.

Practicing some simple prevention techniques can reduce your chances of becoming a victim and increase your general feelings of safety.

Tip 1. Safety on the street

Be attentive to your surroundings, so that you notice the guys as they approach you. Be assertive, keep your head up and acknowledge the boys.

Saying "hello" lets the boys know that you see them.

Develop a plan before you see trouble and then act on it when you feel threatened. Crossing the street or entering a store may get you out of a potentially bad situation.

Tip 2. Give up your backpack

The boys grabbed your backpack and you didn't let it go.

We think giving up the backpack and protecting yourself is a better strategy. (It isn't so bad if you only carry in your backpack what you need for this trip)

If someone tries to go after you and not the backpack, make a scene by screaming, kicking and fighting. Attract attention.

Tip 3. Carry your backpack safely

Carry your backpack in front of your body, with an arm held loosely across it.

Don't put your valuables in your backpack. Carry them in the front pocket of your pants or jacket.

For more information, please contact us: Allan Davis, 323-7094, or Kelly McKinney, 323-7084, at Seattle Neighborhood Group.

"Be Safe" Safety Presentations

1. "Calling 9-1-1" for police, fire, and medical emergencies
 2. "Protect Yourself" from Identity Theft and Fraud
 3. "Be Safe" - Your Personal Safety
- Provided free to Seattle Housing Authority residential communities and Central, Southeast and Southwest Seattle community organizations, residential buildings, and senior organizations, "Be

Safe" presentations have been made to SHA communities.

The presentations include a 20-minute PowerPoint session and handouts, followed by questions and answers and discussion.

Accommodations and interpretative services can be provided on request.

For more information, e-mail allan@sngi.org or kelly@sngi.org, or go to www.sngi.org.

Training

Continued from front page

Residents had an interest in trainings that would increase their knowledge of such things such as HUD regulations as well as how residents can organize to have a stronger voice in areas such as resident participation funding, and advocating for themselves on many levels from the local housing authority to the state and federal level.

Cinda Lium, who helped organize the training, said that being involved in the leadership development group has her "feeling excited and empowered ... residents can shape some of the trainings offered to fill our needs."

Three staff members of the Tenants Union and a tenant counselor from Solid Ground conducted the all-day training. An overview of the Resident Participation federal regulation was presented to the group, and residents had a lively discussion of their experience in having their voices heard.

Some residents were not even aware of the resident participation regulation, while others, once they knew about it, were able to help get councils started in their buildings, as well as organize together to present their own budget at the RPF meetings, where each recognized council president gets to vote on the annual budget for resident funds.

Besides learning about resident participation in the housing authority, residents also were given information about how

they can communicate with state and federal legislators who have a great deal of influence in funding for housing and crafting HUD rules.

Residents learned, for instance, that there is actually new legislation in congress currently that would strengthen resident participation in HUD-subsidized housing. Some residents noted they already e-mail their legislators regularly or even go to Housing Advocacy Day in Olympia.

Alouise Urness of the Tenants Union said what struck her most about the training "was the amount of knowledge in the room — SHA tenants from many buildings sharing their expertise and the knowledge they've gained by advocating for themselves."

Jon Grant of Solid Ground gave a presentation on Fair Housing laws and answered many questions particularly about ADA issues and service animals.

All residents were given packets of information that included brochures from organizations that can help them with landlord-tenant issues.

Glenn Slemmer felt the training "went extremely well — meaningful and important information was given to residents."

He is also part of the Green Lake Plaza Leadership Team, which hosted the event, and provided breakfast and lunch.

Slemmer noted that the Green Lake Community was "extremely happy to provide support for the event." He also made a point of wanting to acknowledge Gail Ketterer of Ross Manor for working very closely with the Green Lake Team, especially in regards to how to organize



One to grow on

Garden tips for community gardeners

Protect your crops from bolting

By ANZA MUENCHOW
Special to *The Voice*

Didn't we have challenging weather this April? We had all that late snow, and, even as I write, the temperature forecast is for more cold weather for a few weeks.

I noticed that a national weather service Web site forecasts a warmer than average July and August, but really, who can accurately predict?

For our farm, we are planting more and more broccoli, choy, rapini, cabbage, spinach, radishes and all those Brassicas. They can handle the cold, wet weather, and are just happy to have day-length increasing.

Growing all these Brassicas and spinach reminds me of how frustrating it is for gardeners when these crops bolt. So let's discuss some specific problems gardeners experience with the cool season crops that tend to bolt.

Bolting is a premature formation of the seed stack (flowering). So, instead of forming big juicy leaves, the little plants suddenly put all their energy into shooting up a big stalk and forming flowers. Hot weather and lack of water or nutrients encourage bolting.

Once these plants start bolting, there is no turning back. It is most frustrating if the plant is only four inches tall and never even tried to make big leaves. Sometimes, when gardeners buy plant starts at a nursery or grocery store, these seedlings have already been stressed by lack of water or nutrients, and they will bolt as soon as you plant them.

If the vegetable seedlings are tall and leggy, yellowing, or root-bound, or the potting soil is dry and compacted, then the seedlings are too stressed. Choose nurseries or markets that know to care for Brassicas, lettuce or spinach seedlings properly before you purchase them.

Bolting is also a big concern for lettuces. Most lettuces are easily stressed by hot weather, though romaines are not as susceptible to bolting. The Black Seeded Simpson leaf lettuce has the best results in hotter weather. Northwest gardeners know that summer salad lettuces are hard to grow here.

Planting in a shady spot in the garden can help keep lettuces growing, but remember to water them often. For summer green salads, choose heat-tolerant greens like New Zealand spinach, sorrel, or a bolt-resistant hybrid lettuce.

When you do notice your lettuce plants bolting this summer, harvest all of them. If you keep this 'almost bolting' lettuce in the refrigerator for a day or two, it will lose that bitter taste that forms as lettuce plants begin to bolt. You may want to allow a couple of your best lettuce plants to flower and set seed for future plantings.

Another favorite crop in a spring garden is cilantro. This herb, like parsley,

loves cool weather. But when the weather gets hot, cilantro will bolt.

Either plant it early enough to get leaf production before hot weather, or just plant it for production of the seeds (called coriander). I always save coriander seeds and then plant again in October.

Small cilantro plants will often winter over and give you delicious leaves in March and April. Watch out for those slugs, though, as they love munching cilantro leaves.

The bolting of basil is another story. Basil is a hot weather crop. The reason it bolts is when it is stressed by not enough water or nutrients. Never let its roots dry out.

Plant in a less windy, more protected spot. Give it a good drink of fish fertilizer every couple of weeks, or some other extra nitrogen source. You can keep pinching off the basil flower heads as they form. This encourages branching and you can get more leaf production.

Another tricky crop is Florence fennel. Sometimes it will bolt before forming the large bulb at the base. Some cultivars are sensitive to day-length, fluctuating temperatures, lack of water or transplant shock. Choose a Northwest cultivar that has been developed to resist bolting; none is perfect. Pleasantly warm summers with good soil fertility and plenty of moisture are ideal conditions for fennel.

Onion varieties vary widely in their susceptibility to bolting. Some are especially prone to bolting if rapid early growth is followed by a period of cool weather. Again, keep these well watered and check your soil fertility while the bulb is growing.

Disease will also stress the plants. Watch for the onion root maggot or onion molds. Always rotate where you plant the onion family.

Expect the plants to decline after the days begin to shorten, which is in July here in the north. You will know when it is ready to harvest because the stems will fall over and the shoulders of the bulb will be protruding. Stop irrigating at this point.

If you see some plants trying to form early seed stalks, break them off or step on the leaves so they will lie flat. You can still enjoy eating ones whose seed stalks began to form, but those should be eaten quickly, as they do not store as well as the other bulbs.

Of course, if you want to save seed for next year's plantings, leave one or two onions to bolt and then carefully collect the seed heads in late summer or early fall.

Enjoy your spring garden!

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.

the lunch they provided.

For more information on the organizations providing the training, you can check out their Web sites at www.tenantsunion.org and www.solid-ground.org.

For more information on the SHA Resident Leadership Development Team, contact your Community Builder.

Note: The National Training and Information Center which was originally going

to come do this training was unable to do so owing to their national housing organizer having been injured.

Plans are being discussed to have the center come do an in-depth training on HUD regulations later this summer, building on the knowledge presented at the March training.

Lynn Sereda is a Section 8 tenant.

Wheels on the bus: Your guide to Seattle Metro

Editor's note: In this second part of The Voice's series on riding Seattle Metro, we will focus on getting on and off the bus

By **CLAIRE McDANIEL**
Seattle Housing Authority

Getting on and off the bus

Once your bus has arrived at your bus stop there is a polite way to file onto the bus with your bus pass or money ready. The important thing is to wait before entering to see if someone is going to get off the bus.

