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The Voice

March
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Articles translated
into six languages

The newspaper of Neighborhood House

Stimulus bill provides new funding for housing

Seattle Housing Authority will choose from projects ready to go

BY SHA STAFF

Housing authorities received a much-needed boost to their building programs when President Obama signed the American Recovery and Reinvestment Act into law on Feb. 17. For Seattle Housing Authority, this will result in a grant of \$17,069,888.

For King County Housing Authority it will be \$7,442,556.

The stimulus package included \$4 billion for building projects by housing authorities across the county. By comparison, the annual amount provided by Congress for the Public Housing Capital Fund was \$2.3 billion in 2007.

At a press conference on Feb. 17, Seattle Housing Authority Executive Director Tom Tierney joined Senator Maria Cantwell (D-WA) in praising the effects of the stimulus on affordable housing. "This funding will allow us to get started right now on projects

that will get people to work and house hardworking low-wage people, seniors, and disabled people," said Tierney.

Of the \$4 billion, \$3 billion is being distributed to public housing authorities by the Department of Housing and Urban Development. HUD announced on Feb. 25 how much each housing authority will receive. The decision was arrived at by using the same formula used for regular capital fund amounts.

In order to be eligible, projects must be "shovel ready." This means that they must be started within 120 days and completed

within three years. The Seattle Housing Authority developed a list of projects like this totaling more than \$45 million. This list became part of the agency's annual plan as "possible projects that SHA may submit" for stimulus funding. The Board of Commissioners approved this addition to the agency's annual plan at their meeting on Feb. 17.

The list of possible projects included improvements in public housing high-rise buildings—Bell Tower, Denny Terrace

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Ron Sims named to HUD

BY TYLER ROUSH
The Voice editor

Ron Sims announced Feb. 2 that he was accepting the No. 2 position at the Department of Housing and Urban Development (HUD), leaving his position as King County Executive to join the Obama administration.

Sims, who had served as county executive since 1996, would become HUD's deputy secretary. His nomination is pending confirmation by the Senate.

"Ron's track record as an innovative leader with an exciting vision for the future of our nation's communities makes him the perfect deputy secretary candidate as we tackle the nation's housing crisis amidst the biggest economic downturn in decades," HUD Secretary Shaun Donovan said in a statement.

Sims made the announcement after nearly two weeks of speculation that he would leave his post for a job in the Obama administration.

"There is no leader more committed to our communities than President Obama; and no champion superior to Secretary Donovan, who is charting a new, aggressive course for HUD," Sims said in a statement. "I am truly humbled to be asked to join this team."

At the same time he lamented leaving his role as executive.

"Leaving King County government will be very difficult for me," Sims said.

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Hundreds gather in Olympia for Housing Advocacy Day

BY LYNN SEREDA
Section 8 Tenant

On Feb. 24, more than 500 people from all over the state came to Olympia for Housing and Homelessness Advocacy Day.

Housing and Homelessness Advocacy day is sponsored by the Washington Low Income Housing Alliance (WLIHA) and The Washington State Coalition for the Homeless. The morning part of the program was held at the United Church of Christ, near the State Capitol buildings.

This year, Advocacy Day organizers presented a three-person panel of people whose personal stories were directly related to the types of action that sponsoring organizations urged the legislature to take.

One panelist talked about how Washington's General Assistance Unemployable (GAU) program (a state program providing \$339 a month to adults unable to work, primarily due to a disability) provided him a safety net that literally kept him off the street. With housing stability provided, case management is able to work on long-term solutions.

A young woman on the panel then talked about her experience as a foster child. At 18 she had to suddenly fend for herself because she was no longer under the care of the state.

WLIHA is urging the state to ensure the success of the Homelessness Housing and Assistance Act to develop plans and policy changes to ensure that DSHS no longer dis-

Senator Cantwell visits Rainier Vista



PHOTO BY RAY LI

Senator Maria Cantwell (at lectern) visited the Neighborhood House Rainier Vista Center to present the American Recovery and Reinvestment Act. She is backed by (left to right) Jacob So, HomeSight client, Jon Okada of Marpac Construction, Tony To, HomeSight executive director, and Heyward Watson, CEO of Impact Capital and chair of Washington Affordable Housing Advisory Board. SHA residents may turn to the related story on Page 1 of SHA News.

charge foster children into homelessness.

A similar request is also being voiced in regards to the Department of Corrections discharging felons who have served their sentences directly to the streets, where chances are more likely that they will re-enter the prison system again.

While GAU funding might not seem directly tied to creating affordable housing, many people noted that it does function as a program literally keeping many from falling into homelessness.

A discussion of the importance of GAU noted that once a person becomes homeless, it often becomes more expensive for the state, as people often become ill and seek

emergency room care, or they are swept into the criminal justice system, where a bed in jail costs much more money.

GAU, which is in danger of being eliminated due to the budget shortfall, seemed to be one of the top priorities of the day. The fact that GAU is a state program that receives no federal funding makes it very precarious.

Nancy Amidei, an emeritus professor from the University of Washington School of Social Work gave an introduction to advocacy training. Amidei gave a very detailed presentation on how to talk to a

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"Some healthy snacks, such as a bag of raw almonds or carrots, require no preparation. Five nuts are a snack for people who need energy but want to lose weight."
—Miranda Taylor writes in her article on how to eat healthy while on a budget. Read the story on Page 2.

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Health Notes

A column devoted to your well-being

Pap screening, HPV vaccine prevent cancer and save lives

New campaign promotes prevention for women with higher rates of cervical cancer

BY PUBLIC HEALTH-SEATTLE & KING COUNTY

A new public education campaign launched by Public Health-Seattle & King County is aimed at reducing cervical cancer rates among local Vietnamese and Latina women. These populations suffer from higher rates of cervical cancer and lower rates of screening for the illness.

Cervical cancer is a serious illness. However, with prevention options available for women today, the odds for staying healthy are better than ever. Many women benefit from cervical cancer screening and vaccine, but some aren't aware of their choices.

The new Public Health campaign urges all women to get screened and vaccinated and enlists mothers to take helpful for their daughters.

"Regular pap screenings for women are a proven cancer prevention success, and the HPV vaccine is an important vaccine for girls and young women," said Dr. David Fleming, Director and Health Officer for Public Health - Seattle & King County. "Our new campaign shares this valuable information with Latina and Vietnamese women who have had lower screening and higher cervical cancer rates."

Most health insurance plans pay for Pap tests and HPV vaccine. Schedule an appointment with your health care provider. You have affordable options. If cost or lack of insurance is a problem, call the Community Health Access Program at 1-800-756-5437.

Nationally, 9,700 women are diagnosed and 3,700 die of cervical cancer every year. In King County, 60 new women are diagnosed with cervical cancer and 12 women die annually. Pap screening tests for women and the Human papillomavirus (HPV) vaccine for females aged 9-26 are proven ways of substantially reducing a woman's risk of developing cervical cancer.

About the new campaign

Public Health's targeted public education campaign, entitled Take Care of Yourself, Take Care of Her, encourages mothers to make an appointment for their own Pap test and their daughter's vaccination.

The campaign, which runs through early 2009, includes print advertisements in Vietnamese, as well as radio and tele-

More information

Public Health's campaign:
www.kingcounty.gov/health/cancer

Cervical cancer:
www.cancer.gov/
cancertopics/types/cervical

HPV vaccine:
www.cdc.gov/vaccines/vpd-vac/hpv/

vision public service announcements in Spanish.

In addition to the campaign, Public Health continues to work with community partners at the International Community Health Services (ICHS) and CASA Latina's Women's Leadership Council to raise awareness about the HPV vaccine and the Pap test. Trained peer leaders are educating groups of Latina, Vietnamese, Korean, Chinese and Samoan women about cervical cancer, how to prevent it and where to find local resources for services.

About Pap tests

Pap tests check for abnormal changes in cells on the cervix, which is the opening to the uterus. Abnormal cells can be treated, which prevents cervical cancer from developing. Health professionals recommend that women start Pap test screening three years after first sexual intercourse or by age 21, whichever comes first.

In 2006, 82.4% of King County women 18 and over had a Pap test within the past three years, similar to the national average. However, some women have lower screening rates, including immigrants, women without health insurance, Latinas, and Asian-Americans.

HPV and HPV vaccine

Human papillomavirus (HPV) is the virus that causes cervical cancer by infecting the cervix. HPV is among the most common sexually transmitted diseases (STDs); 75 - 90 percent of all people who have sex will likely have HPV at some point in their lives. While the infection does not usually last long, it sometimes causes changes which can develop into cancer if not treated.

HPV vaccine protects against two types of Human papillomavirus that cause 90 percent of all genital warts and two types of HPV that cause 70 percent of all cervical cancer. HPV vaccine works best before women are exposed to the virus through sexual activity, and is recommended for all girls 11-12 years of age. Girls and women up through 26 years of age can also benefit from the vaccine.

Enjoy healthy and inexpensive options for snacks and dinner

BY MIRANDA TAYLOR
SHA Resident

Inexpensive homemade meals and snacks involve preparation time, but taking the time will make us look, feel and act better!

Cheap fast foods and snacks are poor food choices: we will pay later. Whole, organic good food choices allow our bodies to heal faster from daily wear and will truly nourish us.

If we are truly nourished, we will not feel as intensely interested in dangerous, packaged snacks. Dry, packaged snacks are hard on our bodies. The body prefers moist, whole foods.

Some people think that wholesome organic food is for people with lots of money. Not true!

Especially if we do not have money, sickness in the family is difficult. Healthy food will keep our motors well tuned, helping us get up in the morning feeling well and lasting throughout the day, month and year.

No genetic modification (GMO), pesticides or hazardous fertilizers are used on organic crops (see www.safefoodandfertilizer.org). So investing in organic ingredients allows us to prepare our own inexpensive but healthy meals.

Starting with snacks, we need to satisfy a real need for fat, sweets and whole salt. It is human to desire variety. Make or have enough different snacks at home, so you have a variety to choose from.

Some healthy snacks, such as a bag of raw almonds or carrots, require no preparation. Five nuts are a snack for people who need energy but want to lose weight.

Almonds contain calcium that builds bones, protein and fats that give us strength. Carrots are a sweet sensation in a live food. Chew thoroughly.

Carrots contain sugars, vitamins, fiber, and even important fatty acids. Homemade sweet rice dessert wrapped in foil from our freezer has more nutrients than store-bought chocolate, candy and chips.

Olives are an excellent salty treat. By replacing junk food we save money and we feel and look better.

Meals can be equally simple to prepare. In our homes, we should be able to find a few whole grains.

One container in our refrigerator should have a cooked grain that we can quickly prepare into a snack with olive oil, organic butter, vegetables, beans or organic meat.

Like all foods, whole grains taste better if fresh, which is why storage-tolerant white rice is cheaper. Yet quinoa, millet, wild rice, amaranth and teff are some grains that contain more healthful nutrients and fiber than white rice. Quinoa is the most protein-rich grain, for example.

Legumes are the protein staple for vegetarians, though eggs offer excellent protein for pregnancy or nursing. Any animal products in the United States should be organic or we will be consuming higher levels of toxins and hormones that are not recommended for children through reproductive-age people.

Organic cheese, like organic butter, is healthy and affordable when used as a flavorful condiment. But unlike most store-bought prepared foods, which need to be made with storage-tolerant fats (such as hydrogenated vegetable oil), homemade foods can be prepared with healthy fats.

Examples of healthy fats include unrefined oils, olive oil, sesame oil, walnut oil, organic coconut oil, or any oil that is not hydrogenated.

Fresh chopped leafy greens or frozen vegetables of many colors provide fibre and nutrients that promote strong muscles, bones and brains. Add these vegetables to every meal of the day.

Vegetables can be chopped, and added to the rice or grain, or steamed with salt as a side dish.

One of the concerns with whole foods is that there is a lot more chopping and cutting before we eat them. We need to have a set of good knives, and they don't have to be expensive.

