



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



The Voice

January
2009
Articles translated
into six languages

The newspaper of Neighborhood House

Noted housing activist from New Orleans visits Seattle

BY LYNN SEREDA
Section 8 Tenant

Malik Rahim is well known as an activist with the group Common Ground Relief, which organized neighborhood-driven disaster assistance in New Orleans after Hurricane Katrina.

Rahim, who recently received the Thomas Merton Social Justice and Humanitarian award, came to Seattle to speak about current efforts in New Orleans. He also took time to promote a social justice trip that 14 students from Seattle's Nova High School will take to New Orleans' Lower Ninth Ward.

During his visit, Rahim spoke at Nova High School, at a fundraiser in a private residence with King County Councilman Larry Gossett and in an art gallery downtown that was showing an exhibition of photos from New Orleans.

Rahim has been to Washington state several times since Katrina, including a trip to Carnation two years ago after the Tolt River flooded. In his talks since Katrina, Rahim has repeatedly stated the importance

of disaster preparedness along with civic engagement. He stresses that one cannot assume that government agencies will be immediately able to provide relief.

When the hurricane devastated New Orleans, Rahim was part of a small group of people who pooled \$50 and started distributing food, water and medical supplies in the low-income neighborhoods of the city.

It took weeks for FEMA to show up, yet word soon spread about this neighborhood-based effort. Volunteers from all over America started arriving with skills and money and became part of Common Ground's rebuilding effort.

Rahim estimates that there have been 20,000 volunteers serving 180,000 residents as part of Common Ground in the three years since Katrina.

Among their accomplishments, volunteers have built a free medical clinic, rebuilt an elementary school and an historic church, started a free legal clinic and a women's homeless shelter and opened community kitchens and food distribution

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Winter, but not so wonderful



PHOTO BY TYLER ROUSH

Icicles cling to a lamppost at Kerry Park, overlooking the Space Needle and Seattle Center. A wintry blast of snow and ice pummeled the Puget Sound area, with slippery conditions keeping many indoors.

NYC Housing Commissioner tapped to head HUD

BY SHA STAFF

Last month President-elect Barack Obama named New York City Housing Commissioner Shaun Donovan to head the Department of Housing and Urban Development (HUD), saying in a radio address that few departments would be "more essential" in stemming "the rising tide of foreclosures and strengthen our economy."

"Shaun will bring to this important post

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Shaun Donovan

Financial aid for college continues despite economic crisis

BY COLIN SEXTON
Neighborhood House

Are you or someone you know getting ready for college? Completing a college degree can make the difference to you and your family between just barely getting by and enjoying a stable, comfortable life.

The current financial troubles in this country have people wondering if financial aid is available to new students. Be assured that funding continues to be available through government, public and private sources. Our political and business leaders recognize how important a college educated workforce is to our future economy.

This time of year is very important for those planning to attend college soon, since January is the time to apply for financial aid. Here are some steps you can take to help you secure the funding you need for

college:

1. Apply for Federal Financial Aid. Nearly all students attending college complete the Free Application for Federal Student Aid (FAFSA). This form is used by all colleges and universities, to determine what support you need and what they will provide. The FAFSA will allow you to receive financial aid in the form of grants, loans and work-study funds.

- The FAFSA should be completed and submitted by all students as early as possible, after January 1 and before June 30. Tax information for your family is required, but estimating your family's taxes for the previous year is acceptable and sometimes better than waiting until March or April.

- For more information, visit www.fafsa.ed.gov.

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Minimum wage increases to \$8.55 per hour

BY DEPARTMENT OF LABOR
AND INDUSTRIES

Washington's minimum wage increased 48 cents to \$8.55 an hour Jan. 1. This increase is required by a voter initiative that passed 10 years ago.

The Department of Labor and Industries (L&I) recalculates the state's minimum wage each year in September as required by Initiative 688, which was approved by Washington voters in 1998. The law requires that the state minimum wage be adjusted each year according to the change in the federal Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W) during the 12

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"Public housing is a critical resource for low-income households and low-wage workers, the populations that are most seriously affected by the current financial crisis."

—SHA Executive Director Tom Tierney on the need for a federal stimulus package to fund public housing. See story on Page 4.

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Health Notes

A column devoted to your well-being

Alcohol and cancer: Before you drink, know the risks

BY PAM MCGAFFIN
Moore Ink

The holidays have come and gone. Time for family and friends, gifts and good cheer... drinking and more drinking.

Like it or not, alcohol has become a fixture of the season, as traditional as fruitcake (which is often soaked in the stuff).

It's important to remember, now and every day, of the hazards of drinking.

Here's a sobering fact to keep in mind: regular alcohol consumption and/or binge drinking can be hazardous to your health.

"Moderation is always the key when it comes to alcohol," says Heidi Lucas, a naturopathic physician at Seattle Cancer Treatment and Wellness Center.

"The big issue is breast cancer," she adds. "Even a little more than a glass of alcohol a day raises the risk of hormone-positive cancers, which are stimulated by exposure to the female hormones estrogen and progesterone."

The reason for that may be that alcohol consumption puts stress on the liver, which has to metabolize those hormones, Lucas explains. Alcohol also depletes the body of immunity-boosting B vitamins.

In addition to raising breast cancer risk, regular alcohol use has been linked to colorectal cancer and cancers of the mouth, throat, esophagus and liver.

The more you drink, the greater the risk. People who average about four drinks a day double or triple their risk of mouth, throat and esophagus cancer, while women who drink that much increase their risk of breast cancer by as much as 50 percent.

Lucas advises her cancer patients to abstain from alcohol. For others, she recommends red wine (in moderation, of course) because of the beneficial antioxidants in the grape skins.

Here are some more things to consider before you open that bottle:

- Excessive alcohol use results in approximately 79,000 deaths in the U.S. each year, making it the third leading lifestyle-related cause of death, after tobacco smoking and obesity, according to the Centers for Disease Control. "Excessive alcohol use" is defined as heavy drinking (more than two drinks per day on average for men or more than one drink per day on average for women), or binge drinking (five or more drinks during a single occasion for men or four or more drinks during a single occasion for women).

- While drinking small amounts of alcohol, such as a daily glass of wine, has been shown to reduce the risk of heart attack and stroke, the benefit goes away with the second or third glass. If you can't stop at one, it's probably safer for you to get your health benefits from eating right and exercising.

- Avoid alcohol altogether if you are: a recovering alcoholic; pregnant or lactating; under legal drinking age; driving or doing an activity that requires attention, skill and coordination; or taking a medication that can interact with alcohol (including sleeping pills, antihistamines, anti-anxiety drugs, and medications for diabetes, high blood pressure and heart disease).

The good news for concerned drinkers is that quitting will reverse the risk for head and neck cancers over time. A study by the Centre for Addiction and Mental Health shows the risk goes down significantly after ten years of abstaining from alcohol. After 20 years, the risk is similar to that seen in people who never drank.

Need another reason to hold the alcohol? Mixed holiday drinks tend to be high in calories and fat. A single shot of liquor (gin, rum, vodka or whiskey) is 96 calories. When you add the rich and sugary mixers, you get holiday weight gain in a glass. (Just one cup of eggnog contains nearly 350 calories and 19 grams of fat.) Fortunately, you can have your health and drink to it, too.

There are countless cocktail alternatives that are festive, tasty and good for you. Here are a couple of healthy mixtures Lucas recommends:

- Pomegranate juice, soda water, ginger juice, splash of apple cider, squeeze of orange or lemon. Serve over ice.

- In a blender, puree honeydew melon, ginger ale, mint, lime juice and ice. (Note: if you like your drinks a little less tart, add some agave nectar, a natural sweetener.)

Here's to your health.

Seattle Cancer Treatment and Wellness Center is an affiliate of Cancer Treatment Centers of America, a network of hospitals that integrate oncology with complementary and natural therapies, including naturopathy, acupuncture, Chinese medicine and mind-body medicine. Effective Dec. 22, Seattle Cancer Treatment and Wellness Center will move to a larger site at 900 SW 16th Street in Renton. For more information and cancer-fighting tips, call (206) FOR HOPE (367-4673) or visit www.seattlecancerwellness.com.

HUD

Continued from front page

fresh thinking, unencumbered by old ideology and outdated ideas," said Obama.

Housing advocates and politicians hailed Donovan's nomination, which needs to be confirmed by the Senate.

"Shaun Donovan is a brilliant choice for HUD. He is an expert on the full range of housing issues and has a proven track record of getting things done," said Sheila Crowley, president of the National Low Income Housing Coalition.

"Thankfully, President-elect Obama has chosen a HUD secretary who is uniquely qualified to take on this task," said Sen. Patty Murray (D-WA), who chairs the subcommittee that controls HUD appropriations.

If he is confirmed, she said, Donovan will be a lead player in addressing "the worst economic climate in decades" as "American homeowners are reeling from plummeting home values and rising unemployment."

In his announcement, Obama explicitly tied the housing crisis to the financial crisis, saying that "expanding access to affordable housing isn't just about caring for the least fortunate among us and strengthening our middle class — it's about ending our housing mess, climbing out of our financial crisis, and putting our economy on the path to long-term growth and prosperity."

Should he be confirmed, Donovan will inherit a housing department that has been disgraced by the Bush administration.

In March 2008, Bush's second HUD secretary, Alphonso Jackson, resigned from his position in the face of ongoing probes by a federal grand jury, the Justice Department, the FBI and the HUD inspector general. Under Jackson, the nation spiraled into the worst housing crisis since the Great Depression, though Jackson insisted that increasing mortgage failures were simply a short-term "correction."

When Jackson resigned, Bush appointed then-chief of the Small Business Administration (SBA) Steven Preston to replace him. Preston still heads HUD.

Donovan was appointed Commissioner of the New York City Department of Housing Preservation and Development (HPD) in March 2004 by Mayor Michael R. Bloomberg.

Until March of 2001, Donovan was Deputy Assistant Secretary for Multifamily Housing at HUD.

Donovan served at HUD in the Clinton administration as both acting federal housing commissioner and deputy assistant secretary for multifamily housing. He ran housing subsidy programs that provided over \$9 billion annually to 1.7 million families and oversaw a portfolio of 30,000 multifamily properties with over two million housing units.

