



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



# The Voice

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2009  
Articles translated  
into six languages

The newspaper of Neighborhood House

## Low-income people will feel the pinch from state budget cuts

By JEFF ARNIM  
Seattle Housing Authority

With a deficit of nearly \$9 billion looming, legislators granted final approval to Washington state's two-year budget during April's final weekend.

Roughly \$5 billion of the shortfall will be remedied through a combination of federal money, the use of funds from outside accounts and one-time program cuts. The remaining \$4 billion will be made up through funding reductions to health care, social service programs and education, among other services.

Two cuts in particular will have considerable impacts on low-income people.

The Basic Health Plan provides state-sponsored health care coverage at an affordable price. Enrollees currently pay fees based on their income level. The most a person can make to qualify is 200 percent of the federal poverty level — about \$22,800 per year.

The 2009-11 budget will reduce funding for the Basic Health Plan by 43 percent, or

roughly \$255 million. Though it is too early to know exactly how the cuts will affect services, some lawmakers have estimated that as many as 40,000 people could lose coverage under the Plan.

Enrollees may also have to cover a greater share of the costs. Some administrative cost reductions are expected as well.

More than \$60 million will also be cut from the General Assistance-Unemployable (GAU) program. GAU currently provides a \$339 per month stipend for medical coverage for about 21,000 people. Many recipients suffer from disabilities or mental illness and are waiting for coverage from the Social Security Administration.

Though the reduction in GAU funding will affect the program's ability to serve low-income people in need, many agree that the outcome could have been worse. Governor Chris Gregoire's proposed budget called for a \$251 million cut that would have eliminated the monthly stipend entirely.

Legislators recognized the difficulty

Please see "Budget" on Page 3

## Light-rail service begins in July; street parking near stations to be restricted



PHOTO BY TYLER ROUSH

The Seattle Department of Transportation announced in April that street parking near light rail stations will become Restricted Parking Zones (RPZ).

The RPZs will cover an approximately quarter-mile radius around the Beacon Hill, Columbia City, Mount Baker, Othello and Rainier Beach stations.

Two- and four-hour parking within the RPZ will be enforced 7 a.m. to 6 p.m. Monday through Friday. Longer parking will be by permit only.

The restrictions, which begin when

light-rail service commences July 18, are designed to prevent transit riders and commuters from taking parking away from people who live and work within the station areas.

For specific information about parking in the Othello and Columbia City station areas, SHA readers can turn to the NewHolly Notes and Rainier Vista News sections, respectively.

More information is also available online at [www.seattle.gov/transportation/parking/lightrailparking.htm](http://www.seattle.gov/transportation/parking/lightrailparking.htm).



PHOTO COURTESY ONE ECONOMY

Rey Ramsey, CEO of One Economy and keynote speaker at the Neighborhood House Annual Breakfast Celebration.

## Bringing social justice online

### Rey Ramsey to keynote Neighborhood House Breakfast Celebration

By VOICE STAFF

Crossing the digital divide — bringing high-speed internet access to thousands of low-income Americans. That is the charge of Rey Ramsey, CEO of One Economy Corporation. Ramsey will keynote the 8th Annual Neighborhood House Breakfast Celebration, June 4 at the Washington State Convention and Trade Center.

Just as Neighborhood House vans and buses transport people to a doctor's appointment, the internet can take us places — it helps us find and apply for a job, allows us to take a course online and gives us access to vital health information. It

lets an immigrant in America get in touch with family and friends in his or her home country through e-mail or a web-based phone call, without the expense of postage or long distance.

The internet is a new and constantly evolving medium, a place for the free exchange of ideas and information. But it's not yet a place for all. One Economy strives to change that. Join us June 4 to learn more about how Neighborhood House fits into this complex framework, and how we can all help bring social justice online.

The Neighborhood House Breakfast Celebration takes place at 7:30 a.m. Thursday, June 4 at the Washington State Convention & Trade Center. A donation of \$125 will be requested. To learn more, contact Development Manager Liz-Beth Levy at 206-461-8430, ext. 230, or [lizbethl@nhwa.org](mailto:lizbethl@nhwa.org).

### About One Economy

Co-founded by Rey Ramsey in 2000, One Economy leverages the power of technology and information to connect low-income people to the economic mainstream by bringing broadband into their homes, producing public-purpose media, and training and employing youth to enhance communities' technological capacity.

Its Digital Inclusion program provides low-income people with free or low-cost internet access.

The Digital Connectors program trains young people to provide technology assistance in their own backyards, giving them valuable job training and building community in the process. The program is being implemented at the Neighborhood House Rainier Vista Center.

Visit [www.one-economy.com](http://www.one-economy.com) to learn more.

### Neighborhood House Annual Breakfast Celebration

7:30 a.m. June 4 at the Washington State Convention & Trade Center  
For more information, visit [www.nhwa.org](http://www.nhwa.org).

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### Quotable

"I did not call 911 for my medical emergency. ... I drove myself to Providence instead. When I got there, I learned I was having a heart attack."

— Readers write to *Be Safe* to discuss using 911. For the story, see Page 3.

### In this issue

Health Notes	Page 2
TECHNOLOGY AND OLDER ADULTS	Page 3
One to grow on	Page 5
PLANT YOUR SUMMER CROP	Page 5
Summer activities	Page 5
WHERE TO GO, WHAT TO DO	Page 8
Translations	Page 8
HEAD START ENROLLMENT FOR NEXT FALL BEGINS	



## Health Notes

A column devoted to your well-being

### Technology helps older adults stay self-sufficient

BY PAM MCGAFFIN  
Special to The Voice

Imagine getting a medical checkup from the comfort of your own living room. No need to jump in the car and drive to the clinic.

Your nurse has received your latest vital signs through a device that records and sends data over the phone lines, and now she is on screen talking to you via interactive audio-video.

The future is here. An ever-expanding array of products – from simple blood-pressure monitors to “smart home” sensors that can remind you to turn off the tap – are making it possible for older adults to remain safely in their homes.

Home-care technology and “telehealth” are buzzwords for a growing arena that could revolutionize the way we age and access health care, according to the Healthy Aging Partnership, a coalition of 35 Puget Sound-area not-for-profit organizations dedicated to the health and well-being of older adults.

Technology, which has already changed the way we live and get information, is sure to play a growing role in health care as 77 million baby boomers hit their senior years, HAP notes.

A wide spectrum of home gizmos and gadgets are being developed to fill the gap between a shortage of caregivers and a ballooning aging population. Technology can help them put off or avoid long-term institutionalized care while giving them the comfort of knowing that help is there if they need it.

Visiting Nurse Services of the Northwest, a home health care organization serving King, Snohomish and Skagit counties, is one of a number of agencies offering a Lifeline program that connects patients to a 24-hour emergency monitoring system with the push of a button on a wristband or pendant.

VNS also manages home monitoring programs that allow patients to keep track of their own vital signs, including blood pressure and blood-glucose levels. The data is transmitted over phone lines or via satellite to a nurse on duty, who reviews the information and calls the patient if any measurements appear out of line or if the patient fails to send data according to schedule.

“Our patients feel a sense of security knowing that a nurse is viewing their vital signs seven days a week,” said Debbie Hammer, team manager of the VNS telehealth program.

If you or someone you know might benefit from home care technology, check

with your doctor or health care professional and shop around to compare services, HAP advises. Meanwhile, here’s some information and tips to consider:

- Many assistive devices are designed to make life easier for anyone, not just older adults and those with disabilities. With the plethora of devices on the market, you can renovate your home into one that enables a functionally impaired person to carry out his or her daily life independently.

- Before you call the contractors, however, start with the basics. Just eliminating loose rugs and other hazards is one of the best ways to prevent falls, the leading cause of injury deaths among people 65 and older. Get non-slip mats in the bathtub and shower, secure those rugs, improve lighting and install grab bars in the bathroom and handrails next to stairways.

- If you live alone and are at risk for a fall or other health emergency, consider Lifeline or another Personal Emergency Response System (PERS), which can alert a response center in the event of an emergency. A PERS works much like a small radio transmitter and can help ensure a fast response if an accident occurs.

- Self-monitoring devices that allow patients to keep track of their blood pressure and other vital signs have several potential benefits. They can help older adults with chronic conditions take control of their own health, give health providers better data and records, ease the burden on family caregivers and prevent costly trips to the doctor.

- Devices, from the simple to the sophisticated, exist to help with a range of needs: bedside controls can help physically disabled seniors control lighting, temperature and other settings; a simple blinking light instead of a doorbell can help those with impaired hearing; while large handled combs and Velcro fasteners can help people with limited fine motor abilities.

- Technology also is being used to help older adults who might otherwise become sedentary maintain their mobility and independence. A robotic “intelligent” walker, for example, can help the user steer clear of obstacles, pass through doorways and even follow a particular route.

Before you purchase any device, system or piece of equipment, do your homework. Many insurance companies won’t cover such expenses, and those that do require a doctor’s recommendation. PERS, for example, can be rented or leased as well as purchased, and some hospitals and social service agencies subsidize fees for low-income users.

### Volunteers needed to promote health at Greenbridge

The High Point/Greenbridge Healthy Community Project is a community-based project designed to improve the health of its residents.

We are looking for bilingual residents to help develop and promote health and physical activities in the community.

Your ideas and help are needed. We will meet twice a month.

We have Vietnamese, Cambodian and Somali interpreters available.

For more information, please call Jen Calleja at Neighborhood House at 206-461-4554, ext. 24.



## The digital television transition: No time to waste

BY MARY LOU KENNY  
National Telecommunications  
& Information Administration

The DTV Delay Act passed by Congress and signed by President Obama means you may have more time to prepare for the digital television transition, but the time to act is now.

While some local stations transitioned to all digital broadcasting in February, by June 12, 2009, all remaining full-power television stations will stop analog broadcasts. If all of your TV sets are connected to cable, satellite or another pay service, or if all of your TVs are digital, you are ready. However, if you have an older, analog television with “rabbit ears” or a rooftop antenna, you have three options:

- Connect to cable, satellite or other pay service.
- Purchase a digital television.
- Buy a TV converter box with or without a government coupon.

Make sure at least one TV in your house is ready before the transition. If you choose to buy a converter box to keep your television working, here is what you should know.

Purchase a TV converter box with or without a government coupon. All U.S. households are eligible to receive up to two \$40 coupons to help pay for the cost of certified TV converter boxes. Coupons are available on a first-come, first-served basis, while supplies last, so apply immediately. To apply for coupons, visit [www.DTV2009.gov](http://www.DTV2009.gov), call 1-888-DTV-2009 (1-888-388-2009), mail to PO Box 2000, Portland, OR 97208 or fax 1-877-388-4632. Deaf or hard of hearing callers may dial 1-877-530-2634 (TTY English) or 1-866-459-1161 (TTY Spanish).

Use your coupon as soon as you receive it. Your coupons will be sent to your home via first class mail. Coupons expire 90 days after they are mailed. Consumers whose coupons

Please see “Digital TV” on Page 4

### DTV transition resource guide

By June 12, all full-power TV stations will stop analog broadcasts. Below are useful resources to help you get DTV ready now.

#### Troubleshooting and technical information

Basic technical questions — Visit [www.dtv.gov](http://www.dtv.gov) or call 1-888-CALL-FCC to find out general information about the DTV transition and get answers to your technical questions.

Find local support — Visit [dtv-support.fcc.gov/dtvtools](http://dtv-support.fcc.gov/dtvtools) to locate local DTV support in your area.

Antenna help — Visit [www.antennaweb.org](http://www.antennaweb.org) to determine which type of antenna is best for your home.

