



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



The Voice

October
2008
*Articles translated
into six languages*

The newspaper of Neighborhood House

Forum focuses on hunger within the community



PHOTO BY IAN PORTER

SHA Executive Director Tom Tierney (left) provides opening remarks at the Hunger and Food Access Forum, held at SHA's Center Park building Sept. 18.

By IAN PORTER
The Voice

To raise awareness about issues of hunger and food inaccessibility in the Seattle area, a group of Seattle Housing Authority residents spoke at a community listening session about their own experiences with hunger.

The listening session was sparked by a recent study by Congressional Hunger Center Fellow Brad Johnson that found, among seven subsidized housing sites for seniors and people living with disabilities, 55 percent of 188 households surveyed met the federal guidelines for food insecurity. The Congressional Hunger Center is a nonprofit anti-hunger organization affiliated with the U.S. Congress and located in Washington, D.C.

In response to the dismal findings, the Seattle Housing Authority, United Way of King County, Seattle Food Committee, Lifelong AIDS Alliance's Chicken Soup Brigade and Solid Ground sponsored the "The Hunger and Food Access Community Listening Session," which took place Sept. 18 at SHA's Center Park.

The venue allowed "decision-makers from across the city, the county and from nonprofits," to hear directly from residents who experience hunger and food inaccessibility on a daily basis, said Tom Tierney, executive director of Seattle Housing Authority.

"What we hope, today, is to come to a better understanding" of the situation, he said.

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In the midst of the credit crisis, are your bank accounts in jeopardy?

The FDIC ensures that most bank investments are protected

By VOICE STAFF

With news of the subprime mortgage crisis filling the airwaves and major financial institutions being bought out by the government or folding completely, many consumers in America are wondering if the money in their bank accounts might be in jeopardy.

However, thanks to a federal program that dates back to President Roosevelt's Depression-era New Deal, most investors can rest assured that the money in their

savings or checking account is safe.

The Federal Deposit Insurance Corporation (FDIC) was established in 1933, in the wake of a widespread bank failure in the United States that left many Americans penniless.

The FDIC insures all deposits at insured banks, including checking, NOW and savings accounts, money market deposit accounts, and certificates of deposit (CDs), up to the insurance limit.

The FDIC does not protect money that you invest in stocks, bonds, mutual funds, life insurance policies, annuities or municipal securities — including any of those investments that are made through an FDIC insured bank.

The basic insurance amount for FDIC is \$100,000 for each depositor at an insured

bank. If you have less than \$100,000 invested in all of your accounts at any FDIC-insured bank, your money is protected.

Consumers have three options to check whether or not their bank or savings association is insured by the FDIC:

- Call toll free to 877-275-3342 and ask if your bank is FDIC insured
- Go to www.fdic.gov/deposit/index.html and look up your bank in the database
- Ask someone at your bank

Since the FDIC was created, no depositor has lost money from an insured deposit.

Information for this report was compiled from the FDIC Web site, located at www.fdic.gov. For more information, visit their Web site.

Your general election primer

By TYLER ROUSH
The Voice editor

Election Day is Nov. 4, and with a number of federal, state and local elections on the docket, voters have plenty to ponder.

Around the country, voters will take to the polls to vote for the next president of the United States. The Republican Party's ticket includes Arizona Senator John McCain and Alaska Governor Sarah Palin. The Democratic Party's ticket includes Illinois Senator Barack Obama and Delaware Senator Joe Biden.

At the state level, incumbent governor Chris Gregoire, a Democrat, faces a challenge from Republican Dino Rossi. Rossi will appear on the ballot as G.O.P., which is an

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Quotable

"Preparedness is something everyone can do. We will be bringing preparedness to more buildings."
— Dorene Cornwell, of Center Park, a volunteer for Seattle Housing Authority Residents Preparing (SHARP). The group receive a \$12,000 grant from the Seattle Dept. of Neighborhoods. See story on Page 3.

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Health Notes

A column devoted to your well-being

Small changes in diet can help prevent breast cancer

BY PAM MCGAFFIN
Special to The Voice

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

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

Lucas is using the platform of Breast Cancer Awareness Month in October to point out the power of diet in cancer prevention and overall health.

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

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

Here are her major recommendations:

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

- Balance blood sugar: Studies have

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

- Speaking of fiber: The recommended daily intake is 30 grams. (A cup of black beans, for example, has 19 grams and a half-cup of broccoli has 4 grams.) Along with drinking plenty of water, fiber helps rid the body of toxins. For a good source of fiber that also helps with hormone balance, add ground flax seed to your diet as well as cruciferous vegetables such as broccoli, cauliflower, cabbage and kale.

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

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

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

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

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American Red Cross Presenter Training Workshops, in partnership with SHARP (Seattle Housing Authority Residents Prepared)

Promote disaster preparedness — practice speaking with your neighbors about preparing for emergencies.

English — October 7 and 9, noon to 4 p.m.

Cantonese — October 14, 15 and 16, 1-4 p.m.

Russian — October 21 and 23, 10 a.m.-2 p.m.

All workshops will be at the American Red Cross at 1900 25th Ave. S. in Seattle, serviced by bus routes 4, 8, 7, 9, 32, 42 and 48.

Contact Cinda Lium to sign up, or for more information, at cindalu@winisp.net or 206-322-3291.

Space is limited.

The Voice

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The Voice, the newspaper of Neighborhood House, is published monthly with the support of Seattle Housing Authority and 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.

Caring comes to the fore at United Way event



PHOTO COURTESY UNITED WAY OF KING COUNTY

Spirited volunteers: Five Seattle Housing Authority staff members took part in this year’s Homeless Resource Fair, part of the Day of Caring. From left: Mary Armstrong, Debbie Beasley, Katie Ta, Karmin Hallberg and Courtney Powell.

BY COURTNEY POWELL
Seattle Housing Authority

On Friday, Sept. 12, five Seattle Housing Authority employees set out early to participate in the Homeless Resource Fair, a part of the Day of Caring sponsored by United Way of King County.

The Day of Caring inspired some 8,600 volunteers from 109 companies and organizations to donate a work-day in service to the community. The Homelessness Resource Fair was just one of 417 community service projects underway throughout the county on the Day of Caring.

By the time we arrived at the Qwest Field Events Center, a long line of homeless people had already begun to assemble. Their eyes were sleepy and most were carrying their belongings.

The mood was cheerful. Free coffee was provided. We volunteers were given T-shirts and directed to our assignments for the day. All of us were designated greeters whose jobs would be to identify a person’s needs and direct him or her to appropriate resources. We were told that some people might just want someone to talk to.

The huge hall was full of booths of organizations offering many resources. People could have their feet washed, their hair cut, their portraits taken. People could sign up for benefits with DSHS and housing with local low-income housing providers.

They could get free health screenings and free eyeglasses, and were invited to make free long distance telephone calls.

When the doors opened at 9 a.m., we were ready with our lists of resources and maps. Most of us paired off with someone in need of assistance right away. I struck up an acquaintance with a man named Calvin.

Calvin, a veteran, said he had many carpentry skills but had fallen on hard times. He was living under a freeway and desperately looking for work.

First things first: Calvin and I made a connection with WorkSource and then checked in with the Veterans Administration. After that we made the rounds of other service providers. Calvin got

free eyeglasses, and then we had lunch together.

He said he was grateful to have been connected to community resources he hadn’t even known about.

My four co-workers all had similar experiences. One, Karmin, became acquainted with a young man who was receiving SSI. When they stopped by the Bellevue Community College booth, a representative of the college told the man that if he were to apply for food stamps, he could qualify for full financial aid at any of several community colleges.

The fellow was much encouraged at hearing this, and when Karmin asked whether he wanted to go apply for food stamps, he was delighted that he could do so right then and there. Karmin told us later than it was wonderful to see how the man had changed his outlook for the better in just one morning.

We spent the afternoon much as we’d spent the morning: answering questions, talking to people, directing them to resources.

At the end of the day, volunteers had a chance to share our experiences. One thing that stood out for me and the other volunteers was realizing there wasn’t a whole lot of difference between us and the people we were serving. (“Just a few paychecks,” one volunteer pointed out.)

We were grateful for the opportunity to spend a day assisting such generous and appreciative people.

United Way plans to continue the Day of Caring every year, and its administrators hope that there will be even more volunteers and service projects in the future. For more information on how you can volunteer check out the United Way of King County’s Day of Caring Website at www.uwkc.org/volunteer/dayofcaring/default.asp.

This article was written by Courtney Powell, who with her fellow Day of Caring SHA volunteers works in the Housing Choice Voucher program at the Seattle Housing Authority’s PorchLight Building, in Ballard.



Neighborhood House
Strong Families. Strong Communities. Since 1906.

Two resident groups receive grants



PHOTO COURTESY SEATTLE DEPARTMENT OF NEIGHBORHOODS

Left to right: Kristin O'Donnell, Yesler Terrace; Mayor Greg Nickels; Cinda Liem, Denny Terrace; Dorene Cornwell, Center Park; and Tracy Connelly from the Office of Emergency Preparedness

By KRISTIN O'DONNELL
SHA Resident

Two projects from Seattle Housing Authority resident groups received Seattle Neighborhood Matching Fund grants in September.

The Seattle Housing Authority Residents Preparing (SHARP) grant for \$12,000 will expand a program which teaches people who live in SHA communities to be ready for emergencies and teaches residents to present trainings to others.

"Preparedness is something everyone can do," said project volunteer Dorene Cornwell. "We will be bringing preparedness to more buildings."

The Yesler Terrace Civic Engagement grant for \$9,055 supports resident participation in community planning.

As is written in the grant application "...as our neighborhood plans for profound changes, Yesler Terrace residents who are not fluent

and literate in English are excluded from much of the process. Meetings and hearings that any involved and active city resident would attend and participate in at such a crucial time do not include them."

The grant will pay for interpreters and organizing support that will make it possible for residents to have real participation in planning the future of the neighborhood.

The Neighborhood Matching Fund provides money to Seattle neighborhood groups and organizations for a broad array of neighborhood-initiated improvement, organizing or planning projects. A neighborhood group may be established just to undertake a project — the group does not need to be "incorporated."

Once a project is approved, the community's contribution of volunteer labor, materials, professional services, or cash will be "matched" by cash from the Neighborhood Matching Fund.

Meetings planned to discuss light rail

By SARAH LUTHENS
King County Department of Transportation

King County Metro and Sound Transit invite residents in the southeast Seattle area and southwest King County to offer their thoughts and suggestions early in the planning process regarding changes to bus service in light of the onset of Link light rail service next year.