Between downtown and the Spokane St. Bridge, at 2963 First Ave. S. in Seattle, Dick's Restaurant Supply has well-made (in the USA by Dexter Russel), white plastic-handled knives that are very sharp, easy to hold and use. They are excellent knives.

The chef knife is \$13.95. The small paring knife costs only \$3.55. These are the only two knives I use in my kitchen.

Please see "Healthy" on Page 5

Lentil minestrone, serves 4 to 6

This soup is Deborah Madison's favorite soup in her cookbook: Vegetarian Cooking for Everyone. She writes that "It's better when cooked ahead of time, but add the cooked pasta and greens just before serving so that they retain their color and texture."

Ingredients

2 tablespoons extra virgin olive oil, plus extra oil to finish
2 cups finely chopped onion
2 tablespoons tomato paste
¼ cup chopped parsley
4 garlic cloves, chopped
1 cup diced celery or celery root
Salt and freshly ground pepper
1 cup French green lentils, sorted and rinsed
Aromatics: 2 bay leaves, 8 parsley branches, 6 thyme sprigs
9 cups water or vegetable stock
Soy sauce or mushroom soy sauce to taste
1 bunch greens — mustard, broccoli rabe, chard, or spinach
2 cups cooked small pasta — shells, or-

chiette, or other favorite shape
Thin shavings of Parmesan cheese

Preparation

Heat the oil in a wide soup pot with the onion. Saute, stirring frequently, until lightly browned, about 10-15 minutes. (Miranda's note: Do not allow oil to smoke since that creates carcinogens.) Add the tomato paste, parsley, garlic, vegetables, and 2 teaspoons salt and cook 3 minutes more. Add the lentils, aromatics, and water and bring to a boil. Lower the heat and simmer, partially covered, for 30 minutes. Taste for salt and season with pepper. If it needs more depth add (mushroom) soy sauce to taste, starting with 1 tablespoon. (The soup may seem bland at this point, but the flavor will come together when the soup is finished.) Remove the aromatics.

Boil the greens in salted water until they're tender and bright green, then chop them coarsely. Just before serving, add the greens and the pasta to the soup and heat through. Serve with extra virgin olive oil drizzled into each bowl, a generous grind of pepper, and the Parmesan cheese.

The Voice

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

Be safe

Create a log of criminal activity

BY SEATTLE NEIGHBORHOOD GROUP

Last month, we talked about ways to respond to ongoing criminal activity. We discussed the importance of calling 911 each time you witness or suspect criminal activity. We also talked about working with neighbors and your community police team officer.

This month, "Be Safe" will discuss another strategy for neighbors who witness criminal activity: logging your observations as they occur. Logging does not replace calling 911. But it can be a useful tool to document neighborhood crime problems.

Setting up a log is simple. You can keep it on your computer, in a notebook, in a digital device, or write it on a calendar: whatever works best for you.

It is important to include the location, time and date of each incident that you observe. Include a description of the event and any individuals and vehicles involved.

Write down what you did. Did you call the police? Did the police respond quickly? Did the police give you an incident report number? Did you notify the property manager, (if appropriate)? Did

you tell a neighbor? Did your neighbor see or hear the same incident?

You can also record how each incident affected you. Did the incident frighten you or make you angry? Did you have to leave somewhere because the incident made you feel unsafe?

See the chart below for an example of what a log might look like.

Logs can help the police and the SHA management office identify any crime patterns in the community so they can assign staff to problem areas more effectively. When you have finished filling up a page, give a copy to your Community Police Team Officer and (if appropriate) to your property manager. Always keep a copy for yourself.

Remember the purpose of logging is to record illegal activities, not to record the activities of people you dislike or disagree with. The police do not enforce civil codes, community standards, or get involved in neighbor-to-neighbor disputes.

If you are interested in learning more about witnessing and reporting ongoing crime activities, contact Kelly McKinney (206-323-7084) and Allan Davis (206-323-7094) at Seattle Neighborhood Group.

Time & Date	Location	Description of Incident and suspects	Vehicle	Action Steps	Comments: Include how it affected you
2/15/09 2:32 PM	222 45th at the park	Three people were in the park fighting. One White male, one African American Male and one Asian female. I think they had been drinking. They got into a car and drove off to the North	Description Brown four door Honda License Plate AZJ 223	I called 911 and filed a complaint with the management office.	This is the 3rd time this week there was a fight in that park. I had to bring my children inside the house.

Stimulus

Continued from front page

and Jefferson Terrace. Other projects could include upgrades to Scattered Sites housing and to apartments at Tri-Court. These upgrades would make the housing more accessible to people with disabilities. Finally, the list included redevelopment projects at High Point and Rainier Vista.

Housing Authority staff members are working on a proposal to the Board of Commissioners with their recommendations of projects to fund. The Board will make the final decision about which projects will use the funding, most likely in March or April.

The remaining \$1 billion will be given out through a competitive process. HUD will favor projects that use the funds for partnerships with the private sector. HUD also wants to use the competitive funding for renovations and investments in energy conservation.

Seattle Housing Authority will ask HUD for some of the competitive funding. These grants will be made by the HUD Secretary by Sept. 30.

The stimulus bill included funding for other affordable housing programs. The Low Income Tax Credit program was awarded \$2.5 billion. This funding will help the program work for housing developers during the current credit crunch. If developers have projects that are ready to go, this funding can help them get started without having to wait for a tax-credit investor to participate.

Stimulus money coming to Washington state

Washington state stands to receive several billion dollars to fill budget gaps and maintain service levels. According to a preliminary analysis by Senator Patty Murray's office, Washington state will receive \$812 million to help avoid cutbacks in education spending, \$500 million for road and bridge construction, over \$2 billion to defray increasing Medicaid costs, and \$66 million for job training initiatives.

Congress and the President hope the influx of funds will quickly create and preserve jobs, as well as help local areas fill funding gaps and maintain social services.

The multibillion dollar package is not a cure-all, however — elected officials are warning constituents that while the 2009 American Recovery and Reinvestment Act will certainly help states and cities fill funding gaps and hopefully stem job losses, there will be no quick fix to the current economic crisis.

The bill also funds homelessness prevention programs with an additional \$1.5 billion and provides \$2 billion to help areas where foreclosures threaten neighborhood stability.



One to grow on

Garden tips for community gardeners

When preparing for the 2009 growing season, make sure you plant the right seeds

BY ANZA MUENCHOW

Special to The Voice

The days are noticeably longer — probably four more minutes of light each day now. Spring is coming and the soil is warming enough to begin planting some crops. Take time in selecting the seed varieties that are best suited for our Northwest maritime climate.

How important is it to consider the particular genetics of a seed? You want good production, but you also want good taste and nutrition. Many conventional seed producers grow for crops that need to maintain "freshness" while traveling hundreds (thousands?) of miles and sitting in a grocery store for a few more weeks.

These are not qualities that a home gardener cares about. Unfortunately, there are fewer and fewer seed companies to supply our small farmers and gardeners. Many of the long time, tried and true, home garden varieties are not being grown by seed companies anymore, which depend on sales to the large corporate farming operations.

I am increasingly concerned as the small seed growers are bought up by Monsanto and other corporations, and then they stop producing the varieties that small farmers and gardeners have depended on for years. Sadly, I've said goodbye to many of my old favorites and am constantly searching for new varieties to replace them.

I do save many seeds, but I don't have enough knowledge or time to manage the natural hybridizing in my small garden setting. Perhaps this should be a larger focus of my gardening in the coming years.

Where do local growers look for the seeds grown or specialized for the cool summers we have in the Northwest? Some recommended seed companies are: Fedco and Johnny's (from Maine) and Territorial and Abundant Life (from Oregon).

The Territorial seed catalog is especially useful for its growing instructions. This catalog includes the planting instructions, harvesting tips, and a good description of the pest management issues that impact the different crops we grow in the Northwest.

For example, we have carrot rust fly and

spinach leaf miner, whereas eastern gardeners fight the Japanese beetles, tomato horn worms and corn ear worms.

These seed catalogs offer many organic seed choices, too. A new small local seed company is Uprising Seeds. Though Uprising Seeds doesn't have many seed varieties, I enjoyed reading their catalog and feel confident about the sources they have chosen for supplying their seeds.

Suppose you are at a local store and they have a good sale on seeds from Midwest or Atlantic seed companies. For the price, it may be worth trying some of those seeds. But you will need to adjust the instructions. "Days to maturity" for most crops will be much longer than it says on the seed packet, especially the flowers or fruiting crops such as peppers, squashes and pumpkins.

If the seed packet says 90 or 100 days, then you may not be successful, unless you plan to grow it in a greenhouse.

For organizing seeds, I use a small file box with monthly folders in it. When I buy or collect seeds, I organize by month so I remember to get my crops started on time. For the plants that can't be directly sown and need to be started indoors, I have another section in my file box for those seeds I start indoors to transplant out later. These include some favorite tomatoes, peppers and eggplants.

This month you may want to start these crops indoors: lettuce, chard, broccoli, bok choy, kohlrabi, peppers, and tomatoes.

At the end of March, you can direct seed outdoors beets, carrots, rapini, cilantro and mustards. The early broccoli starts can be planted outside by the end of March also.

As I write this article, I am still waiting for a soaking February rain to water in the peas we planted. But the days have been dry enough to start preparing the beds, turning in some good compost and incorporating lime to increase soil pH, especially for the Brassica beds. Enjoy the start of the 2009 growing season.

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

Community notes

Experience nature with National Park program

The Northwest is a land of remarkable natural beauty, and there are a number of recreational opportunities available through our state and national parks.

The National Park Service, through a partnership with Seattle Parks and Recreation, is encouraging underserved families to take advantage of national parks in the region.

The National Park Service and Seattle Parks and Recreation have planned a variety of programs to engage and connect families to the outdoors. The six-phase program culminates with an overnight camping adventure at Mount Rainier National Park.

Participants will learn more about urban and national parks and their history. Topics covered will include proper camping behavior in parks, park values and caring for park resources while enjoying and learning about nature.

Youth and families from underserved communities are encouraged to apply for this program, which runs from April 24 to Sept. 20. Families and youth ages 6 to 15 with limited opportunities to explore parks are invited to attend all phases of the program.

Informational sessions will be held at selected Seattle Parks Community Centers throughout March:

- South Park Community Center, 6 p.m. March 4
- Hiawatha Community Center, 6:15 p.m. March 10
- Delridge Community Center, 6 p.m. March 11
- Southwest Community Center, 6 p.m. March 18
- High Point Community Center, 6:15 p.m. March 19

For more information, contact Brad Carlquist at brad_carlquist@nps.gov or 206-220-4229, or Sheila Brown at sheila.brown@seattle.gov or 206-684-7415.

Sims

Continued from front page

"In my mind and heart, I see and feel the work that needs to be done to complete the transformation of this region into the best place in the world."

Sims will not resign his position until the HUD appointment is confirmed by the Senate.

Sims' departure leaves open the race for King County Executive in 2009. In the meantime, it is up to the King County Council to nominate someone to fulfill the remainder of Sims' term.

He has said he would like a caretaker to move into his position — someone with no ambition to run for the office in 2009.

"I would suggest that the Council select a caretaker Executive to serve out the remainder of 2009," Sims said in a statement. "Why a caretaker? Because this is a unique election and the people of King County must make this decision."

Dow Constantine, chairman of the King County Council, supported Sims' proposal.

"I will sit down immediately with my colleagues to create a non-partisan process to choose an interim replacement to serve the remainder of Executive Sims' term," Constantine said. "It is the voters of King County — not this Council — who this November will select an Executive to serve them for the next four years."

King County Councilman Larry Phillips has announced his intention to run for county executive in the 2009 general election.

Local political leaders offered their congratulations to Sims.

"While it is bittersweet to see my friend Ron leave our great state, he will be a wonderful representative of the Northwest in the other Washington," Governor Chris Gregoire said. "This is a challenging time



FILE PHOTO

King County Executive Ron Sims speaks during the Neighborhood House High Point Neighborhood Center groundbreaking event Aug. 16, 2008. Sims has been tapped by the Obama administration as deputy secretary of the Department of Housing and Urban Development.

for the housing sector and Ron is the right person to ensure people have stable affordable housing during these difficult times. His diverse array of skills and dynamic spirit will make him an invaluable advocate for HUD."