Installing a converter box — Visit [www.digitaltips.org](http://www.digitaltips.org) to review the Consumer Electronics Association’s “Quick Start Guide” to installing a TV converter box.

Converter box questions — Contact the converter box manufacturer directly to get more information on your specific TV converter box.

Reception questions — Contact your local TV stations for assistance in watching programs.

Returns and exchanges — Contact the retailer from which you purchased your TV converter box.

#### \$40 converter box coupon

Applying for a coupon — Visit [www.DTV2009.gov](http://www.DTV2009.gov) or call 1-888-DTV-2009 to apply for your \$40 coupon, check your application status and get the latest updates on the TV Converter Box Coupon Program.

### Seattle Office for Civil Rights launches web-based discrimination form

Do you think you were treated unfairly in housing, employment or a public place? Now you can get help quickly by filling out an online intake form.

The Seattle Office for Civil Rights (SOCR) created the new online Intake Questionnaire to make it easier for people to take action when they feel they have been victims of illegal discrimination.

“We want to make sure that people have options if they believe they have been treated unfairly in housing, at work, in a public place or in contracting,” said Julie Nelson, director of SOCR. “The sooner we

learn about people’s situations, the sooner we can begin to address them. The new web site provides an additional way to get the process started.”

The Intake Questionnaire is available at <http://www.seattle.gov/civilrights/howtoocr.htm>. Customers can fill out the questionnaire online and send it electronically, or print out a copy, fill it out and mail it. As soon as SOCR receives the questionnaire, we will call back to set up an in-person interview.

People also can get help by calling SOCR at 206-684-4500 to speak with an intake investigator, or by visiting our office in the Central Building, 810 Third Avenue, Suite 750 in downtown Seattle.

#### 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](http://www.nhwa.org) and at [www.seattlehousing.org](http://www.seattlehousing.org).

# Be safe

Readers respond — Calling for emergency help

BY SEATTLE NEIGHBORHOOD GROUP

In April, we responded to Jennifer's letter asking "Please tell me how a 911 call works?" This month we print responses from readers who told their own stories of calling, or not calling, for emergency help.

Dear Be Safe: I feel kind of foolish because I did not call 911 for my medical emergency. I did not want to attract attention to myself. You know, when the fire department medic comes, they come with their sirens on. All my neighbors would have known. I drove myself to Providence instead. When I got there, I learned I was having a heart attack. I was lucky.

— Norma in Central Seattle.

Dear Norma: Thanks for the story. The medics use sirens to get to the destination quickly. Medics are able to quickly assess medical situations as well. Norma, when you are in doubt, call 911. It can save your life.

Dear Be Safe: My 911 call helped me with a scary situation.

On a Saturday, I was doing my wash in the first floor laundry of my high-rise. The only other person in the laundry was a male resident who was drinking beer. He tried to talk with me. At first, he was using "drunk" kinds of words.

I said I did not want to talk with him. He said, "Why are you so unfriendly?" and then he got mad when I didn't respond. I was afraid.

I left the laundry and called 911. The police came and removed him.

— Jean, First Hill.

Dear Jean: On a Saturday, your building management was probably not available. When you feel unsafe, call 911 — and you did.

Dear Be Safe: I observed drug trafficking throughout the night by a group of guys hanging around my building.

I called 911 to report and told the 911 operator I did not want the police to come to my apartment. That would blow my cover and jeopardize my safety.

Well, the police came to my apartment. I had to move from there.

— Ann from West Seattle

Dear Ann: You have a right to request no police contact. Here's how to file a complaint.

If the police response came soon after your call, dial 911 again and ask to speak to the Sergeant on duty. You may report that your request had not been followed. (Remember, when you are done making a 911 call, ask for an event number so that you can identify the call.)

The Seattle Police Department's Office of Professional Accountability is another forum for registering your feedback. Call 206-684-8763. The online form is at [www.seattle.gov/police/OPA/complaint-form.htm](http://www.seattle.gov/police/OPA/complaint-form.htm).

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.

## More households qualify for Basic Food program

BY WITHIN REACH

### What is Basic Food?

As of April 1, the income guidelines for the Basic Food program have expanded, helping more families than ever to be eligible for food assistance.

The Basic Food program, formerly known as Food Stamps, has been helping households put food on the table for over 45 years.

Basic Food recipients receive their monthly benefit on an electronic EBT card that works much like a debit card. With your EBT, you can purchase the types of food your household likes to eat.

### How do I know if I am eligible?

Eligibility is determined by household size and gross monthly income (before taxes). If your household income falls under the guidelines, you are likely eligible for the program. If you think you qualify, apply today!

### How can I apply?

You can get an application mailed to you by calling the Family Food Hotline at 1-888-436-6392 or by submitting one online at [www.ParentHelp123.org](http://www.ParentHelp123.org).

After submitting your application, you will have an interview with your local DSHS office (Department of Social and Health Services). You will need to provide:

- Proof of income
- Photo identification
- Citizenship or immigration status
- Living expenses (rent and utilities)
- Proof of monthly medical expenses or dependent care costs, if any

Updated Basic Food Gross Income Guidelines April 1, 2009 – March 31, 2010	
Household Size	Gross Income (Before Taxes)
6	\$4,922
5	\$4,299
4	\$3,675
3	\$3,052
2	\$2,429
1	\$1,805
For each additional member, add \$624 to gross income. If your monthly income is below the income guidelines, you are likely eligible for Basic Food.	

### How would I benefit?

The average household receives \$216. We highly encourage households under the income guidelines to apply. Utilizing the Basic Food program can help your household purchase healthy foods. Feel free to call the Family Food Hotline or check out [www.ParentHelp123.org](http://www.ParentHelp123.org) website if you have any questions. You or someone you know may benefit from this program, so check it out!

WithinReach can also help you apply for:

- First Steps (Pregnancy Medical Coupon)
- Children's Medical Coupon (Medicaid, SCHIP, CHP)
- Basic Health Plan
- WIC (Women, Infants and Children Nutrition Program)
- Family planning



# One to grow on

Garden tips for community gardeners

## Get busy planting your summer crop of vegetables

BY ANZA MUENCHOW  
Special to The Voice

May is a busy month getting all those summer vegetables planted. Days are long and many gardeners work outside until sunset.

Bed preparation is the first activity. Check your garden maps, which will remind you of the crops you want to rotate to new beds.

Many of the summer fruiting veggies require deeply dug beds with lots of compost, but less nitrogen. Nitrogen would encourage too much leafy growth and delay the fruiting of squash and tomatoes.

A deeply dug bed will allow the roots to find moisture even in our dry season. Tomatoes especially can be susceptible to blossom-end rot if the soil depth is shallow and they get stressed by draught. Good deep soil allows for closer spacing as the roots won't compete. Closer spacing shades out weeds, which saves having to weed.

After Mother's Day, check the weather forecast and begin setting out the rest of your vegetable starts: tomatoes, peppers, eggplant, summer squash, cucumbers, winter squash and pumpkins. Harden off the tender vegetable starts by bringing them out in the day and taking them in at night for a couple days. Then leave out for a couple days before actually transplanting them.

When setting into the beds, think about the space that will suit the starts when they are mature plants. If you are staking or trellising the plants, they can be planted closer.

Tomatoes can be just a foot apart. Squash will need more room. I've found that yellow crookneck squash can cover a large area so don't let it crowd out other plants.

If you trellis your vine-ing cucumbers and squash, they can be spaced less than a foot apart. My favorite summer vine "zucchini" is tromboncino, also known as zuchetta or trombetta. Buttery textured and prolific, pick it when the fruit reaches 20-24

inches, before it gets a tough skin.

The lemon cucumber seems to especially like trellises and will produce abundantly. These cucumbers are a great snack in the garden on hot days. Don't forget to place a few slices on your eyes while resting at the end of the day.

You can also directly seed the squash, cucumbers or corn anytime after Mother's Day. Cover the planted area with a floating row cover to give the seeds more warmth and encourage faster germination.

I usually plant seeds intensively and then thin out seedlings when I'm sure I have enough plants for each area. Watch out for slugs. They can destroy a squash seedling bed in one night.

This year I plan to start several trays of corn, maybe 200 seedlings, indoors in late April or early May. I always try to extend the growing season for corn so I'm not disappointed when it doesn't mature before fall. Corn is wind pollinated, so eight to 10 rows must be planted together for them to form full ears of kernels.

Pick an "early" variety, though the stalks may not get very tall. Plan to add extra nitrogen when preparing the beds. Space the corn starts about a foot apart. Yes, you'll need a large area, like a mini corn field.

Have a source for lots of water for irrigation and then hope for a hot summer! We have very few corn insect pests: no corn borers and few earwigs. But we have many vertebrate pests like raccoons, deer, squirrels and crows.

Consider making a flashy scarecrow and encourage your dog or cat to stand guard. Eat the ears of corn fresh picked and slightly cooked. Yum.

I wish you the best success this growing season.

Anza Muenchow is a farmer and a volunteer with P-Patch. You can reach her by e-mail at [mahafarm@whidbey.com](mailto:mahafarm@whidbey.com) or on the Internet at [www.mahafarm.com](http://www.mahafarm.com).

## Budget

Continued from front page

of reducing services to those in need, particularly during the current economic downturn.

"The budget contains plenty of pain and sacrifice for Washingtonians," said Gregoire. "In the weeks, months and even years to come, the people of Washington will feel the pain of the difficult choices required to address a budget crisis."

Lawmakers also acknowledged that they had little choice, given financial constraints.

"This budget reflects the cold hard reality of an unprecedented and steep decline in tax revenues," said Reuven Carlyle (D-Seattle). "The sheer magnitude of our budget challenges ... meant we had to find savings that involved making painfully tough decisions that will profoundly affect education, human services and more."

Adam Kline (D-Seattle) expressed simi-

lar sentiments. "I believe that this budget is fair only in one narrow sense of the word: that it hurts many different groups of people more or less equally," he said.

Many smaller budget cuts will also have an impact on programs serving low-income residents.

Roughly \$12 million in chemical dependency treatment funding for low-income people will be cut. Adult outpatient and residential services for roughly 13,000 patients will likely be eliminated. Detoxification services for another 2,700 people are expected to be reduced as well.

Adult family homes, nursing homes and group homes for the disabled and elderly will all see roughly three to four percent less funding.

"Many of these cuts are heart-wrenching," said Senate Ways and Means Chairwoman Margarita Prentice, (D-Renton). "But given the size of our budget problem, all of them are necessary."



Neighborhood House

Strong Families. Strong Communities. Since 1906.

# Buy in bulk — save money, save waste, stay healthy

BY LYNN SEREDA  
Section 8 Resident

Buying food in bulk is a great way to save money and save waste, because you can buy only what you need and also avoid a lot of extra packaging, which adds to food costs and also to more garbage ending up in the landfill.

This column has mentioned bulk foods before, and this month we'll feature a great place to purchase bulk foods, as well as an easy, inexpensive and nutritious recipe featuring a bulk food item.

Madison Market is a Food Co-op located at 1600 E. Madison in the Capitol Hill neighborhood. It features natural foods, vitamins, and other natural household products.

A food co-op is a store that is owned by the community it serves. Anyone can shop at Madison Market, but if you are a member of the co-op (similar to being a shareholder in a company) there are additional benefits, such as discounts, coupons, and being able to vote for or run for the Board of Directors.

The great thing about Madison Market is that it has social justice values and strives to have a diverse membership, particularly reaching out to low-income senior and disabled folks.

By showing your Flash Card or Senior Gold Card (issued by the Mayor's Office of Senior Citizens), you can get the \$60 membership fee waived and become a co-op member for free!

