



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



The Voice

November
2008
*Articles translated
into six languages*

The newspaper of Neighborhood House

Congress approves \$700 billion bailout

Public opinion mixed over controversial legislation

BY TYLER ROUSH
The Voice editor

In the midst of what might seem like a financial end-of-times for consumers and CEOs alike, Congress in October approved legislation providing \$700 billion for the government to purchase the debt compiled by the nation's banks.

Often referred to as a "bailout," the Emergency Economic Stabilization Act of 2008 aims to protect banks and other financial institutions by putting their debt into the hands of the government. Much of that debt is in the form of subprime mortgages and loans that have defaulted.

The Senate passed its version of the bill Oct. 1 by a vote of 74-25. Washington Senator Patty Murray (D) voted yes on the bailout; fellow Washington Senator Maria Cantwell (D) voted no.

The U.S. House of Representatives voted Oct. 3 in favor of the bailout, passing it by a margin of 263-171.

Among Washington representatives, Democrats Brian Baird, Norm Dicks, Rick Larsen and Adam Smith supported the bill. Democrats Jay Inslee and Jim McDermott

Please see "Bailout" on Page 3

Fire safety is a blast



PHOTO COURTESY SEATTLE OFFICE OF EMERGENCY MANAGEMENT

Seattle residents received training in how to use a fire extinguisher at a safety event sponsored by the Seattle Office of Emergency Management in September.

Thanksgiving at a glance

BY CLAIRE MCDANIEL
Seattle Housing Authority

Opportunities for receiving traditional Thanksgiving menu food items from local food banks, receiving a hot Thanksgiving meal from community service organizations, and volunteering to assist at both types of events are available this month.

Local Food Banks

According to Fran Yeatts, executive director at West Seattle Food Bank (www.westseattlefoodbank.org) there will be no hot meal served there, but they will be distributing Thanksgiving food items on the following dates and times:

Monday, Nov. 24, seniors, 9:30 - 11 a.m.
General public, 4 - 7 p.m.

Tuesday, Nov. 25, general public, 10 a.m. - 1 p.m.

West Seattle Food Bank will not be open for general distribution on Wednesday, Nov. 26, but will be distributing to their home deliveries on that day. They will be closed Thursday, Nov. 27 and Friday, Nov. 28. They are located at 3419 SW Morgan St and can be reached by phone at 206-932-9023 or e-mail at wsfb@teleport.com.

According to one of the volunteers at the White Center Food Bank (www.whitecenterfoodbank.org) sign ups for appointments to pick up turkeys, for larger families, or chickens, for smaller families, and larger portions of accompanying side dishes began on Oct. 22. The food bank's hours are 11 a.m. - 1 p.m.

Monday, Wednesday and Friday. This type of distribution will occur for the Christmas holidays also. The White Center Food Bank is located at 10829 8th Ave SW and can be reached by phone at 206-762-2848.

The University District Food Bank (www.udistrictfoodbank.org) serves people living in the 98102, 98103, 98105, 98112, 98115, and 98125 zip codes. During November the University District Food Bank will still be operating on its normal distribution hours:

Monday, Wednesday and Friday, 10 a.m. - 3 p.m.

Tuesday and Thursday, 3 - 8 p.m.

During the week of Nov. 17 through Nov.

21, the food bank will have traditional Thanksgiving canned food items and some type of poultry — either chicken or turkey — available for distribution. UDFC will be closed on Nov. 27 and 28. They are located at 1413 NE 50th St and can be reached at 206-523-7060.

Rainier Valley Food Bank (www.rvfb.org), formerly known as Northwest Community Services Food Bank, is not serving hot meals for Thanksgiving, but they are distributing Thanksgiving food bags. They will be distributed on:

Wednesday, Nov. 19, seniors and disabled, 9 a.m. - 2 p.m.

Please see "Thanksgiving" on Page 5

Vote.
Polls are open Nov. 4.
Don't forget to vote!



Saluting you on Veterans Day

The Voice wishes to honor the men and women who have served our country.

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Quotable

"For all of your herbs, hang your cuttings upside down to dry them for storage."
— Robert Canamar, writing about how to properly store herbs in this month's edition of our series, "Healthy Eating on a Budget." See Page 4.

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Health Notes

A column devoted to your well-being

Substance abuse where we least expect it

BY JESSICA ADAMS

While our nation is focused on the use of street drugs among teenagers, nearly one out of every five seniors struggles with a different kind of substance abuse. Prescription drugs and alcohol are legal, but that doesn't make the addiction any less devastating to older adults and their families.

According to the Healthy Aging Partnership, a coalition of 40 Puget Sound area not-for-profit organizations dedicated to the health and well-being of older adults, substance abuse is often hidden simply because people tend to live less public lives as they grow older. Also, symptoms such as forgetfulness often are attributed to aging, not drug and alcohol abuse.

Abrupt changes in work or volunteer attendance and unusual mood swings are two of the most common signs of a problem, according to the Substance Abuse and Mental Health Services Administration.

Consult with a physician if you suspect an older friend or relative of substance abuse, and remember that it's rare for anyone, young or old, to admit to an addiction voluntarily.

It's up to friends and family to be alert to the warning signs, says the Healthy Aging Partnership, which offers the following tips:

- Older adults may be more likely to develop problems with alcohol or prescription drugs if they suffer from depression, loneliness, boredom, stress or chronic pain. Talking to family or friends about these issues can help head off a problem

before it starts.

- Talk to your loved one about their substance abuse while they are sober, not when he/she has been drinking. The discussion may go more smoothly if led by a trained professional who treats drug and alcohol abuse.

- Having a glass of wine with a meal or a beer with friends and family is fine as long as a doctor has said it is okay to drink. But drinking alcohol or using drugs becomes a problem when it negatively affects the person and others.

- Don't use blame as a tool for persuasion. Alcoholism and addiction is a disease, not a weakness. Discuss the problem with a doctor or plan an intervention if necessary.

- A history of substance abuse certainly increases the risk, but even seniors with no history of abuse can suddenly fall prey to an addiction.

- Signs of an addiction in older adults include mood swings, loss of appetite, complaints of anxiety, problems sleeping and failing memory. Conflicts at work or with family members also are red flags.

Older adults often resist treatment, but usually become model students after treatment begins. They often follow directions more diligently than younger substance abusers and become more successful at kicking the habit.

If you or someone you know has a substance abuse problem, or if you need other information related to life as an older adult, call 1-888-4ELDERS (1-888-435-3377). The free and confidential resource line offers a wealth of information and assistance to seniors and their caregivers.

10th annual Dr. Martin Luther King, Jr. essay contest announced

The King County Civil Rights Commission is sponsoring its Tenth Annual Dr. Martin Luther King, Jr. Writing Essay Contest open to all eighth grade students attending public and private schools in King County. The purpose of the essay contest is to encourage middle and junior high school students to think critically about Dr. King's legacy of peace and justice.

The essay theme is: "Breaking Barriers."

Rules:

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

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

The name, address, home phone number, e-mail address, school, grade and age

of student author must be submitted on a cover page, accompanying the essay. Do not place your name on any other page.

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

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

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

Please see "King" on Page 4

Flu vaccine available now

Vaccines for Children program provides free or low-cost vaccine for kids 6 months to 19 years

BY PUBLIC HEALTH - SEATTLE & KING COUNTY

Special to *The Voice*

Every year in King County, thousands of people get sick from seasonal influenza, also known as the flu. Vaccination is the best way both to prevent the risk of getting sick and to lessen the severity of illness.

"We expect vaccine supply to be plentiful this year, and we strongly encourage all persons for whom it is recommended and anyone who wants it to get vaccinated," said Dr. David Fleming, Director and Health Officer for Public Health - Seattle & King County.

This year, the Centers for Disease Control and Prevention (CDC) expanded its recommendations about who should get the vaccine to include children aged 6 months through 18 years. Young children have high rates of complications from serious influenza infection. All children can carry the virus or get sick and then pass the illness to family members including infants, adults, seniors and to others at high-risk for complications.

The federal- and state-funded Vaccines for Children program (VFC) subsidizes the cost of children's vaccine at most health care clinics. This program now includes funding for flu vaccine for all children aged 6 months through 18 years. Ask your doctor or health care clinic about the VFC program for reduced cost flu vaccine for your child or children.

Influenza, unlike the common cold, has a swift onset of severe symptoms beginning

with two to seven days of fever, headache, muscle aches, extreme fatigue, runny nose and sore throat, and a cough that is often severe and may last seven days or more.

Who should get a flu vaccine?

Vaccination is recommended to protect people at high-risk for complications from the flu, and anyone who wants one including:

- Children aged 6 months until their 19th birthday
- Pregnant women
- People 50 years of age and older
- People, 6 months or older, with certain chronic medical conditions, such as heart disease, lung disease (including asthma), kidney disease or diabetes
- People who live in nursing homes and other long-term care facilities
- People who live with or care for those at high risk for health complications from flu should be vaccinated as well, including:
 - Household contacts of persons at high risk for complications from the flu
 - Household contacts and out of home caregivers of children less than 6 months of age, who are too young to be vaccinated
- Healthcare workers

More information

For complete information about seasonal influenza, where to get a flu vaccine, and costs, please visit the Flu Season web pages at www.kingcounty.gov/healthservices/health/communicable/immunization/flu-season.aspx or call 206-296-4949.

Bank on Seattle - King County offers low-cost bank accounts

BY DIANA STONE

Washington *Appleseed*

Open a checking or savings account today and stop paying for your own money. That is the message of the new initiative "Bank on Seattle - King County."

Bank on Seattle - King County is working with 22 banks and credit unions to offer free or low-cost checking and savings accounts to everyone. Bank accounts will help people save money so that they don't have to use check cashers or payday lenders.

"This initiative will help people keep more of what they earn and become financially secure," said Mayor Greg Nickels, in launching the new project on Sept. 22.

This program will allow people to open an account with a starting deposit as low as \$1 (depending on the bank or credit union; none will require more than \$100). Most participating banks and credit unions will offer checking accounts that don't cost anything (but a few will charge \$6 a month or less).

All of them have agreed people can keep an account open even if they spend all their money each month.

Bank on Seattle - King County can even help people with a troubled banking history, such as overdrawing an account or bouncing checks more than six months ago, to open an account.

Most participating banks and credit unions will require repayment of money that is owed, but they'll help people open a second chance account.

Customers will also be able to use a Mexican matricula card as their primary form of identification to open an account. Also, an Individual Tax Identification Number (ITIN)

can be used instead of a Social Security Number to open a savings account.

Why open an account?

- It's convenient
- It won't cost money to cash checks
- You can pay bills with checks and avoid paying for money orders
- It's safer than cash
- You can use a debit card to get cash when you need it

More than 30 nonprofit organizations will help connect their community members to the initiative, and 10 of these organizations also are offering free financial education. To learn more about how you can open an account, or take free money management classes, go to www.EveryonesWelcome.org, or call 2-1-1 (or 206-461-3200).

Participating banks and credit unions include: Bank of America, Banner Bank, BECU, Cathay Bank, City Bank, Columbia Bank, Express Credit Union, Frontier Bank, HomeStreet Bank, KeyBank, International Bank, Plaza Bank, Seattle Metropolitan Credit Union, Seattle Savings Bank, United Commercial Bank, U.S. Bank, Verity Credit Union, Viking Bank, Watermark Credit Union, Wells Fargo Bank, and Woodstone Credit Union.

Start saving money today: Go to any of these banks or credit unions and tell them you want to open a Bank on Seattle - King County account!

