



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



The Voice

November
2009
Articles translated
into six languages

The newspaper of Neighborhood House



PHOTO BY LYNN SEREDA

Demonstrators at a King County Council transit town hall called for Sound Transit and King County Metro to save bus routes, particularly in Southeast Seattle.

Large crowd attends King County Council town hall on transit

BY LYNN SEREDA
Section 8 Tenant

Over 200 concerned transit riders, advocates, labor leaders and social service providers attended a King County Council Town Hall meeting, convened by Councilman Larry Gossett to discuss recent Metro bus changes in Southeast Seattle that coincided with the opening of Sound Transit's light rail service.

The agenda also included a briefing on the current financial crisis in King County, and what the budget shortfall could mean for Metro service in 2010.

Most audience concerns were centered on the changes in bus service that started on Sept. 19. These changes include the re-routing of some bus lines, elimination of other bus lines, elimination of several bus stops and decreased service hours on other bus lines.

After a presentation by representatives of Sound Transit and King County Metro, public testimony took place, with 70 people signing up to speak.

Nearly all who spoke were bus riders in Southeast Seattle neighborhoods, including Rainier Beach, Beacon Hill and North Rainier Valley. The speakers represented the diversity of the area and included African Americans, Asian Americans, low-wage workers and a sizable proportion of

elderly and disabled.

Most speakers said that the bus is their only method of transportation, a lifeline they use to go to work, school, medical appointments and social service agencies. Several noted they could not afford cars, so when they lose access to the bus, their lives are severely impacted.

Changes came with addition of light rail

When light rail opened, Metro changed many bus lines, most notably the #42 and #48, which operate on Martin Luther King Way South.

The #42 bus was initially going to be eliminated, but an organizing campaign that included the Asian Counseling and Referral Service (ACRS), LELO and the Filipino Community Center rallied sizable crowds at earlier meetings to counter Metro claims that the light rail could replace the #42.

Social service providers noted that many of their agency's clients are elderly and cannot walk the longer distance between ACRS and the light rail stations, which are spaced farther apart than bus stops.

Metro eventually decided to keep the #42; however, it now only operates hourly and ends at Columbia City instead of con-

Please see "Buses" on Page 5



Saluting you on Veterans Day, Nov. 11

The Voice wishes to honor the men and women who have served our country.

Proposed 2010 King County budget includes deep cuts to health and human services

Budget addresses \$56.4 million shortfall

BY VOICE STAFF

King County Executive Kurt Triplett's proposed 2010 budget paints a bleak picture for county services in the next year and beyond.

Triplett has proposed deep cuts to human services to shore up a projected \$56.4 million

shortfall in the county's \$621 million 2010 General Fund. That includes eliminating all General Fund support for human services, though some of those funds will be replaced through other means, according to Triplett.

The projected shortfall comes on top of \$93 million in cuts made in 2009.

"There is no right or painless way to make cuts of the magnitude we have these last two

Please see "Budget" on Page 5

Election Day is Nov. 3

King County voters are encouraged to cast their ballots in the Nov. 3 general election.

For an overview of the races for Seattle mayor and King County Executive, turn to the story on Page 4.

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"The holiday of Thanksgiving is not a part of the Islamic faith but some Muslims participate in the activities because they see it as another way to thank God."
— Sister Fatima, originally from Egypt, on the American tradition of Thanksgiving.
For the full story, see Page 5.



Health Notes

A column devoted to your well-being

King County health trends show some improvement, but concerns remain

BY PUBLIC HEALTH SEATTLE AND KING COUNTY

King County residents continue to enjoy generally improved health in many areas with long life expectancies and low mortality from injuries and some chronic diseases. However, some trends are worsening or not improving, and health gains are not being experienced equally by all communities.

These and other health trends can be found in the completely-updated Community Health Indicators, a project that provides comprehensive data and health trends in accessible formats to members of the community, organizations and researchers. Visit: www.kingcounty.gov/health/indicators for more information.

"A key strategy in creating healthier communities is to identify and measure areas of work and for improvement," said Dr. David Fleming, Director and Health Officer for Public Health Seattle & King County. "The Community Health Indicators provide us and our residents with user-friendly information that can lead to actions."

Community Health Indicators provides information on a range of health indicators including life expectancy, causes of death, maternal and child health, chronic diseases, communicable diseases, access to care, and risk factors such as obesity, physical activity and smoking. Data, graphs and maps show how these indicators vary by age, race/ethnicity, poverty, gender and geography in the county.

King County residents are doing relatively well compared to U.S. statistics and similar counties nationwide, but the county is not meeting many of the national Healthy People 2010 goals.

Community Health Indicators reports:

- In 2007, King County residents overall

had a life expectancy at birth of 81.5 years, but African Americans and American Indian/Alaska Natives on average had lower life expectancies.

- Cancer and heart disease are the leading causes of death in King County. Unintentional injuries are the leading cause of death for residents between the ages of 1 and 44.

- Health gains are not being experienced equally. Large racial, income and geographic inequities continue.

Health improvements:

- Injuries: Deaths from homicide, suicide, and motor vehicle accidents continue to decline.

- Chronic diseases: Deaths from breast cancer, colorectal cancer, heart disease and stroke continue to decline.

- Smoking continues to decline among King County adults.

Health concerns:

- 12.5 percent, or about 153,000 King County adults age 18-64, reported no health insurance coverage in 2008.

- The adolescent birth rate is no longer continuing a decade-long decline and is rising in portions of the county.

- Increasing percentages of mothers/infants received either no prenatal care during pregnancy or began prenatal care late, in the third trimester. Late or no prenatal care can lead to worse pregnancy outcomes.

- Both obesity and deaths related to diabetes continue to increase.

- Almost 70 percent of King County residents met physical activity recommendations in 2007, and 85 percent reported at least some physical activity in the last month. However, 20-30 percent of the people of color, low income individuals and south county residents did not participate in any physical activity.

Ban holiday excesses, holiday blues by volunteering

"Everybody can be great because anybody can serve. You don't have to have a college degree to serve. You don't have to make your subject and your verb agree to serve. You only need a heart full of grace, a soul generated by love."