This doesn't always happen immediately so it's a good idea to look through the windows of the bus to see if people are standing up and moving forward. Or, you can ask the driver before you get on if anyone is coming off.

Sometimes he or she will ask you to wait. When it is okay to enter, it's nice to greet the driver with "Good morning" or just "Hello."

The bus driver will have a sign under the money box or card swiper that tells you whether to pay when you enter, pay when you leave or if it is a free ride area. (The Ride Free Area extends from north at Battery Street to South Jackson Street on the south and east at Sixth Avenue to the waterfront on the west and is in effect between 6 a.m. and 7 p.m. daily in downtown Seattle.)

Usually the driver will put his or her hand over the swiper or money slot to keep passengers from using it automatically. Sometimes drivers forget to change their cards so it's good to remember that the general rule is pay when you enter when going into downtown and pay as you leave when going out of downtown — but this



PHOTO BY CLAIRE McDANIEL

A passenger slides her bus pass after boarding the bus.

varies based on time of day and day of the week.

You can enter the bus by the front entrance or the back entrance unless you need to pay, in which case you have to board by the front entrance.

Sometimes, if the bus is crowded, a driver will have you go out the back exit so you don't have to try and squeeze by everyone who is standing in the aisle and show your bus pass as you walk by the front door.

When they leave the bus, most people thank the driver. This practice may be specific to Seattle but it seems like a nice thing to do. They have a hard job and it feels good to both the driver and the passenger

to share positive energy.

The driver might respond with "Have a nice evening" or "Have a good day." I have one morning bus driver who will sometimes say "Be safe out there" à la Hill Street Blues.

Another unspoken rule that is a pet peeve of mine is that when people are sitting in the front seats that face sideways and an older person, disabled person, pregnant woman or a woman with children gets on the bus, they should give up their seat to them. I get so mad when riders don't do this!

There is a sign that says the driver will tell you to move but that rarely happens. When the bus is crowded and people are standing in the aisles all the way to the

front of the bus, I am not too proud, being a middle-aged woman, to accept a seat if a man or younger person offers it to me. I figure I'll take any benefits that come with age that I can get. I've earned them!

The crowded bus issue includes another pet peeve of mine. When all seats are taken and you have to stand, go as far back in the aisle as you can so more passengers can get on.

I get upset with the people who stop near the front and leave all this open room behind them. Next thing you know there is a big crowd at the front of the bus for no reason.

When I get on and see that this is the case, I just push my way past them and stand in the back where they should be. Usually the bus driver will eventually ask everyone to move back.

The rule is that no passenger should stand in front of the yellow line at the beginning of the seating area so they aren't too close to the front windows, in the driver's way or blocking the front entrance and exit.

If the bus gets full enough, the driver often stops picking up passengers. This can anger the people waiting, so one driver I have puts on his To Terminal sign (which is what they put on when they're off duty) to distract them.

When you get on the bus and are looking for a place to sit, use your intuition to decide who you should sit next to.

Another pet peeve (seems I have quite a few) is when people put a purse or backpack on the seats next to them so no one else can sit there. Don't let them get away with it! Stand there and nicely ask, "May I sit here, please?"

Another thing is respecting people's personal space. I make sure I'm not touching someone at the legs, arms or shoulders if I can help it.

Social equity at the heart of Policy Link III

By **ROBERT CANAMAR**
SHA Resident

Recently I made a trip to New Orleans to attend Policy Link III, a national summit on rebuilding American cities through the pursuit of social equity.

Since I no longer fly, I took the train and enjoyed the luxury of seeing the countryside. One thing that I noticed was that all across our country, our housing situation seems to be in decay.

As I got closer to New Orleans the devastation from Hurricane Katrina became more apparent, until just outside of the

railyards in the city — I saw a tanker car lying on its side, after all this time.

I stayed in a hotel right in the French Quarter. Of course, being a jazz musician, I had to go out the first night and perform, so I could say that I played in the French Quarter, a Mecca for jazz musicians.

I was the only street performer playing jazz — everyone else was playing zydeco, rock or folk.

At the summit, I attended a series of meetings and workshops, and spoke with people from all over the country. King County Executive Ron Sims was there, as were many SHA employees, including

Director of Development Stephanie Van Dyke.

What I took away from there was that across the country there is a movement away from the idea of macro-communities to the creation of micro-communities that are self-sustaining.

The way this is done is by linking government services, nonprofit services, philanthropists and businesses together to help those who are in need. What we have in Seattle is a trend to move to one large community, with services that are disjointed, each splintering off to do their own thing.

What can we do as residents to improve what we have? One of the things that came out is that nothing gets done unless the

people who are at the bottom stand up and speak.

This means forming community councils in your building if there isn't one at this time.

If there is a council in your building, then send representatives to the different meetings that SHA, the city and county have from time to time.

This affects not only you, but your neighbors as well. Don't be afraid to talk to your neighbors and discuss what is happening at every level. The more the better.

Send a representative to SHA meetings, too — even to HUD meetings.

Get involved in activism at the city, county and state levels. What your future looks like will depend on you.

Scholarship available for eighth-graders

The Washington College Bound Scholarship is available for low-income seventh- and eighth-graders who sign a pledge to graduate high school.

The four-year scholarship covers the cost of college tuition, fees and books to those students who pledge to finish high school and practice good citizenship.

Eighth graders must apply by June 1; students in seventh grade are encouraged to apply this year.

Students who meet low-income eligibility, foster youth, those receiving TANF benefits or those in the free or reduced lunch program are eligible to apply.

Family income must remain at 65 percent or less of the state's median income by the time of high school graduation to permit a scholarship award.

The program provides hope and incentive for students and families who

otherwise might not consider college as an option because of its cost.

The online application is available at <https://fortress.wa.gov/hecb/portal/default.aspx/Common/CBSApplication/default.aspx>.

Washington ranks 32nd nationally in the percentage of low-income students who participate in postsecondary education. These students will represent 33 percent of high school graduating classes within 10 years.

This is occurring at a time when the state's need for highly educated and highly skilled workers is growing rapidly. Without intervention, 72 percent of the 56,000 low-income seventh and eighth graders are unlikely to enroll in or even aspire to attend college.

For more information, go to www.hecb.wa.gov/paying/waaidprgm/documents/CBSQandAs.pdf, call 888-535-0747 or e-mail christinaf@hecb.wa.gov.

Community notes

Get assistance from ADS

Have you ever wondered how to fill out that form or contact that one agency that can help you with getting services you might need, like energy assistance, food stamps, Social Security benefits, SSI, medical benefits or a piece of adaptive equipment that will work with your "differing ability?"

If you have, there are people who can help you — and they are employed through the City of Seattle.

That's right, the Aging and Disability Service (ADS) office, which is a part of the City of Seattle, employs individuals who can help you navigate the system to find the services, benefits and resources that can help you stay independent.

Where can you find these people? They work in your building varying days of the week (their schedules are

usually posted in an easy-to-find location in your main lobby). Many folks may already know who their caseworkers are, but if you don't, call 206-233-5121 to get this information.

Greenbridge Senior Potluck

Come and enjoy a tasty lunch and afterward we will learn how to create a beautiful photo album. Bring your photos and we will supply the materials and the albums. Come and see how creative you can be.

The potluck will be at 11:30 a.m. May 8 at the Greenbridge Boys and Girls club.

There will be door prizes.

If you need transportation please contact Annie Edwards at 206-461-4522 or 206-461-4568, Ext. 215, or on her cell phone at 206-261-2684. Or call Yohannes Hagos at 206-461-4554.

New family center opens at High Point



PHOTO BY TYLER ROUSH

Dorcas Turpaud, 3, assembles a picture frame with colorful decorations during open house festivities at the High Point Family Center April 19. Drop-in hours for the Family Center, which is located at 6558 35th Ave. S.W., are 10 a.m.-2 p.m. Tuesdays, 3-7 p.m. Thursdays and 11 a.m.-2 p.m. Saturdays.

SHA presents draft of sign rule at JPAC meeting

Rule 42 would prohibit signs that are discriminatory

By TYLER ROUSH
The Voice editor

The Seattle Housing Authority presented a draft version of its Rule 42 at the Joint Policy Action Council (JPAC) meeting April 21.

The new Rule 42, or the sign rule, would prohibit signs that discriminate against a protected class, including "race, color, religion, national origin, creed, sex, familial status, mental or physical disability, marital status, ancestry, gender, age, political ideology, (or) sexual orientation."

In January, the Washington State Supreme Court ruled 5-4 in favor of the Resident Action Council (RAC) in a dispute with SHA over the validity of its previous Rule 42, which prohibited residents from hanging signs on the exterior doors of their residences.

James Fearn, SHA general counsel, said at the meeting that he didn't believe

a standard for abusive language was enforceable.

"It's not an enforceable standard; it's a community standard that everyone accepts," Fearn said.