"Ron will bring years of experience and a passion for community development to his new position," said Senator Patty Murray. "We have worked side-by-side to improve affordable housing opportunities and reduce homelessness in King County, so I know he will jump into this national role with both enthusiasm and know-how. And that is exactly what this agency needs."

Sims' move to HUD comes with a pay-cut — he had made \$186,000 annually as county executive, and will receive

a \$177,000 salary as deputy secretary of HUD.

Sims was appointed county executive in 1996 when then-Executive Gary Locke was elected as governor. Sims was elected to the post in 1997 and again in 2001 and 2005. His appointment to HUD comes as he was preparing for his own bid for a fourth full term as county executive.

As deputy secretary, Sims will manage HUD's 8,500 employees and \$39 billion operating budget.

Seattle Housing Executive Director Tom Tierney is supportive of Sims' nomination. "We have worked closely with Ron Sims and know him to be a passionate advocate for low-income people and their housing needs."

Seattle police chief tapped as drug czar, former Gov. Gary Locke picked for commerce

The Obama administration last month tapped Seattle Police Chief Gil Kerlikowske as director of the Office of National Drug Policy, a position commonly referred to as "drug czar."

By accepting the position, Kerlikowske joined King County Executive Ron Sims as the second prominent local official to take a job with the new administration.

Kerlikowske, 59, was appointed chief by then-Mayor Paul Schell in 2000.

Gary Locke's appointment as commerce secretary increased to three the number of Obama administration officials with strong ties to Washington state.

Locke, a Democrat, was a two-term governor, serving from 1997 to 2005.

He was President Obama's third choice for the position. New Mexico Governor Bill Richardson withdrew from consideration in light of a federal investigation into a business deal in his state and New Hampshire Senator Judd Gregg, a Republican, bowed out after citing philosophical differences with the administration.

"I am thrilled and honored that Ron has agreed to be considered for this role," Donovan said. "He is the perfect person to help HUD return to national leadership on metropolitan planning. Together, we will work with President Obama to ensure HUD is doing all it can to help the nation's communities recover from today's economic realities and to better position them for the future."

Training on legislative advocacy

Washington Low-Income Housing Alliance hosts advocacy workshops

BY JIM BUSH
SHA Resident

Recently, a number of SHA residents and other community advocates participated in a series of workshops facilitated by Michael Kelly, a mobilization coordinator from the Washington Low Income Housing Alliance (WLIHA), an organization that works with various city, county and state officials on legislative policies as they relate to issues concerning low-income housing and how to ensure there are enough units to meet the demand, given the current economic climate.

During these workshops, people were given a lot of valuable information, including how to effectively provide input to elected officials and other government decision-makers on issues that may be relevant to a constituency's needs.

Other topics included how to get more people involved in the advocacy process and how to interact with local news media (newspapers primarily) to advocate for a particular point of view on a given issue.

A number of key points were made during the first session, especially when it came to establishing contact with state representatives.

The state Legislature meets for 65 days (short session) in even numbered years and for 105 days (long session) in odd-numbered years; the reason for the longer session is to develop and pass the state's biennial budget, which must be balanced

and adopted by a certain time.

While many people may think this may be the best time to provide input on certain issues, legislators are much more available to meet with their constituents when the legislature is not in session because, in addition to their legislative duties, they work full-time in the legislative districts they represent.

Therefore, it is probably best to contact them in their district offices, which are located within their legislative district, since they can more easily meet with you and your constituency group when they're closer to the people they represent.

How do you contact elected officials? Each one has at least two ways to do so — by phone and by mail. Many also have email addresses and/or Web sites, which are the preferred methods of getting in contact with them.

Contact your legislator

While the state Legislature is in session, you can go to Olympia and visit your elected representatives in person, making it possible to give them a personal perspective on the issues you want to talk to them about.

If you want to go to Olympia with a group to speak with your legislators, there are many organizations, such as WLIHA, which sponsor advocacy days specific to particular issues.

Another way to provide input is through the Legislative Hotline, where people can leave messages for their state representatives (in the House and Senate, as well as the Governor's Office), find out about pending bills (and where they are in the

Please see "Advocacy" on Page 5

Day-tripping: Take a morning (not an afternoon) trip to Edmonds

BY KRISTIN O'DONNELL
SHA Resident

Trip number one to Edmonds: Left downtown Seattle at 1:30 p.m., arriving in Edmonds at 2:45 p.m.

The Senior Center thrift shop is closed. The Senior Center is closing. The Visitor Center is closed. The museum will close in 15 minutes. The bakery is closed. More than a few downtown restaurants have closed for the day. It is starting to rain.

I drop into a coffee shop by the ferry landing, get soup and coffee and read the newspaper. It is seriously raining. It is getting dark.

I walk the two blocks to the Edmonds transit terminal and catch the bus back to Seattle. Memo to self (and other travelers): starting early is better, especially in winter. And check the weather forecast.

Trip number two to Edmonds, starting at 9:30 a.m. this time: I now have both the Sound Transit and the Community Transit schedule books (available on the buses and also at Metro offices at Westlake and on South Jackson Street).

Community transit schedules are excellent, with clear detailed maps, including not only the routes but also surrounding streets — no need for another map!

My first stop (off the bus at Fifth and Dayton) in Edmonds is the Visitor Center (next to the Museum at 118 Fifth Ave. N., to pick up walking guides to historic buildings and public art.

Then on to the Edmonds Historical Museum (recommended donation is \$2). The

museum is small, located in an old library. There's a display of toys ranging from 19th century doll dishes to Star Wars action figures — that pretty much guarantees nostalgia for most visitors. The museum volunteers were very helpful.

Then a quick stop at City Hall across the street for more brochures and maps. Then lunch at the deli recommended by museum staff, and a stroll through town to the waterfront, visitor maps in hand. In Edmonds "historically significant" isn't very old or very fancy and it is still a place where the gift, antique and craft shops and art galleries have not yet pushed out the dentist's offices, shoe repair places and dry cleaners.

But there are enough shops to make browsers — especially craft or antique loving browsers — happy.

Edmonds' wonderful place is the waterfront. North of the ferry landing there's a park with an underwater reef where scuba divers are often visible (and whales and porpoises, sometimes).

The South County Senior Center is south of the ferry dock. It has a view of the Sound, the ferry and the Olympic Mountains, and is surrounded on three sides by a park with paths, benches and access to the sandy beach, a great place for beach-walking, sunset watching or a picnic.

The Senior Center also has a Thrift Store — the Edmonds transit center is in front of the Senior Center.

Lunch: Some under \$7 possibilities:

Please see "Edmonds" on Page 5

Lobby Days scheduled in March

Get out and advocate! The following are lobby days scheduled in Olympia during March.

March 5 — Toxic Free Legacy Coalition Lobby Day

Contact Anna Davis, adavis@watoxics.org, 206-632-1545

March 5 — Washington CAN! Lobby Day

Contact Maru Mora Villalpando, maru@washingtoncan.org 206.389.0050

March 10 — Healthy Washington Coalition Lobby Day

Contact Fatima Morales, fatima@washingtoncan.org 206.389.0050

March 12 — Equal Rights Lobby Day

Contact equalrightswashington.org, 206-324-2570

March 13 — Hispanic/Latino Legislative Day

Location: State Capitol campus, Olympia, 10 a.m. – 5 p.m.
Contact www.hispaniclegislateday.org/wahld/

March 16 — ACLU Washington Lobby

Day
Contact 206-624-2184

March 17 — Faith Advocacy Day: Fund Families First

Location: United Churches of Olympia, 8:30 a.m. – 3 p.m.
Contact Amanda Martinez, martinez@thewac.org, 206-625-9790

March 19 — Statewide Domestic Violence Lobby Day

Washington State Coalition Against Domestic Violence
Location: United Churches of Olympia
Contact: Christine Olah, christine@wscadv.org, 206-389-2515

March 20 — Hunger Action Day

Children's Alliance
Location: Columbia Room, 10 a.m.
Contact: Margy Boll, Margy@childrensalliance.org, 1-800-854-KIDS

March 25 — Washington State Senior Citizens' Lobby Day

Location: Columbia Room
Contact: Karen Bowen, seniorlobby@qwestoffice.net, 360-754-0207

List compiled by SHA Resident Kristin O'Donnell

Housing Day

Continued from front page

legislator about an issue and provided a packet of helpful materials.

Amidei noted that the keys to effective advocacy are to introduce yourself, state which group or groups you belong to and, if possible, the number of people the group represents, mention the legislative district you belong to, and of course note that you are a dedicated registered voter.

After this introduction, you should mention which bill you would like your representative to support and briefly explain why you think it is important for them to support the bill.

Written materials supplied in the packets contained summaries of some of the proposed housing bills, along with brief "bullet points" which were of immense help in preparing the advocates to speak effectively when meeting with their representatives. Amidei said that a personal story can also be effective in persuading a legislator to support legislation, provided that one is able to keep their story focused and brief.

How successful was Housing and Homelessness Advocacy Day? At The Voice press deadline, much of the legislation has not come to the floor for a final vote, meaning some bills may have changes written into them or may not be moved to the floor in time for a vote.

The best way you can find out what happened is to go to the Washington State Legislature Web site at www.leg.wa.gov. If you know the bill number or a few key words, you can type it in on the bill tracker and find out what happened.

Even though these are tough times because of the recession and budget shortfall, Amy Clark, Director Of Communications for the WLIHA, was upbeat about Housing Advocacy Day.

"It was...incredibly successful. There were more tenants and people directly impacted by affordable housing legislation present this year," she said. "There were people from 47 of the state's 49 legislative districts present. When average people impacted by the housing situation come and tell their stories, that is when the legislators really listen."

Advocacy

Continued from Page 4

legislative process) and request copies of pending legislation.

The numbers to call are 1-800-562-6000 (voice) or 1-800-635-9993 (TTD).

If you're not sure who your elected representatives are, you can get that information, along with Olympia phone numbers and email addresses through the Hotline or by going to www.leg.wa.gov.

Contact information for each legislator can also be found in the 2009 edition of "They Represent You," a publication produced by the League of Women Voters (LWV), which has contact information for all city, county and other elected officials, as well as Washington State members of Congress and the Senate.

Copies of this valuable document are available through the LWV office by calling 329-4848 or sending an email to info@seattlelwv.org.

When contacting government officials, try

to keep your message simple and germane to the current issues being discussed. If you are advocating a certain position and the person you are contacting is not actively involved in the discussion on that issue (they're not on a committee that is working on that issue), it may be necessary to provide that individual with some background information on why the issue is important to you and why you are advocating your position on it.

If the person being contacted is actively involved in the discussion (they are part of a committee discussing a particular issue), you should urge your point of view be considered as a part of the discussion, along with providing the same background information.

In fact, if you are contacting a representative about a certain piece of legislation that is being considered, it helps to have the bill number (or ordinance number in the case of city legislation) available.

Share your passion

Do you have an issue you're passionate about? Let people know! The more people

Night out at Greenbridge



PHOTO BY DENISE SHARIFY

Greenbridge residents enjoyed a family night Feb. 18 at the Boys and Girls Club at Wiley Center. Guests enjoyed dinner and prizes, browsed informational tables assembled by service providers, and played a variety of games and contests. Neighborhood House partnered with KCHA, Roxbury Clinic, White Center Community Development Association, YWCA, Boys and Girls Club and the Environmental Coalition of South Seattle to put on the event. The Greenbridge Family Night was organized to encourage active living among residents and to promote community services, according to Neighborhood House's Denise Sharify. KCHA residents may turn to the related story on Page 8 of the KCHA News section.

Edmonds

Continued from Page 4

At the Senior Center lunch is served at noon; sign up at 11 a.m. \$2.50 for eligible seniors, \$5.15 for others. Senior Center members praised the food, but it wasn't a good menu for a vegetarian.