— Martin Luther King Jr.

BY SHA STAFF

For those whose view of the holiday seasons can be summed up in the phrase, "Oh dear, not again," there's an easy way to help get through all the fuss: Volunteer your time and skills for a project or cause you believe in.

United Way of King County is just one clearinghouse for volunteer activities. Nearly 800 agencies list their needs on the United Way Web site. To find out what skills are needed and where and when, call United Way's Volunteer Center at 206-461-6906, Monday through Friday from 8 a.m. until 5 p.m., or e-mail volunteers@uwkc.org.

You may also visit its office at 720 Second Avenue, during the same office hours.

Even better, if you have access to the Internet, you can visit United Way's Web site, www.unitedwayofkingcounty.org, to find out how United Way can:

- Connect you to nearly 800 qualified agencies that are looking for volunteers. Search by keyword, ZIP code or your specific skills and interests to find the right opportunity. You can also create a volunteer profile that lets you save your search results for future use.

- Provide training opportunities to enhance the knowledge of current and potential nonprofit board members and staff.

- Help youth and their parents by encouraging adults to volunteer as mentors and tutors and matching volunteers and young people.

The Volunteer Center also connects visi-

tors to Project LEAD, a leadership program for people of color that provides skills for effective membership on nonprofit boards and connects graduates with local community organizations. For more information, contact The Volunteer Center.

There are many categories available to volunteers are many. They include Accounting & Financing, Advocacy, Animal Services, Arts & Culture, Caregiving, Child Care, Companionship, Construction & Maintenance, Counseling, Dancing & Drama, English Language Instruction, Errand Running & Shopping, First Aid & CPR, Food Preparation & Delivery, General Office & Administration, Graphic Design, Health Care, Environmental Restoration, Language Translation & Interpretation, Meal Preparation & Servicing, Mentoring, Photography, Reading, Recreational Activities & Sports, Transportation and Tutoring.

Another useful resource is provided by the City of Seattle. The City has a Web site of its own — www.seattle.gov/html/citizen/volunteer.htm — that provides contacts and information about volunteer opportunities of all kinds, from "Adopt-A-Drain" (a partnership between the City of Seattle and citizens to care for storm drains) and the Seattle Aquarium, Creek Restoration & Stewardship, Graffiti Cleanup, the Municipal Court, the Seattle Public Library and Seniors and Others in Service to Seattle to Youth Tutoring, among many others.

Some volunteers work outdoors, some inside. Some work from home or at locations in their neighborhoods. Most speak English but some do not. To spend time on these sites is to realize that there are opportunities for every one of us, regardless of our skills or background, to help make the world a better place for our neighbors, our children and ourselves.

Volunteering can also be a good way to get through the holidays with reduced stress: By focusing on what we can do for others, for our environment and for young people, we can substitute pride and pleasure in having made real contributions for the season's increasingly harsh focus on getting and spending.

Related story

For an article about other perspectives on Thanksgiving, see Page 5.

Announcing the 11th Annual Dr. Martin Luther King, Jr. essay contest

BY KING COUNTY CIVIL RIGHTS COMMISSION

The essay theme is: "The Dream Marches On!"

The King County Civil Rights Commission is sponsoring its 11th Annual Dr. Martin Luther King, Jr. Writing Essay Contest open to all eighth grade students attending public and private schools in King County. The purpose of the essay contest is to encourage middle and junior high school students to think critically about Dr. King's legacy of peace and justice.

Rules

1. The essay must be between 750 and 1,000 words and must be typed and doubled spaced on white 8.5" by 11" paper.

2. Contestants must submit one typed original and one typed copy of the essay, by mail.

Please see "Essay" on Page 5

No increase to Washington's minimum wage in 2010

BY DEPARTMENT OF LABOR AND INDUSTRIES

Washington's minimum wage will not increase in 2010 and will remain at \$8.55 an hour because the Consumer Price Index for the past 12 months did not increase.

The Department of Labor & Industries (L&I) recalculates the state's minimum wage each year in September as required by Initiative 688, which was approved by Washington voters in 1998.

The law requires that the state minimum wage be increased for inflation each year according to the change in the federal Consumer Price Index for Urban Wage Earners and Clerical Workers (CPI-W) during the 12 months ending each Aug. 31.

The CPI-W is a national index covering the cost of goods and services needed for day-to-day living. It decreased 1.9

percent during the 12-month period ending in August, compared to a 5.9 percent increase during the same period in 2008. That 2008 increase led to a 48-cents-an-hour boost in the 2009 minimum wage.

This is the first time since I-688 passed that there will be no increase in the state's minimum wage.

Washington's minimum wage applies to workers in both agricultural and non-agricultural jobs, although 14 and 15-year-olds may be paid 85 percent of the adult minimum wage, or \$7.27.

Washington is one of ten states, with Oregon, Vermont, Ohio, Nevada, Montana, Missouri, Florida, Colorado and Arizona, that adjusts the minimum wage based on inflation.

More information on Washington's minimum wage is available at Wages.Lni.wa.gov, or by calling 360-902-5316 or 1-866-219-7321.

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.

The Voice emphasizes reporting by residents

By TYLER ROUSH
The Voice editor

True to its namesake, The Voice newspaper will continue to feature articles written by residents.

In a little more than two years as editor, I have overseen a steady increase in contributions to The Voice by resident reporters. These contributions often present The Voice at its very best — representing the issues that matter to the community, as reported by community members.

Last month, The Voice featured seven articles written by six different residents. In this issue, five residents have contributed an article or photo.

To help foster greater resident involvement, The Voice will soon be organizing a writing workshop for current and aspiring Voice reporters.

Details for the workshop are still being settled, and no schedule has been set; content will include journalism and writing basics. All attendees will be expected to apply what they've learned to produce at least one article for The Voice.

If you would like more information, please contact me at 206-461-8430, Ext. 227, or tyler@nhwa.org.

The workshops are just one way that The Voice engages its audience.

At meetings of the Voice Resident Advisory Committee (VRAC), residents,

SHA community building staff and I gather to discuss the storyboard for the upcoming issue of The Voice.