Amongst other benefits there is a five percent off senior day, and each member gets a coupon each month for 10 percent off on a shopping trip. Stop by the store to find out more.

Madison Market's bulk food section is enormous. There are 150 herbs, spices, and teas available in bulk alone. There are all of the grains, dried beans, flours, nuts, cereals and pasta.

You can also get oil, maple syrup, honey, soap, detergent and much more in bulk. If you read the labeling on each bin, it will tell you how much per ounce the item costs.

You bag up what you need, and can weigh it yourself before check out. You can compare the price per ounce on a particular item, and it usually is far less expensive than if you bought that item prepackaged. The bulk foods are of high quality and are always fresh.

One bulk grain which is very inexpensive and easy to cook is couscous. You may have already seen boxes of instant couscous

## Couscous salad

1 1/2 cups whole wheat couscous (uncooked)  
3 cups water  
1 can garbanzo beans (you can often get from the food bank)  
1 cucumber, chopped  
2 tomatoes, chopped  
1/4 cup chopped parsley (substitute with cilantro or mint, if you prefer)  
1/3 cup olive oil  
1/4 cup lemon juice  
2 or 3 cloves finely chopped garlic (or garlic powder)  
Salt and pepper to taste

To make couscous, put water and uncooked couscous in a pot. Bring to a boil, then simmer for just two minutes. Remove from heat, place a lid on the pot, and let it sit for 10 minutes. Fluff with a fork and serve or use in a recipe.

When cooled, mix the prepared couscous with the can of beans (drained and rinsed), cucumber, tomato and chopped parsley. Mix the oil, lemon juice and garlic.

Pour the dressing over the couscous, and stir all the ingredients together. Salt and pepper to taste.

Cover and chill for an hour before serving.

This is a great dish to bring to resident potlucks or summer barbecues. It is healthy and is always welcome by vegetarians! For more recipes using bulk foods, go to Madison Market's Web site at [www.madisonmarket.com](http://www.madisonmarket.com).

mixes in the store.

They can usually cost around \$2 to \$3. At the food co-op, you can buy a pound of couscous for under a dollar, and also can choose between whole wheat and refined varieties.

Couscous can be served hot or cold. It is featured in Middle Eastern, North African and Mediterranean recipes. You can serve it with a meat or chicken stew on top of it as a main course.

You can also serve it with some vegetables as a side dish or salad. To cook couscous, you use two parts water or broth to one part couscous.

The accompanying recipe (see sidebar) is something that I love to bring to potlucks.

It is healthy and easy to make.

## Day-tripping: Quaint Port Orchard offers affordable shopping, vegan cuisine

By KRISTIN O'DONNELL  
SHA Resident

Port Orchard is a short trip from Bremerton on a foot ferry that is one of the last of a fleet of small boats that were once the only way to get from town to town in Western Washington.

It was once a mill town, a fishing town and the home of hundreds of shipyard workers who commuted to work every day on the foot ferry. It's where you find the only vegan restaurant in Kitsap County.

Because there are wide metal awnings above the sidewalks on the main street, it is good on rainy days. And it is a first-class shop-til-you-drop destination for people who love shopping for stuff and don't have a lot of money.

Ferries to Bremerton leave frequently from Colman Dock in downtown Seattle. The foot ferry to Port Orchard leaves from the Bremerton Ferry Terminal every 30 minutes — they are part of the Kitsap County transit system, and your boat fare includes a bus transfer.

Pick up bus and foot ferry schedules at the Bremerton ferry terminal. The Port Orchard Library, which is across the street from the foot ferry landing, has an information desk with a good selection of area maps and brochures.

The library also has a reading room with a comfortable seating area and restrooms.

Shopping! There are two consignment stores, one on either end of downtown.

Shopping score: chocolate brown lace shirt, \$4. Second-hand book store: Hardcover Victor Steinbreuck Seattle Notebook in great condition: \$6.50; \$1.50 for paperback mystery novel. Two antique malls: \$3 for a Delft coffee mug with a

tulip design.

Bead store: Locally-made lampwork glass beads: fifty cents each.

Rents are cheaper in Port Orchard, and prices are much more reasonable than they might be in Seattle — or in a tourist destination such as Snohomish or Port Townsend.

Lunch: At the Vegan restaurant, which is recently opened and features sort of hippy-sixties décor, the appetizers (quite enough food for lunch) on the menu are under seven dollars. I ordered a bruschetta plate, slices of French bread grilled in olive oil with a variety of toppings: Grilled sweet peppers, a spicy eggplant and garlic spread, and a fresh tomato salsa with mint and basil. Strawberry juice to drink.

Really excellent lunch. For folks who want something other than vegetables on their plate, the downtown has a Mexican restaurant, two espresso shops with sandwiches, a Chinese restaurant, a bakery and a bar and grill, all of which can provide a meal for less than \$7.

The town museum is on the upper floor of an old Masonic Hall — not very organized and very dusty. There is an interesting display on the Mosquito Fleet at the top of the stairs. (One might learn that passengers going from one boat route to another sometimes had to switch boats in the middle of Puget Sound.)

The hall itself is not much changed from the time when pastel-gowned Rainbow Girls did their mystic ritual stuff. If you want to see old stuff from around Kitsap County, the antique malls are maybe a better bet.

Access: Boats, buses, and most shops are accessible. Sydney Gallery is one block up a steep hill: The museum is on the second floor and does not have an elevator.

## Digital TV

Continued from Page 2

expired without being redeemed will be able to apply for replacement coupons beginning this spring, but only while supplies last.

Know all of your options for redeeming a coupon. A list of local retailers will come with your coupons. Telephone and online retailers are also available. A full list of retailers can be found at [www.DTV2009.gov](http://www.DTV2009.gov).

Connect your TV converter box as soon as you get it. You can watch digital television on most channels today. Im-

mediately connect your converter box to your analog TV so that you have time to troubleshoot any technical issues, such as repositioning your antenna to fix reception problems, or scan (or re-scan) for digital channels in your area.

Check in on your friends and family. If you are already prepared, have you made sure that your friends, family and neighbors are also ready? You can help them apply for a coupon, find a converter box and follow the installation instructions.

For general information about the DTV transition, visit [www.dtv.gov](http://www.dtv.gov) or call 1-888-CALL-FCC (voice) or 1-888-TELL-FCC (TTY).



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 32<sup>nd</sup> 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.

Small

**HAADA WAXANN DIWAAN GALINAY Head start and Early Head Start programs**

### Waxaanu bixinaa lacag la'aan:

- Booqasho guri ( Home visits) oo haweenka uurka leh & kuwo Caruutoodu 0-3 sano jir ah oo Guri loogu adegayo.
- Iskool lootalagaley carurta 3-5 sano jir ah.
- Waxaa intaasi dheer, adeeyo kahortag ah oo loo fidinayo caruurta waxbarashadu dhibeyso( oo loo yaqaano damiin). Waxaa lashaqeynaa Boyer Children's Clinic & Seattle Public School.



Kaalmo loo talagaley haweenka uurka leh & dadka income-koodu yar yahay oo Degan guryaha SHA-da, kunasaabsan caruurta 3-5 sano jir ah, Iyo kuwo ubaahan adeeyo gaar ahaaneed (special needs).

Early Head Start  
7054 32<sup>nd</sup> 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

# Get out and play! A summer guide for youth, teens and their families

The following lists are just a sample of the many summertime activities available to youth in the Seattle area. For more info, contact the community center nearest you!

COMPILED BY GINA KIM, VOICE INTERN

## Activities for the whole family

### Fun Family Friday Swims

Mounger Pool 2535 32nd Ave. W.  
206-685-4708

Cost: Adults (18-64) \$4, Youth (1-17) and Seniors (65+) \$2.75.

Enjoy swimming at Mounger Pool on Fridays in the summer from 5:30 to 7:30 p.m. on June 19, 26, July 3, 10, 17, 24, 31, August 14, 21, 28, and Sept. 4.

### Seattle Parks and Recreation opportunities

Living with wildlife: Create a backyard wildlife habitat

Carkeek Park: 950 NW Carkeek Park Road, carkeek.park@seattle.gov  
206-684-0877

See how you can create a wildlife-friendly backyard, and learn about bird feeders and the different types of seed



and plants that will attract birds and butterflies. Meet at the Carkeek ELC Meeting Room from 1:30 to 3 p.m. June 13. Register by Friday, June 12 by calling 206-684-0877. There is an activity fee of \$10.

### Spring Bird Walks

Carkeek Park: 950 NW Carkeek Park Road, carkeek.park@seattle.gov  
206-684-0877

Enjoy a morning bird walk led by an

Audubon Master Birder. Call 206-684-0877 to save a spot. Meet at the Carkeek Admin building on Saturday, May 23 from 8 to 10 a.m., and Saturday, June 27 from 8 to 10 a.m. This event is free.

### Frink Park

398 Lake Washington Blvd S.  
Explore a small piece of the Lake Washington Boulevard on Saturday, June 6 from 11:30 a.m. to 1:30 p.m. This event is free.

### Herring's House

Meet at West Marginal Way SW and SW Alaska at Herring's House Park to spot the osprey and eagle nests in the neighborhood. This event is free and takes place on Saturday, June 6 from 2 to 5 p.m.

### Wing Luke Asian Museum in Chinatown

<http://wingluke.org/home.htm>

719 South King Street  
206-623-5124

The Wing Luke Asian Museum engages the Asian Pacific American communities and the public in exploring issues related to the culture and history of Asian Pacific Americans.

General admission is free every first Thursday and third Saturday of the month from 10 a.m. to 8 p.m., and is closed on Mondays.

### Public Tours at the Japanese Garden

Seattle Japanese Garden  
1075 Lake Washington Blvd E.  
206-684-4725

Free public tours are offered with regular garden admission April through October on Wednesdays at 12:30 p.m., and Saturdays and Sundays at 12:30 p.m. and 2:30 p.m. Tours provide an educational introduction to culture and history of the garden. Regular garden admission for all ages is \$5.

## Activities for toddlers

### Seattle Parks and Recreation

Seattle Parks and Recreation has multiple Indoor Play Areas to choose from; a list is found online at <http://seattle.gov/parks/children/play.htm>, or by calling the community center nearest you.

### Rainier Community Center

<http://seattle.gov/parks/centers/rainiercc.htm>  
4600 38th Ave. S.  
206-386-1919

A toddler gym is offered at the Rainier Community Center offering programs and special events. Meets on Mondays and Fridays from 1 to 9 p.m., Tuesdays through Thursdays from 11 a.m. to

9 p.m., Saturdays from 10 a.m. to 5 p.m., Sundays from noon until 5 p.m., and 7 p.m. to midnight on Fridays and Saturdays.

### Jefferson Community Center Indoor Play Area

[www.seattle.gov/parks/centers/jeffercc.htm](http://www.seattle.gov/parks/centers/jeffercc.htm)  
3801 Beacon Ave. S.  
206-684-7481

An indoor play area directed towards younger children is offered, with a wide array of programs and special events. Call for a full schedule.



## Activities for youth

### Seattle Parks and Recreation

Free nature program: Low-tide extravaganza!

Have fun while learning about sea life at the beach. Register by Friday, June 5, by calling 206-684-0877. Participants must be 4 years and older. This activity will take place on Saturday, June 6 from 12:30 to 2 p.m.

### Community Connections

2700 California Ave. SW.  
Wading Pool (Hot Line): 206-684-7796  
The wading pool is a free, supervised, drop-in program for elementary and middle-school aged children featuring various activities representing Seattle's diverse communities.

