



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



# The Voice

July  
2009  
Articles translated  
into six languages

The newspaper of Neighborhood House

## Basic Health program preserved thanks to raised fees, annual deductible

BY SHA STAFF

Basic Health, a state-sponsored program providing low-cost health care coverage for the working poor through private health plans, last month announced that it will increase rates for its enrollees rather than force anyone off the program.

Basic Health covers almost 100,000 Washington residents, who pay a portion of the monthly premium based on their income. The program has been hit hard by budget cuts on the part of the Legislature and the Governor.

The average enrollee currently pays \$36 a month and the state pays the remaining \$209. Last month the Health Care Authority, which administers the program, announced a rise in fees.

The average enrollee will pay \$61.60 in 2010, and the annual deductible, now \$150, will increase to \$250 on January 1, 2010.

As many as 40,000 Basic Health members could have lost coverage under various options under review in the aftermath of the legislature's 43 percent cut to the Basic Health budget.

Those options, now off the table, included providing coverage to only the lowest-income members, cutting off members based on their time with the program, or conducting a lottery.

In announcing the rate increases, Basic Health administrator Steven Hill said the rates were raised to protect the

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## Chef Cynthia cooks for the council



PHOTO BY JEN CALLEJA

High Point resident and volunteer Cynthia Clouser cooks a delicious and healthy meal for the Greenbridge Community Council prior to a recent meeting. The next council meeting is on Tuesday July 7 at the Wiley Center. Volunteer cooks are needed. Contact Melisa at 206-574-1167.

## Fireworks and the Fourth: Public shows are the best, safest bet for all

BY VOICE STAFF

As the Fourth of July holiday approaches, it's important to remember local fireworks laws and fire safety in Seattle and King County. Please remember that all fireworks are banned in Seattle and on Seattle Housing Authority property.

Fireworks laws vary by city elsewhere in King County, but all fireworks are also banned on King County Housing Authority property.

Because fireworks are illegal in most parts of King County, and because of the fire danger inherent in discharging fireworks, the best way to view fireworks on the Fourth of July is at one of the many

public displays held during the holiday. Most are free to the public.

Below is a list of fireworks displays in Seattle and King County.

### Fireworks displays in Seattle

**Chase Family Fourth at Lake Union**  
www.chasefamily4th.org

### Fireworks displays in King County

**Symetra's Bellevue Family 4th at Bellevue Downtown Park**  
www.bellevue.wa.gov

Please see "Fireworks" on Page 2

## Why is there a credit union at Neighborhood House?

**Express Credit Union members can receive services at four NH locations**

BY NEIGHBORHOOD HOUSE STAFF

In Seattle and King County there is a large population of people who are "unbanked or underbanked", meaning that for a variety of reasons some people do not utilize or under utilize financial institutions. The unbanked or underbanked sometimes use payday loan and check cashing services that charge high interest rates, thus perpetuating a cycle of debt for those who are already struggling financially.

So, why a credit union at Neighborhood House? For over two years Neighborhood House (and several other community partners) has been working with Express Credit Union to help them develop culturally competent and relevant banking services for the communities it serves.

Express Credit Union strives to provide affordable financial services to low and moderate income people in King County, helping them to achieve financial stability. Credit unions are different from banks in that they are member owned and are based on a cooperative model.

One way that Express Credit Union is

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Neighborhood House  
Jesse Epstein Building  
905 Spruce Street  
Seattle, WA 98104

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### Quotable

"It took me a couple years to figure out my route. I don't know the names of all the places — I just know where they are."

— Lawrence Dennis, describing the route he takes in delivering *The Voice* each month. For an article profiling this longtime contributor to *The Voice*, see Page 4.



## Health Notes

A column devoted to your well-being

# Beat the heat: Safety tips for hot weather

BY PUBLIC HEALTH - SEATTLE & KING COUNTY

As the mercury rises this summer, be sure to keep cool. High temperatures can lead to serious medical problems, particularly for older adults, young children, people with chronic illness, and people with weight or alcohol problems.

"When outside temperatures are very high, the danger for heat-related illnesses rises," said Dr. David Fleming, Director and Health Officer at Public Health - Seattle & King County. "Fortunately, you can prevent heat exhaustion or heat stroke if you take some simple steps."

Protect yourself and your loved ones by following these recommendations:

- Slow down and reduce strenuous exercise.
- Dress in lightweight clothing.
- Drink plenty of water or non-alcoholic beverages.
- Limit your direct exposure to the sun
- Do not leave infants, children, people with mobility challenges and pets in a parked car, even with the window rolled down.

Additional health-related recommendations include:

- Do not take salt tablets unless directed

to by a physician.

- Check up on your elderly neighbors or relatives.
- Check with your physician if you are concerned about heat and the specific medications you are taking. Certain medications may increase sensitivity to the heat.

Overheating occurs when people's bodies are not able to cool themselves quickly enough.

This can lead to symptoms of heat exhaustion, including muscle cramps, weakness, dizziness, headache, nausea and vomiting.

If you notice someone with signs of overheating, move the person to a cooler location, have them rest for a few minutes and slowly drink a cool beverage.

Seek medical attention for them immediately if they do not feel better.

In severe instances, people can suffer heat stroke, which can cause death or permanent disability if emergency treatment is not provided.

Symptoms of heat stroke include:

- an extremely high body temperature (above 103°F)
- red, hot and dry skin
- rapid, strong pulse
- nausea, confusion and unconsciousness

## Express

Continued from front page

fulfilling its mission is by working with community partners like Neighborhood House. An important aspect of the Express Credit Union mission is their commitment to bring banking services to the unbanked and underbanked, which is where Neighborhood House comes into the picture. As a partner, Neighborhood House provides space for Community Service Representatives to meet with clients to open bank accounts, apply for citizenship loans, and discuss basic budgeting and other important banking services.

Beginning in June, Community Member Service Representatives have begun working at four Neighborhood House locations: Yesler Terrace, Rainier Vista, NewHolly and High Point. For the days and times they are available, see the sidebar.

Neighborhood House is excited to be partnering with a financial institution that offers financial products relevant to the clients and communities it serves.

For more information about Express Credit Union, visit [www.expresscu.org](http://www.expresscu.org), e-mail [expresscu@expresscu.org](mailto:expresscu@expresscu.org) or call 206-622-1850.

### Neighborhood House locations that offer Express Credit Union services

#### High Point

Every Tuesday, 10 a.m.-4 p.m.  
Community Member Service Representative: Samuel Gebremedhin

Location: West Seattle Resource Center (above the West Seattle food bank), 3419 S.W. Morgan St.

#### Yesler Terrace

Every Tuesday, 10 a.m.-4 p.m.  
Community Member Service Representative: Maricel Valdez

Location: Neighborhood House office, 825 Yesler Way

#### Rainier Vista

Every Thursday, 10 a.m.-4 p.m.  
Community Member Service Representative: Samuel Gebremedhin

Location: Second Floor of Rainier Vista building, 4410 29th Ave. S.

#### NewHolly

Every Thursday, 10 a.m.-4 p.m.  
Community Member Service Representative: Maricel Valdez

Location: Lee House, 7315 39th Ave. S.



## Letters to the Editor

Readers of The Voice speak out

### Gun safety should not equal gun restriction

Dear Editor,

In the article about gun safety in the home, there were a couple of things that was missed. One, gun safety laws were enacted due to children in the home. It was mentioned in the article that you need to keep the ammunition in a different place than where you keep the gun.

Problem: if someone is breaking, or has broken into your home, and you need that gun to defend yourself, and or family, that burglar is not going to wait for you to go to different parts of your home to collect gun and ammo. Also, an unloaded gun is nothing more than an expensive club in an emergency. Second Point is that most of us do not have children in our homes, we live alone, or with another adult.

And children can be taught about guns. If you have a gun in the home, and you do not teach your children even the impact of using a gun, then you are not doing your job as a parent in teaching your children right. The Police Department can be very helpful

doing this.

I see nothing wrong with having a registered gun that is loaded, and ready to use in the home.

Our Federal Constitution gives us the right to keep, and bear arms. No one has the right to take that right away. The trick is to keep it away from Children. That means LOCK IT UP!

Over-regulation is another form of taking away my right to defend my life, family, and home.

There are gun classes all over this country, and one of the best ones is offered by most police departments.

I would rather be ready for any emergency, than caught unprepared. Historical pieces are a different story, but no one wishes to fire a historical piece, as it might be so old, that it would just blow up in your hand since even gun metal weakens with age. I hope that no one is stupid enough to do that. Yes I believe in gun safety goes hand in hand with gun ownership, but let's use common sense, not restrictive sense.

Robert Canamar

The Voice welcomes your feedback. Send your letters by e-mail to [tylerr@nhwa.org](mailto:tylerr@nhwa.org), or by regular mail to:

Neighborhood House

The Voice

905 Spruce St., Suite 200

Seattle, WA 98104

Letters may be edited for length.

## Fireworks

Continued from front page

### Fireworks Spectacular at Emerald Downs on July 3, Auburn

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

### Carnation Fourth of July Celebration at Tolt McDonald Park

[www.carnation4th.org](http://www.carnation4th.org)

### Des Moines Fourth of July Fireworks Display at the Des Moines Marina

[www.desmoineswa.gov](http://www.desmoineswa.gov)

### Enumclaw Stars & Stripes Celebration

[www.ci.enumclaw.wa.us](http://www.ci.enumclaw.wa.us)

### Federal Way Red, White and Blues Festival at Celebration Park

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

### Kent Fourth of July Splash at Lake Meridian Park

[www.ci.kent.wa.us](http://www.ci.kent.wa.us)

### Celebrate Kirkland at Marina Park

[www.celebratekirkland.org](http://www.celebratekirkland.org)

### Fabulous Fourth of July at Coulon Park in Renton

<http://rentonwa.gov>

### Tukwila Family Fourth, Fort Dent Park

[www.ci.tukwila.wa.us](http://www.ci.tukwila.wa.us)

### Fireworks safety

If you do find yourself celebrating the

Fourth of July in a place where fireworks are legal, please remember the following safety guidelines, as published by the King County Fire Marshal:

- Use only approved, legal, and common fireworks from reliable Washington State and King County Fire Marshal licensed retailers.
- Always have a responsible adult light all fireworks.
- Have a charged garden hose or a fire extinguisher handy.
- Use fireworks under outdoor conditions only, away from buildings, houses with wood shingles, trees and dry fields.
- Avoid aerial type fireworks.
- Light one item at a time, move away quickly and keep a safe distance away.
- Dispose of used fireworks by first soaking them in water.
- Ensure the safety of pets.
- Use eye protection.
- Remember your neighbors and clean up all debris.
- If a device does not light or fire, an adult should wait at least a minimum of five minutes before approaching the device.
- Remember, if it has a stick or fins and it goes up or if it blows up, it is illegal in Washington State.
- Rather than buying fireworks, attend a public fireworks display when available and make that a family tradition.

