



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



The Voice

April
2009
Articles translated
into six languages

The newspaper of Neighborhood House

Attention animal lovers

Volunteer at the Seattle Animal Shelter

BY CLAIRE McDANIEL
Seattle Housing Authority

The Seattle Animal Shelter (SAS) has one of the best animal shelter volunteer programs in the nation. Volunteers help save the lives of thousands of animals every year.

Virginia Dalton, Animal Care supervisor, appreciates the SAS volunteers.

“The truth is that we could not save the animals we do without the wonderful volunteers who give their time to so many orphaned pets. They have found great satisfaction in comforting and caring for animals that are here waiting to be adopted,” she said.

“Many volunteers choose to participate in the program because their housing or life circumstances don’t allow them to have a pet. In addition, the SAS volunteer program is a great way to meet other like-minded animal lovers. Many friendships are formed through volunteering,” said Kara Main-Hester, manager of the Volunteer Program at SAS.

SAS offers a broad range of volunteer opportunities. To be eligible to participate, volunteers must be at least 18 years old.



PHOTO BY CLAIRE McDANIEL

Seattle Animal Shelter volunteer Aimee Roy (far left), shows formerly feral cat, Toby, age 3, to his prospective adopters. Toby went home with his new adoptive parents that day.

They must be able to commit to eight hours of service per month and scheduled volunteer times. Most importantly, volunteers must attend an orientation before starting their volunteer duties.

“I have seen that both animals and people benefit from the time spent together. Every day, when I come to the shelter, my belief

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Growing state budget deficit threatens housing and homelessness programs

Washington Low Income Housing Alliance lobbies to maintain critical funding

BY JEFF ARNIM
Seattle Housing Authority

Facing an expected deficit of nearly \$9 billion, state legislators are in the process of unveiling their proposals for the next biennial budget.

The economy continues to struggle. As a result, proposed budgets from the Senate and the House of Representatives will likely cut even more than Governor Chris Gregoire suggested in December.

The projected deficit for the next two years has increased by more than \$3 billion since the governor’s proposal was released just three months ago. From higher education and health care to jails and state parks, services across the state

Please see “Legislature” on Page 2

SHA decides how to use \$17 million in stimulus funds

Rainier Vista projects receive priority

BY SHA STAFF

Seattle Housing Authority’s Board voted at its March 16 meeting to use economic stimulus funding on three projects. All of the projects can begin construction within 120 days. These projects include construction of Tamarack Place at Rainier Vista, infrastructure at Rainier Vista and rehabilitation work at Bell Tower.

In Feb. 2009 President Obama signed into law the American Recovery and Reinvestment Act. Seattle Housing will receive \$17 million in funds for these projects under this legislation.

Housing authorities across Washington State will receive over \$40 million in all. As Chairman of the Senate Housing Appropriations Subcommittee, Senator Patty Murray worked to make sure that job-creating investments in

Washington’s local housing agencies were part of the Recovery Act. Senator Murray voted to pass the Recovery Act on Feb. 13. The bill was signed into law by President Obama on Feb. 17.

“This will be a shot in the arm for communities throughout our state,” said Senator Murray. “In the face of an ongoing recession, this funding will help create local jobs, provide better and more affordable housing, and help struggling families meet their most basic needs.”

Tamarack Place is an 86-unit low-income apartment building that will be built next to the Boys & Girls Club. It is located on the east side of Martin Luther King, Jr. Way South. The financing package for this building will include \$7,069,888 in stimulus funds. Building permits are already in place. Construction could start as early as summer 2009.

An additional \$6.5 million will be used for construction at Rainier Vista north of Oregon Street. It will help build sewers, electrical sys-

tems, streets and sidewalks.

With the completion of this work, SHA will be able to proceed with the construction of additional low-income housing once more funding is secured.

A rehabilitation project at Bell Tower will use the additional \$3.5 million of stimulus funding. Bell Tower is a 118-unit apartment building on First Avenue in downtown Seattle. The funding will provide new windows for the building, will waterproof the exterior and will correct water line problems. For several years, residents of Bell Tower have had inadequate hot water. The rehab program will also create 15 apartments that meet federal standards for accessibility.

If any funding remains when these projects are done, it will help fund new parks at High Point.

Washington State’s \$40 million is part of \$3 billion included in the Recovery Act for public housing. This funding will go directly to local housing authorities.

Save the Date!

Neighborhood House Breakfast Celebration set for June 4

Neighborhood House will mark its 103rd anniversary with our breakfast event June 4.

The event starts at 7:30 a.m. at the Washington State Convention & Trade Center, and features speaker Rey Ramsey, CEO of One Economy Corporation.

Check the May issue of The Voice for more information, or go to www.nhwa.org and follow the link to our event page.

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Quotable

“If people felt I was saying something important, I will keep talking.”
— Tenaya Wright, a Section 8 voucher holder on being named a board member, and later president, of the Squire Park Community Council. To read her story, turn to Page 5.

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Health Notes

A column devoted to your well-being

Screening and early detection can prevent colon cancer

BY PUBLIC HEALTH - SEATTLE & KING COUNTY

Colon cancer is sometimes called the "silent killer," since it often has no symptoms. Screening and early detection can prevent over half of all colon cancer deaths.

In King County and nationally, African Americans, Native Americans, and Latinos are less likely to be screened and more likely to die from colon cancer than whites. Screening rates are also lower among those without health insurance, with low income, and with less than a high school education.

"It is unacceptable that we have higher colon cancer and death rates among people who are uninsured and underinsured and among people of color. We must expand screening for all adults 50 and over," said Dr. David Fleming, Director and Health Officer for Public Health - Seattle & King County.

Health insurance and Medicare often cover screening tests, and the Washington Colon Health Program provides free screening to low-income uninsured or underinsured residents of King, Clallam, and Jefferson Counties. If you don't have insurance, call the Community Health Access Program (CHAP) at 1-800-756-5437 for more information.

More than 2,000 people have received screening through the Washington Colon Health Program, which began screening tests in July 2006. This program is funded by the Centers for Disease Control and Prevention (CDC) and administered by Public Health - Seattle & King County.

Colon cancer

Colon cancer starts with a growth

(polyp) that is not cancer. Screening can find and remove growths before they develop into cancer. Usually there are no early warning signs for this type of cancer, which is another reason screening is so important.

The greatest risk factor for colon cancer is age, and the screening recommendation is that men and women 50 years and over talk with their doctor and get a screening test. If you have a family history of colon cancer or pre-cancerous polyps, you may need to start screening at an earlier age.

Colon cancer is the second leading cause of cancer death in King County.

In the United States in 2008, there were 108,070 new cases of colon cancer and 40,740 cases of rectal cancer. 49,960 deaths were attributed to colon and rectal cancers in 2008.

Colon cancer prevention

In addition to getting screened for colorectal cancer and going to the doctor if you think you have symptoms, here are some other colon cancer prevention tips:

- eat a healthy diet; include many fruits, vegetables, fiber, and calcium
- exercise regularly
- know your family history of colorectal cancer
- know your own medical history
- don't smoke
- limit red meat, processed meat and alcohol
- maintain a healthy weight

Public Health encourages all King County residents over 50 years old to talk to your health care provider and get a screening test for colon cancer.

For more information about colon cancer, screening, and educational materials, visit www.kingcounty.gov/health/colon.

Beware of fake HUD Web site

A Web site that alleges to be operated by the Department of Housing and Urban Development is actually a "phishing" site, designed to steal personal information from visitors.

The site is located at <http://bailout.hud.gov.us> and appears to offer news and information about the Obama administration's Homeowner Affordability and Stability Plan. **Do not** visit or submit any personal information to the site. The site has **no affiliation with HUD**.

Always use an abundance of caution when submitting personal information online, particularly sensitive information such as your social security number or credit card number.

We want to hear from you!

The Voice welcomes letters to the editor, guest columns and articles. If you are interested in writing for this newspaper, please call editor Tyler Roush at 206-461-8430, ext. 227, or e-mail tylerr@nhwa.org. All are welcome!

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.

Animals

Continued from front page

that there is still so much good in the world is once again renewed," Dalton said. "Whether it is a six foot tall man bottle feeding a 3-day-old kitten or a small middle-aged woman obedience training a 60 pound Pit Bull, they are all here to make a difference in the animals' lives.

"And the animals make a difference in our lives, too!" she added.

Volunteer orientation provides an overview of Shelter policies and guidelines. It serves as an introduction to the various volunteer programs.

Volunteer orientation meetings are held three to four times per year. The next volunteer orientation is on April 25 at 12:30 p.m. in the Seattle Central Community College gym at 1701 Broadway.

For a recorded message about future volunteer orientation sessions please call 206-615-0820.

The volunteer teams are grouped by type of pet. If you are interested in helping with cats you can work with one or more of the following groups:

- Fabulous Felines — responsible for coordinating monthly offsite adoption events for foster and shelter cats
- Foster Cat Team — committed to giving the cats a break from the stress of the shelter by placing them in a home environment while they wait to be adopted
- 9-Lives — provide in-shelter care for cats to improve their general living experience

If you are interested in helping with dogs you may choose from the following teams:

- Dog-Walking — walk shelter dogs so

they get the exercise and human contact they need

- Advanced Dog-Walking — take the dogs to parks in the Seattle area every Sunday morning to promote their availability for adoption and increase people's awareness of the shelter while exercising and socializing the dogs

- Foster Dog Team — committed to improving the lives of shelter dogs by placing them in a home environment while they wait to be adopted

- Get Fit with Fido — every Wednesday evening and Saturday, run adoptable dogs from the shelter to Myrtle Edwards Park to give them exercise and visibility

Other volunteer teams include:

- Critters — help out with other animals at the shelter such as rabbits, rats, ferrets, guinea pigs, birds and sometimes even reptiles

- Digital Photography — photos and descriptions of adoptable pets are posted on the SAS Web site

- Matchmakers — volunteers work weekends to help potential adopters find the pet that is right for them

- Pet Loss Support — caring support for grieving pet owners

- Pet Therapy — companion dogs visit residents of retirement homes to interact with them

The Seattle Animal Shelter is located at 2061 15th Ave. W., on bus routes 15 and 18.

If you would like to find out more about the Seattle Animal Shelter Volunteer Program, you can visit the Web site at www.seattle.gov/animalshelter/volunteers.htm, e-mail at SAS.volunteers@seattle.gov or call the shelter at 206-615-0820.

Legislature

Continued from front page

are expected to see reduced funding. Housing and homelessness programs will likely be no different.

Washington state expects to receive roughly \$3 billion in stimulus funding from the federal government. Though this money will help alleviate part of the deficit, it is not a complete solution.

"The federal economic recovery package signed by the president will help us begin a long-term economic recovery effort. It will assist in addressing some of our revenue shortfall," said Governor Gregoire. "Yet, I want to be clear: the package is not a cure-all for either the recession or the budget shortfall."

Balancing the budget should save \$1.3 billion more. \$700 million from the state's rainy-day fund is also expected to be available.

That still leaves a \$4 billion gap.

One group advocating on behalf of housing and homelessness is the Washington Low Income Housing Alliance (WLIHA). WLIHA — a coalition of housing authorities, nonprofit housing providers and homelessness advocates, among others — is working to help ensure funding stays in place despite the deficit.

"Everyone should have the opportunity to live in a safe, decent, affordable home," explained Rachael Myers, Executive Director of the WLIHA. "There's no easy way out of this economic crisis, but the budget causes more harm than we can accept. Instead of slashing vital support for the most vulnerable, we need creative solutions that protect essential public services and provide security and opportunity," she said.

The budget proposed by the governor in December would cut the \$251 million General Assistance-Unemployable (GAU) program. It helps roughly 21,000 people in Washington by providing a \$339 per month stipend for medical coverage. Many participants suffer from mental illness and are waiting for Social Security coverage.