Registration begins on May 26. Meets on the following Fridays: July 10, 24, 31, August 7, 14, 21, and 28 from 2 to 3 p.m. at the Gym-Hiawatha Community Center.

### Shake, Rattle & Read: Summer Reading Program at the Seattle Public Library

1000 Fourth Ave.  
206-386-4636

Get a reading log from an SPL librarian to keep track of books read. Finish ten books by Monday, July 21 and win a paperback book of your choice. Your name may also be entered into a drawing for the City Librarian's Breakfast of Champions held at the Sheraton Seattle Hotel.

### Seattle Parks and Recreation Full Moon Trek

Discovery Park: 206-386-4236,  
3801 W Government Way.

[discover@seattle.gov](mailto:discover@seattle.gov)

Go on a guided hike and learn about what makes Discovery Park special after dark. The hike will take place on Friday, June 5, from 8:30 to 10:30 p.m. and there is an activity fee of \$5. Ages 5 and older.

### Camp Long Night Hike

Camp Long: 206-684-7434, 5200 35th Ave. SW. [camplong@seattle.gov](mailto:camplong@seattle.gov)  
Explore Camp Long's trails at night by witnessing owls, bats, moths and other insects. Register by June 12. The hike will take place on Saturday, June 13 from 6 to 8 p.m., with an adult fee of \$8 and a child fee (ages 5 and older) of \$6.

### Critter Cafeteria

Discovery Park: 206-386-4236,  
3801 W Government Way. [discover@seattle.gov](mailto:discover@seattle.gov)  
A nature walk around the Discovery Park forest will allow you to explore the different foods that attract animals. Children (ages 5-10) must be accompanied by an adult. This nature walk will take place from 1 to 2:30 p.m. June 13, and is free.

### Bird Tour

Discovery Park: 206-386-4236,  
3801 W Government Way. [discover@seattle.gov](mailto:discover@seattle.gov)  
Discovery Park naturalists lead these Saturday morning walks. If birds aren't around, you'll explore other seasonal happenings at Discovery Park. Binoculars would be beneficial to have. These events are free for ages 8 and older and take place on the following Saturdays: May 23, June 13, 20, and 27, from 8 to 10 a.m.



## Activities for teens

### Northgate Community Center M.U.S.I.C. Teen Programs

[www.seattle.gov/parks/centers/northgate/teens.htm](http://www.seattle.gov/parks/centers/northgate/teens.htm)  
10510 5th Ave. NE  
206-386-4283

M.U.S.I.C. is a drop-in teen program where teens can come in anytime after school for various free activities. A completed E-13 permission slip can be found on the Web site and is needed to participate.

### SPD Police Academy for teens

South Park Community Center  
8319 8th Ave. S.  
206-684-7451

This is a free event for teens to explore the SPD; group meets on July 1, 8, 15, and 22 at noon. Call for more info.

### Seattle Center Teen Tix program

<http://www.seattlecenter.com/teentix>  
If you are 13-18 years old and enjoy music, dance, theatre, or art, you can register online to receive tickets to various shows for \$5. More details and information can be found on the Web site, or by calling 206-233-3959.

### Reel Grrls

[www.reelgrrls.org](http://www.reelgrrls.org)  
Reel Grrls New Media Lab is in Seattle's Central District on 1409 21st Ave. Contact Maile Martinez at [maile@reelgrrls.org](mailto:maile@reelgrrls.org), and find additional informa-

tion online.

A Free Apprenticeship Program is offered from July 14 through August 27 on Tuesdays and Thursdays from 10 a.m. to 4 p.m. Participants (girls ages 13-19) can deepen their video production skills and build professional experience as they work with their clients and teams. Participants must have video production experience.

### Reel Grrls: Reel Queer

[www.reelgrrls.org](http://www.reelgrrls.org)  
Reel Grrls New Media Lab is in Seattle's Central District on 1409 21st Ave. Contact Reel Queer at [rj@reelgrrls.org](mailto:rj@reelgrrls.org)  
Make a video in four days (July 20, 22, 27, and 29, 10 a.m. to 4 p.m.) while exploring issues of gender, sexuality, and representation in the media, then learn the tools to make your own media in response to these issues. Directed towards queer and questioning youth ages 13-19; no video experience necessary. This program is free.

### The Outdoor Opportunities (O2) Program

[www.seattle.gov/parks/teens/O2/default.htm](http://www.seattle.gov/parks/teens/O2/default.htm)  
Matt Axling, 206-390-1018 at Discovery Park; Bob Warner 206-684-7097 at Camp Long.  
This is a free program open to multi-ethnic youth providing education in an environmental setting. Teens must be between the ages of 15-19. The required application can be found online.

# CLASSIFIEDS

THE MARKETPLACE OF THE VOICE



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And, we care.

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- Specialty Care Referrals
- Women, Infants & Children (WIC)
- Assistance Getting Health Insurance

**INTERNATIONAL DISTRICT MEDICAL & DENTAL CLINIC**  
720 8th Ave S, Seattle, WA 98104  
Tel: 206.788.3700

**HOLLY PARK MEDICAL & DENTAL CLINIC**  
3815 S Othello St, Seattle, WA 98118  
Tel: 206.788.3500

[www.ichs.com](http://www.ichs.com)

Don't settle for a job...  
**Train for a career!**

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- Medical Assistant
  - Dental Assistant
  - Medical Office Specialist
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**888-210-8616** DEPT. 217  
[www.KaplanCollege-Renton.com](http://www.KaplanCollege-Renton.com)



500 SW 39th Street, Suite 155 • Renton, WA 98055

\*Additional academy training may be required for law enforcement positions

# Go to College Free

We are looking for 250 students for winter quarter

You could be one of them!



Green River Community College helps adults attend college and get job training. **It's a fact that a college education = higher pay and a better job.**

- **What can I study?** At Green River you can earn an associate degree or get career training in more than 40 programs that lead to real jobs at real wages.
- **What about job training programs?** There are jobs waiting for grads in fundamentals of care giving, water/waste water, paraeducator, carpentry, auto body, manufacturing, air traffic control, business management, medical coding and information technology, to name a few.

- **Got math anxiety?** Many students do, but at Green River we have wonderful math instructors. Think of them as math coaches.
- **How do I get help?** Call (253) 288-3319 or visit [go2collegefree.com](http://go2collegefree.com). A college representative will guide you through the process, help you determine what funding you may be able to receive and outline the steps and conditions it takes to qualify.



Call (253) 288-3319 to find out if you qualify

[go2collegefree.com](http://go2collegefree.com)

# CLASSIFIEDS

THE MARKETPLACE OF THE VOICE

## BASTYR CENTER CHANGES LIVES



*"Bastyr kept me off the operating table!"*

**Jim Kam**  
Patient

**BASTYR CENTER**  
FOR NATURAL HEALTH  
*the teaching clinic of Bastyr University*

Read Jim's story: [stories.BastyrCenter.com](http://stories.BastyrCenter.com)

**Find out how naturopathic medicine can improve your health.**

Appointments: 206.834.4100 • 3670 Stone Way N, Seattle



### WorkSource Provides

- Job Preparedness Workshops
- One on One Career Guidance
- Weekly Hiring Events

These services are FREE and open to the public. Translation services are available upon request.

Visit our website: [www.worksourceskc.org](http://www.worksourceskc.org).

#### Locations

- Auburn:** 253.804.1177
- Renton:** 206.205.3500
- Rainier:** 206.721.6000
- Seattle Downtown:** 206.436.8600
- North Seattle:** 206.440.2500
- Redmond:** 425.861.3700
- South Seattle Community College:** 206.764.5304

## Market place coupon

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

Name \_\_\_\_\_ Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_  
 Telephone \_\_\_\_\_ E-mail \_\_\_\_\_

Write your ad here (one word per line)

_____	_____	_____	_____
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Check the classification:  Items for sale  Autos for sale  
 Items wanted  Services

Mail to: PPC, 4000 Aurora Ave. N., Seattle, WA 98133 Fax: 206-461-1285  
E-mail: [classmgr@nwlinc.com](mailto:classmgr@nwlinc.com) w/subject line "The Voice"

# TRANSLATIONS

TRANSLATED ARTICLES FROM THE VOICE

## Time to enroll in Head Start ከገደብ ጋር ገና ማጠናከር

የገደብ ጋር ገና ማጠናከር ለሁሉም ልጆች ማድረግ አስፈላጊ ነው።

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## Waqtiga lays qorayo Head Start

Ma leedahay canug oo jecayl inuu barto waraaqahooda iyo lamabarrada, sida loo heeso iyo loola ciyaaro caruurta kale?

Neighborhood House Head Start mashruuceeda adda waa la qorayaa caruurta u dhaxeysa 3 ilaa 5 sano sannadka xiga ee waxbarashada oo bilaabmaya bisha September.

Head Startwaa lacag la'aan oo caruurta bilowga dadka dakhligoodu hooseeyo. Waa nus maalin oo shaqooyin caruurta oo ka caawimaysa maskax ahaan, iyo jir ahaanba.

Head Start shaqaalaheeda waa xubno u aqoonsada waalidiinta oo ah qaybta koowaad waana kuwa ugu muhimsan macallimiinta caruurta, waa la soo dhoweynayaa ku dhax jirkooda

## Time to enroll in Head Start Пора записаться в Высокий старт

У вас есть ребёнок, который хочет научиться буквам и цифрам, петь песни и играть с другими детьми?

Программа Высокий старт при Нейборхуд хауз сейчас записывает детей в возрасте от 3 до 5 лет на следующий учебный год, который начинается в сентябре.

Высокий старт - это бесплатная федеральная программа для детей дошкольного возраста из малообеспеченных семей.

Работники программы Высокий старт признают, что родители являются первыми и самыми важными учителями детей и они приветствуют участие родителей во всех школьных делах.

Дети, посещающие программу Высокий старт, участвуют в различных воспитательных мероприятиях. Им также обеспечивается медицинская и зубоветеринарная помощь, а также ежедневное здоровое питание.

Программа Высокий старт также предлагает индивидуальную помощь семьям, помогая родителям в достижении их целей, чтобы они эффективно могли обеспечить образование своих детей.

Программа Ранний Высокий старт также производит запись беременных женщин и семей с детьми в возрасте от 0 до 3. Эта программа обеспечивает бесплатно еженедельное посещение на дому, при котором семьи получают информацию о детском развитии, социальные услуги, оценки здоровья и другие услуги.

Для дополнительной информации или для записи ребёнка свяжитесь с Миллан Шифроу (Million Shiferow) по тел. 206-461-8430 доп.246.

## ĐẾN LÚC GHI TÊN CHO CON EM VÀO LỚP VỠ LÒNG (HEADSTART)

Có phải quý vị có con em thích học chữ và đếm số, thích hát và vui chơi với các em khác không?

Chương trình Lớp Vỡ Lòng Headstart của cơ quan Neighborhood House đang ghi tên để thu nhận trẻ em từ 3 đến 5 tuổi cho mùa học tới vào tháng Chín.

Chương trình lớp vỡ long Head Start là một chương trình miễn phí tài trợ bởi chính phủ liên bang dành cho các em trong lứa tuổi vỡ long và là con em các gia đình có lợi tức thấp.

Ban giáo viên của Chương Trình Lớp Vỡ Lòng thừa nhận rằng bậc cha mẹ chính là các thầy giáo đầu tiên và quan trọng nhất đối với các em, và họ đón nhận những sự tham gia của các cha mẹ vào các sinh hoạt của trường học.

Các em đi học lớp Vỡ Lòng đều được tham gia vào nhiều sinh hoạt giáo dục. Các em cũng nhận được những chăm sóc về sức khỏe, về răng cũng như có được các bữa ăn lành mạnh và các thức ăn nhẹ mỗi ngày.

