



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



# The Voice

The newspaper of Neighborhood House

December  
2008

Articles translated  
into six languages

## My day as a poll worker



PHOTO BY ROBERT CANAMAR

Voters at the VFW Hall in Seattle's Ballard neighborhood gather at their polling place on Election Day, Nov. 4.

BY ROBERT CANAMAR  
SHA Resident

Nov. 4 of this year was the last time that polls will be used in a national election in Washington state. This also means that no more poll workers will be getting a paycheck each election.

I worked at the VFW Hall on Market in Ballard as a poll worker this election. The last election, I was at the Ballard Community Center.

Last election was very boring, as there were not that many voters coming in. This election was just the opposite. The polls were very busy for the first time that I remember since I have been in Seattle. For once, it was so full that the line not only went outside, but down the street.

As soon as we opened in the morning, the wait time was 45 minutes to get a ballot in hand. Then another 10 minutes for a booth to open up. It was very gratifying to me to see so many people take an interest in politics this year. For once, people cared about who would win an election, and what direction this country would go.

I noticed that most of the voters this year were young. In the past, it always seemed to be those of us who were older that took voting seriously. I met with a couple of high school kids that made me feel like there is hope for the future.

They were part of a program that allowed

them to volunteer as a poll worker, and they were very interested in the entire process. With young people like this, the future of this nation cannot be that bad.

If that is the only good thing that came out of the last eight years, then let us raise a glass to the young people who made this election so big. And it was big.

This election had the highest percentage of the population registered to vote since World War II.

Let's face it, the old adage of "use it or lose it" does apply here. And boy, did we use our right to a voice in the process this year.

Next year will be the local race. This is the one where we elect a new mayor, council members, local judges, etc. I will miss the polling places, the need to take some time off during the day to go and vote, the camaraderie of people as we file into the polls.

It does not matter if you are Democrat, Republican, Green, or independent, the fact is we are all Americans as we file into our places of polling, and nothing unites a country more than the patriotism of meeting your neighbors as you go in together to have your voice in our government. I shall miss that, as well as the red, white and blue bunting, the signs, and everyone coming together under one flag to say, "We are Americans."

## A Day in Port Townsend

By KRISTIN O'DONNELL  
SHA Resident

Note: Bus routes described run Monday through Friday only.

Getting to Port Townsend: Take the 9:15 a.m. Washington State ferry to Bainbridge Island (\$6.70/\$3.35). Catch the Kitsap Transit Bus # 90 to Poulsbo outside the ferry terminal (\$1.50/\$0.75). Transfer at Poulsbo to Jefferson County #7 (\$1.50 / \$0.75 for an all day pass). Bus arrives in Port Townsend in time for lunch.

In addition to the all-day pass, Jefferson Transit has a wonderful one-page bus schedule with detailed maps of the town and surrounding area, and drivers who are very helpful to tourists.

To see in and around Port Townsend: Take the #11 shuttle bus (runs every 20 minutes) to get an idea of the layout of uptown and downtown. Stop at city hall to pick up a free walking map which tells you more about what you are seeing — a lot of better-than-Pioneer-Square buildings, more than a century old, with the harbor across the street, and several blocks of shops and restaurants, mostly tourist-oriented, and many quite expensive, but with a few consignment shops, used book stores and teriyaki restaurants in the mix.

Best stops for low-cost lunch? The deli at the Port Townsend Co-op (mostly vegetarian, less spendy than PCC in Seattle, and good — and there's seating available). Safeway Deli is right next to the Park and Ride and has seating.

There's also a McDonalds next to the Park and Ride, and some other not-so-expensive restaurants around town — check the menus, posted by the restaurant windows.

After lunch there are choices of seeing the Jefferson County museum (\$6) and perhaps worth it if you really love historical museums; visiting the old Courthouse on the bluff (free, with original marble floors and ornate woodwork); walking or busing on the #11 shuttle around town to check out the shops and the architecture; taking the bus out to Fort Worden to see the old military installation or taking a bus farther out of town (Castle Hill or North Beach routes) to see the farms — sheep, cows and llamas — in the nearby area. Best thrift shopping? Orthopedic Thrift Shop on Sims Way heading out of town.

Home again — Last bus back toward Seattle leaves the Park and Ride at 5:06 p.m. Kitsap transit fare from Poulsbo to Bainbridge Ferry is \$1.50/\$0.75. Westbound ferry back to Seattle is free and gets into Seattle at 7:45 p.m.

Total transportation cost: \$4.85 with reduced price transit ID, \$9.70 without.

Accessibility: All buses are lift-equipped. There is a 3-4 block walk between Bainbridge ferry and buses behind the terminal. Many buildings in the older part of Port Townsend are not accessible, and curb cuts — and sidewalks — are not everywhere.

Check Schedules in advance: Washington State Ferries, 888-808-7977. Kitsap Transit, 800-501-RIDE. Jefferson Transit, 800-371-0497.

Although all Jefferson County buses meet Kitsap buses at Poulsbo, some of the Kitsap schedules into Poulsbo can leave you at the Park and Ride for several hours. Check schedules in advance — or visit Poulsbo, which is also a good trip

### Clarification

An article in last month's issue of The Voice described techniques for canning vegetables at home. Foods can spoil and cause significant health risks if not properly canned, so please take great care when canning at home and, if possible, use a pressurized canner.

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### A shorter Voice

To allow for staff vacation time, this month's issue of The Voice has been shortened to four pages. It will return to its standard size of eight pages next month. The January issue may arrive a few days late due to the Christmas and New Year holidays.

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# CLASSIFIEDS

THE MARKETPLACE OF THE VOICE



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# CLASSIFIEDS

THE MARKETPLACE OF THE VOICE

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If so, we need you for Speech and Hearing Sciences research at the University of Washington. Get a free hearing test when you join the Communication Studies Participant Pool. Compensation for participating in research studies varies. Call 206-616-9081 or email [partpool@u.washington.edu](mailto:partpool@u.washington.edu) for more information.

Online at <http://depts.washington.edu/partpool> (We cannot guarantee the confidentiality of email or the internet.)