Bank on Seattle - King County is sponsored by the City of Seattle, the Seattle - King County Asset Building Collaborative, the Federal Reserve Bank of San Francisco, the Washington State Department of Financial Institutions, and The Seattle Foundation.

The Voice

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

Be safe

Personal safety checklist, Part II

BY ALLAN DAVIS
Seattle Neighborhood Group

In September, we listed five preventions we all can practice to decrease the risk of being a victim of crime.

The first five are:

1. Call "9-1-1" for emergency help. Reporting crime creates safer communities.

2. Avoid "hotspots" or places which often feel unsafe.

3. Look up and around in public places. Have a plan of action if a threat arises.

4. Give it up — purse, bag, valuables. Your safety is more valuable than your property. But if someone tries to grab you — scream, kick, fight, attract attention.

5. If you carry personal safety devices like pepper spray, train with them to be effective.

This month, here are six more prevention practices:

6. Pay special attention at doors. Building entry doors are "hotspots" — at stake is your personal safety and your building's security. In your apartment or house, practice answering the door without opening it. Positively identify people by looking through your door peephole.

7. Ride safe, ride smart. Report unsafe bus shelters to 9-1-1, METRO Transit, or your METRO driver. Go to the next bus shelter if you feel unsafe. Report any

safety or security problems on the bus to the driver. Protect your valuables and personal items on the bus by holding them close to you.

8. Be a buddy, have a buddy. There is safety in numbers when you are going places. Ask for help from your buddy when you need it. Watch out for your buddy.

9. Listen, understand, and respect. Listen to others with the intention of understanding them. Avoid interrupting. Respect the views of others. Try to resolve conflicts constructively. Walk away from physical confrontations. Honor personal boundaries by abstaining from hurtful gossip and rumor.

10. Be a community builder. Get to know your neighbors. Crime is lower in places where folks know and care for each other. Share your skills. Help create activities with others that make the community safe, healthy, and fulfilling. Join with others to form a Safety Committee, Block Watch, or Resident Council.

11. Take care of yourself. Eat well, get enough sleep, and keep in touch. We all deserve to be well and feel safe.

Please contact us with your safety and prevention practices or call us with your comments. Thank you.

Allan Davis (206-323-7094) and Kelly McKinney (206-323-7084) at Seattle Neighborhood Group.

Day-trip destination No. 1: MOHAI

This is the first in an occasional series about rewarding and inexpensive day trips in and near Seattle. Do you have a suggestion for the series? If so, call Tyler Roush, Voice editor, at 206-461-843, ext. 227.

Day Destination: The Museum of History and Industry (MOHAI)

Location: McCurdy Park (Montlake), 2700 24th Avenue East, Seattle

Accessibility: Most of the building is fully accessible, and it has accessible restrooms.

Getting there: MOHAI is located south of Husky Stadium, just off State Route 520 south of the Montlake Bridge. By bus, take the No. 25, 43, 48 or any Metro bus that stops near the museum at Montlake Station. From Interstate 5, take State Route 520 (exit 168B); exit at Montlake Boulevard; go straight at the stoplight and continue one block to 24th Avenue East. Turn left into the museum's driveway and follow road to parking lot. Parking is free.

Hours: Daily 10 a.m. to 5 p.m.; free Thursday (the first Thursday of every month), 10 a.m. to 8 p.m. Closes early at 3 p.m. Christmas Eve and New Year's Eve. Closed Thanksgiving Day and Christmas Day.

Suitable for kids? Yes, always. And on the free-admission first Thursday of every month, MOHAI educators offer a variety of activities for kids, including games, stories, scavenger hunts and crafts to take home and share. Themes range from pioneer life to trains, inventions, the Seattle World's Fair, Native art, and much more.

Admission charges: Admission on the first Thursday of every month is free; this month, that's November 6. Admission is also free to veterans and active-duty service members on Veterans Day, Tuesday, Nov. 11. Regular admission: adult (ages 18-61), \$8; senior (ages 62+),

\$7; student and military with current ID \$7; youth (ages 5-17), \$6; preschool (ages 4 & under), free. With advance reservations, groups of 15 or more receive a special group rate. Call 206-324-1126 for reservations.

Telephone: 206-324-1126

Web site: www.seattlehistory.org

E-mail: information@seattlehistory.org

What you'll see

• Through January 18, a special exhibit: "From the Home Front and the Front Lines: Veterans History Project Collections of the Library of Congress," which brings together original materials such as correspondence, diaries, photos, maps, military papers and oral histories from the two World Wars, the Korean War, the Vietnam War and the Persian Gulf War. Note: Veterans and active-duty service members will not have to pay admission to see this on Veterans Day, Tuesday, November 11. Admission to the museum is also free on the first Thursday of every month, which falls, this month, on November 6.

• The permanent main exhibit, "Essential Seattle," uses images, artifacts, films and oral histories to let visitors experience more than 150 years of Seattle history, since Captain George Vancouver sailed into Elliott Bay in 1792. Visitors learn about people such as Manuel Lopes, a sailor and the first African American man to live in Seattle, and Aki Kurose, a Seattle Japanese-American teacher who devoted her life to peace after she was interned during World War II. Featured: exhibits on the city's 1880 boomtown, the Great Seattle Fire of 1889, and the history of the city's once prominent fishing industry. Visitors can add their own perspectives to the exhibit by contributing what they believe to be key events of the last 20 years to a historical timeline.



One to grow on

Garden tips for community gardeners

As growing season draws to a close, wrap up this year's harvest and prepare for the next

BY ANZA MUENCHOW
Special to The Voice

The 2008 growing season is coming to an end. The mild, dry September allowed for many more tomatoes, peppers and squash to ripen.

October was a bit colder than usual, but the winter months are predicted to be fairly normal for the Pacific Northwest. Not much freezing weather, just the usual grey drizzle we have all, hopefully, grown to love.

I hope you were able to plant during August some of the wintering over crops, like kales, arugula, chard and purple broccoli. I hesitate to say they will actually grow in the winter months, but they stay alive in the garden and can be harvested on any frost-free day for a dinner full of vitamin A.

There is still time to plant your garlic. Select some healthy looking bulbs and carefully separate them into cloves. Be sure to plant only the largest cloves in order to grow the biggest bulbs and just eat the small cloves.

You'll be happy you planted them next July and August when you harvest. Garlic is such a pest-free crop, as long as you rotate the planting into an area that hasn't had any onions or garlic during the last four years. Deer don't eat garlic, nor do most rabbits.

You will need to fertilize the garlic in March and April when they begin to really put on the new growth, and again in May if the leaves have a yellow tinge to them.

With more and more information coming out about nutritional problems for our children, let me suggest you plan a vegetable garden with some children next year. Access to fresh vegetables makes a big difference when kids are making food choices.

When the children show an interest, they can bring that enthusiasm home and hopefully impact the parents' food choices,

too. There is so much to teach in a garden including biology, entomology, observation skills, chemistry, engineering, food preparation, meteorology, as well as sharing, physical exercise, respect for the earth, peaceful focus and much more.

Really, hanging out in a garden with children can be the most pleasant of spring and summer activities. What do kids like to do in a garden? They like to notice things that grow there, plants and animals. They like to eat fresh picked fruits and veggies.

It is important that all organic methods be used when gardening with kids. They like to share their knowledge about food traditions in their families.

They like to design both plantings and landscape elements like benches and paths. They love to water, but watch out if they grab a hose and start spraying; perhaps watering cans are the best for youngsters in a garden.

Children also love worms and love planting seeds. Be sure to have them label what they have planted because it can be easy to forget what went where.

Plan for success by having experienced gardeners help advise with the garden. Use tools that are easy for kids to handle.

Have an adequate adult/child ratio, maybe 1:4 for little folks and 1:8 for older kids. Involve the children in planning (let them get creative!) and in all possible activities. This allows for them to feel ownership of the garden.

Keep a good chatter going about what the plants like or don't like, what the soil must be doing now and what the compost likes, too. A gardening class with kids is like planting seeds. They'll grow up to love the activity as well as the nutritious foods.

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.

Bailout

Continued from front page

and Republicans Doc Hastings, Cathy McMorris Rodgers and Dave Reichert opposed the bill.

The House initially had rejected a proposed bailout Sept. 29 by a vote of 228-205.

The flagging U.S. economy and the \$700 billion bailout package became central themes of the presidential campaigns of Republican Senator John McCain and Democratic Senator Barack Obama, as both candidates argued in nationally televised debates and at campaign stops about what to do with the bailout money — or, at times, merely argued.

Whether referred to as a "bailout," "rescue package" or "economic stabilization plan," public opinion on the plan tended to vary.

In a September poll conducted by the Pew Research Center, by a margin of 57 percent to 30 percent, respondents supported a plan to "secure" financial institutions and markets. But respondents opposed the plan by a margin of 55 percent to 31 percent in a similar poll conducted by the Los Angeles Times. That poll asked about a plan to "rescue ailing private financial firms."

In both cases, the terms in which the bailout package was framed seemed to influence public opinion.

Opinion at the recent meeting of the Voice Resident Advisory Committee was

not nearly so divided. For the purpose of this article, the group engaged in a brief but lively conversation about the ramifications of the \$700 billion bailout, which at the time of the discussion had not yet been approved by Congress.

"Using government funds to bail out private industry is a big no-no," Robert Canamar said. "There's something called 'accountability and responsibility.'"

Cinda Lium said that the bailout needed to be done, and posited that the funds could "trickle down" to others. But she also said that the failed economic policies that led to this current crisis were not sustainable and needed to be changed.

"What we need to do is do something different," she said.

Jim Bush was quite succinct in voicing his opinion on the bailout.

"I have one word," he said, "for this whole mess: fraud."

Bush's concerns about the appropriation of bailout funds seems to be well-founded — just days after American International Group (AIG) received \$85 billion to stave off bankruptcy, the lending giant spent \$440,000 to send its executives on a spa retreat.

That scenario recalled another comment by Jim Bush, made just days before the bailout package was approved by Congress and money distributed to financial institutions.

"They get the gold mine, we're getting the shaft," he said.

A garden meal

By ROBERT CANAMAR
SHA Resident

Now that summer is over, gardeners all over are finding that there is a large amount of tomatoes, oregano, chives, and other fresh food that must be taken care of before it all rots.

This year is especially hard for gardeners, due to the fact that we did not get enough sunlight for many of our food crops to mature. Some of the fruits of our labor, such as tomatoes, can be brought inside to ripen.

There are two ways to get your tomatoes to ripen indoors. One way is to cut the entire plant, rinse any bugs off of the plant, and hang the plant up-side down. Another way is to pick the fruit and put them into a sealed brown paper bag, and put them on a window sill for a few days.

This can take up to a week for them to mature, or only a couple of days, depending on the stage of maturity at picking. In either case, whatever plant material that you have left over, chop up, and turn it under. Bury them in your garden.

By springtime you will find a layer of very black material that you can mix up that will help feed your spring plantings.

Another method for disposal of these plants would be to compost them in a composting container. This may be a trash barrel that you would have to mix up, add water, and a little soil, or it may be a wooden box that you would use a pitchfork to turn the compost with, or you can spend the money, and get a fancy compost tumbler that is easier to use.

Any way that you choose, it is wise to compost.

For all of your herbs, hang your cuttings upside down to dry them for storage. Use a piece of string to tie around the herbs, and tie a loop in the other end to hang up your herbs.

If your cuttings are small you can just use a thumb tack pushed into your kitchen wall to hang them. If you are like me, then you will have a lot of herbs to dry, so you

Winter squash soup

1 or 2 small winter squash
1 or 2 tablespoons of chives
2 cloves of garlic
2 12 oz. cans of condensed milk
Black pepper (to taste)
2 liters of water
2 cups of cooked fish, shrimp, or mussels.