Remember, fireworks are illegal in Seattle and many parts of King County, and on SHA and KCHA property. When in doubt, **do not** discharge fireworks.

### The Voice

#### Editor

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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).



Neighborhood House

Strong Families. Strong Communities. Since 1906.

## Thousands rally for health care



PHOTO BY ROBERT CANAMAR

Over 2,000 people attended the Health Care For All 2009 rally, held on May 30. The event began with a speech by U.S. Senator Patty Murray at Pratt Park, and continued with a march through downtown to Westlake, where Congressman Jim McDermott remarked about the need for healthcare reform in the United States. Many SHA residents participated in the rally.

## Be safe

BY SEATTLE NEIGHBORHOOD GROUP

Summer is here and school is out, providing opportunities for mischief. Crime rates and calls for police service often rise during warmer months. Sweltering temperatures can lead to short tempers and annoying pranks.

Longer days and open windows also tend to generate noise complaints. So, here are some suggestions to keep in mind for summer:

Lighting fireworks in Seattle is illegal. However, a free public celebration will be held at Myrtle Edwards Park. Events begin at 12:30 p.m. and end with a fireworks display at 10 p.m. Gas Works Park will also host fireworks at 10 p.m. July 4.

Loud noises are a frequent summer complaint. Amplified noise should be turned down after 10 p.m. Remember, people still have to work in the morning.

Just because it's hot outside doesn't mean you can't keep your cool. Resolve differences with your neighbors peacefully; encourage your kids to do the same. However, if nearby noise disturbs you and you don't feel comfortable asking neighbors to keep it down, call building management (if appropriate) or non-emergency, at 206-625-5011.

Remind your children if they find a gun in the neighborhood, not to touch it. Tell them to find an adult who can help.

## Summer time brings with it a rise in crime

Drive carefully. Kids often ride their bikes and play on the side streets. Stay alert!

Greet neighbors as you walk through your neighborhood, even if you don't know them. Take time to chat. Neighborhoods where people know each other are safer.

Volunteer some time at one of your neighborhood youth organizations or community centers. Challenge youth hanging out at the basketball court to a game.

Every summer, each precinct hosts a community picnic, with free hot dogs, ice cream, entertainment and raffles. Picnic dates and contact phone numbers are listed below:

North Precinct: 10049 College Way N., Saturday, July 11, 206-684-0850.

SW Precinct: 2300 SW Webster, Saturday, August 15, 206-733-9800.

South Precinct: 3001 S Myrtle, Saturday, Sept. 12, 386-1850.

West Precinct: 810 Virginia St., Thursday, Sept. 17, 206-684-8917.

The East Precinct community picnic was held in June.

And don't forget, Night Out Against Crime is Tuesday, August 4. You can register your block with your police precinct or over the Internet: <http://www.seattle.gov/police/Nightout/default.htm>.

Have fun and keep safe.

### Federal minimum wage to increase

The federal minimum wage rate will increase to \$7.25 per hour effective July 24, replacing the existing rate of \$6.55 per hour.

Washington state's minimum wage rate is \$8.55 per hour.

### CityClub to host mayoral debate

Seattle's CityClub is hosting a pri-

mary election debate this month for candidates for Seattle mayor.

The event will take place from 6-7:30 p.m. July 23 at Rainier Square, located at 1333 Fifth Avenue in Seattle.

More information, including pricing and registration info, is available online at [www.seattlecityclub.org](http://www.seattlecityclub.org). Upcoming events are listed in the sidebar to the left on the Web site.



## One to grow on

Garden tips for community gardeners

## Time to plant a bounty of basil

BY ANZA MUENCHOW  
Special to The Voice

Ah. The long warm days of summer have arrived. Plants are loving this, as they can photosynthesize for 16 hours a day. Growth is dramatic.

Provide them with good soil and water and you will be rewarded. Don't let your soils dry out because they are difficult to re-hydrate. Water the soil at least one and a half inches a week. Even if it rains a few times this month, it rarely gives us even a quarter of an inch. Long, slow watering is best because it allows the water to penetrate deeply.

Just top watering will encourage shallow rooting, so make sure the water goes deep. Dig down six to eight inches into your beds to check your watering.

Just about any direct seeding you do this month will give good results if you keep the seed bed moist. Lettuce likes to be sown near the surface (where there is some light) so water almost daily to get good germination rate. Dill, too.

The deeper sown seeds, like beans or squash, you can water every other day. All this depends on how cloudy or rainy it is. Watch out for a roaming pack of slugs at night, as they will demolish a newly planted bed.

Is there ever too much basil in a garden? I think not. If you are a lover of basil, now is the time to get your bed established. I generally don't plant out the basil seedlings till June. It is difficult to direct sow basil in a garden, so start yours in seed mix indoors or buy some starts from a local farmers market.

Prepare your bed as if you are planting

lettuce, so lots of nitrogen source (fish meal, blood meal, or feather meal, etc.). If you added plenty of manure in the spring, then the bed may be rich enough.

Choose a sunny, protected spot in the garden. Plant out your starts on a cloudy, cool day and cover lightly with floating row cover for the first week. Keep these plants well watered, like you would a lettuce patch.

Unlike many gardeners, I do not recommend planting basil with tomatoes. I do recommend eating them together, but not growing them together.

Tomatoes don't need as much fertilizer or water, as they have very deep roots and don't do well with high nitrogen fertilizers. Tomatoes will be more susceptible to blight if you over fertilize with the nitrogen sources. But basil loves rich soil and warm, well watered sites.

Here are a few tips for the care of basil to have a long summer harvest. Pick basil from the top. Don't take those large bottom leaves until later in the season. Regularly pinch off the top four to six inches, by cutting the stem just above a branching node.

This pinching will then stimulate the formation of two new leaf buds. These buds will then grow tall and you can cut the top six inches of these. Your plants will get bushy and keep producing.

Mostly, your job is to prevent the plant from flowering. If it has enough nitrogen, it will continue to give you leaves till September. For optimal leafy growth, watch for a cool, cloudy day and give your basil a foliar feeding.

Mix a weak dilution of fish emulsion fertilizer in a watering can or sprayer and

Please see "Garden" on Page 5

## Seattle Tilth to teach container gardening, composting in downtown parks for apartment and condo dwellers

BY SEATTLE TILTH

This summer, Seattle Tilth will teach apartment and condominium dwellers how to grow vegetables and herbs in containers and how to compost food waste indoors or on balconies or patios. The classes are great for beginning gardeners and can also help more experienced gardeners troubleshoot or get new ideas. Seattle Tilth wants to show you how to grow your own food organically and reduce waste even if you don't have a yard or P-Patch plot!

Victor Steinbrueck Park, 2001 Western Ave.

Wednesdays, 5 - 7 p.m.

July 8: Basic Herb Gardening in Containers

Previous classes, conducted prior to The Voice's deadline, focused on "Container Veggie Gardening 101" and "Composting for Apartment Dwellers."

Freeway Park, 700 Seneca St.

Wednesdays, 5 - 7 p.m.

July 15: Fall and Winter Veggie Gardening in Containers

July 22: Composting for Apartment Dwellers

July 29: Edible Flower Gardening in Containers

Occidental Square, Occidental Avenue South and South Main Street

Wednesdays, 5 - 7 p.m.

Aug 5: Container Stir-Fry Gardening  
Aug 12: Composting for Apartment Dwellers  
Aug 19: Herbal Tea Gardening

Cascade Playground, 333 Pontius Ave. N.

Sundays, 10 a.m. - noon

August 16: Container Salad Gardening  
August 23: Composting for Apartment Dwellers

August 30: Container Stir-Fry Gardening

Belltown Cottage Park, 2512 Elliott Ave.

Saturdays, 10 a.m. - noon

September 5: Composting for Apartment Dwellers

September 19: Fall and Winter Container Herb Gardening

All classes are free; participants need to register ahead of time at [www.seattletilth.org](http://www.seattletilth.org) or call 206-633-0451 ext. 101.

Founded in 1978, Seattle Tilth is a nationally recognized nonprofit organization dedicated to cultivating a sustainable community, one garden at a time. In demonstration gardens and P-Patches and other community gardens across the region, Seattle Tilth teaches people how to improve their environment by using organic gardening techniques.

# Our Voices: Lawrence Dennis brings The Voice to you

By TYLER ROUSH  
The Voice editor

If you're holding a copy of The Voice in your hands right now, chances are good — 100 percent, in fact — that Lawrence Dennis had a part in getting it to you.

Lawrence, the longtime deliveryman — “It’s been so long I can’t remember,” he says, when asked how long he’s had the gig — is a sort of middle man for The Voice, picking the papers up from Pacific Publishing printing press in Seattle and distributing it throughout the city and King County.

He’s logged countless miles behind the wheel of his pickup, crisscrossing the area, from Lake City to West Seattle to Tukwila, to get the paper out to our 13,000 subscribers.

“It took me a couple years to figure out my route,” he says.

Of the dozens of buildings where he makes his drops, he adds with a laugh, “I don’t know the names of all the places — I just know where they are.”

**“I remember riding over mountains”**

Born in Atlanta in 1955, Lawrence and his family moved to Seattle in 1959 or 1960 — he doesn’t recall the exact date.

“I remember riding over mountains, and rain storms, and I guess that was leaving Georgia,” he says.

He’s not been back since the family left. In fact, since arriving in Seattle, he says he’s not been further from the city than Portland, Ore.

“Never been on an airplane — all my kids have,” he says matter-of-factly. “I just have no desire to fly.”