The storyboard is a draft outline of the articles that will appear in The Voice. Attending a VRAC meeting is a great way to get involved in The Voice and learn more about reporting opportunities with the paper.

The VRAC meets at 2 p.m. on the first Wednesday of each month at the Epstein building, 905 Spruce St., in Yesler Terrace. To learn more about the VRAC, e-mail tyler@nhwa.org or call 206-461-8430, ext. 227.

I also regularly attend meetings of the Resident Action Council (RAC), both to stay caught up on RAC business and to promote writing opportunities with The Voice. To stay caught up on RAC business, SHA residents may consult our regular RAC article, which runs monthly in the SHA News section.

Lastly, The Voice welcomes resident feedback. Anyone who is interested in writing a letter to the editor is encouraged to e-mail their letter to tyler@nhwa.org or mail to Neighborhood House, Attn: Tyler Roush, 905 Spruce St., #200, Seattle, WA 98126.

Please limit letters to 300 words or less. Letters will be edited for length but NOT for grammar or spelling, so please proofread letters carefully.

Be safe

By SEATTLE NEIGHBORHOOD GROUP

Most people have the talent and personal assets to create a better place to live, a place that is safe, healthy and fulfilling.

In other words, most folks have the capacity to be a "Community Builder."

Here are a few simple community building ideas and examples from Seattle Housing Authority properties.

Greet your neighbor. Know their name.

A good example is the resident member of an SHA highrise safety committee who greeted residents in his building lobby for an hour a day. After awhile, the safety committee member knew many of the residents of his building. He became the "eyes and ears" of the lobby. He could assist residents with information and also report problems and unsafe situations.

Pick up litter.

In neighborhoods and residential buildings that look like they are maintained and cared for, folks often pick up litter and keep public areas clean. They organize Spring Clean. They report graffiti, missing signs, lights that are burned out and areas of the building that are unsafe.

Imperial House management in the International District took another step and asked for a free safety audit called Crime Prevention Through Environmental Design (CPTED), provided by Seattle Neighborhood Group.

Share your skills.

One building resident maintains the community calendar, keeping neighbors informed of activities and services. Others volunteer to staff the computer learning center, giving residents access to free computers and e-mail during the day.

Another distributes free pet food to

Be a community builder to create safe neighborhoods

eligible pet owners. Still another organizes a Welcome Basket for new residents, providing a few basic living supplies as well as bus schedules, safety and emergency information.

Some of the most popular activities contributed by residents are game, movie and bingo nights. And, of course, an invaluable skill and key to any community activity is the art of food preparation.

Be a buddy.

Seniors often exchange help with their neighbors— checking in, walking pets, sharing trips to the grocery, simply being there for a neighbor when support is needed. The buddy system works two ways: Ask for help when you need it, give support when asked.

Participate in the community.

Getting involved works on many levels. Residents of Elizabeth House in High Point raise flowers and vegetables and share a common activity with residents who speak different languages.

Telling life stories to other residents, and especially youth, during a community gathering enriches life experience. Supporting organized resident councils gives voice to resident views and calls for action.

Recognize folks who make a difference.

Honor people who make a difference in your life and in the life of the community. It may be an informal thank you or an organized event. One version practiced in some residential buildings is to host an "Apple Award," a time for residents to thank residents and share a meal.

Allan Davis (323-7094) and Kelly McKinney (323-7084) are Community Educators for Seattle Neighborhood Group.



One to grow on

Garden tips for community gardeners

Composting during damp fall can benefit your garden in the spring

By ANZA MUENCHOW
Special to The Voice

I love hiking during this time of year. So much is happening in the forest under growth and in the soil.

All the new moisture, especially after such a dry summer, brings volumes of new life to farms and forests. Soil microbes and worms are actively feeding, digesting and excreting nutrients into your soil. This fertility buildup helps gardeners and farmers as they plant their crops next spring.

You can also increase fertility by covering your soil with green manures or rotting leaves. Don't allow the rains to beat on your bare soil this winter, compacting and washing away nutrients.

In our area, we can plant green manures like clover, rye or vetch in September or early October.

However in November, I recommend piling on straw or fallen leaves and perhaps covering them with burlap sacks. As the leaves and straw decompose, they will attract tons of worms.

The burlap sacks will keep the leaves from blowing away but will allow the rain to filter down through the leaves and encourage their decomposition.

In the spring, the burlap can be removed and reused or composted if they are too old to hold their shape. Burlap bags can be obtained usually for free from coffee roasters in the community.

November is a great time to finish planting all your bulbs. Get all your garlic cloves planted this month. Be sure to plant them in a bed where there have been no Allium family plants in the last three years.

To grow the largest bulbs, select the biggest cloves to plant and just use the smaller cloves in your cooking this winter. Garlic plants would also appreciate a nice straw cover. It protects the soil and delays the need for weeding.

Consider planting some of the early spring flowers (daffodils, tulips, hyacinth or narcissus) for their spring beauty and for

an early source of bee food.

Speaking of bee food, this month would be a good time to plant another early flowering fruit tree. The temperature is hopefully still warm enough that the trees will not be stressed, and there is so much moisture and humidity that the tree roots will recover quickly.

A crab apple would be a good choice, but there are some wonderful plum trees that bloom early too. The European types do well here and are sometimes listed as Italian prune trees.

Though the days are short and the weather is cloudy, stay outside long enough to visit all areas of the garden regularly. Make lists and maps for your spring plantings.

On mild days, tackle some of your worst weeds, especially biennial and perennial weeds that wish to become established in your vegetable beds and paths. Clean and re-establish your paths for easy access to all your beds.

We like to use cardboard and woodchips because they are such a pleasant surface to walk and kneel on as the weather gets wetter. Tree pruning companies will often deliver truck loads of wood chips for a small fee or even free.

With the days so short and temperatures so cool, plants are growing very slowly. But it is not unusual to have some hardy arugula somewhere in the garden.

I recommend this favorite soup in November and maybe throughout the winter months. Cube several potatoes and boil them in stock or water until they are soft. Add lots of chopped arugula and/or mustard greens and cook for three to five minutes.

