



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



The Voice

October
2009
*Articles translated
into six languages*

The newspaper of Neighborhood House

Daytripper: For those who do more than just pass on through, Everett is rewarding

BY KRISTIN O'DONNELL
SHA Resident

Most people go through Everett on the way to someplace else, but there are several things in Everett that are worth seeing — and it is an easy bus ride from Seattle.

Catch Sound Transit 510 to Everett on Fourth Avenue (also stops at freeway stop in the University District). The bus leaves every half hour on weekdays.

When you arrive at Everett Station — where most Everett buses, intercity buses and Amtrak stop — take time to go inside the impressive building. There is art that is worth taking time to see, including in the halls of the upper levels. Unlike many bus and train stations, the building and restrooms are shiny clean.

Pick up an Everett transit schedule booklet, which lists all transit routes and includes good-enough maps of Everett.

Return to the transit mall outside Everett Station and catch Route ET 20 – Walnut.

Get off downtown at Wetmore and Pacific. If you are planning to visit the botanical garden, check the schedule for Route ET 7 – North Colby. It leaves once an hour.

Take an hour or so to see downtown Everett. If you are going to the cemetery later, drop by the Northwest Room in the library at the corner of Hoyt and Everett streets. Ask for the cemetery map. (If you travel with an iPod, there's a free recorded tour).

The people who work at the library know an amazing amount about the town. They have walking tour pamphlets,



PHOTO BY KRISTIN O'DONNELL

Please see "Daytripper" on Page 5 *Sunlight glows through a canopy of foliage at the botanical gardens in Everett.*

The 2010 U.S. Census: What you need to know

BY JIM BUSH
SHA Resident

As many people may already know, the federal government counts how many people are living in this country every ten years, as required under the U.S. Constitution.

This official count is used to determine a number of things, like how many congressional representatives each state gets (there are 435 members of Congress; the census determines how many seats each state gets), how many "electoral" votes each state gets in the 2012, 2016 and 2020 Presidential elections, how seats in each

state's legislative body are allocated, how the federal government allocates funding for services such as:

- Health care, especially Medicaid
- Transportation infrastructure (roads, airports, railroads and mass transit)
- Housing, especially low-income subsidized housing
- Educational funding
- Support services for infants, children and the elderly

In this effort, over \$300 billion in annual funds are allocated by the Federal government — a total of \$3 trillion over

Please see "Census" on Page 3

Getting everything to be ready for anything, the whole year round

BY GREG POTTER
SHA Resident

Getting ready for anything the whole year long is something I think about and do on a regular basis.

Do not ever wait until the last minute to get everything you will need, because it might be that later your life will depend on it. It might be an emergency or disaster, and you might not have electricity, heat, water, food or transportation to a doctor or store, so you will need to be prepared.

You should have disaster kits at home and in your car, as well as a "Ready to Go Bag" in case you have to leave your apartment — you might not be able to return

for quite a while.

Everybody should go to their local grocery, variety store and hardware store for supplies as soon as possible. Do not put this off because, when you get everything at the last minute, the stores might be closed or out of items that you need.

Even everyday things like batteries, which are critical in an emergency, could run out if you wait until the last minute.

Ready for fall and winter

People should get ready for anything in the fall. Have those emergency things all ready for the winter — in time for rain,

Please see "Emergency" on Page 4

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Quotable

"I learned that there's always more than one way to get a job done, no matter what it is. So it behooves us to listen to everyone."
— *SHA resident Robert Canamar, on his experience working in the entertainment industry. Canamar will soon move to New York to help produce a musical. See the story on Page 5.*



Health Notes

A column devoted to your well-being

Seasonal flu vaccines are available H1N1 vaccine expected this month

While H1N1 influenza (swine flu) is currently in the headlines, every year in King County thousands of people get sick from seasonal influenza, also known as seasonal flu. Seasonal flu vaccine is starting to become available, and vaccination is the best way to prevent getting sick and to lessen the severity of illness. Federal health officials expect that a separate vaccine to protect against the H1N1 influenza will begin to be distributed in October.

"Getting a flu shot protects you, your family and your community against a highly contagious illness that causes preventable medical visits, inappropriate antibiotic treatments, hospitalizations and deaths every year," said Dr. Jeff Duchin, Chief of Communicable Disease and Immunizations, Public Health - Seattle & King County. "Both the seasonal flu and H1N1 strains are predicted to be circulating in the community this flu season, so it's especially important that people who are recommended to receive each vaccine get protected. Getting the seasonal flu vaccine is the first step."

"Now is the time to get vaccinated while supplies are plentiful and health care providers' offices and pharmacies are not as busy," said Duchin.

Influenza, unlike the common cold, has a swift onset of symptoms beginning with two to seven days of fever, headache, muscle aches, extreme fatigue, runny nose and sore throat, and a cough that is often severe and may last seven days or more. Influenza can also lead to serious bacterial pneumonia, including MRSA.

Who should get a seasonal flu vaccine?

Vaccination is recommended to protect people at high-risk for complications from the flu, including:

- Children aged six months old to 19 years old
- Pregnant women
- People 50 years of age and older
- People, six months or older with certain chronic medical conditions such as heart disease, lung disease (including asthma), kidney disease or diabetes
- People who live in nursing homes and other long-term care facilities

People who live with or care for those at high risk for health complications from flu should be vaccinated as well, including:

- Household contacts of persons at high risk for complications from the flu

- Household contacts and out of home caregivers of children less than 6 months of age who are too young to be vaccinated

- Healthcare workers

The vaccine is also available to anyone who wants a vaccine to protect them from the flu.

People at high risk for influenza-related complications may also need immunization against pneumococcal pneumonia. If you think you may need this vaccine, talk to your health care provider.

Injectable flu vaccine and FluMist availability

In King County, flu shots are available now at many doctors' offices and other providers, such as drugstores and pharmacies.

Some health care providers and pharmacies may also have FluMist, the live-attenuated vaccine. Instead of getting an injection, a small amount of vaccine is sprayed into each nostril. FluMist is licensed for healthy non-pregnant people aged 2 through 49 years. The federal and state funded Vaccines for Children Program subsidizes the cost of children's influenza vaccine at most health care clinics.

Other ways to protect yourself from the flu

As always, healthy habits can limit the spread of contagious illnesses, including the flu: cover coughs and sneezes, wash hands often, avoid close contact with ill people and stay home from work, school and other public settings when ill. For more information on good health manners and educational materials, visit Public Health's Stop Germs, Stay Healthy! Web page: www.kingcounty.gov/health/stop-germs.

For complete information about seasonal influenza, where to get a flu vaccine, and costs, please visit the Flu Season web page at www.kingcounty.gov/health/flu or call Public Health's Information Line at 206-296-4949.

Providing effective and innovative health and disease prevention services for over 1.9 million residents and visitors of King County, Public Health - Seattle & King County works for safer and healthier communities for everyone, every day. More at www.kingcounty.gov/health.

The Voice

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

CityClub sponsors Community Matters campaign

Dialogues, debates focus on education and economic opportunity

By VIRGINIA FELTON
Vice President, CityClub Board of
Governors

What if everyone across Seattle and King County started talking together about the issues of education and economic opportunity? That is the goal of CityClub's 2009 Community Matters Campaign.

These two issues of particular urgency will be explored in various ways between now and Election Day on Nov. 3. CityClub is partnering with the Seattle Foundation to begin a community dialogue based on the findings of its newly released Healthy Community Report, available at www.seattlefoundation.org.

Over the coming weeks, CityClub will convene 3,000 participants to discuss what we can and need to do individually and communally to overcome barriers and achieve positive results. CityClub is sponsoring a host of Community Dialogues across the city. Here are three that residents of Seattle Housing communities could participate in. All dialogues are free.

Wednesday, Oct. 7 — 6:30 p.m.
At Seattle Public Library — Greenwood Branch

Thursday, Oct. 15 — 6:30 p.m.
At Seattle Public Library — Rainier Beach Branch

Friday, Oct. 16 — 12:30 p.m.
At Seattle Public Library — Central Branch

In addition, candidates for public office will be asked to comment on the Healthy Community Report during debates pre-



The hard facts about education, employment in Washington state

Here are some of the facts that CityClub is distributing to get people engaged in this dialogue:

- Washington leads the nation in jobs for people with degrees in science and engineering but ranks 38th nationally in the number of students graduating with those degrees.

- Washington ranks 37th in the nation in high school graduation rates.

- The gap between the rich and the poor continues to rise. In 2007, 49 percent of all income in King County went to the top 20 percent of households while around 3.5 percent went to the lowest 20 percent.

- Sixty-four percent of King County's jobs do not pay a "living wage" for a two-parent household with two children (one parent working). A living wage is the minimum amount of money a family needs to earn to provide the basic necessities of living. For a family like the one described above, the living wage is \$50,000.

- A recent survey of Washington firms found that the highest vacancy rates were for jobs that require more than a high school diploma but less than a baccalaureate degree.

- The number of green jobs could quadruple in the Northwest by 2020 and add billions of dollars to Washington's \$270 billion economy.

sented by CityClub, and media and business leaders will be invited to comment in newspaper columns and blogs. For more information about election debates that are free and open to the public, click on the "Events" section of CityClub's Web site: www.seattlecityclub.org.

At the end of the campaign, CityClub will report back to participants and community leaders. The goal is to begin a dialogue, create buzz and the inspiration to act; to engage our whole community with the data, urgency and opportunity for positive change.

Upcoming Greenbridge activities

Join the Greenbridge Community Health Project in connecting with your neighbors and health promotion activities.

For more information about other activities, call 206-461-4554 ext. 24.

All programs are free and open to Greenbridge Residents

Community Council Meeting

Hosted by KCHA
Tuesday, October 13 at 5:30 p.m.
Joe Thomas Room at the Jim Wiley Center

Meet new neighbors and hear news about Greenbridge and other important information.

Walking Group

A program of Neighborhood House
Every Thursday and Saturday at 9

a.m.

Behind NIA Apartments
Meet your neighbors and walk for better health.