Edmonds Community College Café (the bus stops there on the way into Edmonds) has an interesting menu.

Downtown: the usual lunch restaurants, bakery sandwiches, teriyaki and burrito places. Terminal Caffeine by the ferry landing has good soup and sandwiches, and Petosa's Family Grocery at 550 Fifth Ave. S. (recommended by Museum and Visitor Center staff) has a great Deli — the lines at lunch are long, and it is worth the wait.

Getting there and back: Sound Transit bus 511 leaves from downtown on Fourth Avenue approximately every 30 minutes seven days a week. (If you are leaving from the north end of Seattle the 511 also stops at 45th N.E. next to the freeway).

Schedules are available on the buses, and the fare is \$2.50 adult/ \$1.75 youth/ \$1.25 senior and disabled.

Get a transfer — At Lynnwood Park

and Ride, transfer to Community Transit bus 110 (fare \$1.50/ \$1 /\$0.50 — you should get credit for your Sound Transit transfer).

The 110 bus is usually waiting at the Park and Ride. Get off at Fifth and Dayton for downtown Edmonds, Railroad Avenue (end of the line) for the Senior Center and waterfront.

Another route to Edmonds — Metro 358 to Aurora Village connects with CT 131 at Aurora Village. The trip cost less (especially if you have a Metro Pass), takes longer and you get to see a lot of Aurora Avenue and old Highway 99 with its motels, used car lots and thrift stores (a Deseret Industries, a St. Vincent De Paul, and two, yes, two Value Villages). If you get off the bus for thrift stores, this can be an all-day trip.

The connection between the 131 and 358 at Aurora Village may require a 25-minute wait.

Accessibility — All buses and streetcars have lifts or flat floors; Edmonds has curb cuts in the right places. Some of the older downtown buildings have steps at the entrance. The Visitor Center is not accessible, but many maps and brochures available there can be picked up at City Hall. Getting down to the beach is possible, but sand, gravel and slopes are challenging.

you bring into the loop on your issue, the more effective your input will be, meaning more action will be taken (by the decision makers) to address your issues.

In fact, it is quite advisable that you get your network of friends, family members and colleagues to join you in contacting elected and appointed representatives to advocate the points of view you are wanting to express.

Elected officials need to hear from constituents on what they're doing, whether it's being done right or could be done differently. When providing input, ensure the information you provide is factual and based on relevant information.

If you have any statistics or testimonials available to back up your comments (this is strongly advised, by the way), make this information a part of your original testimony or have it available as a separate document you can send later.

Robert Canamar assisted in the writing of this article.

Healthy

Continued from Page 2

In steering away from junk food, we can steer back to our traditions, using whole foods. Good fats, whole salt and desserts that our grandmothers recognized are still recommended by nutritionists.

When we plan dinner, there is a difference between cheap and healthy food, which we prepare ourselves, and cheap and unhealthy food, which ends up costing us more because we pay for it with our health.

Keep this in mind: by planning our weekly meals and snacks, we can eat meals that are tasty and truly nourishing.

Miranda Taylor is on the High Point Neighborhood Association board, and is an acupuncturist and an herbalist in the community. www.TaylorGoodHealth.com, (206) 932-4371.

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Market place coupon

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

Name _____ Address _____

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Write your ad here (one word per line)

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Mail to: PPC, 4000 Aurora Ave. N., Seattle, WA 98133 Fax: 206-461-1285
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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.

The warrior within

YOGA CLASS AT RV
See Page 5



SHA NEWS

March
2009

News and information about Seattle's neighborhoods



PHOTO BY VIRGINIA FELTON

Senator Maria Cantwell (left) and SHA Executive Director Tom Tierney spoke during a press conference at the Neighborhood House Rainier Vista Center Feb. 17.

Senator Cantwell visits Rainier Vista

Announces stimulus funding for housing in Washington state

By VIRGINIA FELTON
Seattle Housing Authority

On the day that President Obama signed the American Recovery and Reinvestment Act, Senator Maria Cantwell (D-WA) visited Rainier Vista to emphasize the need for affordable housing. She spoke about how the new economic stimulus package would help to bring jobs and new housing to King County.

Cantwell described the 20-year old Low-Income Housing Tax Credit Program. It is a public-private partnership that has produced more than 24,000 units of housing in King County.

"In 2008, the Washington State Housing Finance Commission allocated \$138.6 million of federal tax credits to 26 competitive projects in 13 counties across the state. Due to the credit crunch, 11 of those projects are ready to begin construction. But because of the credit crunch they have not found enough investors to raise all the capital they need.

"This bill directly addresses that problem. The bill will let the state housing finance agencies trade in some of their 2009 allocated low-income tax credits in exchange for a direct grant. This is money they can put to work right away so we don't lose ground on these ready-to-go projects."

As a member of the Senate Finance Committee, Cantwell has long been an advocate for the low-income tax credit program. She has worked to make the program more ef-

Please see "Cantwell" on Page 2

SHA tables plan to turn management of Jefferson Terrace over to DESC

By VOICE STAFF

The Seattle Housing Authority has discontinued plans to turn over as many as 300 apartments at Jefferson Terrace to the Downtown Emergency Service Center (DESC) to provide housing for the chronically homeless.

The plan has proved financially infeasible, according to a press release.

"As we've examined the size of this project and have gained understanding of the funding available for homelessness issues, it has become clear that there is not enough to fund this large a project without denying funds to many worthy and important programs that are already in place," said SHA Executive Director Tom Tierney.

He added that the plan is no longer being pursued. "While we were excited about the

possibility of this new use for Jefferson Terrace, it has become obvious that funding is not available for a project of this scale."

To implement the plan would have required \$12 million in capital funds from SHA and an additional \$2 to \$3 million from DESC.

The proposed partnership had met stiff opposition from residents of Jefferson Terrace, who said that the building, which is home to a population of primarily senior and disabled residents, was unsuitable for the type of supportive housing for the chronically homeless.

The proposal was meant to help meet the Ten-Year Plan to End Homelessness in King County, as set forth by the Committee to End Homelessness. Both SHA and DESC are involved with the committee.

One partnership still on the table would involve turning one floor of Jefferson Terrace over to respite care, through the cooperation of the health department and area hospitals.

SHA is also considering how to develop the remainder of the Jefferson Terrace site. The existing building covers about half of the site.

"We will explore whether some of this land could be used for new buildings under a variety of scenarios," Tierney said. "It may sound surprising, but a new building may be more financially feasible than the use of the existing building, because a new building would attract funding from sources beyond the local homelessness dollars that have been looked to for funding the earlier project."

Denny Terrace residents comfort bus crash victims



PHOTO BY CLAIRE McDANIEL

Denny Terrace residents (left to right) Mary Margaret Willoughby, Donald Gardner, Cinda Lium, Ed Ward, Michael Porter and Janice Linderman pose with the certificate of appreciation presented to them by East Precinct Operations Lt. Sean O'Donnell and signed by Seattle Police Chief Gil Kerlikowske for providing the passengers from the I-5/Melrose Ave bus crash on Dec. 19, 2008 a warm place to recover. Not pictured is Mark Iverson.

By CLAIRE McDANIEL
Seattle Housing Authority

Images of the Northwestern Trailways bus hanging dangerously over the ledge about 20 feet above Interstate 5 in Seattle were all over the local and national news on Dec. 19.

Three buses carrying young people from the Columbia Basin Job Corps Center in Moses Lake were looking for a detour around the closed Denny Way to get to Downtown Seattle. Two of the buses decided to turn down East Thomas Street, not realizing how steep and icy it was until it was too late. As reported by The Seattle Times, "The first bus slid across Melrose Street, crashed through the guardrail over I-5 and edged out over the freeway. The second bus then struck the first

bus and pushed it further over the edge."

Afraid that the buses might go all the way over the edge onto the freeway, passengers, most in their teens and early twenties, scrambled out through the windows.

A group of residents at SHA's Denny Terrace on Melrose Avenue spontaneously decided to comfort the emotionally shaken passengers. Resident Janice Linderman offered the use of the Denny Terrace Community Room where she and Cinda Lium took the lead with the help of Mary-Margaret Willoughby, Donald Gardner, Ed Ward, Michael Porter and Mark Iverson in serving the passengers food and coffee while the medics checked for injuries and police officers interviewed and identified everyone.

Please see "Denny" on Page 5

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Reader's viewpoint

Readers of *The Voice* share their ideas

More detail needed on how to respond to harassment

To the Editor:

More about what to do about threats, name calling, garbage and rock throwing, excessive noise and other manners of not-so-neighborly behavior:

Much of the information in last month's article on harassment was useful. It is a bad idea to try to get even. As the article said, the other person might be better at that game than you are. And both the law and the Housing Authority are not too interested in who started it. If you break the law when you try to get back at the person who has been harassing you, you may be the person who is evicted or in jail.

What the article seriously understated is that most not-so-neighborly behavior is not only a problem for the manager to deal with. It is against the law.

Of course hitting, kicking, grabbing, pushing and punching are against the law.

If threats or name calling say anything about your age, ancestry, color, creed, disability, gender identity, marital status, national origin, parental status, political ideology, race, religion, sex, sexual orientation, use of a Section 8 certificate or use of a service animal and are serious and frequent enough to create a hostile environment; or interfere with your ability to work, live, or enjoy a public place, it is also against the law. (I tried to think how anyone could do much name-calling without getting into one or more of those categories. It isn't easy. Your harasser is probably going to cross that line.)

Tossing garbage onto your property, vandalizing your property or making excessive noise are also against the law. Retaliating against someone who complains of harassment is against the law.

You do not have to wait, and you should not wait until you are physically assaulted

to make a police report, file for a restraining order, or complain to the Department of Human Rights. And a record of official reports and complaints make it possible for Housing management to act more quickly.

Make a police report as soon as you can; if police arrive while your harasser is throwing rocks or shouting threats, your problem may be solved. Get and keep incident numbers on all police reports. Do report to your manager as soon as possible after an incident. Put your complaint in writing on an official Seattle Housing Authority Complaint Form, and ask for and keep a copy. If your community has an assigned Police Officer, they are very helpful in working with you to document threats and other harassment but don't wait until Monday to tell the Management Office or the Community Police Team Officer about something that happened on Friday night. Keep a record of what is being done to harass you, including written, emailed or answering machine threats and name-calling, pictures of damage, etc. because you may well have to complain more than once. Conduct that isn't witnessed is hard to prove. If neighbors are also being threatened, or have seen or heard you being threatened, ask for their support.

If the hostile behavior doesn't stop, don't stop reporting and complaining. Keeping track of and continuing to report frequent and repeated bad behavior should get the support you need to make your problem end.

Don't give up. Here are some useful phone numbers: Police Emergency: 911. Seattle Police Non-Emergency: 206-625-5011. Seattle Department of Human Rights: 206-684-4507. King County Anti-harassment orders: 206-205-9200.

Kristin O'Donnell

Cantwell

Continued from front page

fective.

Tom Tierney, Seattle Housing Authority executive director, also spoke at the Cantwell briefing. He described how the Housing Authority is being affected by the economic downturn.

"With the crisis in the housing market, we can't sell land to private builders, whose purchases subsidize the construction of low-income units. With the crisis in the capital markets, we can't get necessary credit," he said. "With too few people and institutions making money, there's reduced interest in tax credits. And, finally, there has been very little in the way of federal grant support for low-income housing in the past eight years."

Cantwell explained how the new bill would help the economy. "A recent Oregon Housing Finance Agency study found that each on-site job created by an affordable housing development or renovation project can stimulate an additional 1.5 jobs off-site. And that every \$1 invested in affordable housing generates an additional \$10-\$15 for the surrounding community. That is

just the kind of results we need to turn this economy around."

Tierney described the benefits that he hopes will come to the Seattle Housing Authority from the American Recovery and Reinvestment Act. He estimated that the Housing Authority could get about \$15 million for building projects.