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**PLACE  
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# 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

City

## State

ZIP

## Telephone

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**Write your ad here (one word per line)**

**Check the classification:**  Items for sale  Autos for sale

## Items wanted   Services

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

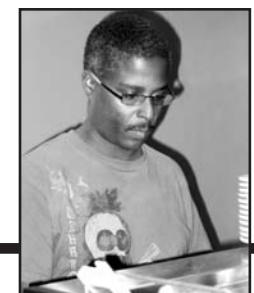


**The mission of the Seattle Housing Authority is to enhance the Seattle community by creating and sustaining decent, safe and affordable living environments that foster stability and self-sufficiency for people with low incomes.**



# SHA NEWS

News and information about Seattle's neighborhoods



**One more cup of coffee**

**KWIK CUP BACK IN BUSINESS**

**See Page 6**

**December  
2008**

## *Low-income families can save a bundle on electricity, water costs and more*

BY HUMAN SERVICES DEPARTMENT

Feeling the economic crunch? Worried about the rising costs of energy bills? Low-income families in Seattle may qualify to receive a 50 percent reduction on their utility bills through the Seattle Human Services Department's Utility Discount Program.

Because of the increasing costs of fuel, food and housing, many households on fixed incomes find it more difficult to make ends meet. In response, Human Services Department staff have increased outreach to families who may be eligible for the utility rate discount.

Human Services Department staff working as part of the PeoplePoint program and located at four Seattle's Neighborhood Service Centers and other community

organizations can assist City Light and Seattle Public Utilities customers with information about the utility discount rate, basic health insurance, food and childcare assistance.

"We make every effort to reach out to low-income families by placing staff at four Neighborhood Service Centers in Seattle," said David Broom, supervisor of the Utility Discount Program. "For example, one member of my staff recently helped a Seattle City Light and Public Utilities customer complete applications for the discount program and the Basic Food Program, and then she scheduled a follow-up meeting to help the client apply for a reduction in property taxes."

The Utility Discount Program is managed by the Mayor's Office for Senior

Please see "Save" on Page 2

## *Resident comments on policy changes sought*

BY SHA STAFF

Seattle Housing Authority is asking its residents to review and submit written comments on two proposed policy revisions and two new policies for the Low Income Public Housing Program.

One revision addresses the evictions policy. It has been updated to include language regarding the eviction of households convicted of the manufacture or production of methamphetamine, and persons engaged in criminal activity. This policy change applies both to Low Income Public Housing and Seattle Senior Housing Program residents.

The tenant selection policy has also been updated, to reflect changes in the handling of vacancies in Uniform Federal Accessibility Standard (UFAS)-accessible units. If such units become available and there is not an eligible, qualified resident or approved applicant with disabilities who wishes to live

in it, applicants who require the unit's accessible features will be selected in chronological order from the site-specific waiting list for the property where the unit is located.

A new animal assistance policy has been drafted to cover resident ownership of assistance animals. It defines assistance animals as animals that work, provide assistance, or perform tasks for the benefit of a person with a disability; or animals that provide emotional support that alleviates one or more identified symptoms or effects of a person's disability.

A new policy has also been drafted to cover Seattle Housing Authority's strategies to communicate effectively with persons with disabilities. The policy covers written communication, telecommunications, communication for individuals with visual impairments, and auxiliary aids for individuals with hearing and speech impairments. Seattle Housing Authority will, to the maximum extent feasible, accommodate requests under this policy.

Minor revisions have also been made to policies covering applicant and resident requests for accommodations and modifications, and admissions office accessibility for persons with disabilities.

Interested residents can obtain copies of the revised policies in their management office. Those wishing to make comments on the policy changes must do so in writing, submitting them to their management office, or mailing them to Seattle Housing Authority. Mailed comments should be addressed to Donna Foss at P.O. Box 19028, Seattle, WA 98109.

All comments must be received by 5 p.m. on Dec. 31.

## **Looking for some SHARP people!**



PHOTO BY JIM BUSH

Participants practice CPR on test dummies during a recent training hosted by Seattle's Office of Emergency Management. SHARP funds helped SHA residents attend the training.

BY JIM BUSH  
SHA Resident

For those of you who don't know what we're talking about, let us clue you in. SHARP is short for "Seattle Housing Authority Residents Preparing," a continuing series of educational presentations on how to prepare for — and survive — any kind of disaster (fire, flood, power outage, earthquake, etc.).

So far, we've helped residents in the Northeast part of Seattle (Lake City and Northgate) and Ballard learn about what kinds of disasters can happen in this area and how to prepare for them, and we are working on planning some more training sessions, with some funding from the City of Seattle's Department of Neighborhoods. Since we haven't decided where the next series of trainings will take place, we'd like to hear from you.

Here you have two choices. First, our planning committee meets with staff from the American Red Cross every Wednesday at 10:30 a.m. and we'd love to have you join us.

We meet at the Red Cross offices, located at 1900 25th Avenue South (two blocks from Center Park — METRO bus routes #4, 7, 8, 42 and 48 stop within several blocks).

Second, if there is a group of three to five

people who want to help organize a series of presentations in your building, our committee would be happy to set up a time to come to you. If you'd like more information, contact Dorene Cornwell at 206-524-8746 or send an e-mail to [sharesidentspreparing@yahoo.com](mailto:sharesidentspreparing@yahoo.com).

The Department of Neighborhoods Small and Simple grant has paid for people to attend several training sessions put together by the City's Office of Emergency Management (OEM) over the past two months. One session covered fire extinguishers and basic utility control. People got to practice using fire extinguishers and learned about water, electrical and gas control.

Another session covered basic first-aid procedures and triage, rapid assessment during mass situations.

The third session helped everyone learn and practice basic disaster search-and-rescue techniques.

What did people think of these trainings? In one word, awesome! A lot of good information was provided and people had fun taking part in them. Keep your eyes open for announcements about repeat offerings in spring 2009.

This project is supported by the Resident Participation Funds and in partnership with the Residents Action Council and we gratefully acknowledge their cooperation.

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# Seattle U provides health screenings at Jackson Park

BY TRACY LAM  
Seattle University

On Nov. 12, the residents of Jackson Park and other Seattle Housing Authority buildings were invited to a community health fair hosted by Seattle University nursing students. The goal of the nursing students is to present information and free screenings about health topics and issues residents find problematic in their community. Members were encouraged to mingle with neighbors, enjoy healthy snacks, and gather information about different health promotion topics while trying to win door prizes.

The fair focused on diabetes, blood pressure, healthy nutrition, exercise, and mental wellness. Along with prevention and health promotion tips, residents were able to learn about ways to utilize community resources.