Knitting Class

Every second and fourth Thursday of the month at 7 p.m.
NIA Apartments Community Room
Knitting materials provided

Kitchens of the World

A program of Neighborhood House
Wednesday, October 28 6-8 p.m.
Healthy cooking class followed by a potluck dinner.

Bring a side dish. We will prepare the main dish together.

Space is limited. To register, call 206-461-4554 ext. 24.



Neighborhood House

Strong Families. Strong Communities. Since 1906.

Be safe

BY SEATTLE NEIGHBORHOOD GROUP

Our children are off to school.

A middle school boy walks home after school and carries a back pack and his band instrument.

He listens to an iPod with headphones.

The boy reports: "An older man walked towards me and cornered me against the fence. I had to stop. The guy suddenly hit me and grabbed my iPod."

Are there ways to increase our children's safety coming and going from school? Parents, here are a few practices and tips you can pass on to the kids.

Pay attention — rainbow or tornado?

Help your children plan a "rainbow" route, a safe walking route to their destination. A rainbow route has good lighting and visibility, sidewalks and "eyes and ears" on the street. Parking lots, alleyways and dark parks are places to avoid.

Tornado down the road? When your kids are alert, they have more time to spot a threatening situation and react. Crossing the street, entering a store, turning and quickly walking in the opposite direction may get kids out of a potentially bad situation.

In a word, kids should pay attention to their surroundings and avoid walking on

Fall is here — a new school year starts

"automatic pilot." Listening to an iPod can cut down a child's awareness of what is happening around them.

Walk with confidence.

Suspects look for opportunities and victims. Kids should project an alert, confident image that says "I'm not a victim."

Make eye contact with people on the street.

Let people on the street know that you see them. Bad guys are more likely to jump kids who cannot identify them.

Wear clothing and shoes that allow for free and quick movement. Carry fewer items; too many may make a child a target.

See and be seen — wear bright or light colored clothes.

Walk with a buddy — there is safety in numbers.

Observe basic pedestrian safety practices. Cross streets at street corners, and always look both ways before crossing. Do not run across a street to catch a bus.

Allan Davis (323-7094) and Kelly McKinney (323-7084) are Community Educators for Seattle Neighborhood Group. Please contact them for public safety assistance and information.

Census

Continued from front page

the ten-year period. The census is also the tool that is used to ensure compliance with the Voting Rights Act, a law that's been around since 1965 and ensures that racial minorities have an adequate number of representatives in all levels of government (under the Act, each state has to have at least one congressional district where minority populations are actually in the majority).

The census forms will be sent out by mail early next year and will have ten very simple questions. It is extremely important that you answer all ten questions for each person living in your household on April 1, 2010 (the actual date of the census) and return the form to the address that will be printed on the form itself (or the envelope used to return it).

Some people may not want to fill the census form out since they don't agree with the current immigration policies in this country. There is no reason not to fill this form out since any information is kept strictly confidential and, under Federal Law, anyone who knowingly releases it faces rather hefty fines and jail time.

There are many ways you can help the process go smoothly and, by doing so, you'll be a dynamic part of making sure the census includes everyone.

What to do

- Educate everyone about the census. Talk about the form that will be mailed out in early 2010. It's a simple one-page form with only ten questions that need to be answered for everyone in your household. It should only take ten minutes to complete the census form. Most importantly, all of the information on this form is kept totally confidential — it is not given to any other sources or agencies.

- Be a census taker. These are the people who will go door-to-door to collect the information needed to conduct the census. There will be plenty of part-time

jobs doing this, so if you're interested, call the Census Bureau at 1-866-861-2010 (TTD: 1-800-877-8330) or go to www.2010censusjobs.gov for more information or application instructions.

- Become a census partner and work with the Seattle Complete Count Committee. While no direct monetary grants are made, census partners have preferred access to communications materials and promotional items.

- Staff a help center. Like we said earlier, the forms will be mailed out in early 2010. To supplement this, over 40,000 "Be Counted" sites will help distribute them as well. In addition, there will be 30,000 help centers throughout the country where people can go and get help filling out these forms, especially if they can't read the form itself (they will be printed in English, Chinese, Spanish, Vietnamese, Korean and Russian).

- Focus on the "hard to count." There will be a few of them, especially immigrants, low-income people and people living in multiple-family households or those with mixed citizenship status. It is important for those people to be counted as well, along with the homeless populations.

- Fight the boycott. Some people have already suggested that they'll urge a boycott of the census to protest current immigration policies. Most organizations working with immigrant populations are saying this is not a good solution since it would deprive undercounted populations of representation and resources without achieving changes in policy, which in turn, hurts more than just the people taking part in the "boycott."

The material for this article was received at the 2009 CSTI Conference in Portland recently and has been expanded on somewhat by the author. The Voice will have more information on the upcoming census in future issues of this publication. Please watch for it.



One to grow on

Garden tips for community gardeners

Take time to update your garden journal and rotate your plantings

BY ANZA MUENCHOW
Special to The Voice

As you are harvesting the last of your squash and tomatoes this month, it is important to update your garden journal. Make a map of your summer garden and record where the different crops were planted.

Your annual garden map is important because you need to rotate plantings, keeping track of the families of the vegetables you grew. Keep a record of plantings for at least five years, because some plant families are sensitive to diseases in the soil brought in during the previous years.

The legume family has a pest that attacks peas, the pea weevil. Pea crops do best with a rotation of at least three years and at least 20 feet from last year's plantings. The weevil larva eats roots and the adult weevil eats the leaves of the pea sprouts in the spring. If you used a legume for a winter cover crop (Austrian field peas, especially) then wait three years before planting peas in the same place.

Beans do best with a three-year rotation as well. All these legumes have nitrogen fixing bacteria that leave extra nitrogen in the soil. A leafy green crop planted the next year will appreciate the nitrogen.

Onions and garlic (Allium family) are also sensitive to disease problems if planted in the same area the following year. Onion root rot is awful if it becomes established in a garden and takes five to ten years without any alliums to recover. It is exacerbated by wet soils with significant clay content.

As you plant your garlic this month, make sure you had no alliums in that area for four or five years. Check the health of your garlic cloves and don't plant any that look gray or have brown spots. Use the largest and healthiest cloves for the best harvest next August.

Brassica planting rotation is especially important. This family includes broccoli, bok choy, cabbage, radish, turnip, Brussel sprouts, arugula and kale plants. Check the roots as you pull out the last of these

plants this fall and look for "club root," a fungal disease that is persistent in soils of our area.

The roots will have a gnarled, swollen look. Do not compost these roots because once club root fungus is established in a garden, you may never get rid of it. It is contagious and can be spread from an infected garden. Prevention is important, like adding lime to your soil before planting Brassicas, as the disease thrives in acid soil.

The Solanacea family includes tomatoes, peppers, eggplant, tomatillos and potatoes. These tolerate a rotation of just a couple years, unless you notice problems with potato diseases. It is often difficult to harvest all the potatoes, but make an effort to remove all the potatoes and give the soil a break from the Solanacea family.

The carrot family (Apiaceae) also includes fennel, parsley, parsnip, cilantro and dill. These have umbel shaped flowers, good for the beneficial insects. However, the insect pest, carrot rust fly, can leave eggs in the soil and ruin next year's crop.

Always rotate plantings for at least a three-year cycle and plant 20-30 feet away from the last plantings.

Beets, spinach and chard can benefit from a three-year rotation also. They can attract a leaf miner fly that can be quite a pest in our area. These seem to benefit from following a legume crop as the soil may require less nitrogen fertilizer.

In your garden journal, record crop successes and crop failures. Include information about soil improvement, which beds received lime or which ones had manures or fertilizers.

Remember the varieties of plant seeds you used and where you acquired the seed. All these records help you improve your gardening over the years.

Anza Muenchow is a farmer and a volunteer with P-Patch. You can reach her by e-mail at anzam@whidbey.net, or online at www.mahafarm.com.

Project HANDLE receives Drug Free Communities grant

BY VOICE STAFF

Neighborhood House was recently named a recipient of a Drug Free Communities grant, awarded by the Substance Abuse and Mental Health Services Administration (SAMHSA) and the Office of National Drug Control Policy (ONDCP).

Neighborhood House's Project HANDLE program will use the funds to involve and engage the local community to prevent and reduce alcohol and other drug abuse among youth.

Gil Kerlikowske, Director of the Office of National Drug Control Policy (ONDCP), announced the grants, totaling \$21 million across 161 communities, in August.

"The Drug Free Communities Support Program bolsters individuals and groups

across the Nation that are improving their communities by preventing drug abuse," said Eric Broderick, SAMHSA's acting administrator. "SAMHSA is honored to play a role in this innovative program, which has done so much to promote well-being, hope and feelings of empowerment among so many young people."

The Drug Free Communities program is directed by the ONDCP in partnership with SAMHSA. The DFC program provides grants of up to \$625,000 over five years to community coalitions that facilitate citizen participation in local drug prevention efforts. Coalitions are comprised of community leaders, parents, youth, teachers, religious and fraternal organizations, health care and business professionals, law enforcement and the media.

Correction

Two photos of the NewHolly Neighborhood Night Out event appearing in the September issue of The Voice were incorrectly credited to "Dave Smith." The photographer was David Linsley, a NewHolly resident. One photo appeared on Page 1 of the Local / National section; the second appeared on Page 6 of the SHA News section.

A trip to the Puyallup Fair with the ROSS program for senior and disabled residents

By PAM WILCOX
SHA Resident

On Sept. 17, I went to the Puyallup Fair via the ROSS program for seniors and disabled. Twenty-two people in all made the trip, including our two drivers, Neighborhood House employees Annie Edwards and Long Luu.

We spent four hours doing as much as we pleased at the fair. Everyone seemed to have a great time.

I started out by getting a scone and some lemonade. Then I attended a pots-and-pans cooking demonstration, then had lunch. After this I went to see the goats and cows. For me, the four hours went by quickly.

Before I "Did the Puyallup," I interviewed Edwards about the ROSS program. She told me that ROSS stands for Resident Opportunity for Self Sufficiency, a program funded by HUD.

The purpose of the program is to help people break social isolation, to participate in different activities, to learn about different resources and to be active and social.