Then add cubes of dry or stale bread, drizzle with a fragrant olive oil and serve. The bread gets quite soft and mushy in this delicious and hardy soup. It's a real comfort food in our house.

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.

Local housing authorities receive ARRA stimulus grants

By VOICE STAFF

Both Seattle and King County housing authorities stand to benefit from competitive stimulus grants awarded through the American Recovery and Reinvestment Act (ARRA).

KCHA was awarded \$16 million in grants, which will be applied to 23 different housing communities in King County.

Grant funds will be used in part to upgrade at least 59 units in 17 properties to be fully accessible for disabled residents. Additional funds will be applied to energy-saving upgrades at four properties. Finally, grant funds will help create 20 additional low-income units at Greenbridge.

Grant funds are in addition to the \$7.4 million the Housing Authority received earlier this year.

For a more detailed look at how the King County Housing Authority will ap-

ply its new ARRA grants, please turn to the related story on Page 1 of the KCHA News section.

The Seattle Housing Authority received three ARRA competitive grants totaling \$28 million.

The money will be applied to new construction at Rainier Vista and Lake City, and to renovations at Denny Terrace.

Altogether, the investments will help create 118 new low-income housing units in the third phase of construction at Rainier Vista, 86 new apartments at the Lake City Village HOPE VI redevelopment, and provide necessary energy- and water-saving upgrades at Denny Terrace.

Grant funds are in addition to the \$17 million SHA received in February.

A detailed summary of Seattle Housing's ARRA funding appears on Page 1 of the SHA News section.

Decision 2009: Voters will consider a series of local issues on election day

By TYLER ROUSH
The Voice editor

Election Day is Nov. 3.

Voters in Seattle this year will be asked to elect a new mayor, while voters in King County will choose a new county executive.

Below, The Voice profiles the candidates for Seattle mayor and for King County Executive. Candidates in each race are listed in alphabetical order.

In addition to those two high-profile campaigns, voters will also weigh in on a number of county and city positions and two state measures. Consult the voter's guide or go to www.kingcounty.gov/elections for more information.

Seattle Mayor

Candidates Joe Mallahan and Mike McGinn are running for Seattle mayor, currently held by incumbent Greg Nickels.

Joe Mallahan

In his Voter's Guide statement, Mallahan lists his priorities as transportation, seniors, public safety, growing Seattle's economy and moving Seattle forward with infrastructure investments.

Mallahan supports the tunnel option to replace the Alaskan Way Viaduct.

He proposes support services to improve public safety, including public health interventions with at-risk new moms, school readiness and after-school programs for children, and job training, substance abuse counseling and housing placement for adults who are at risk of committing violent crimes, according to his campaign Web site.

He also proposes short-term actions to addressing violent crime by targeting high-crime areas with increased police presence.

He also wants to increase support for Seattle senior centers, improve city recreation opportunities for seniors and expand the city's Age 55+ Employment Resource Center.

On housing, Mallahan lists choice, affordability and sustainability as the three elements necessary to achieve his vision.

He proposes zoning changes to promote moderate-density housing; oversight of levy programs to maximize unit production and cost effectiveness; targeted investments in infrastructure in under-built areas to encourage new construction; reduced SEPA (State Environmental Policy Act) requirements in areas with plans for transportation and other infrastructure; and creating retrofit programs to reduce energy and water use and a focus on parks and on pedestrian safety and circulation.

On homelessness, Mallahan said he supports programs that create housing, reduce involvement in the criminal justice system, provide job training and opportunity and reduce emergency room visits. He supports mental health court, homeless court and drug court as an alternative to criminal court and supports the renewal of the housing levy.

Mallahan works as an executive for wireless company T-Mobile. He has not previously held an elected office.

(Information for this profile was taken from the online version of the Seattle Voter's Guide and Mallahan's campaign Web site, www.joemallahan.com.)

Mike McGinn

McGinn's priorities include transportation, education, jobs and the economy, according to his statement in the Voter's Guide.

McGinn had said he would oppose the tunnel option to replace the Alaskan Way Viaduct, but recently said he would not obstruct the project after the Seattle City Council recently voted to authorize the city to commit to the project.

He proposes new mass transit on dedicated rights of way to connect Seattle neighborhoods to light rail and changes to existing bus routes to improve efficiency.

To support Seattle schools, McGinn has pledged he will

put all available resources into helping them succeed. If improvement isn't shown in two years, he will move to have the city take control of the school system, according to his Web site. He said that will establish accountability for the success or failure of the system.

McGinn proposes that Seattle invest in the green economy to promote job growth in the city, including green job training partnerships and creating incentives for businesses.

On housing, McGinn supports an approach to affordability that considers the link between housing and transit costs. He said that public subsidies as well as incentives in the market to create below-market and market-rate units are necessary to increase the overall housing supply.

McGinn supports flexible zoning that allows multifamily housing in neighborhoods, particularly along transit corridors. He supports reducing building costs, including state sales tax exemptions for multifamily developments constructed by nonprofit builders, and advocates for the use of surplus public property for affordable housing.

On homelessness, McGinn supports increasing transitional and emergency shelter funding, expanding funding for daytime hygiene centers and community centers, building a multi-service center and expanding public health and nutrition services. He supports the renewal of the housing levy.

McGinn is an attorney and a volunteer with The Sierra Club. He has not previously held an elected office.

(Information for this profile was taken from the online version of the Seattle Voter's Guide and McGinn's campaign Web site, mcginnformayor.com.)



Mike McGinn

King County Executive

Candidates Dow Constantine and Susan Hutchison are running for the position of King County Executive, currently held by Kurt Triplett. Triplett was appointed to the position after it was vacated earlier this year when then-Executive Ron Sims accepted a position with HUD.

Dow Constantine

Priorities listed in the King County Voter's Guide include the county budget, jobs, transportation and protecting the environment.

He has called for the creation of a Recovery Act Coordinator to explore funding opportunities through federal stimulus funds, which he said could create about 23,000 jobs in King County, according to his campaign Web site.