For example, residents were told where to locate the community's blood pressure cuff and how to use it. Residents were also prompted to use the local Rota Care Clinic, located next to North Helpline, and were told how to access free health care services and screenings.

Participants learned about important lifestyle habits that can maintain or improve their health. Some of the key facts learned are:

**Blood Pressure:** It is known as the "silent killer." To prevent serious illnesses such as heart disease, one should check his/her blood pressure periodically and see his/her health care provider. To reduce blood pressure, the Center for Disease Control and Prevention recommends decreasing sodium intake, reducing body weight, moderating alcohol consumption, increasing physical activity and avoiding tobacco.

**Blood Sugars/Diabetes:** 90 to 95 percent of all diagnosed cases of diabetes are Type 2. This develops when cells do not use insulin (a hormone that causes the body's cells to take sugar from the blood) appropriately (CDC). To prevent or delay this disease, the American Diabetes Association recommends at least moderate exercise for 30 minutes a day at least every other day and a balanced diet.

**Nutrition:** According to the United States Department of Agriculture, a healthy diet is one that highlights vegetables, fruits, whole grains, and fat-free or low-fat dairy products. The diet should consist of lean meats, poultry, beans, fish, nuts and eggs, and should be low in cholesterol, trans-fats, saturated fats, added sugar, and salt.

**Fitness:** Daily physical activity is an important factor in staying healthy. Even 10 minutes a day helps. Physical activities could include walking, taking the stairs



PHOTO COURTESY SEATTLE UNIVERSITY

A Seattle University nursing student tests the blood sugar of a local resident while teaching him about diabetes

instead of the elevator, or performing chair exercises while watching television. If possible, one should try to exercise 30 minutes a day at least every other day.

**Wellness:** Wellness includes mind, body and spirit. It is important to keep a balanced lifestyle. This includes balancing the physical, mental, social, emotional and financial aspects of a person's life.

The students and those who participated

deemed the event a success. The fair could not have happened without the support of Jackson Park and the community at large. Donations and support were provided by SHA, North Helpline, Northwest Hospital, the City of Neighborhood Office at Lake City, and the Resident Council at Jackson Park. Events like these show what communities can do when we all work together.

## Mayor presents 2009-10 budget proposal

BY IAN PORTER  
Special to The Voice

With the economy of the Puget Sound region slowing to a crawl, Mayor Greg Nickels has released his proposal for the 2009-2010 city budget in which he calls for additional funds aimed at low-income housing assistance, food service initiatives and an anti-youth violence initiative.

The mayor's budget proposal comes as city officials believe the economy will continue to slow in the next 12 months, according to figures released by city officials.

"A recessionary national economy, high energy and food prices, tight credit, and a housing downturn will slow the region's economy significantly over the next 12 months but may not push it into recession," reads a report from the mayor's office. "Employment growth is expected to be barely positive."

Despite stagnating revenue growth, Nickels has proposed additional spending

Please see "Budget" on Page 5

## Save Continued from front page

Citizens in the Seattle Human Services Department, in partnership with Seattle Public Utilities and Seattle City Light. PeoplePoint is a City of Seattle initiative to provide access to multiple benefits, in one place, at one time. To apply for the Utility Discount Program, health insurance, food assistance or child care, call the Mayor's Office for Senior Citizens at 206-684-0268, e-mail UDP@seattle.gov, download an application at [www.seattle.gov/humanservices/seiorsdisabled/mosc/utilfiftypercent.htm](http://www.seattle.gov/humanservices/seiorsdisabled/mosc/utilfiftypercent.htm), or

## Korean official comes to Seattle to learn about public housing in America

BY JEFF ARNIM  
Seattle Housing Authority

Through its redevelopment projects at NewHolly, High Point and Rainier Vista, Seattle Housing Authority has become a national model for the improvement of public housing. It is increasingly becoming an international model as well.

During the month of November, Seattle Housing Authority opened its doors to Sangsoo Yoo, a training officer appointed by the central government of South Korea. He has been selected by the Korean government to study abroad for one year and learn about the ways in which industrialized nations deal with important housing issues — rental housing, mortgage subsidies, community development and improving living environments for the poor.

He chose Seattle as one of his research subjects because it is known as one of the most livable cities in America, and because of its sister city relationship with Daejeon in Korea.

visit any of the following City of Seattle Neighborhood Service Centers during the hours listed:

**Central Neighborhood Service Center**  
2301 S Jackson, 98144  
Mondays 2-5 p.m.

**Lake City Neighborhood Service Center**  
12525 28th Ave NE, 2nd Floor, 98125  
Tuesdays 2-5 p.m.

**Ballard Neighborhood Service Center**  
5604 22nd Ave NW, 98107  
Fridays 1-4 p.m.

**Delridge Neighborhood Service Center**  
5405 Delridge Way SW, 98106  
Fridays 1-4 p.m.

In the two weeks he spent in Seattle, Yoo had a chance to see many Seattle Housing Authority communities. He was impressed with what he saw.

"I was deeply impressed with High Point for its wonderful design, and for how much Seattle Housing Authority cares about low-income people being able to have pride in their living environments," Yoo said. "It was interesting to compare the housing at Yesler Terrace to the new High Point, and to see how the older housing can be changed into something beautiful and new."

Yoo also had the opportunity to learn more about how the agency is run. He met with many different Seattle Housing Authority departments to talk and ask questions about the ways in which they perform their jobs. He also attended a meeting of the agency's executive staff, and attended a community meeting at Yesler Terrace.

Please see "Sangsoo" on Page 7

## Spotlight on eviction prevention: An interview with Mindy Maxwell at Family Services

BY LAURA ETLING  
Seattle Housing Authority

As the economy dips and stalls and prices for food, household necessities, and gas go up, many people are having a harder time making ends meet. For some, it means choosing to pay some bills and leave others unpaid. Increased financial challenges can lead to getting behind on rent, a stressful, unstable, and dangerous situation. Knowing where to turn can be difficult, but there is an organization that can help.

Family Services, a Seattle-based non-profit organization, can assist people who are at risk of eviction and homelessness. Mindy Maxwell, their Supervisor

Please see "Eviction" on Page 6

## 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](mailto: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](mailto: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.

### Correction

A story about Jefferson Terrace on Page 7 of last month's issue inadvertently cut off information about how residents can get involved in a resident advisory committee. For information on how to join that committee, contact Sven Koehler at 206-615-3536.