Eric Dunn, an attorney with the Northwest Justice Project who represents RAC, said he disagreed that it's not possible for the housing authority to enforce a standard for abusive language.

"The standard is, what would a reasonable person consider to be legitimate expression?" Dunn said.

Some at the meeting wondered if what constitutes legitimate expression for one could be seen as discriminatory to another.

"If I put a star in my window at Christmas, is that offensive to non-Christians?" asked Sandy Trent, a resident of High Point.

Dunn said that the conversation represented progress. In light of the previous rule, which prohibited all signs on doors, he said that gathering to discuss a rule that protects residents' rights "to engage in free speech and be free from living in a discriminating environment is a very positive development."

New education office welcomes parents' questions and gives help around the state

By PATTI CAREY
Office of the Education Ombudsman

There's a new place for parents to turn to with questions about elementary and secondary public schools in Washington State.

The Office of the Education Ombudsman (OEO) is a new agency within the Governor's office. OEO provides information for parents about school districts, holds trainings and workshops, offers conflict-resolution and consulting, and produces publications — all for free.

The agency's mission is "to promote equity in education and the academic success of all students attending elementary and secondary public schools in the state of Washington." Staff members listen, inform, and bring families and educators together to solve conflict. They make certain that all students get what they need to succeed in school. They promote school/family partnerships around the state.

Toll-free number and Web site make

getting information easy

OEO's toll-free telephone number is 1-866-297-2597. Calls are received from 8 a.m. - 5 p.m., Monday through Friday. The toll-free number makes it convenient for any parent in Washington to call.

Another service of the agency is a telephone language line. OEO staff can access interpreters for over 100 languages.

OEO has an easy-to-use website: www.waparentslearn.org. The site includes topics such as the Washington Assessment of Student Learning (WASL), graduation requirements, the Migrant Education Program and the Transitional Bilingual Instruction Program. Other resources include family and parent support services, conflict-resolution tips, and suggestions about getting involved in school.

Parents can download six different brochures at the site. Brochures are translated into Cambodian, Russian, Somali, Spanish, Vietnamese and Korean. The brochures are:

- A Voice For Everyone (Guide to OEO's services)

- Resolving Conflict at School (A Guide for Families)
- Parent and Student Rights (Empowering Families with Information)
- Participate in Your Child's Education (A Guide for Families Getting Involved at School)
- Make the Most of a Parent-Teacher Conference (A Guide for Families of Elementary School Children)
- Bullying at School (What a Family Can Do)
- How Does a School District Work? (A Guide for Families)

Ombudsmen are trained, neutral problem-solvers

OEO has four education ombudsmen. They are multicultural professionals who understand the public school system well and have been trained as problem-solvers. They give neutral advice — advice that is fair-minded.

Ombudsmen are advocates for fair processes for students. They break down complicated issues or regulations into

language everyone understands. They help families understand the system, participate in schools, and help kids get a good education. Conveniently, their help is only a free call away. Conversations with Education Ombudsmen are confidential.

OEO also takes formal complaints in writing from parents, legal guardians or students about a school. Complaint forms are available at www.governor.wa.gov/oeo/complaint/default.asp and are translated into seven languages.

Once a complaint form is received, the complainant gets personal attention from an ombudsman.

Ombudsmen are available to make presentations for parent groups, workplace brown-bag lunch meetings, and community meetings. To sign-up for OEO's mailing list or electronic updates, contact Communications Manager Patti Carey at patti.carey@gov.wa.gov.

OEO is the first state-level ombudsman office focused on K-12 education in the nation.

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Somali

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and Early Head Start programs

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- Iskool lootalagaley carurta 3-5 sano jir ah.
- Waxaa intaasi dheer, adeegyo kahortag ah oo loo fidinayo caruurta waxbarashadu dhibeyso(oo loo yaqaano damiin). Waxaa lashaqeynaa Boyer Children's Clinic & Seattle Public School.

Kaalmo loo talagaley haweenka uurka leh & dadka income-koodu yar yahay oo Degan guryaha SHA-da, kunasaabsan caruurta 3-5 sano jir ah, Iyo kuwo ubaahan adeegyo gaar ahaaneed (special needs).

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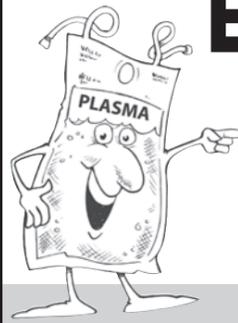


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The mission of the Seattle Housing Authority is to enhance the Seattle community by creating and sustaining decent, safe and affordable living environments that foster stability and self-sufficiency for people with low incomes.

Bend down the branches
NEW ART INSTALLATION AT RV
See Page 5



SHA NEWS

May
2008

News and information about Seattle's neighborhoods

Utility allowances changing soon in HOPE VI communities

By SHA STAFF

One of the advantages of the new construction at NewHolly, Rainier Vista and High Point is that it uses many energy-efficient building techniques. This means that Seattle Housing Authority residents can conserve energy and have a positive impact on the environment.

But this also means that the standard utility allowances used across Seattle do not reflect these efficiencies because they are based on utility use in a typical Seattle home, which is not as efficient as a new home.

Now that people have been living in this new housing for a while, information about actual usage is available. Seattle Housing Authority is using this information to revise the utility allowances for these communities.

These changes will take place this summer; residents will receive more specific information in the mail over the next month about how the changes will affect them. There will be meetings in the community to explain the changes.

If the new allowance results in a big increase in the rent for a household, SHA may be able to phase it in.

Please see "Allowances" on Page 2

Whose view is this?

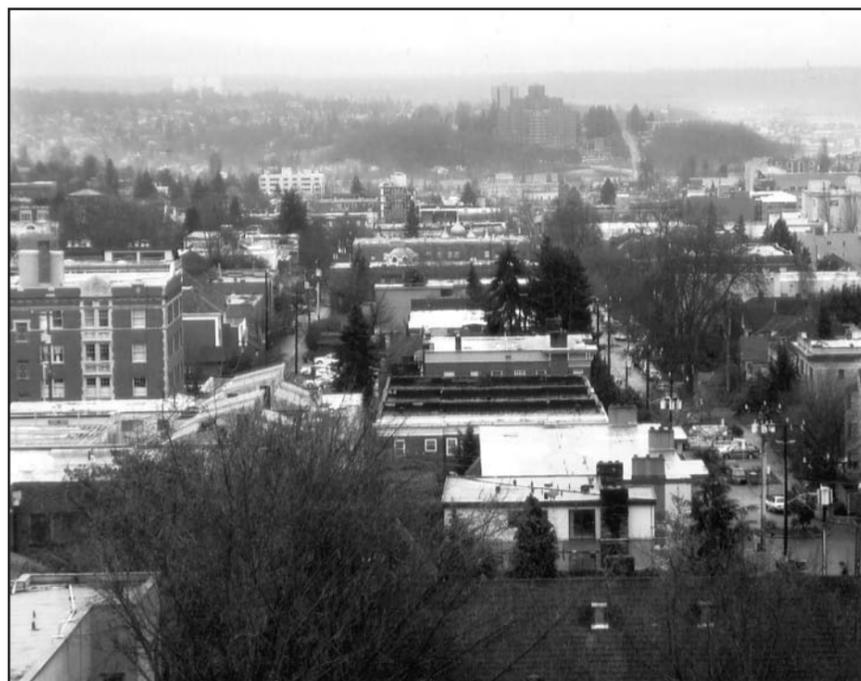


PHOTO BY BOE ODDISEY

Win a \$15 gift card!

Last month's "Whose View" depicted the view from Denny Terrace.

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

This month we take a look at a different view, featuring a photograph submitted by Boe for use in our contest.

Send your answer to the question, "Whose

view is this?" to Tyler Roush at tylerr@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.

If you would like to contribute a photo of your view for our contest, please send it to Tyler Roush at the e-mail or postal address listed above.

Residents, SHA staff plan for digital TV broadcasts

By SVEN KOEHLER
Seattle Housing Authority

Sandwiched as they are between commercials for new cars, diet aids or toothpaste, it's hard to ignore the recent ads about the upcoming switch to digital television when you watch TV these days. The government is giving everyone fair warning about the transition to all-digital broadcasting.

Starting in February 2009, television stations around the country will be required to stop sending out TV signals in analog format, the way they currently do. Instead, all broadcasts will be in a digital format. By this time next year, you must make sure you have a way to receive digital broadcasts, or you may be watching a blank TV screen.

About half of all SHA residents will not be affected because they pay for cable or satellite service, which automatically receives digital signals and converts them so anyone can view them.

But if you own an older television and rely on an antenna instead, this change will affect you.

Years ago, many SHA buildings were outfitted with rooftop master antennae that allowed residents to get strong TV signals without having to use a set-top

Please see "Digital TV" on Page 3

SHA's Section 8 waiting list lottery brings overwhelming response

By SHA STAFF

Seattle Housing Authority has created a new waiting list of 4,000 households for its Housing Choice Voucher program (Section 8). Those 4,000 were selected at random from nearly 12,400 households that entered a lottery for waiting list positions conducted in March and April.