Donovan, who holds master's degrees in Public Administration and Architecture from Harvard University, researched and wrote about housing policy at the Joint Center for Housing Studies at Harvard, and worked as an architect in New York and Italy.

College

Continued from front page

2. Seek out scholarship opportunities.

There are many different scholarships available to you. Some are based on need, others based on merit.

- Look for scholarships at school. Your counseling department or career center often has postings about scholarships. Ask your librarian or computer lab instructor for ideas about scholarship Web sites.

- Look for scholarships on the Web. There are many sites available to help find funding/scholarships. Try the following to start:

- www.financialaidtips.org/
- www.collegeboard.com/student/pay/
- www.easysaid.com/

3. Discuss options with your school Counselor/Advisor.

Your counselor or someone else at school can help you apply for school and search for scholarship opportunities. It is helpful to have someone to discuss ideas with or look over your applications/essays.

Most students in college pay for school in a variety of ways.

Some receive grants from the government or scholarships which they don't have to repay. Many also receive low-interest loans that make sense when we understand how much more a person earns with a college degree.

Finally, many students work, either through work-study programs or independent jobs.

Bottom line: Whether going to community college, technical school or university,

COURSE REQUIREMENTS

Minimum course requirements for college entrance into the University of Washington and other 4 year Washington state public universities. Be sure to check with your high school's college counselor about other recommended courses

English 4 years/8 semesters

Take composition and literature courses that develop your skills in reading and writing.

Mathematics 3-4 years/ 6-8 semesters

Minimum: Math I - III. Also called algebra, geometry, and second year algebra. Recommended: pre-calculus, trigonometry, elementary functions

Social Studies 3 years/6 semesters

History, political science, American government, psychology, sociology and economics. Your high school offers other courses that will fulfill the social studies requirements. Ask your advisor.

Science 2 year/4 semesters

Minimum: Biology, chemistry, or physics with laboratory. Recommended: (3 years/ 6 semesters) courses in all these sciences

World Languages 2 years/ 4 semesters of

the same foreign language. Take courses with a strong reading and writing focus. Courses must be in sequence. Recommended: 3 years/ 6 semesters.

American Sign Language (AMESLAN) fulfills the requirement to enter the University of Washington. Computer language does NOT. The language requirement is also met by students from non-English speaking countries who entered the US school system at the 8th grade level or later.

Computer language does NOT. The language requirement is also met by students from non-English speaking countries who entered the US school system at the 8th grade level or later.

Fine, Visual or Performing Arts 1 semester

Dance, band, ceramics, painting, photography, pottery, drawing, fiber arts, sculpture, calligraphy, music appreciation or theory, metal work, orchestra, choir, drama, etc..

you can afford to pay for school.

Lots of people do it each year and so can you. Your future is worth it!

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.

You can go to college!

Annual College Fair

6-8 p.m. Wednesday, January 28
Yesler Terrace Community Center
917 E. Yesler Way



Speak with college representatives, get financial aid and scholarship information, meet current university students, and snack on pizza!



For more information and to RSVP, contact Brett Houghton at 206-334-7484.

Be safe

Avoid phishy e-mails

BY SEATTLE NEIGHBORHOOD GROUP

Dear Be Safe:
Recently, I received the following e-mail claiming to be from the IRS. The e-mail said that I might be eligible for a refund and included a link to a webpage to submit a request. Is this a legitimate e-mail?

Original Message-----
From: Internal Revenue Service <security.alert@irs.gov>
To: undisclosed-recipients:
Sent: Sat, 2 Aug 2008 1:58 pm
Subject: Important Information About Your Tax-Refund

Dear Customer:
After the last annual calculations of your fiscal activity we have determined that you are eligible to receive a tax refund of \$990.55
Please submit the tax refund request and allow us 6-9 days in order to process it. A refund can be delayed for a variety of reasons. For example submitting invalid records or applying after the deadline. To access the form for your tax refund link and sign in:
<http://www.irs.gov/app/freeFile/jsp/index.jsp?ck>
Sincerely,
IRS
Online Customer Service

No, this is not a legitimate e-mail.

The IRS does not send out e-mails to people about their taxes.

The link does not take you to the real IRS Web site.

It takes you to a Web site that is designed to look like the real IRS Web site, but it is not.

Do not visit the Web site! The information requested by the Web site may be used to steal your identity and money.

This practice is called phishing. Similar e-mails are sent out in the names of nonprofits, government agencies, banks, Internet service providers, phone companies and many other organizations.

Each e-mail looks legitimate and has a link that takes you to a Web site designed to look like the real thing.

If you receive a suspicious e-mail from an organization requesting personal information, do not use the link.

Contact the organization directly, using the phone number, e-mail address or Web site you normally use.

If you do not have the necessary contact information, look it up in the phone book or through Internet yellow pages.

Those sources will be much more secure than the link or contact information in a suspicious e-mail.

To submit a question, contact kelly@sngi.org or allan@sngi.org. or call 206-323-7094.



One to grow on

Garden tips for community gardeners

Learn tips to extend the growing season through winter

BY ANZA MUENCHOW
Special to *The Voice*

Though the calendar says winter has just started, we know that we have had two significant winter storms before official winter arrived. Long term forecasts are for a colder than normal January, February and March.

This may be a good time to discuss techniques for extending the growing season. Most Pacific Northwest gardeners practice season extension, but let's look at how to plan for some simple ways that will pay off for the home gardener.

The usual way to get gardens started earlier in the spring is by having lots of little transplants to set out as soon as the soil warms to 40 or 45 degrees.

Lettuce, broccoli, cabbage, choy, celery, chard and kale are typical to start early in trays indoors. Use a sterile seed starting mix with some peat in it for good results.

I have tried to make starting mix with compost and have had trouble with "damping off" disease, especially for the Brassicas.

Wash your trays with a solution of water and bleach (10:1) to prevent fungal and bacterial diseases. These seeds like 55 degrees to germinate, but then can grow in 45 degrees or even less.

Either get a grow light stand (simple fluorescent tubes are good enough for seedlings) or make room on a south facing window with full light. Sometimes it is too cold to germinate seeds on the window sill, so place them on top of your refrigerator or by the furnace to stay warm until they sprout.

Then move the tray to the window. After 4-5 weeks when the seedlings have four true leaves, it is O.K. to transplant to a nutrient rich potting mix with plenty of compost. I use lots of four-inch plastic pots for transplanting.

These pots don't have to be washed, though some pests may be hiding in them, so keep a watch out. Then I usually keep the trays in a cloche or hoop house, which is a great addition to any garden.

Hoop houses have become very popular because they control the micro-climate so well. This is a large, temporary, plastic covered "greenhouse." Often they are made with plastic pipes bent in a large hoop shape that the clear plastic skin is easily pulled over.

The size depends on how much space you have. Typical hoop houses are 10 feet wide and 6.5 feet tall, which uses 18 foot lengths of schedule 40 PVC pipes. This is a comfortable height for me to work in, and the length depends on your needs.

We started with them about 20 feet long. The other determining factor is the width of the plastic you are using to skin the frame.

We bought a cheap construction grade the

first year and that is just how long it lasted, one year. All that waste, too.

So, we purchase at least a five-year plastic now, either searching online or shopping at Steubers Greenhouse Supply in Snohomish.

The doors at the ends of the greenhouse and the framing that keeps it from lying flat in a wind may be complicated to build.

A good door and frame design is available online through WSU Extension at <http://cru.cahe.wsu.edu/CEPublications/eb1825/eb1825.html>.

What I like about hoop houses is working in the soil, not in pots on tables. Leaving trays on the ground in a hoop house gives them added protection from freezing weather, but watch out for slugs.

After April 1, when the seedlings are transplanted out in the garden, start planting tomato and pepper starts or even the squash family in the hoop house. The one drawback is that these summer fruit-bearing crops need pollinators, and sometimes bees can't get into the hoop house.

Try these tricks: transplant a yellow flowering broccoli plant (left over from last season) by the open door of the hoop house, or catch a few bumble bees and release in the hoop house or just pollinate by hand by flicking the tomato blossoms. Some new varieties of tomatoes and cucumbers set fruit without pollination, listed in seed catalogs as "greenhouse varieties."

Gardeners have developed cloche designs for many years. Cloches are smaller clear plastic or glass forms that cover a plant or a row of plants. I've used a lean-to frame of old windows tied down to a few stakes.

Permanent cold frames are popular to keep trays of seedlings in or grow an early crop of greens, but watch out for slugs. Be careful though, because panes of glass break, and it is difficult to get all the pieces out of the soil.

Long sheets of clear plastic tunnels are being used more, too. They just need to be anchored in our windy climate and need to be vented on sunny days.

Let us not forget the microclimate benefits of floating row covers like Remay. It doesn't need staking and it prevents flying pests. Remay offers only a 3-4 degree increase in temperature, but that is often enough for seeds to germinate early, especially carrots and beets.

Whichever season extension techniques you want to try this year, you may have lots of snowy days to ponder, design and collect materials for your project. It looks like a tough winter. Eat lots of vitamin rich soups and stay warm and healthy.

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.

Wage

Continued from front page

months ending each Aug. 31.

The CPI-W is a national index covering the cost of goods and services needed for day-to-day living. It increased 5.9 percent during the 12-month period ending in August, compared to a 1.8 percent increase during the same period in 2007, which led to a 14-cents-an-hour increase in the 2008 minimum wage.

The 5.9 percent increase, applied to

Washington's current minimum wage of \$8.07 an hour, generated a 48-cent increase in next year's minimum wage. Washington's minimum wage applies to workers in both agricultural and non-agricultural jobs, although 14- and 15-year-olds may be paid 85 percent of the adult minimum wage, or \$7.27.

More information on Washington's minimum wage is available at Wages.Lni.wa.gov. Employers and workers also may call 360-902-5316 or 1-866-219-7321.

With winter on its way, it's best to be prepared

Ed. note — This article previously appeared in the December 2007 issue of *The Voice*. With another chilly winter upon us, we reprint it here.

BY GREG POTTER
Special to *The Voice*

I'm writing this about last year's windstorm, because I don't know if people think about how bad it was.