# POINT OF VIEW

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

## Center Park celebrates homeWorks completion

BY JIM BUSH  
SHA Resident

After about a year, the curtain came down on the homeWorks project at Center Park, much to the delight of the 100-plus residents who came to the end-of-work party Nov. 5.

They came to thank the many people who worked on (and in) the building over the past year, making it a much better building for everyone — and they came to eat the awesome selection of food that was provided. (There was so much food that many people took some home with them, using many of the oversized “serving tubs” the food came in, thanks to the folks from Ezell’s Fried Chicken.)

While the work was rather extensive (the kitchens were renovated in each apartment, with new sinks, stoves and ovens, countertops and cabinets; the bathrooms also got some attention, with new shower hoses in the tubs and water-saving toilets), it was well worth the effort, since many residents are quite happy with the improvements, even though the entire process meant packing

everything up and moving from their own apartment to a “temporary” apartment to accommodate the work, then moving back to their own apartment when the work was done in their unit.

Some people had a much easier move, since they made a one-way move from their original apartment to a newly-renovated apartment, eliminating the need for a second move.

While the homeWorks projects at Center Park are now finished, there is still some work being contemplated at this time — but not in the apartment building itself.

One project that’s being looked at is putting some tactile markings down in the front driveway (which has no curbing) to make it easier for vision-impaired residents to navigate the walkway without walking into the roadway. Also being considered are some accessibility improvements in the Center Park Community Building (especially the restrooms on both levels). Since not much is known about these two projects, we are going to be watching for more information as it becomes available.



PHOTO BY JIM BUSH

*Center Park residents gathered Nov. 5 to celebrate the completion of the homeWorks project at their building, and to enjoy good food and company.*

## New entry system ends door bell hassles

BY SVEN KOEHLER  
Seattle Housing Authority

Having a bus stop a few steps from your home is great for getting around town. But mention the bus stop right outside the door to anyone at Barton Place Apartments, and you might get a groan.

Unfortunately, a negative side effect of the bus stop is that riders crowd into the building’s entryway when it rains. There, some are tempted to ring the building’s door bells at random, hoping to reach a resident who will buzz them into the secured building to use the restroom.

Against this background, there was a cheer at a resident meeting in the building on Nov. 17 when residents learned more about the new door entry system being installed during homeWorks. The new system, called Door King, requires visitors to dial a code to notify the resident that someone is waiting by the door to visit, eliminating the easy target offered by the old doorbells.

The new system makes it easy to reach one resident individually, but it takes a little bit more effort for someone to ring everyone in the building. Instead of row upon row of almost a hundred separate doorbells for each apartment, the new system has a sleek metal panel with an LCD screen, a telephone touch pad and a few buttons to scroll through the apartment numbers.

Once visitors get the hang of the system, it is easy to use. Resident Deborah Reynolds says it only took her teenage daughter one try to figure out how to use it.

She said, “Now she’s got it figured out and it is easy for her to come visit me!”

Many other large apartment buildings besides SHA properties also use similar systems.

On the resident’s end, the telephone rings when someone calls from the door panel. The resident picks up their phone to talk to the person at the door.

If they want to let the visitor in, they simply press the number 9 on the phone. To deny entry, the resident presses the # symbol.

In case the resident happens to be on the phone, the system is equipped with a call-waiting function. The resident can press the number 3 to answer the door, then return to

Please see “homeWorks” on Page 4

## What's missing for you for DTV?

BY SVEN KOEHLER  
Seattle Housing Authority

When you opened your SHA rent statement this month, you probably noticed a red bookmark reminding you to get ready for the transition to digital TV. It shows a TV with no reception and asks “What’s missing?” Did this message speak to you?

The good news is that for approximately half of SHA building residents, the answer is: Nothing is missing. If you don’t use a TV antenna because you subscribe to cable or satellite TV, you may already be watching digital TV.

You don’t need to worry about what kind of tuner your TV has and don’t need a converter box, because you are paying the company to get you ready for the transition.

Of course, you might still want to pay attention, because if you are tightening your budget these days, you may decide to stop your subscription and join the folks who use an antenna to receive TV signals for free.

There are plenty of people who are already watching DTV for free by receiving digital signals over the air. They are using a newer model TV with a built-in digital tuner that gets the digital stations automatically. Or, they kept their old analog TV and picked up a converter box to allow it to receive digital signals.

The holiday season is traditionally a time when consumers do a lot of spending on new items, including new TVs. These days, the price of entry level digital TVs has dropped to a few hundred dollars, which may be tempting



PHOTO BY SVEN KOEHLER

*Barton Place resident Leon Griffin checks out the great DTV picture quality using a converter box with his older analog TV. He pulls in a number of stations using a powered antenna in his apartment which he mounted on a homemade stand that he can rotate for better reception.*

*especially during holiday sales.*

Add to that the fact that some retailers are desperate to get rid of their inventory because of the recession, and you might find a good deal on a new digital TV that will solve your problems simply by plugging it in.

But an even better deal is to keep your existing analog TV and use the converter box, hopefully taking advantage of the government offer of a free \$40 coupon.

Although you have to make up the difference between the full cost of the converter box, usually about \$20, this may leave you with more money in your pocket for life’s necessities (or to buy someone else a present.)

Buying a second-hand analog TV set may get you a bigger screen than you could afford in a new set, and the digital picture quality looks much better no matter if it is seen on an old analog TV or a new set.

Barton Place resident Buck Henry owns both a small digital TV and a bigger analog TV. With the converter box, the analog TV gives an equally good picture, he says.

“Just look at how good the picture looks when I turn on that box!” he exclaimed as he demonstrated the difference between receiving analog and digital signals.

Henry is a big fan of movies, and he can still use his old analog set for a VCR or DVD player. The transition

Please see “Digital TV” on Page 6

# HIGH POINT HERALD

NEWS ABOUT THE HIGH POINT COMMUNITY

## High Point gathers for Harvest Festival

By CYNTHIA CLOUSER  
SHA Resident

Hello, High Point Residents and neighbors. For all those who attended the Harvest Festival on Halloween, did you have a good time?

What a busy night, in spite of the weather. There were at least 100 to 150 people who attended.

We all, little and big kids, enjoyed the arts and crafts and delicious, healthy food.