One way to give advice to the transit agencies is to attend a community discussion in October. The dates, times, and locations of the community discussions in southwest King County are listed below on this page. For information on meetings in southeast Seattle, SHA residents can turn to Page 6 of the SHA News section.

To request an interpreter for ASL or another language for events in Federal Way, SeaTac, and Tukwila, contact Ellen Hansen, King County community relations, at least five business days in advance of the event (ellen.hansen@kingcounty.gov, 206-296-4511).

Completing a survey is another way to offer important feedback to King County

Metro and Sound Transit. Tabloid newsletters and surveys that explain the various options for bus-service changes will be sent to almost all households in southeast Seattle and southwest King County. These materials for the southeast Seattle area materials will be available, upon request, in Chinese, Somali, Spanish, Tagalog, and/or Vietnamese by calling 206-205-9185 or emailing sarah.luthens@kingcounty.gov. The materials for southwest King County will be made available, upon request, in Korean, Russian, Somali, Spanish, and Vietnamese by calling 206-296-4135 or emailing ellen.hansen@kingcounty.gov. The deadline to return completed surveys is Nov. 6.

Your voice is important. Let it be heard!

King County Metro & Sound Transit

Community Discussions

If you would like to ride the bus to these events, the nearby routes are listed. Or you may consult <http://trip-planner.metrokc.gov/> or call 206-553-3000 x 0.

Wednesday, Oct. 22, 6:30-8:30pm, Federal Way City Hall, City Council Chambers, 33325 8th Ave S., Federal Way, Route 903

Thursday, Oct. 30, 1:30-3:30 p.m. and 6:30-8:30 p.m. Note that the locations differ between the afternoon and evening events. The afternoon event will be held at SeaTac City Hall, 4800 S. 188th Street, SeaTac, Routes 180, 194, 574. The evening event will be held at Foster High School, 4242 S. 144th Street, Tukwila, Routes 128, 174

Health notes

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vitamins.

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

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

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



One to grow on

Garden tips for community gardeners

Fall weather means time to plan for 2009

By ANZA MUENCHOW
Special to The Voice

Alas, here is autumn and the end of the summer harvests. Some meteorologists are predicting a cooler than normal fall weather pattern.

Get in all those remaining tomatoes, peppers and summer squashes. Chop and freeze the peppers and squash for future soups and sauces. The tomatoes could continue to ripen in a warm dry area. Or make green tomato chutney and preserve it for a spicy treat during the winter months.

Now is a good time to work on your garden journals. Update that map of your summer garden. You'll need all this information for planning your 2009 garden. Record where the different crops were planted, as well as information about soil improvement (especially adding lime), and your crop successes and crop failures.

This may be the best place to record the varieties of seeds you used and where you got the seed.

As you walk around the garden, notice which perennial weeds you need to remove. Many annual weeds will just die off after a frost, but some will manage to grow enough to set seeds.

Weed around the kale, parsley, Brussels sprouts, beets, chard, choys and arugula plants that will survive during the winter. Weeds will crowd out your future harvests by taking needed light, nutrients and root space.

As the rains have returned and the temperatures are still mild, those fall weeds can get aggressive.

Another way to battle weeds is to plant cover crops during the off season. I choose the ones that are easy to remove in the spring. Our current favorites are vetch and Austrian field peas. Their vines will crowd out weeds.

They manage to improve the soil by fixing nitrogen yet they pull up easily in the spring. The peas won't give fruits but you can snip off the tips of the vines for a spring salad or stir fry. Fava beans are another favorite cover crop because they are edible and also fix nitrogen in the soil (through the bacteria that live on their roots). I have found they don't crowd out weeds, but do tolerate them. Winter rye is a good cover crop if you plan to mechanically till it into the soil in the spring. Rye can really stop a weed problem and add lots of biomass to a depleted soil.

For many of our beds, we pile on leaves and cover them with burlap bags. The leaves rot and worms love it! The burlap keeps the winds from blowing off the leaves. Sometimes the bags blow off, but are easily replaced after a storm. After serving for a couple years (as weed cover and in paths), these bags can be composted.

Just a quick word on getting the dying, diseased plants out of your garden: Do not compost the blighted tomato vines or squash vines with powdery mildew. Put them in yard waste containers for the Seattle/King Co. Solid Waste programs to compost.

A typical garden compost doesn't get hot enough to kill the pathogens, and those build up in a garden patch, making next years garden more susceptible to these diseases.

Congratulate yourself for the bounty your garden gave you and your family. Keep eating your winter greens and planning for the next, even better growing season.

Anza Muenchow is a farmer and a volunteer with P-Patch. You can reach her by e-mail at mahafarm@whidbey.com or on the Internet at www.mahafarm.com.

\$30 mil in HOPE VI funding going to SHA, KCHA

The Seattle and King County housing authorities will be receiving nearly \$30.5 million in funding from the HOPE VI housing program to revitalize two public housing developments.

It was announced last month that \$20 million will be allocated to the Park Lake Homes redevelopment project in White Center and nearly \$10.5 million will go to the Lake City Village and House redevelopment in Seattle.

The HOPE VI program, which is funded by the U.S. Department of Housing and Urban Development (HUD), replaces some of the nation's most dilapidated public housing with modern, mixed-income units.

Park Lake II

This funding will go to KCHA to revitalize the Park Lake Homes II public housing development. The revitalization project is comprised of 165 units, all of which will be demolished and replaced with a total of 318 units.

Of this total, there will be 165 public housing/Low-Income Housing Tax Credit (LIHTC) rental units, 12 LIHTC rental units, 12 Project Based Housing Choice Voucher units, 17 Habitat for Humanity affordable homeownership units, and 112 market rate homeownership units.

Of these units, 306 will be on site and 12 will be off site. Community and Supportive Services (CSS) will also be provided

to all impacted families. There will be 6,500 square feet of community center space on the ground floor of a residential building in the center of the site. The space will include a large community room, the Neighborhood Networks Center, office and classroom space for CSS providers, a multi-purpose room, and a satellite office for the King County police.

Lake City Village and House

This funding will go to SHA to revitalize the Lake City public housing development. Lake City Village was comprised of 16 townhouse public housing rental units which were demolished in 2002. Its revitalization plan will create a total of 103 units, including 51 public housing rental units, 35 Low-Income Housing Tax Credit rental units, five affordable homeownership units, and 12 market rate homeownership units.

Of these units, 71 will be on site and 32 will be off site. Additionally, there will be 113 public housing rental units at Lake City House, a high-rise building for seniors and persons with disabilities who are currently undergoing substantial rehabilitation. Community and Supportive Services (CSS) will also be provided to all impacted families.

To aid in the delivery of CSS programs, a 600-square foot Neighborhood Network Center and a 100-square foot CSS office will be constructed on site.

Save big on necessities when sales come around

BY PAM WILCOX
SHA Resident

The fine art of living on a low-income budget takes time to acquire. I used to find myself running out of money midway through the month and then waiting on edge for the first of the month to roll around.

I would see things on sale when I was out of money and cringe at the money I could have saved. It occurred to me, I must be doing something wrong!

I said to myself, "If you could buy things on sale instead of paying top dollar, you just might end up with money at the end of the month — maybe even be able to save a little to boot!"

So I embarked on a journey to learn how to live best, on the money I had.

One of the first things I learned was that stores run the same sales periodically. So one of my first challenges was to make sure I did not run out of an item before it went on sale again. This meant I had to stock up, which initially took more money.

I'll use toilet paper as an example. I buy Scott's toilet paper in the 12-roll packages. Instead of buying one package, I initially bought two. This way I did not run out before the next sale. The next time I only had to buy one package.

When it's on sale you can get Scott's 12-roll packages of toilet paper for between \$5.99 and \$6.99. Regular price at QFC is \$12.39. That's a saving of \$5.40 to \$6.40 per package.

You might ask yourself, why Scott's toilet paper? The reason is simple: You get more product for your buck!

The other brands may be cheaper, but they do not last as long, and in the end you pay more for them. And yes, I also calculated how long a product lasts!

I have extras of everything, from mayonnaise, to pepper, to toilet paper. It does take time and money to stock up like this when you are on a limited income, but it can be done.

Another thing I do is save all my receipts. I use a large

Send us your story!

The Voice wants to collect great recipes and stories from residents on how to eat healthy and nutritious foods on a budget. Please send your tips to Tyler Roush at tylerr@nhwa.org, or call 206-461-8430, ext. 227.

binder clip to do this. This way I can go back and check the prices of things so I know when it is best to buy and at what price.

Speaking of receipts — always check your receipts before you leave the store. You would be amazed at how often you get overcharged, especially on sale items.

Quite often you will get charged the regular price instead of the sale price. Every penny counts!

Another investment that ends up saving me money is to subscribe to the Sunday-only newspaper. You do not have to get all seven days of the newspaper.

The Sunday newspaper has the week's sales in it, and the coupons. From the mail, I get Bartell's ads along with the grocery store ads.

Buying in bulk can also save you money. The best place I have found to get bulk items is Madison Market.

It is closest to where I live, but there are many places that offer bulk items throughout the Seattle area.

One of the best money-saving items I get in bulk are spices. The per-pound price is enough to scare you away, but remember, a pound of thyme, for example, could fill a paper bag. I am sure you don't need that much!

Another item I get at Madison Market are my eggs. I do pay more for them because they are stamped "Certified Humane." This means the chickens who lay the eggs I eat are treated humanely.

They are happy chickens, and I've been told the eggs are healthier to eat. I am a vegetarian and animal-rights activist, so happy chickens are important to me. And with the money I save elsewhere, I figure I can pay a little more for my eggs.

Pam's Spinach and Parsley Frittata

1 medium onion (about a cup, chopped)
1 clove garlic
1 large potato
1 1/2 tbsp. olive oil
1 tsp. salt
8-9 eggs
4 tbsp. Parmesan cheese
1 cup chopped flat-leaf parsley (packed)
Fresh-ground pepper
2 1/2 cups chopped spinach (chopped)
1 tsp. cider vinegar

Chop the onion, mince the garlic and scrub the potato and cut it into 1/4-inch cubes. Heat olive oil in a 12-inch skillet, preferably a good non-stick type. Sauté the onion and garlic for a few minutes, then add the diced potato and about 1/2 tsp. of salt, and continue cooking over medium heat, stirring often, for about 10 minutes. The vegetables will start to brown.

Meanwhile, beat the eggs with the Parmesan cheese, parsley, remaining salt, and pepper, then set aside. Add the chopped spinach to the pan, sprinkle it with cider vinegar, and toss it with the other vegetables until it is thoroughly wilted.