"We expect those 4,000 households to meet our needs for at least two years," said Barbara Strayer, manager of the Section 8 program. "We received just shy of 12,400 correctly postmarked sign-up forms — well over twice the number we received when we opened the waiting list two years ago."

That list, which was also of 4,000 households, lasted nearly two years.

To get out the word, SHA advertised the lottery in newspapers all across the city and on Craigslist, the online classified ad service, and sent public service announcements to radio and television stations. Thanks to the participation of the Seattle Public Library, City of Seattle Parks & Recreation, Seattle Neighborhood Centers, the Department of Social and Health Services and many nonprofit agencies, sign-up forms were made available all across the city. The form was also made available on the Seattle Housing Authority Web site, www.seattlehousing.org. Forms were available in large type format and,

Please see "Section 8" on Page 2

SHA working with HUD to extend MTW status to 2018

By SHA STAFF

SHA is one of about 30 housing authorities across the country participating in the U.S. Department of Housing and Urban Development (HUD) Moving to Work demonstration program (MTW).

This program allows SHA to test innovative methods to improve housing delivery to better meet local needs. While in MTW, SHA may propose and implement alternatives to national regulations for issues spelled out in an agreement signed by SHA and HUD.

SHA calls this program the "Moving to New Ways" program because we find that name better describes the goals of the program.

Since beginning its MTW participation in January 1999, SHA has used this flexibility to improve its capacity to meet local housing needs.

Innovations made during our MTW participation have been crucial to advancing the Ten-Year Plan to End Homelessness in King County, broadening the horizon of housing options available to low-income households, weathering significant funding reductions, and moving residents toward

self-sufficiency.

SHA's current agreement expires in 2009. Under the agreement that HUD proposes to continue Seattle Housing's MTW status, most of SHA's current flexibility will be maintained through 2018. However, reporting requirements and other administrative burdens will increase.

Residents and community members are invited to attend a public hearing on the proposed Moving to Work agreement at 3:30 p.m. Monday, May 19 at SHA's Central Office (120 Sixth Ave. N.). Parking is limited.

In addition to street parking, some free parking spaces are available in a lot one half block north of the Central Office and are marked as reserved for SHA. If you have any questions about the hearing or the proposed agreement, contact Andria Lazaga at alazaga@seattlehousing.org or 206-615-3546.

If you need any special accommodations or translation assistance, please contact Andria by May 12.

For directions or advance copies of the proposed agreement, visit www.seattlehousing.org.

In this section

SHA News	Page 2
RESIDENT COMMENTS SOUGHT	
Point of View	Page 3
WELCOME BASKETS BUILD COMMUNITY	
High Point Herald	Page 4
WALKING GROUP IMPROVES HEALTH	
Rainier Vista News	Page 5
ESL CLASS A BIG HIT	
NewHolly Notes	Page 6
WATER QUALITY TESTS CLEAR	
Yesler Happenings	Page 7
PAAC IS BACK AT YESLER	
Translations	Page 8

Resident comments on policy changes sought

By JEFF ARNIM
Seattle Housing Authority

Seattle Housing Authority is asking its residents to review and submit written comments on a pair of proposed policy revisions.

One set of revisions addresses some of the ways the agency handles transfers by disabled residents.

Seattle Housing Authority currently pays moving-related expenses for disabled residents requiring an ADA/504 transfer to an accessible unit. The revised policy expands this coverage to include residents who require a transfer not only to an accessible unit, but to any Seattle Housing Authority unit, building or community as a reasonable accommodation.

Language has also been added to the policy clarifying that SHA will not impose an increased security deposit when a resident is required to transfer to a unit of the same size, when the move is the result of a reasonable accommodation request related to the resident's disability.

In addition, the policy now gives transfer priority to residents with disabilities

over new admissions, as well as transfers resulting from residents being over- or under-housed.

The second revision adds language to Seattle Housing Authority's pets policy to provide the definition of "assistance animals," per the Department of Housing and Urban Development.

Assistance animals are considered animals that work, provide assistance, or perform tasks for the benefit of a person with a disability; or animals that provide emotional support that alleviate one or more identified symptoms or effects of a person's disability.

Interested residents can obtain copies of the revised policies in their management office.

Those wishing to make comments on the policy changes must do so in writing, submitting them to their management office, or mailing them to Seattle Housing Authority.

Mailed comments should be addressed to Donna Foss at P.O. Box 19028, Seattle, WA 98109.

All comments must be received by 5 p.m. May 31.

Seattle Housing Authority honored for community contributions

By JEFF ARNIM
Seattle Housing Authority

Citing successful redevelopment at NewHolly, Rainier Vista and High Point, the Seattle chapter of the American Institute of Architects (AIA) recently honored Seattle Housing Authority with its 2008 Community Service Award.

Each year the AIA recognizes an individual or organization for an achievement in reaching significant community service goals while applying strong architectural skills and values.

"Seattle Housing Authority has made an extraordinary commitment to outstanding design as a right, not a privilege," said the AIA Honors Committee of Seattle Housing Authority's nomination.

"Recognizing that the design of places has great bearing on social, economic and physical well-being, the Housing Authority has engaged in a major initiative to redefine and renew its housing stock, transforming former low-income enclaves of poverty into award-winning mixed-income communities at NewHolly, Rainier Vista and High Point," the committee explained.

The AIA further applauded the agency's work, noting that not only do the revitalized communities have an impact locally, but they can also be held up as models of urban design success that other cities throughout the country can look to. The Institute also commended SHA for accomplishing its goals while working in partnership with both private homebuilders and nonprofit developers.

When redevelopment of the three communities is complete, Seattle Housing

Authority will have added more than 1,000 units of low-income housing, serving residents with incomes below 80 percent of area median income.

In addition to both low-income, affordable and market-rate housing, the communities have a number of amenities — including educational programs, social services, parks and more — benefiting their own residents as well as surrounding neighborhoods.

The NewHolly Neighborhood Campus, for example, brings together many nonprofit partners, and features a Seattle Public Library branch, along with classroom space for South Seattle Community College, Head Start, a pre-school, youth tutoring classes and employment programs.

Construction of a new Boys and Girls Club facility is underway at Rainier Vista, while the community's Neighborhood House Rainier Vista Center offers a computer lab, Head Start programs, and a range of services to help low income residents gain skills to move toward self sufficiency.

High Point features a newly remodeled Community Center, a Seattle Public Library branch, and a new clinic providing medical and dental services.

Neighborhood House is currently holding a capital campaign to build a new LEED Gold-certified Neighborhood Center in High Point. It is scheduled to be built in September 2009.

The AIA will formally present the Community Service Award to Seattle Housing Authority at their annual awards dinner May 31.

Section 8

Continued from front page

thanks to the Lighthouse for the Blind, in Braille.

People had until midnight Tuesday, April 8, to mail in the sign-up forms. Forms postmarked after April 8 were not entered into the lottery.

SHA mailed acknowledgments to everybody who sent in a sign-up form on time. People who were selected for a place

on the new waiting list were told their position on the list. Separately, the 600 households that drew the lowest numbers — households holding position Nos. 1 to 600 — were invited to apply for vouchers immediately.

Up-to-date information about the progress of the waiting list is available on the agency's Web site, www.seattlehousing.org, and by calling the Section 8 waiting list telephone hotline at 206-239-1674.

Allowances

Continued from front page

"I know that our residents face many financial challenges," said Executive Director Tom Tierney, "and I want to find ways to make this change easier for people."

Utility allowances allow low-income households to keep enough money back from their rent payments to pay their utilities bills. The allowance is expected to cover all utilities — heat, lights, gas, water and sewer.

When utility allowances are lowered, the portion of rent paid to SHA increases at the same time. When utility allowances increase, rents decrease. In all cases, the total amount that a household pays for rent and utilities remains fairly constant (about 30 percent of monthly income), provided the household uses utilities conservatively.

The new utility allowance rates will be

reviewed by the State Housing Finance Commission before they go into effect. Actual changes will be sent by letter to each household in the next month or so. The effective date of change is expected to be July 1.

Utility allowances are based on the size of the housing unit, the type of construction, and the type of utilities used. For example, rates differ for houses that use all-electric utilities for cooking and heating, as compared with houses or apartments that use oil or gas.

In the next three months, Seattle Housing Authority will sponsor workshops with the utility companies for households whose allowances are changing.

The workshops will provide information on ways to conserve. Watch for information on these workshops in *The Voice* and in your community.

SHA hires new safety coordinator

By CLAIRE MCDANIEL
Seattle Housing Authority

Richard Needham is Seattle Housing Authority's new safety coordinator. Previously, he was district safety manager and district asset protection manager during the 12 years he worked at Home Depot, overseeing all safety, operations and loss prevention functions. As District Safety Manager he was responsible for 30 stores in three states.