The pumpkin pie was the best I have ever tasted.

There were cupcakes to frost and decorate. I had fun making paper bag puppets and making little pumpkins look cute.

Most of the people just stopped by on the way out to trick or treating, but at least 50 stayed until it ended.

There was a costume contest with the winners receiving a prize. They were so cute!

Everyone that I asked said they had lots of fun.

One of the youth said, "This is cool. I don't even want to leave to go trick or treating."

Another said, "Can we do this again next year?"

You know it had to be fun!

### homeWorks

Continued from Page 3

the phone call.

And there is no need for the resident to get up and run to the old wall-mounted intercom phone to answer the door. In fact, residents like Shirley Alden say they are enjoying the convenience of using their cordless phones from anywhere in the apartment.

The system works with any phone that plugs into the wall jack in the apartment because it uses the internal building phone wires to transmit the signals from the entry panel to the apartments. There is no need for residents to subscribe to telephone service. So the increasing number of people who use cell phones instead of subscribing to a landline can simply plug in any old phone into the jack to use exclusively for answering the door. Over a third of residents at Barton seem to use cell phones as their main phone.

One thing to be aware of is that internet-based phone service plugs into a modem,

not directly into the building's wiring. This means residents need to take special care to have at least one phone plugged directly into the wall jack. And residents should make sure the installer knows about the entry system — don't let them clip any wires!

It turns out most neighborhood pranksters don't want to make the effort to enter individual codes on the Door King, so residents are enjoying a bit more peace and quiet from the lack of doorbells. Added to that, the pipe replacement and roofing work has wrapped up at Barton Place, so there is much less traffic in the halls these days.

The Door King entry system is being installed in every building during homeWorks that still had the old, unreliable and nuisance-prone doorbells. There are just three buildings left in homeWorks, all of which will get the new system.

Stewart Manor and Center West are having their Construction Kick-Off meetings in early December. Following that, the final homeWorks building is West Town View, starting in spring.

## Welcome and Communications Committee

**Monday, Jan. 5**

**7:30 p.m., 3123 S.W. Raymond**

**Volunteers welcome new neighbors and talk about how to better communicate with the whole neighborhood.**

**This committee meets bimonthly on the 1<sup>st</sup> Monday of the month**

**Contact Jennifer Cobb at**

**Jennifer.cobb@highpointneighborhood.org or 206-369-3177**

## Construction continues at High Point



PHOTO BY TYLER ROUSH

*Work continued last month as contractors began work on the foundation at the site of the Neighborhood House High Point Neighborhood Center. The long arcing arm in the photo is used to pour cement. For more information on this Neighborhood House capital campaign, visit [www.nhwa.org](http://www.nhwa.org) and click the green "Capital Campaign" tab.*

## High Point Neighborhood Association

Đoàn thể láng giềng HighPoint つるぎ 高点 ハイポインツ なごみ会  
Ассоциация Соседства Хай-Пойнта Derisyeenya guddiga Neighborhood Association  
Asociación de la Vecindad de High Point ハイポインツ 高点 ハイポインツ 高点 鄰里協會

**The December quarterly  
Neighborhood Association meeting  
honors our  
HOPES DREAMS  
and  
OPPORTUNITY  
for positive CHANGE**



### "I Have a Dream"

**December 11  
6:00 to 8:00 PM  
Elizabeth House  
3201 SW Graham St.**

[WWW.HIGHPOINTNEIGHBORHOOD.ORG](http://WWW.HIGHPOINTNEIGHBORHOOD.ORG)

**Preview *Unnatural Causes*, a PBS documentary featuring High Point**

**Announcing the New Neighborhood Challenge Fund**

**Open Mike Session**

**Food and Raffle**

**EMAIL: TRUSTEES@HIGHPOINTNEIGHBORHOOD.ORG**



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

# RAINIER VISTA NEWS

NEWS ABOUT THE RAINIER VISTA COMMUNITY

## 'The Promise Fulfilled'

### *Grand opening of the Rainier Vista Boys and Girls Club and Rainier Valley Teen Center*

BY CLAIRE McDANIEL  
Seattle Housing Authority

The natural light came through the large windows on a beautiful autumn day as 2,300 people gathered in the new gym to celebrate the grand opening of the new Rainier Vista Boys & Girls Club on a Saturday morning in November. It took nine years to get done but the President and CEO of the Boys & Girls Clubs of King County, Daniel Johnson said, "It has been an amazing journey."

"It's humbling to stand here in this beautiful new facility."

Children, adults, city officials, news media and volunteers all gathered on the basketball court that had been temporarily converted to a meeting room to bask in the glow of Rainier Vista Boys & Girls Club Executive Director Bill Burton's dream come true.

"I made a promise to the kids that I would help build them a new building," Burton said. "It's been a dream of mine for a long time now and I'm so happy because we've finally made it happen. The old space used to be 13,000 sq. ft. — cold in the winter and hot in the summer. Our kids deserved better."

This new facility, three times the size of the old club, will have the capacity to serve thousands of high-risk youth. At a cost of \$17 million, the new club is 40,000 sq. ft. and designed with two distinct areas: one side is a traditional Boys & Girls Club and the other side is a Teen Center. Because the light rail will run right outside the door by July 2009, teens as far south as SeaTac will be able to reach the club in 15 minutes on the train.

The original Rainier Vista Boys and Girls Club began in 1976 and was a community landmark until the building was torn down in 2007. The original building had outlived its useful purpose, was grossly inefficient and was inadequate in size.

Speakers for the day included Daniel Johnson, President and CEO of the Boys and Girls Club of King County; Ron Sims, King County Executive; Seattle Mayor Greg Nickels; Bill Burton, Executive Director of the Rainier Vista Boys and Girls Club; Allyn Ruth-Felder, Rainier Vista Boys & Girls Club Board Chair; and Nate Miles, parent of a Rainier Vista Boys & Girls Club member.

The words spoken were full of enthusiasm, optimism and hope, and were often very moving — there were some tears as well as laughter. The obstacles that were overcome to get to this place were great but that made the result all the more satisfying.

As Allyn Ruth-Felder, Board Chair put it, "It has been heartwrenching, heartbreaking and exhilarating. It was like a rollercoaster! The message we wanted to give the kids in this community was — you're worth the investment. Make us proud."