Preheat oven to 350 degrees. Cut squash and remove seeds. (Save seeds for next years planting.) Place squash in an ovenproof container with a lid. Add water. Cover and bake for 45 minutes to 1 hour. Squash might be grainy at this point. Remove the skin and put the mashed meat of the squash into a crock pot.

With the flat of a broad blade knife, mash the garlic, and mince it before adding into pot. Add the rest of the ingredients, including any water that may be left over from baking, and cook in the crock pot for 6 to 8 hours.

The consistency of the soup should be like a tomato bisque. Add seafood during the last half hour. When done, let stand for 15 minutes. When you serve it add parsley or watercress as a garnish. Serves six hungry people.

may need something more substantial.

I took a wall mount for keys, and mounted that to my kitchen wall, and use that to hang all of my herbs. Chives you need to cut while fresh, and dry them in a brown paper bag.

One method for getting your produce to last you for a long period of time is to can them. You do not need a lot of fancy equipment for canning. All that you need is a good size stew pot, and the glass jars that you get from the store when you buy things like jams, jellies, tomato sauce, etc.

Cook items like squash in an oven, or boil them before putting into jars. Put the jars (after washing with a capful of bleach)



PHOTO BY ROBERT CANAMAR

Fresh vegetables, such as these from Robert Canamar's garden, make for a delicious and nutritious meal.

into the stew pot, add enough water to cover, and boil. When the water begins to boil, use tongs to remove jars, and put your product into the jar.

Freezing is a lot easier, especially with the freezer bags that are available today. Unfortunately, freezing in your freezer is not a deep freeze, so there is a time limit as to how long before there is freezer burn on your food. If freezer burn develops, throw it out.

Remember to cook your food before you freeze it, and it will last longer.

Do not freeze tomatoes. To enjoy your tomatoes through the winter, parboil them before canning. Parboil means that you put them into rapidly boiling water for just 30 or 40 seconds.

This will loosen the skin and kill any germs on the surface of the skin. Then put into your hot jars and seal tight.

At this point let me say something about food safety. Wash all produce, whether you get it from the store or grow it yourself. There are all kinds of bugs out there that can make you sick.

Wash produce in a mix of water and white vinegar. No soap, just a quarter cup of vinegar to one gallon of water.

Meats can be frozen in the package they came in, but it is better to use freezer bags over that, and wash your hands every time you touch any kind of meat. (This is why you use the soap.)

Cook meats well to kill off any bacteria. Oven and stove safety involves getting your young children out of the kitchen. Too many children go to the hospital due to burns received in the kitchen. Have someone watch them for you.

When you pull anything out of the oven, remember to use pot holders, and handle carefully. Keep the handles of pots and pans off to the side, so they will not be knocked off by children, pets, or even yourself.

If something overflows, stop long enough to clean it up then. Not only will it clean up easier, it will not set off the smoke alarm, making your neighbors speak badly about you for making them go outside just over burnt food.

Always clean your oven right after cooking. You will find that it will be easier to clean, and the next time that you use it there will be no smoke that makes your eyes water.

Washington Youth Academy can help at-risk youth

By WASHINGTON YOUTH ACADEMY

In January 2009, at-risk youth of Washington state will be filling the Washington Youth Academy (WYA) classrooms, running in formation, climbing over obstacles (physically and mentally) and setting goals for life success.

WYA is a new, free residential program that empowers youth to improve their lives. During the residential course, students 16-19 years old may earn up to eight high school credits, a high school diploma, or earn their GED Plus.

Boys and girls in Washington ages 16-19 are eligible for the program. To enroll, applicants must meet the following requirements:

- Unemployed or underemployed
- Not currently on parole or probation for anything other than juvenile offenses
- No felony adjudications
- Drug free upon enrollment
- Physically and mentally capable of completing the program

The course curriculum includes a number of components, among them:

- Academic Excellence
- Leadership and Followership
- Life Coping Skills
- Job Skills
- Service to the Community

- Responsible Citizenship
- Health and Hygiene
- Physical Fitness

The program is free to participants. There is a \$100 deposit in case a cadet causes any damages during the program. That deposit is refundable.

This is a National Guard-sponsored program, but it is not a military school or boot camp. Cadets are under no military commitment upon graduation. The WYA program does create a highly disciplined environment for cadets, which is adopted from the structure and values of the military.

Cadets will maintain a strict schedule of activities, will do daily physical training, will learn drills and marches, and will be required to wear a uniform.

Each cadet is assigned a mentor. During the program, "cadets" set goals and write a detailed plan to reach them. Their mentors support them during the residential phase, which is 5.5 months long, and after graduation in their home communities across Washington for 12 months. The duration of the program is 17.5 months.

This is a voluntary program. Applications are online at <http://ngycp.org/site/state/wa/> or by calling 877-228-8947.

Classes begin Jan. 18, 2009, at the Bremerton Readiness Center, located at 1207 Carver St. in Bremerton.

A Resident Services drug alert for parents

KCHA's Resident Services Department would like to warn residents with children about a new drug known as "strawberry quick."

That's a type of crystal meth going around schools right now that looks like strawberry pop rocks (the candy that sizzles and pops in your mouth). It also smells like strawberry and is being handed out to kids in school yards.

Kids are ingesting the "strawberry quick" or "strawberry meth" thinking that it's candy and then being rushed off to the hospital in dire condition. It also comes in chocolate, peanut butter, cola, cherry, grape and orange.

Please instruct your children not to accept candy from strangers and even not to accept candy that looks like it could be this new type of meth, even if it is from a friend. Also, tell your children to take any substance that seems like it could be this new drug to a teacher, principal or other school staff member immediately.

King

Continued from Page 2

Prizes:

First Prize: \$100.00, Second Prize: \$75.00, Third Prize: \$50.00.

Deadline:

All essays must be postmarked by Friday, November 28, 2008, and mailed to: King County Civil Rights Commission, 400 Yesler

Way, Room 260, Seattle, WA 98104. Essays postmarked after that date will not be considered, nor returned.

Notification of Winners:

Winners will be notified by mail. Awards will be presented to the winners at the 22nd Annual King County Dr. Martin Luther King Jr. Day Celebration in January 2009, held in downtown Seattle.

Understanding evictions

Resident Leadership Team hosts training Oct. 18

By CINDA LIUM
SHA Resident

On Oct. 18 the Resident Leadership Team hosted a training event at Center Park on "Understanding Evictions, What do Resident Leaders Need to Know about Evictions."

The training focused on educating resident leaders of their rights and responsibilities in lease enforcement and the eviction process. It also helped them understand how to work with SHA and Community Police Team Officers (CPT) when there is a perceived criminal activity in the building, and how to report it.

All of the speakers stressed the importance of willingness to go on record, since written documentation is so important for building a case. The Resident Leadership Development Team works to develop and present trainings for resident community leaders throughout SHA for the purpose of enhancing their leadership skills.

They work with community building staff, and the trainings are funded with Resident Participation Funds.

Frankie Johnson, one of the speakers and also a Property Manager in SHA, said that SHA provides many human services that other housing authorities do not.

The Community Police Team officer can meet with you if you want to report criminal activity. SHA puts every effort into helping the resident maintain their housing, but it also requires some effort from the resident.

A training participant asked her, "What does a resident do if they smell pot daily in a neighbor's apartment and it bothers them?"

Frankie answered that it was not "black and white" and it is important to report this information to the management office so they can check it out.

The resident may have a prescription for medical marijuana, and the manager can't disclose that due to privacy issues, but they can say it is "an ADA case."

Allyson O'Malley-Jones, the speaker from the Northwest Justice Project (NWJP) stated that the NWJP should be your first call if you get an eviction notice.

Once you are in housing, work real hard to keep it, since it is so hard to get back into public housing once you are evicted.



PHOTO BY ROBERT CANAMAR

SHA Community Builder Marcia Johnson distributes printed materials to Mahfooz Junejo (center) and Gina Owens (right) at the Understanding Evictions training session Oct. 18.

To be evicted, you must see a paper that has been signed by a judge, and it must have a complaint number on it. Eric McDonald attended the training and said he was interested in hearing about the Northwest Justice Project.

He's glad to know about the services they offer at no cost. He said he was going to use the Community Information phone line 2-1-1 to get community information and legal referrals at no cost to low-income people.

Linda Brosell, an SHA attorney, said mental health issues can make a lot of otherwise serious offenses acceptable. She represents housing interests, and reminded us of the importance of documenting everything.

Call the police or your CPT officer with any complaints of criminal activity. She stated that a 10-day notice was

not an eviction, but a call to look at a lease violation and make a change.

Doug Morrison, President of Resident Action Council (RAC) thought the workshop was well-presented and worth the time. He said he would recommend it to others.

A thank you to the following people who helped in the planning and coordination of the training and helping the day of the training: Doug Morrison and Robert Canamar set up the sound system and Robert Canamar was the emcee; Judy Peterson, Alex Lepillhin, Gina Owens, Linda Gose, Cinda Lium and Glenn Slemmer, Marion Settegren and Lori Lakshas did most of the room and food set up and clean up; Mahfooz Junejo and Lois Gruber did registration.

Thanksgiving

Continued from front page

Saturday, Nov. 22, general public, 9 a.m. - 2 p.m.

They have no ZIP code qualifiers. RVFB is located at 4205 Rainier Avenue South and can be reached by phone at 206-723-4105 or by e-mail at info@rvfb.org.

Community Service Organizations

Sharon Thomas-Hearns, director of public relations at Seattle's Union Gospel Mission (www.ugm.org) says that they offer Thanksgiving meals at their Men's Shelter on Thanksgiving Day, Nov. 27. The Men's Shelter is located in the Pioneer Square area at 318 2nd Avenue Extension South.

For more information please call the shelter at 206-622-5177; visit the main office, located at 3800 South Othello Street

at 206-723-0767; or e-mail at ugmissn@ugm.org.

In celebration of Thanksgiving, CityTeam Ministries (<http://cityteam.org/seattle>) in Seattle is hosting a special dinner for the poor and homeless. On Sunday, Nov. 23 they will be serving up a warm Thanksgiving dinner to each homeless person who comes through their doors at 5 p.m., 6 p.m. and 7 p.m.

If you are interested in volunteering for this event please contact Steve Randle at 206-352-1300 or at srandle@cityteam.org.

CityTeam Ministries is located at 904 Elliott Ave West. Their main e-mail address is seattle@cityteam.org.

If you are interested in volunteering for any of these organizations, call their main phone number, express your desire to help out and ask for the volunteer coordinator.

Pay what you can for theatre tickets

By VOICE STAFF

Many theatres in the Puget Sound region offer Pay-What-You-Can nights, where patrons are invited to pay whatever they are able to attend a performance.

One such venue is Taproot Theatre, in Seattle. "We believe it's important to serve the community by taking down the barriers that keep many people from enjoying live theatre," said Daytona Strong, communications manager at Taproot Theatre. "Pay-What-You-Can performances allow us to open our doors and make the joy of this art form accessible to everyone — no matter how much they can afford to pay."

Below, The Voice lists three area theatres that offer Pay-What-You-Can nights. Call your local theatre to ask if they offer a Pay-What-You-Can night.

Taproot Theatre, 204 N. 85th St. in Seattle

Ticket information is available by calling the Taproot Theatre box office at 206-781-9707.

The Christmas Foundling, Nov. 26 – Dec. 27, with previews Nov. 21 and 22

Pay-What-You-Can: Nov. 26

No performances on Thanksgiving (Nov. 27), Christmas Eve (Dec. 24) or Christmas Day (Dec. 25).