"My heart has always been in safety," he said when asked why he was interested in this new position at SHA.

"Right now I'm trying to get my feet wet to try and determine the ins and outs of the whole organization. I think my main goal is to make a world-class safety department, where we reduce accidents, put money back into the bottom line and just really make a good organization when it comes to safety," Needham said.

Needham recently finished preparing the first safety class, Safety 101, in which he will be the instructor. He wants to train

human resources and the SHA Safety Committees first to introduce them to what the safety world is all about.

He met with the safety committee groups last week and administered a five-question survey, the results of which emphasized the desire for more training. So his first step was preparing this training class to define what safety is all about and how an organization SHA can reduce accidents.

"Hopefully after these training classes there will be an increased understanding about why safety is important," Needham said. "Folks think that you just have to work safe ... everyone knows that ... but there are actual steps that folks have to take to be safe. It's actually a process."

When not working, the Washington native describes himself as an "outdoorsy" person. He likes camping, hiking and fishing in the woods.



Richard Needham

Seattle is No. 1 green building city in the country

The U.S. Green Building Council, a Washington, D.C.-based nonprofit organization, determined that Seattle has the most high-performance, environmentally-friendly buildings in the country.

Seattle has 41 projects certified by the council's Leadership in Energy and Environmental Design (LEED) national rating system. LEED covers all building types and emphasizes state-of-the-art strategies for sustainable site development, water savings, energy efficiency, materials and resources. Ten of the LEED-certified buildings, including City Hall and the Central

Library, are owned by the City of Seattle.

Besides Seattle, the top five cities with the most LEED certified projects include Portland, Chicago, Washington, D.C., and Grand Rapids, Mich.

In February, Mayor Greg Nickels announced an effort to make Seattle America's Green Building Capital by improving energy efficiency in our commercial and residential buildings by 20 percent. The city anticipates cost-savings for struggling homeowners who will see their heating bills drop as waste is reduced, and the creation of new green-collar jobs for those working to make our homes, offices and industry more energy efficient.

About The Voice

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

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

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

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

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

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

POINT OF VIEW

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

A new look for Lake City House

By **SVEN KOEHLER**
Seattle Housing Authority

Although having your building wrapped in plastic sheeting during construction is not how most people would want to spend their winter, it does make for a big relief when it is removed. So there was plenty of excitement in the air as the first section of scaffolding and sheeting was removed from the Lake City House and the new color scheme came to light.

The building had been under wraps since fall so that the windows could be replaced and the exterior could be coated with waterproof stucco. Besides the protective function of the stucco, it includes rich new paint colors.

This is an opportunity to make a dramatic change in the way a building looks and feels to residents. "It is a thrill to see the new colors, and I just stand there and admire it. I am so proud to be living in this beautiful building — it makes enduring the construction so worth it," resident Barbara Tamarack said.

The old look of the building was a uniform façade of brown brick across the whole face of the building. However, the new scheme divides the façade into large blocks of color that break up the length of the building into smaller-scale sections.

This means the walls outside one resident's apartment could be different than their next door neighbor's. Since the ex-

terior color extends into the walls of the apartment decks, this turns out to be a way to differentiate and personalize the units within the building.

The colors chosen by the architectural team for the exterior of Lake City House can be described as burgundy, tan and ochre, although the paint manufacturer has more interesting names: "Arresting Auburn," "African Plains" and "Happy Camper."

The whimsical naming conventions have offered plenty of chuckles at the construction staff meetings, but Project Manager Frank Burns says he has been quite pleased with the results, which are similar to those at Cal-Mor Circle and Lictonwood.

While color selection is a delicate process that not everyone can agree on, the consensus among residents about the new look of Lake City House seems to be positive.

"It looks great! People are saying that the building looks better than any other in the neighborhood," said resident Lois Gruber.

Gruber noted earlier that there was some skepticism, especially concerning the interior corridor wall colors, but that has been replaced by enthusiasm.

"Once the new floor tiles go in, I think people will notice that it all ties together," she said.

On April 19, the day the first section of scaffolding came down at Lake City House, there was an out-of-season snowstorm that briefly delayed the work while workers kept an eye on the wind speed.



PHOTO BY SVEN KOEHLER

The tarp is pulled back on Lake City House. New colors on the building include "Arresting Auburn," "African Plains" and "Happy Camper."

The weather caused delays and created havoc on the otherwise well-oiled schedule during exterior painting at Olympic West last fall.

So, for the painting work at the remaining buildings, homeWorks was eager to avoid the weather uncertainties and the exterior work at Queen Anne Heights and University West was put on hold.

Now that spring has finally arrived, exterior work can continue.

Queen Anne Heights, University West and other buildings in Phase 2 will get a renewed roof. There will be some painting at University West, where the exterior walls will remain exposed brick, but the concrete beams will receive an accent color.

At Queen Anne Heights, the painting is more comprehensive. At present, the building is a white-painted concrete tower, much like Green Lake Plaza before homeWorks started in 2006.

While the new color palate for Queen Anne Heights will be different from that at Green Lake Plaza, the transformation will be just as dramatic. To offer a hint of the colors, the paint manufacturer's names for the paints include "Dark Moon" and "Burlap."

The conclusion of the project at Queen Anne Heights will be an eagerly awaited washing of the new windows that were installed last summer, so residents will have a clear view of those brand new colors.

Welcome basket committee at Jefferson Terrace puts community first

By **MEREDITH MOSMAN**
Special to *The Voice*

It's a welcome like no other: A can opener, a box of tissue, laundry detergent, toilet paper are just a few of the assorted household items included in the welcoming baskets that greet new residents of the Jefferson Terrace apartments.

It's these everyday items that put a smile on the faces of the new arrivals. Jefferson Terrace has Julie Sahlberg to thank for her dedication these past seven years for the construction of these inspiring welcome baskets.

New arrivals find items such as kitchen towels, soap, toothpaste, and other cleaning supplies included in their welcome baskets. To some it may not seem like much, but for residents coming from pinched circumstances these simple items can make all the difference. Coming from hard times herself, Sahlberg understands how these little necessities can really help someone out.

"I went through a period of time when this sort of thing would've been such a big help," Sahlberg said.

Each month Sahlberg works to make an average of two to three baskets. Funds for all purchases made to assemble these baskets come entirely by donation.

Sahlberg receives annual donations

from Ben Bridge Jewelers and occasionally the Jefferson Terrace's vending machine committee, totaling about \$200-\$400 dollars per year.

Allen Davis of the Seattle Neighborhood Group provides additional help in the basket-making effort by assisting Sahlberg to purchase the items needed to fill these gracious baskets.

These welcoming baskets have become such a huge hit in the community that Sahlberg is now offering a workshop on how to form welcoming committees for those interested in providing a warm greeting for new residents. Sahlberg's skill and dedication to welcoming new neighbors will hopefully extend to other communities through her workshop so that new residents may feel warmly accepted elsewhere.

Through sheer commitment and devotion to her community, Sahlberg's long time efforts are certainly worth applauding.

As she has demonstrated, it is the simple act of kindness that gives community warmth. And Sahlberg's simple gift of welcoming is what makes Jefferson Terrace a community.

To find out more about the workshop or how to become involved in your neighborhood, you can contact your local community builder or speak to Marcia Johnson of Seattle Housing Authority at 206-239-1530.

Digital TV

Continued from front page

antenna or pay for cable or satellite service. Unfortunately, as reported in the March 2008 issue of *The Voice*, these antennae will not receive digital signals and there is no funding available to upgrade them, so they will be obsolete.

Recognizing that this issue will cause some confusion and hardship for residents unless they are prepared, a group of 11 resident volunteers met with SHA staff in March and April to offer their help in creating strategies to address this issue. They formed the "Digital Television Transition Advisory Group" (DTTAG) to assist in making the switch easier to manage.

At the first meeting, residents noted that subscribing to cable television (either Comcast or Broadstripe) or satellites (like the Dish Network) will solve the problem, but the cost can eat up a large share of monthly income. Bob Carter, an SSHP resident, felt that cable rates were too high in general and that local government leaders should be lobbied to try and reduce them.

For a reduced cost, low-income residents of Seattle are entitled to sign up for limited cable service that offers all local channels without having to convert the signal (currently around \$12 month). However, DTTAG members pointed out that many residents pay for higher levels of service with more channels at three or five times that amount or more. While many residents want the extra channels, LIPH resident Rick Harrison pointed out that Comcast customer service representatives and salespeople did not mention the cheaper rate when he inquired about cable service. This is a problem that the Advisory Group agreed should be addressed.

If you want to get TV signals for free from over-the-air broadcasts instead of paying a monthly fee, the first thing you will need is a set-top antenna that is capable of receiving digital signals.