"With that, we can fill the last gap in funding for Tamarack Place, an 86-unit low-income apartment building across the street next to the Boys & Girls Club. We could be under construction before the end of the year, employing — by industry estimates — more than 300 people on that project alone," Tierney said.

Final go-ahead for the project will be decided by the Housing Authority's Board of Commissioners, probably in March.

Concluding her remarks, Sen. Cantwell emphasized the need for affordable housing. "Thanks to the Economic Recovery Act, we are able to provide some help to the families that are most at risk of being homeless and provide federal investment in affordable housing development that will also create needed economic stimulus. We need this housing and we need these jobs."

Seattle Disability Coalition would provide a voice for those with disabilities

BY JULIAN WHEELER
Special to The Voice

Persons with disabilities are a special group with a variety of different interests and concerns. They deserve a seat at the table in matters of local government.

I propose the creation of a Seattle Disability Coalition (SDC) to interface with local agencies and organizations and to represent the needs of those with disabilities.

Essentially, I believe an SDC would be good for Seattle and its people with disabilities for the following reasons:

1. The disability community is at once unique and widely defined, particularly by characteristics that are just as immutable as those defining gender, sexual orientation, among other protected classes.

These characteristics have caused stigmatization and discrimination that victimized people with disabilities; and many still carry stigmas and cause unconscious and de facto discrimination. Historically, and up to the present day, the disability community has experienced isolation, including with communities that supported policies that would keep people with disabilities hidden.

2. Basically, an SDC would be a visible venue that would serve to direct petitions for redress of grievances by the disability community and its supporters to the city. Also, it would provide a tool for ascertaining the extent of concerns that impact the disability community, and will give the city, and the office that will staff it, the ability to gain an advance sense of issues that arise at any given moment, including through the activities of its commissioners.

This would provide the disability community the opportunity to express its concerns in a forum where it will be heard as one community, wherein its concerns will be heard by a body of commissioners whose definition and majority will be composed by those whose affinities should favor pursuit of disabilities issues, discussions and solutions. Currently, addressing disabilities issues through different bodies with one representative of the disability community per board puts its input at risk of marginalization, given the possibility that disability community representatives can be out-voted on these bodies, i.e., advisory boards, task forces, other city commissions, etc.

Specifically, a single "disability rep."

on any particular city board, task force, or commission may reflect their own personal perspective, and as such may reflect only that of a particular faction within the disability community as a whole, which may not be comprehensively reflective. A specific commission on disabilities issues can provide the disability community with an opportunity to gain broader representation of more disability perspectives.

A commission as requested will give the disability community a chance to thereby speak with one coherent and united voice. It will further provide the disability community with an opportunity to resolve issues that are internal to the community, so as to build on what unites it and thereby strengthen its ability to ascertain emerging issues.

3. There are issues currently impacting the disability community disproportionately, where the shares of people with disabilities who are so impacted are greater than its share of the population in general, resulting in needs that are not being adequately met. These issues include, but are not limited to: employment, transit, homelessness, and police conduct. For example, a substantial portion of complaints that come into the Seattle Office for Civil Rights pertain to public accommodation.

Overall, these needs are going either unmet, or are characterized by the broader community as being of lesser importance. This can lead to, for instance, transit and community projects not incorporating sufficient accessibility as to make them usable by many people with disabilities.

Ultimately, this may make it more difficult for people with disabilities to pursue employment, entertainment, housing, or other opportunities.

Additionally, I personally requested the Seattle City Council to staff this requested commission out of the Seattle Office for Civil Rights, which can thereby further pursue its mission to promote social justice for everyone. The ad hoc Committee for Establishing a Seattle Disability Commission is still working on this aspect of the proposal, with differing ideas being shared among members. But I personally envision a Seattle Disability Commission that will serve alongside the Seattle Women's Commission and the Seattle Sexual Minorities Commission.

The time has come for a Seattle Disability Commission, as it has long ago for other cities like San Francisco and even Tacoma.

About The Voice

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

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

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

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

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

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



Neighborhood House

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POINT OF VIEW

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



PHOTO BY TYLER ROUSH

Jefferson Terrace resident Pattdee Riesen is comfortable in a portable dental chair at the University of Washington Dental School's mobile dental clinic.

Mobile dental clinic a joy for senior patients

By TYLER ROUSH
The Voice editor

Growing up, Pattdee Riesen wasn't a big fan of going to the dentist.

"When I was a kid I was a real scaredy-cat when it came to dentists," she said.

But the 73-year-old resident of Jefferson Terrace has found a comfortable and convenient way to get her teeth cleaned, thanks to the University of Washington Mobile Geriatric Clinic.

Through a partnership with the University of Washington Dental School and city of Seattle's Aging & Disability Services (ADS), Pattdee can leave her Jefferson Terrace apartment, take a short elevator ride down to the seventh floor, and get her teeth cleaned by a UW dental student.

The weekly clinic at Jefferson Terrace is open to SHA residents and members of ElderHealth Northwest's Adult Day Health program who are 60 and older and who have

adult dental coverage through Medicaid or private dental insurance, or can pay out of pocket. Winnie Tsai of ADS recruits eligible patients from around the community and sets them up with an appointment. Those who live outside of Jefferson Terrace are bused in for their appointment.

For an elderly resident with limited mobility, it's an ideal arrangement.

"I can't get out and about the way I used to, darn it," Pattdee said. "I don't have anyone I can call to take me, nor can I afford a taxi."

"The students are gentle and knowledgeable, and make sure you are comfortable and that everything is OK," she added.

Patients can use the clinic for regular and deep cleanings and other routine dental work, such as having cavities filled. For more extensive work, patients are referred out.

Many elderly people have health, mobil-

Please see "Dentist" on Page 4

On second thought

DTV switch deadline, er ... switched

By SVEN KOEHLER
Seattle Housing Authority

If the nationwide switch to DTV had gone according to the original plan, every TV in Seattle would be showing digital TV at this very moment. If you use an antenna to watch TV, you would have seen no picture unless you had taken action to receive digital broadcasts.

However, after it became clear that many people weren't ready, the government delayed the deadline until June 12. All TV stations must stop broadcasting analog signals after this date, instead of the original deadline of Feb. 17.

By law, stations have flexibility to go completely digital immediately, but all Seattle stations report that they will wait until June to shut off their analog transmissions.

What this means for you is that you have more time to get ready if you aren't. If you plan on using an older analog TV to watch broadcasts with an antenna, you will want a converter box to avoid buying a new digital TV.

Some people applied for their \$40 converter box coupons but did not get them in the mail yet, or they applied too late and were placed on a waiting list. A big part of the reason that Congress and the President agreed to the last-minute extension of the deadline was that the coupon program ran out of money, even though it was designed to help people to afford the switch.

The new deadline is a second chance to save you money on a converter box instead of buying a box at full price without a coupon. To order a coupon, call 1-888-DTV-2009 to apply if you haven't already.

Digital signals are being broadcast right now, so many people have been enjoying DTV already. Even these people who were ready for the switch can benefit from the extra time to find better reception.

Please see "Digital TV" on Page 4

Need help switching to digital television?

An analog-to-digital converter box lets you use an old analog TV to receive the new digital signals. It hooks up just like a VCR would. Just attach the cables to the right jacks on your TV. This is simple for some, but a real challenge for others. There are several telephone help lines if you are stuck:

- The Seattle local volunteer line: 206-508-1277.

- KCTS Channel 9, Seattle's public broadcast station, can help: 1-800-937-5287

- The national DTV help lines offer help in English and Spanish: 1-888-225-5322 or 1-888-TELL-FCC (TTY)

- Multi-lingual help is available: Chinese 1-800-582-4218; Korean 1-800-582-4259; Vietnamese 1-800-582-4336

- A local media advocacy group has offered to do a hands-on help session for any SHA resident group. Contact Karen Toering at 206-508-1277 or talk to your property manager to arrange a demonstration.

- Remember, your TV is a consumer item, so hooking up a converter box is not covered by SHA maintenance.

- If you are a tech-savvy person, consider helping your neighbors who are struggling. You might even try printing instructions in foreign languages from the web (see below).

The web offers many resources. A good place to start is www.dtv2009.gov.

Also, translations of DTV materials are available in more than 40 languages at www.dtvanswers.com/dtv_languages.html.

Life without limits

At 93, Hazel Bauer proves one doesn't have to slow down with age

By CHRISTOPHER LINCOLN
Special to The Voice

President of her building's resident council. Ordained lay-minister. Active Seattle Senior Housing Program advocate. Part-time tutor. Exercise leader. Election poll-sitter. Avid Mariners fan. 93-year-old. Amazingly, these all describe the same person: Hazel Bauer.

Officially 93 as of Feb. 20, Hazel stays active in the community that she has been a part of for the last 24 years. She moved into the Pleasant Valley Plaza in Magnolia, part of the 23 Seattle Senior Housing residences, in the fall of 1984.

Today, as the matriarch of the building and a cornerstone in the community, she



Hazel Bauer

has actively reached out to residents, building better communication between their interests and the Seattle Housing Authority, which oversees the SSHP.

In fact, Hazel and co-resident Jean Anderson, 76, visit all of the buildings each year so that she can make a report of the

Please see "Bauer" on Page 4

homeWorks enters home stretch

By SVEN KOEHLER
Seattle Housing Authority

If homeWorks were a marathon, then the project has zoomed passed the 20 mile mark and is getting closer to the finish line. The most intense work, the water supply pipe replacement, is now finished in all the buildings.

Painters used the unusual dry spell in mid-February to complete the exterior paint job at Barton Place. There are just a few touch-up items to be completed in the building, but soon, residents will be celebrating the End of Construction Party in the renovated community room.

Some of the construction crew from Barton Place is now assisting at Center West. All residents are enjoying the benefits of the newly installed pipes, but workers are still busy putting the apartments

back into order. Some of the cabinets in each kitchen had to be removed to access the pipes behind the walls. Those are being reinstalled after each kitchen gets a brand new backsplash behind the sink.

Then the drywall has to be patched, followed up by coats of fresh paint in the kitchen and bathroom. Finally, new tiles are being installed in the bathtub around the new shower valves. By the end of March, this work will be complete and residents will be giving a sigh of relief as most of the workers leave the building.

The halls at Stewart Manor have also become less busy since the work in the units is complete there as well. Before work wraps up there, the first floor and community room will be freshened up with new floor tiles.

Please see "homeWorks" on Page 5

HIGH POINT HERALD

NEWS ABOUT THE HIGH POINT COMMUNITY

Hope (stones) at the heart of High Point



PHOTO BY JEN ROSENBROOK

On Feb. 6, (from left to right) Director of Strategic Initiatives Ray Li, Capital Campaign volunteer Peter Wolf and Neighborhood House Executive Director Mark Okazaki, gathered at the construction site for a hope stone ceremony to dedicate the Neighborhood House High Point Neighborhood Center. At the August groundbreaking, community members inscribed their own messages of hope onto "hope stones." Those small gestures of hope and support are now assembled in the foundation of the center, which will serve the High Point community as a built-green Neighborhood Center. Video of the hope-stone ceremony is available online at www.nhwa.org/solarpanel.

Bauer

Continued from Page 3

needs of the community to SHA. She also informs the residents of the happenings in their community to stay involved via newsletters, building managers, or just having an open door.

In this time, she has noted several changes, such as the increase in the foreign-born population of SSHP and the increased bureaucracy of SHA as a whole.

When Hazel first moved, she described SHA as a small outfit where everyone knew everyone in the program. With SHA's growth, she has taken to heart the need to better the overall quality of life in SSHP.

"So many people are missing the pleasure of each day," said Jean, longtime friend of Hazel. Hazel nodded in agreement and added that one of the things she has been trying to do as an SSHP Advocate II is remind people that life doesn't stop when you're old.

Part of that strategy has been that Hazel leads an exercise group in her building to raise consciousness and vitalize residents. Her last group had eight members. These programs were taught to Hazel by the University of Washington to better the health of older residents. Hazel's reach also extends beyond SHA.