The program includes the communities of Jefferson Terrace, Yesler Terrace and Greenbridge.

Edwards, who has been with Neighborhood House for 24 years, has spent three years working on the ROSS program. For questions about the program or to learn about upcoming activities, Edwards can be reached at 206-461-4522.

Previous trips have included the Tulip



PHOTO BY PAM WILCOX

Attendees of the ROSS field trip to the Puyallup Fair pose for a photo outside the fair entrance. The ROSS program, which stands for Resident Opportunity for Self Sufficiency, gives senior and disabled residents of public housing the opportunity to stay active and social, with field trips, luncheons and other activities. The program serves the Jefferson Terrace, Yesler Terrace and Greenbridge communities.

Festival, Mount Rainier, Seattle Art Museum, Snoqualmie Falls, Northwest Trek and picnics at Lincoln and Madrona parks.

Upcoming events include bingo, luncheons at Yesler Terrace and Greenbridge, a Thanksgiving luncheon at Yesler Terrace and holiday luncheons at Yesler and Greenbridge.

How to participate

If you are a resident of Jefferson Terrace, Yesler Terrace or Greenbridge and want to learn more about the ROSS program, contact Annie Edwards at 206-461-4522. Some trips require a small fee.

Emergency

Continued from front page

wind, snow and power outages, because winter weather comes along as early as October. See the sidebar for items you will need in your emergency kits.

Also remember in the fall that it is flu season. Make sure you stay home if you have a fever or cold. While regular seasonal flu and H1N1 flu can be very serious illnesses, there are actions we can all take to prepare for the upcoming flu season.

If you have children, have a plan for emergencies or illness. If your child is sick, keep your child home. Some parents find it helpful to coordinate childcare plans with other families, friends and neighbors.

Take action to prevent the spread of disease. Stay home if you're sick, cover your coughs and sneezes, wash your hands frequently with soap for 20 seconds and avoid touching your eyes, nose or mouth. If soap and water are not available, use hand sanitizer.

Purchase over-the-counter medicine now for colds and fever, so that you can have it ready if you get sick. Buy extra canned foods like soups, chicken, tuna, fruit and vegetables just in case you are not able to get to the store.

Ready for spring and summer

How about in the spring? People should get ready for the summer time early. That means more than just preparing for the beach with a cooler, suntan lotion and extra water.

On July 20 of this year, we had 103 degree heat, then Mt. Rainier had a bad lightning and thunder storm and flooding followed.

A couple days later in Alberta, Canada, they had a windstorm with 60-mph winds, and someone got killed in the storm. They

Everything you need in your emergency kit

At a minimum, have the basic supplies listed below. Keep supplies in an easy-to-carry emergency preparedness kit that you can use at home or take with you in case you must evacuate. If possible, keep one kit in your home, a second at work, and a third in your car.

Water — one gallon per person, per day (three day supply for evacuation, two-week supply for home)

Food — nonperishable, easy-to-prepare items (three day supply for evacuation, two-week supply for home)

Flashlight

Battery-powered or hand-crank radio (NOAA Weather Radio, if possible) with extra batteries

First aid kit

Medications (seven day supply) and medical items

Multipurpose tool

Sanitation and personal hygiene items

Copies of personal documents (medication list and pertinent medical information, proof of address, deed/lease to home, passports, birth certificates, insurance policies)

Cell phone with chargers

Family and emergency contact information

Extra cash

Emergency blanket

Maps of the area

Consider the needs of all family members and add supplies to your kit. Suggested items to help meet additional needs are:

Additional medical supplies (hearing aids with extra batteries, glasses, contact lenses, syringes, cane)

Baby supplies (bottles, formula, baby food, diapers)

Games and activities for children

Pet supplies (collar, leash, ID, food, carrier, bowl)

Two-way radios

Extra set of car keys and house keys

Manual can opener

Additional supplies to keep at home or in your kit based on the types of disasters common to your area:

Whistle

N95 or surgical masks

Matches

Rain gear

Towels

Work gloves

Tools/supplies for securing your home

Extra clothing, hat and sturdy shoes

Plastic sheeting

Duct tape

Scissors

Household liquid bleach

Blankets or sleeping bags

Information in this sidebar from the Red Cross

had no warning.

Even in the summer there will be stormy summer days. In Seattle, watch out for those days as well as the heat waves.

During the year, you can turn your TV to

the Weather Channel to learn about Seattle and Pacific Northwest weather. During periods of inclement weather, local stations such as KIRO and KOMO will broadcast weather-related updates.

Community notes

SNAP program seeks participants

The Seattle Neighbors Actively Prepare (SNAP) Leadership Academy is calling for participants to attend its October session. The SNAP program teaches emergency preparedness skills to those willing to serve as community leaders.

Course topics include:

- Top preparedness tips
- Hands-on emergency skills
- Connecting with your neighbors
- Motivating others
- Creating momentum
- Resource sharing
- Games, activities and more!

Dates: Wednesdays, Oct. 14, 21 and 28 *

Time: 6:30 - 8:30 p.m. each night

Place: Seattle EOC, 105 5th Ave S., Seattle, WA 98104

RSVP by Oct. 7 to snap@seattle.gov or 206-233-5076.

* There is no cost for the Leadership Academy, but participants are asked to attend all sessions. If you cannot participate, please feel free to refer someone you know who would make a great SNAP Coordinator.

Knee and hip replacement

— Before and after

Tuesday, Oct. 27

Noon - 1:30 p.m.

Yesler Community Center

917 E Yesler Way

Cost: \$5

Register in advance at 206-233-7255

Join us for an informative lunch and lecture. Do you suffer from knee or hip pain? Learn ways to manage your minor or severe pain. Have you considered orthopedic surgery? Get information from an orthopedic physician, physical therapist, and a rheumatologist. Hear people's testimonies about their experiences. A panel of health care providers will be onsite to present and answer questions.

Central east lifelong recreation resource fair and lunch

Thursday, Nov. 5

10 a.m. - 2 p.m.

Garfield Community Center

2323 E. Cherry

Free

Call 206-233-7555 for more information.

A great opportunity to get information, resources, and discounts for seniors. A host of agencies and businesses will be on hand with displays and giveaways and lots of information that you need! Doctors, retirement homes, energy assistance, employment opportunities, health care, insurance, banks and much, much more ... everything in one place. We will have numerous guest speakers, door prizes and free healthy snacks will be served.



Neighborhood
House

Our Voices: A change of scenery for a Voice reporter

BY TYLER ROUSH
The Voice editor

Later this month, Robert Canamar will pack up his belongings, move out of his apartment in Jefferson Terrace and travel across the country to New York.

He's collaborated on a project with a New York playwright, writing the score for a musical that's in development.

It's a new opportunity for the activist and Voice contributor who is a member of the Voice Resident Advisory Committee and frequent reporter. The next step — to produce, cast and direct the show in advance of its 2010 premiere.

It's a sort of return to his roots, "considering I started off as a stagehand and wound up as a director" at NBC in the early 1970s, Canamar said.

In fact, Canamar said he practically grew up in the NBC Studios in Burbank, Calif., where his father was a long-time employee.

"I like to tell people I had 200 fathers growing up," Canamar said. "All those stagehands who worked with my father looked out for me."

After a tour in Vietnam, Canamar returned and took a job at the studio. He and his father would build the studio's first computer, which was used to operate the gameshow "Celebrity Sweepstakes."

Eventually, Canamar would move from stagehand to technical director, and then to director.

"The nice thing about entertainment is, you get to move around, you meet a whole lot of



PHOTO BY TYLER ROUSH

Robert Canamar, SHA Resident and Voice Resident Advisory Committee member, will move to New York this month to help produce a musical for which he has written the score.

people," he said.

He said he received more education by working in the entertainment industry than he could find in any school, anywhere.

"I learned that there's always more than one way to get a job done, no matter what it is," he said. "So it behooves us to listen to everyone."

That thinking still informs his political philosophy, which is decidedly liberal, he said.

Since coming to Seattle in 1990, his focus has been on music, which he has practiced since childhood. He recalls placing in accor-

dion competitions as a boy in California.

"To this day I hate the accordion — I can't stand it," he said.

But he prides himself on being able to play most any variety of instrument from all parts of the world.

It's a part of his desire to stay open to new challenges and opportunities, such as the one he will soon be pursuing in New York.

"Don't constrict yourself; open your mind," he said. "Learn as many different things as you can. And one day it all coalesces into one picture, called you."

Daytripper

Continued from front page

information about parks and neighborhoods ... and they know where the nearest bus stop is.

Another worthwhile stop is the Everett Arts Council Gallery in the old Monte Cristo Hotel at the corner of Hoyt and Wall, once the fanciest hotel in Everett, now low-income housing and arts space (and there is a Goodwill store across the street).

There are a lot of choices for lunch, including a deli at Sno-Isle Co-op at Grand and California (Tasty pakoras with mango salsa! Tree-ripe peaches!) and Pavé Bakery, 2613 Colby Avenue (between Everett and 26th), where you can pick up a picnic lunch to bring to the park.

On to the gardens: Catch the ET 7 — North Colby bus (NOT the ET 7 — Evergreen!). The bus runs through the pretty Colby Avenue neighborhood to Legion Park. Get off the bus at West Marine View Drive and Alverson and follow the driveway into the park.

Turn right at the end of the driveway onto a gravel path that leads into the arboretum



PHOTO BY KRISTIN O'DONNELL

Flowers found in the botanical garden.

and garden. Enter the garden between a group of bright blue pillars.

With a background of native evergreens, the garden is designed to have something on display between early spring and the first hard frost. A spaceship fountain, gates and arbors and modern and traditional sculpture combine with the plants. There's a big collection of Japanese maples — the leaf color should be great in October.

There are picnic tables across Alverson Drive from the park with a great view of Gardiner Bay and the Olympics. Restrooms are in the park. Do keep track of time — the return bus leaves hourly, from the stop where you got off, and brings you to the college bus mall, where you can transfer to a bus to downtown or Everett Station.