Pour the egg mixture into the vegetable mixture and give it a quick stir to make sure everything is more or less evenly distributed. Adjust the heat until it is very low, cover the pan, and let the frittata cook slowly for about 10-15 minutes, or until the eggs are completely set.

Loosen the frittata gently with a spatula until it slides freely in the pan, then invert it onto a flat lid or platter and slide it back into the pan to brown on the other side, just for a minute or two. Serve it on a platter, warm or cool, and cut into wedges. Serves 6-8.

NH Tutoring Center puts teen on the path to success

Liliya Tsyachuk is the 2008 recipient of Neighborhood House's Heart of Oak scholarship

BY PAM MCGAFFIN
Moore Ink

After a late start in American schools, Liliya Tsyachuk is on an education fast track.

At 19, she's in the home stretch of getting her Associate of Arts degree after finishing a challenging summer quarter of math and biology classes at Green River Community College.

Between her studies, working part-time and planning for the future, this year's recipient of the Neighborhood House Heart of Oak scholarship hasn't had the time to rest on her laurels, although she's probably earned the right.

Eleven years ago, Liliya and her family had just arrived from Ukraine. Plunked into an American second-grade classroom where she understood nothing, she struggled to learn and catch up. Her parents were so busy trying to earn a living and improve their own English skills that they were unable to offer much help to her and her five older siblings.

But Liliya made friends. And after school, they would head over to the Neighborhood House Youth Tutoring and Resource Center in the Burndale public housing community where they live.

In a converted four-bedroom apartment, they would be guided by volunteer tutors on their school work, play learning games, do arts and crafts, and socialize.

"I make them do work," says Youth Tutoring Coordinator Terrah Goeden. "But we also make it fun."

While Liliya was getting help, she also

"It was warm and cozy," she says. "If you had nothing to do at home and were tired of watching TV, you could go to the tutoring center. There was always something to do here."

— Liliya Tsyachuk

volunteered her time at the center, serving as a role model for the younger kids, most of them from Ukrainian immigrant families. The Center serves students from preschool to college, but the core group are elementary- to middle-school age.

"This is their home away from home," Terrah says. "That's how they see it."

That was certainly true for Liliya. "It was warm and cozy," she says. "If you had nothing to do at home and were tired of watching TV, you could go to the tutoring center. There was always something to do here."

The tutoring she received helped Liliya so much she started earning A's in school and reading the classics. *Pride and Prejudice* is a favorite.

In her junior year of high school, she began attending classes at Green River through Running Start, a program that gives qualifying high school juniors and seniors the option of starting college early. That explains why Liliya is getting her AA degree on the heels of graduating with a 3.5 grade-point-average from Auburn Mountainview High School. She had planned to transfer to the University of Washington

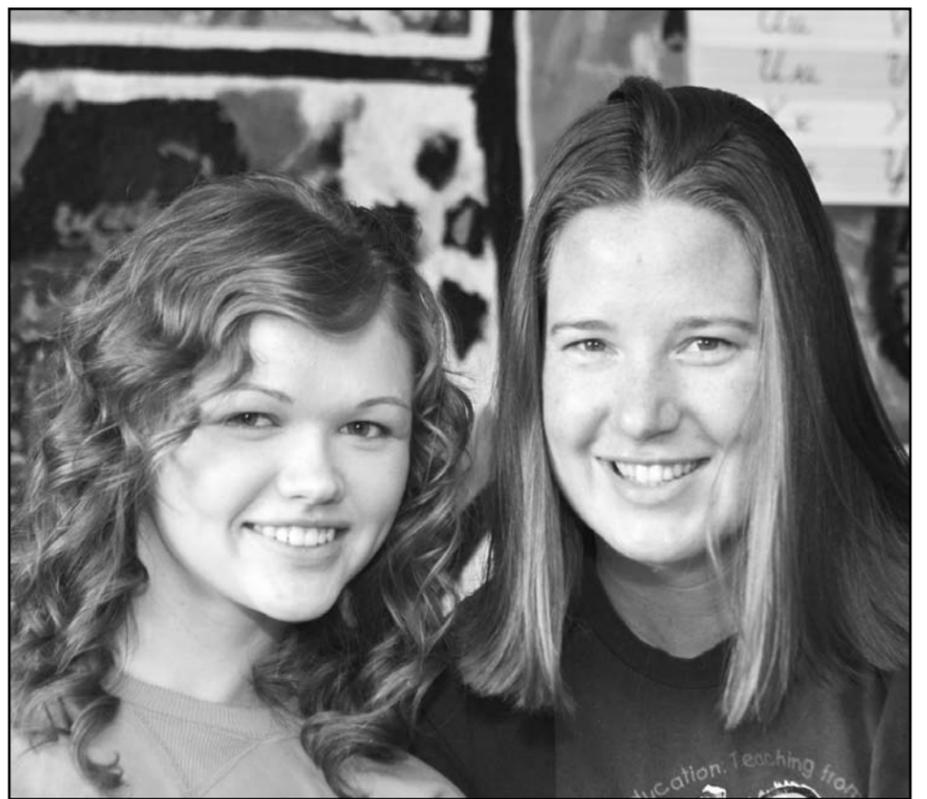


PHOTO BY MIKE MOORE

Liliya Tsyachuk (left), the 2008 recipient of Neighborhood House's Heart of Oak scholarship, jump-started her education at the Neighborhood House Youth Tutoring and Resource Center in Burndale, with help from Youth Tutoring Coordinator Terrah Goeden.

this fall.

"(Liliya) is a kind, responsible, intelligent and driven young woman who deserves the opportunity to further her education," wrote Terrah in a letter recommending the teen for the Heart of Oak scholarship, given annually to a student who might not otherwise have the opportunity for a higher education. Liliya will receive \$2,500 each year for the next two years.

In a personal statement for the scholarship, Liliya describes the barriers she and

her family have overcome. While she was in school, her parents also attended classes, learned English and secured stable jobs. Her siblings have left home to start lives of their own.

"Life goes by so fast," she wrote. "It feels like I was in elementary school mixing up my B's and D's and I blinked, and now I'm a senior about to graduate... I am very excited about my future wherever it may take me."

A first-time voter looks forward to the election

By SCOTT FREUTEL
AND THANH V. NGUYEN

As voters, each of us thinks about candidates and issues in our own way. For this reason, it's impossible to say that all voters who share Characteristic X will vote a certain way but voters who share Characteristic Y will not.

Still, first-time voters, people who haven't been motivated until now to exercise their right to vote, and especially new citizens who have recently gained that right, can be said to have one important thing in common: They're excited about this election, and they're following it pretty closely.

Here's a brief profile of one first-time voter selected nearly at random from one of our communities.

Name: Truyen Thi Le

Age: 67

Residence: Gamelin House, Rainier Vista

Birthplace: Vietnam

Family: Ky Van Le, husband; no children

Came to USA: 1993

Citizen since: 2001

Occupation: Retired; worked at Sears



PHOTO BY SCOTT FREUTEL

Mrs. Truyen Thi Le, resident of Gamelin House, Rainier Vista, is an excited first-time voter.

until 2001

Polling place: Rainier Vista, but may vote an absentee ballot

Issues: Most important issue: the economy. Others: health care, especially health care for the elderly, and security for the United States.

Interest level: Follows political news on TV; watched the conventions; encourages friends and fellow residents of Rainier Vista to be sure to exercise their hard-won right to vote.

Election

Continued from front page

alternate name for the Republican Party.

Washington voters will not vote for a U.S. senator this election cycle — Senator Patty Murray's seat will be up for election in 2010, while Senator Maria Cantwell's seat will be up for election in 2012.

In Washington's U.S. House races, incumbent Democrat Jay Inslee faces Republican Larry Ishmael in the First District; incumbent Democrat Rick Larsen faces Republican Rick Bart in the Second District; incumbent Democrat Jim McDermott faces Republican Steve Beren in the Seventh District; incumbent Republican Dave Reichert faces Democrat Darcy Burner in the Eighth District; and incumbent Democrat Adam Smith faces Republican James Postma in the Ninth District.

A variety of state officials, including state Representatives and Senators, are up for election. In addition, several state and local measures appear on the ballot.

Consult the voter's pamphlet or visit www.kingcounty.gov/elections for more details.

Voter's pamphlets will be mailed by Oct. 13, according to the King County elections Web site.

The deadline to register to vote online is Oct. 4. New Washington residents may

register in person at the King County Elections Office, 919 SW Grady Way, Renton, WA 98057

You can check your registration status, find your polling place and review the candidates on your ballot by going to www.kingcounty.gov/elections, or by calling 206-296-8683 weekdays from 8:30 a.m.-4:30 p.m.

Find my polling place!

Need to know where to go to vote on Nov. 4? If you are registered to vote in King County, all you need to do is go to www.kingcounty.gov/elections and input your name and date of birth in the "Your Voter Guide" section on the right-hand corner of your screen.

You can also call 206-296-8683 for more information.

It's not too late to register!

The last day to register to vote online at www.kingcounty.gov/elections is Oct. 4.

However, if you are a new resident of Washington, you can still register in person at the King County elections office until 6 p.m. Oct. 20.

The elections office is located at 919 SW Grady Way, Renton, WA 98057.

It's not too late to get involved this election year

By MICHAEL KELLY
Special to *The Voice*

With less than 50 days to go until one of the most important elections in United States history it is vital for everyone to get involved.

It might seem like time is too short and that it is too difficult to be involved unless you are part of a political campaign, but this couldn't be further from the truth. There is still plenty of time to get involved in the election this year!

There are thirty-five days (as of press time) to volunteer to get your friends, family, and neighbors talking, educated, and out to the polls on Nov. 4.

During October, Washington Low Income Housing Alliance and our partners, as well as other organizations such as Poverty Action and others, will be hosting debate-viewing parties, election discussions and candidate forums to inform voters about

their choices and vital role to play in this election.

You can be a part of this historic election simply by helping to get your community engaged. The Alliance is seeking volunteers for Get Out the Vote efforts throughout Seattle. Contact Michael at Vote@wliha.org for more information.

One of our most important efforts at outreach this year will be to get people to vote "down ballot."

"Down ballot" means not only choosing a presidential candidate but also voting on all of the contests on the ballot.

There are a lot of local and statewide races, and in many ways, the winners of these races will have a greater impact on us than our president. Governors, state senators, and initiatives impact us very directly.