The WLIHA has called for the program to be maintained. Eliminating it, they say, would increase homelessness and force more people to meet their health care needs in hospital emergency rooms.

The group has also lobbied the legislature to maintain \$200 million in funding for the Housing Trust Fund. The fund helps generate affordable housing units and create jobs. According to the WLIHA, every 1,000 units of multifamily housing create more than 1,300 jobs and \$70 million in local income.

Support for the homeless, and those who may become homeless, heads the WLIHA's agenda as well.

The governor's proposed budget allocates \$30 million for the Emergency Shelter Assistance Program. The program offers temporary help and emergency shelter to those struggling to remain housed. The WLIHA has called for this increased funding to stay in place, along with \$10 million for the Transitional Housing Operating and Rent Program (THOR). THOR supports individuals and families at risk of becoming homeless and those attempting to leave homelessness.

As The Voice goes to press, the Senate's version of the budget has been released and the House version is soon to follow. A balanced budget is expected to be passed in some form before the legislature adjourns April 26.



Neighborhood House

Strong Families. Strong Communities. Since 1906.

Be safe

How does 911 work?

Dear “Be Safe”: Please tell me how a 911 call works?

Thanks, Jennifer in West Seattle

Did you know?

- The 911 Call Center in Seattle received about 846,000 calls in 2008.
- About 40 percent of those calls were from land-line phones, including pay phones, and about 60 percent from cell phones.
- The goal of 911 call operators is to keep all calls between 60 and 90 seconds.
- 97 percent of all calls are answered within 2.5 seconds.

— *Information from Greg Schmidt, Director of 911 Communications, Seattle Police Department*

Greg recommends calling 911 from a land-line because it is more likely to provide operators with a correct address for the caller on the operator’s call screen. The location of a cell phone can be tracked but it is less accurate.

The 911 call center trains operators to be quick and get to the point.

As the operators are listening to the callers they are typing the information into a computer. Operators send the call to dispatchers within 15 seconds after receiving the call. The dispatcher prioritizes calls — a crime in progress is a high priority call. Dispatchers send calls out to cars within

20-30 seconds.

The 911 call center has a gong, which goes off when an incoming call has not been answered in 10 seconds. If 911 call operators get multiple calls they ask different questions to get new information.

Callers who do not speak English can dial 911 and get connected to interpreters. It would be helpful for non-English speakers to give the name of their language in English to the call operator.

So, what’s an example of how one call to 911 might work?

Greg Schmidt gives this example — a shooting incident call into 911.

Several people around a neighborhood called 911 saying that they heard shots fired. Some people said the shots came from the north, others said the shots came from the south. The calls helped the police narrow down the location of the incident.

Finally 911 received a call from the person who had been injured by the shots.

The victim spoke Vietnamese. The operator was able to get an interpreter on the line within 45 seconds and was able to dispatch officers and medics.

Allan Davis (206-323-7094) and Kelly McKinney (206-323-7084) are community education coordinators for Seattle Neighborhood Group. Call Allan or Kelly for crime prevention information or help with your safety and security concerns.



Neighborhood House Executive Director Mark Okazaki accepts his award from the Center for Ethical Leadership.

PHOTO BY TYLER ROUSH

Center for Ethical Leadership honors Mark Okazaki

The Center for Ethical Leadership named Neighborhood House Executive Director Mark Okazaki one of three recipients of the 2009 Bill Grace Leadership Legacy Award at a ceremony in March.

The award is given each year to individuals and groups in the Puget Sound region making substantial contributions to advancing the common good. It is named in honor of Center founder Dr. Bill Grace, who served as the organization’s director from 1991-2005.

Also receiving awards were Milenko Matanovic, executive director of the Pomegranate Center, and Jon Ramer, executive director of The Interra Project.

Founded in 1991, the Center for Ethical Leadership “is dedicated to building the ethical leadership capacity of individuals, organizations, and communities in service of the common good.” To learn more about the Center, visit www.ethicalleadership.org.

Child Development Director Kathee Richter receives excellence award

The Washington State Association of

Head Start & ECEAP recognized Kathee Richter, Neighborhood House’s Child Development Director, with its 2008 Director Excellence Award at its winter meeting in January.

In receiving the award, Richter credited the outstanding work of Neighborhood House’s Child Development staff.

Neighborhood House Head Start and Early Head Start received a perfect score in the most recent federal review of the programs, conducted in 2007. The Neighborhood House programs were one of only three to receive perfect marks in the four-state region encompassing Washington, Oregon, Idaho and Alaska.

Through a partnership with UCLA/Johnson & Johnson Health Care Institute and local health providers, the department implemented its first J&J health care event for Head Start families in 2005.

Richter has been Neighborhood House’s Director of Child Development since 1998. She started with Neighborhood House as Head Start Education Coordinator in 1996.



One to grow on

Garden tips for community gardeners

While winter chill lingers into spring, prepare your seeding trays indoors

By ANZA MUENCHOW
Special to The Voice

The calendar says it is spring now, but it still feels like winter as I write. The little peas are still just peeking out of the soil.

We’ve transplanted onions, choys, broccolis, kales and hardy lettuce. They all are alive, but not growing very fast.

We will keep seeding trays of these same varieties for another month because we are expecting it to remain cold until May this year.

In April we’ll seed, indoors in pots, the summer and winter squash, cucumbers, corn, pumpkin and later lettuces to transplant out after Mother’s Day. By then weather should be warming significantly.

This month you should continue to plant outdoors all the green leafy vegetables you want on your dinner plates this summer: colorful tangy mustard, tender sweet spinach, bok choy and rapini or broccoli raab.

These all provide interesting and varied stir fry ingredients. Usually we plant these seeds closely and then thin out the small ones for delicious early snacking. That will leave room for the remaining plants to mature without crowding.

These plants like a rich soil, with compost or another organic nitrogen source and lots of water, which our April showers provide. If you haven’t added lime in a few years, mix a handful into the soil before you plant the Brassicas.

How much lime should you add? Testing your soil is always a good idea. Lime is slow to break down in soil, so it is safe to add about a cup every five feet of raised bed.

But to really know the acidity of your soil, you can buy a new soil test kit each year or send in a soil sample to the University of Massachusetts. They have an inexpensive soil test that is very user friendly and accurate. Go online to www.umass.edu/plsoils/soiltest/ and download the form.

If you plan to send in a sample this spring, collect the soil and let it dry on a tray inside for a few days. That way you don’t have to pay as much for shipping the heavy damp cup of soil. I recommend the soil test that includes checking percent of organic matter, as well as nutrients.

Carrots can be planted this month, but they have a few pests to be aware of. Firstly, the slugs enjoy the little seedlings. Also, the carrot rust fly will lay its eggs on the base of the stem for the larva to later feed in the roots. These maggots eat through the carrot leaving a trail of rust colored tunnels.

Some people think that the wire worms (click beetle larva) make the rusty trails, but their damage leaves holes without the rust color. For slug and rust fly prevention, use a well anchored blanket of floating row cover as a barrier.

Carrots can grow under the fabric all season with the sun and rain passing through the cover. You’ll need to remove it to weed the carrots once or twice, but keep the row cover edges firmly held against the soil with rocks or piles of soil so the pests don’t get under to feed.

Keep growing.

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.

Shopping and cooking — fresh, affordable and vegetarian (mostly)

By KRISTIN O’DONNELL
SHA Resident

There are a number of sources for fresh and frozen foods at local food banks, produce stands and free markets.

Fruits and vegetables

Food not Bombs free markets operate at Yesler Terrace at noon Saturday and at Cascade Peoples Center at 12:30 p.m. Sunday.

There are many produce stands along Jackson in the International District, with a really big shop on 12th between Jackson and Weller.

Others include: McPherson’s at 15th S. and Columbian Way; Rising Sun at 15th and 65th NE; Top Banana at 15th and 65th NW in Ballard; Tony’s Market at 35th Ave SW and Barton in West Seattle.

Prices are less than half what one would spend at most grocery stores.

Things from produce stands and free markets tend to be really ripe — don’t pick up food for a whole week, unless you plan to cook and freeze it by the next day.

Farmers’ markets are so beautiful, so organic, so fresh, so fun, so local and so expensive — but can be a bargain for Women, Infant and Children (WIC) voucher-holders, and for some low-income seniors, who can get coupons.

There is a lottery for the senior cou-

pons — apply to Senior Information and Assistance at 206-448-3110 beginning April 15.

Some vegetables, especially in winter, are cheaper and better if canned (especially tomatoes) or frozen (green beans, peas or corn). Buy store brands on sale.

Herbs and spices

A jar of curry powder or cumin seed costs nearly five dollars from the spice section at Red Apple. A plastic envelope of similar stuff in the Mexican food aisle is 79 cents.

Bulk herbs and spices (Pike Market, Fred Meyer, PCC, some other large groceries) are expensive per pound but much less expensive than the same thing in a jar — don’t buy more than you will use in a month or so.

Fresher is better, and really fresh is best — a lot of herbs can be grown in a small sunny space, and you won’t need to buy an enormous bunch of parsley to get a tablespoonful.

Canned, packaged and frozen foods

Food banks often have canned and dried food — and if you want and use canned or dried beans, many food banks have an over-supply. Ask about it.

Grocery Outlet at MLK and Cherry

Please see “Healthy” on Page 4

Out of School Youth program connects teen with job

By VOICE STAFF

Michelle McGinnis came to Neighborhood House looking for a chance to work.

At age 17, she didn't yet have her high school diploma, but she did have a new baby that she wanted to provide for.

"I wanted to make some extra money for my family," said Michelle, who has a one-year-old son, Gerardo.

Neighborhood House's Out of School Youth program helps youth who have dropped out of high school finish their education and connect them with unique internship and job opportunities.

The program provided Michelle with job training, helped her prepare for an interview and set her up with leads for jobs.

It was through those job leads that Michelle found an internship at a State Farm office in Kent.

At the conclusion of the internship, agent Doug Jones hired her as an administrative assistant.

Michelle loves the job. She works at the office part-time and attends classes at West Auburn High School three afternoons a week; she said she'll graduate later this year.



PHOTO BY TYLER ROUSH

Michelle McGinnis found a job at Doug Jones' State Farm office in Kent, with help from Neighborhood House's Out of School Youth program.

And with her job at State Farm, she now sees a career path opening up before her.

"As soon as I get my license, I want to sell insurance," she said.

She credits Neighborhood House with putting her on the right track.

"They helped me out a lot," said Michelle of Neighborhood House. "I love my job."

Healthy

Continued from Page 3

often — but not always — has canned, dried and frozen foods for far less than standard prices. (It also has a lot of interesting groceries that you are going to be buying even if you don't need them if your consumer resistance level is not high — like Whole Foods, but very cheap!)

Bartell's and Walgreens often have canned food and pasta for less than the prices at most grocery stores.

Store brands and closeouts at regular grocery stores may be the best buy. The 'best buy' stuff is probably going to be on the lower or top shelves. Look for it.

If you are nervous about buying a non-brand-name product, buy one package and check it out. It is often the same stuff with a different label.

Groceries like Viet Wah at 12th and Jackson may have excellent prices, and also interesting groceries. Much cheaper than Safeway, but do you really need that can of lychee nuts?

Eat well

For a delicious recipe for beans with greens, turn to Page 5.

Loving Families program helps couples with children

By LOVING FAMILIES OUTREACH TEAM

What is Loving Families?

Loving Families (LF) is a program through the Center for Human Services that helps couples strengthen their relationship so they can raise successful children. LF is based on the Loving Couples, Loving Children curriculum designed by Drs. John and Julie Gottman, leading national experts on relationship research.

Who can participate?