The gold rush is on and a tight-knit group of rough-and-tumble miners fill their days chasing fortunes and their nights with story and song. When an orphaned infant is thrust into their lives on Christmas Eve, their carefree existence is turned

topsy-turvy and they discover that the greatest wealth sometimes comes in surprising packages.

Seattle Repertory Theatre, 155 Mercer St.

The Seattle Rep features two upcoming performances with Pay-What-You-Can nights. For ticket information, call 206-443-2222.

You Can't Take It With You, Nov. 28, 2008 – Jan. 3, 2009

Pay-What-You-Can: Dec. 1

The Road To Mecca, Jan. 15 – Feb. 14, 2009

Pay-What-You-Can: Jan. 19

Burien Little Theatre, 437 S.W. 144th St., Burien

For ticket information for the Burien Little Theatre, call 206-242-5180.

Jacob Marley's Christmas Carol, Nov. 28 – Dec. 21

Pay-What-You-Can: Dec. 5

The "real" story behind Dickens' "A Christmas Carol," this zany tale follows Jacob Marley's heroic behind-the-scenes efforts to save old Scrooge's soul — and redeem his own.

The Lady's Not for Burning, Feb. 13 – March 8, 2009

Pay-What-You-Can: Feb. 20

A hilarious comedy about unexpected love and a small 14th century town in an uproar over a reluctant bride, a falsely accused witch and a soldier determined to be hanged.

Organizations like Union Gospel Mission offer a meal to those in need, and an opportunity to volunteer during the holidays.



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October is "Family Involvement in Education" month in the state of Washington. Become a partner with your child's school. To learn how, visit www.waparentslearn.org

Office of the Education Ombudsman



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**We are looking for 250 students for fall quarter
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www.worksourceskc.org.

SERVICES

International Community Health Services in partnership with the Seattle Public Library is offering the Thursday Q&A workshops: What is "Western Medicine?" Dec. 4; "Why Do People Smoke?" Dec. 11; and "What is Hepatitis?" Dec. 18; 4 p.m. - 5:30 p.m. at NewHolly branch library, 7058 32nd Ave. S. To register, please call NewHolly librarians Sang Le or Daniel Tilton at 206-386-1946. Open to the community. Free.

PLACE YOUR AD FREE



Market place coupon

Do you have a couch or other item you want to sell? Take advantage of the free person-to-person classified advertising in The Voice by filling out your 24-word ad below. Remember, write only one word per line and don't forget to include your telephone number in your ad! Mail your ad before the 18th of the month and it will be included in the next month's issue.

Name _____ Address _____
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 Telephone _____ E-mail _____

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@nwl.com w/subject line "The Voice"

TRANSLATIONS

TRANSLATED ARTICLES FROM THE VOICE

HIỆN ĐÃ CÓ SẢN THUỐC CHÍCH NGỪA BỆNH CÚM

Hàng năm trong quận King, có hàng ngàn người bị bệnh cúm. Chích ngừa là cách hay nhất để phòng ngừa bị cúm và nếu có bị, thì cũng bị nhẹ hơn. Chương trình VFC-Chích Ngừa Cho Trẻ Em giảm giá các lần chích ngừa cho con em ở các trạm y tế. Hãy hỏi bác sĩ của quý vị hay nơi các trạm y tế về các giảm giá cho việc chích ngừa cúm cho trẻ em.

Những ai cần phải chích ngừa bệnh cúm ?

Khuyến khích chích ngừa để bảo vệ cho những người có nhiều nguy cơ bị các biến chứng do bệnh cúm gây ra, và bất cứ mọi người nào cần và muốn được chích ,gồm có:

- Trẻ em 6 tháng tuổi đến trọn 19 tuổi
- Các phụ nữ đang mang thai
- Người lớn, hay trẻ em trên 6 tháng tuổi, đang mang các bệnh kinh niên như bệnh tim, bệnh phổi (gồm cả bệnh suyễn)

bệnh thận, hoặc tiểu đường.

- Những người đang ở trong các dưỡng đường-nursing home hay những nơi chăm sóc dài hạn.
- Những người đang sống chung với hay đang chăm sóc người có nguy cơ gặp nhiều biến chứng do bệnh cúm gây ra.
- Những người trong nhà hay chung đụng với người dễ bị biến chứng bởi bệnh cúm
- Những người hay chung đụng hoặc đang chăm sóc trẻ em dưới 6 tháng tuổi, còn nhỏ quá để chích ngừa)
- Những người làm các công việc chăm sóc sức khỏe.

Để biết hoàn toàn những thông tin về bệnh cúm theo mùa, nơi nào có chích ngừa cúm, lệ phí, hãy vào trang mạng ở www.kingcounty.gov/healthservices/health/communicable/immunization/fluseason.aspx, hoặc hãy gọi cho số 206-296-4949.

Hadda waa la helaa talaalka Hargabka

Sanadkasta degmadaan King, dad aad u fara badan ayuu ku dhacaa hargab xiliyeedku. Talaalku waa dariiqada kaliya ee u wanaagsan ka hor tagga iyo yareynta waxyeeladiisa marka uu qofka ku dhoco.

Barnaamijka Talaalka carruurta (VFC) waxay hoos u dhigtaa kharashka talaalka carruurta

Ee ay ka helaan goobaha caafimaadka. Waydii dhakhtarkaaga ama goobaha kale ee caafimaad wax ku saabsan barnaamijkaan Talaalka hargabka carruurta.

Yaa laga rabaa in ay talaal hargab qaataan.

Talaalkan waxaa lagu waaniyaa inay qaataan dadka khatarta aadka ah ugu jira in hargabku dhibaatooyin kale uu keeno iyo qofkii kale ee u baahan oo ay ka mid yihiin:

- Carruurta da'doodu u dhaxayso 6 bilood ilaa 19 sano
- Dumarka uurka leh
- Waayeelka ka wayn 50 sano jir
- Dadka, 6 bilood iyo kawayn ee qabo cudurro soo jireen ah sida cudurrada wadnaha, kuwa sambabada (oo ay ku jirto neeftu) kuwa keliyaha iyo waliba sokorowga(kaadi macaanka)
- Dadka ku nool gurhaha xanaanada iyo daryeelka waayeelka
- Dadka ka shaqeyaa goobahaas aan kor ku xusnayna waa inay qaataan talaalka.
- Qoyska dhexdiisa dadka looga baqayo in ay u nugul yihiin hargabka waa inay qaataan talaalka
- Dadka daryeela qayb ka mid ah qoyska ee aan wali talaal gaarin waa in ay qaataan talaalka.
- Shaqaalaha caafimaadka

Warbixin dhamays tiran oo ku saabsan haragab xilyeedka, meeshaad talaalkiisa ka heli lahayd, iyo kharashka ay kugu kacaysoba, fadlan la booqo The Flu Seeson Web at www.metrokc.gov/health/immunization/fluseason ama soowac 206-296-4949.

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កម្មវិធីនៃការចាក់ថ្នាំបំបាត់ជំងឺផ្លូវដាសាយនេះមានសេវាកម្មឥតគិតថ្លៃនៅតាមគ្រូស្រាវជ្រាវសុខភាព និងតាមការណែនាំរបស់លោកជំនួយវេជ្ជ ដើម្បីជួយដល់ក្រុមគ្រូសុខភាព និងមនុស្សចាស់ៗ។

តើមានស្បៀងអាហារណាដែលគួរចាក់ថ្នាំនោះ?

ការចាក់ថ្នាំបំបាត់ជំងឺផ្លូវដាសាយត្រូវចាក់ចំពោះជនដែលមានជំងឺប្រចាំកាយដូចជា :

- ❖ ក្រុមគ្រូសុខភាពអាយុ៦ខែ រហូតដល់១៩ឆ្នាំ
- ❖ ស្ត្រីមានផ្ទៃពោះ
- ❖ មនុស្សចាស់មានអាយុ៖ត្រឹម៥០ឆ្នាំឡើងទៅ
- ❖ មនុស្សមានអាយុ៖៦ខែឡើងដែលមានជំងឺប្រចាំកាយដូចជាជំងឺឈាមខ្ពស់,ជំងឺស្បែក,ទឹកនោមផ្អែម,ជំងឺប្រាំង,ជំងឺរលាកត្រូវបាននិងជំងឺលើសលាយ។
- ❖ បុគ្គលិកធ្វើការងារចែករំលែកមនុស្សចាស់នៅតាមមណ្ឌលថែសុខភាពមនុស្សចាស់។
- ❖ ប្រជាជនដែលមានជំងឺ ឬ ជាអ្នកចែករំលែកប្រចាំពោះអ្នកដែលមានការនៅក្នុងមន្ទីរពេទ្យ។
- ❖ ក្រុមគ្រូសុខភាពដែលមានជំងឺប្រចាំកាយដែលអាចកើតជំងឺផ្លូវដាសាយឆ្លងពីមួយទៅមួយ។
- ❖ ក្រុមគ្រូសុខភាពដែលមើលថែរក្សាមើលថែទាំកូនចៅដែលមានអាយុ៖ត្រឹម៦ខែឬទារកត្រូវតែចាក់ថ្នាំ
- ❖ បុគ្គលិកធ្វើការនៅក្នុងមន្ទីរថែរក្សាសុខភាព។

ដើម្បីទាក់ទងតាមកម្មវិធីដែលចាក់ថ្នាំការពារជំងឺផ្លូវដាសាយអោយជុំវិញការពារជំងឺផ្លូវដាសាយ

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Программа Вакцина для детей (Vaccines for Children) субсидирует цену вакцины для детей в большинстве клиник. Спросите своего доктора или в клинике о программе VFC, о сниженной цене прививки от гриппа для детей. Кто должен быть привит от гриппа? Вакцинация рекомендуется для защиты тех, кто рискует получить серьезные осложнения при гриппе, а также для всех желающих, включая:

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 - Беременных женщин.
 - Людей 50 лет и старше.
 - Людей от 6 месяцев и старше с хроническими заболеваниями, такими, как сердечные, лёгочные (включая астму), почечные болезни или диабет.
 - Людей, проживающих в лечебницах и других домах по уходу.
 - Люди, проживающие или ухаживающие за теми, кто находится в группе риска осложнений при гриппе, также должны получить прививку, включая:
 - Всех, кто находится в контакте с людьми повышенного риска осложнений при гриппе.
 - Всех, кто находится в контакте, включая приходящих работников, с детьми в возрасте до 6 месяцев, которые слишком малы для вакцинации.
 - Работников здравоохранения.
- Для полной информации о сезонной инфлюэнце, где можно получить прививку, о ценах посетите, пожалуйста, вебсайт www.metrokc.gov/health/immunization/fluseason или позвоните 206-296-4949.

ទទួលបានថ្នាំបំបាត់ជំងឺផ្លូវដាសាយ

គ្រប់ឆ្នាំ ពាន់រយនៃប្រជាជនក្នុងតំបន់យើងមានជំងឺផ្លូវដាសាយ។ ការចាក់ថ្នាំការពារមុនប្រសិនបើមានអាចជួយសម្រួលនៃការយឺតយ៉ាវ។

- បុគ្គលិកធ្វើការងារចែករំលែកមនុស្សចាស់នៅតាមមណ្ឌលថែសុខភាពមនុស្សចាស់។
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Flu vaccine available now

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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.