Chương trình Lớp Vỡ Lòng cũng cung cấp những trợ giúp cá biệt dành cho những gia đình, giúp đỡ các cha mẹ đạt được những mục tiêu mà họ mong muốn để rồi họ có thể hỗ trợ trong việc giáo dục cho con em của họ.

Chương trình Ấu Nhi – Early HeadStart của cơ quan NH cũng đang thu nhận (để phục vụ) các bà mẹ đang mang thai và các gia đình có trẻ em mới sinh đến 3 tuổi.

Muốn biết thêm chi tiết hoặc muốn ghi tên tham dự, xin hãy liên lạc ông Million Shiferaw ở số 206-461-8430 – số chuyển tiếp 246.

## Time to enroll in Head Start ናይ ሄድ ስታርት ትምህርቲ ምዝገባ ክጀመር እዩ

ናይ ላትን ምቁጻርን ምዝሙር ምዝግር ክመሃሩ ክጸውቱን ዝደልዩ ህጻናት ኣለውኹምዶ?

ናይ ነይበርሁድ ሃውስ ሄድስታርት ፕሮግራም ምዝገባ ጀሚሩ ኣሎ ንሕጻናት ዕድሚኦም 3 ክሳብ 5 ዓመት ዝኹን ንዝምጽእ ናይ ትምህርቲ ዓመት ኣብ ሰፕተምበር ዝጀምር እቲ ፕሮግራም ኣብ ኒው ሆሊ ረይኔር ቪዥታ የስለር ተርስ ሃይፖይንት ክኸውን እዩ።

ሄድ ስታርት ነጻ ፈደራላዊ ፕሮግራም እዩ ንጀመርቲ ተመሃሮ ዝወሃብ ንብትሑት እቶት ዝመሓደሩ ስድራቤታት ናይ ፍርቂ መዓልቲ ፕሮግራም ኮይኑ ዝተፈላልዩ ንጥፊታት ንሕጻናት ብኣብረተሰብኣውን ስነ-ምግባርኦም ኣካላዊ ዕቡት ዘበርክት ኣገልግሎት እቶም ናይ ሄድ ስታርት ስራሕተኛታት ወለዲ ቅድሚ ኩሉ ክስርዑ ክምዘለዎም ኣረጋገጸም ይኣምኑ ክምኡውን መምሃራን ወለዲ ኣብ ናይ ደቆም ትምህርቲ መደብ ክሳተፉ ደግ የተባብዑ።

እዞም ኣብ ሄድ ስታርት ፕሮግራም ዝሳተፉ ህጻናት ኣብ እተፈላለዩ ትምህርታዊ ንጥፊታት ይሳተፉ ክምኡውን ናይ ሕክምና ናይ ስንን መጠኑ ዝተሓለወ መግቢ ቁርስን ኣገልግሎት ይረኽቡ ኣብ ነብሲ ወከፍ መዓልቲ።

ሄድ ስታርት ውልቃዊ ሓገዛት ንወለዲ የቕርብ ዓላመኦም ንክበጽሑን ንደቓኦም ኣኣብ ናይ ትምህርቲ መደቦም ብዝበለጸ ንክስግዝዎምን

ናይ ነይበርሁድ ሃውስ ኤርሊ ሄድ ስታርት ፕሮግራም ነብሰጸራት እደታትን ስድራቤትን ቆልዑ ዕድሚኦም 0-3 ዓመት ዘለዎም እዚ ኤርሊ ሄድ ስታርት ፕሮግራም ነጻ ኮይኑ ሰሙናዊ ናይ ዝ ምብጻሕ ፕሮግራም ብምክያድ ስድራቤታት ናይ ደቆም ምዕባሌ ሓበራታ ክምዘረኽቡ ይገብር ክምኡውን ናይ ሕብረተሰብ ናይ ጥዕና ን ካልኣት ኣገልግሎት ሓበራታ የቕርብ። ብዝበለጸ ሓብራታ ንምርካብን ንምምዝጋብን በዚ ዝሰጉስ ስልኪ ቁጽረ206-461-8430ኤክስተንሽን 246 ንምልዮን ሺፈራው ተወከሱ።

dhammaan shaqooyinka Dugsiyada. Caruurta ka soo qayb gasha Head Start waxay ka qayb gelayaan wax yaabo badan oo dugsiga tacliinta ku saabsan.

Head Start xitaa wuxuu caawimayaa qoysaska, waalidiinta la caawimayo sidii ay u gaari lahaayeen halaka ay higsanayaan oo si dhab ah looga caawimayo waxbarashada caruurtooda.

Neighborhood House Early Head Start masharuuciisa xitaa wuxuu qorayaa dadka Urka leh iyo qoysaska macal caruurtooda laga bilaabo da'ada 0 ilaa 3.

Wixii warar dheeraad ah oo is qoridda cunugga ku saabsan la soo xiri Million Shiferaw 206-461-8430 ext. 246.

## ለሄድ ስታርት የመመዘገቢያ ጊዜ

ፊደሎችንና ቁጥሮችን መዝሙሮችን እና ከሌሎች ልጆች ጋር ኣብሮ መጫወትን የሚወድ ልጅ ኣሎት?

የኔበርሁድ ሃውስ ሄድ ስታርት ፕሮግራም በኣሁኑ ሰዓት ከ3-5 እድሜ ያላቸውን ለሚቀጥለው የትምህርት ዓመት ማለት በሴፕቴምበር ለሚጀምረው ኣሁን እየመዘገበ ነው።

ሄድ ስታርት ከመንግስት በነፃ የሚሰጥ ለፕሪሰኩል ህፃናት፣ ለዝቅተኛ ገቢ ላላቸው ቤተሰቦች የሚሰጥ ፕሮግራም ነው።

የሄድ ስታርት ስራተኛ ኣባላት፣ ወላጆች ለልጆቻቸው የመጀመሪያ በጣም ጠቃሚ ኣስተማሪዎች ናቸው ይላሉ። በየትምህርት ቤቱም የወላጆች ተሳትፎ

በጣም ኣስፈላጊ መሆኑን ይናገራሉ። በሄድስታርት የሚግሩ ልጆች የተለያዩ ትምህርታዊ እንቅስቃሴዎች ያደርጋሉ።

በተጨማሪ ሄድ እስታርት ወላጆች ግባቸው ደርሰው ቤተሰቦቻቸውን በደንብ እንዲረዱ በግል ለቤተሰብ ልጆቻቸውን በትምህርታቸው እንዲረዱ ያደርጋል።

የኔበርሁድ ሃውስ የቅድመ ሄድ ስታርት ፕሮግራም በተጨማሪ እርጉዝ ሴቶችን፣ ቤተሰባቸውንና ልጆችን ከ0 እስከ 3 እድሜ ያላቸውን ይመዘግባል። የቅድመ ሄድስታርት ፕሮግራም ነፃ የሆነና በየሰዓቱ የቤት ጉብኝት ፕሮግራም ያለው፤ ቤተሰቦች ስለ ልጆች እድገት ኢንፎርሜሽን፣ ስለሕዝብ ኣገልግሎቶች፣ የጤናና ሌሎችንም ግልጋሎቶች የሚሰጥ ነው።

ለተጨማሪ ማብራሪያ ወይም ልጆችን ለማስመዝገብ ከፈለጉ 206-461-8430 X246 በመደወል ሚሊዮን ሺፈራውን ያነጋግሩ።

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.

**CDBG grant presented**  
**NH RECEIVES GRANT FOR NEW CENTER**  
**See Page 4**



# SHA NEWS

May  
2009

News and information about Seattle's neighborhoods

## Partners in preparedness

### *Finding the first-responder in each of us*

BY DORENE CORNWELL  
 SHA Resident

We are all first responders. That probably summarizes the themes of several presentations at this year's Partners in Emergency Preparedness conference, held April 14-15 at the Tacoma Convention Center. This conference featured people from different city, county and state offices related to emergency preparedness, many educators and researchers from around the United States, some vendors with different products and tools for sale, and a small number of representatives of non-profits and community organizations, such as SHARP, SHA Residents Preparing.

Jim Bush, Cinda Lium and I were invited to present a panel about all the different things SHARP, our community builders

**More inside!**

To read about the SHARP presentation, turn to Page 2.



PHOTO BY CAROL DUNN

SHARP members (from left to right) Cinda Lium, Jim Bush and Dorene Cornwell attended the Partners in Emergency Preparedness last month in Tacoma.

Please see "SHARP" on Page 7

## MTW report shows progress

### *SHA builds new housing, strengthens existing programs*

BY SHA STAFF

Economic challenges affected the Northwest and the nation in 2008. In spite of these, Seattle Housing Authority continued to make steady progress redeveloping outdated housing and serving as many low-income residents as possible.

The recently published 2008 Moving To new Ways (MTW) report documents the agency's performance across a range of programs, such as Low Income Public Housing and Housing Choice Vouchers. The report also outlines success in community revitalization and in meeting important performance indicators.

"This past year has presented its share of challenges," said Executive Director Tom Tierney. "Even so, we have succeeded in both building more low-income housing and in serving more people."

In the programs tracked by the MTW report, the number of people served increased by 282 since the end of 2007, a 2.3 percent increase. (Programs tracked in the MTW report include Low Income Public Housing, Housing Choice Vouchers and the Seattle Senior Housing Program.)

In the High Point community in West Seattle, 85 new units were built to serve people earning less than 30 percent of the Area Median Income. (This is roughly \$18,000 for a single person or \$25,000 for a family of four.)

An additional 54 new units will serve people with incomes between 50 and 80 percent of median income.

"We have also made significant progress on modernizing housing to meet Uniform Federal Accessibility Standards for people with disabilities," Tierney said. "More than 150 public housing units have been modernized to serve the needs of this population."

Fifty-two new vouchers received through the Veterans Administration also helped low-income residents. These new vouchers are specifically targeted to homeless veterans. The program links veterans with housing and supportive services to increase their chances of succeeding in housing.

Seattle Housing Authority's redevelopment efforts continued on several fronts. The high-rise renovation project known as homeWorks completed work on all of the buildings in its second phase. Four out of the seven buildings in the third phase were substantially completed. This leaves just three buildings to be finished in 2009. Overall the homeWorks project is tracking ahead of schedule and under budget.

Lake City will be the site of a major rede-

Please see "MTW" on Page 6

## New community builder coordinator likes a challenge

BY SCOTT FREUTEL  
 Seattle Housing Authority

Ahnday Meweh, Seattle Housing's recently hired community builder coordinator, brings an unusual assortment of skills to her new position. As community builder coordinator, she supervises six community builders and helps frame the agency's responses to existing and new challenges its residents deal with.

Born in Spokane and raised in Lyn-

nwood, Meweh, 41, attended Reed College, in Portland, Ore. She majored in biology and minored in anthropology. Then she went on to study at the University of California Hastings College of the Law, in San Francisco.



Ahnday Meweh

As an attorney, Meweh practiced public interest law with an emphasis on poverty issues, prisoner advocacy, civil rights, and education reform. She worked for several years in San Francisco and then moved to Wyoming. For four years there, she worked with Wyoming's Indian tribes on their legal issues.

Asked recently what most excites her about her new job, Meweh thought for a few moments and said, "I like the sheer diversity of the staff and residents. And what most excites me is the creativity of Seattle Housing Authority and its willingness to push into new territory — the willingness of everybody who works here to do the hard work involved in creating new solutions for social change."

And her biggest challenge?

"The time and tremendous hard work it takes to bring about social change. In doing that work, we sign up to deal with a lot of difficult issues. That's an ongoing challenge, and that's just how it is."