You may be eligible to participate if you are:

- Married, and parenting children
- Age 18 or older
- Living with a low income
- Speak English or Spanish

What are the benefits for couples?

• Building skills that are essential to a healthy, strong marriage; like communicating, managing stress and conflicts, parenting as a team, ensuring the well

being of your children, and keeping fun, friendship, closeness, and shared meaning in your relationship.

- Spend time together as a couple; quality on-site childcare is provided.
- Enjoy a fun, supportive atmosphere where you can meet other couples and make friends.
- Access support services and staff who can assist you with your family's needs and goals.
- Build a relationship with a family advocate who can connect you with additional supports.

How much does it cost?

It's free! Couples receive free childcare, transportation vouchers and other incentives that recognize their participation.

How can I contact Loving Families?

Call 206-362-6979 or e-mail sdefries@chs-nw.org. Eligible couples can receive a \$50 gift card and a \$10 gas card for completing an intake interview.

Familias con Amor ayuda a las parejas que crían los niños

POR EL EQUIPO DE RECLUTAMIENTO DE FAMILIAS CON AMOR DEL CENTRO DE SERVICIOS HUMANOS

¿Qué es Familias con Amor?

Es un programa del Centro de Servicios Humanos que les ayuda a las parejas a fortalecer su relación para que puedan criar hijo/as exitosos. Familias con Amor enseña el currículo <parejas amorosas, niños amorosos>, diseñado por los Drs. John y Julie Gottman, expertos en la investigación de las relaciones.

¿Quién puede participar?

- Podrían ser elegibles personas:
- casadas o que se consideran casadas
 - mayores de 18 años
 - de bajos recursos
 - que crían niños menores de 18 años

¿Cuáles son los beneficios?

• Construir habilidades importantes para un matrimonio sano y fuerte; comunicarse bien, manejar estrés y conflictos, ser padres

unidos, asegurar el bienestar de sus hijos, divertirse, fortalecer la amistad, acercarse y crear un sentido de vida compartido.

- Pasar tiempo juntos como pareja; tenemos guardería para niños.
- Disfrutar de un ambiente divertido y de ayuda donde conocen a otras parejas y hacen amigos.
- Obtener servicios de apoyo y la ayuda del personal para conseguir necesidades y metas familiares.
- Conocer a un/a trabajador/a social para brindarles el apoyo adicional.

¿Cuánto cuesta?

¡Es gratuito! Las parejas reciben guardería para niños, cupones de transporte y otros regalos que reconocen su participación.

¿Cómo puedo llamar a Familias con Amor?

Al 206-362-6979 o email sdefries@chs-nw.org. Parejas elegibles podrán recibir tarjetas de regalo con un valor de \$60 al término de una entrevista.



Neighborhood House
Strong Families. Strong Communities. Since 1906.

NOW ENROLLING for Head Start and Early Head Start Program

We provide AT NO CHARGE:

- Weekly home visits for pregnant women and families with children 0-3 years of age.
- Classroom programming for children 3-5 years of age.
- We also work with Early Intervention Programs such as Boyer Children's Clinic & Seattle Public Schools.



Serving low-income pregnant women and families with children ages birth to five, including those with special needs, living in the SHA garden communities.

Early Head Start
7054 32nd Ave S., Suite 107
Seattle, WA 98118
(206) 760-9330 ext. 10

Head Start
905 Spruce St., Suite 200
Seattle, WA 98104
(206) 461-8430 ext. 247



Neighborhood House
Strong Families. Strong Communities. Since 1906.

VIETNAMESE

Bây giờ đang đăng ký học sinh cho chương trình Head Start và Early Head Start

Chương trình phục vụ miễn phí:

- Mỗi tuần, có nhân viên thăm viếng đến tận nhà những người mẹ mang thai và những gia đình có con từ lúc mới sinh cho tới đúng 3 tuổi.
- Ghi tên cho trẻ em từ 3 đến 5 tuổi để đi học Lớp Vờ Lòng.
- Cơ quan chúng tôi có làm việc chung với chương trình của trạm y tế trẻ em Boyers và trường học Seattle.

Chương trình phục vụ các người mẹ mang thai, các gia đình có lợi tức thấp, hoặc đang có con mới sinh cho tới đúng 5 tuổi, bao gồm cả những gia đình có con em cần những nhu cầu đặc biệt và hiện đang sống trong những khu gia cư: High Point, New Holly, Rainier Vista và Yesler Terrace.

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Seattle, WA 98118
(206) 760-9330 ext. 10

Head Start
905 Spruce St., Suite 200
Seattle, WA 98104
(206) 461-8430 ext. 247

Tenaya Wright finds her niche on Squire Park council

BY TYLER ROUSH
The Voice editor

Tenaya Wright first learned about her neighborhood's community council the same way a lot of others do — she received a copy of their newsletter.

But instead of just thumbing through the Squire Park newsletter or tossing it in the recycle bin, Wright did something different. She decided to attend a meeting of the Squire Park Community Council.

It was simple, really — a community member getting involved in her community, she said.



Tenaya Wright

Soon, she became a fixture at council meetings.

"I would continue to go to meetings, ask questions, give input," she said.

Wright is a Section 8 voucher holder and lives with her 14-year-old twins in the small Seattle neighborhood, which borders First Hill and the Central District.

Because people in her situation are underrepresented on neighborhood councils, she felt it was important to make her voice heard.

"I'm a single mom of twins, a Section 8 renter, a woman of color — nothing that unusual," Wright said.

When nominations for board positions came around — she recalls that it was in 2005 or 2006 — her name was floated as a candidate.

"I felt like if someone felt that I was saying

something of value and felt like I should be on the board to continue representing those values or having whatever voice I had, I would do it," she said.

She didn't let the opportunity pass her by.

"If people felt I was saying something important, I will keep talking," she added.

About a year later, she was elected president of the board.

She understands there's no glory in serving as president. The all-volunteer board is about service to one's neighborhood.

"I always understand that there's no glory," Wright said. "I just have to be who I am."

Since joining the council, Wright said she's made it her goal to get more women and parents like her involved. But, she acknowledges, "it's challenging."

"You are working to support your family

or you are working to raise your kids, or you are working to manage your finances, and you are exhausted," she said of others in her position.

She said she hopes to lead by example, drawing other women and mothers to volunteer who might otherwise think the system isn't for them.

"I would definitely tell people to be involved and to give time to the things they think are important and to find allies to work whatever their community goal is," she said.

Sometimes that means finding a voice for a person who didn't think to speak up in the past.

"I would hope that people who have said in the past, 'They don't want to hear from me,' ask themselves, 'what do I want to tell them?'"

Free food the "radical" idea behind Food not Bombs

BY KRISTIN O'DONNELL
SHA Resident

The morning of March 21, Keith McHenry, one of the founders of the Food not Bombs collectives, picked up a carload of discarded fruit and vegetables from the Puget Consumer Co-op in Fremont and brought the boxes to Yesler Terrace, where 30 residents helped unload the produce onto tables in the courtyard by the flagpole, and then loaded their own shopping bags with food for their family's dinner.

Every week all over the world hundreds of grocers and bakeries and restaurants give food they can't use to Food not Bombs. Every week volunteers bring food to people who need it — in Yesler Terrace, in Pioneer Square, in Argentina, in Prague and in Tasmania.

FnB is worldwide, on every continent but Antarctica. It's 100 percent volunteer.

It has appeared on the FBI terrorist watch list — and it started almost 30 years ago when Keith McHenry and seven of his friends wanted

to do something to support the people who were protesting the construction of a nuclear power plant in New Hampshire.

Keith was working for a grocery store — a place that was like Whole Foods, selling expensive and organic foods — that threw out lots of stuff that was still good to eat but not good enough to sell.

He asked his boss if he and his friends could take the food that was going to be thrown away. The boss said "yes." Keith and his friends made soup and salad and a sign saying "FOOD not BOMBS."

They brought food to the protest site. During the following months they saw that good food was being thrown out every day. They started to bring food to housing projects around Cambridge and Boston. They started to feed homeless people in public parks. They continued to bring food to groups who were protesting nuclear power and other injustice.

Keith moved to San Francisco in 1988 and worked with a group serving meals in the parks

and protesting the city's attempts to move the homeless out of town. The police tried to move Food not Bombs out of town, arresting hundreds of volunteers.

As more people were arrested, more people joined, and Food not Bombs grew, continuing to salvage food and feed people. Keith was arrested so many times that he nearly qualified for a life sentence under the California Three Strikes act.

He then moved to Arizona, where he has written several books about Food not Bombs, prepares meals with the Taos chapter every week, tracks the growing movement and continues to travel and speak and encourage further directions in creative challenge of injustice. New or in the works: Bikes not Bombs (no-car transportation), Food not Lawns (home gardening), and the latest, Baked Goods not Bail-Outs.

And the terrorist watch? Keith thinks that maybe they aren't reading the "not" part of "Food NOT Bombs. And maybe they just can't understand why a whole lot of people are getting together to do work they aren't getting paid for.

Over the sea — a daytrip to Bremerton

BY KRISTIN O'DONNELL
SHA Resident

I pick a sunny morning and catch a ferry to Bremerton from the Alaskan Way and Marion Terminal. One hour to Bremerton, with fine views of the Sound and Bainbridge.

In Bremerton, the bus transfer point is right outside the terminal. So I could see more of the town, I catch the #20 Navy Yard bus.

Kitsap Transit is not tourist-friendly. There is no system map available except on the internet. (Not much use for a bus rider with no laptop. And if you *had* a laptop, the buses don't have Wi-Fi.)

The bus schedules only show main streets and do not indicate where it is possible to transfer to other buses or where points of interest are located.

Kitsap transit drivers, on the other hand, are tourist- and rider-friendly, especially the driver on the #10 Navy Yard bus. He points out special viewpoints, knows a lot about the history of the community, and lets me off half a block from the Bremerton Arts District.

I stop by the Chamber of Commerce on 286 Fourth St. to pick up a set of brochures, maps and pamphlets.

The Kitsap Museum next door in a remodeled bank at 280 Fourth St. has one of the smallest museum displays in the Puget Sound area, with well arranged exhibits describing the farming and shipbuilding history of the area and a hands-on room where children and adults can work with old-time technology — such as telegraph keys and (ouch) typewriters.

Feeling quite a bit older, I cross the street to the Aurora Valentineti Puppet Museum, which,

the brochure says, has exhibits of puppets from around the world, spanning three centuries. The museum looks very interesting through the window — and, as the brochure also said, it is closed. (Museums hours are Wednesdays through Saturdays, 11 a.m. — 4 p.m.)

Next to the museum is a shop selling vintage clothing with emphasis on the cowboy or cowgirl look. Very cool, but not so much my style.

Moving on, the history museum staff person told me that the best thing in Bremerton is the view from the middle of the old Manette Bridge, five blocks from downtown. I walk along the waterfront, which is now packed with blocks of very new and very empty condos and commercial space to the two-lane bridge across the inlet.

Mid-bridge, the Olympic Mountains are on one side, and the shipyard, with its crane larger than a railroad car, and Mount Rainier are on the other. Snow drapes both sets of mountains.

Water down below — beautiful — and I remember that I really don't like high places a whole lot, really I don't, and I finish the stroll across.

Here's a bakery — Larry and Kristi's — with many wonderful pastries and pretty good coffee. There are several restaurants with under \$7 options in Manette (more choice than in downtown Bremerton, and likely with more healthy stuff to eat than that éclair, but mmm...).

There's also an antique shop with a good selection and better prices than one might find on the Seattle side of the Sound.

Back to downtown on the #21 Perry bus. Time to walk through the new waterfront park, which has pleasing, and new, plantings, a lot of benches and tables. (Bremerton has many

benches along the downtown and neighborhood sidewalks — a very good thing.)