This is an area where the DTTAG would

also like to investigate further, perhaps by helping residents find out if they are in a good location to use their own antenna before they invest in one.

The second thing you will need is a way to tune into the digital signals once you receive them. Two of the most heavily advertised solutions you might hear about on TV or the internet are to buy a new TV with a digital tuner and to get a converter box.

Television sets more than a few years old had analog tuners, so to get a digital TV, you probably have to buy a new one at a store for several hundred dollars or more. This is an option not every low-income person's budget can incorporate. Important to note is that you don't need to buy a flat-screen or HD TV to get one with a digital tuner.

The converter box will let you use your old TV to view digital broadcasts. This equipment must be purchased at a cost of about \$80, but it has no monthly cost. Also, the government has been heavily advertising \$40 subsidy cards that are available to use toward the cost of the converter.

However, these cards must be requested by consumers, which may be hard for people with language or communication challenges.

Then, there are limitations on how long the cards are usable. So, the DTTAG saw a clear need to inform residents of the process to get a converter box.

Just as important as how to get a converter box is the question of if to get one. The DTTAG realized people might need help deciding whether they need one of these heavily advertised converter boxes at all.

Members felt it was a common misconception that everyone needs a converter box after the transition, which is not true.

With so many variables involved, the DTTAG has its work cut out for it before February 2009 rolls around. If you're deciding what to do about the transition to digital television, stay tuned in.

HIGH POINT HERALD

NEWS ABOUT THE HIGH POINT COMMUNITY

Walking group promotes community health

By CLAIRE MCDANIEL
Seattle Housing Authority

At noon on an overcast Thursday in April, people began to gather in front of Providence Elizabeth House on the corner of Southwest Graham and Southwest Lanham in the High Point neighborhood to take a walk together.

Denise Sharify of Neighborhood House is organizer of the High Point Walking Group, which meets every Tuesday and Thursday from noon till 1, weather permitting.

On this day, walkers included residents from High Point, Elizabeth House and nearby Stewart Manor, but as they made their way to the High Point drainage pond they picked up other interested trekkers.

Jenny Calleja, from Neighborhood House's Family Center, led the walk. Though she had been working hard to get the Family Center ready for opening day, she welcomed getting outdoors for a walk.

The size of the walking group ranges from as few as seven in poor weather to 30 people or more when the weather is especially good.

Liz Nguyen, a resident of Elizabeth House, brought her dog, Bijoux, to get

some exercise with her. Bijoux also took it upon herself to jump up on everyone to lick their faces.

On the first Thursday of every month the group meets a half hour early to do blood pressure and weight checks to encourage participation as well as provide an important community-health service.

Participants keep track and compare results each month.

Every third Thursday of the month there is a potluck from 11 a.m. to 1 p.m. at Elizabeth House, during which new people are encouraged to join the group.

While making four laps completely around the pond, walkers socialize — talking and laughing while enjoying the beauty of their surroundings. The total walk takes an hour and comes to a total of about 1 to 1.5 miles.

Some residents come in their wheelchairs, being pushed by a friend or caregiver, while some come with their dogs or their children.

When asked why she enjoys being part of the walking group, one participant said, "I'm walking for exercise and to get out of the house."

Another's reason is to "Improve my general health."

Yet another walker said, "It's a good opportunity to go out and meet my neighbors."

To learn more

The High Point Walking Group meets at Providence Elizabeth House, on the corner of Southwest Graham and Southwest Lanham, at noon every Tuesday and Thursday, weather permitting. For more information, call Denise Sharify or Jenny Calleja at 206-923-3266.



PHOTO BY CLAIRE MCDANIEL

Elizabeth House resident Liz Nguyen and Bijoux, her 5-year-old black poodle, enjoy exercising and socializing with the High Point Walking Group.

One young mother of three named Audrey said, "It feels so good when the weather is so nice — to go out. The kids like it so much. We teach them to enjoy outside and nature."

Her children, a 5-year-old boy, 3-year-old girl and a 4-month-old girl in a stroller, enjoyed watching a mother duck with her babies trailing behind her. The feathered family can be seen swimming in the pond when the weather gets sunny.

Walkers greet their neighbors working in the High Point P-Patch as they make their way back to Elizabeth House feeling relaxed and ready to face the rest of the day.

If you have any questions about the walking group you can call Jenny or Denise at Neighborhood House at 206-923-3266. Or you can just show up and start walking!

High Point Neighborhood Association

Derisyeenya guddiga Neighborhood Association
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ማኅበር Asociación de la Vecindad de High Point
Buổi họp Hội Đồng Cộng Đồng High Point ជាសមាគមន៍បសុហៃផ្សារ

Topics:

Next Meeting:

Retail Development Update

Talk to the property developer, learn about the plans, and weigh in on what you would like to see in the mixed-use site (the empty lot next to the Clinic and Library).

High Point Neighborhood Center

Engage Peter Wolf from Neighborhood House on the plans for the vital neighborhood center. The super-green \$13 million building will be a community living room in the heart of our neighborhood.

Website Launch

Celebrate the official launch of the High Point Neighborhood Association website. Light refreshments and ethnic food provided.

Thursday, May 8
6:00 to 7:45 PM
High Point Library



Share your ideas and suggestions

Trau dồi những quan niệm và ý kiến của quý vị

分享意見和建議

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Comparta sus ideas y sugerencias

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For more information about the HPNA, please contact Andrew Mead at 922-3721 or mandrewmead@gmail.com.

New crosswalk on its way

After months of campaigning by neighbors, the Seattle Department of Transportation (SDOT) will install a new pedestrian crossing on Southwest Morgan Street.

A permanent crossing with signal and sidewalks will be installed at 31st Avenue Southwest/Lanham Place Southwest and Southwest Morgan Street in October 2008, according to SDOT.

In the meantime, a temporary crosswalk with additional pedestrian signage will be placed at 34th

Avenue Southwest and Southwest Morgan Street. The new crossing was scheduled to be open by April 25, according to SDOT.

The SDOT conducted site visits to the neighborhood to analyze traffic conditions and consulted with Seattle Public Schools on students' routes to West Seattle Elementary School to determine where to place the crossing.

Pedestrian safety in High Point has been of growing concern for residents of the neighborhood.

Go! High Point to start walking

The sun is finally coming back, and it's time to get outside in High Point.

The Go! Project for Safe Routes to School is working to build a strong, healthy, active community in your neighborhood.

The Go! Project is a grant awarded to West Seattle Elementary, Sanislo Elementary, and Denny Middle school to encourage walking and biking to and from school.

What does this mean for families and students at West Seattle Elementary?

You can join a walking group to the school every Friday morning this month. Walk with your neighbors, spend time with your children, and enjoy breakfast snacks in the cafeteria before school starts.

Look for fliers in backpack mail about meeting places and times, as well as "walk-to-school" t-shirts designed by West Seattle Elementary School students.

What does this mean for High Point community members?

Support the school by getting out on the sidewalk yourself. More people outside means a safer walking environment for everyone, more eyes on the street, and a stronger sense of community.

Why walk to school?

Thirty years ago, most children walked or biked to school. Today, fewer than 16 percent get to school on their own two feet. While there are many reasons, the result is clear: we have more cars on the road, our children are less active, and it can be difficult to get to know our neighbors. Walking is a simple way to support our children, schools and community.

For more information or to get involved with our walk-to-school events, contact Ellie Taylor at Feet First, 206-652-2310, ellie@feetfirst.info, or Lori Chase, Family Involvement Coordinator at WSE, 206-252-9470, lachase@seattleschools.org

RAINIER VISTA NEWS

NEWS ABOUT THE RAINIER VISTA COMMUNITY

ESL class a popular option at Rainier Vista



PHOTO BY TYLER ROUSH

Niki Albright (right) instructs students during an evening ESL class at the Neighborhood House Rainier Vista Center. Albright is an instructor at South Seattle Community College.

By TYLER ROUSH
The Voice editor

To understand the impact that the evening ESL classes at Rainier Vista can have, just talk to the students.

"It's changed my life to much better," said Nimo Husein, a Somali student. "I'm reading. I'm writing now."

"I don't know how to read, I don't know how to write, but I am speaking," said Asha Boru, whose native language is Oromo.

Boru said the ESL class has improved her ability to read and write in English, which helped her get a job.

Le Truyen, a Vietnamese student, said the class has improved all aspects of her English proficiency.

"Listening, writing, spelling, I know very well," she said. "I feel better than before."

Each 12-week session meets three times per week at two hours per session, and attendance is always high, according to Albright.

The demand for the ESL class is evi-

denced not only by the large class size, but by the long waiting list to get into the next session.

Many of the students balance full-time work schedules, childcare, family responsibilities and the two-hour sessions into their busy days.

"It's amazing that they'll make that commitment," Albright said.

The location at the Rainier Vista Center, tucked within the Rainier Vista neighborhood, eases the burden on the students, who otherwise might have to drive across the city to attend an ESL class.