Johnson explained proudly, "We're making history! This is the largest Boys & Girls Club in public housing in America. In my entire 30-year career, I have never seen a community come together like this."

When deciding on what the new design for the club should be the planners went di-

#### Rainier Vista Boys & Girls Club and Teen Center

4520 Martin Luther King Jr. Way S.  
Seattle, WA 98108  
206-436-1890  
Web site: Rainievistabgc.org  
Hours of operation  
Rainier Vista Boys & Girls Club  
2:30-7 p.m. M-F, 10 a.m.-4 p.m. Sat.  
Rainier Vista Teen Center  
2:30-8 p.m. M-F, 10 a.m.-4 p.m. Sat.  
Both centers closed Sun.



PHOTO BY DALE JOHNSON

Youth cut the ribbon at the grand opening event of the Rainier Vista Boys & Girls Club.



PHOTOS BY CLAIRE McDANIEL

A group of boys (left) play pool in the recreation room at the new Rainier Vista Boys & Girls Club and Teen Center. The center, seen from the exterior (right) officially opened Nov. 15. At 40,000 square feet, it is roughly three times the size of the Boys & Girls Club's previous location.

rectly to the experts: the young kids and the teens that would be using it. The teenagers were adamant about wanting a space of their own away from the younger kids with technology, music, a gym, an internet café, food, jobs and a place to hang out with friends.

The Rainier Valley Teen Center includes cutting-edge programs such as education and career development, character and leadership, health and life skills, sports fitness and recreation, and the arts. It has a recording studio, a teaching kitchen and health clinics including a dental office.

When a couple of the kids who would be using the new club were asked how they like it, Monique, age 12, said "It's nice. There's more space. I spend my time playing on the computer, learning how to make beats."

Jamari, age 11, added, "The gym is bigger. I've been playing basketball."

Mayor Greg Nickels expressed his hope that when a child or teen walks up to the door of this new club it sends a message that "this community cares about each one of you." He wants this club to have "a positive impact on our kids and be a safe place for them to come to help us get rid of community violence."

Having a safe place for kids to go and keep occupied with constructive activities frees parents to improve their situation. As Nate Miles put it, "When you aren't worrying about your kids you can fly high."

The Boys & Girls Club of King County exists to inspire and enable all young people, especially those most in need, to realize their full potential as productive, responsible, and caring citizens.

## Budget

Continued from Page 2

in the areas of human services and public safety.

Thanks to a contribution of up to \$5 million by United Way of King County, Nickels has proposed the city spend an additional \$3 million in the 2009-10 fiscal year for the Housing First initiative, a program that places chronically homeless individuals into low-income housing and provides them with in-house services, such as medical and support services.

The \$3 million represents only a part of the total \$5 million contribution from UWKC. The remaining funds can be used in subsequent years though it is not required. Any unused funds will be returned by the city after a period of five years.

Additionally, Nickels proposed the city spend \$3.3 million on food distribution projects, including bulk food buying and a food home delivery service for the elderly and disabled.

The new housing and food service initiatives come after a community listening session was held last month by a coalition of organizations, including Seattle and King County Housing Authorities, United Way of King County, Neighborhood House, and Solid Ground. The listening

session allowed public housing residents who suffer from hunger and food inaccessibility to tell their stories and voice their opinions on those issues.

Representatives for local elected officials at the city, county and state levels attended the session and promised to relay back the concerns from housing residents.

Nickels also unveiled a new anti-youth violence initiative, backing it up with \$9.2 million.

According to the report released by the Mayor's office, "the initiative will focus on about 800 children a year who are at highest risk of perpetuating or being victimized by violence."

Once the high risk children are identified, the city will "surround them with services tailored to their specific needs — giving them productive things to do with their time; teaching them how to manage their anger; helping them learn job skills; helping them stay in school," the report reads.

If the budget passes city council as proposed, the initiative would be fully operational by May 2009.

Ultimately, the goal of the initiative is to prevent youth violence and reduce the juvenile violent crime rate by 50 percent after one year in operation.

# NEWHOLLY NOTES

NEWS ABOUT THE NEWHOLLY COMMUNITY

## At the Kwik Cup, tranquility restored

BY SCOTT FREUTEL

*Seattle Housing Authority*

On Jan. 4, Allen Jefferson and his wife, Bre, who live with their two teenage daughters in NewHolly, opened Kwik Cup Espresso in NewHolly's Othello Building.

Kwik Cup's decor is inviting and restrained. Floor-to-ceiling windows flood the room with light. The walls are mustard yellow and a rich, warm red. An impressive espresso machine catches your eye when you walk in. Off to one side, near a comfortable-looking couch, there's a child-size table and child-size chairs. It's a tranquil place, a good place—to sip a latte or a cup of coffee and chat with a friend or gather one's thoughts or catch up on one's reading.

That tranquility was shattered on August 25, when a freak traffic accident caused a minivan to run up on the sidewalk outside and "jump"—Allen Jefferson's word—right into and across the cafe and through the back wall into the next-door office. (The driver, who has an artificial leg, hadn't been able to disengage his foot from the accelerator, and his van kept moving.) Jefferson was the only person in the shop at the time, and he was standing off to one side, behind the espresso bar, out of harm's way. Luck held for the people in the office next door, too: They'd gone to lunch.

Jefferson's landlord is Seattle Housing Authority. According to Jefferson, SHA did what they could to repair the damage right away, but rebuilding the shop took time, a lot of time, mainly, said Jefferson, because of delays in dealing with insurance companies. The day after the accident, Jefferson told a reporter that he expected repairs to be done within a week's time. As it happened, the shop wasn't able to reopen until nearly two months later, on October 19.

Allen Jefferson, who recently said he's 40 ("40ish," he amended), was born in San Francisco and raised in Oakland and spent summers in Vicksburg, Miss., where relations of

Kwik Cup Espresso is in the Othello Building, 3815 S. Othello St., Seattle. Current hours are 7 a.m. until 3 p.m. Monday through Friday, closed Saturdays and Sundays. (With warmer weather will come longer hours.) The telephone number is 206-484-3123.

his father's had a farm. He attended culinary school in San Francisco and then worked in restaurants and in restaurant design. He moved to Seattle to work for a large corporation in an entirely different field. A few years later, he tired of the corporate world, and decided that he really wanted to get back into the restaurant business one way or another. His wife, Bre, who is still working for a nonprofit global health organization, is his partner in the cafe, and works there part-time. Allen works full time-plus in the cafe.