Along the way I see a line of fountains that resemble breaching submarines. (Since it is right next to the naval shipyard, why not?)

The Navy Museum of the Pacific is also right next to the Ferry Terminal. The museum is intensely interesting to the nine-year-old boy there with his grandparents, and would also be interesting to anyone who has served in the Navy or who is fascinated by heavy construction or naval history.

There are plenty of well-displayed photos, and helpful explanatory signs, but I probably would like the puppet museum better.

Get some coffee at the very nice Fraiche Cup. (Leather chairs! Magazines! Half a block from the ferry terminal!). Then back on the ferry again.

Thoughts on the trip home (and sunset from the ferry is worth seeing, even if you don't bother to leave the terminal at the other end) — a whole lot of construction is going on in downtown Bremerton.

Not very many people. Not a lot of stores, and they close at five. Wondering if the people will come to match the optimism. I'll be back to find out.

Access: All buses and ferries on this trip are easy to walk-or-wheel on. Curb cuts, gentle slopes and mostly post-50s architecture would make it easy to get around — if it weren't for the on-going construction and poorly-signed detours. A short bus ride from the ferry terminal bypasses the major construction area.

Travel cost from Seattle: Ferry (walk-on fare): \$6.70 adult, \$5.40 youth, \$3.35 senior/disabled, round trip. Kitsap Transit: \$1.50 adult, \$0.75 senior, disabled and youth, and nice, long — but one-way — transfers.

Beans with Greens

2 tsp. of oil (olive oil if you have it)

1 large onion, chopped in large pieces or sliced

1-2 cloves garlic, chopped fine

Chopped tomato — or small can diced tomatoes, drained*

Canned or cooked beans — navy or garbanzo or black or kidney or lima, drained*

Greens (kale, mustard, collard, turnip, chard or spinach)

Sweet or hot pepper (optional)

Spices

Add to a very large frying pan or wok, on medium-high heat, the oil, onion, garlic, tomato and beans. If the food bank had a sweet (or a hot) pepper, chop and add. If you're using chard or spinach, add the chopped stems. Season with cumin seed, chili flakes, chili powder, sesame seeds and/or salt (optional).

Stir until the onion softens, and turn the heat down if things start to stick or burn. Then add lots of greens, cut into thin strips. It looks like a lot, but it gets smaller as it cooks.

Cook until the greens are tender — kale takes longest, while spinach is almost instant.

Serve with bread or rice or pasta. This freezes nicely.

*Unless you want soup, which is also a good thing. In that case, drop some pasta in the soup a few minutes before the greens go in. Call the result Minestrone. Parmesan cheese is optional. So is sausage (brown your sausage in a skillet before adding it to the soup).

Note: If you have trouble digesting beans or greens, you may not be eating them often enough. Your system needs to get used to digesting the complex carbohydrates and fiber that it hasn't been fed very often. Start with small servings, then eat these foods frequently.

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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.

Candy land!
A TTA SUCCESS STORY
See Page 2



SHA NEWS

April
2009

News and information about Seattle's neighborhoods

RAC adopts new bylaws, prepares for officer elections

By JIM BUSH
RAC Secretary

In case many of you have not heard it, the Resident Action Council (RAC) has been fairly busy lately.

One of the things we did in February was to adopt some revisions to our current bylaws, so we now have an operating procedure that works better for this organization.

The other big thing we are working on is the election process for our officers — president, vice president, secretary, treasurer and ombudsperson.

To be an officer with this organization, your name has to be on the lease for a Low Income Public Housing dwelling unit in an SHA community (SSHP and Section 8 residents can attend our meetings, but are not voting members, so are not eligible to serve as officers under HUD regulations). You must also be considered an "active member," meaning you have attended at least two of our meetings within a six-month period.

All written or phoned-in nominations are due no later than May 19. We will take additional nominations at our May meeting. Elections will occur in June.

We formally began the process by opening the nominations process up for all five positions at our March 25 meeting. If you wish to run for any of these positions or wish to nominate someone for them, please send your nominations in via e-mail at jbwa2@yahoo.com.

You can also phone your nominations to us at 206-322-1297 (you may have to leave a message on our voice mail).

In addition to phoning or emailing your nominations to us, you can send them to us via regular mail. Please send them to us at:

RAC Nominations Committee
2600 South Walker, Suite B-1
Seattle WA 98144-4711

"SHARP" residents train others to be ready for disaster

By CLAIRE McDANIEL
Seattle Housing Authority

Seattle Housing Authority Residents Preparing, also known as SHARP, is a volunteer group that makes presentations in SHA buildings. Their goal is to teach residents what to do in case of an emergency or natural disaster. Potential disasters that might occur in the Pacific Northwest are fires, earthquakes, floods, mud slides, power outages, and wind storms.

SHARP's goal is to create response teams in each SHA building. These teams will assist residents to help themselves and their neighbors in a crisis situation. In doing this work, they are supported by SHA, the Red Cross, the Office of Emergency Management and the City of Seattle Department of Neighborhoods.

One of the challenges that SHARP presenters face is that people are sometimes resistant to being trained on disasters and emergencies because they find it scary to think about.

"There are easy steps people can take to reduce their fears," said Carol Dunn, Red Cross Community Disaster Education program manager.

SHARP can ask people to make a commitment to doing just one thing, then check back to make sure they followed through.

Examples of simple actions that a resident can be asked to commit to include storing a three-day supply of water or placing a First Aid Kit where they have easy access to it.

Dunn is grateful to this team of SHA residents.

"SHARP has been a God-send," she said.

The Red Cross has changed how they do their presentations based on input from SHARP.

For example, Red Cross used to prepare their presentations for single-family dwellings. Now, they realize the importance of guidelines for multifamily buildings.



PHOTO BY CAROL DUNN

Charlie Brockman (left) and Jim Bush demonstrate the "shake table," a device designed to show the kind of lateral motion that happens in an earthquake, at a SHARP training event last month.

At a SHARP meeting at the Red Cross building in March, representatives from buildings across SHA came together to plan and practice. There were residents in attendance from Beacon Tower, Green Lake Plaza, Ross Manor, Center Park, Schwabacher House, Ballard House and Denny Terrace.

Participants exchanged tips and experiences as they gathered.

One participant advised that people appreciated being told where to get reasonably priced items for their emergency bags.

Another stressed that it is necessary to check on disaster kits every six months in case water, food, batteries or prescriptions need replacing.

The goals of the SHARP meetings are to determine what topics people are interested in sharing and to practice making presenta-

Please see "SHARP" on Page 5

Trainings coming up in April

SHARP and the Red Cross have organized safety trainings for SHA residents later this month.

The trainings will take place at the Red Cross office, located at 1900 25th Ave. S., on Friday, April 24, 10 a.m. – 2 p.m.; Monday, April 27, 12:30 – 3 p.m.; and Wednesday, April 29, 12:30 – 3 p.m.

The office is located two blocks north of Center Park and can be reached via METRO bus routes 4, 7, 8, 42 and 48 — call 206-553-3000 or visit <http://kingcounty.gov/transit> for route and schedule information.

To sign up for the trainings, please call Cinda Lium at 206-322-3291 or e-mail cindalu@ymail.com.

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Proposed policy change

Seattle Housing Authority is asking its residents to review and submit written comments on the following proposed revision to SHA policy.

L17.2-1 Language Interpreters and Translations

The policy has been revised in consideration of the guidance from HUD's "Notice of Guidance to Federal Assistance Recipients Regarding Title VI Prohibition Against National Origin Discrimination Affecting Limited English Proficient Persons" (December 19, 2003).

The policy now provides a definition for a vital document. A "Vital Document" shall mean any document that notifies a participant of the imminent initiation or termination of actual or potential housing benefits. (Note: The State of Washington requires that legal documents, including leases, be written in English. For this reason, SHA will not translate dwelling leases, addenda and riders.)

SHA will provide for language assistance, translation and interpreting services for applicants and residents when they are conducting formal SHA-related

business.

You can pick up a copy of the revised policy in your management office. If you wish to make comments on this policy, they must be in writing and be returned to the Community Management Office, or e-mailed to dfoss@seattlehousing.org, or mailed to:

Policy Comments – Attn: Donna Foss
Seattle Housing Authority
Housing Operations Department
P.O. Box 19028
Seattle, WA 98109

All comments must be received by the close of business (5 p.m.) on Thursday, April 30.

The Job Connection helps Mayes build a career in construction

By CLAIRE McDANIEL
Seattle Housing Authority

With help from The Job Connection and Absher Construction, Nathaniel Mayes was able to make a smooth transition between unions and employers.

Samuel Pierce, Section 3 employment coordinator at The Job Connection, and Stephanie Caldwell, community outreach coordinator at Absher Construction, worked together to help him continue his apprenticeship training in the construction industry. "I identify an open position and send the information including job description, qualifications and wages to Sam who then recruits from the community," Caldwell said.

Mayes became a member of Union Local 440 through the Section 3 program in December 2007. He worked for Tri-State Construction at High Point on the roads and sidewalks. That position ended recently when the Phase I infrastructure was finished.

Meanwhile, Absher Construction was selected as the lead contractor to build the rental housing at High Point Phase II. Out of a job, Mayes went to The Job Connection for help making the transition from one construction company and its union to another.

"Generally construction workers trying to change unions go to the bottom of the list," explained Pierce.

Mayes was so successful at the first job site that Tri State Construction gave him an excellent reference. Pierce talked to Absher Construction about Mayes' good work. Absher reviewed Mayes' application and interviewed him. Mayes made a good impression and, as a result, Absher sent a letter of support to Local 242.

Mayes is a Seattle resident who attended Seattle Vocational Institute-Construction Apprenticeship Program. Before coming

to the Section 3 Program, he worked as a laborer/street flagger with Pacific Northern Construction.

He also worked as a construction laborer with the Youth Built Together Program. In this job he constructed scaffolding, work platforms, trench shoring and built temporary structures.

His goals were to gain union membership and become a journeyman construction worker.

"I would never have found and re-gained employment so quickly without the help of The Job Connection. When I had a question, The Job Connection helped me find the answers. When my job search efforts needed direction, Section 3 Employment Coordinator Sam Pierce showed me how to be successful," Mayes said.

Mayes is now employed by Absher Construction. He is a journeyman construction worker and a member of Union Local 242.

Section 3 is a program developed by the U.S. Department of Housing and Urban Development (HUD). Its goal is to provide jobs for residents in areas receiving HUD financial assistance.

Under Section 3 of the HUD Act of 1968, housing authorities are directed to promote jobs for low-income residents. The housing authorities hire low-income residents and also require contractors to seek out low-income workers. The focus of the program is to provide economic opportunities to low-income residents and business owners.

You may also qualify as a Section 3 resident. Do you live in government-assisted housing? Or is your household income 50 percent or 80 percent of area median income?

To get more information, please visit the Section 3 web page at the Seattle Housing Authority Web site at www.seattlehousing.org/jobs/openings/section-3 or call Samuel Pierce at 206-937-3292, ext. 303.



PHOTO COURTESY ABSHER CONSTRUCTION

The Job Connection helped apprentice construction worker, Nathaniel Mayes, transfer from Union Local 440 to Local 242 so he could continue working at the High Point job site.