KaBoom! at NewHolly
VOLUNTEERS BUILD PLAYGROUND
See Page 6



SHA NEWS

November
2008

News and information about Seattle's neighborhoods

What a difference the right sink-height can make

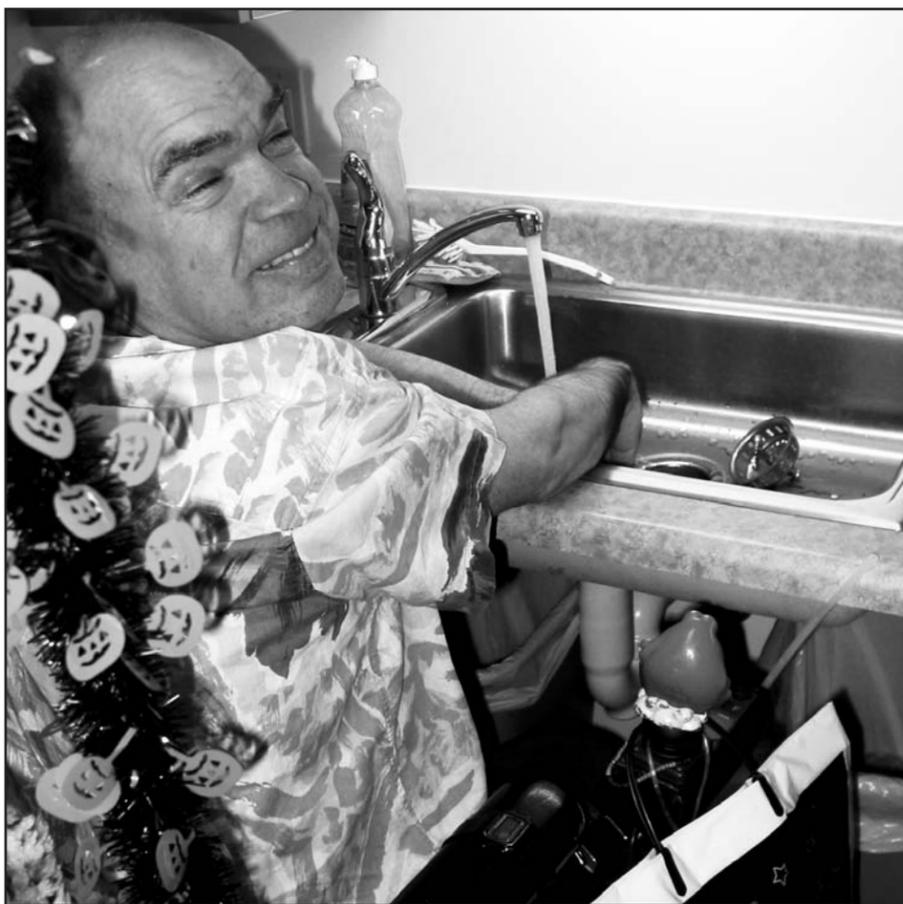


PHOTO BY SCOTT FREUTEL

Greg Potter is more than pleased with the just-the-right-height kitchen sink in his accessible apartment at Lake City House.

BY SCOTT FREUTEL
Seattle Housing Authority

Without question, the first thing a visitor will note about Greg Potter on meeting him is that he uses a wheelchair. The second thing will surely be that he has a warm, broad and contagious smile.

Potter has lived in SHA's Lake City House for about 24 years, first in an ordinary apartment and now, since June, in a new accessible unit remodeled as part of the housing authority's homeWorks project.

The building has seven accessible units; before its renovation, it had none. The building's common rooms and public restrooms have also been made accessible.

Potter was born in Virginia Mason Hospital 53 years ago. He's had cerebral palsy all his life. His parents live in West Seattle.

For 16 years he's had an aide, Penny Livingston, a pleasant and energetic woman who serves as his interpreter. (On first meeting, Potter can be hard for a visitor to understand. Livingston apparently understands him perfectly.)

Wearing a bright Hawaiian shirt, and with Livingston's assistance, Potter gave a recent visitor a guided tour of his new apartment. He began with the bathroom.

"My bathroom is wonderful — especially the fact that I can roll the wheelchair right up to the shower," he said. "To bathe in

my old apartment, I had to sit on the toilet and stand up holding a grab-bar, and then I needed help getting in the tub. Now I can take a shower by myself."

The bathroom sink is low, grab-bars are in all the important places, and bathroom supplies are in an easily accessed cabinet just off the kitchen.

Potter is well pleased with his kitchen, too. There's a standard range he doesn't use and a microwave he does use. The kitchen sink, which is low and wide, is of particular importance to Potter because he takes most of his meals right in the sink, standing over it or more often reaching right into it from his wheelchair.

"Now I don't drop food on the floor when I eat," he said, "and I can clean everything myself right there."

Potter is better equipped than most householders to keep things cold: In the kitchen are two refrigerators, one standard and one small, and a small chest freezer.

The living room is dominated by wall shelves stocked with well-organized-looking plastic bins. On a low shelf is Potter's big and varied collection of videos. Even high shelves that Potter cannot reach are stacked with storage containers; his parents helped organize them, he said, and able-bodied people can access them easily to pull

Please see "Access" on Page 2

Board passes 2009 budget

Revenues down, expenses flat in a tight budget year

BY VIRGINIA FELTON
Seattle Housing Authority

The 2009 budget for the Seattle Housing Authority reflects the economic pressures that most households know all too well

— costs are up due to increases in energy costs, and revenues have not kept pace. In addition, it responds to the slowdown in the economy and to the downturn in the housing and credit markets.

Passed, along with the agency's work plan, by the Board of Commissioners on Oct. 13, the combined operating and capital budget totals \$227 million. This is \$35 million less than in the prior year.

This change is due to reductions in capital spending, as more than two-thirds of the homeWorks rehabilitation of 22 high-rise buildings was completed in 2008.

According to Executive Director Tom Tierney, 2009 will definitely be a challenging year for the Housing Authority.

"It is very difficult to continue to provide a high level of service to our residents and to increase our housing stock given the economic pressures we are facing. We will continue to stretch our funding as much as possible to meet the needs of our community's low-income residents," he said.

Federal funds represent about 75 percent of Seattle Housing's operating revenues. The budget anticipates that federal funding for 2009 will be about the same as it was this year. SHA once again will have to accom-

Please see "Budget" on Page 2

HUD chief explains view on bailout during Seattle visit

BY VIRGINIA FELTON
Seattle Housing Authority

HUD Secretary Steven Preston visited Seattle on Oct. 20 to give his views on the on-going federal rescue of financial institutions in its attempt to address the current economic crisis.

Echoing some themes that we have been hearing from presidential candidates, Preston emphasized that, "We have all begun to realize that there is a connection between what happens in the financial markets and how we live our lives every day."

Preston spoke primarily about HUD's role in affordable housing and mortgage insurance to a crowd of about 125 at Seattle's Town Hall. The discussion was moderated by Dave Ross of KIRO radio at the event, which was sponsored by CityClub.

Although the program was entitled, "The Housing Crisis: What's next for Puget Sound?" Preston's remarks were mainly about the national scene.

In addition to providing subsidy for low-income housing, one of HUD's roles is to provide mortgage insurance that helps



HUD Secretary Steve Preston

to advance responsible home ownership through the Federal Housing Administration. This is a self-funding program.

The HUD Secretary also sits on the six-member board that is in charge of administering the \$700 billion bailout program recently passed by Congress. Other members of that board include Trea-

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RAC takes the show on the road

By **ROBERT CANAMAR**
SHA Resident

The meeting room at Center Park where RAC has been holding their meetings has been changed over to office spaces for SHA, forcing RAC to find somewhere else to hold meetings. So RAC decided to hold the meetings at a different community each month.

In August RAC held its first meeting on the road in the Green Lake Plaza Community Room, and in September held the second meeting in the Lake City Community Room.

While all meetings have a snooze value, this meeting was very active. Tyler Roush, editor for The Voice spoke at the meeting to encourage residents to submit articles for the Voice. There was a report on the SHA FY 2009 Budget and Moving To Work Plan, and comments to the Board of Commissioners were urged.

For further information, you may contact Andria Lazaga at alazaga@seattlehousing.org, although the comment time has expired

by the time you read this.

Gail Ketterer gave an update on homeWorks, which is in Phase 3.

Jim Bush and Robert Canamar gave a report on the UFAS/FAIR HOUSING Training that they attended, and Robert Canamar submitted a proposal to use Yellow Cab, and get the Yellow Cab script to get members with mobility issues to the meetings which passed. (See article on Ride to RAC.)

Robert Canamar also gave a presentation on proposals by HUD for changes on current rules that ensure that Resident Advisory Boards are equipped to participate in the future of their housing.

As RAC makes the rounds to each community, all residents are encouraged to attend these meetings, and see just what RAC is all about.

If you would be interested in attending a RAC meeting, and have mobility issues, please contact Jim Bush at the RAC office, 206-322-1297, or e-mail Jim at jimbsea@yahoo.com to reserve a ride at least two days prior to the meeting.

Ride to RAC meetings

The Resident Action Council has been working for some time on getting residents to the RAC meetings, and one of the things that has been in the works is taxicab rides for those who have mobility

issues, and have to use two or more buses to get to the meetings from their home. RAC is proud to announce that they will be able to do this now. Anyone who needs a cab ride needs to contact Jim Bush at 206-322-1297, or e-mail Jim at jimbsea@yahoo.com.

Budget

Continued from front page

moderate funding for public housing that represents 87 percent of what's needed to fully operate our low-income public housing program.

While operating revenues will be flat compared to last year, the budget must still account for inflation, increases in utility and fuel costs, and increases in salaries and benefits. This meant that some expenses had to be reduced in order to balance these unavoidable increases.

"We worked very hard to make sure that we minimized impacts to our residents," said Tierney. "Controlling our costs is the

only way that we have been able to continue to deliver high quality services".

In addition to the overall trimming of routine expenses, Seattle Housing Authority reduced its staffing base by 21 positions, going from 601 employees to 580.

Staff reductions are primarily in development, maintenance and finance reflecting, primarily reductions in our capital program and decreased development activity. No positions of employees directly serving residents were eliminated.

In other financial news, the State of Washington has just completed its annual performance audit of the Housing Authority. The authority received a clean audit, with no findings.

Residents report

For an article about an Evictions informational training event organized by the Resident Leadership Team, please turn to Page 5 of the Local and National section.

The last view

Last month's Whose View depicted the view from the Lictonwood Apartments.

Out of all correct entries, Shannon Bjerk's entry was selected as the winner! Congratulations to Shannon.

That was The Voice's final edition of the Whose View contest. Thank you to everyone who sent in their guesses, and a special thanks to Boe Oddisey and Robert Canamar, who contributed photos for our contest.



Neighborhood House
Strong Families. Strong Communities. Since 1906.

Access

Continued from front page

down anything he needs.

The apartment is small but feels spacious. When it was constructed, a room-dividing partition between kitchen and living room was removed.

Now there's good natural light into the kitchen, and straight-through access to a small covered patio deck off the living room. Potter approves of this change.

"People in wheelchairs need a lot of room," he said. "And now I can get out to the patio without assistance."

In his previous apartment he needed help to get the wheelchair over the patio door's sliders.

The windows in Potter's third-floor apartment face north, giving him straight-on views of two impressive trees in the lot next door and an angled view of the street. He's concerned that Thornton Creek, just north of his building, be kept free of debris, so he keeps an eye on that street.

He's already had occasion to call City authorities to have illegally dumped junk removed. Livingston said that Potter stays up to date on all sorts of matters, and writes to many correspondents by means of dictation she transcribes.

Prominent on the sill of the living-room window is an elaborate thermometer that tracks temperatures inside and out. Potter, who keeps a radio tuned to weather information, used to work for the National Oceanic and Atmospheric Administration (NOAA) at nearby Magnuson Park. He continues his keen interest in meteorology.

At tour's end Potter tells a visitor several times that he is pleased with his new apartment.