She teaches Advanced Studies for the adults of the Community of Christ Church

on S. Rainier and S. Morgan St. in the Rainier Valley. In this she uses her skills as an ordained lay-minister, one who is not paid, to give back to the community.

"I always wanted to be in teaching," Hazel said. In fact, she first started teaching after her retirement from a life insurance provider in 1982. She became the "School Grandma" for at-risk early-elementary children in the Central District.

Hazel recalls one child in particular whom teachers had described as disinterested. She worked with the student and found that the problem was that something was wrong with his eyes. The student simply couldn't read what was happening on the board. Also, she discovered that the child was very interested in rocks. She gave him a set of rocks that she had found and saw his eyes light up when she said they were his.

"He's probably a geologist somewhere now," Hazel said.

She is very empathetic to teachers' concerns of overcrowded classrooms and has stayed involved with tutoring. Currently, she tutors a boy named Adam who comes over once a week to practice reading aloud.

Hazel admits that she never thought she would be this active at her age, but she wouldn't change anything.

As the oldest child of seven, Hazel grew up in a period where few are left to refute the way things were where she was born on the Western plains of Kansas. She laughingly

said, "It's one of the best parts of being as old as I am."

Her first home was the inside of a granary and made of adobe. With 20 years separating oldest from youngest, Hazel took over for her mother at the WPA, a Big Deal program during the Great Depression, as a seamstress. She was in charge of the cutting department.

From there she moved to Jackson, Mich., where she worked at the Jackson County infirmary. She then moved to Mt. Pleasant, Mich., where she had two children with her husband.

After leaving her husband, she and her children moved to Omaha, where she found herself to be in the minority in one of the city's poorer communities. Hazel believes that this experience should be felt by everyone to get an idea of what others are going through. She found a position at Mutual of Omaha doing policy service for the insurance provider.

Later, she came out to live in Seattle, where her brother had promised her a place to stay until she got a job. Hazel wanted to be in the life insurance business and started underwriting for National Public Service. Eventually, she moved into the Department of Death Services where she spent much of her career.

Currently, Hazel is looking forward to some nice weather, visits from family, and Mariners' games.

Dentist

Continued from Page 3

ity and financial constraints that make going to the dentist difficult if not impossible, said Dr. McCormick, affiliate faculty member of the UW School of Dentistry and the program's supervisor.

"The oral health needs of this population are immense," said Dr. McCormick.

The program benefits students of the UW Dental School, as well as dental hygiene students from Shoreline Community College and dental assisting students from Seattle Central Community College.

"Students get experience in serving a special population with huge dental needs that they wouldn't necessarily see in school," McCormick said.

The program is not limited to residents of Jefferson Terrace. Patients at the clinic during one Tuesday in February were bused from Center Park, Capital Park, Harvard Court, Blakeley Manor, University West, Lictonwood and Bitterlake Manor.

While the mobile clinic will likely be moving from Jefferson Terrace around press time, it should be moving to a new site, likely in an SHA building, for the spring.

"Most likely it will be in a different building because we try to do our best to be mobile," said Winnie Tsai, of Seattle's Aging and Disability Services.

Any SHA resident over 60 with Medicaid or private insurance is eligible for the program.

For more information or to inquire about scheduling an appointment, contact Tsai at 206-931-9746 or winnie.tsai@seattle.gov.

Funding for the clinic comes from Medicaid, Washington Dental Service Foundation, the Seattle-King County Dental Foundation, Henry Schein, ElderHealth NW, USDHHS Region X, and the City of Seattle Human Services Dept - Aging and Disability Services, private insurance and private pay.

Digital TV

Continued from Page 3

For example, tests have shown that a modern set-top antenna for around \$20 can often provide better reception than the 30-year-old roof top equipment on some SHA buildings.

Of course, anyone paying for cable or satellite TV service is not impacted by the change in the way TV signals are transmitted from TV towers. The paid TV providers take care of that as a part of their service.

Cable users may be hearing soon about a new converter box for digital cable TV. If this applies to you, information will come with your monthly bill.

Don't get confused between the broadcast TV converter box and the cable TV converter box. They are not the same thing. If you plan to stop paying for cable or satellite TV and get your TV broadcasts for free from an antenna, you will need the right box.

Have a converter box but haven't hooked it up yet? Read the sidebar on Page 3 for more information.



Neighborhood
House

RAINIER VISTA NEWS

NEWS ABOUT THE RAINIER VISTA COMMUNITY

Free yoga class offered at Rainier Vista Center

BY CLAIRE McDANIEL
Seattle Housing Authority

Do you want to increase your flexibility and reduce your stress level? Have you been putting off working out because you can't afford to join a gym? Well, now if you are a woman and live in Rainier Vista, you have no excuses to delay any longer.

The Neighborhood House Rainier Vista Center is offering a free Yoga Class to community members throughout 2009. You can join in the fun every Tuesday morning from 8:45 to 9:45 a.m. in the Paul Allen Room on the first floor at the Rainier Vista Center, located at 4410 29th Avenue South.

The class is taught by Adelaide Merlo, who also teaches yoga classes for Seattle Parks and Recreation. Dressed all in black, with short red hair, Merlo's presence is calming and her instructions are simple and easy to follow. Mats are provided, or you can bring your own. Whether experienced or a beginner, you can work at your own pace and leave feeling relaxed.

The free class is made possible by the University of Washington, which paid for Merlo's services for one year. The idea for the class came out of the Neighborhood House Focus Groups held in 2007.

"Neighborhood women from the East African community really wanted some type of exercise class in their own backyard that they could participate in. We thought a Yoga class would be something different and it's not real intensive. It's not like aerobics and it's pretty calming," Merlo said.

It was requested that the class be for women only because for cultural reasons the East African women didn't feel comfortable going to a traditional coed gym.



PHOTO BY CLAIRE McDANIEL

The yoga class at the Neighborhood House Rainier Vista Center practices the warrior pose, which increases stamina.

"Now we just need to spread the word," Merlo said.

Flyers have been posted in English and other languages in the community. Speaking English is not necessary to enjoying the class.

"I try to demonstrate more than I normally would for the

benefit of non-English speakers," Merlo said.

If you are interested in the class or need more information, please contact Kate Farmer, Rainier Vista Center site manager for Neighborhood House, at 206-461-4568 ext. 211 or katef@nhwa.org.

Rainier Vista teen wins King County Youth of the Year competition

On Feb. 10, Boys & Girls Clubs of King County held their annual Youth of the Year luncheon at Benaroya Hall. From a field of 11 dynamic young men and women, Michael Davis was announced the winner of the competition.

Michael, a junior at O'Dea High School, joined the Rainier Vista Boys & Girls Club when he was just 5 years old.

"The Club is my home away from home, a place where I can go and be myself," said Michael. "It isn't just a positive place for kids, it's a safe place. And where I come from, that's everything."

In his emotional acceptance speech, Michael thanked Club staff and his mom for being a "super-woman."



Michael Davis

Michael grew up in a foster home though he is not a foster child. His single mother has been a foster parent for over 18 years. He spoke of the difficulties of sharing his mother's time and attention with his foster siblings. Although Michael's father lives minutes away from his son, Michael has never had a relationship with his dad. He considers Bill Burton, Executive Director of the Rainier Vista Boys & Girls Club, to be the father that he never had.

Michael jokes that Denise Lewis, the Unit Director at the Club, is his second mom with, "eyes in the back of her head, too. Nothing gets by her."

Today, Michael is a self-reliant, kind-hearted young man; a pillar of strength for his mom and a role model to his foster siblings. He hopes to attend USC and pursue a career in engineering.

As part of winning the King County Youth of the Year title, Michael received a \$2,500 education scholarship and will now advance to the state level of the competition.

Denny

Continued from front page

"I started knocking on doors and more people got involved — making them coffee and getting cookies," Lium said.

"Somebody had brought the kids into the building. We got chairs for them so they could sit down. A bunch of us rounded up the usual suspects who help in these situations. We went up to our apartments and brought down tea, cocoa, cookies, crackers and listened to them talk and tell their stories," Linderman said.

Fortunately, there were only minor physical injuries.

The passengers described the harrowing moments before they evacuated the buses and were taken to safety.

"While the kids were climbing out the windows and out the back, the bus driver was trying to back up from the ledge. They then saw the other bus driver coming right at them," Linderman said.

"Understandably, they were pretty shaken up. We got some of them cell phones to use so they could call their moms. One mother who arrived on the scene was so appreciative. She gave me a hug," Lium said.

Officer John Skommessa of the Seattle Police Department was so impressed with the kindness and generosity of this group of Denny Terrace residents that he sent an email to Property Manager Anna Corbett praising their efforts and expressing "heartfelt thanks" from his Acting Sergeant Sina Ebinger.

homeWorks

Continued from Page 3

Also, the public bathroom and community kitchen are being renovated and made more accessible.

At a Construction Kick-Off at 3 p.m. March 5, West Town View residents will get to meet the contractors and learn more about the work in their building.

Work will be less intense at this building than at all of the previous homeWorks buildings. Because the pipes are still in good shape at West Town View, they don't

Community notes

RV Citizens Review Committee to meet

The Rainier Vista Citizen Review Committee will meet at 5:30 p.m. Wednesday, March 18 in the McBride Court Community Room.

The agenda for the meeting includes a presentation by Seattle Housing Authority staff on changes to the Rainier Vista development plan. As a result of these changes, the Housing Authority will work with the City Council to change the agreement between the City and the Housing Authority.

In the revised plan, Seattle Housing will continue to carry out the commitment to one-to-one replacement housing serving extremely low-income households (those whose incomes are at or below 30 percent of the Area Median Income). The changes will suggest that some of these units will be built off-site rather than on-site at Rainier Vista.

Community members are welcome to attend the meeting.

New Web site for RV community

Community members looking for updates about the Rainier Vista community can now turn to www.newrainiervista.com for information.

To make announcements to the Web site, contact Christina Gillman at christina@dolcedeleria.com or post them to the Web site.

need to be replaced. In addition, minor work has already been happening there off and on since last year, including roofing, elevator refurbishment, and most recently the installation of the new phone-operated entry system.

Meanwhile, at Ross Manor, the window replacement work during homeWorks is a distant memory. However, smaller-scale construction is still underway. The elevators are being refurbished and the entry gate on Western Avenue is being reconfigured to make it more accessible.

NEWHOLLY NOTES

NEWS ABOUT THE NEWHOLLY COMMUNITY

Mayor attends NewHolly Traffic, Parks and Safety Meeting

By AMBER WADE

Community Builder Intern, UW School of Social Work

On Feb. 17 Mayor Greg Nickels gave his State of the City address, in which he emphasized the importance of volunteering to build a stronger community during these tough economic times. Nickels heard about an empowered group of volunteers at NewHolly called the Traffic, Parks, and Safety Committee (TPS).

He decided to come and learn more about it at this month's meeting, where the group celebrated its 2008 accomplishments and strategized about projects for 2009. The mayor shared his appreciation for the volunteers and also listened and participated in the meeting discussion.

Catherine Glavan, the chair of the TPS Committee for the past year, highlighted some of TPS' 2008 accomplishments including a traffic light installation at a dangerous intersection, a flower-planted round-about, night-time no parking and motion sensor lighting in John C. Little Park (where crime is a growing problem), installation of multilingual welcome signs at every entrance to the neighborhood to slow traffic, summertime safety fair bicycle raffle, and a Kaboom! Playground built by hundreds of neighborhood volunteers and sponsored by Bank of America funding.

Rather than simply complaining about problems in the community, or thinking that they have to just live with situations they believe are unacceptable, neighbors of diverse cultural and class backgrounds come together at the NewHolly Traffic, Parks and Safety meetings to problem solve and make their solutions into reality.

They are working to prevent crime and negative behavior in John C. Little park by arranging positive activities such as family picnics and organized sports games for neighborhood youth. They are completing and installing the benches they built as part of the Kaboom! Playground to encourage parents and elders to come supervise young people.