A stop on the way out of town — sometime around sunset — is the Evergreen Cemetery. As you know, if you've read earlier articles, Daytripper cannot pass a thrift store. What you do not know is that Daytripper often visits pioneer cemeteries — Evergreen in Everett is one fine cemetery.

It is old, it has a fine restored gatehouse, and a large variety of old trees. The woods are overtaking the edges. On a weekday afternoon, you may be the only (living) person in the cemetery.

Most Everett pioneers have modest red or gray granite gravestones without much decoration, but there are enough granite tree trunks and white marble lambs to be interesting. There is also what is perhaps the



PHOTO BY KRISTIN O'DONNELL

The Evergreen Cemetery in Everett includes this pyramid-shaped mausoleum.

largest monument in the state, the Rucker family's massive 35-foot-high granite pyramid. And there's a tombstone with the epitaph: "I Told You I was Sick."

The cemetery is large, but the map from the library makes finding special places easy. Old cemeteries are good places for history fans, bird watchers and autumn leaves. This cemetery is also a popular place for late-afternoon mosquitoes — bug repellent might be a good idea!

No restrooms in the cemetery, not anymore, but check out what the library tour calls "the restroom of the dead" — the crumbling remains of an old public restroom in an overgrown area of the cemetery.

Getting to the cemetery by bus from downtown Everett may be tricky. The 510 CT bus (the route back to Seattle) will stop by the Aquasox ballpark* at 38th and Broadway, three blocks from the cemetery if there are passengers waiting for the bus there (or if you ask the driver VERY nicely and the driver is in a good mood). Otherwise, the closest stop is the CT 510 — 38th and Broadway heading into Everett from Seattle. Although it is possible to get off the 510 at the South Everett park and ride and catch another 510 northbound to Everett, depending on the time of day, there may

Volunteer opportunities at Neighborhood House

Fall is right around the corner and we have a variety of volunteering opportunities at Neighborhood House!

We are currently looking for volunteers to fill these positions:

- Volunteer tutors for our after-school program at our Park Lake and Auburn tutoring centers, Monday through Thursday, 3:30 to 6 p.m.

- Computer Lab Support for our Rainier Vista open lab classes for youth and adults (please contact me for the schedule).

- Graphic Designers for small, flexible projects in our development department.

- Volunteers for our CASA-START youth mentoring program this fall at our Rainier Vista location (one or two nights per month).

- Neighborhood House Internship — Assist our development team on various projects, including our grand opening of our new High Point Center, Nov. 14.

Please contact Neighborhood House Volunteer Coordinator Jen Rosenbrook at jenr@nhwa.org or 206-461-8430, ext. 255 for more information.



PHOTO BY KRISTIN O'DONNELL

The Monte Cristo Hotel in Everett is home to the Everett Arts Council Gallery and to low-income housing.

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

The NH High Point Center

GRAND OPENING IS NOV. 14

See Page 4



SHA NEWS

October
2009

News and information about Seattle's neighborhoods

SHA's proposed operating budget shows 2.5 percent increase

By SHA STAFF

The 2010 draft budget for the Seattle Housing Authority was presented to the Board of Commissioners at its meeting last month. The budget includes operating grants totaling \$140.9 million and capital expenditures of \$89.3 million.

The operating budget reflects a 2.5 percent increase over the 2009 level, due largely to increases in federal funding. Capital spending is slightly reduced from the 2009 level of \$89.4 million. A much larger decrease had been expected due to the completion in 2009 of High Point, homeWorks and South Shore Court.

Because of Seattle Housing's success in competing for American Recovery and Reinvestment Act (ARRA) funds, in se-

curing city funds, and in attracting limited partnership investors, SHA will have a robust development and asset preservation capital program in 2010.

According to Executive Director Tom Tierney, "Our 2010 Proposed Budget offers significant opportunity to advance our strategic objectives and make targeted investments, consistent with SHA's Strategic Plan. At the same time, both the Housing Authority and our tenants continue to experience the negative effects of the recession. These are experienced in a variety of ways. Many residents are finding it difficult to find a place in the depressed labor market. Rental revenues are largely flat because tenant's incomes are not rising. In spite of the fact that the

Please see "Budget" on Page 5

Low Income Public Housing program to increase fees

By SHA STAFF

New tenants in the Low Income Public Housing program will pay higher security deposits and cleaning fees beginning Nov. 1.

The LIPH management team has recently reviewed actual costs for repairs and damages to vacated units and found that the increases are necessary based on this review. The last adjustment to the LIPH deposits and fee was in September of 2007.

Security deposits for LIPH apartments are currently \$250 for one-bedroom, \$350 for two-bedroom, \$450 for three-bedroom and \$500 for four- and five-bedroom apartments.

The new deposits will be \$300 for one-bedroom, \$400 for two-bedroom, \$500 for three-bedroom and \$600 for four- and five-bedroom apartments

Due to the increased maintenance costs

associated with smoking in apartments, LIPH is implementing a new deposit that will be charged to new residents who smoke in their apartment. The deposit will be \$250.

The security device deposit (card key or regular metal key) is currently \$50 and will increase to \$100.

The new deposits and fees will apply to new residents and to residents who transfer to another unit. Residents who transfer to a new unit will be required to increase their security deposit to the new amount.

Therefore, if a resident has paid a security deposit of \$250 for his or her one-bedroom unit and then transferred to another one-bedroom unit, he or she will be asked to pay the difference (\$50) between the original \$250 deposit and the new deposit amount of \$300.

For questions about the changes in the deposits or fee, residents may contact their management staff.

West Town View makes \$800 donation to Seattle Children's Home



PHOTO BY ELLEN ZIONTZ

West Town View Resident John Conerty presents a check for \$800 to Dr. Gena Palm of Seattle Children's Home.

By ELLEN ZIONTZ
Seattle Housing Authority

Residents of West Town View Apartments donated \$800 to their neighbor, the Seattle Children's Home, at a presentation on Sept. 9 at West Town View.

The donated funds represent the lion's share of the West Town View community's homeWorks Activity Fund, \$1,000 provided to the residents to offset the inconvenience of the remodeling project in their building. Following a suggestion from John Conerty, residents voted by secret ballot to use the funds to help children in the community.

"We benefit in so many ways living in public housing. Even though none of us have a lot ourselves, we just felt like we wanted to share these funds with someone who really needs it," said Bob Harrington, a longtime West Town View Resident.

Dr. Gena Palm, Executive Director of

the Children's Home, shared with community members the extensive services to mentally ill children that the donation helps them offer.

Seattle Children's Home provides residential round-the-clock intensive therapy, meals, recreation and schooling to twenty children ages 12 to 18 with mental illness. Staff also work with parents to help their children remain healthy after their stay of six to twelve months at the Home.

Seattle Children's Home started as an orphanage in 1884 by the "Founding Mothers" of Seattle, including Louise Denny and Sarah Minor. The Home moved to its Queen Anne site in 1903.

"We always remember the gifts from people who don't have a lot," said Carma McKay, Director of Development for Seattle Children's Home. "We know that it is so meaningful both to us and to the people who give it."

RAC proposes revisions to membership bylaws

Taxi scrips available to attend RAC meetings

By TYLER ROUSH
The Voice Editor

The Resident Action Council at its meeting Sept. 9 presented changes to its bylaws that define RAC membership.

The proposed revisions would change the definition for "Active Member" status, which includes the right to vote in RAC elections.

The new bylaws would grant "Active

Member" status to any person who has attended one or more RAC meetings since the most recent election, and who otherwise meets the qualifications for RAC membership.

Currently, residents of Low Income Public Housing (LIPH) may qualify as voting members of RAC.

Previously, the RAC bylaws required its voting members to attend at least two meetings in the previous six months.

Though "Active Member" status is limited only to LIPH residents, RAC President Doug Morrison said the meetings are open to the general public, including residents

Get involved

The RAC meets at 1:30 p.m. Oct. 14 at Center Park, located at 2121 26th Ave. in Seattle.

of the Seattle Senior Housing Program and Section 8 Voucher holders.

Anyone with an interest in RAC is encouraged to attend, he added.

The RAC also discussed minor edits to the language of a bylaw governing the Ex-

Please see "RAC" on Page 5

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Reusable bag distribution begins in several SHA communities

By CLAIRE McDANIEL AND JUDI CARTER
Seattle Housing Authority

Reusable grocery bags provided by the City of Seattle's "Choose Reusable" program and the Seattle Housing Authority's Management staff were distributed to residents in Yesler Terrace over a five-week period starting in August.



PHOTO BY CARL PIERCE

Bags are also being provided in the other larger Seattle Housing communities — High Point, Rainier Vista and NewHolly. They will also be distributed soon in public housing high-rises.

Included in the delivery were six cloth bags sporting the logo

Reusable bags are being distributed to residents of High Point, NewHolly, Rainier Vista and Yesler Terrace. Bags will also be distributed to public-housing high-rises.

"Green Bag" along with the Web site

Please see "Bags" on Page 6

Rep. Jim McDermott makes a "home visit"



PHOTO BY TYLER ROUSH

Neighborhood House's Thea Ok (right) talks about our Parent Child Home Program (PCHP) with Rep. Jim McDermott (left) during a mock home visit with Dina Nou and her daughter. Dina and her child are enrolled in PCHP. Neighborhood House arranged the visit at its location in Seattle's NewHolly neighborhood to give Rep. McDermott an idea of what an actual home visit looks like. Mr. McDermott is currently working on early childhood education legislation in Washington D.C.

Schwabacher House welcomes musicians



PHOTO COURTESY SHIRLEY ROSS

Schwabacher House celebrated Chile's Independence Day with band Sin Fronteras. In the front row (left to right): Mary Pinson, Anne Manfredi and Shirley Ross. In the back row (left to right): Margarita Cromwell, Patricia Mazuela and Abel Rocha of Sin Fronteras, and Jacqui Willette. Not pictured: Musicians Diego Coy and Heather Carman.

By SHIRLEY ROSS
SHA Resident

On Sept. 15, residents and guests at Schwabacher House in Ballard hosted a fine group of musicians to celebrate Chile's Independence Day.