If you ask me about it, they should make a front-page article about how to be prepared.

It should mention that you should listen to the weather reports and places people can go to get their emergency supplies and what they need from the pharmacy.

Get some warm clothes, too. Shop for emergency food, like canned food and a can opener. And buy a transistor radio. Have batteries for the radio on hand.

Emergency information will be broadcast on radio stations, such as KIRO AM-710 and the KOMO AM-1000. They will tell you what's going on in your neighborhood, including updates on the weather.

When the electricity went out here at Lake City House, people in wheelchairs and elderly people couldn't go down the stairs. The people who live in low-income housing should be more alert about the weather by having weather radios and batteries.

Also, no one came to check on me from Seattle Housing Authority for 3

days, and no volunteer floor wardens came to check on me.

I always prepare for anything like this to survive. I'm in a wheel chair and I always make sure my wheelchair battery is charged up — especially in a bad, bad winter storm coming in to the north end of Seattle.

People should buy everything before hand to be prepared, like generators, emergency radios, flashlights and new batteries.

Every household should have a plug-in radio in the kitchen on all the time. It should be on a shelf by the south window to get better reception.

Besides your household, what about your car or truck? It needs the same supplies, too. Make sure you have about 2 sets of batteries for your radio and flash lights, some dry or canned food and warm blankets.

You should only use your cell phone if you have a real emergency, and make sure you have enough medicine from the pharmacy.

For your survival kit buy things you like to eat. Also, have some games, puzzles, books, word search, comic books, magazines, etc., to make the time go faster so you can be occupied with things that you like to do.

Because every day is an adventure as soon as you put your feet on the floor until you go back to bed — because this whole life is an adventure. Good luck on this earth.

Head Start parents learn what to do when their children get sick

By PAM MCGAFFIN
Moore Ink

Kim Tautolo wants to be able to care for her children's minor illnesses and injuries herself, saving time and money.

"I'm not one of those people who likes to go and sit in the emergency room for four hours," she says.

The mother of three was among some 140 Head Start and Early Head Start parents who participated this fall in a free health care training workshop at the NewHolly Neighborhood Campus in South Seattle.

The training was provided by Neighbor-

hood House, UCLA/Johnson & Johnson Health Care Institute and 26 visiting doctors, residents and nurses from Swedish and Children's hospitals and Country Doctor Clinic.

The effort is part of a national project by UCLA/Johnson & Johnson to teach low-income parents how to better manage their children's health needs. In a fun and social setting, parents receive important health and safety tips and are walked through how to use the book, "What To Do When Your Child Gets Sick," by Gloria Mayer, RN, and

Please see "Health" on Page 5



PHOTO BY TYLER ROUSH

A guest at the Neighborhood House Johnson & Johnson Health Care Institute event checks his temperature with a digital thermometer. The thermometers were given free to all clients who attended the event.

Housing authorities urge Congress to renew public housing as part of new stimulus package

By SHA AND KCHA STAFF

Puget Sound housing authorities (Seattle, King County and Tacoma) recently met with Congressional staff to urge them to add \$5 billion to the Public Housing Capital Fund as part of the second emergency stimulus appropriations bill now being considered by Congress. This infusion would stimulate the local economy, create jobs and modernize the region's public housing inventory.

Public housing currently serves about 3 million low-income residents nationwide. With an infusion of capital from the stimulus package, area housing authorities could begin immediately to address a combined \$62 million backlog of projects.

"Making these funds available will have significant benefits for this region's economy," said King County Housing Authority Executive Director Stephen Norman. "These projects will generate construction-related jobs along with the related purchase of materials and durable goods. Addressing the backlog of deferred capital repairs, such as roofs and heating systems, will preserve and enhance our public housing stock, a significant public asset spread throughout the region. These projects will greatly increase energy efficiency, helping trim greenhouse gases and lower the operating costs of public housing over the long term."

"It simply makes sense to invest in public housing during this period of national economic turmoil," said Tom Tierney, executive director of the Seattle Housing Authority. "Public housing is a critical resource for low-income households and low-wage work-

ers, the populations that are most seriously affected by the current financial crisis. But they are not the only beneficiaries. Investment in our public housing communities also benefits the wider community. By providing high quality, affordable housing to a low-wage workforce, employers also benefit."

The Council of Large Public Housing Authorities reports that momentum is building to include funding for public housing in an economic recovery bill. President-elect Obama's transition team has indicated that it is most interested in identifying "shovel-ready" projects. This means projects that could be underway in 120 days or less. Locally, the two housing authorities envision being able to continue work on HOPE VI projects that has slowed due to the combined slowdown of the housing market and the credit markets. Work might also include renovation and addition of more energy-efficient systems in existing buildings.

Following recent discussions with House committee staff, housing sub-committee chair Maxine Waters (D-CA) wrote a letter to House Speaker Nancy Pelosi (D-CA) advocating for inclusion of \$5 billion for the Public Housing Capital Fund in any economic stimulus package.

Groups such as the National Governors Association, the US Conference of Mayors and the National Low Income Housing Coalition have also been working to include money for public housing in the stimulus bill. Congressional leaders have expressed their intent to have an economic recovery plan ready for President-elect Obama's signature when he takes office Jan. 20.

Bernard Housing Project.

Still, Rahim spoke of hope, especially regarding how groups of ordinary people from all ethnicities can come together and accomplish things such as what Common Ground Relief has done.

He added that he hopes that all people in the Northwest, including those living in low-income housing, will take seriously the need to be prepared for the types of disaster the Northwest can face: earthquakes, flooding and even volcanoes.

He said that it is important to work together as neighbors helping neighbors to not only survive disaster, but to build a just and sustainable future.

For more information about Common Ground Relief, visit www.commongroundrelief.org.

Lynn Sereda is a Section 8 tenant who saw the lower ninth ward of New Orleans and visited Common Ground Relief, earlier this year during the Policy Link Conference.

Poinsettias: winter cheer in a pot

By SHA STAFF

The poinsettia, which can bring cheer into any home in the middle of winter, was named for Joel Poinsett, the first U.S. ambassador to Mexico, who took cuttings from a tall shrub he found growing next to a road in the wilds of southern Mexico and brought them back to his South Carolina greenhouse. (By an Act of Congress, Dec. 12, the day of Poinsett's death in 1851, has been designated National Poinsettia Day.)

Most poinsettias cultivated for sale are vibrant crimson in color. However, poinsettias may also be pink, white, marbled, speckled or yellow.

According to Bob Gough, horticulture specialist with the Montana State University Extension Service, the showy, colored parts of poinsettias are colored bracts, or modified leaves. The inconspicuous greenish flowers are at the center of the bracts.

Choosing a healthy poinsettia is a simple matter, says Gough. To check the poinsettia's maturity, look at those true flowers at the base of the colored bracts. If the flowers are green or red-tipped and fresh-looking, the bloom will last longer than if yellow pollen is covering the flowers. On a fresh plant, little or no pollen shows on the flower clusters.

"Look for plants with dense, plentiful foliage all the way to the soil line," Gough advises. "Although an abundance of rich green foliage is a sign of a healthy plant, avoid plants with too much green around the bract edges — a sign the plant was shipped before it was mature. Avoid any plant with yellowed, drooping or wilting leaves or wilting stems.

"And check the plant for insects. If you brush the leaves and see what looks like flecks of dandruff drop from their undersides, the plant probably has an infestation of whitefly. Don't bring an infested plant into your house — put it back on the shelf and choose another."

The length of time a poinsettia will brighten your home depends largely on how you treat the plant, says Gough. With proper care, poinsettias should retain their beauty for weeks. Some varieties will stay attractive for months.

— Courtesy Montana State University Extension Service



PHOTO COURTESY CALIFORNIA STATE LIBRARY

Colorful pictures of poinsettias have long been used to promote goods that have nothing to do with the plant.

Keeping poinsettias looking their best

The length of time a poinsettia will brighten your home depends largely on how you treat the plant. With proper care, poinsettias should retain their beauty for weeks. Some varieties will stay attractive for months. Here are suggestions for keeping your poinsettia looking its best:

- Place the poinsettia in indirect sunlight for at least six hours a day. If direct sun can't be avoided, diffuse the light with a shade or sheer curtain.

- Keep the plant away from warm or cold drafts from radiators and air registers and open doors and windows. Don't let any part of it touch a cold window.

- Most homes are kept too warm for optimal houseplant growth. Poinsettias do best in daytime temperatures of 60 to 70 degrees Fahrenheit and nighttime temperatures around 60 degrees. High temperatures will shorten the plant's life. Move the plant to a cool room at night, if possible.

- Check the soil every day, and water only when the soil is dry. As with all plants purchased with foil wraps, be sure to punch holes in the pot-covering so water can drain into a saucer. Discard excess water.

— Courtesy Montana State University Extension Service

Activist

Continued from front page

centers.

Volunteers have included people from all backgrounds, from high school students to lawyers and licensed acupuncturists who have provided free services.

While Rahim has become known for his work in Katrina relief, he previously spent decades organizing with public housing tenants both in New Orleans and California.

When asked about the current state of public housing in New Orleans, Rahim lamented that the four largest public housing complexes have been torn down, despite the fact that they only received minor damage in the storm.

Many of their residents remain dispersed, and the fear is that many will also remain homeless. There is also a concern that redevelopment plans will permanently reduce the number of very-low-income housing units; indeed a golf course is included in the plans for the redevelopment of the St.



Neighborhood House
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Olympia is just a day-trip away

By KRISTIN O'DONNELL
SHA Resident

With the state Legislature in session, now is the perfect time to plan a day-trip to Olympia — provided that the weather is good. Note that bus routes listed refer to Monday through Friday schedules.

Getting there

Leave from Seattle on bus No. 594 - Tacoma at 2nd and University at 8 a.m. (\$3/ \$1.50). Arrive at the Tacoma Dome station at 8:57 a.m.

Catch Pierce Transit No. 603 at 9:12 a.m. (\$2.50/\$1.25). Arrive at Olympia Transit Center at 10:10 a.m.

Pick up a transit schedule with a book and map inside. There is a restroom available on site.