His daughter Latonya, 33, stepson Rob-



PHOTO BY TYLER ROUSH

Lawrence Dennis, who has delivered The Voice for more than a decade, stands by his car. On delivery days he drives a pickup.

ert, 29, and daughter Lawrina, 21, all live in the area. (Latonya, from a previous relationship, lived with her mother growing up.)

It was in 1988 or 1989 that Lawrence found himself homeless, a single dad raising a baby girl.

He talks openly of the experience, of staying at Sacred Heart Shelter or living

in his car, taking care of Lawrina, looking for work.

“Her mom was in and out of our lives,” he says. “That was a long time ago.

“I did what anybody else would do.”

**A home in Holly Park**

The family moved to Holly Park in 1992,

and Lawrina enrolled in Neighborhood House’s Head Start program, where she was a student of Miss Betty — Betty Parker, a Head Start teacher in Holly Park. Lawrence started doing yard and maintenance work and picking up odd jobs in the neighborhood. (He moved from Holly Park during the redevelopment and is now a Section 8 voucher holder.)

He also served for a time on Neighborhood House’s Head Start Policy Council. It was through his work with Neighborhood House that he learned of The Voice, eventually leading to his role as distribution manager.

He took on the job in the late 1990s, under then-editor Elliot Bronstein.

Not much has changed about the position, he says, except for the volume. He used to deliver just to SHA high-rises.

And he recalls a time when the by-mail copies of The Voice were labeled, stamped and sorted out of the Epstein Building in Yesler Terrace. (A mailing house handles that job today.)

When he’s not delivering The Voice or working for his business (L.D.’s Lawn Care and Services, which does contract work for Neighborhood House and the City of Seattle), he’s an avid fisherman.

Whatever he’s doing, it’s rare to see him without his trademark sunglasses. (In nearly two years of working with him, this reporter has never seen him without his shades.)

They’ve become as much a fixture to Lawrence as Lawrence has been for The Voice.

“A lot of people wouldn’t know me if I didn’t have them on,” he says with a laugh.

## A heartfelt thank-you to our breakfast sponsors and donors!

Thanks to the generous support of our breakfast sponsors (listed below) and individual donors, our 2009 breakfast celebration raised more than \$140,000! These funds will go directly to Neighborhood House programs — vital services that help thousands each year.

**Presenting**



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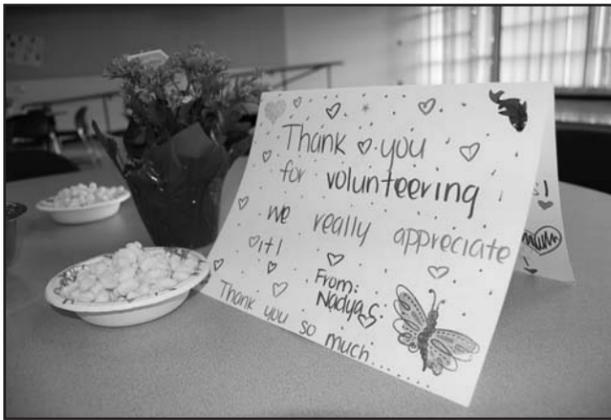
Neighborhood House

# Neighborhood House honors its volunteers



PHOTOS BY TYLER ROUSH

Audry Breaux (left) a longtime Neighborhood House volunteer, displays the Mariners sweatshirt she won in a raffle at Neighborhood House's Volunteer Recognition Event June 25. Neighborhood House volunteer Anne Holderread (right) won the raffle, but offered the sweatshirt to Audry, a self-professed diehard fan. Kären White (at center right), president of Neighborhood House's board of trustees, looks on. At right is a card thanking Neighborhood House volunteers, made by a student at White Center's Mount View Elementary. Neighborhood House counts on the support of its dedicated volunteers. To learn more or to volunteer, contact Volunteer Coordinator Jen Rosenbrook at [jenr@nhwa.org](mailto:jenr@nhwa.org) or 206-461-8430, ext. 255.



# Seattle, U.S. Census Bureau partner in Complete Count Committee

## Group will prepare city for 2010 Census

By VOICE STAFF

It's no fooling — Census Day is coming up on April 1, 2010. To get you prepared to stand up and be counted, the City of Seattle is partnering with the U.S. Census Bureau and community groups to increase awareness and participation in the 2010 Census.

Seattle Mayor Greg Nickels has appointed a Seattle Complete Count Committee, made up of community leaders who will help guide the community through the census process.

Census information is vital for the federal government in drawing the Congressional district boundaries and in allocating funding for services in communities.

"It's extremely important that everyone in our city is counted," said Mayor Nickels. "Seattle's Complete Count Committee will work with our community to raise awareness and to ensure everyone understands how important this is."

The census is mandated in the U.S. Constitution to occur in 10-year intervals.

As its name implies, the Seattle Complete Count Committee is tasked with trying to get every single person living in Seattle accounted for in the upcoming census. In addition, it will focus its efforts on traditionally hard-to-reach populations, including people of color, immigrant and refugee groups, low-income people and the homeless.

To help reach these groups, the Complete Count Committee will develop census outreach materials in at least seven languages, that include: Chinese, English, Korean, Somali, Spanish, Tagalog and Vietnamese.

It has also organized several subcommittees that will develop specific materials to help get the word out to these groups.

One question that often arises around census time is one of privacy — is the information collected in census polling confidential?

"Individual responses to the Census are protected by law, and cannot be shared with anyone outside of the U.S. Census Bureau," said Kenny Pittman, Senior Policy Advisor, who is staffing the Seattle Complete Count Committee. "All census workers take an oath that the information they collect cannot be shared, by law," he added. "The information cannot be obtained for a period of 72 years, even with a court order."

Census workers who do share information are subject to a substantial fine and possible jail time.

In short, confidentiality is taken very seriously, according to Pittman.

He added that it is important that every person be counted in the 2010 census. As the 2010 Census Day approaches, the Complete Count Committee will provide more information, including job opportunities with the U.S. Census Bureau.

To learn more about the 2010 Census, go to [www.census.gov/2010](http://www.census.gov/2010) or contact Kenny Pittman, City of Seattle at 206-684-8364 or via e-mail at [kenny.pittman@seattle.gov](mailto:kenny.pittman@seattle.gov).

## Garden

Continued from Page 3

apply to the whole plant, leaves and all. Of course, wait a few days till you pick and eat the leaves as they will be quite "fishy" tasting for awhile.

I probably foliar feed three to four times a season, depending on the health of the soil

and the plants.

Do you need suggestions for eating your basil? It goes in everything in the summer! Soups, salads, sandwiches, meats and gravies, you name it. And if I still have too much basil, I dry it.

I love when my summer harvests give me a taste treat in the winter months also. I like to make and freeze small containers

of pesto, leaving out the cheese part, and thaw for cooking all winter.

Enjoy your regular garden harvests and keep watering this month.

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

## Health

Continued from front page

most vulnerable people while making sure the program continues.

"We are fully aware that this decision will impact many people in the program," he said. "Even a \$17 a month increase can be tough for a family struggling to get by. But this option gives those families a choice. No one qualified for the program will be arbitrarily removed."

Gov. Christine Gregoire, who proposed cuts to Basic Health last December, supports the decision to raise rates.

"They found a way to minimize the number of people losing health care, but we still have a long way to go," she said recently. "There are more than 30,000 Washington residents waiting to get into Basic Health."

Hill said the program has identified over 5,000 people enrolled in both Basic Health and Medicaid. Those people will be removed from Basic Health and will receive only Medicaid coverage. Another 3,000 Basic Health enrollees may qualify for Medicaid. Those who do qualify will also go into Medicaid.

### Basic Health

Basic Health is for Washington state residents whose income falls within Basic Health's income guidelines and who aren't eligible for Medicare, aren't institutionalized at the time of enrollment, and aren't attending school full-time in the United States on a student visa.

Learn more by visiting [www.basicealth.hca.wa.gov](http://www.basicealth.hca.wa.gov) or calling 1-800-660-9840 and pressing "0." (You'll be asked to enter a number; just ignore this request, and hold on for an operator.)

Basic Health is no longer processing incoming applications to determine eligibility and has officially implemented a waiting list. New applicants will be placed on the list behind applicants already waiting. When space becomes available, Basic Health will release names from the list in date-received order and notify applicants.

Some people may bypass the waiting list, among them foster parents, personal care workers, Washington National Guard or Reserves who served in Operation Enduring Freedom, Operation Iraqi Freedom, or Operation Noble Eagle, and certain others.

To find out whether you or your household is eligible for Basic Health and, if so, to add your name to the waiting list, call 1-800-660-9840 and press "0," or register online at [www.basicealth.hca.wa.gov](http://www.basicealth.hca.wa.gov). Only one person needs to register, and only once, for his or her household.

### Other insurance options

Several Washington State organizations may be able to help you find insurance that is right for you. The following are possible options:

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Apple Health for Kids  
1-877-543-7669  
[www.applehealthforkids.wa.gov](http://www.applehealthforkids.wa.gov)

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YESLER CELEBRATES, DESPITE RAIN  
See Page 7



# SHA NEWS

July  
2009

News and information about Seattle's neighborhoods

## Seattle Housing applies for additional stimulus funds

*Projects could take place across Seattle*

By VIRGINIA FELTON  
Seattle Housing Authority

Seattle Housing Authority staff members are working to submit several grant applications to the US Department of Housing and Urban Development to take advantage of competitive capital grants that are part of the American Recovery and Reinvestment Act.

SHA is applying for up to \$40 million in new funding, according to Ann-Marie Lindboe, Seattle Housing's director of housing finance and asset management. The funds would be used in a variety of projects that would benefit public housing properties throughout the city.

The funding is part of the \$4 billion

included in the stimulus package for housing authorities across the nation. The first \$3 billion of this funding has been assigned already. Housing authorities across the United States must compete for the remaining \$1 billion.

SHA received \$17 million from the initial funds. This funding is being used for new housing at Rainier Vista and for repair work at Bell Tower.

One application for the competitive round seeks funding to bring a total of 34 public housing units up to Uniform Federal Accessibility Standards — 28 Scattered-Sites units and six apartments at Tri-Court.

SHA has been steadily adding UFAS units toward a goal of having 263 accessible units across Seattle by 2014. If funded, this project would put the agency ahead of schedule.