Unfortunately, a lot of our neighbors don't realize this. They become excited by the presidential race and are eager to

Important dates

Election Day

Nov. 4, polls open 7 a.m.-8 p.m. (go to www.wliha.org/vote to find your polling place)

Presidential Debates

All debates begin at 9 p.m. Eastern Time, 6 p.m. on the West Coast.

Sept. 26: Presidential Debate – Foreign policy focus

Oct. 2: Vice Presidential Debate

Oct. 7: Presidential Debate – town hall

format

Oct. 15: Presidential Debate – Domestic policy focus

Wash. Gubernatorial Debates

Sept. 20 – read about the debate – www.seattlepi.com

Sept. 25 – read about the debate – www.seattletimes.com

Oct. 1 – 7 p.m.

Oct. 9 – time TBD (check www.wliha.org/vote for more information)

Oct. 15 – time TBD (check www.wliha.org/vote for more information)

choose, but often won't vote for local and state races because they feel uninformed about them.

We need your help! It's simple to get informed and involved. To educate yourself and your neighbors, study the online voter guide at PovertyAction.org.

Find out who represents you with the League of Women Voters (lwvwa.org). Host a pot luck on the night of a Presidential or Gubernatorial Debate, drive your neighbors to their polling locations, have

a "ballot party" to discuss the ballots and remind people to vote.

Talk to your friends, talk to your family. Don't let your community forget to vote.

Please visit www.wliha.org/vote and email vote@wliha.org for more information.

Keep an eye out at community bulletin boards and community centers for postings and fliers about Housing Alliance voter education in your neighborhood.

Forum

Continued from front page

The residents spoke for more than an hour about the struggle of finding food when public assistance such as food stamps run out, sometimes halfway through the month; chronic disability prohibits some residents from going to food banks regularly.

They painted a picture of multiple and compounding obstacles that prevent them from acquiring sufficient amounts of food on a regular basis.

Janet Meyer, an SHA resident, described a common situation that might result in her inability to get food for a period of time.

"I use a walker a lot of the time when I am out of the building," she said. "If it's icy out, I can't necessarily go (to the store). My caregiver has to drive me to the store, but she only works two days a week."

She said the obstacles to obtaining food

are so difficult to overcome for some individuals, especially when the person suffers from a chronic illness, that he or she often doesn't feel up to going out.

Another SHA resident, Arron McLauchlan, agreed with Meyer.

"When I was able to walk, I could go to about two or three or four food banks," he said. "But when my doctor said I could not walk that distance and was put in a motorized chair, it makes it even harder to go to these food banks," he said.

The location of some food banks required him to take two or three buses, he added.

To make matters worse, said Vickie Foster, another SHA resident, if other residents try to assist those with disabilities by purchasing food for them at the store, they are unable, because food stamps can only be used by the individual to whom they are issued.

When food stamps run out — which many of the residents in attendance said

was a common occurrence — they turn to food banks to provide sustenance. But, they said, food banks bring with them a host of new obstacles.

The major concerns voiced by residents about food banks included the lack of nutritional quality of the food they received from a food bank. Although fruits and vegetables are highly nutritious foods, they are also perishable, which keeps them out of stock at food banks, one resident said.

Maintaining a strict nutritional diet becomes even more important, as well as more difficult, for individuals who suffer from diabetes.

In addition to nutritional concerns, at least two residents said they had been given expired or partially rotten food by a food bank.

One broad theme that remained throughout the entire discussion was the issue of communication, or lack thereof, among SHA residents, and between residents and the agencies that serve them.

McLauchlan said inefficient communication often results in underserved residents and services that go unused.

"With all the knowledge these agencies have, sometimes they should be able to share with other (agencies)," he said. "They should say, 'We can't help you, but we know where we can send you.'"

"A lot of agencies don't do this, and that's a shame, because there are a lot of us out there that truly need help. We need to help ourselves, if we know something we should share with others ... We should spread the word," he said.

Among the decision makers in attendance were city, state and federal legislators as well as representatives from all of the agencies that sponsored the event.

Nathan Buck, Family and Social Services Manager for Neighborhood House, said he wanted to thank the residents "for their honesty and their comments that help us design and refine our programs to make sure that we are serving all of you."

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Write your ad here (one word per line)

Check the classification: Items for sale Autos for sale
 Items wanted Services

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

TRANSLATIONS

TRANSLATED ARTICLES FROM THE VOICE

Great deals abound at the super market and food bank

Xaraash iyo xoolo jaban oo ka jira suuqa weyn iyo bunuugta cuntada

Sicir bararka shidaalka iyo guud ahaan dhaqaalo darrida na soo food saartay ayaa sababtay in ay cuntadii noqotay wax aan la goyn Karin, taasoo sababtay in ay adkaato la soo bixidda qutulyoonka.

Waxaan dukaamada cuntada (grocery stores) ka helaa maalinta talaadada waraaqaha xaraashka cuntada iyo alaabta kale, xaraashkuna wuxuu dhacaa maalinta Arbacada.

Waligay masoo gadan waxyaabaha ay ka mid yihiin rootiga, basasha, bariiska, digirta, yaanyada gasacadaysan,; sababtoo ah labo jeer todobaadkiiba ayaan aadaa bangiga cunta (food Bank).

Matalan, haddii aad soo qaadata basal aadna ku aragto in ay meelo bolol ka tahay, ka fiiq dubka kore, afafkana ka jar, si fiicana u dhaq, qalaji oo kadib ku xafid faranjierka qaybtiisa daboorka yarka ah

leh, muddo ayey oolikartaaye.

Biyo raaci dhamaan qudaartaada; tusaale ahaan tayda waxaan ku ridaa sinkiga jikada maraan dhaqayo. Markey qalallaanna wax ku duub oo bac geli.

Ka hor iyo kadibba, marakaan qudaar ama hilib ku jar-jarro miiska jikada waxaan ku dhaqaa warankiilo yar biyo badan. Isku dar warankiilo qiyaasteedu le'eg tahay afar meelood meel qaadada shaaha iyo labo koob oo biyo ah, kadibna ku shubo dhalooyinka caaga ah ee biifleeya.

Haddii aad hesho wargeyka axadlaha ah. Meel dhigo boonooyinka ee la socda, saasbaan anigu kolayba cuntada aan xaraashka ahayn. Midda kale, Bangiga cuntadu wuxuu ku fiican yahay dhinaca miraha la cunno iyo qudaarta marka xiligooda la joogo. Miraha sifican u bislaada waxaa laga samayn karaa cuntooyinka ay ka mid yihiin canjeero (laxoox), waffles, rooti, iyo doolshe. Doolshaha kaligiis ayaa casumaad gala.

Great deals abound at the super market and food bank

NHỮNG MÓN HỜI Ở CHỢ THỰC PHẨM VÀ Ở CÁC NƠI PHÁT THỰC PHẨM (FOOD BANKS)

Vì giá xăng dầu lên cao và do nền kinh tế của chúng ta (yếu kém), nên giá cả thực phẩm càng lúc càng mắc thêm. Khó mà sống nổi. Tôi thường nhận các giấy (quảng cáo) hạ giá vào mỗi Thứ Ba từ các chợ thực phẩm, và cuộc hạ giá bắt đầu vào các ngày Thứ Tư.

Tôi không bao giờ mua bánh mì, hành tây, gạo, đậu và cà chua đóng hộp, thay vào đó, tôi đi đến các food bank 2 lần mỗi tuần. Nếu lãnh được cũ hành tây mà thấy nó co đóm, hãy lột các lớp vỏ ra, cắt bỏ các rễ nó đi. Rồi rửa sạch

nó, để nó ráo thật ráo rồi đựng vào rổ. Nó sẽ không hư trong thời gian dài.

Hãy rửa và để ráo các loại rau xanh. Tôi để nó vào cái rổ đựng chén đĩa. Khi chúng khô ráo rồi, thì gói chúng vào khăn giấy ẩm và để vô tủi.

Trước và sau khi cắt rau cải hay xắt thịt, hãy rửa các kệ (thớt) với dung dịch thuốc tẩy pha với nước lạnh. Hãy pha 1 phần tư muỗng cà phê thuốc tẩy với 2 cup nước đựng vô chai xịt.

Nếu quý vị có đọc báo ngày Chủ Nhật, hãy giữ lại các coupon. Đó là cách mà tôi dùng để mua các loại thực phẩm không hạ giá. Cũng thế, ở các foodbanks có cho nhiều rau cải trong mùa. Trái cây chín mùi thì để làm bánh, bánh xốp, bánh mì hay bánh bông lan muffin. Bánh muffin ăn chơi rất ngon.

Great deals abound at the super market and food bank

Íslöð: Kakaþingisráðgjafi hefur gefið tilvísunir um hvernig best er að nota matvæðingarnet.

Við höfum verið að tala um matvæðingarnet og hvernig best er að nota það. Þetta er netið sem hefur verið sett upp til að hjálpa þeim sem hafa erfitt að komast að matvæðingum. Þetta er netið sem hefur verið sett upp til að hjálpa þeim sem hafa erfitt að komast að matvæðingum. Þetta er netið sem hefur verið sett upp til að hjálpa þeim sem hafa erfitt að komast að matvæðingum.

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Great deals abound at the super market and food bank

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В следствии повышения цен на горячее и общей экономической ситуации продукты значительно подорожали. Очень трудно свести концы с концами. Я беру листовки или объявления о распродажах в продуктовых магазинах каждый вторник, а распродажи начинаются в среду.

Я никогда не покупаю хлеб, лук, рис, фасоль или консервированные помидоры, вместо этого я хожу в фудбанк дважды в неделю.

Если вы взяли лук и обнаружили пятна на нём, очистите лук от шелухи и обрежьте негодные части. Вымойте его хорошенько, высушите и храните в контейнере.

Он сохранится гораздо дольше. Вымойте всю зелень; я кладу свою на сушку для посуды.

Когда она высохнет, оберните её влажным бумажным полотенцем и положите в пластиковый мешок.

Перед и после обработки овощей или мяса я всегда использую слабый раствор хлорной извести для моих кухонных столов.

Разведите четверть чайной ложки хлорной извести в двух стаканах воды и храните в пластмассовом пульверизаторе.

Если у вас есть воскресная газете, сохраняйте купоны. Так я покупаю продукты, которые не на распродаже. Фудбанки также очень помогают с фруктами и овощами, когда они в сезоне.

Из спелых фруктов получаются замечательные блины, вафли, хлеб или булки. Булки прекрасное и полезное угощение.