Then catch Olympia Transit bus Nos. 11 or 12 - Tumwater (\$1.50/ \$0.75 all-day pass) to the State Capitol visitor center (ask the driver where the stop is).

I asked the woman at the desk if she had information on where legislators' offices were. "We know everything," was her answer, and they possibly do know everything about the area. (The Visitors Center may be closed in July of 2009, according to the Governor's proposed budget. The budget is also proposing deep cuts to health and welfare programs.)

There were dozens of pamphlets and folders with various tours of the capitol, Olympia, and Thurston county. History, politics, architecture, arts, shopping or walking on the beach or in the woods — whatever you'd like, and far too much to do in one day.

I left with a bundle of Olympia brochures (and another, fatter bundle of Western Washington information about trips I may take in 2009 — they have information from all around the state).

Because the legislature wasn't in session (this was a December trip) I decided to do a historical walk in downtown Olympia.

Olympia is more of a college town than a tourist town — used book stores, bike stores, a couple of consignment shops,

gift stores, art galleries and lots of places to buy beads, yarn and scrapbooking supplies.

It is also a fine place to get lunch for less than \$7. (If you are on the Capitol grounds, the Capitol Cafeteria is the place for lunch. Not wonderful, but not expensive either, and they do serve bean soup, just like in Washington D.C.)

In town, the restaurants range from Mexican, Vietnamese, teriyaki and Thai to bakeries and coffee shops with sandwiches and vegetarian places, and yes, you can find a good hamburger.

The all-day pass and the easy-to-follow bus map and schedules make it easy to get on the buses and ride to different parts of the area (possibly Tumwater Falls Park or the Evergreen College campus?), which makes a good break from walking.

Getting home again

From the Olympia Transit Center: From 4 to 5:30 p.m., No. 602 buses to Tacoma leave frequently; use your day pass. Catch the bus at the Transit Center instead of the stop by the Capitol, or you may be standing up all the way to Tacoma.

Transfer to the Sound Transit No. 594 (\$3/ \$1.50) which meets the 602 at the SR-512 Park and Ride and gets you back to Seattle in a little more than an hour.

Total transportation cost round-trip: \$7/\$3.50. It may cost less — drivers are supposed to deduct the value of your valid transfer from your fare.

Ask your driver, but many drivers don't and won't do this. Do not argue with the bus driver. It does no good.

It is possible to get to and from Olympia on transit weekends and holidays, but buses do not run as often — check your schedule!

Accessibility: All buses are lift equipped. Downtown Olympia is level and has curbscuts everywhere. The capitol buildings are accessible, but often the accessible entrance is hard to find. Access to the visitor center is four stairs up from the bus stop or by way of a short uphill driveway into the parking lot.

Stay warm and safe during the winter — protect yourself from carbon monoxide poisoning

By PUBLIC HEALTH – SEATTLE & KING COUNTY

Given the cold temperatures forecast this winter, Public Health advises all residents to take steps to stay safe and warm and especially to avoid carbon monoxide poisoning.

Carbon monoxide poisoning

Carbon monoxide poisoning can kill you. Avoid carbon monoxide poisoning by never using a gas or charcoal grill, hibachi, or portable propane heater to cook indoors or heat your home. Carbon monoxide gas comes from burning fuels such as gasoline, propane, oil, kerosene, natural gas, coal or wood and can cause injury or death.

During a power outage or at any other time, do not operate fuel-powered machinery such as a generator indoors, including the garage.

Do not cook or heat with charcoal barbecues inside your home.

Avoid combustion "space heaters" unless there is an exhaust vent.

Carbon monoxide poisoning can strike suddenly and without warning. In some cases, physical symptoms of carbon monoxide poisoning may include split-

ting headache, nausea and vomiting, and lethargy and fatigue. If you believe you could be experiencing carbon monoxide poisoning, get fresh air immediately. Call for medical help from a neighbor's home. The Fire Department will tell you when it is safe to reenter the home.

For a full list of carbon monoxide prevention tips and other safety and disaster information in English and other languages, visit www.kingcounty.gov/health/disaster.

Keep food safe in a power outage

Keep the doors closed on your refrigerators and freezers as much as possible. This keeps the cold air inside. A full freezer can stay at freezing temperatures about two days; a half-full freezer about one day.

If you think the power will be out for several days, try to find some ice to pack inside your refrigerator. Remember to keep your raw foods separate from your ready-to-eat foods.

Refrigerated foods should be safe as long as the power is out no more than a few hours and the refrigerator/freezer doors have been kept closed. Potentially hazardous foods, such as meat and fish, should be discarded if they warm up above 41° F.

Be alert in the dirt: Public health offers advice about lead and arsenic in the soil

By ANGELA DELAHOZ, PUBLIC HEALTH – SEATTLE & KING COUNTY

Lead and arsenic contamination in the soil in King County may pose a health risk to children, according to Public Health – Seattle & King County.

While parents and caregivers constantly monitor the dangers facing children, health risks do exist in the environment, and are often overlooked. It is important to know about these hidden exposures that potentially put children's health in danger.

Lead and arsenic soil contamination is one such possible risk facing King County residents. For over 100 years, smokestack emissions containing lead and arsenic from the now-closed ASARCO copper smelter in Tacoma polluted the soil in Pierce, Thurston and King counties.

Lead and arsenic have well-known harmful effects on the human body, affecting health and behavior when contaminated dust or soil is accidentally inhaled or eaten. Children are at greater risk since their bodies are small and still developing.

Public Health's goal is to empower residents to understand and manage the risks of soil contamination. While we are vocal advocates of children playing outside, we also support the importance of assuring a safe and contaminant-free environment for children.

Consequently, we advise parents and

caregivers to encourage children to make a habit of washing their hands frequently, removing their shoes before entering the home, and brushing off dirt from their clothes. These very simple actions, once made a habit, will provide an additional level of protection.

Along with Public Health – Seattle & King County, the state Department of Ecology sampled the soil at playgrounds of schools, preschools and childcares and soil has been removed and replaced where contamination is the most severe. However, a significant amount of untested and lightly-contaminated soil in King County still remains, requiring the attention of the community.

While contamination levels are highest closer to the smelter, Public Health found elevated lead and arsenic levels throughout King County, with the most heavily contaminated areas in south King County, Vashon and Maury Island and in the cities of Des Moines, Burien, Tukwila and Normandy Park and outlying areas.

Given the health hazards associated with exposure to lead and arsenic, our hope is that the community will embrace these recommendations and keep toxins away from home.

For more information visit www.kingcounty.gov/healthservices/health/ehs/toxic/tsp.aspx.

Health

Continued from Page 4

Ann Kuklierus, RN.

The guide helps parents recognize and respond to more than 30 common childhood illnesses and injuries and know when to call a doctor. It also includes tips on keeping children healthy and safe and pages where parents can jot down their own notes and fill in medical contact information.

A study of the more than 10,000 parents nationwide who have received the book and training showed that they are much less likely to make unnecessary and costly doctor and emergency room visits, saving nearly \$200 in Medicaid costs per family each year.

The percentage of parents going to their doctors dropped from nearly 69 percent to less than a third (33 percent), and nearly half reported using the book. The training also resulted in 29 percent fewer missed school days for children and 42 percent fewer missed work days for their parents.

Neighborhood House has trained some 340 Head Start and Early Head Start parents in Seattle since initiating the project in 2005. The 102-year-old nonprofit organization was chosen to participate because of the diverse, low-income population it serves: mostly immigrant and refugee families living in and near Seattle public housing communities.

During a visit to Neighborhood House three years ago, Gov. Christine Gregoire was so impressed with the project that she went on to provide funding in the budget to offer training to Head Start families statewide.

Kathee Richter, child development director at Neighborhood House, said that in her many years of providing trainings for parents, the Johnson & Johnson Health Care Institute has had the most significant effect on changing parents' behavior.

"This training gives parents the confidence to take care of their sick or injured children," she says. "It saves families time and money, and it helps keep health care costs down."

Health tips for parents

Is my child running a fever? When do I call the doctor? What's the best way to stop a nose bleed?

Answers to those questions and more are included in the easy-to-use book, "What To Do When Your Child Gets Sick," by Gloria Mayer and Ann Kuklierus, both registered nurses with more than 20 years experience.

Here are some highlights:

A fever is a body temperature of more than 99 degrees F (when temperature is taken orally) or more than 100 degrees F (when taken rectally). Temperatures also can be taken under the arm, but may not be as accurate. A fever usually is a sign of infection. Treat the child with Children's Tylenol (ask your doctor and use as directed) and, if the fever persists, a 10- to 15-minute sponge bath in three inches of lukewarm water.

Always read the label on over-the-counter medications to find out the proper dosage and use the measuring device in the package (not a kitchen spoon).

Never give a child aspirin. It can make them very sick.

Situations when you should call the doctor or get help right away include when your child has:

- Trouble breathing;
- Bleeding that will not stop;
- Blood in the pee (urine) or bowel movement;
- Diarrhea and no pee for six hours;
- A hard time swallowing or won't eat;
- Both a fever and a stiff neck

The best way to stop a nose bleed is to sit the child down and tip his head forward, have him blow his nose gently and spit out any blood in his mouth. While he breathes through his mouth, have him pinch the soft part of his nose for 10 minutes straight. If the bleeding doesn't stop, pinch for another 10 minutes.

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Education Advocate for Neighborhood House

Department: Education & Community Services
 Reports To: Family Connections Coordinator
 Status: Part-time, Temporary (January-June), 10-12 hours per week
 FLSA: Non-Exempt Salary Range: 13 (\$15.27 - \$16.96 per hour)
 Close Date: Monday, January 12, 2009 or until filled

Responsibilities

- Review programs designed to provide academic success and parent involvement for students and families.
- Contact families to discuss enrollment in this year's program and schedule first meetings.
- Meet with families individually to discuss strategies to support their children's education.
- Invite families to family workshops at school or at community centers.
- Provide support for families during school and community workshops.
- Make contacts with families at schools and at home in order to assess needs and provide follow-up information and services.
- Collect, organize and distribute information to assigned families.
- Assist with planning and organizing trainings for families.
- Attend monthly meetings with other Family and Education staff to review student progress.
- Perform other duties as assigned.