Please see "Funds" on Page 3

## RAC elects new officers



PHOTO BY TOM KEANE

The Resident Action Council's newly-elected officers for 2009-10 include (from left) Vice President Robert Jones of Olympic West, Secretary Jim Bush of Center Park, President Doug Morrison of Ballard House, Treasurer Michael Hearte of Olympic West and Ombudsperson Lois Gruber of Lake City House. Elections were held at the June 24 meeting at Center Park. RAC's next meeting will be in August.

### Laundry prices to rise in August

Beginning in August, the cost to wash and dry a load of laundry at Seattle Housing Authority laundry rooms will increase.

It will take one dollar instead of 75 cents to operate the washer or the dryer, a total of 50 cents increase per load.

While utility rates and the overall cost to operate the laundry rooms have steadily gone up, this is the first price increase in over 20 years, according to Housing Operations Support Manager Bob Wyda.

"We did a price survey of commercial laundromats around the city, and found that even with a quarter price increase, we are still charging less than most places," he said.

### Link light rail opens July 18

A new light-rail line will connect Seattle and Tukwila. See the story on Page 5.

## A Q&A with SHA Board Chair Yusuf Cabdi

*Editor's note: Last month, The Voice sat down for an interview with newly-elected SHA Board Chair Yusuf Cabdi. Some responses have been edited for length without affecting content.*

**The Voice:** Could you talk about the significance of serving as board chair as an SHA resident yourself? Why did you agree to take on this job? Is there anything in particular that you hope to learn from it?

**Yusuf Cabdi:** As a resident, the decisions made by SHA affect me as a person, and many other residents. Although, I am not the only resident commissioner, and I am glad that the residents have another voice on the board — and that is Sybil (Bailey). I take the chair position with the support of the other commissioners. And my passion for serving SHA as chair of the board is to serve the people of Seattle in general, and the tenants of SHA in particular.

**TV:** What are some of your own personal observations about the challenges that SHA faces in working with residents who speak many different languages and come from different cultures? From your own experience, what advice do you have for residents from other cultures who are working with SHA?

**YC:** It is a challenge indeed, but one thing that SHA is blessed with is a board and staff that understand diversity. Our board consists of people with very diverse backgrounds, in terms of occupation, race, culture and national origin. ... We have resi-

dents that speak many different languages, and many of them have limited English skills. It is undeniable that some of our limited English speakers have difficulties navigating the system. It is our desire as an organization to take every opportunity to serve them well. My advice to the tenants is to be patient, understand the rules, know your rights and responsibilities. I would also like to advise the staff to be aware of the cultural and linguistic differences, and serve our limited English speakers with care and compassion.

**TV:** From your own understanding of the challenges and opportunities with the Yesler Terrace redevelopment, what are your hopes for the future there?

**YC:** Yesler is a big issue, and as the chair of the board, I believe we, as a board, have to make sure that we are serving all our stakeholders to the best of our abilities. ... One of my priorities as a commissioner is to see to the well-being of our current residents of Yesler Terrace, and make sure that they have affordable and decent homes now and after the redevelopment of Yesler is completed. And I will make every available opportunity to listen to their concerns.

**TV:** This newspaper recently reported that SHA anticipates increased federal funding in its 2010 budget. What are some of the areas that you personally would like to see more funding for in the future.



SHA Board Chair Yusuf Cabdi

**YC:** I would personally like to see that we are serving more low-income tenants, both in services and housing.

**TV:** The economic recession has touched nearly everyone. Unemployment is up and demand for services is higher than it has been in years. Are there any programs that you hope to see in the future to address this issue?

**YC:** We need to invest in our tenants' future, in terms of education, employment and entrepreneurial skills. This is very important to help our economy grow. SHA has programs that are designed to address those issues. ... (The) Tenant Trust Account (program) helps tenants to save their rent in an account, and use that money for education, employment-related expenses,

Please see "Cabdi" on Page 2

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## Heyward Watson joins SHA board

### Selected for commitment to low-income housing, experience in finance

By SHA STAFF

Seattle Mayor Greg Nickels has appointed Heyward Watson to Seattle Housing Authority's Board of Commissioners, for a four-year term ending March 20, 2013.

The Mayor's appointment was confirmed by the City Council on Tuesday, May 26. Watson succeeds Katie Hong in an at-large position on the Board.

"Heyward Watson is recognized across the state as an experienced and passionate advocate for low-income housing," said Seattle Housing Authority Executive Director Tom Tierney. "He will be a terrific member of the Board of Commissioners and the community is fortunate to have him step into this role."

Watson joined Impact Capital in August 2006 as the organization's Chief Executive Officer. Impact Capital works to help transform distressed communities

and neighborhoods into healthy ones by providing early bridge financing for real estate projects.

He is the former Director of the Fannie Mae Washington State Partnership Office, where he was responsible for customer relations, community lending/community relations, and government relations under the company's "American Dream Commitment to Washington State" program, a \$25 billion affordable housing investment plan.

Prior to joining Fannie Mae, Watson was the Director of Homeownership Programs for the Washington State Housing Finance Commission. He was responsible for policy and program development, as well as mortgage revenue bond issuance and program administration.

Watson also has more than 25 years of experience in the mortgage banking industry.

He is a graduate of the University of Washington with a B.A. in Sociology.



**SHA Commissioner Heyward Watson**

He received his Masters of Science in Business Management from Antioch University.

He has participated in several executive management courses, including a course held at the John F. Kennedy School of Government at Harvard University.

Watson has also served as Chair of the Board of Habitat for Humanity Seattle/South King County and serves as a Governor appointee on the State's Affordable Housing Advisory Board, which he currently chairs.

## Cabdi

Continued from front page

or even a down payment for buying a house. Section 3 is another great program that provides low-income tenants priority in some SHA jobs. I would like to see those programs expanded.

**TV:** In addition to your responsibilities with the SHA board, you're a member of the City of Seattle's Complete Count Census committee. Talk about your role with that committee — what inspired you to get involved?

**YC:** Seattle is a great city, and I would like to grab every opportunity to serve the citizens of the city of Seattle to the best of my abilities. \$300 billion in federal funding is distributed annually to cities across the United States, based on population. I would like to see that everyone in Seattle is counted so that our great city will get its fair share.

**TV:** Do you have any hobbies or personal interests? What do you do in your spare time?

**YC:** I play soccer every other weekend, and I like going to the gym a few days a week. I like reading non-fiction books that deal with politics, history, community issues and social justice.

## SHA hires a good listener to help with diet, activity "shoulds"

By SCOTT FREUTEL

Seattle Housing Authority

Most of us probably don't need reminding that we should eat a lot of fresh fruits and vegetables. Or that we should get a good deal of exercise.

However, it isn't always easy to do what we "should" do. This is especially true when stores with fresh produce are far away or the neighborhood feels unsafe.

The housing authorities in Seattle and King County have teamed up with Seattle-King County Public Health to help families deal with those "shoulds" in four public housing communities: Seattle's High Point and NewHolly and King County's Greenbridge and Birch Creek. The nonprofit Robert Wood Johnson Foundation is providing a "Healthy Kids Healthy Communities" grant to support this effort.

Seattle Housing's team will be led by Public Health Coordinator Joyce Tseng, who was hired in May. Tseng, 29, was born in Cleveland and raised in Louisiana and New Jersey.

She has a master's degree in Public Health from the University of Washington and a bachelor's in Environmental Biology from Colgate University.

Tseng brings experience from her work at the nonprofit International District Housing

Alliance. While there, she managed a project to improve the health of the community by reducing environmental toxins. She worked with youth interns, residents, community organizations and governmental agencies.



**Joyce Tseng**

and healthcare workers in their organizing efforts.

Tseng said that the goal of her efforts is "to partner with public housing residents and community organizations to improve opportunities for physical activity and access to healthy, affordable foods for children and families." In reaching for this goal, she'll be doing more listening than talking, she said — beginning with attending resident meetings.

"A huge priority of this initiative is to listen to what the youth and families of these communities want," she said. "For example, I've heard that youth want more activities

Please see "Tseng" on Page 5

## Free reusable grocery bags for residents

Distribution will begin in large communities in mid-July

By SHA STAFF

The City of Seattle's "Choose Reusable" campaign is partnering with Seattle Housing Authority to distribute free re-usable grocery bags to tenants in Seattle Housing's communities.

Beginning in mid-July, families at NewHolly, High Point, Rainier Vista and Yesler Terrace can pick up their package of re-usable bags at the management office. Each packet contains six reusable bags in different sizes. These bags are being donated to the "Choose Reusable" campaign by the City's reusable bag vendor, Green Bag of San Francisco.

In late May, Mayor Nickels kicked off the "Choose Reusable" campaign to encourage

all Seattle residents to shop with grocery bags that can be re-used.

"Both paper and plastic disposable bags harm our environment, and every year, residents in Seattle throw out 360 million of them," he said. "That's simply unsustainable. Bringing your own bag is an easy way to make a big impact."

According to Carl Pierce, Seattle Housing Authority's solid waste supervisor, once the reusable bags have been distributed in the four large communities, Seattle Housing will begin distributing them in public housing high-rises.

"We are in the process of hiring a recycling coordinator," Pierce said. "Once that person is on board, he or she will begin holding meetings in the high-rises to help residents with more effective recycling."

Reusable grocery bags will also be distributed at those meetings.

## Promote respiratory health with trio of programs by American Lung Association

If you're concerned about indoor air quality or have a child who suffers from asthma, the American Lung Association of Washington offers three programs that can help — the Master Home Environmentalist (MHE) program, the Childhood Asthma Outreach program and the Landlord/Tenant Outreach program.

Funded by the City of Seattle, the programs are free for Seattle residents, and can help individuals and families make dramatic improvements to the indoor air quality and health of their home environment.

### Master Home Environmentalist program

The MHE program can work with you to find and fix things in your home that may be making you sick. The MHE program is a grassroots, volunteer-driven program designed to help people learn about the health risks posed by common pollutants found in the home. It offers free and low-cost ways to reduce those risks.

Trained volunteers use a Home Environmental Assessment List (HEAL) to find health hazards in your home and suggest solutions to make your home a healthier place to live. Volunteers walk through your home with you to look for possible problem areas. Volunteers can help you recognize visible signs, such as mold and mildew, as well as invisible signs such as ventilation issues and dust mites.

Upon completion of the assessment, the volunteer works with you to develop an Action Plan that prioritizes simple steps that you can take to create a healthier home environment. Volunteers focus on offering low and no-cost solutions.