Meweh is making a point of getting out and meeting residents. She attends JPAC meetings and those of the Voice Resident Advisory Council.

She will be facilitating Resident Leadership Development Team meetings. She also sits in on Yesler Terrace redevelopment team meetings.

Meweh likes to cook (particularly deserts, she says) and loves being outside and riding her bike. She likes different kinds of music, from hip hop to Irish folk, R&B to Native American flute. She plays the djembe, a skin-covered hand drum that originated in Mali.

Meweh and her 16-year-old son, Elijah, a sophomore in high school, have a cat and are on the verge of getting two ferrets — two baby ferrets.

Only half-jokingly, she said she'd like to hear from anyone with advice about caring for and adjusting to life with ferrets. Talk about a challenge!

She may be reached at tmewe@seattlehousing.org or 206-615-3486.

**In this section**

<b>SHA News</b>	<b>Page 2</b>
SHA STAFF VOLUNTEER FOR UNITED WAY	
<b>Point of View</b>	<b>Page 3</b>
HOMEWORKS BY-THE-NUMBERS	
<b>High Point Herald</b>	<b>Page 4</b>
PHASE II RENTAL HOUSING COMPLETE	
<b>Rainier Vista News</b>	<b>Page 5</b>
SUMMER PROGRAMS AT RV	
<b>NewHolly Notes</b>	<b>Page 6</b>
LIGHT-RAIL PARKING REZONED	
<b>Yesler Happenings</b>	<b>Page 7</b>
CRC UPDATE	
<b>Translations</b>	<b>Page 8</b>



# Letters to the Editor

*Readers of The Voice speak out*

## Kudos for article on Tenaya Wright

To the editor:  
It was great to see the article on Tenaya Wright in last month's Voice. As nonprofits and civic services are experiencing severe funding and staffing cutbacks due to the recession, it makes the work of community volunteers ever more valuable and important to the community.

Tenaya Wright is a great example of someone who makes important civic contributions. Incidentally, Tenaya was elected to the Board of Directors of The Tenants Union of Washington last year, and her experience as a tenant is especially valued on the Board.

*Lynn Sereda, Section 8 Voucher Holder and Tenants Union Member*

## Seattle Parks and Recreation to host meetings for five play area renovations

Seattle Parks and Recreation will host public meetings throughout Seattle regarding five playground renovations in the coming month.

The play areas are located at:  
Brighton Playfield, 6000 39th Ave. S.  
Atlantic Street Park, 1500 21st Ave. S.  
Bhy Kracke Park, 1215 5th Ave. N.  
Bay View Playground, 2614 24th Ave. W.

John C. Little, Sr. Park, 6961 37th Ave. S.

The project renovations include play area improvements, safety surfacing, and site improvements. Upcoming meetings include:

1. John C. Little, Sr. Park — meeting 2 to 3 p.m. May 2 at the park. Visit [www.seattle.gov/parks/projects/john\\_little/park.htm](http://www.seattle.gov/parks/projects/john_little/park.htm).

2. Bay View Playground — meeting 7 to 8:30 p.m. May 13 at the Magnolia Community Center at 2550 34th Ave W. Visit [www.seattle.gov/park/projects/bay\\_view/playground.htm](http://www.seattle.gov/park/projects/bay_view/playground.htm).

3. Bhy Kracke Park — meeting 7 to 8:30 p.m. May 18 at the Department of Neighborhoods Queen Anne Service Center, 160 Roy Street.

Visit [www.seattle.gov/parks/projects/bhy\\_kracke/playground.htm](http://www.seattle.gov/parks/projects/bhy_kracke/playground.htm). Meetings for Brighton Park playground and Atlantic Street Park were held on April 22 and April 25, respectively.

For more information, contact Project Manager Virginia Hassinger at 206-233-7936, [virginia.hassinger@seattle.gov](mailto:virginia.hassinger@seattle.gov), or visit [www.seattle.gov/parks/levy/development.htm](http://www.seattle.gov/parks/levy/development.htm).

## SHA employees volunteer for United Way



FILE PHOTO

Five staff members of Seattle Housing Authority's Housing Choice Voucher program (Section 8) volunteered at the United Way of King County Community Resource Exchange held Wednesday, April 8, in the Qwest Field Events Center. Pictured, left to right: Courtney Powell, Katie Ta, Liz Morris, Jamie Wood and Christopher Wright.

## Emergency preparedness: It's time to lead!

By JIM BUSH  
SHA Resident

Four members of the SHA Residents Preparing (SHARP) team (SHA residents Jim Bush, Cinda Lium, Dorene Cornwell and Red Cross Staff Member Carol Dunn) went to the Partners in Emergency Preparedness (PEP) conference at the Greater Tacoma Convention Center last month to talk about how our team, working with SHA staff and the City of Seattle's Department of Neighborhoods, Office of Emergency Management and the Red Cross are working together to identify and overcome many barriers to preparing for emergencies and disasters. We talked about what works and the many challenges that still remain.

I talked about some of the obstacles encountered by people living in SHA communities, such as culture and language, abilities people may or may not have, the limited resources people may have and how disaster information (before, during and after a disaster) is presented. I also

noted some of these same obstacles could be encountered by the community at large and talked about ways to effectively overcome them, by making the process one that actively includes everyone in a given community, with additional comments on how to do so from the other three panelists.

Dunn talked about how people who do disaster education are starting to realize they will never have all the specific detailed information that people in different situations need to be prepared for disasters, and how many partners shifted to encouraging people to learn and train each other.

Cornwell talked about the importance of people getting to know each other and learning about the passions and interests of others, and helping them fit disaster preparedness into that part of their stories.

She also talked about using interpreters to overcome language barriers and noted cases where people thinking about special medical needs or pets helped make contact

Please see "Training" on Page 3

## SHA names Cabdi as board chair

At its annual meeting April 20, the Seattle Housing Authority elected Yusef Cabdi as Chair and John Littel as Vice Chair of its Board of Commissioners. It is believed that Cabdi is the first Seattle Housing Authority resident to be elected to this position.

On April 23, Mayor Greg Nickels appointed Heyward Watson to the

Seattle Housing Authority Board of Commissioners. The appointment has been forward to the City Council for confirmation. Watson replaces Katie Hong, whose term expired in March. He is currently the Chief Executive Officer of Impact Capital.

Watch for additional information on these news items in next month's issue of The Voice.

**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 sanh cho tới đúng 3 tuổi.
- Ghi tên cho trẻ em từ 3 đến 5 tuổi để đi học Lớp Vờ Lồng.
- 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 sanh 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.

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

Head Start  
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### About The Voice

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

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

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

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

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

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

## Got something to say?

Write for The Voice! For more details, contact editor Tyler Roush at [tylerr@nhwa.org](mailto:tylerr@nhwa.org) or 206-461-8430, ext. 227.

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

# POINT OF VIEW

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

## Miles of copper pipe, gallons of latex paint

### *A by-the-numbers look at homeWorks*

By SVEN KOEHLER  
Seattle Housing Authority

What would you do with enough copper pipe to circle Lake Union? Or ten hot tubs full of latex paint? Or a puddle of roofing tar big enough to cover three and a half football fields?

The crew of the homeWorks construction project used all this material and more to spruce up the 22 buildings in the homeWorks project over the past four years.

With the warmer spring weather, the roofing crews are making appearances again at buildings where they left off their work last fall when the rainy season began. Many of these buildings have been done with construction for months.

While residents in these buildings won't see many workers busy in the building or in their units, they will surely notice the activity on the roof tops — and notice the smells of roofing tar. Combining all the buildings together, homeWorks renewed more than four and a half acres of roof with tar and silver coating.

At West Town View, the community bathrooms are now being remodeled with new fixtures, a new layout and wider doors to make them more wheelchair-friendly. This involves installing only a few feet of new piping because the copper water supply lines at West Town View were still in such good shape compared to the other buildings.

But just how much copper pipe was installed during all of homeWorks? The construction team took guesses, which ranged from 2 miles to 12 miles. But the plumbers from Auburn Mechanical calculated that it

was nearly 13 miles of pipe!

"Most tall buildings have not only a separate hot and cold line, but also a third line to re-circulate the hot water," explained project architect Chet Wing.

The recirculation line keeps heated water running through the building all the time so that residents don't need to run the tap for minutes waiting for the hot water to arrive all the way from the boilers in the mechanical rooms.

Caulking was another building material used during homeWorks that was measured in miles. Just about every building in homeWorks had work done on the exterior, either using scaffolding or a swing stage (an elevated work platform that hangs over the side of the building). To maintain the weatherproofing, workers applied new caulking to the joints in the brickwork.

Also, every single window in almost every building received new caulking around the perimeter, both the 900 new windows and the thousands of existing windows. Add it all up and the estimate is that more than 23 miles of caulking were installed. Picture a bead of caulk the length of the Sounder train tracks running from Seattle to Everett!

Many buildings during homeWorks were updated with new colors in the lobbies and ground floor hallways. This required over 3,600 gallons of new paint, and over 2,000 new floor tiles.

The interior paint used during homeWorks is "low-VOC," which means it has very little fumes. VOC stands for Volatile Organic Compounds, which is a component of paint solvents that usually makes it stink. Less VOC is better for both health and the



PHOTO BY JUAN MEDINA

Taking advantage of a sunny day between April showers, workers lay down one of several layers of roofing materials at Ross Manor. The roof repair and renewal work during homeWorks was put on hold last fall when the rain started falling, but now roofers from Crow Roofing Co. are visiting all the remaining Phase 2 and Phase 3 buildings. The new roofs have several layers, including roofing tar and a silver coat that reflects the sun's rays.

environment.

Of course, the construction crew used more than just materials — there was a lot of sweat involved, too. While no one has been able to calculate the amount of that expended during the project, the homeWorks team feels great that all the human effort put into the project will help keep the buildings in good shape for years to come.

Gayle "Lumpy" Norton was the site foreman for the first homeWorks building, Lictonwood. Three and a half years later, he is finishing up the work at Center West, one of the last.

"This has been by far the longest project I've ever worked on in my career. And I'd say it's been the most interesting, too," said Norton with a chuckle. "We'll all miss the homeWorks project!"

Barton Place held its end-of-construction celebration in April, marking the close of work at the building. Ross Manor celebrates the end of construction on May 19, bringing the entire homeWorks project one big step nearer to its conclusion. This means that construction is still active at only three buildings: Stewart Manor, Center West and West Town View.

### **Training**

Continued from Page 2

with other providers to ensure that information is available.

She also talked about learning basic emergency response techniques such as fire extinguisher and utility control, urban search and rescue, and disaster first aid.

Cornwell also reported about how people are very interested in this material — even the challenges, such as fire extinguishers that are hard to operate or exercises that make bad assumptions about what people can or cannot do.

Lium recounted the story about how she and her neighbors at Denny Terrace took quick action to assist the students stranded during the December snowstorm when two buses carrying them nearly slid onto the northbound lanes of I-5 right in front of the building.

Lium talked about how knowing all her neighbors and all her work and training about disaster preparedness motivated her to respond during the snow emergency. She realized that first responders or the Red Cross might have as much difficulty coping with the road conditions as the bus drivers, so she organized her neighbors to provide coffee and cell phones to help all the affected students connect quickly with their waiting families.

Audience members had a number of

questions for the panel. We emphasized that people volunteer and generally work most closely with their own communities.

Our panel was not the only one to emphasize that food and door prizes or other rewards make people much more eager to participate in training and preparedness efforts. We talked honestly about how many SHA residents already have to deal with a lot of bureaucracies so sometimes we can easily imagine many more problems during a disaster; some of us have also drawn lesson from things that happened during other disasters, such as Hurricane Katrina and our local experiences with earthquakes or storms.