The Job Connection, by the numbers

Category	Amount
Enrollments	
ROSS (public housing residents)	141
HOPE VI (former qualified and new residents who meet guidelines)	38
Housing Choice Voucher holders	15
Qualified community member living near a HOPE VI site	69
Youth	2
Other (DHAP, FSS referrals, Sound Family Grant)	4
Total enrollments	269
Placements	
Total ROSS placements	80
Total Housing Choice Voucher recipient placements	12
Total Adult Work Experience (AWE)	11
Total Section 3 placements (including community placements)	40
HOPE VI placements	19
Total community resident placements	40
Total miscellaneous placements (DHAP, youth, SABI, FSS)	3
Total unduplicated placements	205
Wages, benefits and retention	
Average Hourly Wage	\$13.82
Percent of jobs offering benefits	84%
Percent of all placements into full-time work	76%
Six month job retention	76%

First the house, and then, maybe, the candy store

By SCOTT FREUTEL
Seattle Housing Authority

For Tywana Hemphill, a 34-year-old single mother of two, her "goal of goals," as she put it recently, is owning her own candy store. She grew up in Kansas City and often visited a local candy store. She remembers as a child having told the owner, very seriously, that someday she'd own her own candy store.

For now, though, her goal is buying a home of her own for herself and her two children. Thanks to her participation in

Seattle Housing's Tenant Trust Account program, she's on her way.

Hemphill, a participant in the Housing Choice Voucher program, has lived in South Park for more than nine years. She works as a caregiver for a partially paralyzed man who lives on Queen Anne, a job she got through Catholic Community Services.

She starts work at 9 a.m. and leaves for home at 3 p.m. five days a week. It takes her an hour to get to Queen Anne on the bus and another hour to get home. She has weekends off. Every morning — she says this with wonder, "Every morning!" — she prepares

French toast for the man she cares for, and every day after she makes his lunch she goes for a walk in the Queen Anne heights. She has helped care for the man for five years.

Years ago Hemphill set out to be a nurse. She completed some of the needed studies, but a move to Seattle and then the birth of her children caused her to give up the idea, at least for a while.

Although she'd still like to become a nurse, she says she can't find the time to study. When she gets home from work she helps her children, Ronnie, 15, and Mati'ah, 10, with their homework, and fixes supper and cleans the house, and then it's time for bed.

She says that both kids are doing well in school, and she's grateful that the school sets up conferences with their teachers by telephone, since otherwise she'd have to take unpaid time off work to meet with them.

Every month, Seattle Housing earmarks funds for the Tenant Trust Account Hemphill set up. She isn't required to contribute anything out of pocket. The idea of the accounts is to foster self-sufficiency. (Currently there are 310 households participating in the Tenant Trust Account program.)

Each participant sets his or her own goals, which must have to do with career-related education or starting a small business or, like Hemphill's, home ownership.

The amount of money Seattle Housing



PHOTO BY SCOTT FREUTEL

Tywana Hemphill and her daughter, Mati'ah, bask in a rare spot of sunshine at their South Park home.

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.

Tenant Trust Accounts

All residents of Seattle Housing's Public Housing programs except HOPE VI communities are eligible for Tenant Trust Accounts. To learn more about the TTA program, call Jared Rodelas-Kent at 206-615-3316.

A similar program, the Family Self-Sufficiency program, is available to all Public Housing residents (except those who live in HOPE VI family communities) and to participants in the Housing Choice Voucher program (Section 8). To learn about the FSS program, call Cheryl Sabin at 206-615-3317.

Both programs are explained in some detail on the Seattle Housing authority Web site, www.seattlehousing.org. Click "Residents" and then "Self-Sufficiency Programs."

Please see "TTA" on Page 5

POINT OF VIEW

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

International Terrace resident council established

By BOT NHAN
SHA Resident

In response to the anxious expectations of many people, new board members of the resident council of International Terrace (as shown in the list attached hereto) were elected on March 17 after the preparations made in recent years thanks to the warm-hearted efforts made by SHA community builders Ellen Ziontz and Naomi Chang. Before then, a meeting was called to draft and adopt articles of association, set up a preparation team and introduce the director candidates of the first council.

Located at 202, S. Sixth St. in Chinatown, the International Terrace has 12 floors and nearly 100 units in total. Most of the residents are ethnic Chinese (including those from mainland China, Hong Kong and Taiwan), plus some ethnic Vietnamese, South Koreans, Philippines and Japanese, as well as a small number of local black and white Americans.

On the day of the election, refreshments and lunches were available and interpreters of Mandarin, Cantonese, Vietnamese and Korean were on site. A staff member from the League of Women Voters, Lindsay Cummings, was invited to witness the voting and ensure fairness.

The list of new elected board members of the resident council includes Jin Chen, Shichao Cai, Cheng Zeng, Guijuan Chen, Bot Nhan Tri Luong and Shi Min Li.

After the result of the vote was announced, Ziontz expressed gratitude to the voters and hoped that everyone could draw together around the new resident council to work for the interest of the building by providing warmhearted services.

國際大廈居民理事會成立了

-- 顏子忠

多少人在心急，在期待，國際大廈居民理事會在西雅圖房管局 (SHA) 人員 Ms. Ellen Ziontz 和張姑娘 (Ms. Naomi Chang) 熱心努力催生下，經過近年的醞釀、敦促，從草擬、通過章程，成立籌備小組，并于日前 (十二日) 集會，介紹首屆理事會理事候選人，终于在三月十七日順利選出新理事會。當選名單另錄于後。

國際大廈坐落在中國城南 6 街 202 號。樓高十二層，擁有近百單位，住戶中以華裔居多 (其中包括有來自大陸、香港和臺灣)，次有越、韓、菲和日裔居民，也有小部分當地黑白美人仕。

選舉之日，為隆重其事，除設有茶點午餐外，還請來普通話、廣州話、越南話和韓國話等通譯員，和加請一位為 League Women Voters 人員 Lindsay Cummings 見證監票，以示公允。

附當選名單于後：

陳錦駒、蔡士超、曾澄茜、陳桂娟、顏子忠、梁智和李新民。開票結果公布後，西雅圖房管局人員 Ms. Ellen Ziontz 同時向各參選者道謝，并希望大家團結在新理事會周圍，共為大廈利益而努力，并希望大家繼續努力為未來熱心服務。

Easier access at Ross Manor



PHOTO BY SVEN KOEHLER

As part of the homeWorks renovation of Ross Manor, the front entry gate received a new door opener this March. This makes opening and closing the gate easier, especially for those with mobility issues.

By SVEN KOEHLER
Seattle Housing Authority

Most people will remember the homeWorks project for the large-scale improvements to building infrastructure in SHA's high-rises, like replacing water pipes or installing new windows and upgrading insulation. It was hard to overlook the dozens and dozens of construction workers all working at once in different buildings over the past four years.

But sometimes, the work that Kevin Duschshere does over the course of a week or two has just as big an impact on everyday life as those big-ticket items.

Duschshere is a carpenter with homeWorks contractor W. G. Clark Construction. In March, he installed a new automatic door opener for the front entry gate at Ross Manor that has made life better for residents every time they go out the front door or come home.

Ross Manor sits right below Pike Place

Market. It has a pleasant entry courtyard at street level. Unfortunately, over the years this space became a magnet for vagrants to camp out in, according to Property Manager Pam Rorvik.

A fence and gate were installed years ago to protect the area, but making the gate both secure and easy-to-use proved to be a challenge in the past.

Duschshere used that gate a lot himself while he worked at Ross Manor. He installed all the trim on the newly-installed windows, and later helped repair the ventilation shafts.

"For months, I would see people go in and out of the gate. Often, they would have a hard time with it, so I was glad we had a chance to make it work better," he recalled.

Since this is the main entry to the building, residents hoped that this situation could be looked at during the remodel work at Ross

Please see "homeWorks" on Page 5

Seattle Senior Housing Program continues to serve those with greatest need

By JEFF ARNIM
Seattle Housing Authority

Seattle Housing Authority's Seattle Senior Housing Program (SSHP) continues to focus its resources on serving people with very low incomes, according to a recent report prepared for the Seattle City Council.

In the agency's 2008 annual report on SSHP to the council, Seattle Housing Authority noted that approximately three-quarters of SSHP residents earned 30 percent of Area Median Income (AMI) or less last year.

Thirty percent of AMI equals roughly \$17,000 per year for a one-person household. These residents typically pay between \$248 and \$395 a month for rent. Sixteen percent of residents earned between 30 and 40 percent of AMI, paying rent of \$559 per month.

Since its creation in 1981, SSHP has been a self-supporting program. All ongoing operating and capital costs are paid for by rent revenues. Seattle Housing Authority formed a Rent Structure Advisory Committee in 2003 to help in the creation of a new rent policy for the Senior Housing Program.

The Committee has two main goals:

maintain access to housing for low-income people and keep the program self-sufficient. The 2003 rent policy established flat, tiered rents based on four income groups.

It also brought 150 Housing Choice (Section 8) Vouchers into the program. Existing residents were allowed to continue to pay rent based on the old rent policy. It calls for 30 percent of their income to be used for rent.

It is not yet clear if or when SSHP's rent policy will need changes.

"Seattle Housing Authority needs to do more work to ensure that we are keeping costs down as best we can," explained Ann-Marie Lindboe, director of housing finance and asset management, at a recent Advisory Committee meeting. "We want to get a better handle on the program's long-term needs before thinking about rent policy revisions."

SSHP provided housing to low-income seniors and people with disabilities in nearly 1,000 one- and two-bedroom units in 23 buildings across Seattle last year. Effective management made sure these units were put to good use. Even though nearly 100 units were vacated, they were quickly prepared for new tenants. The vacancy rate

across the entire program averaged just one percent in 2008.

A number of improvements are needed as SSHP buildings age. Water intrusion problems at several sites need to be addressed. Repairs and replacements of some elevators, roofs and windows are also needed.

Seattle Housing Authority continued to examine such capital needs during 2008. As a result of its research, the agency determined that the highest priority repairs were at Schwabacher House and Sunrise Manor.

Work to correct water intrusion problems were completed at Sunrise Manor last year, and will begin at Schwabacher House in the first half of 2009. SHA expects similar work to begin at Willis House and Reunion House later this year.

Seattle Housing Authority will continue to work to obtain funds for large-scale SSHP building repairs in the years to come. The agency will soon submit an application to the Washington State Community, Trade and Economic Development's Housing Trust Fund.

Staff members will look to maximize available funding from a number of other sources, including the City of Seattle.

Digital TV converter box coupons are back

Are you relieved that the government delayed the switch from analog to digital TV broadcasting until June 12? Well, there is some more good news. In addition to more time, there is now more money to help manage the transition: The \$40 Converter Box Coupons are back!

If you plan to keep using an older analog TV set to watch broadcasts with an antenna, you will want a converter box to keep your TV reception. If you let your coupons expire or never applied, now is your chance to get one. To apply for a coupon, call 888-388-2009 or visit www.dtv2009.gov.

What if you are ready? Consider applying for coupons and sharing them with people that you know are having trouble getting prepared.

That's the message from Karen Toering, who is coordinating the government-sponsored volunteer effort in Seattle to help people get ready for the transition.

Call the Seattle help line at 206-508-1277 and they will help put donated coupons into the hands of those who need them.

If you live in a public housing community, call Toering to organize a "Get Ready for DTV" meeting at your location for you and your neighbors. You can also e-mail her at karen@reclaimthemedias.org.

HIGH POINT HERALD

NEWS ABOUT THE HIGH POINT COMMUNITY

April 21 celebration marks completion of High Point rentals

Mayor Nickels to speak at Phase II dedication

BY SHA STAFF

On April 21, Seattle Housing Authority will celebrate the completion of all of the rental housing at its High Point community. This fulfills the Housing Authority's commitment to build 600 units of housing for low-income people on the site.

"This is a very significant milestone for us," said Project Manager Tom Phillips. "To see this rental housing near completion fulfills our hopes for this important community."

Redevelopment of the High Point neighborhood began in 2000. At that time, SHA received a \$35 million HOPE VI grant from the U. S. Department of Housing and Urban Renewal. Overall investment in the site — both private and public — will exceed \$550 million.