The average person spends around 90 percent of his or her time indoors. The quality of the indoor air we breathe affects us all. If you or someone in your family has asthma, allergies, respiratory illness, or would like information on how to improve your indoor air quality, a free visit by our volunteers may guide you and your family to better health.

Eighty-seven percent of those we visit report that HEAL helped them make improvements which led them to feeling healthier in their own homes.

### Childhood Asthma Outreach program

The Childhood Asthma Outreach program can help anyone under 18 years old who suffers from asthma.

The program entails two in-home visits with an asthma outreach worker, who will help you to form an asthma action plan, avoid and reduce asthma triggers, use medicines correctly, and utilize a peak-flow meter.

The asthma outreach worker will give you a peak-flow meter, a dust mite control

Please see "Lung Health" on Page 4

## About The Voice

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

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

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

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

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

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

# POINT OF VIEW

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

## Future construction could mean job creation

BY SVEN KOEHLER  
Seattle Housing Authority

No longer will residents hear the familiar, "Knock, knock, knock... homeWorks!" at their doors, joked resident Deletta Rossmeier at Stewart Manor's End of Construction Celebration on June 23.

Rossmeier was referring to the fact that construction is finished in all apartments in the original three phases of homeWorks, so residents will no longer get all those visits from contractors.

The homeWorks construction crews have shrunk down to a minimum. The final tasks of the entire five-year project are to finish the new side entrance at West Town View and replace the main electrical service line at Barton Place, which could be completed later this month.

When homeWorks began, no one would have predicted that the end of the project would coincide with the nationwide economic slowdown that has dried up jobs in Seattle's construction industry.

There is a glimmer of hope, however, thanks to funding from the federal government's economic stimulus efforts. The Seattle Housing Authority (SHA) is fortunate to have received funding for the multi-million dollar renovation of Bell Tower, the next project for SHA's homeWorks team.

homeWorks at Bell Tower will begin as soon as the contractor selection process is finalized in early July. The renovation includes new windows, a new weatherproof

paint job, an upgraded ventilation system, an improved hot water supply, and updates to the interior and exterior common areas. In addition, wheelchair accessibility will be increased in a number of units.

Construction projects like this one don't just make the buildings better places to live. A big goal of the stimulus funding is to give a welcome shot in the arm to the economy by supporting the local construction industry. Plus, with the help of a federal program known as "Section 3," the potential is also there for job creation for SHA residents.

The goal of the Section 3 program is to encourage job opportunities for low-income residents of SHA and of the greater community. As a part of its construction contracts, SHA prefers to work with companies who participate in the program. Companies that SHA contracts with work with Samuel Pierce from the SHA Job Connection to find potential new employees.

Pierce has worked for SHA for about three years, and has more than a decade in the job recruitment field. He says that part of the successful formula for workers to gain jobs is attaining things like training, apprenticeships, skills certificates and licenses. The Job Connection can help with all of this.

For example, during homeWorks, Pierce was able to refer a participant to an interview with the contractor. The participant was hired as a construction laborer on one of the job sites. He worked with the company throughout one phase of construction, and then was offered training to get on track for

full-time employment.

To provide this valuable training, there is a lot of cooperation between The Job Connection and the unions to help participants get the skills necessary to be eligible for good-paying work. In addition to training, the unions often agree to give Section 3 participants first crack at jobs that do become available. Union membership, however, is not a requirement for all Section 3 jobs.

Currently, there is a core list of about 60 Section 3 participants actively available for work. These people have identified their interests, done an assessment of their skills and training levels, and submitted résumés that can be used to match with job openings that employers send to the Section 3 program.

"My goal is that 100 percent of the jobs created from work that SHA does go to Section 3 participants," declared Pierce.

It is worth noting that participating in Section 3 is not limited to people who live in a homeWorks building. Anyone can apply. Since SHA is in the housing business, about 85 percent of the jobs tend to be related to construction or maintenance.

There are certain types of construction that tend to result in many job opportunities, like new construction and large-scale site development, according to Pierce. For example, the work at the High Point redevelopment created 89 jobs for Section 3 participants. These included jobs for carpenters, fork lift and machinery operators and construction laborers. In contrast,



PHOTO BY SVEN KOEHLER

Starting from the bottom stairwell opening, new metal louvers are installed at West Town View during the last homeWorks renovation in late June. These are intended to reduce the chance of slippery stairs by preventing wind-driven rain from entering the stairwells.

renovation work, like homeWorks, often involves smaller work forces and established crews.

Construction is a cyclical industry, and now is a time when there is a lot of competition for work. While the Section 3 program can by no means guarantee that a participant will get hired, "It can be the foot in the door that leads to a permanent job," said Pierce. Interested? Contact The Job Connection and Samuel Pierce at 206-937-3292, ext. 303.

## Funds

Continued from front page

SHA is also applying for additional funding to complete the Rainier Vista redevelopment. A grant would make it possible to complete the infrastructure across the site, to complete the playfield park on the south portion of the site near the Boys & Girls Club, and to complete 118 rental units on the northeast section of the site.

A portion of ARRA funding that Seattle Housing has already received, \$13.5 million, is also being used at Rainier Vista.

Denny Terrace and Jefferson Terrace, two of Seattle's largest public housing high-rises, would receive funding for infrastructure improvements if grant applications are successful. Funding would be used for repairs similar to those completed in the homeWorks projects.

These projects have occurred in public housing high-rises across the city over the past three years. As part of the application process, staff members and consultants are investigating ways to make Jefferson Terrace and Denny Terrace more energy efficient.

Improvements would be made to water lines, elevators, exteriors, windows, ventilations systems and common areas. Work on these buildings would likely begin in 2010.

Seattle Housing staff members are also seeking supplemental funding for the HOPE VI project currently underway in Lake City. In particular, the grant application seeks funding to make the redevelopment more environmentally sustainable and energy-efficient.

Applications will be submitted this month.

## Digital television hangover

BY SVEN KOEHLER  
Seattle Housing Authority

Analog television broadcasts are now a part of history, as the switch to digital television (DTV) happened on June 12.

As early as 9 a.m., many local stations turned off their old analog transmitters. Only TVs that were equipped to receive a digital signal could continue displaying broadcast TV. That meant people using a converter box, a newer TV or cable and satellite service were able to keep watching...or not.

It turns out, there are still lingering side effects from the transition to DTV that make it hard for some people to watch TV the same way as before the switch. Tens of thousands of people are experiencing lost channels, both in and around Seattle.

On the other hand, the same people are sometimes receiving different digital sub-channels that are new to them. So, even if you were prepared for the big switch, you might need to keep paying attention.

KCTS Channel 9, the local public television station, has been especially hard-hit with reception problems. Along with channels 11 and 13, they made big changes to their transmitting equipment with the switch to DTV.

Before, these stations broadcast their digital signals in UHF, but now they have moved to the VHF spectrum. People who thought they were able to get the station just fine are now discovering that obstacles like hills, buildings or even trees can affect the VHF signals.

If you have lost reception of your favor-

ite channel, the first thing you might want to do is make sure you have an antenna that receives both UHF and VHF signals. (Roof-top antennas that exist in some SHA buildings should still work, but be aware that the antennas are decaying as they get progressively older, and there are no funds to replace them if they fail.)

You may need to move your set-top antenna toward a window to prevent it from being blocked by your walls, or make adjustments to the signal reception power level. Sometimes all it takes is a little rotation of the antenna, so test and test again.

Believe it or not, in some locations, it is better to lower your VHF antenna for better reception rather than extend it all the way.

Secondly, you may need to do something called "scanning." What is scanning? In order to get a picture, a converter box or a TV with a digital tuner needs to search the airwaves to find the digital signal.

This is somewhat akin to adjusting the reception to get rid of "snow" on an old analog TV, but it happens electronically within the digital tuner when you activate the "scan" function (often a button on the remote.)

Local broadcast engineers recommend you should try rescanning several times over the course of a few weeks because they may make adjustments to try and solve reception problems. Especially stubborn problems may require you to scan for stations manually, which can be tricky. Every device has different instructions on how to scan, but KCTS gives simple guidance for many models in its online DTV guide at [www.kcts9.org](http://www.kcts9.org). Or, you can call them for

help at 1-800-796-5548.

Finally, you are encouraged to call the local TV stations to report that you have lost their signal. This helps the stations figure out if they can adjust their equipment to try and fill in the gaps. Plus, they may have tips on how to adjust your antenna or rescan for channels.

Remember, there are resources out there to help, such as Seattle's local DTV helpline (206-508-1277), or the national resource for the hearing impaired (TTY 1-877-889-4273).

Last month's article listed many more numbers, especially for foreign languages.

If you don't have luck trying these steps yourself, or need help hooking up equipment like a converter box, the government has sponsored free in-home installation services.

Two numbers to try are 1-800-582-4250 (Installs Inc.) or 1-877-229-3889 (Best Buy Geek Squad). Or schedule online at <https://dtvhelp.installs.com>.

There may be no cure for the digital hangover that will work for everyone. The simple truth seems to be, even if you do everything right, you may not get the same number of channels as before the switch. Or you may get more channels than before, including the sub-channels that DTV can offer.

It is worth it to get help if you don't succeed on your own, but some consumers may face the need to pay for the TV service they want through cable or satellite providers.

Stayed tuned for more developments, but if you're so frustrated that you want to give your TV up entirely, there is a number to call for that, too: 1-800-RECYCLE, or visit [1800recycle.wa.gov](http://1800recycle.wa.gov).

# HIGH POINT HERALD

NEWS ABOUT THE HIGH POINT COMMUNITY

## Neighborhood Association to add new trustees

*Continuing efforts to foster sense of community at High Point*

BY SHA STAFF

At its June 11 quarterly meeting, the High Point Neighborhood Association launched the election process for new trustees who will represent High Point's recently completed and newly occupied homes. The last day to vote is July 10.

The new trustees will join current trustees Andrew Mead, Jennifer Cobb, Steve Barham, Miranda Taylor, Elizabeth Stubblefield, Abdirahman Mohamed, and Yon Noy to help build community at High Point. They are supported in these efforts by SHA Community Builder, Genevieve Aguilar.