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ከትልልቅ ሱቆችና የምግብ ማከማቻ ቦታዎች በብዛት ይገኛሉ። በጊዜው የጋዛ ዋጋ ጭመራና በኢኮኖሚው ምክንያት ምግብ በጣም ተወደል። ፍላጎትን ለሚሟላት አስቸጋሪ ነው። የማስታወቂያ ወረቀቶች ዘወትር ማክሰኞ በየሱቆች ሲገኝ ሺያጩ የሚጀምረው ረቡዕ ነው። ዳቦ፣ ሽንኩርት፣ ሩዝ፣ ባቁላና የታሸጉ ቶማቶ አልገዛም፤ ወደ ምግብ ባንክ በሳምንት ሁለቱ እሄዳለሁ። ሽንኩርት ገዛታችሁ በሽፋኑ ነጠብጣቦች ካገኛችሁ ሽፋኑን አንስታችሁ ስሩን ቆረጥ አድርጋችሁ በደምብ እጠቡት። ያድርቁትም ጎሳም ጥሩ ቦታ ያስቀምጡት። እንደዛ ካደረጉ ብዙ ጊዜ ምግቦችን ሊያስቀምጡ ይችላሉ።

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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.

Meet Joe and Jo Kelly
COUPLE CALL FORT LAWTON HOME
See Page 3



SHA NEWS

October
2008

News and information about Seattle's neighborhoods

Now available: A report to the community on redevelopment

By JEFF ARNIM
Seattle Housing Authority

For more than a decade, Seattle Housing Authority has managed the successful redevelopment and revitalization of thousands of low-income public housing units. A newly released Report to the Community outlines this work and the impact it has had on neighborhoods throughout the city.

The publication is available to the public at Seattle Public Library branches and at the city's community centers. It can also be obtained at the NewHolly, High Point, and Rainier Vista management offices, as well as at Seattle Housing Authority's Central Office at 120 Sixth Avenue North.

The publication tells the story of redevelopment at the agency's three large family communities — NewHolly, High Point, Rainier Vista — while also covering the important revitalization achieved in the Westwood neighborhood and at 22 low-income public housing apartment buildings. It also looks at the upcoming redevelopment planned for the Yesler Terrace neighborhood.

For those who may not be familiar with the transformation of Seattle's public housing in recent years, the Report to the Community explains how Seattle Housing Authority and community partners have replaced worn-out units, created diverse new neighborhoods, and sustained the city's stock of low-income housing — even as federal funding has continued to trend downward.

It looks at the innovative ways Seattle Housing Authority, its residents, neighborhood members, nonprofit and for-profit partners, and the federal government have come together to tackle difficult problems and create housing and communities that everyone can be

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Whose view is this?



PHOTO BY SVEN KOEHLER

Win a \$15 gift card!

Last month's "Whose View" depicted the view from University West.

Among the correct entries, Holly Howard's was selected as our winner. Congratulations to Holly!

This week we feature a different view. Send your answer to the question, "Whose view is this?" to Tyler Roush at tyler@nhwa.org

or mail it to 905 Spruce St., Suite 200, Seattle, WA 98104.

Please clearly write your name and address with your entry.

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.

Jackson Park event connects "Neighbors, Families and Community"

By SHARON DAIN
SHA Resident

On Friday, Sept. 19, around 250 people gathered at the Jackson Park Youth Tutoring Center for an event titled "Connecting Neighbors, Families and Community."

Kelly Kelleher, who was on the event planning committee, greeted residents and gave each adult a raffle ticket. The raffle items were two emergency kits and gift certificates from Fred Meyer.

Leigh Mobley helped inspire and assist residents to register to vote.

She answered all their questions and was very helpful.

We'd also like to give a special thank you to Stephen Croston, for his role in setting up the open house, serving food, assisting us all and for all his help in cleaning up afterwards.

With help from granddaughter Leslie Wilson, I made a craft project for children. The craft item was a SpongeBob Square Pants doll, made from a lunch bag and goggle-eyes.

The children drew a tie and square pants on the doll, then added arms and legs made

from construction paper to complete the look. Justin, of Jackson Park, finished his SpongeBob and had his picture taken by Naomi Chang.

I distributed grab bags for the children, consisting of bracelets and toy jewelry for the girls and dinosaur toys and spider rings for the boys.

This event was a huge success.

I heard several residents talking, and they thought this event was very helpful in getting the services they needed. On behalf of the planning committee, I would like to thank all who helped out.

Thanks to Lisa Dressler, SHA senior property manager, for preparing the food menu. And thanks also to Chang, Cheryl Sabin, Roberta Sherwood, Sophia Phillips and Laura Lakings-Becvar for their help.

Thanks also go to Lynda Casper for taking RSVPs and helping out at this event.

The planning committee for the event included Dressler, Chang, Sherwood, Sabin, Phillips, Lakings-Becvar, Dain and Kelleher.

Kelly Kelleher contributed to this article.

Fort Lawton plan approved by City Council

29-acre-site could see more than 200 units of new housing with 85 units serving homeless people

By VIRGINIA FELTON
Seattle Housing Authority

On Sept. 22 Seattle's City Council unanimously approved a plan for re-use of the Fort Lawton Army Reserve Center in Seattle's Magnolia neighborhood. The plan was developed over the past six months with extensive input from the Magnolia community.

In 2005, the federal government declared the Fort Lawton site surplus and named the City of Seattle the Local Redevelopment Authority in 2006. Seattle Housing Authority, along with the city and other consultants, helped lead the redevelopment planning effort through a series of 18 community meetings in 2008. Neighbors, community groups and housing advocates weighed in on everything from vehicle access and open space to the total number of housing units.

The plan includes homeless housing

Please see "Lawton" on Page 7

Find your success with Access Success

BY KAMALA TABOR
STAR Center

Seattle STAR Center's Access Success is a career development program for low-income individuals with or without disabilities.

Each client of the Access Success Program is offered personal meetings with a career development consultant. The consultant can provide skill assessments, career aptitude testing, individualized goal setting, resume and cover letter building, interview training, and who can be each client's career course advocate. This program is designed to help people who are currently unemployed, underemployed, or unsatisfactorily employed, to lay the foundation for career success.

Lara Harding, our Face of Success

Here is the story of Lara Harding,

one of our Faces of Success. These are the stories of our clients and the outstanding changes they have created in their lives.

Lara is an outstanding young woman who became involved with our program when she was unemployed. Last month Lara landed a new job.

She is now working and training in an administrative position. Way to go Lara!

Like many of our clients, Lara had various challenges and barriers to overcome, but she used the tools and resources provided and her never-give-in attitude to achieve success.

Call Kamala Tabor, the Career Development Coordinator, today to set up an appointment at 206-304-4173.

We are located at the Center Park Community Building, 2101 MLK Jr Way S.

Are wheelchair repairs a problem?

BY SYBIL BAILEY
SHA Resident

I recently got two flat tires on my electric wheelchair/scooter. I have not been able to get them repaired because I don't have the "house call" service that my server requested.

I contacted Medicare about this and was informed that unless I lived in a rural area I was not supposed to be charged for house calls.

Without the help of Dr. Andy Chan, Social Service Director here at Denny Terrace, I would still be riding around on two flat tires. Dr. Chan keeps chairs stored in his office for short term use by building residents.

Medicare is looking into this matter at this time. I would be interested in knowing whether any other wheelchair users have had similar problems with their providers.

If you have experienced problems like this, please call me at 206-328-8176 or e-mail me at sybil_bailey@msn.com.

Task force looking at capital needs in SSHP

BY SHA STAFF

A task force made up of low-income housing professionals and residents has come together to consider alternatives for the funding of up to \$56 million in capital needs in the Seattle Senior Housing Program's 23 apartment buildings.

The task force held its first meeting on August 12.

Even though more than \$500,000 from rents is routinely set aside every year to be applied to capital needs such as new roofs and major repairs, it will not be sufficient to cover all of the major maintenance needs that have recently been uncovered.

Capital needs include repairs to the exteriors of a number of buildings in order to address damage caused by water leaking through the outside walls.

According to Seattle Housing's Asset Manager Ann-Marie Lindboe, "Fortunately, not all of the repairs will be needed immediately. This gives us the opportunity to evaluate various options and come up with a plan that will meet resident needs and repair the buildings."

Report

Continued from front page

proud of.

The Report to the Community also includes Seattle Housing Authority's 2007 annual report, providing information on agency financials, its achievements in Fiscal Year 2007, and an overview of its goals and performance.

The Report to the Community was printed on 100 percent post-consumer recycled paper.



20-cent "Green Fee" proposed in Seattle Bag manufacturers pushing for referendum

BY SHA STAFF

On July 30, Seattle Mayor Greg Nickels signed new legislation to enact a 20 cent per bag fee at grocery and drug stores, declaring that "The answer to the question 'paper or plastic?' has officially become 'neither.'"

In the intervening weeks, both plastic and paper bag manufacturers and some Seattle-area grocery stores have taken steps to block this legislation, including gathering signatures for a referendum to be placed on the ballot. This makes the implementation date of the program uncertain, and it may not go into effect as planned on January 1, 2009.

According to Dick Lilly, waste prevention business area manager for Seattle

Public Utilities, the hope is that more and more consumers will voluntarily use recyclable bags and help to reduce the amount of bag waste that goes into landfills.

"We believe that voluntary use of non-disposable bags can also make a significant difference," he said.

Seattle Public Utilities estimates 360 million disposable bags are used in the city every year, most made of plastic. The idea behind the green fee is to encourage and promote the use of reusable shopping bags.

The city will move forward with plans to distribute free or low-cost reusable bags and promote their advantages to every household in Seattle, with additional

Please see "Bag fee" on Page 7

Training opportunity for SHA residents Oct. 18

BY ROBERT CANAMAR
SHA Resident

On Oct. 18, there will be a training opportunity about evictions from 9:30 a.m.-4 p.m. at Center Park. Even though some of the material presented will be aimed at high-rise buildings, leaders from all communities are encouraged to attend, and share the information with their communities. Featured speakers will be:

Linda J. Brosell, SHA attorney

A Community Services Officer from the Seattle Police Department, presenting on "How to best assist in reporting illegal activities"

An attorney from Northwest Justice Project, presenting on "Rights and responsibilities of residents in the eviction process"

If you would like to attend, please speak with your Community Builder. A morning snack and lunch will be provided.

Please register by Oct. 13.

Priorities for attendance at SHA trainings to be set

The Resident Leadership Development team handles yearly training events. It is the job of the team to determine what training will be offered, and, if it is a training that will be very expensive, who will go to it.