The housing authority will mark the completion of the rental housing in Phase II with a celebration and open house at 5 p.m. April 21. Mayor Greg Nickels will be an honored guest and speaker at the event. It will be held at 6451 30th Ave. SW near SW Holly St.

Tours of the new housing will be offered as part of the open house. Refreshments will be served, and all are welcome.

The new townhouses and apartments will serve low-income residents at varying income levels. Three hundred fifty units will serve residents who earn less than 30 percent of the Area Median Income (about \$23,500 for a family of four). An additional 250 units will serve people earning less than 50 percent of the Area Median Income (about \$42,000 for a family of four).

The first phase of High Point rental housing was completed in 2006 and now houses 344 families. An additional 256 units will be completed in Phase II by the end of April. This marks a major milestone in the redevelopment of the 120-acre, 1,700-unit

mixed-income site.

With the completion of the rental housing, construction of the natural drainage system that serves High Point and protects Longfellow Creek is also complete.

A new neighborhood center is under construction in Phase II of High Point as well. The High Point Neighborhood Center, a built-green community gathering place, is being built by Neighborhood House. It is expected to be complete this year.

Some lots in the new community remain vacant. They will be offered for sale to private homebuilders once the housing market begins to rebound.



This house in the High Point neighborhood will feature a solar hot water heater donated by Baxi, manufacturer of all the hot water heaters in High Point rentals.

PHOTO BY VIRGINIA FELTON

Neighborhood center begins to take shape



PHOTO BY TYLER ROUSH

The under-construction Neighborhood House High Point Neighborhood Center is seen from the amphitheatre at the High Point commons. The two dark arch-like structures are steel structural supports.

Things to do this summer at High Point

Join us for the Youth Summer Activities Fair at the High Point Community Center, Saturday, April 25 from 10 a.m. to 1 p.m.

Come find out about and register for summer activities, jobs and programs. We will have a raffle for prizes, games and food. This fair is for parents and youth. The Youth Summer Activities Fair is sponsored by the High Point Neighborhood Association, Safe Futures Youth Center, SHA, Neighborhood House, Delridge Neighborhoods Development Association and the High Point Community Center.

For more information, contact Rebecca at the High Point Community Center, 206-684-7422, or Andrew at the High Point Neighborhood Association, 206-290-4040.

FREE FOOD,
GAMES,
PRIZES!!

High Point Youth Summer Activities Fair

Saturday, April 25th, 10-1pm

FIND OUT
ABOUT AND
REGISTER FOR
SUMMER
PROGRAMS!!

High Point
Community Center
(ON #21 BUS ROUTE)
6920 34th Ave SW, Seattle, WA 98126

For more info, contact:
(206) 684-7422

Lend a hand at the Diversity Festival

Volunteers are needed for the 2009 High Point Diversity Festival, which will be from 3-8 p.m. July 4.

Organizers need people to help prepare and serve food and to set up before the event and clean up afterward. Tables are available for community information and services.

To volunteer, contact Cynthia Clouser at 206-933-2431 or 206-854-5022, or e-mail cynthiaclouser@yahoo.com.



Neighborhood
House

RAINIER VISTA NEWS

NEWS ABOUT THE RAINIER VISTA COMMUNITY

Get involved in the new Rainier Vista community

By SHA STAFF

The following are some of the regularly scheduled meetings and activities available for residents of the Rainier Vista community.

Traffic Safety and Crime Prevention Committee

First Monday, 7 – 8 p.m.

Neighborhood House Paul Allen Room

Are you concerned about traffic and crime at Rainier Vista? Join the Traffic Safety and Crime Prevention Committee! Assess community concerns, create solutions and represent neighborhood priorities with Seattle Department of Transportation and Seattle Police Department.

For more information please contact Rainier Vista Community Builder at 206-722-4010 ext. 2 or nchang@seattlehousing.org

Multicultural Diversity Committee

Third Wednesday, 6 – 7:30 p.m.

Neighborhood House Paul Allen Room

Are you interested in bridging the gaps, sharing your culture and promoting cross-cultural dialogue and education for the diverse neighborhood? Are you interested in planning fun events, like block parties? Join the Cultural Diversity Committee to work with other neighbors to organize fun and educational events like the quarterly community potluck, monthly clean-up, residential directory, diversity workshop and language classes.

For more information please contact Rainier Vista Community Builder at 206-722-4010 ext. 2 or nchang@seattlehousing.org

Family Support Committee

First Friday, 6 – 7:30 p.m.

Neighborhood House Paul Allen Room

Are you interested in meeting other parents to discuss family dynamics, issues, and needs in your community? Are you interested in learning strategies, coping and learning

skills to deal with challenges of raising your children? Join the Family Support Committee to connect with other families to share your knowledge, experiences and resources to support one another.

For more information please contact Rainier Vista Community Builder at 206-722-4010 ext. 2 or nchang@seattlehousing.org

Vietnamese Coffee Talk Committee

First Tuesday, 10 a.m. – noon

McBride Court Community Room

Are you interested in meeting your Vietnamese neighbors? Are you interested in learning about the Vietnamese community at Rainier Vista? The Coffee Talk provides the opportunity for members of the Vietnamese community to come together to socialize and discuss community concerns and needs. All Rainier Vista community members are welcome to join.

For more information contact Tien Duong-Le at 206-331-2465 or tiend@apialliance.org

Somali Cultural Group

Every Saturday and Sunday, 4 – 6 p.m.

Neighborhood House

The Somali Cultural Group is a parenting program providing the opportunity for members of Somali community to come together to share culture, language and experiences.

For more information contact Deeqa Sh. Nur at 206-723-3133

Rainier Vista Resident Google Group

Are you interested in joining the online forum for neighborhood communication? Join the Resident Google Group to know your neighbors, learn about upcoming events and share useful information, like recommendation for a good babysitter, discovering a great restaurant and looking for a carpool.

To participate, send your e-mail address and home address to Christina@dolcideleria.com.

All ages are welcome.

a manual wheelchair. "I think the new door opener is a great improvement." Weston's apartment was one of those at Ross Manor remodeled to provide better maneuvering room for a wheelchair in the bathroom and kitchen.

Ross Manor resident Jarle Oystese was impressed with Duchshere's work.

"Now we have a sturdy new gate that is much easier to use for everyone in the building," Oystese said.

Oystese was a carpenter himself for many years, and so he took a special interest in the construction project over the past year and appreciated the craftsmanship of the homeWorks crew.

The only downside of the new gate opener? It may be that an old Ross Manor ritual has become obsolete. Gail Ketterer, another resident who is very in tune with the life of the building, noted, "You don't see those sitting in the lobby having to run out to aid other residents in wheelchairs and groceries as much anymore."

homeWorks

Continued from Page 3

Manor. Tracey Locke, the senior program manager in charge of homeWorks, agreed.

"We wanted to make sure the gate could be used easily by all residents, including those with mobility or strength challenges. The gate improvement fit in with the accessibility upgrades we made to a stack of units and the common areas at the building," Locke said.

The solution is a well-designed new gate that is easier to open and also latches shut more securely than the old one. Added to this is an automatic door opener for folks who need help pushing open the gate.

The pneumatic door opener can be activated by a large button on a kiosk positioned in front of the building. In addition to the new push button opener, the kiosk also holds the pre-existing card access reader that enabled residents to unlock the gate, plus the intercom system for guests.

"The timing works well," said Jesse Weston, a resident of Ross Manor who uses

A true Rainier vista



PHOTO BY TYLER ROUSH

Mt. Rainier can be seen down Martin Luther King Way from the Rainier Vista community, on a clear and sunny day March 26.

Coming soon: Community kitchen at Neighborhood House Rainier Vista Center

Come build community through food! This new program will offer neighbors a chance to get together and prepare healthy home-cooked meals to take home to their freezers.

Learn new cooking skills (canning, baking, etc.), discover healthy recipes and make new friends!

Community kitchens improve the health and social well-being of the community.

Want to get involved? Call Kate Farmer, Neighborhood House Rainier Vista Center site manager, at 206-461-4568 ext. 211 or e-mail Katef@nhwa.org for more information.

SHARP

Continued from front page

tions. According to SHARP member Jim Bush, "We discuss what is important in terms of the material covered and how to present that information effectively. It's important to involve the audience by asking open-ended questions that solicit group interaction and by encouraging audience members to ask their own questions."

SHARP member Dorene Cornwell from Center Park has been with the disaster preparedness group for two years.

"In the meeting practice sessions, one group did a presentation about the Ready-To-Go Bag - a bag small enough to carry if one has to leave home that holds important things like a change of clothes, a space blanket, non-perishable foods, copies of

important documents and medicines," Cornwell said. "This presentation was especially fun because some residents from Beacon Tower did most of the presentation in Cantonese. They did such a great job of presenting important points visually that many people did not even need to wait for the interpreter to understand the point."

Members of the SHARP team make a nine month commitment to give presentations. Along the way, they get to know each other better, support each other's efforts and have fun. If you have questions about SHARP, send an e-mail to sharesidentspreparing@yahoo.com. To request a presentation or to learn about becoming a presenter, contact Carol Dunn at 206-709-4528 or carol.dunn@seattleredcross.org.

TTA

Continued from Page 2

contributes to each account varies with the rent a participant pays. The minimum is \$10 and the maximum is \$170 per month. The most any account can accumulate is \$10,000. A participant may withdraw funds (up to \$1,000) from the TTA account to meet family emergencies.

The money in Hemphill's account will be available for her to use in buying a house. She can use it as earnest money and a down payment, and to pay closing costs and the costs of credit reports and

inspections. She has determined that she'd like to be able to purchase a house in 10 years — "Five years would be better," she said recently, "but, to be realistic, in 10 years."

When Hemphill mentioned her goal of owning her own candy store someday — first the house, then the store — Mati'ah, her daughter, perked up her ears. A visitor asked if she liked the idea of working in the store and being able to eat all the candy she wanted.

"No," she said with a smile. "I don't care anything about candy. I'd just want the money for working there."

NEWHOLLY NOTES

NEWS ABOUT THE NEWHOLLY COMMUNITY

Neighborhood signs offer welcome to NewHolly

By SHA STAFF

Almost two years ago, the NewHolly Traffic Safety and Crime Prevention Committee (later joined by the Friends of the Park Committee) decided that putting up signs that designated the boundaries of the NewHolly neighborhood would be a way to improve safety. The signs would also caution speeding drivers who were using the neighborhood as a detour around light rail construction to slow down and watch out for children.

"The committee met and talked about where we would want the signs to go. Two of us drove around and selected potential locations. We took our location suggestions back to the committee," said Mary Seibert, Traffic Safety and Crime Prevention volunteer.

"We have pocket parks in NewHolly that are kind of tucked away. Drivers might not see them. These bright yellow signs call your attention to them," committee volunteer leader Catherine Glavan said.

To represent the diversity of NewHolly, the word WELCOME is on the sign in English and in seven other languages commonly spoken in the community. About 20 of the signs are posted around the NewHolly neighborhood.

The committee didn't realize how much went into putting up signs.

"We had to decide what kinds of posts we wanted; how wide the signs would be, how tall, what kind of font to use, how to make them graffiti proof. It was more complicated than we expected," Glavan said.

"We also involved the neighbors. We let them know what we were planning and got feedback from them," said Seibert.

Andrew Goulding designed the signs. He brought different design options to a Neighborhood Night. Attendees voted for their favorite, according to Seibert.

Glavan also credited NewHolly Community Builder Joy Bryngelson with helping to organize the sign effort.

"She's been great about seeing the big picture and helping us work our way there. She deserves a lot of credit," Glavan said.