They are also advocating for more police officers in the south precinct, identifying volunteers to join the Van Asselt Community Center Advisory Committee, creating a Community Enforcement Safety Zone, and developing an Emergency Preparation Plan for NewHolly.

One of the biggest problems TPS overcame is how to access funding and how to navigate complicated city regulations.

With the help of Joy Bryngelson, NewHolly Community Builder and Catherine Glavan, the TPS committee has learned more about city systems and built relationships with key staff, who help the committee to accomplish their community projects with funding and advocacy.

Several of these key supporters attended Tuesday's meeting to congratulate TPS and to offer continuing support for future projects. They included Alex Wiggins, Chief of Staff of the Department of Transportation, Captain Lester Liggins of the South Precinct Police Department, Stella Chao, Director of the Department of Neighborhoods, Emma Moreno, DON project manager for TPS's most recent Small and Simple grant, and Yun Pitri, DON Southeast District Coordinator.

Captain Liggins has been a regular visitor to the TPS meetings over the last few years to provide direct information to the community about crime and to educate NewHolly about how they can better crime-proof their community.

At the meeting, Liggins discussed the drive-by shooting that occurred in Phase Two on Feb. 7 and assured the attendees that this was a targeted occurrence and the police are pursuing all leads; however, no suspect has been identified yet. The victim of the shootings is recovering from being shot in the hip, and neighbors hope to welcome her home soon.

Most important that evening was the opportunity for people of diverse backgrounds to have an opportunity to dialogue with the mayor. The audience of over 80 people

was a sea of white, East African, Middle Eastern, African-American, Southeast Asian, and Latin American peoples of varying generations and language abilities.

A Somali woman raised a plea to the mayor for translation of important events that affect her community and for better safety and understanding about the new train that will go through her neighborhood.

Another pointed out the discrepancy of the quality of education in South Seattle compared to North.

Rang Phan, a Vietnamese community leader, thanked the mayor for coming to NewHolly to hear their concerns and asked him to make traffic slow down on Beacon Avenue so seniors could cross the road to get to the walking path.

If you would like to be involved in helping make NewHolly a more safe and fun place to live, please join us on the third Tuesday of the month from 6-7:30 p.m. at the NewHolly Neighborhood Campus Gathering Hall.

Childcare (for children older than two years) and refreshments are provided.

Questions about specific traffic, parks, or safety topics? Call Joy Bryngelson at 206-723-1725, and she can put you in touch with neighborhood leaders who can assist you.

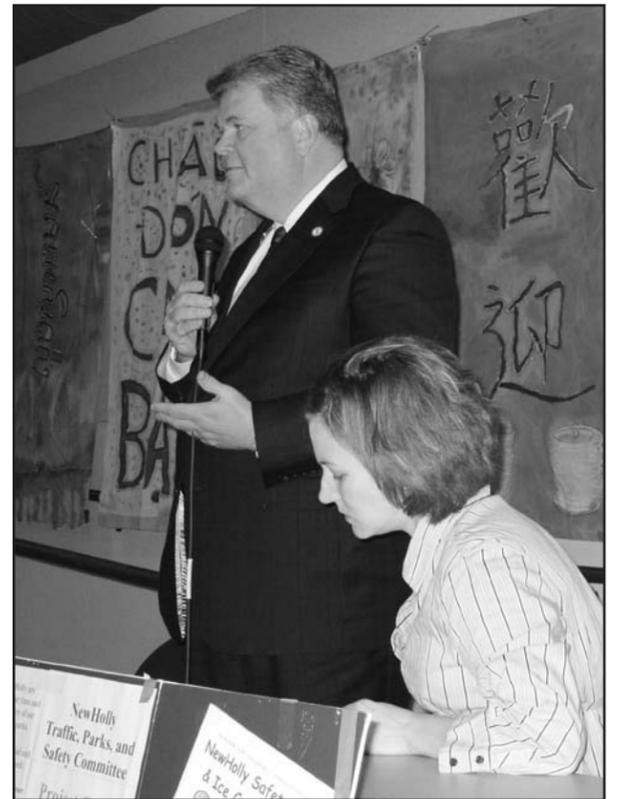


PHOTO BY JOY BRYNGELSON

Seattle Mayor Greg Nickels speaks during a meeting of the NewHolly Traffic, Parks and Safety (TPS) Committee. TPS chairwoman Catherine Glavan is seated.

NewHolly Community Calendar - March 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. ☺

Multicultural Communication Committee



Meeting: Monday, March 9 7-8:30 p.m.

*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



Disaster Preparation Committee



NEW GROUP! COME GET INVOLVED!

First Meeting: Wednesday, March 10 7-8:30 p.m.

*We need to get NewHolly prepared before a disaster comes!
*Join the volunteer group that is organizing trainings and supplies so every household is prepared!



Welcome Committee



Meeting: Thursday, March 12 6:30-8 p.m.

*Help design gift packets for ALL neighbors old & new with a \$960 grant.
*Sign up to help deliver the packets - March 14 or March 21.
*This committee meets on the Second Thursdays of every month at the Campus



Traffic, Parks, & Safety Committee



Meeting: Tuesday, March 17 6-7:30 p.m.

*Come get involved in 2009 action items to improve safety of NewHolly!
*We will also hear from the South Precinct Advisory Council Representative.
*This committee meets the Third Tuesday of every month at the Campus!



Parents Committee



*Meet and talk with other parents.*Plan special fun parent night activities
This committee does not have a regular meeting time yet.
If you are interested in participating, please call!



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, jrbryngelson@seattlehousing.org.

YESLER HAPPENINGS

NEWS ABOUT THE YESLER TERRACE COMMUNITY

Financial modeling examines feasibility of Yesler redevelopment

By TYLER ROUSH
The Voice editor

While the Citizen Review Committee (CRC) weighs how the proposed redevelopment of Yesler Terrace would impact that community, one thing is certain — the current design concept would mean big changes for what was Washington state's first public housing development.

Between 3,000 and 5,000 housing units and more than one million square feet of office space could be built on land now home to 561 low-income housing units.

But grand plans come at a high price, and the biggest question about the proposed redevelopment of Yesler Terrace might simply be how to pay for it.

SHA presented a financial model for the Yesler redevelopment plan at a meeting of the CRC last month.

"The financial model provides a reality check for our planning — we want to create a great new neighborhood, but we also need to be able to make it work financially," said Stephanie Van Dyke, SHA's director of development. "The model informs that process. If we can't develop a plan that we think will create that great neighborhood using these financial assumptions, then we will re-examine them."

SHA has promised at least one-for-one replacement of the existing extremely low-income units on-site; current costs for replacement housing are an estimated \$127 million.

In addition, SHA has considered adding 290 very low- and low-income units, which would cost an estimated \$70 million.

Infrastructure — including roads, sidewalks, sewer and water connections — and parks and open space would cost an estimated \$65 million to \$87 million.

Lastly, community facilities and programs would cost an estimated \$10 million.

Add it up, and SHA's total financial liability could approach \$300 million.

There are a variety of revenue sources to offset that cost.

Some sources include Low-Income Housing Tax Credits, Housing Choice Vouchers, state and city funds for affordable housing, mortgage debt, federal funding such as HOPE VI or Section 202, and federal, state or city money for infrastructure.

But the chief source of revenue is the value of the 28 acres of land that comprise Yesler Terrace.

Just how much of it will be available to market-rate developers will depend on the final design concept adopted for Yesler Terrace.

For the purpose of its financial model, SHA dedicated 5.5 acres to low-income housing and eight to 12 acres to new streets and open space. That left between 10.5 and 14.5 acres for mixed-income housing, retail and office uses.

Revenue from the sale or lease of that land will be generated by the construction of market-rate and workforce (80 percent of Area Median Income) housing and office and retail space.

According to SHA's financial model, each market-rate housing unit built on-site will contribute \$40,000 to the land price. Workforce housing units will contribute \$30,000.

For example, a final concept consisting of 900,000 square feet of office space would generate \$49.5 million worth of revenue. An additional 2,000 market-rate housing units and 1,000 workforce units would generate \$110 million.

Altogether, that's \$159.5 million toward the redevelopment of Yesler Terrace. That's net revenue — private developers will purchase or lease the land and pay to develop it.

Exactly what form the final Yesler Terrace plan will take will depend on the economic feasibility of the project.

Despite the current economic recession and suspect housing market, Van Dyke said that SHA is not concerned about seeing a shortage of revenue from private developers.

"Because we are working with a long planning horizon, we don't see a need for a 'Plan B' at this time," Van Dyke said. "The project will move forward in synch with the economy and the housing market."

Founding member of Food Not Bombs to speak at RVUUC

Keith McHenry, a member of the original Food Not Bombs group in Cambridge, Mass., and the keeper of the group's history, will speak at the Rainier Valley Unitarian Universalist Center 835 Yesler Way at 7 p.m. March 21.

His talk on the history and the upcoming 30th anniversary of Food Not Bombs will be accompanied by a vegan potluck.

Food Not Bombs has active groups throughout the Americas, Europe, Africa, the Middle East, Asia and Australia. It is an all-volunteer organization dedicated to nonviolent social change.

There are no formal leaders, and Food Not Bombs strives to include everyone in its decision-making process. Each group recovers food that would otherwise be thrown out and distributes it to people in need or makes fresh hot vegetarian meals that are served outdoors in public spaces.

Food Not Bombs also caters meals for social change gatherings, including the WTO protests in Seattle, has provided hot meals to earthquake, hurricane and tsunami survivors, and was first to provide hot meals to the rescue workers responding to the Sept. 11 attacks at the World Trade Center.

Seattle Food Not Bombs activities

Saturday Meal: 2:30 p.m. at Westlake Park downtown, except the last Saturday of the month, when the meal is served from 1-4 p.m. at the Really Really Free Market in Pratt Park (20th and Yesler).

Sunday Dinner: 6 p.m. at Occidental Park in Pioneer Square.

Free Markets: Saturday Free Market at Yesler Terrace distributes free food donated from local co-ops at noon in the courtyard by 835 Yesler Way.

Cascade Free Market distributes produce and other food every Sunday at 1:30 p.m., outside the Cascade People's Center at 309 Pontius Ave. N.

Yesler class offers "meditation in motion"



With their graceful dance-like poses, tai chi chun instructor Ed Baxa and students (from left) Pat Decker, Marian Sussman and Susan Veltfort turned the Multipurpose Room at Yesler Community Center into a peaceful zone one recent Tuesday afternoon.

PHOTO BY SCOTT FREUTEL

Tai chi, sometimes described as "meditation in motion," promotes serenity through gentle movements that connect mind and body in a series of postures or movements. Each posture flows into the next without pause. As a form of exercise, it is slow, graceful and comfortable.

Anyone, regardless of age or physical ability, can practice tai chi. Baxa's next 11-week class at Yesler Community Center starts in April. Classes will meet every Tuesday from 12:30 until 1:30 p.m. To join, simply register at the Community Center's front desk. The fee is \$35 for 11 sessions.

Scholarships are available.

Baxa also leads tai chi classes at the Queen Anne Community Center and, on Capitol Hill, the Miller Community Center. For information about these classes, call Seattle Parks & Recreation at 206-684-4951.

TRANSLATIONS

TRANSLATED ARTICLES FROM THE VOICE

You might be eligible for Earned Income Tax Credit (EITC)

ለኤርንድ እንካም ታክስ ክሬዲት (EITC) ብቁ ሊሆኑ ይችላሉ።

ዝቅተኛ ገቢ ያላቸው ሰራተኞችና ቤተሰቦቻቸው ምናልባት የታክስ ሪፈንድ ከ\$428 - \$4716 ለመቀበል ብቁ ሊሆኑ ይችላሉ። የፌዴራል ኢንካም ታክስ ክሬዲት ከአፕሪል 15 የመጨረሻ ቀን በፊት አስገቡ።

ይህን ለግንደኛዎች በአንዳንድ ነገሮች ብቁ መሆንና የታክስ ሪተርን መሙላት ሲያስፈልግ ገንዘብም ባይኖርዎት ለታክስ ሪተርን መሙላት የሚያግድዎ አይኖርም።

በ2008 ሰርተው ገንዘብ ካገኙ ለኢ.አይ.ቲ.ሲ ብቁ ሊሆኑ ይችላሉ።

• ሁለት ወይም ከዛ በላይ የሆኑ ልጆችና ከ\$38,646 (ወይም \$46,646 አግብተው በጋራ የሚሞሉ ከሆኑ) በ2008.