The High Point Neighborhood Association was formed two years ago with a mission "to foster the development of a vibrant and caring community at High Point, with commitment to service, inclusiveness, lifelong learning, and well-being." Over

the last two years, residents have enjoyed celebrations such as the Fall Festival, Neighborhood House's High Point Neighborhood Center groundbreaking, Somali Cultural Night, and the "I Have a Dream" open mic forum, where residents talked about their dreams and aspirations for the new community at High Point.

In addition, this year's Diversity Festival, coming up on July 4, revives the High Point tradition of sharing and enjoying food, music, dance and games among neighbors across the entire community.

High Point residents have also learned how to adopt a more sustainable lifestyle through the "Doing More with Less" campaign, focusing on green and healthy living. The association recently introduced the High Point Neighborhood Challenge Grant Fund, which can award High Point residents with up to \$3,000 for community projects.

The association is currently seeking volunteers from each block to serve as community leaders, who will work with their neighbors to make High Point an even better place to live. These community leaders will play an important role in promoting



PHOTO BY GEORGE NEMETH

A High Point resident examines the High Point election district map. These districts ensure that there is equal representation of homeowners and renters at High Point.

neighbor-to-neighbor communication and helping build a strong sense of community at High Point.

For further information about the program, contact Jennifer Cobb at 206-369-3177 or [jennifer.cobb@highpointneighbor-](mailto:jennifer.cobb@highpointneighborhood.org)

hood.org.

For a complete schedule of all activities and neighborhood news, go to the High Point community Web site at [www.highpointneighborhood.org](http://www.highpointneighborhood.org), managed by High Point resident Anna Sweet.

## High Point gets noticed in D.C.

*SHA employees present at HUD conference on green building*

BY VIRGINIA FELTON  
Seattle Housing Authority

When housing planners at the Department of Housing and Urban Development sponsored a conference on green building and energy-efficient development in Washington, D.C. in late June, the High Point community was front and center.

Tom Phillips, SHA's project manager for the site, was asked to be part of a panel on green building "best practices" at High Point. Brian Sullivan, who worked as an architect on the project, also participated on the panel. Staff members from a HOPE VI development in Boston, MA, Maverick Landing, were also included on the panel.

More than 350 people from housing authorities around the country were invited to attend the two-day conference on June 26 and 27. HUD Secretary Shaun Donovan gave the keynote address, stressing how important it is for housing authorities to incorporate green building whenever possible.

"It is very significant that HUD organized this conference right now," said Phillips. "It shows that they recognize the benefits of a place like High Point, and they want other housing authorities across the country to incorporate some of the things we have done here into their own developments."

Phillips and Sullivan shared a number of lessons they learned working at High Point. "We told the other housing developers that they need to start 'thinking green' very early, so that they can really make the new designs

work," said Phillips.

Phillips referred to the help that SHA got from the City of Seattle throughout the process.

"It was really important to get buy in from government agencies right at the beginning," he said.

Phillips also stressed that developers have to combine green features in ways that create high quality design.

"Just because it is green doesn't mean it has to be ugly or different," he said.

He pointed to High Point's large pond as an example. Beautiful landscaping and a walking trail around this pond make it an asset to the community, not an eyesore.

Phillips also noted that High Point has illustrated the great health benefits that come from having a walkable community. A number of health benefits — from walking groups to Breathe-Easy homes — have resulted from High Point's green design.

There were four green features of High Point that the SHA staff members stressed. They included the natural drainage system that filters the rainwater running into Longfellow Creek so that the entire development drains as if it were a mountain meadow.

The panelists also discussed the 60 Breathe-Easy Homes in High Point, along with their impressive health results. (For example, the number of emergency room visits for families with asthma went down from 62 to 21 per year.)

Phillips pointed out that all the homes at High Point were built to be very energy efficient, with very efficient heating systems and tight insulation. This has resulted in substantial energy savings in the community.

Finally, Phillips referred to the network of streets and sidewalks that makes High Point a very walkable community. He advised that incorporating these four features could make any development greener and more energy efficient.

## Lung health

Continued from Page 2

pillow case, a green cleaning kit, a walk-off mat and resources to help you manage your child's asthma.

### Landlord/Tenant Outreach program

The Landlord/Tenant Outreach program can help both landlords and tenants to resolve conflicts and find mutually agreeable solutions to improve building maintenance and tenant health.

Landlords will receive help negotiating discounts and purchasing supplies, expert advice about effective structural changes,

and connection with local partnership organizations. Tenants will receive improved health through better indoor air quality, expert advice and resources to improve indoor air quality, help negotiating structural changes with landlords, and connection with local organizations for tenant assistance.

Founded in 1906, the American Lung Association of Washington's mission is to assure lung health for the people of Washington. For more information or to register for these programs, go to [www.alaw.org](http://www.alaw.org) or call 206-441-5100 or 800-732-9339.

## Community notes

### Summer library events at the High Point branch

Wednesdays, July 1, 8, 15, 29, August 5, 12, 19, 26

11 – 12:30 p.m.: Play and Learn Group, providing a fun and age-appropriate learning environment for children up to 5 years old.

Wednesday, July 1

2 – 3 p.m.: The Creative Conjuring Magic Show for ages 5-10. Black belt magician and "Creative Conjurer" Jeff Evans celebrates summer reading with science stunts, wacky inventions, and magical mayhem!

Thursdays, July 2, 9, 16, 23, 30, August 6, 13, 20, 27

10:30 – 11 a.m.: Toddler Story Time with the Children's Librarian, to enjoy stories, rhymes, songs and fun.

Wednesday, July 8

2 – 3 p.m.: Kaleta: African Masked Dance. West African performers from Gansango Music & Dance use masked dance, stories and drumming to share an

African festival called "Kaleta," when children make homemade masks and go door-to-door in costume, collecting coins and food treats. For all ages.

Wednesday, July 29  
2 – 3 p.m.: Capa de cuentos. Los Nietos presents a bilingual series of short Latin American stories, along with live music, ancient history, shadow puppets and traditional costumes. For ages 3 to adult.

Saturday, August 1  
1 – 2:30 p.m.: Nature Printmaking. Learn how to create unique and colorful nature-themed block prints on tree-free paper with the Nature Consortium. For ages 7 to adult. This class is limited to 20 people, so please register with the High Point Branch.

Wednesday, August 12  
2 – 3 p.m.: African Drumming. West African Performers from Gansango Music & Dance demonstrate the wide variety of drums found across Africa, play and teach drum rhythms, and show how to make simple drums from basic materials. For all ages.

# RAINIER VISTA NEWS

NEWS ABOUT THE RAINIER VISTA COMMUNITY

## Sound Transit's Link light rail service begins this month

*Ride the train free on opening weekend; regular fares begin July 20*

By **CLAIRE MCDANIEL**  
Seattle Housing Authority

Link light rail passenger service between downtown Seattle and Tukwila will start this month. All train service is free the first weekend, July 18 and 19. Trains will run from 10 a.m. to 8 p.m. on Saturday, and 10 a.m. to 6 p.m. Sunday.

Regular service, along with fares, begins Monday, July 20. Fares range from \$1.75 to \$2.50 for adults depending on the location of the station. By late 2009, light rail service will extend to Sea-Tac Airport.

The new train will be fast, easy to use and affordable. It is projected to carry 42,500 daily passengers by the year 2020. Trains will share the street with cars, buses, motorcycles and pedestrians, so there are safety considerations.

It is important to obey all traffic signs and signals. You can find a complete drivers guide on the Sound Transit Web site at <http://www.soundtransit.org/Projects-and-Plans/Light-Rail-Safety/Drivers-Guide.xml>.

Sound Transit's Link light rail Community Outreach Coordinator, Roger Pence, wants people living near the stations and tracks to know and understand how to stay safe.

"Most importantly, please stay off the tracks, except at designated signalized crossing areas," he said.

For pedestrians, Sound Transit designed and installed many new signalized crossings along Martin Luther King Jr. Way South, to make it safer to cross this busy street and the light rail trackway.

These crossings are all signalized with walk and wait signs, and push-buttons.

Please use only these signalized crossings. Don't jay-walk (cross anywhere other than the crosswalks), don't play on the trackway, and don't walk your dog on the trackway.

Violators are subject to citation for trespassing.

For motorists, please obey all the traffic signal lights and signs, and note the lighted sign that indicates a train is coming. Do not turn left across the tracks where signs say No Left Turn.

Turn left across the tracks only when you have a green arrow light indicating that it is safe to do so. Trains don't make a lot of noise; you might not see the train coming over your left shoulder. Don't chance a collision; wait until you have a green light before proceeding.

"Light rail is just one element of a large transit system, including buses. In September of this year, Metro Transit will be revising many of its local bus routes to better connect with Link light rail stations. Neighbors should explore the transit system to see where they can go by riding both trains and buses," said Pence.

The new ORCA card ([www.orcacard.com](http://www.orcacard.com)) can be used to ride the light rail trains, the Metro buses and the Washington State Ferries. For a limited time, the standard ORCA card is available at no charge. After the introductory period a \$5 card fee will be charged for a standard ORCA card. You can order your card online, by mail, in person or by phone. For more information about how to purchase an ORCA card call Customer Support at 1-888-988-6722.

There will be benefits to having the transportation options that the new light

rail provides.

"Trains are more reliable than cars because they don't get stuck in traffic, and they can get you to downtown about twice as fast as a bus," said Pence.

As with any change there are also downsides.

"One downside is that motorists are no longer able to turn left into driveways at the various businesses on the street," said Pence. Sound Transit believes that since a number of previous accidents were due to cars turning left in front of on-coming traffic; this could end up reducing traffic accidents.

Communities near the light rail will also have to get used to new sounds in the neighborhood.

"For safety reasons, the trains and crossing signals have bells on them, so people can tell by sound that a train is coming. The electronic components and steel wheels on the trains make sounds that are not particularly loud, but they are different from what people are used to hearing," said Pence.

Questions about service on the Link light rail line should be addressed to Sound Transit Customer Service at 1-888-889-6368. Questions about future expansion of Link light rail should be addressed to Roger Pence at 206-718-5465 or [roger.pence@soundtransit.org](mailto:roger.pence@soundtransit.org).

For a Link light rail schedule and map, including travel time between stations, please visit <http://www.soundtransit.org/Riding-Sound-Transit/Schedules-and-Facilities.xml>, and click the link to the "Schedule & Map" for the Central Link.