Overcrowding is an issue, as is a lack of childcare.

During one recent session, two young children could be seen squirming in their seats while their parents studied.

"The room is very, very small," Husein said.

Both she and Boru have young children, and expressed the need for childcare.

To learn more about the ESL class at Rainier Vista, contact Tsegaye Gebru at 461-4568, ext. 202, or tsegayeg@nhwa.org.

New art installation unveiled at Rainier Vista



PHOTO BY TYLER ROUSH

The new art installation at Rainier Vista (above) was provided by the Iron Monkeys Collaborative and Ignition Northwest.



PHOTOS BY TYLER ROUSH

The tree at Rainier Vista (above, left) is silhouetted against a cloudy sky during the public unveiling event April 24. A closeup of the trunk (above, right) shows surface detail of the tree, which is made from steel and other recycled materials.

By VOICE STAFF

A new piece of public art is on display at Rainier Vista, provided through the efforts of Iron Monkeys Collaborative and Ignition Northwest.

The installation was created through the aid of a \$3,300 grant from the Black Rock

Arts Foundation.

At the base of the tree are eight panels detailing the story that accompanies the nearby Whirligig installation, a piece of public art in Rainier Vista created by Asa Mercer Middle School students with help from SouthEast Effective Development (SEED) Arts.

Parking, traffic safety, vandalism top committee's concerns

By SHA STAFF

Rainier Vista's Traffic & Safety Committee met in the warm Neighborhood House community room on April 7, a very cold Monday evening. On the agenda were parking issues, worries about residents' safely navigating the new light rail system, and continuing incidents of vandalism.

According to committee members, parking remains a concern to many residents of Rainier Vista.

One said that she hadn't seen a "parking checker" for a long time and pointed out that the volume of non-residents parking in Rainier Vista spaces continues to increase; she said some employees of Providence ElderPlace are taking up spaces residents would otherwise use.

Another committee member suggested that Providence be asked to remind its employees to be thoughtful in choosing where to park.

Some streets in the community need to be

repaved, someone said, and suggested that maybe after the repaving has been done, certain curbs could be painted to indicate no-stopping and other parking zones. (Among the latter are one- and two-hour zones and three- and 30-minute zones.)

But first the city would have to do a parking study to lay the groundwork for designating such zones and for setting up resident parking permits. The committee decided to take up this subject once again at its next meeting.

Next on the agenda was navigating the new light rail system.

Ed Rose, a senior program development manager with SHA, said that he'd heard that Sound Transit is to begin testing its new light rail system as early as June of this year, and that regular operations are scheduled to begin early next year. He said that he's been talking with the Seattle Department of Transportation about holding community meetings at Rainier Vista and at NewHolly to discuss safety issues concerning the new

light rail system.

Among the topics he'd like to see taken up are designated places to cross rail rights of way and precautions in doing so, crosswalks and crosswalk designs, the frequency of trains, and ways to get the word out to the community.

One committee member suggested that schools might be invited to participate in educating neighborhood children about safely navigating the new rail lines.

The last subject the committee addressed was vandalism in the community.

Christine Anderson, who coordinated the meeting, said, "As the weather gets nicer, stupid acts get bigger and stupider."

Although most acts of vandalism are petty, they're irritating both to residents and to maintenance and other staff members. They include the stealing of light bulbs and signs. Less petty and more worrisome are incidents of unauthorized entry into buildings and the bullying of children.

Committee members agreed that one

measure that can be taken right away is the strengthening of the Block Watch program. It was suggested that the community be leafleted with information about Block Watch and how it works, and that window stickers announcing the program be distributed widely.

One member said, "People need to get out and walk, assert their presence in their community, and let strangers know that they've been seen and they're being watched."

Another member pointed out that SHA is working with families of youth and others who repeatedly get into trouble, or who are found to be involved in such unacceptable behavior as vandalism, fighting and bullying. Tenants who do not comply with the terms of their lease may face penalties as severe as eviction.

Another Rainier Vista Traffic Safety Committee is scheduled for Monday, May 12, from 7 – 8:30 p.m. in the community room at Neighborhood House. It will be a public meeting. A speaker from Seattle Department of Transportation will address light rail safety issues.

NEWHOLLY NOTES

NEWS ABOUT THE NEWHOLLY COMMUNITY

Drinking water is safe, according to tests

By TYLER ROUSH
The Voice editor

Random testing of the drinking water at NewHolly is complete.

Testing at 88 units across all three phases of NewHolly found no lead in any of the cold water that was tested. Elevated levels of lead were detected in the hot water in four houses.

Lee Dorigan of Public Health - Seattle & King County said the results were in line with EPA standards.

"We are not recommending any further testing nor any further mechanical changes, just an education program to make sure people know they need to run their water and not drink the hot water," Dorigan said.

Given that higher lead concentrations are expected in hot water, Dorigan said that the test results at NewHolly were unsurprising.

"I wouldn't think we'd get any different kind of results if we'd tested in First Hill, or Queen Anne," Dorigan said.

The tests included 83 occupied and five unoccupied units; 45 units were tested in Phase I, seven in Phase II and 31 in Phase III, according to Ed Tanaka, construction project manager for SHA.

The contractor tested about 16 percent of all units in NewHolly, Tanaka said.

Dorigan said that the health department cautions people against all sources of lead, which can include lead paint, hobby and art supplies, jewelry, toys and batteries.

NewHolly residents turn out for Neighborhood Night

By DAPHNE SCHNEIDER
NewHolly Resident

NewHolly Neighborhood Council held a highly successful and well attended spring Neighborhood Night on April 18. Approximately 70 participants enjoyed great pizza and neighborliness as they heard about NewHolly committee activities.

Using interest earned from the NewHolly endowment fund, they approved two grants: \$450 to the Multi-Cultural Committee for food and children's activities for three movie nights through the remainder of 2008, and \$850 to the Parenting Committee for NewHolly Mom's Spa Night, where busy moms will be pampered.

Participants also elected Emily Inkpen and Televis Leo as the NewHolly representatives to the Southeast District Council.

Later in the meeting, those present heard from consultants who have designed two sets of signs for NewHolly. One set of signs welcomes those coming to the neighborhood, and the other reminds people to be cautious of children at play.

Everyone (including adults and youth of all ages) had the opportunity to vote for their favorite sign design. Multiple copies of each winning design will be manufactured

and placed throughout the neighborhood. This project was made possible through a \$15,000 grant from the City of Seattle for which neighbors applied last year.

Finally, two Seattle Police officers and one detective from the gang unit spoke with Neighborhood Night participants about ways to stay safe, and answered questions about gang activity in the neighborhood.

The detective related that though there are gangs in and around NewHolly, unlike other cities, Seattle does not have real gang "turf." However, gang members don't like each other at all, and may start fights if they see one another.

There is drug activity, and there certainly are break-ins and other property crimes. Everyone was urged to call 911 at the sign of any trouble or concern and not to walk alone, if possible.

NewHolly neighbors are planning ahead for a busy summer that will include their annual community Family Fun Fest in July and a special Safety Training and Bike Helmet Give-Away in August. Check out www.newholly.org for more details and how you can get involved.

Daphne Schneider is a NewHolly resident and emcee of the NewHolly Neighborhood Night.



PHOTO BY CLAIRE MCDANIEL

T.J. Seibert makes a presentation on behalf of the Traffic, Parks & Safety Committee in the NewHolly Gathering Hall during NewHolly Neighborhood Night April 18.

Learn about safe drinking water

Clean, safe drinking water is important for everyone. Lead and other metal impurities can enter drinking water through the plumbing, including from pipes, fixtures, faucets and fittings.

Drinking water in Seattle and King County is typically safe to drink, but everyone can take steps to ensure that their water is as clean as possible.

Never drink or use hot water from the faucet in your cooking.

Do not mix infant formula with warm or hot water from the faucet. Instead, heat cold water from the faucet on your stovetop. Hot water from the faucet is more likely to have lead and other impurities dissolved into it.

It is safe to use hot water for bathing

and for cleaning.

Before using water from your faucet each morning, let the water run for 60 seconds. The first flush of water from your pipes has been sitting in the pipes for a longer period of time, and is more likely to contain some amount of lead and other metals.

Drinking water from municipal sources is carefully regulated and monitored to ensure that lead levels are low.

Children ages 6 and under are at the greatest risk for lead exposure. Mothers who are pregnant or nursing their infants should also avoid lead, or they risk exposing their children to lead.

For more information about lead and lead exposure, go to www.epa.gov/lead.



PHOTO BY CLAIRE MCDANIEL

Members of the parenting committee (from left to right), Halima Antee, Tammy Nguyen, Televis Leo and Catherine Glaven, make a presentation at Neighborhood Night.