He has helped oversee the light-rail project as a member of the Sound Transit board. He said the project will create an estimated 60,000 direct and indirect jobs.

He is also an advocate for community revitalization projects and for the expansion of home business opportunities in rural areas.

In addition to his work on light-rail, Constantine supports the tunnel option to replace the Alaskan Way Viaduct. He also advocated for the inclusion of several King County projects in the 2007 Roads and Transit ballot issue, and supported the Transit Now proposal to expand bus service.

On the environment, Constantine helped implement the Critical Areas Ordinance, which applies protections to environmentally sensitive areas such as streams and wetlands.

His budget plan includes \$75 million in cuts, with reductions to executive and council staff, streamlining or eliminating some county services while preserving human services, parks and public safety. In 2007, he proposed and passed legislation creating a system of performance audits for major capital projects.

Constantine is currently the chair of the King County Council. Previous elected offices held include terms as a state senator and state representative. He has also worked



Dow Constantine

Remember to vote by mail

The Nov. 3 general election will be held entirely by mail. Registered voters should have already received their ballots in the mail.

Ballots must be postmarked by Nov. 3.

For an alternative to voting by mail, the county has set up ballot drop boxes. For a no-cost way to vote, deliver your completed ballot to a drop box before 8 p.m. Nov. 3.

Drop boxes are located at the following county locations:

- Auburn Library, 1102 Auburn Way S.
- Library Connection at Crossroads (Bellevue), 15600 NE 8th St., outside of Suite K-11
- Black Diamond Library, 24707 Roberts Dr.
- Covington Library, 27100 164th Ave. S.E.
- Des Moines Library, 21620 11th Avenue S.
- Earlington Business Center (Renton), 919 S.W. Grady Way

Drop boxes are also available at the following Seattle Neighborhood Service Centers:

- Ballard, 5604 22nd Ave. N.W.
- Central, 2301 S. Jackson
- Delridge, 5405 Delridge Way S.W.
- Lake City, 12525 28th Ave. N.E.
- Southeast, 3815 S. Othello St.
- University, 4534 University Way N.E.

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as an attorney.

(Information for this profile was taken from the online version of the King County Voter's Guide and Constantine's campaign Web site, www.dowconstantine.com.)

Susan Hutchison

Priorities listed in the King County Voter's Guide include the county budget, jobs, easing congestion and protecting the environment.

She proposes creating incentives for small businesses to create new jobs, while encouraging new businesses to locate to King County and keep existing businesses from leaving.

To ease congestion, Hutchison proposes creating a position to coordinate transportation policy in King County.

On the environment, she will work with environmental, labor and business groups to find solutions that benefit the community, according to her statement in the voter's guide.

On the budget, Hutchison proposes reductions to the budgets of the county executive, the budgets of each county councilmember and the council administration budget. She also proposes a review of printing and mailing expenses across all King County offices.

She also proposes promoting annexation of existing unincorporated urban areas, and working with the legislature to promote tax incentives for cities that annex unincorporated areas.

She proposes sending a Human Services Levy to voters as a way to secure funding for human services. She also proposes exploring public-private partnerships with user groups such as swim teams, school districts, recreational sports leagues, local municipalities and regional leaders to keep parks open.

Hutchison is currently the Executive Director of the Charles Simonyi Fund for the Arts and Science. She previously worked as a television news anchor in Seattle. She has not previously held an elected office.

(Information for this profile was taken from the online version of the King County Voter's Guide and Hutchison's campaign Web site, susanhutchison.com.)



Susan Hutchison

SHA residents offer different takes on American holiday

By LISA WOOD
SHA Resident

Imagine: The fourth Thursday of November rolls around and you are without the turkey, stuffing, cranberry sauce, pumpkin pie and, most assuredly, the football game between the Cowboys and whomever they are playing that year.

For some of us, it is pretty hard to imagine Thanksgiving Day without those things, isn't it?

Well let me set up this dynamic for you — I got to talk with two fascinating people this week who did not grow up around those traditions, and shared some of their own with me. Sister Fatima, who comes from Egypt, has been in Seattle for almost four years and Beyene Ayenew, from Ethiopia, has been here for about five years.

Sister Fatima shared this with me about traditions around her religion and the holidays that Muslims celebrate.

"The Islamic religion celebrates two holidays: Eid ul-Fitr, following the fasting month of Ramadan, and Eid al-Adha, commemorating God's ransom of Ibraheim's son from sacrifice. Thanks to God is done daily in prayers, actions

and remembrance. The holiday of Thanksgiving is not a part of the Islamic faith but some Muslims participate in the activities because they see it as another way to thank God," Fatima said.

In talking with Sister Fatima I find this concept fascinating; to give thanks everyday instead of setting it aside for one day. It is an essential part of my personal health and well being every day!

I also sat down with my friend Beyene, and he told me he had no knowledge of Thanksgiving Day until he came to the United States five years ago.

He said in his culture everyday at least one meal they ate as a whole family together, and on Thanksgiving, everyone eating together reminds him of his culture.

And so it goes. We may not all come from the same culture, but there are things that we all practice that we all hold close to our hearts.

These special times with family and friends when we can truly focus on each other are of utmost importance.

Hopefully our hearts and our tables are getting bigger and bigger for more family and friends each and every year.

Essay

Continued from Page 2

3. The name, address, home phone number, e-mail address, school, grade and age of student author must be submitted on a cover page, accompanying the essay. Do not place your name on any other page.

4. All essays must be in English and include a bibliography, utilizing at least one book source, but no more than one Web site source.

5. All essays will be judged on the author's: knowledge of Dr. King and his work in the Civil Rights Movement, originality of ideas, development of point of view, insight into the essay theme, clarity of expression, organization, and grammar.

6. All essays submitted become the property of the Commission and may be displayed on County web pages, in

County publications, in local publications, and in the King County Tunnel. Submitted essays will not be returned.

Prizes

First Prize: \$100, Second Prize: \$75, Third Prize: \$50.

Deadline

All essays must be postmarked by Friday, Nov. 27 and mailed to: King County Civil Rights Commission, 400 Yesler Way, Room 260, Seattle, WA 98104. Essays postmarked after that date will not be considered, nor returned.