Jefferson left the corporate world with a bit of money that he invested, with the rest of his life savings, in Kwik Cup. "I poured my heart and soul—and money—into this place," he said recently. "Fortunately, given the state of the economy, I'm not in debt to anybody."

Jefferson, who has taken business classes at Seattle University, is well aware of the odds against success for new small businesses; he said that 70 percent of small businesses fail after three years. "Starting a business is risky," he said. "But the rewards are considerable."

Jefferson is encouraged that there's a lot of new construction planned or underway in the neighborhood, including a multi-unit apartment building right across the street. Apart from a Starbucks a few blocks away, there's really no close competition for Kwik Cup.

Jefferson is the sort of man who clearly always sees the latte cup as half full, not half empty.

"I feel fulfilled and happy owning my own business," he said recently. "Being one's own boss outweighs all the

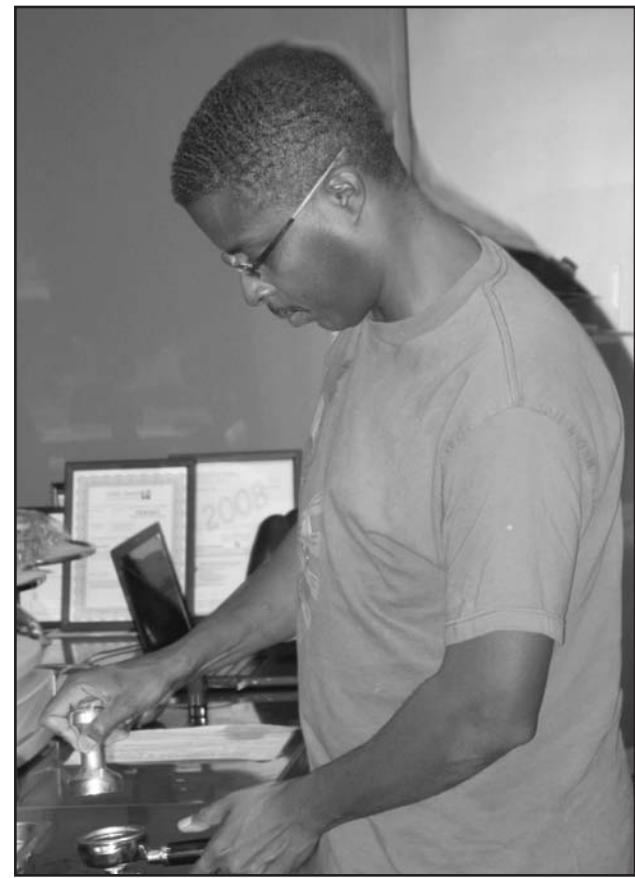


PHOTO BY SCOTT FREUTEL

*Allen Jefferson, proprietor of the Kwik Cup Espresso cafe.*

stress. Even though we're not making money now, even though we're struggling, we are holding our own—and I've got a lot of what's called 'psychic' income—and that compensates, that makes all the difference.

"My business is an extension of who I am—my business is not who I am," he said with a smile as he rose to greet two regulars and prepare their tall lattes.

## Digital TV

Continued from Page 3

to digital TV doesn't affect those devices at all, so Henry can enjoy his extensive movie collection on either TV.

What's even cheaper than buying a second-hand set? Many residents have found that people are giving away perfectly good analog TVs for free as they buy new sets.

Instead of buying a new TV, the money may be better spent on purchasing a good quality set-top antenna. Many SHA buildings have had roof-top antennas for years, and they will still work after the transition.

But depending on the location of your building and the condition of the antenna, you may get better reception with a powered set top antenna.

You don't need a very expensive one, but make sure it gets both VHF and UHF signals. Another feature that Megan Baker of Olive Ridge Apartments found to be useful is "adjustable gain."

Tests at her location revealed that turning the reception power, or "gain," to full power actually gave worse results than at lower power. The antenna she has cost around \$30.

So, if you subscribe to cable or satellite or buy a digital TV, you can get DTV easily. But if you find yourself at the end of 2008 with a perfectly good old analog TV and a new a converter box to go with it, but still don't get DTV, maybe you just need help hooking it up. Next month's article is for you, folks.

## Eviction

Continued from Page 2

of Housing Services, told us about their Eviction Prevention program.

The goal of this program is to "assist people in the middle of a short-term financial crisis," Maxwell said.

If a person's hours at work are cut back, or he or she has been sick or hospitalized and missed work or suffers from some other unexpected emergency, the Eviction Prevention program can be of assistance. The ideal person to receive these services has a plan or is willing to make one to get back on track, and is ready to learn how to make better financial choices.

Two components of service are rent assistance and case management. Rent assistance is financial help for past-due rent, paid directly to the landlord, as well as help for moving costs and deposits for a new apartment: Case management services assist with the needs or issues of a participant, and can last up to six months.

A case manager can advocate for a participant with his or her landlord, sometimes get late fees reduced or cancelled, and can provide referrals for energy assistance, credit counseling, and other social services.

A person can choose to receive case management services only; however, in order to receive rent assistance, a person must also participate in case management.

Family Services' eviction prevention program serves 160 people annually. They have four case managers in three locations: Lisa Brookens in West Seattle,

Lucille Goldman in Lake City, and both Dawna Shimabukuro and Mindy Maxwell in downtown Seattle.

Mindy advises that a person should "call as soon as they know there is a problem," rather than waiting and hoping to sort things out.

In the first month of late or unpaid rent, landlords are usually easier to work with, and the cost to resolve the situation is lower.

She also reminds people to "be patient," as it could take two to three weeks from the date of the initial phone call to meet with a case manager in person (another good reason to call as soon as there is concern).

Once an appointment has been scheduled, Family Services can provide a letter to the participant to give to his or her landlord (to make known that the renter is actively working to pay what is owed).

But be advised: the eviction prevention program has a strict no-show policy: if a person does not call and does not show for a scheduled meeting, he or she is no longer eligible for services.

In order to be eligible for services, a person must:

- Reside within the Seattle city limits
- Live in permanent housing (this includes LIPH residents and Section 8 participants)
- Have a reliable source of income (employment, SSI/SSDI, DSHS, food assistance, child support, etc.)
- Receive or earn 1½ times his or her rent in income
- Be willing to make and live by a plan to pay rent on time

There are two ways to access eviction

prevention services. First is by referral from a case manager or worker at an agency (as from your FSS or TTA Specialist at Seattle Housing Authority).