PHOTO BY CLAIRE MCDANIEL

Catherine Glavan (left), NewHolly neighborhood sign project volunteer leader, Glavan's 3-year-old daughter Celine and Mary Seibert, NewHolly neighborhood sign project volunteer pose at one of the new welcome signs in the NewHolly neighborhood. On one side the sign says "Welcome to our community. Please drive carefully! Children playing!" in English with a drawing of a boy and girl walking hand in hand. On the other side it says welcome (listed in the order in which they appear on the sign) in English, Spanish, Amharic, Tigrigna, Chinese, Cambodian, Somali and Vietnamese.

Atlantic Street Center offers youth services in NewHolly

By SAMARA LOULTON
Atlantic Street Center

The NewHolly Neighborhood Campus has numerous youth-focused organizations, including Atlantic Street Center's NewHolly Youth and Family Center and NewHolly Teen Center.

Atlantic Street Center is a nonprofit, social service agency founded in 1910. Their mission is to help families and communities raise healthy, successful children and youth. Atlantic Street Center provides counseling, educational, social, and recreational programs for children, youth, and their families. They primarily serve low-income families residing in central, southeast and greater Seattle.

Atlantic Street Center operates a Teen Center on the NewHolly Neighborhood Campus that is open daily for drop-in from 3 to 7 p.m. for youth between the ages of nine and 18.

It is a fully-equipped teen center that creates a youth-friendly space under the supervision of Atlantic Street Center Youth Development Leaders. The goals of the youth services offered at the Teen Center are to provide learning and leadership opportunities that increase the personal, academic, and social skills youth need to

be successful in life.

Atlantic Street Center's diverse menu of youth services has proven highly effective in connecting youth and keeping them engaged in their quest to build a healthy and productive life. Participants become more grounded and optimistic and are less likely to fall prey to despair, hopelessness or destructive activities.

The services offered at Atlantic Street Center's NewHolly Teen Center include tutoring, homework clubs and youth groups. The youth groups focus on leadership development, community service, conflict resolution and refusal skills.

Currently, the Teen Center is offering In Live Action, Boys' Group, Girls' Group, Friday Movie Night and Sons of NewHolly. Many of these groups involve field trips all over the city.

Black history event a success

On Thursday, Feb. 26, Atlantic Street Center hosted its Black History Month Celebration. The event focused on Seattle's south-end youth, and highlighted their many talents and accomplishments.

Robrenisha Williams, an Atlantic Street Center NewHolly Teen Center youth participant dressed in traditional African clothing, charmed the crowd with her quick wit while

passing out refreshments, and later impressively spoke about African American inventors. The whole night was a huge success.

With musical interludes provided by JAM, and speeches from Van Asselt Community Center youth participants as well as Atlantic Street Center NewHolly Teen Center youth participants, the NewHolly Gathering Hall was alive with excitement and pride.

For more information on groups and upcoming youth activities at the NewHolly Community Campus, please stop by the information board located outside the NewHolly branch of the Seattle Public Library, located at 7058 32nd Ave. S.

Atlantic Street Center Youth Development programs will be posted there, as well as other NewHolly Neighborhood Campus programs.



Visit the NewHolly Community website at
<http://www.newholly.org/>

You'll find a Directory of Services, announcements of neighborhood events and community projects, a link to The Voice resident newspaper and much more.



Neighborhood House
Strong Families. Strong Communities. Since 1906.

YESLER HAPPENINGS

NEWS ABOUT THE YESLER TERRACE COMMUNITY

CRC members mull Yesler site alternatives

By TYLER ROUSH
The Voice editor

Yesler Terrace residents and the citizen review committee (CRC) were given the chance to not only review but revise three different site models of a redeveloped Yesler Terrace at the CRC meeting March 11.

In a process reminiscent of playing with lego blocks, attendees shifted buildings and open space areas as depicted on each of the simple, three-dimensional models.

Staffers for the CollinsWoerman design team facilitated discussions for the models. Comments will be used to help craft final design concepts for the neighborhood.

Building a new Yesler Terrace

In creating the model concepts, designers drew from a number of different building and park options and tailored each model to fit previously discussed site specifications.

Building types under consideration for Yesler Terrace are as follows:

- Low-rise buildings, which are under 35 feet tall
- Mid-rise buildings, which are 35 to 75 feet tall
- High-rise buildings, which are 75 to 150 feet tall
- Towers, which are more than 150 feet tall

Types of open space include large park and commons area, plazas, pocket parks, gardens and small yards, as well as streets, pathways and sidewalks.

CRC members and meeting attendees were presented with three different models for building height and distribution and also for the location and types of open space.

For the purposes of the model, developers assumed a redeveloped Yesler Terrace would include 4,000 total housing units, one million square feet of office space and 50,000 square feet of retail, eight acres of public open space and underground parking facilities.

Site proposals have included 3,000-5,000 housing units, 800,000-1.2 million square feet of office space and between five and eight acres of open space.

For descriptions of the three different site models, labeled A, B and C, please see the accompanying sidebar.

Survey says

With regard to building height and distribution, attendees at the meeting tended to favor the options presented in models B and C.

By an unofficial tally, eight CRC members and about 15 other attendees picked model C as their favorite. Another

Special report

A four-page special section about Yesler Terrace, produced by SHA, is included in this paper.

A model Yesler Terrace

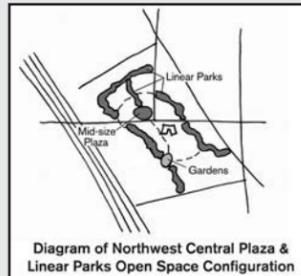
At the March 11 Yesler Terrace Citizen Review Committee meeting, attendees were presented with three different models for a redeveloped neighborhood.

Model A

Building Height and Distribution

This option includes a mix of densities, with 58 percent of all residential space in high-rise buildings, 23 percent found in mid-rise buildings, another 13 percent in towers and six percent in low-rise buildings.

The buildings have a “cascading” distribution, with taller buildings at the top of the hill and shorter buildings at the base.



Model A

Open space configuration

The model includes a linear parks configuration with a mid-sized central plaza. The distribution creates a walkable “parks corridor” but leaves limited options for large park areas and community gardens.

Model B

Building Height and Distribution

This model includes only mid- and high-rise buildings, with two-thirds of all residential space located in the high-rises and the remaining third located in mid-rises. Taller buildings massed along the southwest edge of Yesler Terrace, which abuts Interstate 5, would provide a

four CRC members and about 12 other attendees picked model B.

Eight more CRC members indicated they preferred model A; no other attendees selected it as their preference.

Two more CRC members placed dots between options A and C, apparently to indicate they were undecided.

Consensus was a bit stronger for the parks options. Three CRC members and eight other attendees favored model B. Five CRC members and two other attendees preferred model C, and a lone CRC member voted for model A.

However, it should be noted that far fewer total votes were cast for the parks options than for the density options.

After voting, CRC members and other attendees gathered into groups to discuss each of the three models.

SHA Executive Director Tom Tierney sat in on the discussion over model A, and responded to a question about how low-income and market-rate housing units would be distributed on the site.

“One of the guiding principles is ‘social equality’ — you won’t allow disparate treatment,” Tierney said.

In other words, low-income and market-rate units would

be distributed throughout the neighborhood, not lumped together in low-income and market-rate areas.

Most buildings would also be set back from the streets to provide more open space and minimize shadows on the street.

Open space configuration

Building setbacks in this model would combine with “green streets” — green space lining neighborhood streets. Several pocket parks would be located off of main streets, along with a mid-sized central park and community garden.

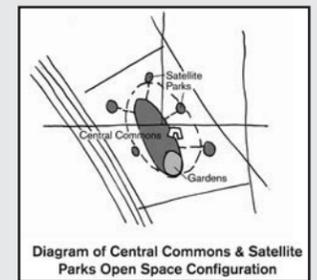


Model B

Model C

Building Height and Distribution

This model features mostly towers with some mid- and low-rise buildings. Towers would account for 56 percent of all residential space, followed by 33 percent in mid-rise and 11 percent in low-rise. The towers are spaced along the entire site.



Model C

Open space configuration

The model features a large central park surrounded by small satellite parks. A community garden is located inside the park.

be distributed throughout the neighborhood, not lumped together in low-income and market-rate areas.

The challenge there, however, is maintaining the sense of community found today at Yesler Terrace without isolating low-income residents from the rest of the neighborhood tomorrow.

At another table, community members suggested placing a row of high-rise buildings along Interstate 5 in model B, providing a buffer against the freeway.

Another commented about the lack of options for parking in each model. All three models assumed underground parking facilities would be built into the site.

With model C, the group suggested reducing the overall size of a large central park to provide more room for green space along streets within the neighborhood.

Design staff took note of the feedback. It will be used to help guide the design process.

The next meeting of the CRC will be from 5-8 p.m. April 8 at the Yesler Community Center, located at 917 E. Yesler Way. It is open to the public.

What’s cooking at the Community Center?

A few of the classes and programs coming up soon at Yesler Community Center, 917 E. Yesler Way. To learn more, call the Yesler Community Center at 206-386-1245.

Traditional Oromo cooking class

Sign up soon for this exciting class, which will teach you how to prepare many traditional Oromo dishes. This class will consist of six two-hour sessions. Classes will begin this month and will be held on four Monday evenings for approximately two hours each to be followed by a double (four-hour) session on a Saturday.

Location: Yesler Community Center kitchen. Instructor: Fadumo Isaq

Yesler Community Center Teen Program

For kids age 13 to 19 (middle school and high school age)

The goals of the Teen Program, which welcomes all young people, are to engage,

empower and stimulate participants through a variety of activities and community collaborations. The program does this by providing activities to teens in six core areas: Environmental Education & Stewardship, Arts & Culture, Life Skills & Job Readiness, Social Recreation, Citizenship & Leadership Development, and Sports & Fitness. All activities are free to registered participants unless otherwise noted.

Teen Center hours are Tuesday, 2:30-8 p.m.; Wednesday and Thursday, 2:30-5:30 p.m.; Friday 3:30-6:30 p.m.; and Saturday 11 a.m.-4 p.m.

Location: Yesler Teen Room. Instructor: Donna Kirvin

Teen Advisory Council

Yesler’s Teen Advisory Council is looking for trustworthy, reliable, responsible youth to join. The goal of the Teen Council is to involve teens in expressing their ideas and

Yesler Terrace CC seeks nominations

Yesler Terrace Community Council will be accepting nominations for membership on its 15-member leadership team at its April 21 meeting.

The leadership team hopes to continue and widen the multicultural participation which we increased last year when the Council’s structure was changed.

The Leadership team does not make decisions for the community council. Team members meet to plan the general

meetings and identify the issues which are most important.

Team members also bring to the leadership team issues that are important to specific groups of neighborhood residents, and may report back on events and meetings taking place in the larger neighborhood, such as school issues, immigration issues, or crime prevention issues.

Elections will take place at the May meeting.

planning and helping to implement programs. Members of the Teen Advisory Council are required to attend monthly meetings, which are held the first Thursday of every month.

Location: Yesler Teen Room

Audio production for teens

In this course, participants will use Ableton 7 and Reason 4 to create all-original

audio works known as “Beats.” Hip hop, Electronic, Dance and other forms of music will be explored. At the end of the course, every student will take home a recording of his or her work. The instructor has been DJ-ing and producing music for almost ten years.