The band Sin Fronteras, which translates to "Without Borders," played an amazing variety of instruments, including a harp, drums, guitars, flutes and violins. The band's specialty is Latin American music with a

social conscience.

Their songs represented styles from many countries, including Chile, Mexico, Peru and Argentina.

The quartet plays for parties, schools, events and festivals. They later played at Seattle Center on Sunday, Sept. 20.

The residents of Schwabacher House were enthusiastic about the skill and dedication of the four talented musicians, and expect to invite them to come and play again.

Boeing donates \$75,000 to Neighborhood House programs



PHOTO BY NEIGHBORHOOD HOUSE STAFF

Gina Breukelman, Health and Human Services NW Region Community Investor for The Boeing Company, presents Neighborhood House with a \$75,000 check in support of building resiliency efforts and employment programs in response to the growing social service needs in the community. From left to right: Mark Okazaki, Neighborhood House Executive Director; Gina Breukelman; and Catherine Verrenti, Neighborhood House Director of Education and Community Services.

Laura Gentry joins the SHA Communications Dept.

By CLAIRE McDANIEL
Seattle Housing Authority

Laura Gentry has been hired as the new technical communications specialist at Seattle Housing Authority. With a background working at The News Tribune in Tacoma as well as Bachelor's degrees in journalism and mass communications from the University of Idaho, Gentry will hit the ground running at SHA, including writing future articles for The Voice.

Besides writing, Gentry will be responsible for the intranet and internet Web sites.



PHOTO BY CLAIRE McDANIEL

Laura Gentry sits in her new office at the SHA Central Office.

Please see "Gentry" on Page 5

About The Voice

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

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

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

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

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

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

POINT OF VIEW

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



PHOTO BY PAM WILCOX

From left, Allen W. Squires, Chris Wolf, Dennis Bejin and Michael King are all volunteers in the Jefferson Terrace computer lab.

Jefferson Terrace computer lab is a tremendous asset for residents

BY PAM WILCOX
SHA Resident

The Jefferson Terrace computer lab helps keep residents connected through regular computer use. Residents have the hardworking staff of volunteers who run the lab to thank for that opportunity.

Volunteers Dana Baldwin, Irma Anderson, Dennis Bejin, Tom Anderson, Michael King, Robert Canamar and Hayat Adem have kept the lab running by donating their time each week.

Computer lab hours are 10 a.m.-noon Mondays, 3-6 p.m. Tuesdays, 10:30 a.m.-2:30 p.m. Wednesdays and 9 a.m.-1 p.m. Fridays. It is not unusual to see the lab open at other hours as well. If a volunteer wants to use a computer, he or she simply gets the key and opens up the lab; other residents are allowed access at these off-hour times as well.

The lab consists of seven computers and two printers, one a color printer.

The first two black-and-white copies a person makes

Please see "Computer lab" on Page 6

Candidates forum at Center Park addresses concerns of people with disabilities

BY JOHN DENOYER
SHA RESIDENT
AND CHRIS LEMAN

The Resident Action Council, Alliance of People with Disabilities, and the Committee for the Establishment of a Seattle Disabilities Commission conducted a well-attended forum Sept. 18 for candidates for Seattle mayor, city attorney and City Council.

The event was held in Center Park's community room.

The questions centered on accessibility to employment, housing and transportation facilities. Candidates were often asked to address the current lack of opportunity for gainful employment within the disabled community.

Mark Landreneau asked the candidates running for mayor how they would change hiring policies to add more people with disabilities to City government.

Mayoral candidate Mike McGinn replied that people with disabilities have unique contributions to make to the work force. Joe Mallahan, also a mayoral candidate, said that having a diverse work force led to innovations and productivity. Both said that discrimination against the disabled is real and should be opposed.

Questioners were concerned about the disrepair of sidewalks. In response to a question from panelist Courtney Jeane, City Council candidates Sally Bagshaw and David Bloom said that they would work on sidewalk repair.

Council candidates Jesse Israel and Nick Licata were asked to cite an instance when they had made a specific accommodation for people with disabilities. Israel spoke about efforts to expand employment of the disabled in the King County Park department. Licata spoke of planning for the disabled

in the location for campaign events, and in helping his son deal with a brain injury.

Another concern posed to the candidates was the shortage of housing accessible to people with wheelchairs, such as in questions from Jim Bush and Mary Beth Lum. Asked about the inadequacy of the current federal requirement that one in twenty units of subsidized housing be wheelchair accessible, city attorney candidates Tom Carr and Peter Holmes stated that they would look at the law, but changing it was not a city attorney responsibility.

John Denoyer asked the mayoral candidates whether the South Lake Union Streetcar was a good use of public funds, and what they would do to ensure good value from transportation investments.

Both candidates agreed that construction of the South Lake Union Streetcar may not have been the most efficient use of transportation dollars. McGinn felt that there was a place in Seattle for streetcars, whereas Mallahan stated that buses were a better use of funds.

Mallahan pointed out the cost of purchasing the right-of-way for a streetcar was prohibitive, and with buses, there is no need to spend money on rights-of-way.

McGinn countered that once a right-of-way is established, there is no need for ongoing cost, whereas buses are subject to fluctuations in fuel and operating cost.

Julian Wheeler asked both mayoral candidates if they would support establishment of a Seattle Commission for People with Disabilities. McGinn gave an unqualified yes, whereas Mallahan said he could not make a commitment until having a chance to study the matter. For background on the proposal, see www.megadutch.com/cesdc.

Please see "Forum" on Page 7

How to keep a building dry: Let it get wet

BY SVEN KOEHLER
Seattle Housing Authority

Maybe this warm, dry summer led you to forget that it rains a lot in Seattle. To make sure all that rain doesn't drip into your apartment building, you would think it makes sense to try and seal off the walls with a material that lets absolutely no water through.

But the new siding now being installed at Schwabacher House has gaps in it that actually let rain in. So why isn't SHA's project manager Roxanne Navrides worried?

It turns out that this may actually be the better way to keep a building dry.

"Our architect has specified a 'rain screen system' that should keep the inside of the building drier than the old stucco on the building before," Navrides said.

Most buildings in Seattle are built with the thought of being completely watertight. Schwabacher House is a Seattle Senior Housing Program apartment building in Ballard, built in 1984. Like many of its

neighbors, the wood frame building was coated in stucco, a durable waterproof coating.

The problem is, many of the SSHP buildings suffer from leaks. It turns out, no matter how hard you try to keep water out, rain finds its way through chinks in the armor. There are always little cracks in the stucco or tiny gaps around windows.

"Here in the Northwest, we know from experience that rain finds a way in through any penetration over time, especially windows," according to Building Envelope Consultant Michael Aoki-Kramer of RDH Building Sciences.

Once rain gets behind a traditional exterior wall, it is trapped because there is nowhere for the water to flow out. This can lead to problems for the building.

The answer is simply to accept that water will make its way through the exterior wall of the building. Then, you plan ahead of time to give it a place to flow where it can

Please see "homeWorks" on Page 7

An International Day at Center Park



PHOTO BY JIM BUSH

Residents last month celebrated "International Day" at Center Park. They dined on food with a multicultural flair and displayed the flags of all the countries from which residents hailed.

HIGH POINT HERALD

NEWS ABOUT THE HIGH POINT COMMUNITY

Opening the doors to environmental insights from around the globe

Join Neighborhood House on Nov. 14 to celebrate the opening of the new High Point Center

By TERESA MOORE
Special to *The Voice*

When Neighborhood House's new High Point Center officially opens on Saturday, Nov. 14, a world of environmental learning opens with it.

The LEED Gold-certified building is much more than the new home for Head Start classes, technology education, job training, community gatherings and other services. It's a building that teaches.

Visitors will learn through educational displays how the 6,000-square-foot array of rooftop solar panels — the largest in Washington — powers the center; how fluid coursing through tubes burrowed into the earth provides a steady source of heating and cooling; and how recycled concrete and masonry keep maintenance costs in check.

And, in one of the center's most unique elements, they'll also learn that conservation and sustainability are not uniquely American concepts.

Neighborhood House employees representing countries from around the world will discuss environmental sustainability in their home nations in videos that will play on kiosks placed throughout the building. Visitors can watch

Come to the grand opening!

You are cordially invited to the grand opening celebration of the Neighborhood House High Point Center. Be among the first to tour this remarkable new building and to learn about conservation and sustainability near and far!

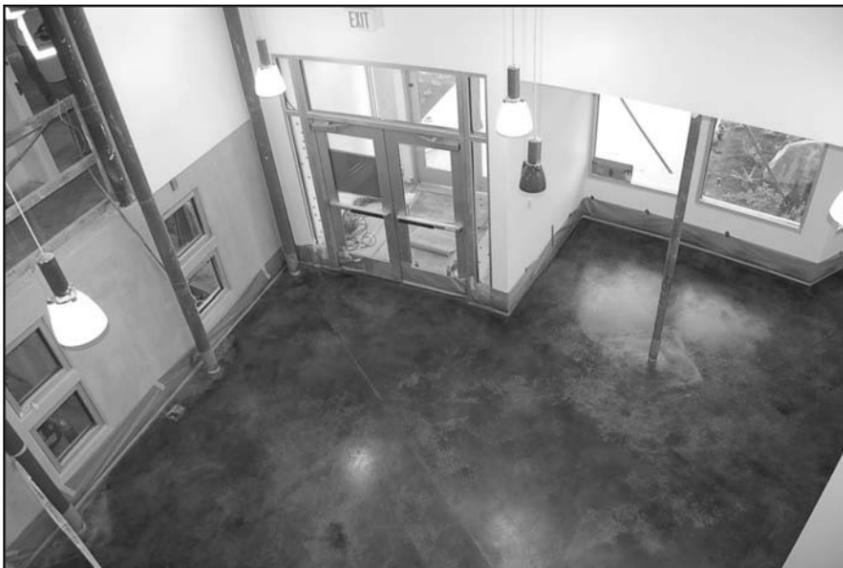
For more information, contact Peter Wolf at peterw@nhwa.org or 206-461-8430, ext. 224.