• አንድ ልጅና ከ\$33,995 (\$36,995 አግብተው ከሆነና በጋራ የሚሞሉ ከሆነ) በ2008

• ልጆች ከሌለዎና ከ\$12,880 (\$15,880 አግብተው ከሆነና በጋራ የሚሞሉ ከሆነ) በ2008

በተጨማሪ ከ\$2,950 ያልበለጠ በአመቱ የኢንቨስትመንት ገቢ መኖርና ተገቢ የሆነ ሶሻል ሴኩራቲ ያስፈልጋል።

በጋራ ሬተርንን የሚሞሉ ከሆነ ባለቤትዎ ተገቢ የሆነ ሶሻል ሴኩራቲና ሁሉም ልጆች የኤ.አይ.ቲ.ሲ ለመጠየቅ የሚያስችል ተገቢ የሆነ ሶሻል ሴኩራቲ ቁጥር ያስፈልጋቸዋል።

ብቁ ለመሆን "የገብና ለየብቻ ይሙሉ" የሚለውን የታክስ ፎርም እንዳይሞሉ።

ኢ.አይ.ቲ.ሲ (EITC) ምንም ዓይነት በዌልፌር በሚያገኙት ጥቅም ላይ ችግር አያመጣም።

በአብዛኛው ጉዳይ ኢ.አይ.ቲ.ሲ (EITC) በህክምናዎ በኩል ተጨማሪ የሶሻል ሴኩራቲ ጥቅሞች፣ በምግብ እስታምፖች፣ በዝቅተኛ ገቢ የቤቶች ወይም ጊዜያዊ ጥቅም ለተጠቃሚ ቤተሰቦች (TANF) ክፍያ በምንም ዓይነት ሊጠቀሙበት አይችሉም።

ንናይ ኤርንድ ኢንካም ታክስ ክሬዲት ብቅዓት ክትረክቡ ትክክሉ ኢኹም።

ብትሉት እቶት ዝናበሩ ሰራተኞቻታት ወ.ልቀሰባትን ስድራ ቤቶምን ናይ ታክስ ገንዘብ ሓገዝ ተመላሲ ክረክቡ ይኸእሉ ካብ \$428 ክሳብ \$4,716 እኣብ ናይ ፈደራል ኢንካም ክረዲት ምስዘመልክቱ ክሳብ ዕለ 15 እፕሪል።

ብቅዓት ንክትረክብ ኣዞም ዝሰዕቡ ጉዳያት ክተማልእ ኣሎካ ድሕራኡ ታክስ ተመልክት ውላውን ብዙሕ ኣቶት ኣይተእቱ።

ንዚ ጉዳይ እዚ ክትብቅዕ ናይ 2008 ኣቶትካ ክምዚ ዝሰዕብ ክኸውን ኣኣለዎ።

➤ ክልተ ውይልዕሊኦም ቆልዑ ምስዘህልዉኻ እቶትካ ትሕቲ \$38,646 ምርዑው ምስ መጻምድኻ ብሓባር ምስተመልክት ናይ 2008 ዓመት

➤ ኣድ ቆልዓ ዘሎካ እቶትካ ትሕቲ \$33,995 ውይይማ ምጻምዲ ዘሎካ ብሃባር ኣተመልክት ምስተኸውን

➤ ቆልዑ ዘይብልካ ኣቶትካ ትሕቲ \$12,880 ውይይማ ምስ ምጻምድካ ብሓባር ተመልክቱ ምስትኹኑ ኣብ 2008

ክምኡውን ኢንቨስትመንትካ ናይ ዓመት \$2,950 ሶሻል ሰኩራቲ ዘሎካን ብሓባር ምስመጻምድኻ ተመልክት ምስትኸውን ናይ መጻምድኻ ሶሻል ሰኩራቲን ቆልዑ ዘለኩም ዘለዎ ዘለዎ ክኸውን ይግብእ

ብቅዓት ክትረክብ ምጻምዲ ዘሎካ ዘሎኪ በቤንኸም እተመልክቱ ክትኮኑ የብልኩምን

ኣብ ኣድ ኣድ ናይ ውልፌር ሓገዛት ዝረክቡሰባት ከመልክቱ ዕድል ኣለዎም ኣብ መብዛሕትኡ ኤርንድ ኢንካም ክረዲት ናይ መጻክይድ ሳፕሊመንት ሶሻል ሰኩራቲ ኢንካም ኤኤስኤይ ፉድ ስታምፕ ሎው ኢንካም ሃወሲንግ ግዝያዊ ሕግዛት ንጽጉማት ስድራ ቤት ዝወሃብ ክተመልክት ኣይትብቅዕን ኢኻ።

You might be eligible for earning income Tax Credit (EITC)

የገብና ለየብቻ ይሙሉ የሚለውን የታክስ ፎርም እንዳይሞሉ።

ብቅዓት ንክትረክብ ኣዞም ዝሰዕቡ ጉዳያት ክተማልእ ኣሎካ ድሕራኡ ታክስ ተመልክት ውላውን ብዙሕ ኣቶት ኣይተእቱ።

ንዚ ጉዳይ እዚ ክትብቅዕ ናይ 2008 ኣቶትካ ክምዚ ዝሰዕብ ክኸውን ኣኣለዎ።

➤ ክልተ ውይልዕሊኦም ቆልዑ ምስዘህልዉኻ እቶትካ ትሕቲ \$38,646 ምርዑው ምስ መጻምድኻ ብሓባር ምስተመልክት ናይ 2008 ዓመት

➤ ኣድ ቆልዓ ዘሎካ እቶትካ ትሕቲ \$33,995 ውይይማ ምጻምዲ ዘሎካ ብሃባር ኣተመልክት ምስተኸውን

You might be eligible for Earned Income Tax Credit (EITC)

Вы можете иметь право на кредит за заработанный доход

Малообеспеченные работающие люди и их семьи могут иметь право на получение возврата налога за заработанный доход в размере от 428 до 4716 долларов, если они пошлют формы возврата налога за заработанный доход до 15 апреля.

Чтобы иметь на это право, вы должны соответствовать определенным требованиям и отправить форму возврата налога, даже если ваши заработки недостаточно велики для отправки заявления на возврат налога.

Вы можете иметь право на возврат налога, если вы имели заработок в 2008 году и если:

• У вас двое или больше детей и вы заработали меньше 38646 (или 41646 дол., если состоите в браке и отправляете совместную форму) в 2008 году.

• У вас один ребенок и вы заработали меньше 33995 (36995 дол., если состоите в браке и отправляете совместную форму) в 2008 году.

• У вас нет детей и вы заработали меньше 12880 (или 15880 дол., если состоите в браке и отправляете совместную форму) в 2008 году.

В дополнение к этому, у вас не должно быть больше, чем 2950 дол. доходов от капиталовложений в год и у вас должен быть легальный номер карточки социального обеспечения.

Если вы отправляете совместную форму возврата, то у вашей супруги должен быть легальный номер карточки социального обеспечения, также как и у всех детей, которых вы заявляете в форме возврата налога.

Чтобы иметь право, вы не можете отправлять налоговую декларацию как супружеская пара, которая оформляет отдельные декларации. Возврат налога за заработанные доход не влияет на определенные пособия.

В большинстве случаев возврат налога не повлияет на право получения Мединейда, SSI, продовольственных талонов, проживание в домах для малоимущих и большинство пособий временной помощи нуждающимся семьям (TANF).

QUÍ VỊ CÓ THỂ ĐƯỢC HỢP LỆ CHO VIỆC BÒI HÒAN TIỀN THUẾ (EITC)

Cá nhân hay người có gia đình mà có lợi tức thấp có thể hợp lệ để nhận lại tiền thuế bồi hoàn từ \$428 đến \$4,716 nếu họ nộp đơn khai thuế lợi tức trước ngày 15 Tháng 4.

Để hợp lệ, quý vị phải có các điều kiện sau ngoài việc khai thuế, và ngay cả quý vị không kiếm được tiền nhiều đủ để bị buộc phải khai thuế.

Quý vị có thể hợp lệ nhận lại tiền thuế bồi hoàn trong năm 2008 và :

• Có 2 con hoặc nhiều hơn, và lãnh lương ít hơn \$38646 (hoặc \$41,646 nếu có gia đình và khai thuế chung trong năm 2008

• Có 1 con và có mức lương ít hơn \$33,995 (hoặc \$36,995 nếu có gia đình và khai thuế chung trong năm 2008.

Hoặc quý vị không có con nhưng

có mức lương ít hơn \$12,880 (hoặc \$15,880 nếu có gia đình và khai thuế chung trong năm 2008.

Thêm vào đó, quý vị không thể có hơn \$2,950 lãnh được từ tiền đầu tư trong năm qua, và quý vị phải có Số An Sinh Xã Hội.

Nếu khai thuế chung, thì người vợ hay chồng phải có số an sinh xã hội, để lãnh tiền thuế bồi hoàn, các con trong nhà cũng phải có số an sinh xã hội hợp lệ.

Để hợp lệ, quý vị không thể là người có gia đình mà khai thuế riêng.

Tiền Thuế bồi hoàn EITC không ảnh hưởng gì đến một số chương trình Trợ Cấp Welfare.

Trong số lớn trường hợp, tiền thuế bồi hoàn EITC không thể được căn cứ vào đó cho việc xét hợp lệ trong trợ cấp Y Tế, trợ cấp SSI, food stamp, nhà ở, welfare TANF.

Waxaa laga yaabaa inaad xaq u leedahay in aad hesho canshuur cafiska dakhliga ee carruurta.

Dadka iyo qoysaska dakhliga yar soo galo waxaa laga yaabaa in ay xaq u leeyihiin in ay helaan lacag dhan \$428 iyo 4,716 haddii ay codsadaan lacagtaas looga soo celinayo waxaa loo yaqaan Federal earned income child Tax credit. Inta aan la gaarin April 15keeda.

Si aaxaq ugu yeelato lacagtaan, waa inaadbuuxisaa shuruudo gooni ah aadna buuxisaa canshuurta sanadkii lasoo dhaafay xataa haddii aadan sameyn lacag badan. Oo lagaa doonayo inaad ku cadeyso canshuur celinta sanadka.

Xaqbaad u leedahay in aad codsato heshana lacagtan Haddii aad shaqeysay sanadkii 2008 aadna:

• Leedahay labo carruur ama ka badan aadna sameysay lacag gaareysa \$38,995 (ama \$41,646 waa haddii aad isqabtaan wadjirna ku xareysataan)

• Aad leedahay hal cunug aadna sameysay lacag ka yar 33,9995

(\$36,995 haddii aad isqabtaan una xareysanaysaan wadajir.)sanadka 2008

• Aadan carruur lahayn aadna sameysay lagac ka yar \$12,880 (\$15,880 haddii aad isqabtaan wadajirna u xareysanaysaan) sanadka 2008

Intaas waxaa dheer inaadna sameyn maalgelin ka badan \$2,950 sanadka 2008. waana inaad leedahay lambarka soshalka oo sax ah.

Haddii aawadajir u xareysanaysaan, waa in xaaskaaga ama saygaaga iyo carruurtiinuba haystaan lambarro sooshal oo sax ah.

Si aad xaq ugu yeelato lacagtaan kuma xareyn kartaan waan isqabnaa waana kala xareysanaynaa canshuurta.

Qaadashada caydhu wax uma dhimayso xaq u yeelashada lacagtaan.

Ogow inta badan helitaanka lacagtaan macaneheedu maahan xaq u yeelashada caawimaadaha kale sida MEDcaid,SSI, karaka cuntada guryaha iyo lacagta cayrta.