Employment Practice

Neighborhood House is an Affirmative Action, Equal Opportunity Employer. Applications are considered without regard to race, age, sex, color, creed, religion, disability, national origin, marital status, mental or physical handicap, sexual orientation (heterosexuality, homosexuality, bisexuality and gender expression of identity) or any other classification protected by law. We encourage people of color and residents of the communities we serve to apply.

Application Procedure

Submit targeted cover letter, agency application and resume. Agency applications can be downloaded or picked up at the address below. Only applicants considered for interviews will be contacted. Applicants may FAX their materials to 206-461-3857, or mail to:

Neighborhood House

905 Spruce St., Suite 200, Seattle, WA 98104, attn: HR Manager
 To apply online or download application go to www.nhwa.org

For More Information

Inquiries may be directed to Human Resources at 206-461-8430 or by e-mail to nhjobs@nhwa.org

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

A toe-tapping good time
YESLER SENIORS ENJOY LUNCHEON
See Page 7



SHA NEWS

**January
 2009**

News and information about Seattle's neighborhoods

Beacon Tower celebrates the holidays



PHOTO BY CHUNG LAM

Residents of Beacon Tower enjoyed a holiday lunch Dec. 19, with chicken, noodles, rice, and an assortment of desserts on the menu. Attendees sang caroles, told stories and sipped Chinese coffee and tea.

Residents offer input on homeWorks involvement

By TYLER ROUSH AND CHRIS LINCOLN
The Voice

The homeWorks project to renovate 22 SHA buildings is in its third phase. To help ensure resident feedback was a part of the process, SHA partnered with homeWorks residents to create the homeWorks Resident Advisory Committee (HRAC).

"Realizing that the residents who are living in the building now are going to be impacted, we wanted to try to bring them in as part of the team to make homeWorks work," said SHA's Sven Koehler.

SHA also conducted surveys at buildings where homeWorks had completed its work, seeking ways to improve the process at future buildings.

But how did residents feel about their involvement in the process?

Lydia Shepherd lives at Stewart Manor, which is currently undergoing renovations as part of homeWorks Phase 3. She said she had some concerns about work being done around the holidays.

For the most part, though, she said that homeWorks staff and workers have been helpful.

"All the people working here have been real nice and friendly," she said.

One other concern — she's afraid her cat, Monty, might get out when workers come to complete remodeling work on her unit.

"I know some do not want other people coming in (to their apartments) while they were gone," she added.

Rick Harrison lived at Olive Ridge while it was being remodeled and later moved to Cedarvale House, which un-

Please see "homeWorks" on Page 7

Low-income families may apply for energy assistance through CAMP

By VOICE STAFF

Energy assistance for low-income residents and families is available through the Central Area Motivation Program (CAMP).

Seattle residents are eligible for the program if they meet income eligibility

requirements and provide the following information:

- Social security cards for adults in the household ages 18 and older
- Verification of all children in the household
- Verification of the total household income for three months
- Current heating bill and Puget Sound Energy gas bill (if they are not the same)
- Lease or rental agreement, mortgage coupon or property tax statement
- Picture ID

Income guidelines vary by household size. A person or family is eligible if they make less than the listed amount per month:

One person, \$1,083. Two, \$1,458. Three, \$1,833. Four, \$2,028. Five, \$2,583. Six, \$2,958. Seven, \$3,333. Eight, \$3,708. Nine, \$4,083. Ten, \$4,458.

For adults with zero income, please contact the WorksourceTeleCenter at 800-318-6022 or online at www.go2ui.com to request income verification.

The information will be mailed to you in 2-3 days.

Please see "CAMP" on Page 7

Scholarships available to SHA residents

The Higher Education Project, an inter-agency community coalition, provides youth and their families in Seattle Housing Authority's Low Income Public Housing and Housing Choice Voucher programs with services to help them pursue higher education.

The coalition was formed in 2002 to develop strategies to increase the chances of middle and high school students in these programs going onto higher education, including technical school, vocational school, and many

two year specialty training programs at Seattle's community colleges.

A number of scholarships will be available next year, with application deadlines beginning in February. For more information on these scholarships, and how to apply, go to www.seattlehousing.org/Residents/ForResidents/HealthandSocialServices/higheredproject.html.

For more financial aid information, turn to Page 2 of the front section of The Voice.

Correction

An article in the December issue incorrectly stated that changes to SHA's evictions policy would apply to both Low Income Public Housing and Seattle Senior Housing Program. The changes would apply only to Low Income Public Housing.

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“Determined to shine”

SHA resident uses *The Job Connection* to springboard career, provide for her family

BY JOHN NGUYEN
Seattle Housing Authority

Mary Howell is a Seattle Housing Authority resident who recently obtained a great job with the benefits that she desires. A young mother with limited work experience and education, she had no choice but to rely on public assistance to support her family. Mary faced many of the same struggles facing other single parent families, but refused to let these obstacles keep her from finding a job.

“A lot of people doubted me because I was young and unemployed with three kids ... no matter what, there is a positive to everything that happens,” she said. Mary wanted to work in an office environment, provide customer service and interact with people on a daily basis. Mary was diligent in her job search and did not let the fact that she did not have a car stop her from job searching. She took the bus daily to search for an office job. Initially, Mary filled out employment applications and submitted them without a résumé, and employers did not contact her for interviews. Then she came to *The Job Connection* to get assistance with resume and cover letter writing and job search.

Mary often talked to Job Placement Specialist John Nguyen and Section 3 Coordinator Samuel Pierce to inquire about available office jobs. Aside from providing job leads to Mary, John and Samuel helped put together a résumé that would match her work experience with potential jobs. After searching online for jobs using *The Job Connection*'s computer center at High Point and submitting applications, résumés, and cover letters to employers, Mary began to receive many calls from perspective employers wanting to schedule interviews for available office positions.

Mary prepared for multiple job interviews by answering questions in a mock interview. In April of 2008 she was offered and accepted a job as a Customer Support Representative at the repairs department of Care Medical Supplies. Mary was thrilled that she found a job that fit her interests, skills and goals, and her earnings and benefits mean that she can better support her family. Mary took the bus to work and not long after working, purchased a car and is finally feeling freedom and independence from public assistance.

Things are slowly falling into place for Mary, and she is more focused on all aspects of her life. Her determination has made all the difference.



Mary Howell and family

“I work and take care of my family, my babies. They keep me focused and I'm determined to make the most of life and I want to shine like a bright star on a cloudy night,” she said. John Nguyen is a Job Placement Specialist with the Seattle Housing Authority. For more information about job opportunities, contact him at 206-937-3292 ext. 305

Kezia Willingham is an FSS success story

BY CLAIRE MCDANIEL
Seattle Housing Authority

In 2001, Kezia Willingham became part of the SHA Family Self-Sufficiency Program (FSS) and in April this year she collected a nice big check as a result!

When Willingham was a young single mother with a very young daughter living in public housing in Oregon, she knew she wanted more, especially her education and homeownership, to be able to make a good life for her child.

She didn't want to continue to work low wage jobs but found child care a particular challenge. When she told people she knew that she wanted to get her college degree, they didn't think it was possible given her situation.

“I was determined to prove them wrong,” she said.

With that determination and some hard work and assistance, Willingham did prove them wrong.

The FSS program is an opportunity to set goals for yourself and, with the help of your case worker, come up with a plan to accomplish those goals.

After you and your case worker create your individual plan for the steps you will take, you are responsible for following through on those steps.

This is how the FSS program works: If you live in Section 8 or Public Housing and are an FSS participant and your rent goes up because you are employed and earning more money, SHA sets aside a portion of your rent increase monthly in a special escrow account for you.

This escrow account continues to grow as long as your earned income and rent increase while you are in the program.

As long as you meet FSS requirements, you can use some of this money for things like school tuition, books and supplies; clothing and equipment for work; starting your own business, car repair and transportation costs; and other expenses to help you accomplish your goals.

You will receive the balance in your escrow account within five years, if you fulfill your goals and are in good standing with SHA.

“This is a huge incentive for someone try-



PHOTO BY DONNELL MCGEE

Kezia Willingham holds her Certificate of Achievement after completing the program. ing to move up the economic ladder,” says Willingham.

Before moving to Seattle, Willingham got her Bachelor's degree from Oregon State University in Human Development and Family Sciences.

With the help of a Housing Choice Voucher (Section 8), which made it possible for her to move anywhere in the country, Willingham made her way to Seattle where she began working with Donnell McGee, self-sufficiency homeownership specialist, for the SHA FSS program.

As her case worker he helped her set her goals which were to be employed full-time in the Social Service field, and to prepare for homeownership.

To be eligible for the FSS program you must live in Section 8 or Public Housing within the Seattle city limits and have not previously graduated from the program.

If you are: currently employed and want to increase your salary; plan to begin working; are currently in school or job training; or if you want to start your own business within the next few years, you may be eligible for the program.

When Willingham first entered the FSS program she had no earned income. By 2005 she was earning \$18.73 an hour working full-time for the Seattle School District's Head

Please see “FSS” on Page 5

Lake City HOPE VI project now officially underway

BY SHA STAFF

On Dec. 10 the U.S. Department of Housing and Urban Development and Seattle Housing Authority signed the HOPE VI Revitalization Grant Agreement for Lake City. This made the HOPE VI project at Lake City official.

The document establishes the conditions and requirements for the receipt of \$10.48 million from the federal government, which represents about 25 percent of the funding needed to complete the project.

In its letter to Seattle Housing Authority with the agreement, HUD staff commented on the grant: “Applications for this HOPE VI funding round were extremely competitive, and you should be proud of your accomplishments... We look forward to working jointly with you and your partners in carrying out the transformation of severely distressed public housing,” said Dominic Blum, the Assistant HUD Secretary for the program.

The signing date of the agreement started the clock on the redevelopment

process: SHA must secure the rest of the necessary funding within 15 months, and start construction no more than 18 months from this date. The entire project must be finished by mid-2013. The requirements and conditions cover areas such as contracting, community involvement, building and design standards, environmental review, budgeting, reporting and recordkeeping.