This team is composed of leaders from various buildings under the SHA umbrella. The Leadership Team will present their recommendations for the process of determining participation in SHA training events to the next RPF meeting. They are as follows:

1. Residents who have demonstrated responsible leadership and community service.
2. Residents who have not previously attended this training.
3. Individuals who have a track record

Please see "Training" on Page 7

Beware of bedbugs

BY SHA STAFF

Did you know that there has been a major resurgence of bedbugs across the United States? Bedbugs are tiny insects that feed on human blood.

They usually are brought into a home when the resident travels to other countries or has guests who have come from other countries. These little bugs hide in suitcases and boxes and then escape when you or your guests unpack.

They then take up residence in your mattresses and, unless removed, will ultimately spread all over your house or apartment. Once they are settled in, they then begin to feed on you, usually at night when you are in bed and fast asleep.

Although arrival by suitcase is the most common method of getting an infestation, there is another method that is becoming all too common as well.

We have found that infestations are occurring when folks find discarded mattresses or furniture left at dumpsters or on curbsides and bring these things into their homes.

We strongly caution you to not bring home discarded mattresses or furniture. This also includes furniture that you might find at thrift stores or similar organizations.

Bedbugs are very hard to see because of their size and they are one of the most difficult of pests to control and eradicate. So be aware and beware!

About The Voice

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

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

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

Fort Lawton Place couple reflect on 37 years of marriage

BY TYLER ROUSH
The Voice editor

Joe Welch has a story about the first time he met his wife, Jo Kelly.

A Catholic priest at the time, Joe was teaching a class of nuns, when one of them spoke up with a question: "Hey," as Joe tells it, "how come we have to wear these crazy habits?"

She went on to say that the habits were difficult to maintain, and that the materials were too expensive for a group who were supposed to have taken a vow of poverty.

"I can remember clearly, I turned my head to the right-hand side, and I thought 'Where the hell did she come from?'" Joe says, "because to me, this was like committing hara-kiri out there in front of all these other nuns dressed in habits."

At this point in the story, Jo Kelly interrupts to speak for a moment in her defense. "And I have to tell you, every time he tells this story, he embellishes a little bit more," she explains.

Both Joe and Jo Kelly would eventually leave the church — independent of each other — and, a few years later, become reacquainted, marrying in 1971.

Perhaps dressed up a bit over the years, it is the story of how the couple of 37 years first met.

Incidentally, the residents of Fort Lawton Place, an SSHP building, grew up "within a stone's throw" of each other, as Joe puts it. Joe, 82, was born in Chicago and grew up in the Villa Park suburb, while Jo Kelly, 78, was born in Lakewood, Ohio and raised in Elgin, Illinois.

The couple moved to Seattle in 1975, and have lived in

Please see "Couple" on Page 6



PHOTO BY TYLER ROUSH

Jo Kelly and Joe Welch have lived at Fort Lawton Place for one and a half years, and work as backup resident managers.

homeWorks heads South

BY SVEN KOEHLER
Seattle Housing Authority

This fall, homeWorks has Seattle covered from tip to tail. Work is wrapping up at Jackson Park House on the northern city limits of Seattle, where plumbers have finished the pipe replacement, a new roof has been installed, and the community areas are almost completely remodeled.

Now, some of the same crews are heading to the opposite end of Seattle to kick off homeWorks at Barton Place, on the city's southern border.

Barton Place will get the full menu of improvements from homeWorks, including new pipes, new roof, exterior repairs and new finishes for the ground floor community areas.

While some materials began arriving on site in September, the first thing residents may have noticed after the Kick-Off Meeting on Sept. 24 was the construction of a temporary wall that split the community room in half.

Before the entire room is closed off for renovation this winter, this barrier will serve to create space for the construction office for the contractor's staff.

In most other homeWorks buildings, vacant units are used for temporary office space for the crews from WG Clark and their sub-contractors. But at Barton Place, there isn't much room since a number of units have already been vacated in order to convert them to accessible units.

This involves some major renovation work in one stack of five apartments. The



PHOTO BY SVEN KOEHLER

The homeWorks plumbers from Auburn Mechanical have set up shop in a container outside Barton Place. The pipe replacement work in the building starts in early October; but the plumbers are getting a head start by fabricating the new copper pipes that will supply the showers ahead of time.

bathrooms and kitchens are to be enlarged to allow wheelchair users room to maneuver.

This is much like the work completed in six apartments at Lake City House this summer and the 12 accessible units at Ross Manor which should be available for new occupants by the end of October.

While the accessibility upgrades in va-

cant units will take several months, the rest of the plumbing work in the apartments at Barton Place will take only a few weeks. The work is planned so that no resident is without the use of his or her bathroom or kitchen water supply once the plumbers go

Please see "homeWorks" on Page 6

Mixed signals from first DTV switch

Correction

In last month's issue, an article about digital TV identified Wilmington, Del., as the site of the early switch to digital TV. Wilmington, N.C., is the correct location.

BY SVEN KOEHLER
Seattle Housing Authority

While you have until Feb. 17, 2009 to prepare for the nationwide switch to digital TV broadcasting, residents of Wilmington, North Carolina were forced to find out whether they were ready this Sept. 8.

The city switched earlier to serve as a model for discovering what may go right and what may go wrong when TV stations across the country stop using the analog signals they have been broadcasting since the birth of television.

Preparing for the transition was a big deal, and you may have heard that Wilmington took the term "The Big Switch" literally with a ceremonial 7-foot tall switch that was flipped at noon, when stations turned off their analog transmitters.

Beyond the constant barrage of TV ads that everyone in the country has seen since earlier this year, the Federal Communications Commission (FCC) spent hundreds of thousands of dollars on special preparations specifically in

Please see "TV" on Page 6

HIGH POINT HERALD

NEWS ABOUT THE HIGH POINT COMMUNITY

Coming home to High Point

BY SCOTT FREUTEL
Seattle Housing Authority

At the age of 51, Cynthia Clouser has come home — home to High Point.

On August 1, Clouser and her family moved into a brand new three-bedroom townhome near Holly Street and 31st Avenue Southwest in High Point's Phase II. The townhome, one of three in a row, is painted tan with white trim, and it sits on a little hill.

Out front, visible from Clouser's west-facing windows and her front porch, there's a view down the hill of what will soon be a park named for its most prominent feature: a wide-canopied and very old mulberry tree. There will be a picnic area and paths in Mulberry Park as well.

Out Clouser's north-facing windows are views of an even more spectacular tree, a gnarled and ancient-looking sycamore just a few yards from her home. A fenced yard behind the house gets good morning light, which suits Clouser's plans to grow tomatoes and other vegetables.

Clouser and her family — son Neal, 25, daughter Jamilla, 17, and granddaughter Kerra Wilson, 11 — lived in High Point for three years before its recent redevelopment. Seattle Housing Authority relocated them to Yesler Terrace about five years ago, and they lived in three different apartments at Yesler before coming back to High Point.

"I took a wait-and-see attitude toward Yesler when we moved there," Clouser said recently. "I ended up liking it a lot. I like its diversity, that and the fact that everything is so close, including schools and my doctor's office, at Harborview. We made a lot of friends there, and I got involved with the new community center at Yesler" and with

the local P-Patch.

Clouser misses friends and some of the atmosphere at Yesler, she continued, but she pointed out that one of her granddaughter's friends from Yesler has moved close, which helps Kerra's transition.

Kerra is in the sixth grade at Madison Elementary. Her grandmother walks her to and from the bus — it's not far — every day. She's glad that there are grocery stores nearby — no less than three Safeways — and a couple of farmers markets.

Clouser's work has been mainly in food service, including stints as a cashier and food-preparer at Safeco Field. ("The only bad thing was, they wouldn't let you watch the game," she remembered.)

Although ill health has kept her from working for some time, she has abundant energy and a clear sense of community.

"I want to get involved with the High Point Neighborhood Association," she said. "And I can't wait to volunteer for activities at the new Neighborhood House" that's going up nearby. "I have good people-helping skills, and I like to put them to use."

Asked what she liked best about her new High Point home, Clouser thought for a moment and said, "It's much cleaner. At Yesler, there was always a lot of litter — many people just don't seem to care. That, and the fact that there's a lot fewer sirens and police activity. Here, there's a police department just down the road, but I don't see the officers much—a good sign that there just isn't much [criminal] activity here. I know they're there if we need them."

Clouser is a native of Oregon — she was born in Cottage Grove — who lived in Yakima and then Tacoma before discovering Seattle. She took to the city at once, she



PHOTO BY SCOTT FREUTEL

Cynthia Clouser (left) and her granddaughter Kerra on the front porch of their new High Point home.

said; she especially liked "the fast pace and the availability of good jobs.

"Seattle has everything you could want," she added.

Asked what she thinks of the planned redevelopment of Yesler Terrace, Clouser was quick to say that she thinks it's a good thing.

"It's old, and the buildings are getting dilapidated," she said. "Really, it's not a healthy place to live. Some people

aren't happy about the redevelopment, a few holdouts, but I think it's a good thing — and the project is another indication that Seattle Housing Authority is always thinking of low-income people and trying to do right by us.

"As for my family, we feel blessed and fortunate to be able to live here at High Point. It's beautiful. It is diverse, and that's important to us. And we feel safe."

High Point neighbors learn about Somalia

BY ANDREW MEAD
High Point Neighborhood Association

At their quarterly High Point Neighborhood Association (HPNA) gathering Sept. 11, residents learned about Somali history, language and culture.

HPNA Trustee Abdirahman "Abdi" Mohamed, along with Safia Artan and Gurey Faarah from Neighborhood House, made a presentation entitled, "Exploring East Africa: A Focus on Somalia." With the moon before dusk serving as a backdrop to the High Point Commons Park Amphitheatre, the 60 people in attendance were treated to not only Somali culture, but also Somali food after sunset as they honored the month of Ramadan.

Abdi started the program by explaining Somalia's geography, population and the languages spoken. To understand why many speak Somali, Arabic, Italian and French, Gurey gave a comprehensive history lesson that brought us to the current events.

Then, Safia taught the crowd Somali greetings such as "As-salam Alaikum," meaning "peace be upon you," and "Nabad Gelliyo" — goodbye. After some practice, most people had learned the phrases and were using them later in the evening. Finally, they displayed traditional dress worn by Somali men and women.

After sunset, the group moved from the park to the Elizabeth House to enjoy Somali food provided by Hudaah Halal restaurant, located in White Center.



PHOTO COURTESY WEST SEATTLE BLOG

Gurey Faarah, of Neighborhood House, makes a presentation on Somalia during a meeting of the High Point Neighborhood Association.

High Point resident and HPNA Trustee Steve Barham noted, "I think we are going to need more food next time. We had a great turnout and accomplished our goal of educating ourselves about our neighbors."