Reports from the Committees and Requests for Funding

By CLAIRE MCDANIEL
Seattle Housing Authority

Traffic, Parks & Safety Committee Speaker, T.J. Seibert

The Traffic, Parks & Safety Committee is currently working on several projects, including projects to get a traffic circle installed at the corner of NewHolly Drive and 39th Avenue South and get a traffic light installed at NewHolly Drive.

The committee has also done a study with the radar speed gun because of the high volume of speeding traffic in the neighborhood. They are trying to install some deterrents such as speed bumps.

Multicultural Committee Speaker, Emily Inkpen

The Multicultural Committee promotes appreciation and understanding across different cultures. It has presented a series of thought-provoking movies.

The committee requested funding of \$450 to support three future dinners and three movies. The request for funding passed unanimously. The next movie will be "My Big Fat Greek Wedding," 6-9 p.m. May 30 at the gathering hall.

Welcome Wagon Committee Speaker, Joy Bryngelson

The Welcome Wagon is hoping to restart its services in spring and summer if enough neighbors are interested in volunteering.

This entails going to visit a new neighbor's home to welcome them and present them with a basket of goodies, explain NewHolly policies, tell them about committees they can sign up for and what interpreters are available.

Parenting Committee Speakers, Catherine Glaven and Televis Leo

This committee supports parenting by providing resources — inspiration and advice. It requested funding for its next activity which will be Mom's Spa Night Out to pamper busy mothers, including enlisting student beauticians to give haircuts, manicures, massages and also hiring a henna artist.

The committee requested and will receive \$850 for food, gift bags, childcare, the henna artist, advertising and supplies.

Traffic Signs Speakers, Barbara Culp and Andy Goulding

Barbara Culp and Andy Goulding presented various designs for new neighborhood signs. Residents may vote on the signs through the end of May. Ask Community Builder Joy Bryngelson (jbryngelson@seattlehousing.org) for details.

This project was made possible through a \$15,000 grant from the City of Seattle, applied for by the NewHolly community last year.

YESLER HAPPENINGS

NEWS ABOUT THE YESLER TERRACE COMMUNITY

Residents discuss urban planning and how it might shape Yesler Terrace

BY MONA LEE
Special to The Voice

A diverse group of about two dozen people, mostly Yesler Terrace residents, gathered over coffee and cookies at the Rainier Unitarian Universalist Center in Yesler Terrace on March 29 to learn about urban planning.

This was one of several Civic Engagement Workshops sponsored by the Yesler Terrace Community Council and hosted by Yesler's local Unitarian Universalist Congregation. The purpose is to prepare Yesler Terrace community members to participate in planning the neighborhood's future. Interpreters were actively engaged

in Vietnamese, Chinese and Somali.

Students from the University of Washington Department of Urban Planning and Design conducted the PowerPoint presentation and facilitated a lively discussion. Graduate student Eddie Hill pointed out that what's happening at Yesler manifests a national trend of people moving back to the city from the suburbs.

Urban land is becoming increasingly valuable and city centers more densely populated. There is a movement to build communities of several story multi-family residences around open space, parks, and public transit. Mixed-use housing is being built with apartments and condominiums above shops and stores.

Michelle Kondo gave a brief summary of the history of public housing in the United States.

In 1992 Congress approved "HOPE VI" with the intent of redeveloping public housing using both private and public funds and to design according to principles of "New Urbanism." Included would be market rate as well as subsidized residences for both low and middle income residents.

Kondo said HOPE VI authorization ended in 2002, but there is now a proposal before Congress to extend it in a limited way until 2013. She outlined the functions of various levels of government in relation to public housing.

The Department of Housing and Ur-

ban Development (HUD) establishes the parameters and decides how to spend the money. She said HUD gives the money to Seattle Housing Authority but affords the city regulatory and spending power over the funds. The mayor appoints a Board of Commissioners that outlines rules for SHA to follow.

The Housing Authority must, in accordance with the regulations, decide how to best use its allocated funds in keeping with market forces for the benefit of the people of Seattle. She concluded that, to affect the process, citizens need to advocate for themselves at all level of government.

Hill said the next round of meetings for the SHA's Citizen Review Committee, beginning in May 2008, will cover the design phase.

"That's where people will be able to give their input on how they want the future Yesler Terrace to look. Now is the time to get involved," he said.

Building a healthy community at Yesler Terrace

BY JUDITH KILGORE
Seattle Housing Authority

The next stage of redevelopment work at Yesler Terrace is the development of conceptual site alternatives. As SHA, residents and other community stakeholders continue working together on this, one of the major considerations will be how to build a healthy community.

The term "healthy community" has many definitions. Generally, however, these communities share some similar elements, including:

- A clean and safe environment
- A diverse and vibrant economy
- Appropriate and well maintained housing for all
- Residents who respect, support and interact with each other regardless of economic, social or cultural differences
- A place that has good access to social services, schools and other public institutions
- A place that practices environmental stewardship

There are many specific ways to include health and healthy living into the redevelopment

ment process.

For example, including safe, well-lighted bike and walking paths could encourage people to get outside and enjoy the benefits of physical activity.

Another way is to provide parks and open spaces close by so children and adults can not only reap the benefits of physical activity but can also improve their psychological health.

In developing a healthy community, improving access to healthy, nutritious food could also be a goal. Providing space for community and small, individual gardens is one way to meet this goal. Another is to provide space for farmer's markets in the summer.

Public safety is also important for creating a healthy community. People living in or visiting the neighborhood must feel safe and protected.

There are many ways to achieve this goal. The program of "Crime Prevention Through Environmental Design" has many strategies that could be incorporated in the redevelopment plan.

These are just a few ways we can plan for a healthy community.

Notes from the Manager

BY JUDI CARTER
Senior Property Manager

Now that the weather is warming up, some people think that they do not have to keep their furniture away from the heaters. They are wrong!

One summer, a few years back, a child had pushed her bed into the heater, and that turned the knob. The result was that the whole apartment was burned.

The family lost all of their clothes, furniture, pictures and legal documents. It was a tragedy that could have easily been avoided.

Please, whether you use the heaters or not, keep bedding and all flammables away from the heaters!

Other important fire protection tips to pay attention to are:

- Never smoke in bed.
- Keep lighters, matches and other ignitables in a secure drawer or in a cabinet out of the reach of children.
- Keep lit candles and incense away from bedding, curtains, papers and anything that can easily catch fire.
- Never use portable heaters.

• If you use electric blankets or heating pads, make sure that the cords are not frayed or damaged.

• Never run electrical cords under your bed or trap them against a wall where heat can build up.

• If you use extension cords, make sure the cord that is plugged into the wall is thicker than the cords you plug into it.

It is important to have an escape plan that you practice with your household members, so that, if there was ever a fire or other disaster in your home, you would know how to get out safely.

And speaking about warmer weather, the grass is growing! If you do not have your own lawn mower or weed eater, plan to check one out from the Management Office.

It is a good idea to phone first to make sure we have one available for you. The telephone number is 206-223-3758.

By the time you are reading this, a committee of residents and staff will have been formed to plan new rules for the use of the Yesler Terrace Community Room. Watch for more information about that in next month's issue.

Prenatal and Parenting Classes

Seattle University nursing students will be offering a series of three classes to Yesler Terrace residents.

Topics that will be covered include:

- Pregnancy and nutrition
 - Childbirth and postpartum
 - Newborn care
 - Breastfeeding information
- The classes will be held from 10 a.m. - noon May 7 and 8 and from 10 a.m.-1

p.m. May 14 in the Yesler Terrace Community Room. The classes are offered free of charge.

To register for this class please call Doris or Erin at 206-321-7791.



Neighborhood House

Yesler Terrace Community Health Fair!

May 17, 2008

Presented by Seattle University College of Nursing Students

- Healthcare professionals on-site
- Free Pizza
- Great Information
- Blood pressure checks!
- Seniors: Safe & Independent living
- Moms & Babies: Prenatal care & parenting
- Youth: Health Promotion

Come Join in the Fun at the Yesler Community Meeting Room

825 E. Yesler Way

Saturday! May 17, 2008 10:00am-1:00pm

PASSING THE TORCH!

Youth Conference & workshops

SPONSORED BY Ethio Youth Media TV

Educate, Motivate, and Inspire

Saturday May 10, 2008

YESLER COMMUNITY CENTER

825 Yesler Way
Seattle, WA 98104
From 11:00AM - 1:00PM

Attend this Town Hall meeting and make a difference in your community!

For more Information call Assaye Abunie @ (206) 838-6359

Workshops & Light Refreshment

Get Involved!

Get Involved!

MAIN TOPICS:

- Underage Drinking & Drugs
- HIV/AIDS
- Mentorship
- Youth Leadership
- Scholarships
- Community Service
- College preparation

Speakers includes:

- Community Leaders
- Professionals
- Youth Leaders

Designed by EDITS

RUAD Washington State Coalition To Reduce Underage Drinking