Information on Link light rail fares, including using the new ORCA fare card, please visit <http://www.soundtransit.org/Riding-Sound-Transit/Fares-and-Passes.xml>, and click the link to the "Central Link (Seattle-Tukwila) Fares."



GRAPHIC COURTESY OF SOUND TRANSIT  
This map shows the route that Sound Transit's Central Link light rail will take from Seattle to Tukwila.

### Summer library events at the Columbia branch

Fridays, July 3, 10, 17, 24, 31  
10:30 - 11 a.m.: Preschool Story Time with the Children's Librarian to enjoy stories, rhymes, songs and fun.

Tuesday, July 7  
1 - 3 p.m.: Make a Book! Instructors from the Seattle Center for Book Arts show you how handmade books can add a creative twist to traditional soft-cover and hard-cover books. All materials will be provided. For ages 12 and up.

Thursdays, July 9, 16, 23, 30, August 6, 13, 20, 27  
10:30 - 12 p.m.: Grupo Bilingue de Juegos / Bilingual Play and Learn Group. Bilingual play group for children ages 5 and younger.

Friday, July 10  
1 - 2 p.m.: The Creative Conjuring Magic Show. Black belt magician and "Creative Conjurer" Jeff Evans celebrates summer reading with science stunts, wacky inventions and magical mayhem. For ages 5-10.

Tuesday, July 14  
1 - 2 p.m.: Burke Circus. Join the Burke Museum for this interactive game

with familiar storybook characters, real museum specimens, puppets and prizes. For ages 10 and under.

Friday, July 17  
1 - 2:30 p.m.: Zinery 101. A zine is a self-published magazine. Learn the basics and make your own zine with Lucy Morehouse of Ong Ong Press. For ages 12 to adult. Please pre-register with the branch because space is limited to 20 people.

Monday, July 20  
1 - 2 p.m.: Snakes: Friend or Foe? Learn all about snakes in this program led by wildlife educator Nick Sutton. See cool snake artifacts, learn to identify both local and tropical species, and touch a real snake! For ages 7 to adult.

Tuesdays, July 21, August 18  
3 - 5 p.m.: Game On for ages 12-18 to play Wii, DDR, and American Idol Karaoke.

Tuesday, July 28  
1 - 2 p.m.: Hands-On Henna! Create and wear great looking art! Discover this beautiful form of body adornment and learn about the history and traditions of henna with artist Krysteen Lomonaco. For ages 6 to adult.

Friday, July 31

1 - 2:30 p.m.: Nature Drawing. Using real objects in nature, learn to draw images that capture the natural world and create a journal that reflects your environment. For ages 7 to adult. This class is limited to 20 people, so please pre-register with the Columbia Branch.

Thursday, August 6  
6:30 p.m. - 8 p.m.: Bree Loewen reads "Pickets and Dead Men," as she shares her experiences as a climbing ranger on Mount Rainier, where respect is hard won and on-the-job performance can be the difference between life and death.

Tuesday, August 11  
1 - 2 p.m.: Free Watercolor Workshop for ages 7-12. Space is limited so please pre-register with the Columbia Branch.

Friday, August 14  
1 - 2 p.m.: Sounds of Vietnam. Canadian duo Khac Chi combines the traditional folk music of Vietnam with lively new arrangements, light-hearted humor and creative stage antics for a delightful show. For ages 4 to adult.

Thursday, August 20  
3 - 6 p.m.: End of the Summer Party. Join us for an open house to celebrate the end of summer. Food, gaming, prizes and fun for all ages!

### Tseng Continued from Page 2

in their neighborhood, so we'll try to figure out how to increase the amount of physical activity opportunities."

And Tseng said she's heard that at both High Point and NewHolly, residents would like to have grocery stores nearby that sell affordable, high-quality fresh fruits and vegetables.

SHA staff, residents and community partners are already brainstorming creative ways to increase access to fresh fruits and vegetables in these neighborhoods, she added.

Although the focus of Tseng's work will be on young people, she will still be working with the entire family.

"Parents and caregivers are the ones who decide what their children eat and do," she said. "Of course they want their kids to have as many opportunities as possible to lead healthy lives."

Tseng wants to hear from residents young and old. "A challenge will be to get feedback from a diverse range of residents, particularly those who speak limited English," she said.

She noted that she and her partner agencies will be working with translators and interpreters.

Asked if she herself practices eating and living in healthy ways, Joyce said that she does try to eat healthy and exercise regularly. She bikes and runs with friends, but still likes sweets and potato chips "in moderation." This may be another key "should": we should enjoy things in moderation.

Tseng can be contacted at 206-615-3359 or by e-mail to [jtseng@seattlehousing.org](mailto:jtseng@seattlehousing.org).

# NEWHOLLY NOTES

NEWS ABOUT THE NEWHOLLY COMMUNITY

## NewHolly residents honored at LELO annual awards event

By LYNN SEREDA  
Section 8 voucher holder

Nearly 200 people including local politicians and nonprofit leaders cheered as Lan "Tammy" Nguyen, a 22-year-old mother of two who lives in NewHolly, received the John Caughlan Youth Award in recognition of her participation in a youth group called Got Green, which is comprised of young people of color from Southeast and Central Seattle.

Thus, the leadership of youth and immigrant residents took center stage June 6 at a festive luau luncheon held at Garfield Community Center by LELO (A Legacy of Equality, Leadership and Organizing).

LELO has 37 years of history as a social justice organization that develops leadership of working-class people of color who are committed to bettering their community and improving the conditions of low-income people.

The group was started in 2008 by veteran community organizers and funded by grants from Seattle's Dept. of Neighborhoods as part of a city-wide youth initiative.

The Got Green project provided opportunities for the young people to learn about the growing green jobs movement, visit sites such as a toxic superfund clean-up area and a wind farm in central Washington, and to meet with local political leaders to advocate for the creation of apprenticeship training programs, which can lead to better paying jobs for low income young people. The group not only educated themselves on sustainable practices and conservation, but went out into the community knocking on 1,500 doors and providing information to people on cost saving utility conservation methods.

Tammy Nguyen got involved in the group when she met

longtime activist and Got Green volunteer Michael Woo at a South East District Council meeting she attended with NewHolly Community Builder Joy Bryngelson.

Even before getting involved with Got Green, Tammy had been a leader in the NewHolly Community. She is a key member of the NewHolly Parents Committee, the Traffic-Parks-Safety Committee and the campus coordinating committee.

She volunteered at the Kaboom! Playground Build Day, the ice cream social and bike safety workshop, and was a lead organizer of a Mom's Spa Day for Mother's Day. In the greater community, Nguyen, who is bi-lingual, has also served as a volunteer interpreter.

"NewHolly wouldn't be the same without Tammy's outreach and leadership. ... Tammy's son and daughter support their mother's volunteerism, and often volunteer, too! They have told me that they are proud of their mom," Bryngelson said.

LELO's Domingo, Viernes, Jefferson Award went to Abdu Rahman Jama, an organizer in Seattle's Somali community who worked with LELO in assisting East African residents of NewHolly in successfully challenging excessive water bills when SHA contracted with a Texas collection agency to do what is known as "third-party water billing" at NewHolly. (See The Voice, "Concerns over High Water Bills at NewHolly Persist", Jan. 2005.)

Jama noted that "99 percent of these NewHolly families were very low-income...they didn't have cars to wash and lawns to mow, yet their water bills equaled those of people with homes on Beacon Hill." SHA chose to discontinue its contracts with the out-of-state collection agency, and the situation was remedied.

LELO chose to honor this organizing effort because it

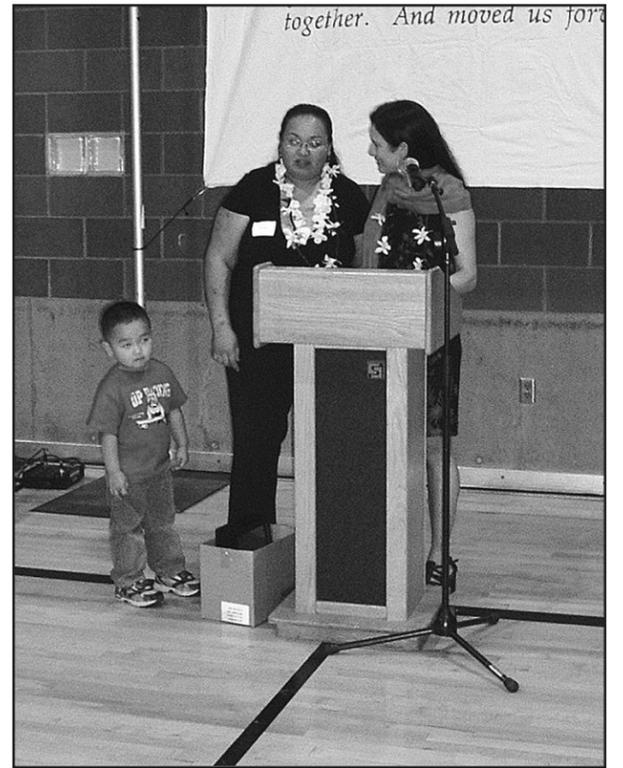


PHOTO BY LYNN SEREDA

NewHolly resident Lan "Tammy" Nguyen (center) accepts the John Caughlan Youth Award at the LELO annual awards night. Nguyen's son is standing at left.

demonstrates the "importance of understanding the politics of turning a basic human need, like water, into a commodity for profit."

For more information on LELO, please go to [www.lelo.org](http://www.lelo.org) or call 206-860-1400.

Lynn Sereda is a Section 8 tenant who lives in Southeast Seattle.