Notification of Winners

Winners will be notified by mail. Awards will be presented to the winners at the 23rd Annual King County Dr. Martin Luther King Jr. Day Celebration on Jan. 14, 2010, held in downtown Seattle.

Buses

Continued from front page

tinuing to Rainier Beach. The #48 also was shortened in this manner.

A large number of residents from Rainier Beach, including members of the Rainier Beach Empowerment Coalition note that they depend heavily on the #42, #48 and #7 buses.

Since the #48 and #42 no longer go to Rainier Beach, there is now overcrowding on the #7. Additionally, several bus stops were eliminated in the area, so it takes longer to get to the bus.

African-American residents reiterated their history of frustration with Sound Transit, dating back to the construction of light rail. Several mentioned the lack of jobs and contracts for minorities in the construction that took place.

Others note that the light rail fare is more expensive, and that Metro transfers don't work on Sound Transit's systems unless one pays an additional 25 cents.

Linda Averill, a bus driver, spoke on how 25 cents means a lot to the poor. She and other bus drivers representing their labor organizations expressed their support of the riders.

Many who use the bus to get to work or school spoke about how they now have to transfer between different buses, meaning they stand a greater chance of being late to work and losing their job.

Elimination of the bus stops also concerned many women who get home from work or community college in the evening and have to walk alone a longer distance, creating a potential safety problem.

The recurrent theme seemed to be that the light rail does not serve the needs of southeast Seattle residents for basic transportation to their workplaces.

Maureen Bo, President of the Puget Sound Alliance of Retired Americans, testi-

fied that the elimination of bus service and stops would greatly harm the many seniors who are transit-dependent.

Several SHA residents attended the hearing. Jim Bush, a Center Park resident, brought up many issues relating to new difficulties for the disabled in using the system, such as having to transfer more often and finding more overcrowding on the #7, already one of the most heavily used buses on Metro.

"The #48 and #42 buses served residents of at least five SHA communities (Barton Place, Holly Court, NewHolly, Rainier Vista and Center Park). ... The new #8 route, which is supposed to replace the old service, does not provide the same level of service," Bush said.

Others seemed to agree, noting that the new bus did not come as often and was not arriving on time.

Lynn Domingo, a community organizer with LELO and coordinator of LELO's Save Our Buses campaign, closed the public testimony with a presentation on the results of a community surveying project about transportation that LELO undertook in southeast Seattle.

Two thousand residents and business owners were contacted through outreach to more than 30 community-based organizations such as schools, churches and social service agencies. The survey was printed in six languages.

She said the survey results indicated that bus transportation in Southeast Seattle is essential to the residents and is a basic necessity to the poor, disabled, elderly and students.

She said the results also concluded that southeast Seattle residents felt that light rail didn't stop enough to replace the buses and that the fares are too expensive.

LELO also distributed cards indicating opposition to the elimination of bus stops and opposing the reduction of service on

Budget

Continued from front page

years," Triplett said in a press release. "My budget places the highest budget priority on criminal justice and Public Health to ensure the safety and well-being of our residents."

But the worst could be yet to come, with a \$54.2 million deficit projected for 2011, and a gap of \$88.2 million in 2012.

According to Triplett, a recession-related drop in tax revenue and constraints at the state level on how counties raise revenue contributed to the shortfall.

The budget cuts mean 367 county jobs will be eliminated across all departments. Of those, 191 are vacant positions.

The budget prioritized shielding criminal justice and public health services from cuts. The criminal justice budget will see a one percent reduction from the 2009 budget.

By cutting human services out of the General Fund budget, King County was able to save \$11.4 million. However, \$4.9 million will be allocated to save many mental health and substance abuse programs by drawing funds from the county's Mental Illness and Drug Dependency tax. An additional \$2.8 million will go to human services from non-General Fund sources.

Public Health will be cut by \$3.5 million to whittle its 2010 budget figure down to \$26.5 million.

Cuts to the offices of the Executive, budget, strategic planning and information services will total 12 percent, a savings of \$2.6 million. Internal services such as human resources, finances, facilities and payroll were also slashed, resulting in \$19 million in savings.

The budget does leave the county's \$30.9 million emergency reserve and its \$15 million Rainy Day Fund unscathed.

The King County Council is expected to review the budget proposal and present a final budget later this month.



PHOTO BY LYNN SEREDA

Among other changes, buses #42 and #48 saw service reductions. The routes serve at least five different SHA communities.

buses #42 and #48. According to LELO, about 1,300 of these cards were signed and returned.

Domingo presented the cards to Councilman Gossett, while others in the audience raised banners and placards that read "Save our Buses." A Rainier Beach resident also invited the county politicians to visit South Seattle and ride the buses with the residents, so they can see for themselves the challenges low-income people are facing.

The crowd erupted in applause at that comment. At nearly 10 p.m. the meeting closed.

What's in the future

Most agree that this is not the end of the transportation crisis in Seattle and King County. Bus riders, drivers and politicians all noted that unless there is more sustain-

able funding in the future, more bus service cuts may be unavoidable.

For now, Metro will be cutting back in other areas, by eliminating some administrative jobs, deferring maintenance and cleaning of the buses, and not purchasing new buses. Bus fares will also increase next year.

Dorene Cornwell of Center Park notes that now is the time for "everyone to lobby the state Legislature to give us more options to finance public transportation. ... Washington really needs broader tax reform, but the single best thing to do right now is to let elected representatives know that more options for financing transit are needed."

Lynn Sereda is a Section 8 voucher holder who is a frequent rider on all the bus-lines serving Southeast Seattle.

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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.

World Habitat Day at RV
GROUPS DEDICATE FOUR NEW HOMES
See Page 5



SHA NEWS

November
2009

News and information about Seattle's neighborhoods

Community carnival is a hit for more than 200 northeast Seattle residents

BY EDDIE HOEY
SHA Resident

The Community Carnival was a special occasion that brought together over 200 SHA residents living in the Seattle North east area with over 22 different service providers on Oct. 2 at Jackson Park House and Village.