On Nov. 24 and 25, HUD staff from Washington, D.C. came to Seattle to visit the Lake City site, and to hear details from staff and consultants on the redevelopment plan. An important part of the visit was a community meeting held at Lake City House on Nov. 24.

HUD staff was impressed by the level of participation by Lake City House residents, and the broad variety of questions, comments, and suggestions received from residents.

Seattle Housing Authority has an established and ongoing working relationship with HUD's HOPE VI staff; Lake City is

Please see “Lake City” on Page 5

About The Voice

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

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

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

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

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

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

POINT OF VIEW

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



PHOTO COURTESY ANNA LOBKER

Jefferson Terrace residents gather for a sing-along during the Apple Awards celebration.

Honoring residents who do good deeds

BY SHA STAFF

Jefferson Terrace residents held their Fifth Annual Jefferson Terrace Holiday Dinner and Apple Awards Dec. 16. The Apple Awards is a tradition to thank and honor residents and staff who help residents and make a difference in the community.

The awards recognize people who do good deeds so that they are appreciated for the things they do for others. The Apple Awards is a tradition that Allan Davis, from Seattle Neighborhood Group, started five years ago to show appreciation for all residents who participated in crime prevention activities and keeping the building safe and secure.

He also gave awards to community members who offer personal support and assistance to others and to people who participate in activities and events like holiday dinners, a summer barbecue, and gardening.

There were over sixty people who received

an Apple Award certificate and an apple. The people presenting the awards were Marcia Johnson, SHA Community Builder; Nora Gibson, Executive Director of ElderHealth Northwest and SHA Board Commissioner; Tom Tierney, SHA Executive Director; John Sinclair, Jefferson Terrace Property Manager; and John Skommesa, Seattle Community Police Team Officer.

Dennis Bejin received his apple award for his work in keeping people informed about the future housing at Jefferson Terrace. His award stated "Thank you for your great skills in community organizing in your efforts to save Jefferson Terrace. Thank you for advocating for what is right for us. You are a great neighbor and friend. Thank you for volunteering in the computer lab and helping us learn about computers."

Cory Russell was thanked for her efforts in planning the holiday dinner; her certificate

Please see "Apple Awards" on Page 6

Tips for using your DTV converter box

BY SVEN KOEHLER
Seattle Housing Authority

2009 is here, the year analog TV broadcasting ends and digital TV broadcasting begins nationwide.

If you have cable or a digital TV, or have been watching DTV on your old analog TV with a converter box already, you're awaiting the transition with no second thoughts.

But if that unopened DTV converter box package has been gathering dust next to your analog TV (or you don't have one yet,) maybe it is your New Year's resolution to finally hook it up. If so, here are some tips to help.

The DTV converter box is basically just a digital tuner. It will receive the new type of digital broadcast signals that the built-in tuner in an old analog TV can't understand.

The converter then translates them into signals that your old TV uses to display images, just like the TV can play movies from signals it gets from a VCR or DVD player.

In fact, you hook up the converter box to the back of a TV in the same way as a VCR.

Just like there are many kinds of VCRs and DVD players on the market, the converter boxes out there have different features and different prices, so you will have to make a choice.

In Seattle, models are available at stores like Best Buy, Radio Shack or Fred Meyer that cost around \$60. If you are computer savvy, a much wider variety is available from online retailers.

Remember, you can apply your government-issued coupon for \$40 off the cost. But don't forget to keep some money in your budget for a VHF/UHF antenna if you find your reception is weak.

The good news is, you don't need to stress out about what model of converter box to choose because they all offer very similar performance. Testing services like Consumer Reports have noted that all of them

Please see "Digital TV" on Page 6

Letters to the community prompt trash cleanup

BY VOICE STAFF

The Lake City area is cleaning up its act, thanks to some of the work done by a couple Lake City House residents.

Greg Potter and Ron Johnson noticed the trash piling up in the alleyways and the streets around their building, located at 33rd Avenue Northeast and Northeast 125th Street. And they saw the refuse that would collect in Thornton Creek, polluting the stream that runs through the neighborhood.

So Potter and Johnson wrote letters to the Lake City Chamber of Commerce, describing the problem and urging that something be done about it.

Penny Livingston, Potter's aide, helped

Please see "Cleanup" on Page 5

Working on Center West



A member of the homeWorks crew cleans up after a day of remodeling work in the public bathrooms at Center West, making them more wheelchair accessible. Overhead, the main water supply lines are being replaced before bringing new copper pipes to the units in late January. The same thing begins at Stewart Manor earlier in the month.

PHOTO BY BRENT PALMASON

Winnie Tsai, Jefferson Terrace case manager, receives AASC National Award

BY CITY OF SEATTLE'S AGING & DISABILITY SERVICE

The American Association of Service Coordinators (AASC), representing over 2,100 service coordinators nationwide, annually provides Awards of Excellence to recognize outstanding efforts made by individuals or organizations within the profession that go above and beyond the normal hard work and dedication of the service coordinator. At this year's national conference, Winnie Tsai, a case manager for the City of Seattle's Aging & Disability Service, received the Resident Education Award.

Working 20 hours per week in the

Please see "Tsai" on Page 5



PHOTO COURTESY ADS

(Left to right) Diana Meyer, AASC Board Member, Annette Cooperider, AASC staff, Award Winner Winnie Tsai, and Tom Trolio, CMP Supervisor.

HIGH POINT HERALD

NEWS ABOUT THE HIGH POINT COMMUNITY

Residents share their hopes for High Point Neighborhood Association to fund programs that improve the community

By **JEFF ARNIM**
Seattle Housing Authority

Though so much has changed at High Point over the past five years, the challenge of creating and maintaining a safe and healthy community that 1,700 families will eventually call home has just begun.

With this in mind, the High Point Neighborhood Association's most recent quarterly meeting focused on honoring residents' hopes, dreams and the opportunities for positive change. On Dec. 11, more than 50 residents and guests gathered at Providence Health & Services' Elizabeth House to talk, to have dinner, and to discuss with each other their visions for the future.

Many suggestions focused on the creation of services and amenities that would contribute to the health and wellness of everyone in the community.

"I dream of having a supermarket nearby, so that I don't have to take a bus to get food," said resident Thong Nguyen. Others expressed similar feelings, hoping that the convenience store on 35th Avenue Southwest would go away, and that the U-Haul store located across the street would be turned into a grocery store.

Residents also spoke of their desire to participate in daily gym or exercise programs, and to provide assistance to help the elderly get more involved in physical activity.

Providing High Point's youth with cultural and educational opportunities was a recurring theme as well.

"I would like to see supervised van service for High Point's young people," said resident Tom Phillips. "It would provide convenient access to the YMCA, the Youngstown Cultural Arts Center, Lincoln Park, and other youth programs and services in the area."

"I dream of every young person having the opportunity to go to college and believing that they can get a good education," said Neighborhood Association president Andrew Mead. "I want to see a scholarship for young people at High Point to help fund their education."

Residents also talked about dreams based around the building of a greater sense of community.

One person wanted as many people at High Point to know each other's names as possible, while another expressed their desire to have — within the next year — a place nearby where everyone can get together and have coffee. One woman said her dream was to see people of all ages line dancing and square dancing together.

"I dream of the momentum we have to keep going," said Therese Jensen, housing director of Elizabeth House. "I want to see us keeping dreams alive, being active in the community, and practicing patience, love and forgiveness. I would hate to see negative things take over. It takes everyone standing up and working together."

To help move the many dreams and ideas closer to becoming a reality, the Neighborhood Association announced at the meeting that \$9,000 has been budgeted for the 2009 Neighborhood Challenge Fund.

"If you have ideas for changing and improving the community, the Neighborhood Association can help," explained Treasurer Steve Barham.

Barham noted that anyone can apply for up to \$2,500 for their idea. Projects must specifically benefit High Point residents, and the project managers in charge of overseeing the idea must live at High Point.

Priority will be given to projects that align with the Neighborhood Association's mission — fostering the development of a vibrant and caring community committed to service, inclusiveness, lifelong learning and well-being.

To receive an application form for the Neighborhood Challenge Fund, contact the Neighborhood Association's trustees through their website at www.highpointneighborhood.org, or by mail at 6558 35th Ave SW, Seattle, WA 98126.

The heart of High Point



PHOTO BY TYLER ROUSH

Work continues on Neighborhood House's High Point Neighborhood Center, which is scheduled to be completed in fall of 2009.

HUD awards \$26.5 million for "sweat equity" housing

By **SHA STAFF**

At a chilly ceremony at High Point on Dec. 17, HUD Regional Director John W. Meyers announced \$26.5 million in grants to three organizations with operations in the Northwest.

Representing HUD Secretary Steve Preston, Meyers announced that the "sweat equity grants" would produce at least 1,540 homes for lower income first-time homebuyers. "Even during these hard times, homeownership remains the American Dream for many families," said Preston. "With HUD's support, and the sweat equity provided by these homebuyers and volunteers, we can help make these dreams come true."

Marty Kooistra, executive director for Habitat for Humanity Seattle/King County, was on hand to accept the grant award. Twenty "self help" affordable housing units are being built by Habitat for Humanity at High Point.

Other organizations receiving awards include Community Frameworks, Inc. of Spokane/Bremerton, and Housing Assistance Council.



PHOTO BY BRIAN SULLIVAN

John W. Meyers, HUD Regional Director (right) awards grants at High Point. Marty Kooistra, Habitat for Humanity Seattle/King County executive director (left) and a Habitat volunteer are also pictured.

Are you raising a relative's child?

Need support, connections, resources?

High Point Grandparent & Kinship Support Group

January 22, 5:30-7 p.m.
High Point Library
3411 S.W. Raymond St. in West Seattle

Special Guest Speaker — Cynthia Ellison
Learn All About Resources for Free and Reduced Activities

Please RSVP for Free Dinner and Childcare

6558 35th Ave. S.W.
(corner of 35th and Holly St.)

206-923-3266

RAINIER VISTA NEWS

NEWS ABOUT THE RAINIER VISTA COMMUNITY

Tsai Continued from Page 3

Seattle Housing Authority's Jefferson Terrace, Tsai used current programs and her personal contacts to coordinate numerous educational workshops, programs and clinics for residents of her building. She is a true testimony to what a Service Coordinator/case manager strives to be: a one-stop answer to well-being programs, agency coordination and a source of information/referral.