**MIỄN PHÍ!**  
**ĂN UỐNG!**  
**SINH HOẠT!**

1ST ANNUAL SOUTHEAST SEATTLE  
**VIETNAMESE  
RESOURCE FAIR**

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NĂM THỨ NHẤT VÙNG ĐÔNG NAM ĐÔ THỊ SEATTLE  
**HỘI CHỢ TÀI NGUYÊN  
VIỆT NAM**

**FREE!**  
**FOOD!**  
**ACTIVITIES!**

**WHAT:** Bringing informational resources & services to your family and neighborhood.

**WHO:** Vietnamese families, community members, and everyone are welcome!

**WHEN:** Friday, July 17, 2009 from 5:00 - 8:00PM

**WHERE:** New Holly Gathering Hall 7054 32<sup>nd</sup> Ave. S. Seattle, WA 98118

**ĐIỀU GÌ:** Đem các tin tức về tài nguyên và các dịch vụ cho quý gia đình và khu xóm.

**AI:** Các gia đình Việt Nam, thành viên cộng đồng, và mọi người đều được hoan nghênh chào đón.

**NGÀY GIỜ:** Thứ Sáu, Ngày 17 tháng 7 năm 2009 từ 5:00 - 8:00 giờ tối

**ĐỊA ĐIỂM:** Hội Trường New Holly 7054 32<sup>nd</sup> Ave. S. Seattle, WA 98118

**Community Resources: (Tài Nguyên Cộng Đồng)**

- Citizenship - Nhập Mỹ Tịch (Trở Nên Công Dân)
- ESL - Học Anh Ngữ (như là ngôn ngữ thứ 2)
- Youth Activities - Hoạt Động Thanh Niên
- Family Services - Dịch Vụ Gia Đình
- Childcare - Gởi Con Ở Nhà Trẻ
- In-home Care - Săn Sóc Tại Gia
- City - Thành Phố (Seattle)
- Employment - Việc Làm
- Housing - Nơi Cư Trú
- Education - Giáo Dục
- Health - Sức Khỏe
- Safety - An Toàn

And much more! - Và còn nhiều dịch vụ nữa!

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For more information, please contact Phung Nguyen at (206) 724-9480 or via e-mail at [phung@vfaseattle.org](mailto:phung@vfaseattle.org)

Organized by: VSPN's Members - Seattle Housing Authority, Vietnamese Friendship Association and Seattle Neighborhood Group.

**Summer Library Events at the NewHolly Branch**

Thursdays, July 2, 9, 23, 30, August 6, 20

10:30 - 11 a.m.: Children's Story Time for toddlers and preschoolers.

Saturday, July 11

4:30 - 5:30 p.m.: African Drumming for all ages. West African performers from Gansango Music & Dance will demonstrate the wide variety of drums found across Africa, play and teach drum rhythms, and show how to make simple drums from basic materials.

Thursdays, July 2, 23

3 - 5 p.m.: Game On for children ages 12-18 to play Wii, DDR and American Idol Karaoke

Tuesday, July 21

4:30 - 6:30 p.m.: Make a Book! For ages 12 and up. Instructors from the Seattle Center for Book Arts will show you how handmade books can add a creative twist to traditional soft-cover and hard-cover books. All materials will be provided.

Tuesday, August 4

1 - 2 p.m.: Watercolor Workshop for ages 7-12. Registration is required because space is limited; register at the NewHolly Branch.

Saturday, August 8

10:30 - 11:30 a.m.: Bee-Boppin' Bugs. Join Northwest performer Nancy Stewart for a fun-filled concert packed with cool facts about bugs. For ages 10 and under.

Thursday, August 13

10:30 - 11:30 a.m.: American Sign Language Story Time. Gerardo Di Pietro will present stories in American Sign Language for ages 4 and under. The program will be voice translated for hearing children and parents.

Thursday, August 27

3 - 5 p.m.: Game On for children ages 12-18 to play Wii, DDR and American Idol Karaoke.

**Summer computer classes offered**

Thursday, July 9

6 - 7:30 p.m.: Basic Computer Skills Class - Wired for Learning. You will practice using the mouse and keyboard.

Thursday, July 16

6 - 7:30 p.m.: Word Processing Skills - Wired for Learning. You will learn how to create a document and then make changes to what you have written.

Thursday, August 20

6 - 7:30 p.m.: Internet Skills - Wired for Learning. This class will teach you about the Internet and will get you started surfing the web.

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

# YESLER HAPPENINGS

NEWS ABOUT THE YESLER TERRACE COMMUNITY

## Rain doesn't dampen Juneteenth festivities



PHOTOS BY TYLER ROUSH

Guests pack up the bingo game (above left) as a sudden rain began to fall at Yesler Terrace's Juneteenth celebration. SHA employee Asmelash Haile (above right) sings and plays the krar as part of the Juneteenth celebration. A woman (below right) ducks for shelter beneath a table during the rainstorm.

By VOICE STAFF

For the first time in memory, rain fell on Yesler Terrace's Juneteenth.

A sudden and unexpected downpour sent guests scrambling under trees or indoors at the annual celebration. A few found shelter crouching under the dozen or so tables set up in the Yesler playfield.

"Don't rain on our parade!" said Audrey Breaux, adding a few choice words for the weather that aren't printable in a family newspaper.

Despite the weather, guests seemed to enjoy themselves. Many took advantage of the book giveaway organized by the Rainier Valley Unitarian Universalist Congregation, which is moving to a new location at 606 12th Ave. S.

Others played bingo, browsed booths set up by service providers or chatted with neighbors.

Between showers, SHA employee Asmelash Haile played two songs on the krar, an East African string instrument.

"Even though it did rain, I think every-

body had a good time," Dee Watkins said.

The timing of the rain was made even worse when one considers it was just the second damp day in a row following a record 29 straight days of dry weather.

"We've been wishing for the rain, and when it did finally come, it would be on Juneteenth," she added.

Juneteenth commemorates the day, in 1865, that slaves in Texas received word of the abolition of slavery — considered to be the last in the United States to learn they were free.



### Notes from the manager

By JUDI CARTER  
Senior Property Manager

#### A great Juneteenth!

A downpour of rain dampened this year's Juneteenth celebration on June 19 at the Yesler playfield, but it didn't turn back the participants who showed up for the annual celebration.

The high school graduates attending were honored and received candy lei. Alligator awards were presented by the Leadership team of the Yesler Terrace Community Council. Recipients included Yesler Terrace residents Yin Lau, Art Rea and Fadumo Ishaq, and Yesler Community Center coordinator Shari Watts. A special award went to Yesler Terrace resident Kristin O'Donnell.

For more on Juneteenth, see the related photos and story on this page.

#### Laundry prices increasing

As was mentioned in another section of The Voice, the cost of laundry tokettes is being raised to one dollar per tokette. They will still be sold in packets of ten or twenty, but will now cost ten and twenty dollars per packet. Next year, it is hoped that we might get new, front loading washing machines, but that will not happen before June or July of 2010 at the earliest. Tokettes are still only sold on Mondays and Thursdays.

#### Avoid torn refrigerator gaskets

One of the most common problems

we found as we completed annual inspections last month was torn refrigerator gaskets. (The gasket is the rubber part that is on the door of the refrigerator and freezer. It seals the door to the body of the refrigerator or freezer and keeps the cold in.)

When the bottom of the refrigerator by the door has spills on it, it sometimes gets sticky. When it is sticky, even if it looks clean, the gasket gets pulled by the sticky substance, weakening it and eventually causing the gasket to rip.

If the gasket in the refrigerator is ripped, it causes the refrigerator's motor to have to work overtime to keep the food cold. This causes the household electric bill to go up in a very noticeable way.

I saw many refrigerators with clean insides but with torn gaskets. The very bottom of the refrigerator and freezer must be kept clean to keep the refrigerator working properly.

#### Do not use fireworks

Please remember that fireworks are banned in Seattle and much of surrounding King County.

Do not celebrate this Fourth of July with a fireworks display — they are dangerous and can cause fires. Instead, go to a public fireworks display conducted by trained professionals.

For more on fireworks safety and to see a list of local fireworks displays, see the related story on Page 1 of the front section of The Voice.

### Opportunities for youth and teens at Yesler Community Center

The Nature Consortium offers a host of art classes for youth and teens through the months of July and August. For more information, visit [www.naturec.org/calendar.htm](http://www.naturec.org/calendar.htm) or call the Yesler Community Center at 206-386-1245.

#### Multimedia creations

For ages 5-19; classes meet Mondays from 1-3 p.m., July 6, 13, 20, 27 and August 3, 10, 17.

This is a class where participants will use nature (rocks, leaves, plants, sand, sea shells) as means for creating murals, paintings and silhouettes.

#### Art you can eat

For ages 10-19; classes meet Mondays from 4-6 p.m., July 6, 13, 20, 27 and August 3, 10, 17.

Participants will consider hands-on where food comes from and the role of food in culture and the environment.

#### Nature ceramics: sculpture

For ages 5-19; classes meet Tuesdays from 1-3 p.m., July 7, 14, 21, 28 and August 4, 11, 18.

Students will learn the basics of clay-making creating nature inspired sculptures, masks, tiles and vessels.

#### Modern hip hop

For ages 13-19; classes meet Wednesdays from 1-3 p.m., July 1, 8, 15, 22, 29, August 5, 12, 19.

Students will learn to find their own inner dance

#### Adult computer classes offered

Have you ever wanted to learn more about computers and how they operate? Do you need to update or improve your résumé?

Yesler Learning Center is offering a FREE basic computer skills workshop for adults.

Classes will be held Fridays from 5 to 6:30

through free-style sessions, enhancing their ability to hear music.

#### Ballet to hip hop

For ages 5-19; classes meet Wednesdays from 4-5 p.m. (advanced) and 5-6 p.m. (beginners), July 1, 8, 15, 22, 29, and August 5, 12, 19.

In this class, youth will work on their coordination and balance skills while exploring the integration of different dance styles. They will explore different cultural traditions and discover how diverse dance choreography can work together to create a dynamic piece of art. Proper attire includes sweats or other exercise apparel.

#### Eco arts

For ages 5-19; classes meet Thursdays from 1-3 p.m., July 2, 9, 16, 23, 30 and August 6, 13, 20.

In this class youth will learn about creating art with respect and appreciation for nature by using good ecological practices and creating art from found objects and recycled materials.

#### World percussion

For ages 5-19; classes meet Thursdays from 4-6 p.m., July 2, 9, 16, 23, 30 and August 6, 13, 20.

Learn first hand how rhythms and songs create connections between ourselves and the earth using drums fused together with natural materials to create calming rhythms that bring communities together.

p.m. from July 17 to August 14.

Classes will include Hardware, Software, Windows, Internet, Basic Résumés, E-mail, Basic Word Processing and more.

To register, call the Yesler Learning Center (206-615-1579 or 206-386-1524) or drop by the office at 917 Yesler Way.