A case manager can refer at any time, and the person referred will go on Family Services' wait list until either a new spot opens up or the first business day of the next month, whichever is first.

The second way to access services is by self-referral. Family Services accepts calls on their intake line on the last Monday of the month (for services in December, the intake line opened on Nov. 24). When a person calls, he or she should leave a message with contact information on the voicemail system.

A case manager will then call back, and will allow two days for the participant to return the call. If the case worker does not hear back within two days, the request for services will be pulled and offered to the next person on the list.

When a meeting with eviction prevention is set up, a person will need to bring:

- A copy of the lease
- Valid ID
- Proof of current income: check stubs, a letter from an employer, DSHS or Social Security paperwork, etc.

Additionally, the landlord will need to fill out a W9 with Family Services (but that will be coordinated by the case manager).

The phone number for the Eviction Prevention Intake Line is 206-902-4275, ext. 2.

If you or someone you know is struggling with paying rent and is at risk for eviction, don't wait—give Family Services a call.

# YESLER HAPPENINGS

NEWS ABOUT THE YESLER TERRACE COMMUNITY

## Youth gather for tutoring at Yesler Community Center

By CHRIS LINCOLN  
Special to The Voice

Ayanie Dahir is a 10-year-old student who regularly visits the Yesler Community Center at the intersection of Yesler Way and Broadway.

However, he is not busy socializing or playing basketball, for which the center has excellent facilities. In fact, he is in the Teen Center directly across from the basketball court alternating between a competitive Scrabble game and math homework.

It is not as though he is alone here. Every Wednesday at 6 p.m. Ayanie and approximately 20 to 30 more kids share this room for one hour to enhance critical thinking skills and receive free tutoring from business professionals in the area.

"It helps me with my homework — math and spelling, usually," said Dahir. Then, he proudly added that he comes every time of his own accord.

The program is the brainchild of Herbie Martin, Youth Director of the Japanese Baptist Church, who considers it a way to give back to the community.

He and as many as ten other volunteers assist children ages six to 18 with anything (from one-on-one reading to group math).

There is also the opportunity to play popular thinking games, which many of the children take advantage of between help with homework.

Martin started the tutoring session from his post as a Yesler Community Center Advisory Council member in October and plans on running the program all through the school year.

Martin invites everyone to come, but has stipulated that he only wanted serious participants.

"We used to have more kids here, but we only wanted kids who really wanted to learn," said Martin, pointing to students that broke into their study groups without being told to do so.

Currently, all the tutors are from the



PHOTO BY CHRIS LINCOLN

*Students at the Yesler Community Center gather each Wednesday at 6 p.m. for a tutoring class sponsored by the Yesler Community Center Advisory Council.*

Japanese Baptist Church. They have a wide variety of titles, including journalist, stock broker, and educator.

Martin works for the Department of Social and Health Services and is currently working towards his master's in theology.

The only cost Martin points out is that the tutors bring refreshments for the kids for the end of the session.

The Yesler Community Center's Advisory Council is looking for new members and encourages community involvement. The best way to get involved is to attend the meeting on the third Wednesday of each month.

Many programs are through the Advisory Council rather than through Seattle Parks and Recreation, the center's presiding jurisdiction. The council relies heavily on program participation, donations, and contributions for program equipment and participation, according to the center's Web site.



## A holiday feast



PHOTO BY TYLER ROUSH

*Tina Mason (right) fixes a plate of dessert while friend Gloria Jackson (left) looks on at the Yesler Terrace Senior Thanksgiving Luncheon Nov. 20.*

## Notes from the Manager

By JUDI CARTER  
Seattle Housing Authority

receive a guest pass. The guest pass is for use by a guest, and is not to be used in a resident's own car.

If you do not have car insurance, it is illegal for you to drive in the State of Washington. You could receive a \$500 ticket for driving without insurance if you are pulled over for a traffic violation.

If you were to be in an accident, even one not your fault, you could receive a \$500 ticket for driving without insurance. If you were in an accident that was your fault, you could be sued for the damage to the other car or property involved.

Your wages could be garnished. You stand to lose a lot if you drive uninsured. Considering all of the risks, if you cannot afford insurance, you really cannot afford to drive.

If you have not already disconnected your garden hose and put it up for the year, now would be an excellent time to do so. If the weather gets much colder, the pipes in your unit could break if the hose remained connected.

The staff of SHA at Yesler Terrace wish you and yours a wonderful holiday and an even better New Year!

## Sangsoo Continued from Page 2

Some of the things he learned were surprising.

"I realized that the richest country in the world has some difficult urban problems, just like other countries," he said. "However, it seems to me that America has dealt with these problems better than other countries by getting neighborhoods involved. There are a lot more opportunities here for residents to participate in the redevelopment process and in management decision-making."

Yoo noted some of the differences between public housing in the United States and Korea. Whereas housing authorities in America are true nonprofit agencies, Korea's National Housing Corporation — the public body responsible for building and managing public housing — is run more like a for-profit business.

"The National Housing Corporation was

founded by the government and has built low-income housing, but they also sell houses to people and are very interested in making money," he explained. "They are called nonprofits, but more and more they are acting like companies, working to improve their profits."

At the end of his year abroad, Yoo will prepare a research paper and deliver his findings to the Korean government for review. He hopes that the research will show how the work of Seattle Housing Authority and other agencies can be used as models for improving public housing in Korea.

"I'd like to introduce Seattle Housing Authority's mission, values and redevelopment work to my country, especially to our development corporations," he said.

"In many ways they have been more interested in management revenue than taking care of low-income people. If they are able to act more like a housing authority than a corporation they will be much better able to serve people than they do now."

### Yesler Terrace Annual Holiday Luncheon

Hear Ye, Hear Ye! Come one, come all to the Yesler Terrace Senior Holiday Lunch!

**When:** Thursday, Dec. 11

**Time:** 11:30 a.m.

**Where:** Yesler Terrace Community Center, at the corner of Broadway and

### Yesler

Enjoy an old-fashioned holiday meal including international dishes, entertainment and door prizes.

Brenda Tate will be there to give you information about the Digital Television Transition and she will have the forms to apply and get the \$40 coupon for a digital television converter.