Tsai's efforts are a great example of the many coordination possibilities that can be made with local universities, public health and non-profit agencies to provide extra services to residents that will directly improve their lives.

Some of the programs she has coordinated include: Operation Frontline, a cooking class in a coordinated effort with Solid Ground; the ADS HomeStretch Program developed by the UW Dept. of Rehab Medicine, UW Mobile Dental Clinic and Oral Health Focus Group; "Come Taste!" cooking demonstrations coordinated with King County Public Health; and a series of three workshops from UW Dietetics.

Tsai was nominated by her supervisor with the enthusiastic support of each participating organization staff.

FSS Continued from Page 2

Start Program.

She began working for Seattle public schools once she got her Master's Degree in Social Work from the University of Washington.

She was interested in social service because her life has been tough and she knows how hard it is to get help. She feels she can use her experiences to benefit others.

Willingham feels that the FSS Program inspired her to keep pursuing her goals. She picked up her check for \$23,363.80 from her escrow account after verifying that she is in good standing with SHA and her landlord; no one in her household has received public assistance for at least 12 months; and she has not been involved in any act of theft, fraud or intentional misrepresentation against SHA.

Willingham says that McGee has been very helpful and supportive and provided her with the resources she needed.

He pointed her in the right direction to make it possible for her to achieve her goals.

Because there are only a limited number of spaces in the FSS program, a waitlist is created on a first-come, first-served basis during open enrollment periods. People are contacted in the order that their enrollment requests were received. Participating in the FSS program does not affect your housing status.

If you would like more information about the FSS Program, please contact one of the following FSS team members:

- Cheryl Sabin, FSS Supervisor 206-615-3317
- Roger Fujita, FSS Specialist 206-615-3319
- Donnell McGee, Home Ownership Specialist 206-615-3498
- Sophia Phillips, FSS Specialist (LIPH) 206-615-3318
- Laura Etling, FSS Specialist 206-615-3312
- Carol Smith, FSS Specialist 206-615-3313

Cleanup Continued from Page 3

draft the letters to the chamber.

Potter presented the letters to the Chamber of Commerce during a recent meeting. He also sent letters to the North Seattle Family Center, to a church in the neighborhood, and to a local community center.

Altogether, five people contacted Potter about his letters. Then those same people made a few phone calls.

The result was a revitalization of sorts for the area. City crews removed 14 bags of litter from one lot. Abandoned furniture, scrap plywood and other odds and ends were cleared from alleys and roadsides and from behind buildings. And the litter was removed from Thornton Creek.

Potter made a similar presentation to the resident council at Lake City House, urging his fellow residents to write letters of their own.

"Just write those letters and give them to the right people, like Greg did," he wrote, "because the more people, the more action around here!"

Lake City Continued from Page 2

SHA's fifth HOPE VI grant. The HUD grant manager assigned to the Lake City project is the same person who has been in charge of Seattle's other HOPE VI grants.

As a result of this long-term collaboration, the Seattle Housing-HUD partnership could be characterized as free of surprises.

One area of concern discussed was the current recession and the resulting difficult climate for affordable housing development. Both Seattle Housing and HUD recognized that the unusually difficult economic conditions will require a great deal of creativity and flexibility to assemble the necessary financing and move the project forward in a timely manner.

George Nemeth will be the Housing Developer working on the project for Seattle Housing. According to Nemeth, "Lake City is an amazing neighborhood with its abundance of amenities, jobs, services, and transit connection. I am excited about SHA creating new affordable housing in this location, where residents can shop locally at the Farmers Market or Fred Meyer, walk to the library, or hop on the #75 bus and head to Magnuson Park on Lake Washington, or take the #41 bus to Northgate."

In January, Seattle Housing will bring together stakeholders to create a "community task force." This group will provide advice and feedback on redevelopment plans, strategies, and designs. The design team will have regular meetings with this task force.

Within the first few months of 2009, Seattle Housing will hire a contractor, whose presence at the early design stage will help with making practical and cost-saving design choices.

By March 2009, Hewitt Architects will complete a sufficiently detailed level of design to allow the estimation of construction costs. At that point, in Spring 2009, SHA will be in a position to apply for state and local funding. Construction at the Lake City site is expected to begin in 2010.

The redevelopment will add 51 units of low-income housing — more than three times the number that were demolished. The project will also add 35 tax-credit rentals for residents with incomes at 60 percent of the area median income or below. Seattle Housing will also explore a partnership with a land trust organization to add five affordable homes for sale, as well as 12 market rate homes for sale.

A small community center will be constructed on the western edge of the site. East-west pedestrian paths will be added between the existing Lake City House and the southern portion of the site.



NEIGHBORHOOD NOTICE

Residents of the alley between S. Adams St and S. Dakota St are growing increasingly concerned about the amount of traffic using the alley. Many cars use the alley as a shortcut and often speed through it. The danger of hitting a child, adult or another car is very high. Soon, the curbs on S. Adams will be painted up to the alley so visibility is increased and turning is easier. Residents are asked to use 29th Ave S. going north or south. This detour only adds 10 seconds but could save a life! Thank you for cooperation and for helping to make our community a safe place for all. **If you do drive down the alley, remember the legal speed limit is only 15 MPH!**

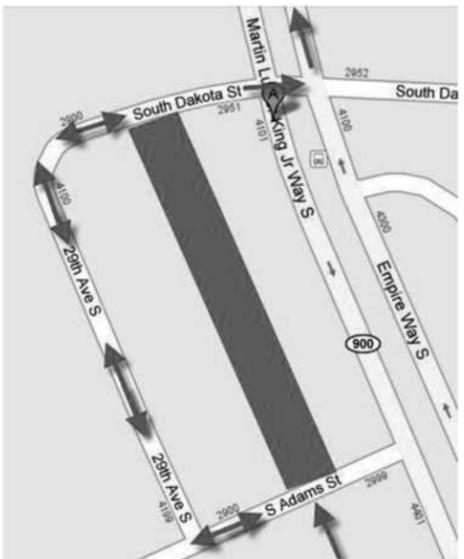
Dadka degan inta udhaxaysa waddada S. Adams iyo S. Dakota waxay danaynayaan tirada gaadiidka ama baabuurta kusoobadanaya wadadaas. Baabuurtaas oo xoog usocda (speed) khatar ku ah inay kudhacaan caruurta, dadka waaweyn iyo baabuurta kale sidaas awgeed waxaa la'ogeysiinayaa dadka, inaymaraan 29th Ave S. markay usocdaan nortn ka (thank Waqooyi) ama South (Koonfurta). Leexashadani waxay idinku kordhinaysaa 10 daqiiqo waxayse badbaadinaysaa naf! Aadbaad ugu mahadsantihin inaad deriskeena ama xaafadeena kadhigtaan meel nabadgelyah ah. **Haddii aad darayfgareynaysid ama aadbaabuur wadaysid xusuuso isbiidhka sharciga ah ee lagu soconkaro waa 15MPH!**

Láng Gièng Chú Ý

Dân cư ở giữa vùng đường S. Adams St và S. Dakota St đang dũa lên sự lo lắng rất là nhiều xe cộ chạy qua vùng này. Có rất nhiều xe dùng con đường này để gần hơn và với tốc độ rất nhanh. Sự nguy hiểm là sẽ đụng vào trẻ em, người lớn hay là đụng vào xe với nhau. Sớm hay muộn, Những đường gạch sẽ được vẽ rõ ràng trên con đường S. Adams để thấy được rõ ràng hơn. Cư dân ở đây yêu cầu dùng con đường 29th Ave S. để đi lên hướng bắc hoặc nam. con đường này chỉ thêm 10 giây thôi nhưng có thể bảo đảm một sinh mạng! cảm ơn sự hợp tác và sự giúp đỡ làm cho cộng đồng của chúng ta an toàn hơn!! **Nếu quý vị có lái xe trong vùng này, Nên nhớ là với tốc độ 1.5 MPH!**

ምልክታ ለነዋሪዎች

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NEWHOLLY NOTES

NEWS ABOUT THE NEWHOLLY COMMUNITY

Apple Awards Continued from Page 3

stated: "She is a kind, nice and friendly person. She is a wonderful neighbor and always has a smile and a hug for me. Thank you for your dedication and compassion for resident safety and coordinating activities for Jefferson Terrace residents. Thank you for helping others by doing small chores and taking care of pets. Thanks for volunteering to plan the holiday dinners. Cory is like a "mom" to me and is a great friend."

Michael King, Dana Baldwin, Tom Anderson, and Dennis Bejin all received huge applause and a big thank you for their volunteer efforts in keeping the Jefferson Terrace computer lab open for 10 hours a week.

Another person who received an award was Janet Ferrar. Her award stated: "She is the best person that I know. She is a great neighbor and is doing a wonderful job gardening. Thank you for cooking and feeding people who are sick or who do not have enough food. Thanks for the nice hugs. Thanks for caring for people with patience and compassion."

The holiday dinner was a huge success because so many people helped with planning, setting up, shopping, serving, and cleaning up. Danny Maze played the piano and Linda Pylate sang Christmas carols, and the new ElderHealth Choir surprised the residents with a few holiday songs as well. It was a great event that over 130 people are looking forward to next year.

Digital TV Continued from Page 3

will give you much better picture quality than you have ever seen before on your analog TV. Consumer Reports has made their product ratings, along with a good "DTV transition survival guide," available for free on its Web site, www.ConsumerReports.org, and the magazine version is available at all Seattle Public Library branches.

The bad news is, you will need to get used to a new device in your life. For many people, plugging in the converter box cables to the back of the TV and following the directions to program the new digital channels is no problem.

But for many others, it is a challenge that may not be worth the price of the better picture quality. This is one of the biggest cons that critics of the transition to DTV point out.

Since there are so many different devices on the market, the most basic advice is to carefully follow the directions that come with your box.

In a comparison of just two models available locally, the Insignia DXA1 and the Zenith DTT 901, members of the SHA's DTV Transition Advisory Group found that the set up of the Zenith was somewhat simpler.

But both models required more than a bit of tinkering, so if you are not comfortable enough with technology to hook up a video game or VCR, prepare to get help from someone who is.