Saturday, Nov. 14
11 a.m. - 1 p.m.
6400 Sylvan Way SW
Seattle, WA 98126



PHOTO BY TYLER ROUSH

A group touring the High Point Center pass by the building's donor wall, a piece of mosaic art that honors the hundreds of individual donors who gave to the High Point Capital Campaign.



A view from a second-floor balcony to a side entrance of the High Point Center, the floor recently stained to a glossy brown finish. The building opens Nov. 14. To arrange a tour of the High Point Center before it opens, contact Neighborhood House's Alex Wang at 206-461-8430, ext. 257 or alexw@nhwa.org.

PHOTO BY TYLER ROUSH

Please see "Center" on Page 6

A photo mural for High Point



PHOTO BY TYLER ROUSH

Allison Warner-Sutcliffe (right) poses with her 21-month-old son, Russell, for the High Point photo mural, which will be included in the finished High Point Center. Photographer John Keatley (seated at left) snapped dozens of photos of High Point residents during a photo session at the High Point amphitheatre Sept. 22.

Community notes

Upcoming High Point activities

Join the High Point Community Health Project in connecting with your neighbors and health promotion activities.

For more information about other activities, call 206-571-5070.

All programs are free and open to High Point Residents

Walking Group

A program of Neighborhood House and High Point Neighborcare Clinic.

Every Tuesday, Thursday and Saturday at 10 a.m.

Meet at the Commons Park.

Meet your neighbors and walk for better health.

Kitchens of the World

A program of Neighborhood House

Tuesday, October 27 at 10:30 a.m. - 1 p.m.

Elizabeth House at Lanham and Graham Street

Healthy cooking class followed by a potluck lunch and bingo.

Bring a side dish, we will prepare the main dish together.

Harvest festival

Come celebrate the coming of fall at High Point's Fall Harvest Festival.

The fun is from 5-8 p.m. Oct. 31 at the High Point Commons Park, with activities for the whole family, including games, face-painting, music, juggling and a costume contest.

The High Point Neighborhood Association is hosting the event.

RAINIER VISTA NEWS

NEWS ABOUT THE RAINIER VISTA COMMUNITY

Focus on digital inclusion



PHOTO BY TYLER ROUSH

Neighborhood House Executive Director Mark Okazaki (second from left) accepted a City of Seattle Technology Matching Fund grant for use in the Neighborhood House Rainier Vista Center computer lab. Also on hand were City of Seattle's Community Technology Program Manager David Keyes (left), Jonathan Lawson of Reclaim the Media (second from right) and Blair Anundson of WashPIRG.

Budget

Continued from front page

trends within our 2010 proposed budget are largely positive, the impacts of the recession remain with us and make us cautious about our future financial health."

Seattle Housing depends largely — 65 percent — on federal funds through HUD for its operating resources. Given the state of the economy, the federal government is assuming a larger role in efforts to generate jobs, ease the credit markets and address the continuing housing and mortgage crisis.

For SHA in the near term, this likely means more funds for capital work through the ARRA program and increases in excess of inflation in our MTW block grant for housing choice vouchers and low-income public housing operations.

An aggressive 2010 work plan

At the beginning of the budget process in the spring, Seattle Housing Authority leadership identified the most important outcomes for 2010 and its highest investment priorities. The proposed budget responds directly to these priorities. Here are the highlights:

1. Make substantial progress toward completion of Rainier Vista.

The most significant achievement reflected in the 2010 proposed budget is the assembling of financing to finish Rainier Vista. Funds received from the early stimulus monies will complete Tamarack Place and get started on the remaining infrastructure.

2. Make strong progress in planning future redevelopment of Yesler Terrace.

The 2010 proposed budget includes funds for staff and consultants to significantly advance redevelopment planning for Yesler Terrace.

3. Successfully resolve real and perceived concerns of residents, homeowners, and neighbors regarding safety and security in our family communities.

In each of the last few years, SHA has experienced both real and perceived discomfort around personal safety in our family communities. The 2010 budget includes funds to be proactive, in partnership with renters, homeowners, schools, community organizations, the police and other city agencies to ensure that our communities are both safe and are perceived to be safe.

4. Work toward creating a comprehensive system to define pathways to financial stability or self-sufficiency for Low Income Public Housing tenants and Housing Choice Voucher participants to the extent they are able.

In the 2010 proposed budget, we have added local resources and augmented existing programs to enhance the reach of our support to improve financial independence and stability of residents and participants.

Other significant priorities include:

- Achieve more stable long-term financial footing for Seattle Housing Authority by deliberate actions in 2010 to improve our financial condition.

- Complete and begin implementing a comprehensive staff training and development program that is a partnership between the agency and its employees.

- Enhance Information Technology capacity agency-wide.

- Review the current preventive maintenance program with the intent of expanding existing efforts and creating a comprehensive, integrated preventive maintenance program.

The final budget will come before the Board of Commissioners for adoption at their special meeting Oct. 12.

Youth in Rainier Vista may qualify for free dental service

The Washington Oral Health Foundation offers free dental examinations to qualifying children ages 6-18.

Any child who is a member of the Boys & Girls Club of King County, has no dental insurance, or has DSHS dental coupons but has not been treated by a dentist in the past 12 months may qualify for a free dental appointment.

The service is provided at the Rainier Vista Boys & Girls Club

Service is by appointment only; the clinic is currently open three to five days per week, depending on demand.

Who qualifies for an examination and treatment:

Children and youth who do not have a dentist or have not been seen by a dentist in a dental office or clinic within the past year;

Children and youth who have no dental insurance;

Children and youth who have Medicaid coupons but have no way of accessing dental care;

Children who can maintain a reasonable and appropriate level of behavior during an examination and treatment.

Members of the Boys & Girls Club of

King County.

How to help your child have a positive experience:

Some people have had a past unpleasant dental experience, often due to waiting too long to seek treatment. You can help your child by being positive about going to the dentist. In turn, volunteers and dentists at the clinic will be sensitive to your child's fears and will make every effort to establish a relationship of trust and to make their visit a positive experience.

Dental disease is preventable:

Good oral health depends partly on the development of good habits, such as sensible eating, getting enough sleep and exercise. Dental health also depends on good dental hygiene habits, such as brushing, flossing and regular dental visits to help prevent tooth decay and to identify potential problems.

For more information, please call Melissa at 206-940-8932 or Ruth at 206-448-1914 and they will be glad to discuss this program with you.

RAC

Continued from front page

Executive Committee and the authorization of expenditures.

Final action for both revisions will take place at RAC's next meeting, set for 1:30 p.m. Oct. 14 at Center Park.

Taxi scrips can help you get to RAC

Through the RAC's Transportation Support Program (TSP), some SHA residents may be eligible to receive a taxi scrip for transportation to and from RAC meetings, according to RAC treasurer Michael Hearte.

To qualify for a RAC taxi scrip, a person must:

- Be an LIPH resident in SHA housing
- Use the scrip to attend a RAC meeting
- Have a one-way trip to (and then from) the RAC meeting via public transit that is more than 1.5 hours and/or requires travel

on more than two bus routes (exceptions may be made on a case-by-case basis for individuals who have difficulty traveling between bus stops or accessing a particular bus stop on the route)

Applications for a taxi scrip must be submitted in writing to the RAC secretary at least 30 days in advance of the meeting.

Requests may be mailed to RAC Secretary, 2600 S. Walker, Suite B-1, Seattle, WA 98144, or by e-mail to jbwa2@yahoo.com.

Each request must include the person's name; the names of any others who will share the cab; the person's address, phone number and e-mail (if applicable); a description of the transportation route to the RAC meeting; what circumstances make their options undesirable or difficult and whether the person needs a wheelchair-accessible cab or has other special transportation needs.

Gentry

Continued from Page 2

Because she started working with Web sites eight years ago when the Internet was an "afterthought at best," she said, "I bring a lot of historical context for the way people use the web and how user expectations have changed over the years. I feel I have a strong grasp on usability for both internal and external users as well as a way of translating 'geek speak' to those who consider themselves not very technically savvy."

So far, in her first week, Gentry is encouraged by the fact that she is meeting co-workers who have worked at SHA for 20 or even 30 years.

"Everyone seems so motivated by the agency's mission and committed to accomplishing their role as best they can," she said.

Gentry's goal at this point is to learn as much as she can about the agency before determining the way her tasks can improve or progress.

Away from work, Gentry spends a lot of time — "probably too much" — organizing her iTunes library, catching up on her DVR queue and keeping up with the latest celebrity news. So goes the life of a "pop culture junky."

She also enjoys sports: playing tennis and golf, fantasy football and going to watch the Seahawks, Mariners and Storm play.

NEWHOLLY NOTES

NEWS ABOUT THE NEWHOLLY COMMUNITY

Microsoft volunteers make Sept. 11 a "Day of Caring"



PHOTO BY TYLER ROUSH

Dmitri Artimonia spent United Way's Day of Caring volunteering at Neighborhood House's Wiley Center location.

BY VOICE STAFF

They painted, taped, filed and sorted. A few even conducted mock job interviews with Neighborhood House clients. On Sept. 11, in conjunction with the United Way's Day of Caring, volunteers from Microsoft outnumbered employees at our locations in NewHolly and the Wiley Center.

The day of service had a special resonance for one volunteer. Dmitri Artimonia said he received services from a similar type of agency when he emigrated from Russia more than a decade ago.

"This is exactly the kind of program I used when I came to the United States," he said. "It gave me enough of a boost to get me to college, enroll in an ESL class and find a job."

For Artimonia, the day of service was also about giving thanks for the support he received as a new immigrant.

"Things are a lot better now," he said.

To learn more about volunteer opportunities with Neighborhood House contact Volunteer Coordinator Jen Rosenbrook at jenr@nhwa.org or 206-461-8430, ext. 255.

Computer lab

Continued from Page 3

are free; additional copies are eight cents a piece. Color copies are 25 cents each. Comcast donates internet access for the computers.

Approximately 30 residents of Jefferson Terrace use the lab each month.

The history of the Jefferson Terrace computer lab goes back nearly a decade. Sean Walsh, then a social worker at Jefferson, originally had the idea to provide computers for residents to use, along with classes on how to use the computers. Walsh worked with Jefferson Terrace resident Rick Spangler to implement the goal.