"I am very grateful to be living here," he said with a smile. "I never imagined I'd live in an apartment like this. Never imagined it."

Accessible Units at SHA

By means of its homeWorks program and similar endeavors, Seattle Housing Authority is working to create accessible housing — housing that meets or exceeds the federal Uniform Federal Accessibility Standards (UFAS).

In SHA's portfolio are seven units each at three buildings: Lake City House, Center Park and Westwood Heights. Ross Manor has 12 units, and there are 14 at New Holly. (Accessibility work is underway in some of these buildings' common and public areas.) Six more are on the way at Barton Place as a part of homeWorks.

At SHA's HOPE VI an additional 87 accessible units are under construction. As set out by UFAS, accessible features include but aren't limited to:

- Useable doorways
- Lever door handles
- Environmental controls (lighting, temperature) within reach
- Grab bars in bathroom
- Lower shelves in closets
- Room to maneuver a wheelchair in the bathroom
- Room to maneuver a wheelchair in the kitchen
- Accessible bath/shower
- Accessible route into and through the unit
- Accessible sinks and countertops in kitchen
- Accessible public and common space in building
- Accessible building entrance on accessible route

Residents who are interested in finding out about available accessible units should get in touch with their Resident Manages. Others should contact a housing counselor at the Low Income Public Housing Admissions office: 206-239-1737.

Be "SHARP!" Learn urban search and rescue skills

By **JIM BUSH AND DORENE CORNWELL**

SHARP, SHA Residents Preparing, has a new opportunity for residents to build their disaster preparedness skills. SHARP invites residents to sign up for a class on Urban Search and Rescue, sponsored by the City of Seattle Office of Emergency Management.

This is a hands-on class which provides instruction on safe, effective simple search and rescue methods. People will learn basic rescuer safety, the five stages of rescue, search methods and markings, first aid triage, basic construction practices, utility safety and control and the safe lifting of heavy objects.

Although some people may not be able to do some of the things being taught in this class, we think attending this class will give everyone the information they

may need — and the ability to give other people directions during a disaster.

This workshop will be held Saturday, Nov. 22 from 8:30 a.m.-4:30 p.m. at Magnuson Park, 7400 Sandpoint Way N.E.

The park is served by METRO bus routes 30 and 75 from the University District. Enrollment in this class will be funded by a grant from the City of Seattle Neighborhood Matching fund, so the workshop will be free to SHA residents.

To sign up for this class or to get more information on SHARP and the other trainings being planned, please contact Dorene Cornwell at 206-524-7486 or send an e-mail to SHAResidentsPreparing@yahoo.com.

Please get your request in before Nov. 10 to allow time to process your registration.

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 tylerr@nhwa.org.

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

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

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

POINT OF VIEW

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

SHA continues to explore partnership with DESC at Jefferson Terrace

BY TYLER ROUSH
The Voice editor

SHA and Downtown Emergency Service Center (DESC) staff held an informational meeting at Jefferson Terrace Oct. 30, as both agencies continued to explore a possible partnership.

SHA is considering implementing a DESC-operated housing facility on one or more floors of Jefferson Terrace.

At the meeting, which occurred after The Voice deadline, residents were to speak with representatives from SHA and DESC to provide feedback on the proposal. Several Jefferson Terrace residents have spoken out against the proposal, which they say could compromise the safety of current residents.

Jefferson Terrace resident Dennis Bejin, at SHA's Moving to New Ways hearing Sept. 15, expressed concern that SHA would redraft its suitability criteria for housing in order to move otherwise ineligible populations from DESC into Jefferson Terrace.

He added that the "safety and well-being of current SHA residents" needs to be the priority.

Sven Koehler, of SHA, said that fears about safety are unfounded.

"There's a perception based on fear of who the people are coming in," Koehler said. "At this point I think it's unfair to assume that peoples' worst fears are going to come true."

He added that SHA would not move ahead with a partnership with DESC unless a safety plan was in place.

Bill Hobson, director of DESC, said that the discussion between DESC and SHA was no more than an exploration at this point. He added that it was SHA who approached DESC about Jefferson Terrace.

He said that DESC is committed to protecting the health and safety of those who are homeless.

Annual reports by the Department of Public Health show that 80-90 homeless people die each year, Hobson said. The overwhelming majority of those are people with mental health, drug or alcohol problems, he added.

Both SHA and DESC have endorsed the Ten Year Plan to End Homelessness in King County, which has dedicated more than \$44 million in federal, state and local funds and loans to develop housing units across the county. Both Hobson and SHA Executive Director Tom Tierney are active in working with other agencies to implement the plan.

Hobson said that a partnership between SHA and DESC would dovetail well with the committee's Ten Year Plan to End Homelessness in King County.

Resident Safety a Concern

Pam Wilcox, a resident of Jefferson Terrace, said that partnering with DESC would violate SHA's mission statement to provide "decent, safe and affordable living environments."

Safety is one of the principal concerns of DESC, Hobson said.

"We are also very concerned about safety, because the population we serve is very vulnerable," said Hobson, noting that the homeless population is more often the victim than the perpetrator of violent behavior.

Hobson noted that conditions in DESC's shelter program are not typical of conditions in its housing programs. Residents have previously cited conditions at DESC's largest shelter, the Morrison Hotel, when expressing their opposition to a DESC housing program in Jefferson Terrace.

Please see "DESC" on Page 7

FCC commissioner visits SHA to talk about digital TV

BY SVEN KOEHLER
Seattle Housing Authority

Changing the way every TV station around the country runs their business, and making them all do it at midnight on the same day, is not something that happens by itself. This is the task of the Federal Communications Commission (FCC), the federal agency managing the switch to digital television broadcasting in February 2009. And on October 23, the FCC focused its efforts on SHA's Olive Ridge Apartments to help resident Megan Baker get ready for the switch to DTV.

As the deadline looms just over three months away, it has become clear that plenty of folks will be scrambling right up to the last minute to get prepared for the switch. So, the FCC is stepping up its efforts to encourage people to get ready sooner.

The five FCC Commissioners, who are appointed by the White House to run the agency, have been fanning out around the country to hold workshops and meetings to raise awareness and educate consumers.

Commissioner Jonathan Adelstein and his staff were traveling the Northwest, and accepted SHA's invitation to meet public housing residents who had questions about the transition. While he was scheduled to give larger public

presentations later in the day, he was interested in learning directly about peoples' experiences so far, and so he came to Olive Ridge and chatted with residents in the lobby. People may have been surprised to meet a bunch of guys in suits being trailed by TV news cameramen.

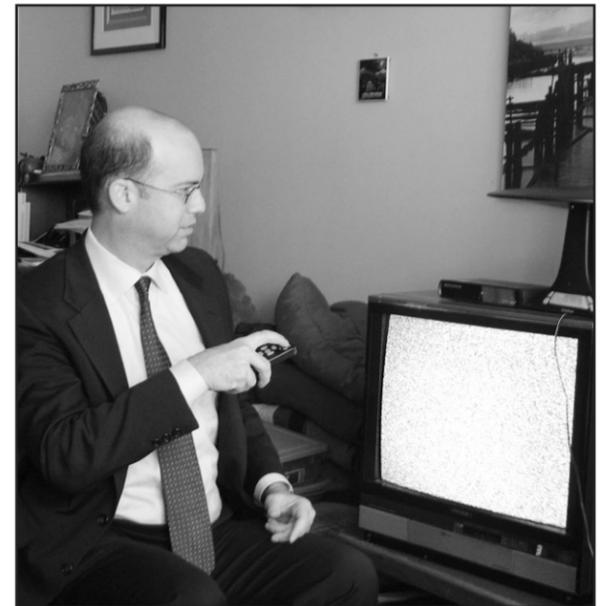
Megan Baker, a resident of Olive Ridge for 13 years who does volunteer work assisting people in getting to know technology, was pleased to have the Commissioner pay her a visit and explain the issues. Baker currently has cable and owns an older analog TV, but plans to stop her subscription to save money, so she needs to take action to keep watching TV next year.

She had applied for her \$40 converter box coupon and used it to purchase a box at a local electronics store. However, like many people, she had not yet been able to get her TV set up to watch digital broadcasts.

Commissioner Adelstein took a hands-on approach to



Please see "Digital TV" on Page 5



PHOTOS BY JONATHAN LAWSON

FCC Commissioner Jonathan Adelstein sets up an antenna with a digital converter in the apartment of Megan Baker at Olive Ridge.

homeWorks Phase 2 draws to a close

BY SVEN KOEHLER
Seattle Housing Authority

Since the different phases of homeWorks overlap when we complete the work in each phase there is no real break in the action and there is no marching band blaring out a fanfare. However, is it a cause for celebration nevertheless that Phase 2 is being brought to final completion as the last building, Center Park, holds its End-of-Construction Party on Nov. 5.

In order to close out the project, homeWorks staff is making sure all the loose ends are tied up and all the work is complete. This includes handing over the "Owner's Manual" for the buildings to SHA's maintenance staff, who will be ensuring that the building systems last another lifetime. Even then, many items are under a warranty for years after construction, so homeWorks staff will be dropping in on the buildings in the future to help resolve any issues.

For example, in Phase 1, the window manufacturer, contractor and installers worked together last month to check every window at Capitol Park in response to reports that the opening parts of some windows were not operating as

expected, and fixed any that needed an adjustment.

Furthermore, at this stage of the project, any remaining money that was reserved for construction contingency is being poured into further, smaller-scale improvements in Phase 2 buildings. The most noticeable example is adding electrical generator capacity that will help provide emergency, limited use of an elevator if the power goes out.

For example, Lake City House resident Lynda Musselman noticed electricians preparing the building's electrical system to be able to receive a portable generator plug-in this fall, well after the building construction ended this summer.

As soon as the plumbers and carpenters and SHA's homeWorks team wipe the cake crumbs from their mouths after the closing festivities at Center Park, they'll be hard at work continuing Phase 3 pipe replacement at Barton Place, and putting the final touches on the renovations at Ross Manor, Jackson Park House and University House. Plus, this month, residents at Stewart Manor and Center West will get an introduction to their homeWorks project. So listen closely for the fanfare!

HIGH POINT HERALD

NEWS ABOUT THE HIGH POINT COMMUNITY

Neighbors rally for pedestrian safety

BY DENISE TUNG SHARIFY
Neighborhood House

Hat Nguyen now walks with a limp and a cane. She was hit by a car on 35th Avenue Southwest about three years ago.

Zenaida Lopez was nearly hit by a car earlier while crossing nearby Morgan Street with a child in a stroller.

They joined more than 30 residents who live near the High Point neighborhood on Oct. 7 to urge drivers to slow down. They were there to speak out for the 15-year-old who was struck by an SUV crossing the intersection at 35th Avenue Southwest and Juneau Street in mid-September.

It is a miracle that the teenager survived and was not seriously injured.

They were there to remind drivers that driving too fast and not paying attention can kill.

A bicyclist and two pedestrians have been killed by vehicles on 35th Avenue Southwest between Dawson and Othello streets in less than two years.

Increased housing, residents, pedestrians and drivers in this West Seattle neighborhood have resulted in increased pedestrian and motor vehicle accidents.

If you want more proof that 35th Avenue Southwest is a dangerous road, consider these facts: Seattle Police officers issued 30 traffic tickets during the 90-minute rally. Of the 61 citations issued the next two days, 45 were for speeding. This is why neighbors call this street I-35. This is why they are demanding changes to make 35th Avenue Southwest safer for everyone.

The High Point Pedestrian Safety Group has been advocating for traffic calming measures on I-35 for about four years. They are now urging the Seattle Department of Transportation (SDOT) for a "road diet" on 35th Avenue Southwest from Dawson to Othello streets.