We also talked about how our experiences with different trainings have illuminated problems that should be considered before a disaster. We also emphasized teamwork and the different contributions our panel and people connected with SHARP have made about preparedness, crossing barriers in their buildings or neighborhoods.

How can preparing for an emergency or major disaster include everyone? The answer is simple and involves all of us.

Information on how to make this a truly participatory process involving everyone, regardless of culture, language or ability is available through many outlets, including the SHARP program, which can be reached by phone at 206-524-8476 or via e-mail at sharesidentspreparing@yahoo.com.

### **Preparing others for the digital transition**



PHOTO BY SVEN KOEHLER

Johnathan Lawson (at table), Director of local media advocacy group Reclaim the Media, speaks to residents at a televised press conference at Center Park Apartments on Friday, April 17. He was joined by SHA Executive Director Tom Tierney, City Council members Richard Conlin and Bruce Harrell and others to promote affordable ways for low-income people to get the converter boxes needed to use antennas and analog TVs after the June 12 transition to DTV broadcasting. For an article about the Digital TV transition, turn to Page 2 of the front section of *The Voice*.

# HIGH POINT HERALD

NEWS ABOUT THE HIGH POINT COMMUNITY

## Community celebrates completion of 600 rental units

*Breathe-Easy Homes program expanded in Phase II; green features abound in High Point units*

BY SHA STAFF

Local officials and community members gathered on Tuesday evening, April 21, to celebrate the completion of 256 homes and apartments in the second phase of High Point.

Mayor Greg Nickels praised the teamwork that allowed the community to come together over the past eight years. County Council Member Dow Constantine remarked at how appealing the community now is.

Bonita Blake, a former High Point resident, discussed how residents of High Point have accepted the challenge to work through the difficulties of the redevelopment.

As a resident leader, Blake challenged SHA to do something for kids with asthma.

The result was the Breathe-Easy Homes initiative that has ultimately produced 60 homes that provide a healthy environment for families with respiratory illnesses.

Tom Phillips, project manager for High Point, talked about how important it is for everyone at High Point to contribute to making it a great community.

Phillips also pointed out the green features at High Point.

"Every one of these new homes and apartments meets or exceeds Energy Star standards. The entire community represents a huge step forward in both meeting people's need for housing and meeting the goals of low-impact development," he said.

A number of community features contribute to making the award-winning High Point a national model of sustainable development. The community as a whole — from its walkable streets to its natural drainage system to the homes and apartments themselves — was designed as a place connected to the Earth, where harmony between the



PHOTO BY PAT KAHNERT, MARATHON INTERNATIONAL

*High Point Development Manager Tom Phillips imagined what High Point might be like in 10 years as he spoke from the steps of one of the new houses.*

natural environment and the built environment results in a great neighborhood for people.

Homes and apartments constructed to Built Green and Energy Star standards are significantly more energy-efficient than most existing housing stock, and energy-saving features are abundant in the new housing.

### **Breathe-Easy Homes ease asthma symptoms in children**

Phase II of High Point adds another 25 Breathe-Easy homes to the 35 in Phase I, bringing to 60 the total of homes specially designed for people who suffer from asthma

### **Lend a hand at the High Point 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](mailto:cynthiaclouser@yahoo.com).



PHOTO BY VIRGINIA FELTON

*Participants at the celebration gathered under a large cedar of Lebanon, one of 147 legacy trees preserved in the High Point community.*

or other respiratory illnesses.

Breathe-Easy homes are built to minimize asthma triggers. For example, positive ventilation is used to remove stale air and filter incoming fresh air. Hard flooring replaces traditional carpet that can trap dust and allergens. Even the landscaping near the homes is chosen to reduce seasonal pollens.

Studies over time have shown that the Breathe-Easy homes are fulfilling their health promise. According to Dr. James Krieger, of Public Health - Seattle & King County, "Modest improvements in housing

design, materials and construction (about \$6,000) had a dramatic effect."

The study showed that the number of emergency room and urgent doctor visits for the entire group of residents living in Breathe-Easy homes declined by two-thirds in a three-month period after moving in to the new homes.

### **Natural drainage system keeps Longfellow Creek healthy**

High Point and its bordering greenbelt

Please see "High Point" on Page 7

## *\$100,000 grant awarded for HPNC*



PHOTO BY TYLER ROUSH

*Seattle Mayor Greg Nickels and Neighborhood House Executive Director Mark Okazaki share a laugh as they greet each other prior to the Community Development Block Grant presentation at the Bush Hotel on Friday, April 17. Neighborhood House received a \$100,000 CDBG award to apply to the construction of the High Point Neighborhood Center. The grant was issued by the City of Seattle using federal dollars.*

## *Volunteers needed to promote health at High Point*

The High Point/Greenbridge Healthy Community Project is a community-based project designed to improve the health of its residents. We are looking for bilingual residents to help develop and promote health and physical activities in the community.

Your ideas and help are needed. We will meet twice a month.

We have Vietnamese, Cambodian and Somali interpreters available.

For more information, please call Denise Sharify at Neighborhood House at 206-571-5070.



# RAINIER VISTA NEWS

NEWS ABOUT THE RAINIER VISTA COMMUNITY

## Rainier Vista development faces many challenges

By SHA STAFF

Many challenges — from cost increases to environmental issues — have caused the completion of the Rainier Vista development to be delayed. In spite of these challenges, Seattle Housing Authority will begin work on Tamarack Place this summer.

With new funds from the federal economic stimulus package, construction will begin this summer on this new 86-unit apartment building south of the Boys & Girls Club. Work will also begin soon on sewers, electricity and roads north of Oregon Street.

The most significant challenge faced in completing the redevelopment is the increase in construction costs since the project began in 1999. The cost of material,

such as steel and concrete, has risen. Labor costs have also gone up.

During the past few years, while a lot of building was going on all over Seattle, construction companies were able to charge higher prices because of increased demand.

Seattle Housing Authority has raised money to build more low-income housing by selling some pieces of land to private home builders. As construction began, some of the land in Phase I of Rainier Vista was identified as “wetland.”

This meant that nothing could be built on it. Therefore, less land could be sold and SHA got less income for redevelopment from this source.

Another factor that raised costs was that Phase I was built at the same time that Sound Transit was building the new

rail line. This increased construction costs because of all the coordination that was necessary.

Before construction began, some low-income housing advocates brought a lawsuit against the housing authority to halt construction. A judge brought the participants of the lawsuit together and reached a settlement, but this took some time and delayed the start of construction by a year. This also caused construction costs to rise.

During construction of Phase I, several things happened to cause delays and cost increases. These included a significant land slide near the greenbelt and a zoning interpretation that meant that less housing could be built than originally planned.

In 2005, SHA worked with the local Salvation Army to apply for a grant to build a larger community center as part of the new Boys & Girls Club.

Unfortunately, the grant was not awarded to Seattle, but the Boys & Girls Club

Please see “Rainier Vista” on Page 7

## Street parking around Columbia City light rail station will become Restricted Parking Zone

By VOICE STAFF

In anticipation of the start of light-rail service in the Othello neighborhood, parking around the Columbia City light-rail station will be changed to a Restricted Parking Zone (RPZ).

Beginning with the start of light-rail service July 18, parking in a quarter-mile radius around the station will be two- and four-hour except by zone permit. Those restrictions will be enforced 7 a.m. to 6 p.m. Monday through Friday.

Much of the Rainier Vista neighborhood will be included within the RPZ, including 28th Avenue South, 29th Avenue South, South Adams Street, South Nevada Street, South Genesee Street, South Columbian Way and Jill Place South.

The new boundaries of the RPZ extend south as far as South Dawson Street, and east up to, but not including, Rainier Avenue South. The western boundary falls on 28th Avenue South in Rainier Vista, and along Crest Place South and 28th Avenue South in the area south of South Columbian Way.

A more detailed map of the RPZ is available online at [www.seattle.gov/transportation/parking/lrp\\_cc.htm](http://www.seattle.gov/transportation/parking/lrp_cc.htm).

The new parking code will prevent commuters and light-rail riders from taking parking away from people who live and work within the station areas.

To help ease the transition over to the new RPZ, each household and business within its boundaries will be eligible for up to two no-cost parking permits and one no-cost guest permit for the first two years of the new regulations, according to a Seattle Department of Transportation (SDOT) release.

Additional permits will be \$45 per vehicle. Low-income permits are available for \$10. RPZ permit applications will be mailed to residents beginning in early May.

Information for this article was compiled from the SDOT light-rail Web site, located at [www.seattle.gov/transportation/parking/lightrailparking.htm](http://www.seattle.gov/transportation/parking/lightrailparking.htm).

## Summer activities at Neighborhood House

The Neighborhood House Rainier Vista Center, located at 4410 29th Ave. S., will host an array of activities this summer for local youth and teens. For more information, visit [www.rainiervista.org](http://www.rainiervista.org) or call Kate Farmer at 206-461-4568, ext. 211.

### Play and Learn groups

For children 0 to 5 years of age. Motor skills, reading and language skills. Tuesdays and Thursdays, 12:15 to 2:15 p.m. in the Paul Allen Room.

### Oromo Cultural Group

Oromo culture and language for youth, also providing homework assistance. This cultural group meets every Sunday from 9 a.m. to 2 p.m. in the Paul Allen Room at Rainier Vista Center.

### Vovinam Martial Arts

Teaching martial arts to empower youth, free of charge. Physical activity class, leadership development and martial arts program. Saturdays, 11 a.m. to 1 p.m. and Sundays 2 to 4 p.m., both in the Paul Allen Room at Rainier Vista Center. Show up and have fun!

### Horn of Africa Services

“Versa-Tility,” a literacy program for teens in grades 8-12 and “Tech Night,” a math group for teens in grades 9-12. After-school



FILE PHOTO

The Neighborhood House Rainier Vista Center will host a variety of summer activities this year.

tutoring program for kids in third grade and up. Tuesdays and Thursdays from 5:30 to 7:30 p.m. in the Paul Allen Room, and Fridays from 4 to 8 p.m. in the WaMu Room.

### Platinum Plush Drill Team

Drill marching for youth to participate in summer parades. Practice drill team for youth in the community to participate in state-wide parades and perform drill steps. Saturdays from 2 to 5 p.m. in the Paul Allen Room.

## New Rainier Vista Web site opens doors to community involvement

By CLAIRE McDANIEL  
Seattle Housing Authority

There is a new Web site for Rainier Vista residents — homeowners and renters alike — that provides useful information and a place to “foster community-wide communication.” The site was created by resident Christina Gilman.

“I’m involved with this Web site on a volunteer basis because I saw a need and I found a way to meet that need,” she said.

The site is officially run by the New Rainier Vista Homeowners Association Website Committee, of which Gilman is a member. Located at <http://newrainiervista.com/public>, it lists upcoming events, a monthly calendar of activities and other useful information.

There’s a service providers page which includes information about the new Rainier Vista Boys & Girls Club, Neighborhood House and other providers. Information about the Homeowners Association is also included.

Gilman has been a resident of Rainier Vista with her family since 2006. She was looking for a way to connect with her neighbors upon her arrival. Initially she started a Google Group, which worked for a while as a way for the community to share information such as how to get a trash can or a good babysitter.

But it soon became obvious that this approach had its limitations. Only homeowners ended up participating in the group and this went against the goal of community inclusion.

The New Rainier Vista (NRV) Homeowners Association went through several different web services, each with their own problems. Those problems consisted of a complicated login process and an “impossible to remember” Web address.