Then, Nora Gibson, ElderHealth Northwest's Executive Director, became aware of a Technology Fund grant offered by the City of Seattle. Because ElderHealth Northwest rents space from Jefferson Terrace, Gibson felt it would be a good idea to have a computer lab for ElderHealth Northwest and Jefferson Terrace residents.

After winning the matching-fund grant, ElderHealth and Jefferson Terrace residents Spangler, Bejin and John Weatherby partnered to set up the computer lab, which opened in November of 2002.

Dave Sellinger, ElderHealth Northwest's Information Technology manager, became involved. He provides tech support for the computer lab on donated time. He installs software, takes care of problems, purchases equipment and has other responsibilities. In other words, he makes sure the computer lab runs smoothly.

He noted that volunteers in the computer lab have become more and more self-sufficient in handling the everyday tasks themselves.

Spangler, Jefferson Terrace resident Randy Frizzell and ElderHealth Northwest have all donated equipment to the lab.

SHA Community Builder Marcia Johnson provides technical assistance to the computer lab committee, which is comprised of the aforementioned volunteers.

The committee recently applied for and received a grant from the city of Seattle, called the Bill Wright Technology Matching Fund grant. The grant, which funded computer classes for residents, was applied from the summer of 2008 to 2009.

To receive the grant, volunteers had to provide a match for the funds, which totaled \$8,300. They used their volunteer time at a rate of \$15 per hour to match the grant funds.

I was a beneficiary of these classes. I'm a bit of a late bloomer and had not learned how to use a computer until taking these classes in the spring and summer of 2009.

I took full advantage — I took the beginner class twice, the intermediate class and the digital photography class. I learned a lot and now even have e-mail!

I am very grateful to all who are responsible for organizing these classes. Their efforts are very much appreciated.

I also spoke with Dorene Cornwell. She was the Project Coordinator for the computer classes. She interviewed and hired teachers and oversaw the operation

of these classes.

Cornwell said it's wonderful to have received this money from the city and to be able to offer these classes to the residents for free.

She also praised the work of the computer lab volunteers.

Jefferson Terrace resident Margaret Dixon said she appreciates the assistance of the volunteers and is learning a lot.

She added that the classes were educational, informative and interesting, and said it's nice to have the computer lab so close by. She's been using it for about two years.

Mary Beth Langway also uses the computer lab even though she has her own computer. She told me she does not have a printer, so the computer lab's printer is very useful.

She also said the computers in the lab are faster, offer better security and are easier to use. She also said the volunteers are very helpful.

Any way you look at it, the computer lab at Jefferson Terrace is a real asset. A lot of people have worked hard to bring this about. I would like to close by thanking everyone who has taken part in this effort. You have done a great service, which continues today.

Center

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and listen to the personal insights in English and seven other languages. They will also be posted online at www.nhwa.org later this year.

"Immigrants and refugees come here from all over the world with ideas about how we can take care of our resources," says Ray Li, Neighborhood House's Director of Strategic Initiatives. "The videos focus on what the community members learned in their homelands from their communities, family and friends about the environment and living sustainably."

For example, Abdi Isaak, a family support worker at Neighborhood House and an immigrant from Kenya, says near constant drought in his home country makes innovative water conservation a necessity. His family built a small dam on their two-acre farm and also captures runoff from gutters into an underground tank. He hopes to return to Kenya soon to harness the country's most plentiful natural resource — sunshine — into rooftop panels to generate power for the family home.

"I want to put all the green living ideas I've learned here into use for my family back home," he says.

Several of the video "stars" also serve as docents, who will conduct tours of the center for students and community members. Volunteer Belinda Chin, an environmental educator at Seattle's Carkeek Park and a certified interpreter guide and trainer, created and conducted the docent training.

"This is a time of great opportunity to advance social and environmental justice," notes NH Executive Director Mark Okazaki. "The High Point Center helps show us how we can all play a role."

Bags

Continued from Page 2

address www.greenbag.info.

The Green Bag Company was established in 2001 with the goal of reducing and ultimately eliminating the 500 billion disposable shopping bags used each year around the world.

Reusing a cloth bag instead of paper or plastic cuts down on the waste that goes into the landfill which is good for the environment.

Normally, reusable grocery bags would cost 99 cents each, but these bags are being provided free for each household. Residents may also benefit from the fact that many grocery stores give a discount of up to five cents every time shoppers provide their own bags.

Many people keep their reusable grocery bags in a purse, their car or by their front door so they can easily take them along every time they go to the store.



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

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



Neighborhood
House

YESLER HAPPENINGS

NEWS ABOUT THE YESLER TERRACE COMMUNITY

The road to a brighter future, with support along the way

Seattle Education Access helps Yesler resident overcome obstacles to enroll in college

BY SCOTT FREUTEL
Seattle Housing Authority

No matter how motivated they are, students dealing with poverty, racism and self-doubt can encounter difficult obstacles getting into and succeeding in college.

One current UW student, Carmen Abayan Lamm, has faced these challenges head on. She is now a successful scholar, but the path was difficult. Help from Seattle Education Access eased that path and helped her reach her goals. The story of her success could provide inspiration and practical assistance to others with similar goals.

Lamm, 30, lives in Yesler Terrace with her 6-year-old son, Felix Gauge Taylor. Born in Olongapo, Philippines, she has lived in the United States most of her life. She attended high schools in Pennsylvania, New York and Kentucky, graduating in 1997, and has lived in Seattle for nine years.

Lamm transferred from Seattle Central Community College three quarters ago to the University of Washington, where she's working on a bachelor's degree in anthropology. She made the UW honor roll her first quarter, and continues to keep her grades high.

She'll graduate next year and is already looking into the possibility of studying film at California graduate programs such as those offered at UCLA and Cal Arts.

"I recently started working with film," Lamm said. "I would love to document different aspects of culture on an anthropological level."

But Lamm's achievements were by no means easy.

"I am a single mother who is currently realizing and commending myself for all of the struggles that I have endured. I have struggled with family and domestic abuse, homelessness and personal detachment due to being subjected and having to deal with issues of racism and classism, as well as the stresses of being a single mother. I have recently learned to view my struggles not as things that hold me back, but obstacles that force and challenge me to progress and instill a strong and resilient outlook on life.

"My mother and father divorced when I



PHOTO BY SCOTT FREUTEL

Two students: Carmen Lamm, an upper division student at the University of Washington, with her son Felix Gauge Taylor, who has just started first grade.

was in elementary school, and my mother raised me. It was very hard on her, because she was just learning and adapting to American culture. She did not have any family support in America — all of her family lived in the Philippines. Most of the time, she struggled to keep us afloat (and help support her family in the Philippines). This caused a lot of discord between us," she said.

As for herself, Lamm said, "I had a hard time being American-raised but not living the 'normal' American childhood, because I grew up in a very dysfunctional family. I misplaced blame toward my mother for not giving me the normalcy I sought."

"Today I realize how hard my mother worked, and instead of blaming her, I blame the system that did not support her or uplift her as a single mother living on the poverty level with no outside support. The system perpetuates keeping economic classes separated so that poverty stays a problem with no solution. Poverty does not only affect people on an economic level, but it becomes a problem that branches out into the quality of one's family life and mental, physical, spiritual and personal wellbeing," Lamm said.

Lamm was helped in her journey toward college by Seattle Education Access (SEA), a nonprofit that provides higher education advocacy and opportunity to people struggling to overcome poverty and adversity.

"Right as I was showing interesting in attending college, a wonderful community organizer named Tele Adsen, who was working for Teen Feed, encouraged me to go to

SEA and see if they would be able to help me," Lamm said.

"SEA helps provide small things that matter to the community it supports, things like a place to take a shower, potlucks and other social gatherings, clean socks, resource referrals, real people who try to understand, school supplies, books, food gift cards, appreciation, financial advising, child-friendly outings, education on social issues, empowerment—the list goes on..."

Lamm received significant support from SEA.

"I have received mentoring, academic advising, tutoring, scholarships, test prep, counseling, software and computer equipment," Lamm said. "As an SEA student, I have also been given an opportunity to voice my opinion about how SEA continues to evolve and change as a scholarship agency that provides for a very underrepresented population."

"I am always referring people to SEA — it is a great agency that provides so much to a population of people who otherwise might walk away discouraged and frustrated. The experiences that I have had with SEA have led me to be more positive about my academic experience."

According to Lamm, SEA is "aware and sensitive to issues of racism and classism," and she said that this helps the recipient feel empowered because it helps promote a healthy environment where both sides are learning from one another as well as supporting each other.

Seattle Education Access

Seattle Education Access, the organization that provided assistance to Carmen Lamm, states that its mission is to provide higher education advocacy and opportunity to people struggling to overcome poverty and adversity.

Its goals are "to connect non-traditional students with the information and financial resources to help them achieve their dreams of a college education ... to provide financial support that helps low-income youth access higher education and meet their housing and basic survival needs while in school ... to provide the personal attention, mentoring, technical assistance, and moral support that marginalized youth need to navigate the complex systems of higher education and financial aid ... and to empower young people living in poverty to develop their own voices and succeed in the higher academic arena."

To learn more, visit www.seattle-educationaccess.org or call 206-523-6200.

SEA's director of advocacy and outreach, Polly Trout, is full of praise for Lamm.

"When I first met Carmen, I saw right away that she was brilliant, resilient and charismatic — that she could do anything she wanted to do," Trout said recently.

"When she got into the UW she was so surprised, but it was no surprise to the rest of us," Trout continued. "Working with her has been a tremendous honor for me, because I have had the opportunity to watch her develop her natural leadership abilities and become a powerful community activist and scholar."

"Carmen now volunteers with Seattle Education Access as a peer mentor and advocate and is an inspiration to our entire community," Trout said. "Carmen is a perfect example of how education gives people the opportunity not only to escape poverty, but also to overcome internalized oppression and grow into their full potential."

Seattle Education Access provides higher education advocacy and opportunity to people struggling to overcome poverty and adversity. For more information, visit www.seattleeducationaccess.org.