With so many cultures in High Point, it looks like there will be many more interesting HPNA meetings to come. The next one is Dec. 11. For more information, go to www.highpointneighborhood.org/.

Meeting planned to discuss new P-Patch garden

Residents of High Point are invited to an informational meeting about a new community garden at High Point.

A meeting for the new MacArthur Lane P-Patch will be held from 6-7:30 p.m. Oct. 7 at the High Point Library, located at 3411 S.W. Raymond St.

Attendees at the meeting will discuss planning and fundraising details for the new garden, and learn gardening tips, including how to grow organic crops.

To get involved, contact Bunly Yun at 206-684-8495 or 206-240-2093, Julie Bryan at 206-684-0540, or Genevieve Aguilar at 206-937-3292, Ext. 306.

Community potluck

High Point neighbors will gather for a community potluck from 11-1 a.m. Oct. 28 at Elizabeth House.

Please bring a dish to share.

For more information, contact Genevieve Aguilar at 209-937-3292, Ext. 306.

RAINIER VISTA NEWS

NEWS ABOUT THE RAINIER VISTA COMMUNITY

Rainier Vista's new Boys & Girls Club nears completion

By **JEFF ARNIM**
Seattle Housing Authority

The Rainier Vista branch of the Boys & Girls Club has been a central part of the Rainier Valley community since 1976, providing a positive environment and programs for more than 1,000 young people. In a little more than a month the Club will be able to expand its programming, services, and connections to the community with a move into a brand new facility.

Located along the eastern side of Martin Luther King Jr. Way South at South Snoqualmie Street, the \$14.3 million complex features a 40,000 square foot building that provides more than three times the space of the Club's old location.

A key feature of the new building is its ability to provide separate spaces for both younger children and teens, each with its own gym, computer lab, classrooms, games room and multi-purpose areas.

Creating unique spaces for the two groups is a welcome step forward for the Club.

"Teens want their own space," said Executive Branch Director Bill Burton. "They don't want to be with the young kids, and vice versa."

"The building is almost done," he added. "We still have the gym floor to put in but most of the rest of the facility is done."

A donor reception will be held Thursday, Oct. 30, while the Club's grand opening is scheduled to take place Saturday, Nov. 15.

The Club's expanded size and additional facilities represent a big improvement over what its old building could provide.

"The old building only had 13,000 square feet. All it had was a gymnasium, computer lab, games room, and a storage area that had been converted to a teen center," Burton said.

The new facility features office space, a large board room for community meetings, a quiet area set aside for a learning center and rooms that can be used for tutoring. It is also home to an internet café, music and art studios, a health room, an industrial kitchen, and even a dental clinic on the second floor.

Outside it has a multi-purpose playfield made of synthetic turf, along with additional parking.

Though the new building will be substantially different, the connection to, and support of, the surrounding neighborhood will remain the same at the Club's new home. It will continue to offer programs to area youth in five categories — education and career exploration, character and leadership, health and life skills, the arts and sports, and fitness and recreation.

"The new Rainier Vista Boys & Girls Club will mean a lot to the community," Burton said. "It gives kids the opportunity to learn about academic success, healthy lifestyles, and good character and citizenship."

The new facilities will also help to enhance the Club's impact in the neighborhood.

"We want a place for other partner agencies such as Nature Consortium, Youth Tutoring, and ReWA [the Refugee Women's Alliance] to be involved in with the Boys & Girls Club. We want to make sure they can use the club for meetings and other things.



PHOTO BY JEFF ARNIM

The new Rainier Vista Boys & Girls Club, located on the east side of Martin Luther King Jr. Way South at South Snoqualmie Street, will open Nov. 15. The 40,000-square-foot facility is more than three times the size of the Club's previous building.



Work continues on a playfield located at the Rainier Vista Boys & Girls Club facility. The multi-purpose field will be made of synthetic turf for all-weather play, and will allow youth the opportunity to engage in a variety of sports.

PHOTO BY JEFF ARNIM

We want to continue to be a part of the community," Burton said.

Since the old building was demolished last year the Club has operated from an interim location about half a mile away at the Rainier Community Center. Once the Club is re-established in its new home, Burton looks forward to bringing back old members while also welcoming new faces.

"We lost some kids — especially teens. A lot of the regular members are still here, but they'll all be back when we move into the new building. We're looking forward to that!" he said.

The Club is already working to send out information on the new facility, announcing grand opening events to donors and the families of members, and promoting through local newspapers and radio stations.

Light-rail meetings scheduled

King County Metro is hosting community meetings to discuss new light-rail installations, including the new track that services Rainier Vista. For meeting times and more information, see the related story on Page 6.

Community notes

Upcoming events at Rainier Vista

Community Clean-up

10 a.m.-noon, Oct. 4 at Rainier Vista Central Park

Traffic Safety Committee Meeting

7-8 p.m., Oct. 6 at Neighborhood House Rainier Vista Center's Paul Allen Room

Vietnamese Coffee Talk

10 a.m.-noon, Oct. 7 at McBride Court Community Room, 4521 29th Ave.

Multicultural Committee Meeting

6-7:30 p.m., Oct. 15 at Neighborhood House Rainier Vista Center's Paul Allen Room

NEWHOLLY NOTES

NEWS ABOUT THE NEWHOLLY COMMUNITY

Designed by kids, built by volunteers

Bank of America, KaBOOM! and the NewHolly community team up to build a playground in just one day for children

By SHA STAFF

More than 200 volunteers from Bank of America, residents of the NewHolly community (including Seattle Housing employees) and organizers from KaBOOM! will join forces on Friday, Oct. 24 to build a new, safe playground in Central Park at NewHolly.

The new playground's design is based on drawings provided by children who attended a Design Day event in August.

The new playground will provide more than 400 children who live at NewHolly with a safe place to play.

The playspace is the third built by KaBOOM! and Bank of America, and one of more than 220 that KaBOOM! will lead across the country in 2008 in an effort to provide a great place to play within walking distance of every child in America.

Lots of volunteers have already signed

KaBoom! project
When: Friday, October 24
8:30 a.m. - Kick off and volunteer deployment
11 a.m.-1 p.m. - Best time to view playground under construction
3 p.m. - Ribbon-cutting ceremony to dedicate new play area; everyone welcome
Where: Central Park at NewHolly Phase III, 3815 S. Othello St.

up, but more are needed. If you and your family members would like to participate, please call Joy Bryngelson at 206-723-1725 or e-mail her at jbryngelson@seattlehousing.org.

Volunteers must call ahead and pre-register to reserve your space in this special event. Please let us know if you'd like halal or vegetarian options for lunch.

If adults are volunteering, their children can sign in and participate in the children's activity area.

All neighbors are welcome to attend the ribbon-cutting ceremony at 3 p.m.

Meetings scheduled to discuss light-rail

By SARAH LUTHENS
King County Department of Transportation

King County Metro and Sound Transit invite residents in southeast Seattle area and southwest King County to offer their thoughts and suggestions early in the planning process regarding changes to bus service in light of the onset of Link light rail service next year.

One way to give advice to the transit agencies is to attend a community discussion in October. The dates, times, and locations of the community discussions are listed in the sidebar on this page.

To request an interpreter for ASL or another language for events in the southeast Seattle area, please contact Sarah Luthens, King County community relations planner, at least five business days in advance of the event (sarah.luthens@kingcounty.gov, 206-684-1146).

Completing a survey is another way to offer important feedback to King County Metro and Sound Transit. Tabloid newsletters and surveys that explain the various options for bus-service changes will be sent to almost all households in southeast Seattle and southwest King County. These materials for the southeast Seattle area will be available, upon request, in Chinese, Somali, Spanish, Tagalog and Vietnamese by calling 206-205-9185 or e-mailing sarah.luthens@kingcounty.gov.

The materials for southwest King County will be made available, upon request, in Korean, Russian, Somali, Spanish and

King County Metro and Sound Transit

Community Discussions

If you would like to ride the bus to these events, the nearby routes are listed. Or you may consult <http://trip-planner.metrokc.gov/> or call 206-553-3000 x 0.

Thursday, Oct. 16, 6:30-8:30 p.m., Rainier Community Center in Columbia City, 4600 38th Ave. S., Seattle (Columbia City), Routes 7, 39

Tuesday, Oct. 21, 1:30-3:30 p.m. and 6:30-8:30 p.m., Holly Park Community Church, 4308 S. Othello, Seattle (Rainier Beach), Routes 42, 48, 106

Thursday, Oct. 23, 6:30-8:30 p.m., Fire District #20 Training Facility, 12424 76th Ave. S., Seattle (West Hill), Route 106

Tuesday, Oct. 28, 6:30-8:30 p.m., Jefferson Community Center, Haselberg Hall, 3801 Beacon Ave S., Seattle (Beacon Hill), Route 36

Vietnamese by calling 206-296-4135 or e-mailing ellen.hansen@kingcounty.gov. The deadline to return completed surveys is Nov. 6.

Your voice is important. Let it be heard!

homeWorks

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home at night.

Residents can remain at home for all of the work, aside from one day when residents must leave their apartments for about eight hours while their air quality is tested.

At the Kick Off meeting, residents learned that they will soon get a detailed schedule of when the plumbers will start replacing the pipes in their units. Meanwhile, while the last days of summer are still with us, there will be a lot of activity outside the building.

The building's exterior bricks will be maintained and repaired if necessary. This involves workers hanging from platforms on the outside of the building, called "swing stages." While they are at it, the window caulking will be renewed to make sure and keep the rain out of the apartments.

This summer, the roofs of several buildings were under construction, some where homeWorks had been busy before, such as University West and University House, and some where the major work isn't scheduled until next year, like West Town View, Stewart Manor and Center West.

Roofers will be installing an entirely new roof on Barton Place. This includes removing the old roofing material first, so it is important to work quickly and stay out of the rainy season.

From the experience at other buildings, residents will definitely hear some noisy power tools in use during the exterior work, but luckily, this will not last more than a few days outside of each unit before it moves to another part of the building.

Roofers and workers hanging from swing stages are out in the elements, so they tend to hurry up during good weather rather than get stuck in the rain!

Couple

Continued from Page 3

Fort Lawton Place for a year and a half.

To make ends meet, Joe works four part-time jobs. He's been an usher at Key Arena for 10 years, staffs a display booth for a contractor at home shows, works Fridays as a greeter for cruise-goers at Pier 66, and works with Jo Kelly as a backup manager at Fort Lawton Place.

"I love interacting with folks, and basically all those jobs have me interacting with folks in some way or another," he says.