The event had resource information for adults and several games for the children. It was great to see how much fun the children were having at the carnival and several people said the event was good.

It was a team effort, with Jackson Park House and Village planning committee, SHA staff, and scattered site residents helping to make the night so special. Naomi Chang, SHA Community Builder, coordinated the event and did an excellent job in planning with the Jackson Park Community Action Team Council. We would not have had such a great event without all of her support.

An SHA Job Connection staff member said, "The event was good for our community, bringing us together. I liked giving out information about our employment services and how we can help people get jobs."

Marcia Miller, a resident at Jackson Park House, went out of her way to get donations from local stores.

"It was an event that was well planned with delicious food, fun games, good door prizes, and the service providers enjoyed meeting the SHA residents and sharing their



PHOTO BY NAOMI CHANG

A service provider volunteers at a face-painting station at the Jackson Park House Community Carnival.

information with them," she said. "Everyone would like to do it again next year."

Businesses made generous donations to the carnival. Top Foods gave us a basket full

of bakery goods. Ezell's Chicken provided chicken, salad, and rolls and Starbucks

Please see "Carnival" on Page 5

Recovery Act grants benefit SHA projects

\$28 million will fund construction at Rainier Vista, Lake City, renovation at Denny Terrace

BY SHA STAFF

Seattle Housing Authority has been awarded three American Recovery and Reinvestment Act (ARRA) competitive grants worth a total of \$28 million. This is in addition to the \$17 million the Housing Authority received by formula in February, bringing the total of stimulus dollars awarded to Seattle Housing to more than \$45 million.

"We are thrilled and honored to be awarded this funding from the Department of Housing and Urban Development," noted Seattle Housing's Executive Director Tom Tierney. "I believe we had a competitive advantage with our grants applications because of our commitment to creating environmentally advanced buildings.

"I am proud of our efforts to identify projects that will expand and improve public housing in Seattle."

All of the projects will get underway in the next year.

\$10 million for 118 new apartments at Rainier Vista

ARRA funds in the amount of \$10 million will make it possible to complete construction of low-income housing at Rainier Vista. These funds will be matched by almost \$22 million from other sources and will enable Seattle Housing to build 118 new, energy-efficient, low-income rental housing units in the third phase of construction at Rainier Vista.

Construction of this final group of rental units will complete the overall transformation of the 65-acre site. The new units will be affordable to low-income people along a range of incomes.

Seventy-four apartments will be public housing funded by tax credit equity, 23 units will use subsidies from project-based Housing Choice Vouchers in combination with tax-credit funding, and the remaining 21 units will be tax-credit rentals.

All units will be designed to meet Evergreen Development Standards, implementing energy efficiencies and healthy living environments.

Please see "ARRA" on Page 4

Group makes Basic Health Plan appeal at RAC meeting

BY TYLER ROUSH
The Voice editor

Fighting back against diminishing health care benefits was the call of the day at the Oct. 14 meeting of the Resident Action Council.

Margaret Viggian, of the Sisters Organize

for Survival (SOS) campaign, addressed the RAC regarding changes to Washington's Basic Health Plan, which are set to be in place Jan. 1, 2010.

Plan deductibles will increase from \$150 to \$250 and the average co-pay will nearly double, according to Viggian, as administrators attempt to shore up a 43 percent cut to the plan.

Though the official word is that no one is being cut from the program, Viggian said the fee increases amount to a de facto cut.

"When you raise rates so that the poorest people can't afford something, you're kicking them off the plan," Viggian said.

Instead, Viggian and the SOS campaign want to see the Basic Health Plan expanded to include the 800,000 Washington residents who are without health insurance. That expansion would be paid for through "a steeply graduated income tax," Viggian said.

The campaign has organized a community tribunal, scheduled for 2-4 p.m. Nov. 14 at the Rainier Community Center, located at 4600 38th Ave. S.

The SOS campaign is organized by the

Next RAC meeting

The RAC meets next at 1:30 p.m. Nov. 11 at Center Park.

activist group Radical Women. For more information, contact Viggian at 206-722-6057 or 206-722-2453.

RAC passes bylaws revisions

Also at its meeting, RAC members approved two revisions to its bylaws, relating to RAC membership and to expenditures.

The proposed revisions were announced at the RAC's September meeting. For more information on the changes, see the related article on Page 1 of the October 2009 SHA News section.

At the RAC meeting, Oscar Escalante, the new director of the STAR Center, introduced himself. Look for a profile on Escalante in an upcoming issue of The Voice.

The RAC will meet next at 1:30 p.m. Nov. 11 at Center Park.

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Board of Commissioners passes 2010 budget

The 2010 budget for the Seattle Housing Authority, totaling \$220.1 million, was adopted by the Board of Commissioners at a special meeting Oct. 12. The budget includes operating grants totaling \$141 million and capital expenditures of \$79.1 million.

The final budget varied slightly from the draft that was presented in September. It includes an additional \$27,000 to fund youth programs at High Point and NewHolly.

One extra staff member was added to the pest control unit to increase the overall capacity for bedbug eradication. This personnel change increased personnel expenses by \$76,000.

Finally, the capital budget was adjusted

downward to reflect the actual funds awarded to SHA through the American Recovery and Reinvestment Act competitive grant process. The initial draft included funds that had been applied for but were not awarded.

The Board also approved the 2010 Moving To new Ways (MTW) plan. Both the budget and the plan were the subject of presentations and a public hearing Sept. 21. Written public comments were accepted through Sept. 28, and a summary of public comments was distributed to the Board.

The MTW plan has now been forwarded to the Department of Housing and Urban Development. It is available on the Seattle Housing Authority Web site (www.seattlehousing.org) in the "News and Reports" section.

Resident survey shows broad support for smoke-free Senior Housing buildings

BY SCOTT FREUTEL
Seattle Housing Authority

A recent survey of residents in Seattle Senior Housing Program buildings indicates that a significant majority of the program's residents would like to see their buildings become smoke-free facilities.

The survey was undertaken after Judith Anderson, the program's senior manager, heard numerous complaints from residents about the effects of second-hand smoke.