Here are some other tips on hooking up converter boxes. Some sound really simple, but they may help you avoid unnecessary frustration:



- Remember not to change channels directly on your TV anymore. You will be using the remote that came with the converter box to change channels from now on, so keep it handy and don't lose it under the couch cushions.

- Don't forget to insert the batteries into the converter box remote! Some boxes come with them, but if they aren't included, you need to take care to buy the right size.

- Don't forget that the converter box must be powered on, as well as your TV. Consider plugging both into a power strip that you can switch on and off. Many boxes are Energy-Star compliant to use less electricity, so check before you buy.

- If you aren't getting reception on certain channels, try hooking up an antenna and moving it around. You may suddenly lock in signals that you couldn't receive before.

- Be prepared for the possibility that some stations you have been used to viewing may not show up in digital. You will also

find new digital stations that you haven't seen before.

If you want to record shows on your VCR, you need to use an additional cable to hook up the VCR to the converter box and TV. Or buy a converter box that is able to do this more easily, like the DISH DR-40.

To view one show while you record another, you must hook up the VCR to its own converter box and switch between the two. Sound confusing? That's because it is.

While Olive Ridge resident Megan Baker was able to use a converter box to watch TV just fine, she wanted to have her VCR to record shows on a timer.

She received help from different people to rig her VCR with its own converter box, but the set up is impractical, and there are too many steps to remember. "It's a bit frustrating, but like in all things, it is best not to give up right away," she sighed.

The government has posted good universal instructions on a variety of converter box topics on the FCC Web site: http://www.fcc.gov/cgb/information_directory.html. Of course not everyone is able to use the internet or understand the diagrams, so the FCC has a help line to assist consumers in using their boxes: 1-888-225-5322 (TTY: 1-888-835-5322).

They expect to be deluged with calls on February 18, 2009, so get your converter box ready ahead of the deadline.

The reality seems to be that using the converter box will require a sharper set of technological skills than some people have. In that case, the alternatives are to get a digital TV to avoid the converter box hassle, or subscribe to cable or satellite TV service and keep your analog TV.

NewHolly Community Calendar January 2009

All meetings are at the NewHolly Campus - 7054 32nd Ave South.
Light Refreshments and a Children's Corner with games, snacks, movies will be provided for regular meetings.
Interpreters can be provided if you call one week before to request one. 723-1725. ©

Parents Committee

Thursday, January 8th 6:00-7:30 PM

*Meet and talk with other parents.
*Plan special fun parent night activities.

*This committee meets on the Second Thursdays of every month at the Campus!

Welcome Committee

Meeting: Thursday, January 8th 6:00-7:30 PM

*Help design gift packets for ALL neighbors old & new with a \$960 grant.
*This committee meets on the Second Thursdays of every month at the Campus!

★ Special Event ★

New Neighbor Welcome: Friday January 9th 5:30-6:00 PM

*Volunteers welcome new neighbors with coffee and gift baskets.
*We really need volunteers who speak English and other NewHolly languages.

Multicultural Communication Committee

Meeting: Monday, January 12th 7:00-8:30 PM

*Promote understanding and respect in our diverse community.
*Help with a NewHolly Cookbook & Dinner-Movie Night - \$500 grant!
*This committee meets on the Second Monday of every month at the Campus!

Traffic, Parks, & Safety Committee

Tuesday, January 20th 6:00-7:30 PM

*Crime is increasing in Seattle. Come be part of the solution!
*Hear the report from the South Precinct Advisory Council.
Celebrate the completion of the Safety Sign Project! And the new 4-Way Traffic Light!
*This committee meets the Third Tuesday of every month at the Campus!

To sign up for a committee or to get more information, please contact the NewHolly Community Building Office, 7054 32nd Ave S, #205, Seattle, WA 98118 206-723-1725, jbryngelson@seattlehousing.org.

You and your family are invited!
Meet your neighbors!
Please come and have fun!

NewHolly New Year Pot-luck Community Dinner Party & Neighborhood Night

SS NEW THIS YEAR! SS
If you bring food to share,
bring your grocery receipts.
You can be reimbursed for
SS up to \$25/family! SS

Learn about cultural New Year traditions!
Share your favorite food! Bring a dish!
Please dress in festive clothes to celebrate!
Learn about community events & funding.
Elections for Southeast District Council representative.

Friday,
January 9!
6 p.m. - 9 p.m.
NewHolly Gathering Hall
7054 32nd Ave S.

Hosted by the NewHolly Multicultural Communication Committee!

Get involved! Volunteer to be part of this event!
If you have ideas or have questions, please call Joy at 723-1725.

YESLER HAPPENINGS

NEWS ABOUT THE YESLER TERRACE COMMUNITY

Design concept proposes greater density in Yesler Terrace

By TYLER ROUSH
The Voice editor

A redesigned, reimagined Yesler Terrace could cast a much larger shadow than the original.

That's according to a preliminary design concept presented to the Citizen Review Committee (CRC) by CollinsWoerman, the design team tasked with drafting the redevelopment concept.

The concept, presented to the CRC at its meeting Dec. 10, would call for between 3,000 and 5,000 housing units, 800,000 to 1.2 million square feet of office space and 50,000 to 100,000 square feet of retail space in Yesler Terrace, as well as five to eight acres of open space.

There are currently 561 housing units in Yesler Terrace.

CRC member John Fox, of the Seattle Displacement Coalition, said he was overwhelmed by the density. He pointed out that the high-end proposal of 1.2 million square feet of office space would be similar in size to the square footage of Seattle's 76-story Columbia Center building, which is about 1.54 million square feet.

Yesler Terrace resident Kristin O'Donnell, also a CRC member, asked for an example of a local neighborhood boasting that type of density.

SHA's Judith Kilgore replied that the proposed density would look similar to Seattle's Belltown neighborhood.

Asked what it would cost to operate Yesler Terrace without improvements or to renovate existing units, SHA's Al Levine said that there is no financial plan in place to renovate Yesler Terrace and operate it at its present density. One advantage of this proposal is that commercial and market-rate housing developments could fund the project.

The cost of needed improvements to Yesler Terrace is high, with an upper end estimate of \$307 million. Replacement housing would account for the bulk of that figure, at an expense of \$120-\$140 million. Infrastructure and parking improvements would add an additional \$60-\$95 million.

Tom Hudson, of CollinsWoerman, cited growth projections that suggest the Puget Sound region could swell by as many as 1.7 million new residents by 2040. He said that newer, higher density developments will be needed to account for that growth.

"These numbers are shocking to me, but only in the context of where we've been," Hudson said. "Where we're going as a nation has got to be much more thoughtful than where we've been."

The next meeting of the CRC will be at 5 p.m. Jan. 15 at the Yesler Community Center, located at 917 E. Yesler Way. Meetings of the CRC are open to the public.

A swinging good time at the Yesler senior luncheon



PHOTO BY TYLER ROUSH

Attendees dance during the Yesler Senior Holiday Luncheon Dec. 11 at the Yesler Community Center

homeWorks Continued from front page

derwent renovation during Phase 2 of homeWorks.

He said that problems with the Olive Ridge remodeling project were corrected in homeWorks.

"Things went smoother with homeWorks," Harrison said. "They did incorporate some of the criticisms that we had with the (Olive Ridge) project."

Those criticisms, Harrison said, included providing adequate advance notification to residents before work is scheduled and completing work in a timely fashion.

As an example, he said that when new pipes were installed at Olive Ridge, the building's walls were cut open in November and not sealed up until the following August.

At Cedarvale House the work was finished in about two weeks time.

He credits the diligence of the HRAC for ensuring that residents had representation during the homeWorks process. HRAC enlisted attorney Julie Wade, a former staff attorney for SHA, to represent the group through the proceedings.

The HRAC served as a liaison between SHA and residents of homeWorks buildings, according to Doug Morrison, who lived at Ross Manor during the homeWorks process there but now lives at Ballard House. He added that it provided a good forum for both parties to come together and communicate.

"It served a good purpose. As far as I could see, to this point things worked out fairly well," he said. "Overall I'm glad we had the group and I'm glad we had our counsel to help us through that process."

For future developments, Morrison said he'd like to see a group like HRAC active from day one.

He said that it generates bitterness when residents perceive that the housing authority is making decisions without their input. An advisory group like HRAC ensures that both groups have a seat at the same table.

"When there's mutual understanding between the parties, it solves a lot of problems," he said.

Notes from the Manager

By JUDI CARTER
Senior Property Manager

Here it is, 2009, one year shy of the new decade! Remember how concerned we were that computers that run things would fail in the year 2000?

At that time, many residents gathered emergency items to see themselves through if the electricity failed, or some other bad thing happened. The computers did not crash, and things went on as usual.

Being prepared for a natural disaster is even more important. Last month's snow storm helped me to realize just how unprepared I really am for a big earthquake or other disaster!

By the end of the month, stores were out of many of the things that I usually shop for. The buses weren't running where I live, and they weren't running here in Yesler Terrace with any frequency.

One of my family members ran out of his prescription. It was a hard time. With that in mind, I will provide tips on preparedness in my column again this year.

January's tip: I encourage all residents to set aside a few cans of food each month, set back in the back of the shelf for another such natural occurrence or emergency. That way, if the stores are out of things that your family likes to eat, you will not be hungry.

Make sure that you have a can opener that does not need electricity, so if the power goes out, as it has in the past, you will be able to eat the food!

Next month, HUD-funded inspectors will be checking several apartments to assure that SHA is maintaining them properly.

All Yesler Terrace households will be receiving a notice that their apartment could be inspected, but only a small number of units will be selected on the morning of the inspection.

Seattle Housing Authority staff will not know before that morning which apartments will be checked. This way, HUD can be assured that SHA maintains all of the units.

The staff of Yesler Terrace wish you and your families a safe and successful new year!

CAMP Continued from front page

To set up an appointment, call the CAMP appointment line 24 hours a day and seven days a week at 800-

348-7144, TTY 800-246-1646.

If you don't speak English, call 800-348-7144 between 9 and 11 a.m. Monday through Friday.

For more information about CAMP, go to www.campseattle.org.