In addition to her role as backup manager, Jo Kelly works as a career counselor for the Centerpoint Institute. The work lets her interact with a variety of clients.

"Each one is a unique individual, so I have to adjust each time to suit that person," Jo Kelly says.

Prior to moving to Fort Lawton Place, Joe and Jo Kelly lived in an apartment within sight of their new building. But as rent kept increasing and their income failed to keep up, they both agreed it was time for

a change.

They applied for housing in the SSHP program, and within a month received a unit at Fort Lawton Place.

"It was a great choice for us," Jo Kelly says. "We figured it was meant to be."

They recently assumed the role of backup managers.

Both Joe and Jo Kelly say they enjoy the community. Residents meet for an informal coffee ground each Friday, gather for pot-lucks and celebrate birthdays with cake and ice cream.

"It's a joy ... to live with others who are our age. When you say something, or laugh about something, other people know and

laugh with you," Jo Kelly said.

And when a resident is in need, there is always someone there to help.

"I feel as though you could call on anybody, if you really needed somebody, and that people would be there for you," Jo Kelly says. "And we feel the same way — we would be there for other people."

Living in Fort Lawton Place comes with its share of challenges, too, says Joe, such as having to adjust to a smaller living space.

"It's a challenge to adjust," he says. "But I call it a vital challenge — it's something that contributes to my life, rather than diminishes it."

TV

Continued from Page 3

the Wilmington television market, like meetings, speeches, displays, information expos and the like.

The DTV transition does not affect people who view cable or satellite TV, but only those who rely on free broadcasts over the air (OTA.) So, the goal of these efforts was to make sure that the 7.4 percent of viewers in Wilmington who used antennas to receive their TV signals saw no interruption in service. In Seattle, by contrast, around 10 percent of viewers rely on OTA signals, so according to the FCC, Seattle is a hot spot to target more educational efforts.

So what were the results of this North Carolina community's "Little Switch?"

Luckily, the sky did not fall, but there were some effects. For example, some viewers on the outskirts of the reception area for Wilmington TV stations lost reception.

A similar problem could affect you here in Seattle if you currently receive signals from Tacoma or Bellingham, although it is hard to tell in advance.

Evidently, many people were prepared with converter boxes, which are devices you can buy to convert the new digital signal back to analog so that you can continue to use your older analog TV. A special hotline was created by the city and the FCC to troubleshoot after the switch.

As many as 1,000 calls were reported within days of the switch, and most of them were people with technical difficulties that prevented them from getting a picture. In

the days leading up to the switch, there were also anecdotal reports of retailers running out of converter boxes.

As reported in The Voice previously, many SHA residents have already purchased converter boxes and are using them to view digital TV right now.

People have been taking advantage of the offer of \$40 off the cost of a converter box (usually around \$60-\$70) using a coupon from the federal government. Those coupons must be requested in advance, with a limit of two per household, and expire in 90 days.

It is simple to get a coupon by calling 1-888-388-2009 or visiting the Web site: www.dtv2009.gov. Look for more information in your building later this fall, too.

YESLER HAPPENINGS

NEWS ABOUT THE YESLER TERRACE COMMUNITY

Yesler Terrace youth program yields positive results

BY EDDIE HILL
Seattle Housing Authority

At the intersection of Broadway and Yesler Way, two teens, Said Mohamed and Quiandre Austin, fill-out Seattle Department of Transportation surveys asking how easy it is to walk on the sidewalks around Yesler Terrace.

"I didn't think this was important at first," said Austin. "All we are doing is walking around and looking at the streets."

Now however, Austin has a better idea of what is happening.

"We are checking the conditions of the sidewalks, the ease of 'walkability,' and ways that the streets can be made better to travel by foot. I didn't know this is how streets get fixed."

The teens are involved in the Yesler2014 program, which is focused on exposing the teens to urban planning, design, architecture, and the community development process in a job development setting.

The program was positioned as a daily job, with responsibilities, tasks, and time sheets. Participants were paid wages to learn more about the Yesler Terrace community, its residents, and the changes of the neighborhood through time.

After seven weeks of testing the walkability of the local neighborhoods, sitting at computers and researching the history of Yesler Terrace, meeting with former residents of Yesler Terrace and interviewing them on video, a group of 12 residents from



PHOTO BY EDDIE HILL

Some of the Yesler2014 interns

Yesler Terrace and Seattle Youth Employment Program interns between the ages of 14 and 17 began to answer questions posed to them by community members, city agencies, and professionals at their recent Community Open House held at the Jesse Epstein Building on August 19.

This program was created as a job/career development summer pilot project organized and partnered by Seattle Housing Authority, in partnership with Seattle Youth Employment Office, Department of Neighborhoods, and graduate and undergraduate students from the University of Washington's College of Architecture and Urban Planning. The teens were recruited to spend their summer learning about urban planning, community development, and design.

"When it first started it was a lot like school, it was kind of boring," said Bria Lancaster, a junior at Garfield High School. "I was surprised as the program went along. I learned a lot about things that they don't teach you about, like how neighborhoods are planned and designed. It got interesting — I actually liked it."

Walking Yesler Terrace and working to understand the history of the place wasn't all the youth did. Youth participants and the instructors spent their days at the University of Washington's Gould Hall learning perspective drawing, touring the main libraries, and learning to use advanced computer design programs.

They also spent a week at Seattle University's Bannon Sciences Building learning about asset-based community development from instructor Merica Whitehall, a community development specialist at SU.

"I didn't really think about the community like this before, it was just where I lived," said Mohamed, a senior at Ballard High and a Yesler Terrace resident. "The chance to learn about different careers that influence how people move, cities change, and things get built is exciting."

Asked if he would now consider a career in urban planning or design Mohamed stated, "I don't think so, I want to go into Advertising and Marketing, but it changed how I think about my life, what is going on around me in my community. I definitely will pay more attention to what's happening around me."

As part of the program, several city offices are working to create internships for teens that train in specialized career development programs. Seattle Department of Transportation (SDOT) took the lead this year and began offering year-round internships in their downtown offices. Project Manager Tony Mazzella and staff member Sara Robertson worked closely with the Yesler 2014 teens to prepare them for possible employment in the fall.

Mohamed is one of the fall applicants and sees the opportunity as a way to support his goals and help the community.

"I am learning how to work in a professional environment with people who are interested in my success, I think the opportunity to do this is exciting and will help me in the future," he said.

Meeting notice

The Yesler Terrace Community Council meets from 6-8 p.m. Oct. 21 at the Jesse Epstein Building, located at 905 Spruce St.

More Yesler Terrace news in Local/National section

For a story on the Yesler Terrace Civic Engagement grant given by the Seattle Department of Neighborhoods, turn to Page 3 of the front section of The Voice.

Lawton

Continued from front page

for families and seniors, self-help housing, market-rate for-sale housing, and wildlife habitat and open space. A total of 85 units will be built for the formerly homeless: 30 units in 15 duplex townhomes for formerly homeless families, plus a 55-unit building for formerly homeless Native American elders and veterans. The plan also calls for up to 125 market-rate homes and six self-help housing units to be developed by Habitat for Humanity.

Mayor Greg Nickels, reaffirming the city's commitment to the Ten-Year Plan to End Homelessness, applauded the passage of the redevelopment plan.

If the plan is accepted by the federal

government, the Seattle Housing Authority will play the role of master developer for the 29-acre site. A number of nonprofit agencies, including the Archdiocesan Housing Authority, United Indians of All Tribes, and the YWCA, also will be involved in the development.

With the City Council's approval, the plan will now be forwarded to the U.S. Department of Housing and Urban Development for review. The Department of Defense must also review and approve the plan, as part of the "Base Realignment and Closure" process.

The City Council has committed to going back to the community if any changes are deemed necessary by the federal government or due to project feasibility. Construction is not expected to begin before 2011 or 2012.

city cleanup and environmental education programs. The new legislation covers bags at grocery, drug and convenience stores because these stores account for 75 percent of disposable bag use within the city.

A similar fee in Ireland achieved a 90 percent reduction in use from 325 to 23 bags per person per year.

A separate new city ordinance also includes a ban beginning Jan. 1 on foam containers used by the food service industry — items such as plates, trays, "clamshells" and hot and cold beverage cups used at restaurants, delicatessens, fast food outlets and coffee shops, and egg cartons used at grocery stores.

For more information about the proposed green fee, go to Seattle Public Utility's website at www.seattle.gov/util/services.

Training

Continued from Page 2

of attending past trainings, and who have provided reports back.

4. Ensuring that there is cultural and linguistic diversity in group training.

5. Ensure geographic diversity by offering residents of different communities opportunities to participate.

Notes from the manager

BY JUDI CARTER
Senior Property Manager

The leaves are really coming down now, and it is important that they be raked up so that the walkways are not slippery and the drains in the common areas are not plugged. It is a good thing for everyone to do what we can to keep up with the leaves.

The grounds staff cannot do it all. If you don't have a rake, there are a few available for you to borrow from the Management office.

At the end of this month, children will be celebrating Halloween. It is a fun time to go trick or treating and attend parties.

If you should decide to allow your children to trick or treat, taking them to a shopping mall such as one at Northgate or Southcenter to show off their costume and gather candy is a good idea. It is warm, and safer than going door to door.

The Yesler Community Center will have a fall carnival on Oct. 24 from 6-8 p.m.

It will only cost \$1. They will have an evening of games, goodies and fun.

It is a good place for the children to have a good time! Whatever you decide, it is always best if you accompany your children to assure their safety.

And, speaking of safety, this month's emergency preparedness tip is to make sure that you have a transistor or wind-up radio that plays AM stations with your emergency supplies.

In the event of a major disaster, KIRO radio, channel 710 AM, will broadcast emergency information for the city.

A few months ago, I recommended that you keep a pair of shoes under your bed, so that if you had to get out in a hurry, you would not hurt your feet. Next to the shoes, it would be great if you had a flash light, so that you could see where you are going if the lights are not working.

It is also a fine idea to buy extra batteries for both the flash light and radio, so that you can be assured of their long term use, if needed.

Bag fee

Continued from Page 2

bags going to low-income families. Seattle Housing Authority employee Carl Pierce, who manages the agency's solid waste division, is participating with others on a Seattle Public Utilities committee to develop plans for distributing free grocery bags to Seattle Housing Authority residents. Watch for information in future issues of The Voice about where you can get your free bags.

The City's intent with the legislation is that retailers would keep five cents of every disposable bag sold to cover administrative costs. Retailers grossing less than \$1 million annually would keep the entire 20-cent fee. City revenue — 15 cents per bag — would be used for waste prevention, recycling,