“Since the Google Group wasn’t quite enough and the Homeowners Association management’s website wasn’t going to get any use, I started talking up creating our own website,” Gilman said.

Gilman wanted this new Web site to be as user-friendly as possible to make it easy for the greatest number of community members to participate.

The old Rainier Vista community Web site had been created by the SHA Communications office and was updated with information from Community Builders. The

new site provides more opportunities for the residents themselves to be directly involved in maintaining it.

“The new Rainier Vista Web site is primarily a blog in structure,” said Gilman. “The site is attempting to be the primary channel for official announcements of events and services. The Homeowners Google Group still exists for social chatter among homeowners. The Resident’s Google Group has been removed (or soon will be) since it’s not getting any use.”

If there is interest among renters for a Google Group of their own or with the homeowners, please contact Gilman at [Christina@dolcideleria.com](mailto:Christina@dolcideleria.com) and she will set one up.

Individuals or organizations wishing to post content to the <http://newrainiervista.com/public> Web site should send their information to [website@newrainiervista.com](mailto:website@newrainiervista.com).

# NEWHOLLY NOTES

NEWS ABOUT THE NEWHOLLY COMMUNITY



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.

## Street parking around Othello light rail station will become Restricted Parking Zone

BY VOICE STAFF

In anticipation of the start of light-rail service in the Othello neighborhood, parking around the Othello light-rail station will be changed to a Restricted Parking Zone (RPZ).

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The boundaries of the RPZ will fall within South Willow Street to the north, 45th Avenue South to the east, South Webster Street to the south and 37th Avenue South to the west.

A more detailed map of the RPZ is available online at [www.seattle.gov/transportation/parking/lrp\\_Othello.htm](http://www.seattle.gov/transportation/parking/lrp_Othello.htm).

The new parking code will prevent commuters and light-rail riders from taking parking away from people who live and work within the station areas.

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*Information for this article was compiled from the SDOT light-rail Web site, located at [www.seattle.gov/transportation/parking/lightrailparking.htm](http://www.seattle.gov/transportation/parking/lightrailparking.htm).*

## MTW

Continued from front page

velopment in the next few years. This is the result of a new \$10.5 million HOPE VI grant from the U.S. Department of Housing and Urban Development. Sixteen townhouses that served large families formerly occupied the site. They were torn down several years ago because of severe flooding and water intrusion problems. With the re-routing of Little Brook Creek the 1.9-acre site will be the new location for more than 50 low-income rental units along with homes for sale and additional rentals.

The Seattle Housing Authority also succeeded in its work toward renovating a troubled housing complex in Southeast Seattle. Formerly known as The Douglas, it has been renamed the South Shore Apartments.

SHA assembled financing to renovate 44 apartments in its three buildings. Design work was completed, existing residents were relocated and renovation activities began.

*The complete 2008 MTW report and its appendices can be viewed online at [www.seattlehousing.org/news/mtw](http://www.seattlehousing.org/news/mtw).*



## FAMILY COOKING NIGHT



### WHERE:

NewHolly Gathering Hall  
 7054 32nd Ave. S.

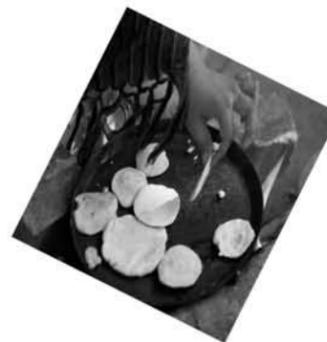


### WHEN:

Friday, May 8th, 2009. 5:30-8:00 pm

### WHAT:

Multicultural Cooking!  
 Come taste and learn to  
 prepare foods  
 from other cultures



FREE

### WHO:

All NewHolly community members.

*\*Youth must come with an adult.*

FREE

For more information please contact:

NewHolly Family Center @ 206-723-4073

Vietnamese Friendship Association 206-724-7428

The New Holly Family Center is a program of Atlantic Street Center and is supported with funding from the City of Seattle Human Services Department.,

# YESLER HAPPENINGS

NEWS ABOUT THE YESLER TERRACE COMMUNITY

## CRC reviews new design concepts for redevelopment

Members of the Yesler Terrace Citizen Review Committee (CRC) met April 8 to review and discuss different options for redesigning the neighborhood.

The CRC looked at different design concepts related to site topography, traffic circulation, and land use options for office and retail space.

Those different categories were then mixed and matched into three different versions of what Yesler Terrace might look like when redevelopment is completed sometime

in the next decade.

Concept A, for example, applied a uniform building height and density with green streets and pocket parks built onto the existing topography of the site, with an east/west orientation for traffic circulation and office space located in the northwest corner of the site.

All three concepts will be explored in greater detail in a future issue.

The next meeting of the CRC will be from 5 - 8 p.m. May 13 at the Yesler Community Center, located at 917 E. Yesley Way. For more information, call Leslie Stewart at 206-615-3556.

## Community council nominations extended

Nominations for the 2009-2010 Yesler Terrace Community Council Leadership Team have been extended to our May meeting to give council membership more time to identify candidates for leadership.

Ten Leadership Team candidates were nominated at the April meeting. The council is especially interested in recruiting leaders from the Amharic, Tigrigna and Spanish-speaking residents of the community.

## Rainier Vista Continued from Page 5

portion of the site had to be redrawn with a different street pattern. This cost additional money and caused delays.

Finally, the current crisis in the financial and real estate markets has made it more difficult to sell land, and more difficult to obtain financing.

Tax-credit investors who have participated in SHA's other communities have not been as interested in investing. And the fact

that very few new houses are being built right now means that home builders are not buying land.

In spite of these challenges, SHA development staff is determined to keep the project moving forward. The housing authority remains committed to replacing all 481 of Rainier Vista's original low-income housing units.

Development staff has met with the Rainier Vista citizen review committee, with city officials and with other stakeholders. A more specific plan to complete the project is currently being developed.

## SHARP

Continued from front page

and partners such as the Red Cross, the Seattle Department of Neighborhoods, and Seattle Office of Emergency Management have helped accomplish in our buildings and in some neighborhoods. We spoke to many interested listeners about how we work in partnership so that each partner does what they need most collaboratively to prepare ourselves, our buildings and the areas where we live.

Jim, Cinda, and I also had the opportunity to attend several other presentations, interesting choices about everything from "business continuity" after a disaster to mental health issues, messages in the media, preparedness for children and schools, severe weather, pandemic flu, earthquakes, nonprofit organizations involved in disaster recovery, and other topics.

One of the topics I found most interesting, even though it was one I spent quite little time with, was all the work involved in disaster recovery for the flooding in recent years in southwest Washington. I arrived late and missed many interesting details of how people and resources were mobilized to help affected areas recover as quickly and thoroughly as possible. The speaker I heard was quite emphatic about how part of what made the whole ordeal manageable was all the community ties and the ways people pulled together.

SHA residents who have caregivers, visiting nurse and other home health services or who work as caregivers might

be very interested in the work of a panel in New Jersey with regards to disaster preparedness and disaster response for people "across the healthcare spectrum." Anyone whose caregivers had trouble getting to work during last winter's long snow emergency will be glad to know other states are also thinking about how both severe weather and other disasters affect community health care, too.

One especially interesting panel was about pandemic flu. The presenter I heard spoke honestly about how the worldwide flu outbreak of 1918 was spread in significant ways through the movement of United States troops in connection with World War I. This presenter also talked about measures communities took to prevent the spread of flu to their areas. While earthquakes and severe weather cannot be prevented, I was glad to think that prevention could make a big difference in some situations.

I left the conference thinking about many people working hard to help communities prepare for, respond to, and recover from disasters. We can all do our part: learn what disasters might affect our communities and our families; plan ahead about our own and our families' needs; work with our building management, medical providers and others whose services we rely on to increase awareness and preparedness; get involved in community disaster preparedness related to places we work, worship, visit regularly or live near.

SHA residents can do many things to prepare — working together will make a difference.

## Notes from the Manager

By JUDI CARTER  
Seattle Housing Authority

Recently, you may have noticed Seattle Housing Authority maintenance staff digging holes and putting machinery down drains in the common areas of Yesler Terrace. Some families have even been asked if they would allow the plumbers to plug in an extension cord so that they could use the equipment.

The reason we have been doing this is to check the condition of the drain pipes in the community.

The information that we have been getting from the cameras is not good. The pipes in Yesler Terrace are old. Some of them are crumbling.

If they completely break, the drains will stop working and we may have to move many families out of their apartments.

That would be a very difficult thing for the families and the housing authority, because we do not have places to move people!

You can help us keep the drains running. Please, never put grease down any drain.

There is grease in cooking oil, such as olive oil, corn oil, Crisco, butter, margarine, cooked meats, etc.

rine, cooked meats, etc.

Do not put any solid thing down the sink drains either.

Never put paper towels, baby wipes, socks, toys or other clothing, including diapers or sanitary napkins, down the toilet.

We have found rice, coffee grounds, plastic, clothing, and other items in the drains. When grease gets into the pipes, it does not stay liquid, but becomes hard and mixes with other things that should not be put down a drain.

These things further damage the pipes. It is hoped that we can keep the sewer drains running until the community is redeveloped. Please treat the drains in your home with care!

**Emergency preparedness tip:** I have noticed that a few households have been using their ovens to warm the apartment. This practice makes the electric bill very high, and it is also very hard on the stove.

If there were a power outage, a person could not count on even the heaters to stay warm. It is a good idea to keep warm clothing handy for cold days and extra blankets, for times when there is a power outage.



Neighborhood House

Strong Families. Strong Communities. Since 1906.

## High Point

Continued from Page 4

make up eight percent of the Longfellow Creek watershed. The redevelopment of High Point provided an opportunity to significantly affect flow volumes and water quality in the largest creek remaining in southeast Seattle.

Natural drainage strategies were used to meet this challenge. More than four miles of vegetated swales provide filtration and delay the time it takes water to reach the detention pond and hence Longfellow Creek.

In the end, Longfellow Creek will receive no more flow from High Point during and after a 24-hour storm than it would if the entire site were still a grassy pasture without 1,700 units of housing on it. The natural drainage system was designed by SvR Design in cooperation with Seattle Public Utilities.

## On-demand heaters save water, energy

One of the features of each new rental home and apartment at High Point is a wall-hung tankless water heater that produces hot water on demand. The unit used at High Point, called the Baxi Luna, is manufactured by Marathon International. The company sent technicians to High Point to train SHA's maintenance mechanics in how to maintain the new boilers.

In addition, Marathon contributed a solar-powered water heater that has been installed in one home.

"We will use this unit as a pilot to determine whether we can make more extensive use of this technology in the future," Phil-

lips said.

## Nearly 150 legacy trees preserved

SHA preserved 147 decades-old legacy trees for their drainage and aesthetic benefits. The presence of these mature trees gives the new community a permanent, settled feel.

## New rentals serve a range of low-income residents

The new townhouses at High Point will serve low-income residents at varying income levels. A total of 350 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 60 percent of the Area Median Income (about \$42,000 for a family of four).

All 716 of the low-income units originally on the site will be replaced. This includes 350 units built on-site by Seattle Housing Authority plus Elizabeth House, a 75-unit apartment house for low-income elderly residents built by Providence Health and Services.

The remaining 291 units will be replaced off-site, in buildings owned by Seattle Housing Authority or in partnership with another housing provider.

Redevelopment of the mixed-income, 1,700-unit High Point neighborhood began in 2000. At that time, Seattle Housing Authority received a \$35 million HOPE VI grant from the U.S. Department of Housing and Urban Development. Overall investment in the site — both private and public — will exceed \$550 million.