Location: Yesler Community Center

TRANSLATIONS

TRANSLATED ARTICLES FROM THE VOICE

የዲጂታል ቴሌቪዥን የመጨረሻው ቀን እስከ ሰኔ 12 ተራዝሟል። እንደመጀመሪያው ፕላን በሃገር ውስጥ ያሉ ቴሌቪዥኖች ወደ ዲጂታል ይቀየራሉ። በዚህ በአሁኑ ሰዓት በሲያትል ውስጥ ያሉ ቴሌቪዥኖች ዲጂታል መሆን ነበረባቸው። ለቴሌቪዥንዎ አንድና ከሆነ የሚጠቀሙበት ቴሌቪዥን ወደ ዲጂታል ካልቀየሩት ምንም ምስል አያሳይዎትም። ለማንኛውም ብዙ ሰው እንዳልተዘጋጀ ከታወቀ በኋላ መንግሥት ቀኑን እስከ ጁን 12 አራዘመው። ሁሉም የቴሌቪዥን ጣቢያዎች ከጁን 12 በኋላ ምልክት ማሳየት ያቆማሉ። የመጀመሪያ የማስጠንቀቂያ ቀን ፌብሩዋሪ 17 ነበር። አንዳንድ ሰዎች ለኮንቨርተር ቦክስ መግዣ \$40 ዶላር የሚያስገኘውን ኩፐን ለማግኘት ፈርሞ ሞልተውና ልክው በፖስታ ቤት እስካሁን አልደረሳቸውም ወይም አመልክተው

በተጠባባቂ ሊሰት ናቸው። አዲሱ የመጨረሻው ቀን ግን የሁለተኛ ጊዜ ዕድል ሲሆን ሙሉውን ክፍሎ አዲሱን ሳጥን ከመግዛት አመልክተው በኩፐን በመረዳት ገንዘብን መቆጠብ ይችላሉ። ኩፐንና ለማግኘት ከፈለጉና እስካሁን ካልጠየቁ በስልክ ቁጥር 1-888-388-2009 በመደወል ማዘዝ ይችላሉ። ስልኩ በእንግሊዘኛና በስፓኒሽ ስለሆነ የቋንቋ ችግር ካሎት ጓደኛ ወይም ከቤተሰብ እርዳታ ጠይቀው ይደውሉ። ኮንቨርተር ቦክሱን ለመግጠም እርዳታ ከፈለጉ በ206-508-1277 ደውለው ይጠይቁ። ከዌቭ ሳይት ላይ ስለዲጂታል ትራንዚሽን ገገጅ ማየት ከፈለጉ ለመጀመር ጥሩው ቦታ www.dtv.2009.gov ስለ DTV ማቴሪያልስ ትርጉም በ40 ቋንቋዎች በኢንተርኔት በwww.dtvanswers.com/dtv_languages.html ማግኘት ይችላሉ።

ዲጂታል ቲቪ ናይ ሙቕያር ዕለት ተናግሎ ክሳብ ጁን 12 አብቲ አካብዛ ሃገር ብሙሉእ ዝግበር ናይ ቲቪ ምቕያር አካብ ዲጂታል ክምቲ ኣቀዲሙ ዝወጸ መደብ አካብ ግብሪ ወዲሉ አካሎ ነብሲ ወከፍ ቲቪ አብ ስያትል ናይ ዲጂታል ቲቪ ክርኢ እዩ ኣብዚ ጊዜ እዚ እንተና ትጥቀም ምስትኸውን ቲቪ ንምራኣይ ዝንቅሳቀስ ስእሊ ክትርኢ እይኮንካን ናይ ዲጂታል ምእታው ስጉምቲ እንተዘይውሲድካ። ዝኾነ ኮይኑ ብዙሓት ዘይተዳለዉ ምዃኖም ምስተፈልጠ መንግስቲ ክምዝናጥሕ ይርዎ ክሳብ ጁን 12 ። ኩለን ቲቪታት ፕሮግራሙን ባኣናሎግ ምትሕልላፍ ከቋርጽኡ። ሓድ ሓድ ሰባት \$40 ሓገዛት ዲጂታልኮንቨርተ ኩፖን

አመልካቶም ኮይኑ ግን ኣይተላእከሎምን ክሳብ ሕጂ ደንጉዮም ስለዘመልከቱ ክጽብዩ ኣለዎም ተራኡም ክሳብ ዝበጽሕ ኩፖን ክለኣኦኹም ኣብዚ ዝስዕብ ደዉሉ 1-800-388-2009 እዚ ናይ ስልኪ ምስመር ባንግሊዝኛ ስፓኒሽን ኣገልግሎት የቕርብ ኮንቨርተር ቦክስ ክገግተመልኩም ሓገዝ ንምርካብ ኣብዚ ዝስዕብ ስልኪ ትድዉሉ 206-508-1277 እዚ ወብሳይት ዝተፈላልዩ ምክርታት የቕርብ ብዛዕባ ዲጂታል ምስግጋር www.dtv2009.gov; ናት ዲቲቪ ዝተቶርጎመ ጽሑፋት ብ40 ቋንቋታት ክርከብ ይከኣል www.dtvanswers.com/dtv_languages.html

Digital TV deadline extended to June 12
ክፍለ-ዓመት ስራሕ ስርዓት ለማግኘት
የመጀመሪያው ቀን ግን የሁለተኛ ጊዜ ዕድል ሲሆን ሙሉውን ክፍሎ አዲሱን ሳጥን ከመግዛት አመልክተው በኩፐን በመረዳት ገንዘብን መቆጠብ ይችላሉ። ኩፐንና ለማግኘት ከፈለጉና እስካሁን ካልጠየቁ በስልክ ቁጥር 1-888-388-2009 በመደወል ማዘዝ ይችላሉ። ስልኩ በእንግሊዘኛና በስፓኒሽ ስለሆነ የቋንቋ ችግር ካሎት ጓደኛ ወይም ከቤተሰብ እርዳታ ጠይቀው ይደውሉ። ኮንቨርተር ቦክሱን ለመግጠም እርዳታ ከፈለጉ በ206-508-1277 ደውለው ይጠይቁ። ከዌቭ ሳይት ላይ ስለዲጂታል ትራንዚሽን ገገጅ ማየት ከፈለጉ ለመጀመር ጥሩው ቦታ www.dtv.2009.gov ስለ DTV ማቴሪያልስ ትርጉም በ40 ቋንቋዎች በኢንተርኔት በwww.dtvanswers.com/dtv_languages.html ማግኘት ይችላሉ።

Digital TV deadline extended to June 12
Изменение телетрансляции отложено до 12 июня
 Если бы первоначальные планы перевода национального телевидения на DTV были бы претворены в жизнь, в этот момент все телевизоры в Сиэтле показывали бы программы цифрового телевидения. Если вы используете телевизионную антенну, то на экране вашего телевизора не было бы никакого изображения, если вы не сделали ничего для перехода на цифровое телевидение. Таким образом, когда стало ясно, что многие люди не готовы, правительство отложило предельный срок до 12 июня. Все телестанции должны прекратить вещание посредством аналог-сигналов после этой даты. Изначально предельный срок был 17 февраля. Некоторые люди подали заявление на купоны в 40 долларов для приобретения конвертера, но ещё не получили их по почте, кто-то подал заявление слишком поздно и был записан в список ожидающих. Новый предельный срок даёт вам ещё один шанс сберечь деньги, не платя полную стоимость за конвертер, а использовать купон. Чтобы заказать купон, позвоните по тел.1-888-388-2009, если вы не сделали этого раньше. Телефонная линия предлагает услуги на английском или испанском языке. Если вы не очень хорошо владеете английским, попросите друга или члена семьи сделать этот звонок для вас. Чтобы получить техническую помощь с подключением конвертера позвоните по тел. 206-508-1277. Интернет предлагает много источников информации для подготовки к переходу на цифровое телевидение. Для начала посетите вебсайт www.dtv2009.gov. Переводы материалов о переходе на DTV доступны на более чем 40 языках на вебсайте www.dtvanswers.com/dtv_languages.html.

TV-gii dhijitaalka ahaa oo wakhti-gii hore loo qabtay lagu darey illaa June 12keeda
 Haddii isbedelka DTV ku socon lahaa taariikhdii markii hore loo dajiyey saacaddan lajoogo TV-yada oo dhan waxay isticmaali lahaayeen dhijitaal. Haddii aad isticmaali jirtay Antenna sawir maadan heli lahayn illaa aad qaaddo talaabooyin aad ku dalbanayso dhijitaal.
 Si kastaba ha ahaatee, kadib Marky caddaatey in aysan dad badani weli u diyaar garoobin arintaas, ayaa dawlddu waxay dib u dhigtay isbedelkaas oo at ka shigtey June 12keeda.. Dhamaan xarumaha TV-ga oo dhan waxaa laga doonayaa inay isticmaalaan dhijitaal taariikhdaas kadib. Taariikhdii hore waxay ahayd Feb. 17
 Dad badan baa waxay codsadeen deeq \$40 converter box laakin weli meysan helin. Ama waxay dalbadeen

waqti daahsan markaasbey geliyeen liiska sugidda. Taariikhda labaad waa fursad aad lacag ku kaydin karto kuuna o golaanaysa inaad dalbato ado isticmaalaya boonada. Haddaad rabto boonadan waxaad wacdaa 1-888-388-2009
 Khadkan telefanku wuxuu ku hadlaa Ingiriis iyo isbaanish. Ka codso saaxiib ama qaraabo caawin luuqadda ah haddii luuqadda Inigiriisku kugu adag tahay.
 Dhinaca saacidaadda xiritaanka sanduuqa dhijitaalka fadlan wac 206-508-1277.
 Webka ayaa ah mid ku siinaya macluumaad aad u fara badan oo ku saabsan sidii aad ugu wereegi lahayd dhijitaal. Maal wanaagsan oo laga bilaabo waa: www.dtv2009.gov
 Tarjumaad ku saabsan DTV oo lugu qorey in kabadn 40 luuqadood waxaad ka heli kartaa www.dtvanswers.com/dtv_languages.html.
 được để trong danh sách chờ đợi. Thì ngày hạn mới chính là cho cơ hội lần thứ nhì để tiết kiệm tiền khi mua hộp chuyển đổi thay vì phải mua hộp với giá cao. Để xin phiếu mua, hãy gọi cho số 1-888-388-2009, nếu trước đây chưa nộp đơn xin phiếu lần nào. Đường dây điện thoại này nói tiếng Anh và tiếng Mỹ. Hãy nhờ bạn bè hay người thân trong gia đình giúp quý vị nếu gặp trở ngại nói tiếng Anh. Để được giúp đỡ nói hộp chuyển đổi, xin hãy gọi cho số 206-508-1277. Trang mạng mà cung cấp nhiều nguồn thông tin để giúp chuẩn bị cho việc chuyển đổi qua hệ kỹ thuật số. Một nơi tốt nhất để bắt đầu là www.dtv2009.gov Các tài liệu đã thông dịch về hệ thống truyền hình kỹ thuật số DTV có tới 40 ngôn ngữ khác nhau ở trang mạng www.dtvanswers.com/dtv_languages.html.

HẠN CHÓT CHO TRUYỀN HÌNH PHÁT SÓNG KỸ THUẬT SỐ ĐƯỢC GIA HẠN ĐẾN 12 THÁNG 6
 Nếu trên cả nước đều chuyển qua hệ truyền hình kỹ thuật số theo như kế hoạch ban đầu, thì ngay từ lúc này, các truyền hình ở Seattle có lẽ đang chiếu với kỹ thuật số hết rồi. nếu quý vị dùng cần anten để xem truyền hình, quý vị có lẽ đã không thấy hình ảnh gì từ truyền hình của quý vị, trừ khi quý vị đã có nhận được hộp chuyển đổi kỹ thuật số. Dù vậy, sau khi biết rằng có nhiều người chưa chuẩn bị kịp, thì chính phủ đã dời lại hạn chót là ngày 12 tháng 6. Tất cả mọi đài truyền hình phải ngưng không phát sóng theo kỹ thuật analog sau ngày này. Hạn chót trước đây ấn định là ngày 17 tháng 2. Số người nộp đơn xin phiếu \$40 giúp mua hộp chuyển đổi, mà không chưa nhận được qua bưu điện, hoặc họ nộp đơn xin trễ và