A road diet is when the four driving lanes are reduced to two, creating a turn lane in between. The group believes that this will reduce the speeding as well as difficulties drivers face when making turns.

Construction underway at High Point Neighborhood Center



PHOTO BY TYLER ROUSH

A worker levels the ground at the work site for the High Point Neighborhood Center in October. Construction at the site began last month. Neighborhood House expects to open the state-of-the-art building, which will be a built-green community and environmental learning center, in the fall of 2009. For more information go to www.nhwa.org and follow the link to the High Point Capital Campaign.

Jim Curtin, Community Traffic Liaison at SDOT, attended the rally and is listening and working with the Safety Group.

Curtin will first work to make changes to improve safety for both drivers and pedestrians at the 35th Avenue Southwest and Juneau Street intersection. A study will be conducted early next year for the 35th Avenue corridor to determine the best solutions for this grave problem. The decision is scheduled for the summer of 2009.

Until then, please consider this advice from Lt. Steve Paulsen of the SW Police Precinct: "Please slow down and pay attention while you are driving. School has started, we have children walking around. ... Anticipate each intersection, whether controlled or not, as a potential accident location."

For more information about the High Point Pedestrian Safety Group, please contact Denise Sharify at denises@nhwa.org.

High Point neighbors meet to discuss MacArthur Lane P-Patch

BY LARK HOLLAND
SHA Resident

High Point residents had a community meeting for MacArthur P-Patch on Oct. 7, to discuss fundraising and to ask for help for building of the garden.

Seattle Housing Authority has a long history of building community gardens with the P-Patch program. It started in 1973 with a farmer in North Seattle who took his products to Pike Place Market on the waterfront of Seattle. When Seattle Housing Authority got involved it grew from one garden to 69 gardens, involving 6,000 people and about 3,000 families.

At High Point, they built one market gar-

den and three community gardens. When it was torn down the only garden left was the market garden at 32nd Avenue and Juneau Street.

All other gardens had to be rebuilt. The market garden sells produce to High Point residents and the community.

We could use your help in building the new MacArthur Lane P-Patch and the Commons Park P-Patch. We plan to finish by the end of May 2009. We also need to write a grant by the end of January for the project.

Plots for MacArthur Lane will be based on demand. So come get involved at our next meeting at 5 p.m. on Monday, Nov. 10 at the High Point Library.



PHOTO BY GENEVIEVE AGUILAR

More than a dozen individuals attended the P-Patch workshop Oct. 7. City of Seattle P-Patch staff members gave an overview of the program and talked about the future plans for the MacArthur Lane P-Patch. The audience included residents and homeowners who will come together again to discuss the details for the new garden and work on a Neighborhood Matching Fund grant. The next meeting will take place on Monday, Nov. 10 from 5-7 p.m. at the High Point Library.

 **Neighborhood House**
Strong Families. Strong Communities. Since 1906.

RAINIER VISTA NEWS

NEWS ABOUT THE RAINIER VISTA COMMUNITY

Boys & Girls club opens this month

The grand opening of the new Rainier Vista Boys & Girls Club is Nov. 15. From 10 a.m. to noon is the ribbon cutting. From noon to 4 p.m. it is open to the public.

The location is 4520 MLK Jr Way S. (the location of the old RV Boys and Girls Club). For more information, contact Marinda Melonson at 206-853-7169.

Happenings at Rainier Vista

Check out these events coming soon to the Rainier Vista neighborhood.

Traffic Safety and Crime Prevention Meeting

7-8:30 p.m. Nov. 3, Neighborhood House Paul Allen Room

Vietnamese Coffee Talk

10 a.m.-noon, Nov. 4, McBride Court Community Room (second floor), 4521 29th Ave. S.

Multicultural Committee Meeting

6-7:30 p.m., Nov. 19, Neighborhood House Paul Allen Room

ESL classes: Monday, Tuesday and Wednesday nights for beginning ESL (registration required). 5:30-7:30 p.m. in the WaMu room at Rainier Vista Center.

Percussion for Kids: African dance, hip hop, music programs for kids. Fridays, 5-7:30 p.m. and Saturdays, 2-5 p.m. in Paul Allen Room at Rainier Vista Center.

Oromo Group: Cultural group every Sunday starting in October from 9 a.m.-2 p.m. in Paul Allen Room at Rainier Vista Center.

Nature Consortium: Free Youth Art programs for kids ages 5-19. Percussion Class, Tuesdays, 3:30-4:30 p.m. Nature kicks martial arts class, Wednesdays, 3:30-4:30 p.m. Art of Theatre class, Thursdays, 3:30-

Clients learn computer skills at RV lab

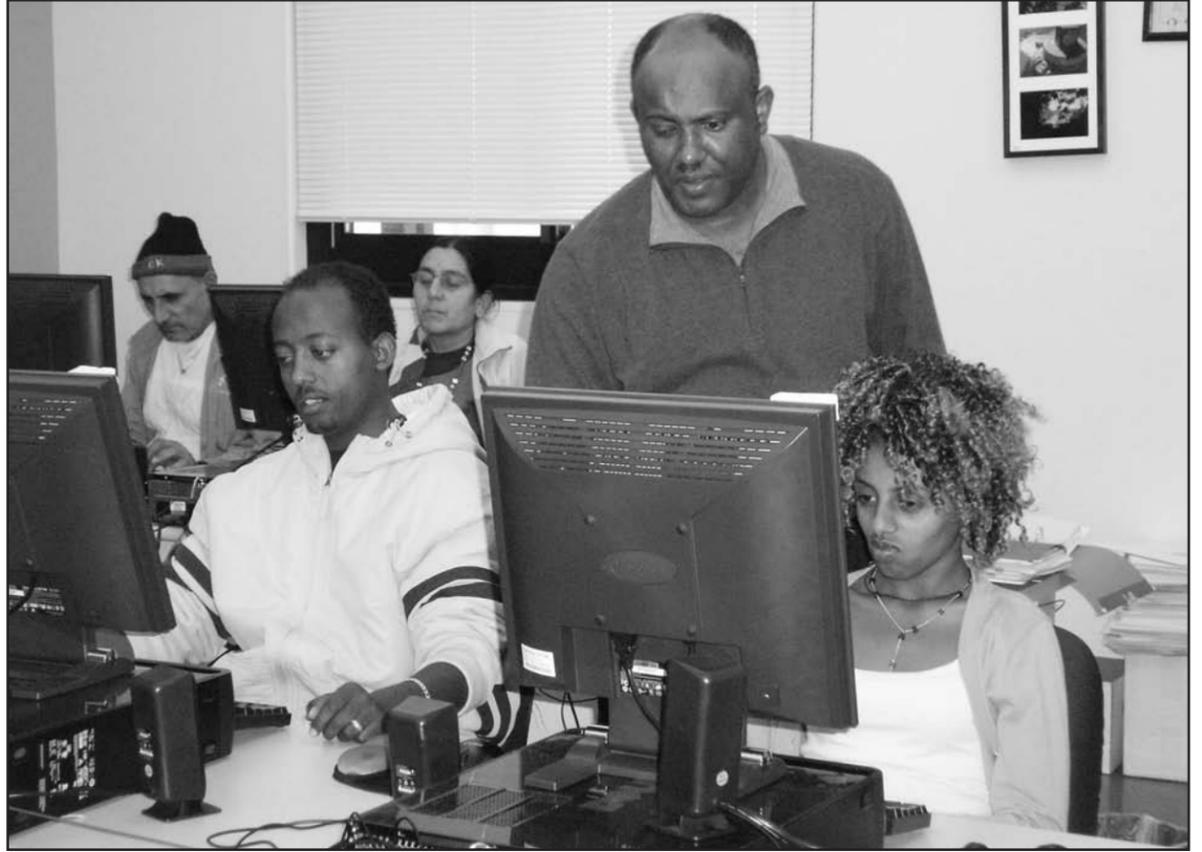


PHOTO BY TYLER ROUSH

Tsegaye Gebru (center) of Neighborhood House teaches two members of the Refugee Immigrant Assistance (RIA) computer class during a recent afternoon at the Neighborhood House Rainier Vista Center. Participants are referred to the program by DSHS.

4:30 p.m. Hip hop class, Fridays 3:30-4:30 p.m. These are all held at Paul Allen Room (these classes will move to new Boys and Girls Club in mid November 2008)

Vovinam Martial Arts. Physical activity class, leadership development and character development for youth. Saturdays, 11 a.m.-1 p.m. in Paul Allen Room and Sundays, 2-4 p.m. in Paul Allen Room.

Horn of Africa. After School Program for kids at third grade and up. Homework help, math skill building and games and family events. Every Tuesday and Thursday. 5:30-7:30

p.m. in Paul Allen Room. Friday evenings, 5-9 p.m. in WaMu room at Rainier Vista Center.

Play and Learn. For children 0-5 years of age, motor skills, reading and language skills. Tuesday and Thursday at 1 p.m. in Paul Allen Room.

Computer Lab: Free of charge classes, computer basics. Resume assistance, job search and applications. Math tutoring. Learn Microsoft Word and Microsoft Excel. Internet safety. Monday-Thursday (morning and evening hours).

HUD

Continued from front page

sury Secretary Henry Paulson, Federal Reserve Board Chair Ben Bernanke, the Chairperson of the Securities and Exchange Commission that oversees Wall Street, and the regulators for Fannie Mae and Freddie Mac (organizations that hold mortgages).

At one point in the evening, Preston was asked how he felt about the solutions that McCain and Obama were suggesting to assist people in danger of losing their homes. Preston stated that he had "grave concerns" about McCain's plan, expressing the fear that it would put greater risk on taxpayers. This remark drew enthusiastic applause.

Emily Paddison of the Tenants Union asked Preston about the risk that Section 8 tenants faced if they were renting a house that was subject to foreclosure. She pointed out that these tenants are sometime evicted in the foreclosure process with very little notice. Preston noted that HUD does not have a direct way to deal with renters in foreclosed homes, and acknowledged that HUD had not yet given much attention to this problem. He committed to taking a closer look at this and potentially providing some guidance to housing authorities that could better protect these renters.

Asked a direct question about why HUD is funding only 86 percent of what housing authorities need for operating subsidy, Preston brushed off the question with the comment that, "Housing Authorities have other

sources of revenue besides HUD subsidy."

He acknowledged that Washington state has some of the most effective housing authorities in the country, and mentioned the fact that the state had recently received three HUD grants totaling more than \$50 million for redevelopment projects.

Preston also acknowledged the need for HUD to continue its support of low-income housing.

"We need to continue to insure that housing authorities have the funding they need to function in this environment. We have to ensure that the housing needs of Americans continue to be met," he said.

He defended the bailout of the nation's financial institutions, saying that they are "essential to the effective running of our system. We need them to provide a broad base of stability. Confidence in these institutions is essential in order for these institutions to function."

Asked if he thought the bailout amounted to socialism, he said no.

"What do we call this? We call it a massive stabilization effort to get these institutions functioning again. There is a lot of money out there, people are just not using it," he said.

Preston has been HUD Secretary since June of this year. He replaced Alphonso Jackson, who resigned under pressure for using party loyalty as a condition for awarding contracts. Preston once worked for Lehman Brothers, and most recently headed the Small Business Administration.

Digital TV

Continued from Page 3

his mission to educate the public, and leapt right into the task of hooking up her converter box in her living room while TV cameras were rolling. The process took about 15 minutes time and some fiddling around, which proved a bit longer than the average TV news story, but at the end of the visit Baker had digital reception with her converter box.