Forum

Continued from Page 3

Julian Wheeler served as master of ceremonies. Joe King, Charity Ranger, Hope Drummond and Jim Bush served as moderators.

Wheeler also introduced Dorene Cornwell, who spoke about the historic struggle to build Center Park as the first public housing in the country specifically designed to accommodate wheelchairs.

As an all-volunteer event, the Sept. 18 candidate forum could not have succeeded without the assistance of the Seattle Housing Authority and many organizations and businesses. Sign language interpreters for the Deaf and for the Deaf-Blind were in

attendance, made possible by donations from the Alliance of People with Disabilities, SignOn: a Sign Language Interpreting Resource, Inc., and others.

Streaming video (with the sign language interpretation clearly visible) of the Sept. 18 candidate forum (and the TV schedule for its airing on Channel 21) is on the Seattle Channel Web site. The Mayor and City Attorney discussions are at www.seattlechannel.org/videos/video.asp?ID=5550916 and the City Council discussions are at www.seattlechannel.org/videos/video.asp?ID=5550915.

Thanks to all who made this event a success. Let's not allow an election to pass without a similar debate in the future.

home Works

Continued from Page 3

do no harm.

A rain screen system does exactly that. The outermost siding acts as a screen layer that blocks most of the rain. Behind the screen is an air gap, then the structural sheathing of the building wall, like plywood. The sheathing is wrapped in a waterproof material that lets water flow over it unhindered, taking care of any water that does get past the siding.

Another important concept is that a building needs to keep rain water out, but still have the ability to "breathe." Cooking, showering, and the simple act of people exhaling their breath all cause moisture in the air to build up inside a building.

In a rain screen system, the gap between

the siding and the breathable, waterproof wrapping material allows water vapor to pass through much better than through stucco.

A rain screen does cost substantially more than a traditionally constructed building exterior because there are more parts and the installation is more labor intensive.

But, as the saying goes, an ounce of prevention is worth a pound of cure. Or, as Aoki-Kramer puts it, "A durable building is a sustainable building, and the way to keep a building durable is to manage water well."

So, look to see some more rain screen systems coming to Willis House and Reunion House, two Senior Housing buildings similar to Schwabacher House. They should be under construction later this year.

TRANSLATIONS

TRANSLATED ARTICLES FROM THE VOICE

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የኤች1ኤን1 ክትባት በኪንግ ካውንቲ ውስጥ በአክቶበር ይኖራል ብለን እንገምታለን። አዳዲስ ለሚወጡ ነገሮች የሕዝብ ጤና አገልግሎትን ዌብሳይት www.kingcounty.gov/health/H1N1 ወይም የፍሉ ሆትላይን በ877-903-5464 ይደውሉ።

ኤች ዋን ኤን ዋን (ናይ ሓሰማ ፍሉ) ቫይረስ

መብዛኛውንም አሳብ አብዮናይት ድስቴትስን ዓለምን ብዙ ፍሉ እዚ ተለኽፎም ምብዛኛትኡ እዚ ፍሉ እዚ ከምቲ ልሙድ ዝርኤ ምልክታቱ ፍሉ ይመስል።

ኮይኑ ግን ሳይንትስትን ናይጥዕና ሰብ ሞያን አብ ብዙሕ ስክፍታ ይርከቡ እዚ ዓይነት ፍሉ ብተደጋጋሚ ይቕልቀል ኣሎ ኣብዚ ዓመት እዚ ጽሑፍ ኣብ እንዳልውሉ ዘሎና ወቕቲ እቲ ዝቐረብ ጸብጻባት ብመጠኑ ቁሩብ እዩ እዞም ዝሰዕቡ ናይ ባህርያት ለውጢ ክትገብሩ ይግባእ ጥዕናኹም ወን እቲ ሕማም ንኸይትሓለፍን።

ኢድኩም ብሰብናን ማይን ተሓጸቡ ኣልኮልት ሕዝታኡ ሳኒታይዘር ተጠቐሙ ድሕሪ ህንጥሾ ምባልኩም መንዲል ተጠቂምኩም ኣብ ጉሓፍ ኣቐምጥዎ ካብ ዝሓመሙ ሰባት ርሓቐ ክታቡት ተኸተቡ ፓብሊክ ሄልዝ

ስያትል ኪንግ ካውንቲ ክለንካት ናይ ኢንፍልወንዛ ክታቡት ይኸትቡ ቅጽራ ብምሓዝ እዚ ክታቡት እዚ ካብ ወርሒ ኣክቶበር ክሳብ ጃንዋሪ ክትክተቡ ትኸእሉ ክሳብ ክታቡት ዝወጻእ ወላወን ድሕር ኢንፍልወንዛ እሉ እዮም ቦታ ክታቡት ክለክ ንኸትረክቡ ኣኣብዚ ውብሳይት ትበጽሑ www.kingcounty.gov/healthservices/health/locations.aspx or call 206-296-4600;

ምስትሓሙ ቤትምህርቲ ስራሕ ኣይትኸዱ

ክታቡት ናይዚ ፍሉ ኣኣብ ኪንግ ካውንቲ ኣብ ወርሒ ኣክቶበር ክወሃብ እዩ ግዚያዊ ሓብራታ ንኸትረክቡ ኣብዚ ውብሳይት እዚ ብጽሑ www.kingcounty.gov/health/H1N1 Web page at www.kingcounty.gov/health/H1N1 or call the flu hotline at 877-903-5464.

H1N1 (swine flu) virus የሚከተለውን ድምር ይጠቀሙ

የሚከተለውን ድምር ይጠቀሙ። ከውሃና ከሳሙና ከራቁም አልተሆልኑት ያለውን የእጅ መጸዳጃ ወረቀት ሲንተሳይዘር ይጠቀሙ። ዓይንዎን፣ አፍንጫዎንና አፍዎን አይነካኩ። ሲያስልም ወይም ሲያስተባባስ አፍንጫዎትንና አፍዎን በመጸዳጃ ወረቀት ይሸፍኑ። መጸዳጃ ወረቀት ከተጠቀሙ በኋላ ቆሻሻ መጣያ ውስጥ ይጣሉት።

• ደብዳቤዎን ለሌሎች ማሳዘን ይቀርቡ።

• ከሌሎች ጋር ብቃት ይጠቀሙ።

H1N1 вирус свиного гриппа

Многие люди в Соединённых Штатах и во всём мире были заражены свиным гриппом. Во многих случаях симптомы были похожи на обычный сезонный грипп. Но учёные и специалисты по здоровью не перестают беспокоиться. Новый штамм уже появился этой осенью и на время написания этой статьи зарегистрированные случаи остаются лёгкими.

Ниже приводятся советы по сохранению здоровья и предупреждению распространения гриппа:

- Мойте почаще руки с мылом, особенно после кашля или чихания. Если у вас нет

возможности вымыть руки с мылом, используйте спиртосодержащее средство для рук.

- Не трите глаза, нос и рот.
- Прикрывайте нос и рот салфеткой, когда кашляете или чихаете. Выбрасывайте салфетку в мусор после использования.

- Избегайте тесного контакта с больными людьми.

Сделайте прививку против гриппа. Здравоохранительные клиники Сиэтла и округа Кинг делают прививки от гриппа по предварительной записи. Прививки от гриппа обычно делаются с октября до января, насколько хватает

вакцины. Люди должны сделать прививки даже после того, как в окружении появились заболевания гриппом. Для того, чтобы найти клинику, выйдите на вебсайт www.kingcounty.gov/healthservices/health/locations.aspx или позвоните по тел. 206-296-4600.

• Если вы заболели, оставайтесь дома, не ходите на работу или в школу. Мы предполагаем, что вакцина от гриппа будет в округе Кинг в октябре. Для свежей информации посетите вебсайт здравоохранения о гриппе H1N1 www.kingcounty.gov/health/H1N1 или позвоните по горячей линии, тел. 877-903-5464.

SIÊU VI KHUẨN H1N1- CÚM HEO

Có nhiều người trong xứ Mỹ và trên thế giới đã bị nhiễm siêu vi khuẩn cúm heo H1N1.

Phần lớn các trường hợp đều tương tự như chúng bệnh cúm theo mùa

Nhưng các khoa học gia và chuyên viên y tế vẫn còn quan tâm. Luồn dịch mới đã tái xuất hiện trong mùa thu này, và vào lúc có bài viết này, thì báo cáo các trường hợp bệnh đều nhẹ.

Sau đây là những phương cách sống để được mạnh khỏe và phòng ngừa sự lây nhiễm bệnh cúm:

Hãy rửa tay thường xuyên với xà bông, nhất là sau khi ho hay nhảy mũi.

Nếu không có nước hay xà bông, thì hãy dùng loại nước khử trùng có chứa chất cồn.

Hãy tránh dùng chạm vào mắt, mũi, hay miệng.

Hãy che mũi hay miệng với khăn giấy khi quý vị ho, hay nhảy mũi. Hãy bỏ khăn giấy đó vào thùng rác.

Hãy tránh dùng va chạm đến người đang bị bệnh.

Hãy đi chích ngừa bệnh cúm. Các cơ sở y tế công cộng ở Seattle sẽ cung cấp chích ngừa cúm, cần làm hẹn. Thường có các cuộc chích ngừa cúm từ tháng 10 đến tháng 1 tây hoặc bao lâu còn thuốc chích ngừa. Mọi người nên đi chích ngừa cho dù sau khi thấy có bệnh

cúm xuất hiện trong cộng đồng. Để biết các trạm y tế (có chích ngừa cúm) hãy vào trang mạng www.kingcounty.gov/healthservices/health/locations.aspx, hoặc gọi cho số 206-296-4600.

Nếu quý vị bị bệnh, hãy ở nhà, đừng đi làm hay đến trường học.

Chúng tôi tiên đoán sẽ có chủng ngừa cho bệnh cúm heo H1N1 trong quận King vào tháng 10. Để biết thêm thông tin mới, hãy vào trang mạng của Sở Y Tế Công Cộng nói về siêu vi khuẩn H1N1 ở www.kingcounty.gov/health/H1N1, hoặc gọi cho đường dây nóng về bệnh cúm 877-903-5464.