Once the digital picture came through, Commissioner Adelstein called attention to the improvement in picture quality and access to additional channels. Baker was impressed by what she saw, although she admitted she wasn't certain she would have been able to make it work without expert help.

This very problem is something Commissioner Adelstein identified as one of the big challenges of the transition. He heard from another resident who couldn't get her system to work and felt her investment in a box and a new antenna was a waste. It was clear that while the first hurdle is reminding people to apply for and use their coupons to get a converter box if they need it, the homestretch is making the actual connection.

Since there is no time for the FCC to visit every resident who might need help, the question remains how many people will be scrambling to watch TV after the switch next February. Are you one of them? Read next month's article when we review the steps the FCC recommends to make the switch yourself, or check out www.fcc.gov/cgb/consumerfacts/setup-converterbox.html

NEWHOLLY NOTES

NEWS ABOUT THE NEWHOLLY COMMUNITY

Building a playground in a single day



PHOTO BY VIRGINIA FELTOM

The completed playground is in NewHolly's Central Park. Volunteers from Bank of America, NewHolly, SHA and KaBoom! built it in one day, on Oct. 24.



PHOTO BY TYLER ROUSH

Nathan Terrill of Bank of America drives stakes into the reinforced wall.



Volunteers (left) fill a wheelbarrow with bark chips to line the new play area. Kirk Davis, of Bank of America, puts the finishing touches on one section of the playground structure.



PHOTOS BY TYLER ROUSH

James Jackson

July 31, 1955 to August 28, 2008

In 1991, the Seattle Housing Authority contracted with Seattle Police Department to provide two Community Police Team Officers in the four Garden Communities of Holly Park, High Point, Rainier Vista and Yesler Terrace. James Jackson was the first Community Team Officer assigned to Holly Park and High Point under that contract. Denise "Cookie" Bouldin was assigned to Rainier Vista and Yesler Terrace.

I recently learned that Officer Jackson passed away of a brain tumor on August 28. I did not want to allow his passing to go unmentioned.

In 1991, I was a resident of Holly Park and worked as a Crime Prevention Organizer in High Point. I had a chance to work with Officer Jackson closely.

Officer Jackson was a thoughtful and conscientious officer. He developed a good rapport with residents by listening and responding to their concerns in a caring manner. He maintained good relationships with youth and could often be found playing basketball with the youth in both Holly Park and High Point. He always had a kind word for my son, who was nine at the time.

The early '90's were a difficult time. Drug usage and gang activity were rising. Overzealous enforcement and lack of enforcement were frequent community complaints. It was not easy to find a balance between strict law enforcement and maintaining good relationships with communities that often felt marginalized.

Officer Jackson seemed to find that balance. He was one of the best Police Officers that the Seattle Police Department had to offer the community.

I did not have much contact with Officer Jackson in the past few years, so his passing took me by surprise. I am sad that he is gone. I wish his family well. Seattle has lost a good police officer. We need more like him.

Kelly McKinney
Former Holly Park Resident

Educational programs help NewHolly youth succeed in school

By JEFF ARNIM
Seattle Housing Authority

The parents and students of NewHolly are fortunate to live in a neighborhood where homework help and tutoring programs are just a short walk away. The Neighborhood Campus is home to a number of services aimed at helping the community's youth complete school assignments, enhance their study skills and improve their English speaking abilities.

NewHolly Library

Homework help is available at the Seattle Public Library's NewHolly branch from 5:45 to 7:45 p.m. every Monday, Tuesday and Wednesday during the school year, except for holidays. The library's group of volunteers provides educational support and encouragement to students from kindergarten through the 12th grade. They are experienced in working with students with limited English skills.

No registration is required to get help at the library, and students can drop in and receive help whenever they need it. For more information, call the NewHolly branch at

206-386-1905.

Atlantic Street Center

The Atlantic Street Center's NewHolly Youth & Family Center offers two educational programs for NewHolly residents. The Learning Lab gives all school-age children the opportunity to receive tutoring help in a group setting, in all the major reading, math and science areas.

"Students are encouraged to establish ongoing, positive relationships with volunteer tutors," explains Marath Men, the NewHolly Youth & Family Center program coordinator. "They also work with tutors to set goals and to improve their academic and organizational study skills."

The Youth & Family Center also offers help for the entire family, with its Family Study Time every Tuesday and Thursday, from 5:30 to 7 p.m. The majority of the families who attend are immigrants and refugees for whom English is their second language. School-age children receive help with homework and can read and play games. Parents can get help with their English speaking skills and learn how to help their children succeed in school.

For more information about the Atlantic Street Center's programs, call 206-723-4073.

Vietnamese Friendship Association

The Vietnamese Friendship Association's Educational Assistance for Student Empowerment (EASE) after school program operates Monday through Thursday, from 3 to 5 p.m. on the second floor of the NewHolly Library.

EASE serves children from kindergarten through the 12th grade and offers homework assistance, conversation practice, and tutoring in English, reading comprehension, math and science. Young students also spend time working with P-Patch volunteers learning about gardening in the community garden, while older youth have opportunities to participate in sports and educational games. Presenters from Harborview Medical Center come to the program each month to educate students about the importance of exercise and nutrition.

Interested parents should contact the Vietnamese Friendship Association at 206-760-1573 for more information. "There isn't a waiting list, but we give priority to students

ages 10 and up who are from low-income Vietnamese families living in public housing or receiving Section 8," says Kathy Ho, the program's coordinator.

Catholic Community Services

The Youth Tutoring Program administered by Catholic Community Services serves the children of NewHolly residents, between grades one and 12. The program offers one-on-one tutoring to students, providing help with reading, writing and homework. Students also work through the Youth Tutoring Program's language arts and math skill-building curriculum. Tutoring is offered Monday through Thursday with three sessions per night, each lasting one hour. Students generally attend one session twice a week.

Children must be enrolled in the program to participate and unfortunately the waiting list is long.

"We have an extremely long waiting list," says NewHolly center supervisor Allison Conner. "At last count the list was at 135 students and the average wait to get into the program was about two years."

To learn more about the Youth Tutoring Program, call 206-725-7942.

YESLER HAPPENINGS

NEWS ABOUT THE YESLER TERRACE COMMUNITY

Sahlberg wins Community Builder award from SNG

BY TYLER ROUSH
The Voice editor

Julie Sahlberg, a Jefferson Terrace resident and organizer of the building's welcome basket program, received a Community Builder award from the Seattle Neighborhood Group (SNG) at a ceremony Oct. 16.

Community members, awardees and SNG staff gathered at the Yesler Community Center to pay tribute to a number of SNG volunteers.

"Every year we recognize volunteers who we work with in the community who are really making a difference," said Kay Godefroy, executive director of Seattle Neighborhood Group.

Sahlberg was honored for her work with the welcome basket program, which endeavors to provide each new resident of Jefferson Terrace with a modest gift of toiletries and other necessities—perhaps a bar of soap, toilet paper, laundry detergent, or other household items.

"It's a small thing, but it's a big thing," said Sahlberg of the baskets.

She also said that the award provided a little extra wind in her sails to continue the program.

"I just want to keep going," Sahlberg said. "I like the award — it gives me kind of a boost."

Sahlberg currently receives a donation from Ben Bridge Jewelers to pay for items for the welcome baskets. The Jefferson Terrace vending machine committee also helps fund the program.

The award ceremony also marked the 20th anniversary of SNG.

"I guess there's a need we're filling," said Godefroy of the group's longevity.

Seattle city councilmembers Sally Clark and Jean Godden attended the event.

Other awardees included MaMa Argo, Mike Dady, Michael Goitom, Matt Hendel, Linh Thai, Comandr Whitehead, Tenaya Wright, Timothy Rambo and the Aztecs Soccer Team.

PHOTO BY TYLER ROUSH

At right, Julie Sahlberg, of Jefferson Terrace, receives a Community Builder award from Seattle Neighborhood Group, presented to her by SNG staff member Allan Davis, at an SNG awards night at the Yesler Community Center Oct. 16. The event also marked the 20th anniversary of the SNG.



To learn more

For more information about the Seattle Neighborhood Group, visit www.sngi.org, or turn to the "Be Safe" column on Page 3 of the Local and National section.

Notes from the manager

BY JUDI CARTER
Seattle Housing Authority

Recently, a few residents have become careless about paying their rent on time. Rent is due on the first of every month, but must be received by the mail in lock box by the 7th of each month.

What some people do not know is the problems that they are causing themselves by not paying the rent on time. When families are ready to move out of Yesler Terrace, whether to rent a different unit in the private market or to buy a house, most often there is a credit check done before the application can be approved.

Your credit is adversely affected if you pay the rent late. You may not get to move into that wonderful new place if your credit is bad.

A bigger problem for residents is that they could lose their housing before they are ready to move out if they chronically pay rent late. If you pay your rent late four times in less than a twelve month period, you stand to be evicted.

Seattle Municipal Code 22.206.160 states in Section C: Just Cause Eviction, 1. "The reasons for Termination of tenancy listed below . . . shall constitute just cause under this section: b. The tenant habitually

fails to pay rent when due which causes the owner to notify the tenant in writing of late rent four (4) or more times in a twelve (12) month period."

If you worked fewer hours or had a disruption in your income, it is important that you notify staff as soon as possible. We may be able to reduce the amount of rent that you have to pay for a month.

If you have had your rent lowered one month, it is important that you either pay the exact amount on your rent statement the following month or let staff know that the income reduction is continuing.

Staff need to know about possible rent reductions during the first week of the month following the time you had less income.

It is a good idea to always pay your rent first, before other bills, because you need to have a place to live, regardless of other obligations!

Emergency tip of the month: Make sure all family members know all of the possible ways to get out of your home. Keep all exits clear. This includes carpeting that may make opening the back door hard to do. If there is a fire, you may not be able to get out quickly if you have to struggle with carpeting holding the door closed.

DESC

Continued from Page 3

"I think when most people think of DESC, they think of the shelter," Hobson said. "We certainly operate a large shelter program, but it is the smallest thing that we do. Our clinical treatment program is bigger, and our housing program is the biggest."

1811 Eastlake, a DESC housing facility, won the affordable housing industry's most prestigious honor, the Maxwell Award, in 2007. Evans House, which opened in Oct. 2007, is also an award-winning DESC facility.

SHA staff toured both locations last month. Koehler said that staff came away with a positive impression of both buildings.

"What we found was a safe and clean and professionally run environment," Koehler said. "The professionalism of the staff made a big impression. We saw very respectful interactions between staff and residents, and the fact that there was a lot of staff presence made a big impression."

Still, Koehler confirmed that, should a partnership with DESC and SHA move forward, the housing authority would assist those residents who choose to leave Jefferson Terrace.

"SHA will help current residents (who

want to leave) find a place to live within SHA," he said. "We are committed to providing an equal housing opportunity to what people had at Jefferson Terrace elsewhere in SHA."

At the Sept. 15 hearing, Tierney said that resident input would be a part of the process as SHA and DESC explored a possible partnership.

"I agree there needs to be a whole lot more conversations between the housing authority and residents," Tierney said. "These are early discussions about how we might be able to use this building for support housing or service-enhanced housing."

He also agreed that SHA should "make paramount the comfort and safety of existing residents."

Koehler spoke to a prevailing concern that plans to move DESC into Jefferson Terrace are already well underway.

"There's an impression among residents that this ship has already sailed and that plans are finalized. I'll just reiterate that there are no final plans," Koehler said. "We're using input to evaluate whether we can go forward, whether we want to go forward, and how we would do it if we do."

Koehler said that SHA was interested in creating a resident advisory committee to inform SHA during this exploratory process. For information on how to join