"We get lots of complaints about neighbors' smoking," Anderson said recently. "People are worried about second-hand smoke in general, and residents who have asthma or other medical conditions are particularly worried."

In response to these complaints, this summer Anderson visited every one of the program's 23 buildings for informal discussions about smoking. She said the discussions were very well attended, and that residents were free with their opinions. Mostly she heard from non-smokers who expressed concerns about the effects of second-hand smoke.

Anderson followed up with a survey sent to every resident of the Senior Housing program. The results of that survey, which

had a high response rate, are summarized in the table below. Results indicate that most SSHP residents would like their buildings to be smoke-free — and even more would like all the buildings in the program to be smoke-free. Many of the self-identified smokers — more than a quarter of them — said that they are willing to give up smoking.

The health of residents in these buildings is her chief concern, Anderson said. However, she also pointed out that, from a manager's perspective, apartments that need to be prepared for a new tenant after a smoker moves out are much more expensive to clean and prepare than the apartments of nonsmokers.

Anderson will brief the housing authority's Board of Commissioners on this issue in the near future.

One Seattle Senior Housing resident, Nan McMurry, 71, who has lived in a one-bedroom apartment in Fort Lawton Place for three years, is entirely in favor of her building's going non-smoking, and would like to see Seattle Senior Housing adopt a no-smoking policy.

She said that although she isn't all that bothered by the smell of smoke ("People

Please see "Smoke-free" on Page 4

Survey of residents of Seattle Senior Housing communities				PERCENT IN FAVOR OF...	
Community	Percent of residents who responded	No. of smokers	No. of smokers willing to quit	...their bldg. becoming smoke-free	...all bldgs. becoming smoke-free
Bitter Lake Manor	74	7	3	79	81
Blakeley Manor	64	3	1	85	85
Carroll Terrace	77	4	1	80	65
Columbia Place	36	5	1	75	71
Ft. Lawton Place	71	3	2	71	65
Fremont Place	68	2	1	81	81
Gideon Mathews Gardens	53	1	0	75	67
Island View	73	no responses	no responses	94	100
Leschi House	29	1	0	60	80
Michaelson Manor	61	3	1	97	86
Nelson Manor	66	1	0	83	83
Olmstead Manor	43	1	0	67	53
Phinney Terrace	57	4	1	55	55
Pinehurst Court	64	5	0	64	53
Pleasant Valley Plaza	85	6	3	66	71
Primeau Place	68	5	2	78	75
Ravenna School Apts.	62	2	1	71	75
Reunion House	71	0	—	70	70
Schwabacher House	75	2	0	88	79
South Park Manor	63	4	3	53	59
Sunrise Manor	97	8	0	65	58
Wildwood Glen	71	4	0	71	65
Willis House	67	5	1	75	57



Reader's viewpoint

Readers of *The Voice* share their ideas

Op-Ed: Vote 'yes' on Seattle Proposition 1 to renew the housing levy

BY ANNA MARKEE
Housing Development Consortium of Seattle-King County

The Seattle Housing Levy creates and preserves housing for our most vulnerable neighbors including seniors, people with disabilities, domestic violence victims, veterans, and formerly homeless individuals and families.

Seattle voters have supported the Housing Levy since 1981, when it created the Seattle Senior Housing Program which is now managed by the Seattle Housing Authority. In today's tough economic times, it is more important than ever that we renew our commitment to housing people in need. Many people who never thought they would struggle to find a place to live now face homelessness.

Sheila used to work at a steady job and rent a small house where she lived with her son. When she was struck by a debilitating illness, she was unable to work and couldn't pay her rent. With the help of the housing levy, she now has a safe place to live on Capitol Hill while she undergoes treatment and her son can focus on school.

A growing number of seniors also face a housing crisis. Eunice, a senior citizen, never thought she would need help with housing. But when she unexpectedly lost her job, she feared that she would become homeless. Because of the Housing Levy, she was able to move into Meridian Manor in Northgate where she now lives with a community of seniors and enjoys painting and watching movies.

The Housing Levy also helps people who are homeless get the care and services they need. Too many veterans like Don,

who honorably served our country, suffer from disabilities and live on the streets. The Housing Levy funded the Simons Seniors Apartments in Belltown, where Don now has his own home and case management to help him live independently.

The \$145 million dollar Housing Levy will provide 1,850 affordable homes serving thousands of families and individuals over the next 50 years. In addition, it will prevent homelessness for over 3,000 families and individuals, getting them back on their feet for the long term.

The Housing Levy not only serves the most vulnerable in our community, but it also creates family-wage jobs and brings in additional funds to our community. A small amount of funding also provides loans to low-income first-time homebuyers from communities that have historically been shut out of homeownership. In South Seattle, nonprofits such as Habitat for Humanity, HomeSight, and HomeStead Community Land Trust are revitalizing neighborhoods by providing mortgage counseling and home-purchase assistance for low-income families.

Renewing the seven-year levy, which would replace the expiring levy, would cost the typical Seattle homeowner \$65 per year.

The Yes For Homes campaign needs help with financial contributions, phonebanking, doorbelling and other voter contact. To sign up for a volunteer shift or make a donation, visit www.yesforhomes.org.

Editor's note: The opinions expressed in this op-ed belong to the writer, and do not necessarily reflect the opinion of The Voice newspaper or its staff.

Parent Teacher Conferences to be held this month

BY NEIGHBORHOOD HOUSE

Parent Teacher Conferences will be held at Seattle schools Nov. 23–25. Check with your child's school for additional dates.

Reasons to Go

- Going shows your child you want to know what they are doing each day and how they are doing in school. It demonstrates that you value education, learning, and your child.
- Going lets you learn new things about your child. It's an opportunity to learn about your child's growth, how he/she learns, their likes and interests.
- Support your child's learning by find-

ing out about their strengths and needs. It provides opportunities to enrich and enhance learning by using school and community programs for tutoring, sports, music, groups, and more!

- Share the conference with the school and your child, to build skills for success in learning and friendship. Build a relationship with your child's teacher for communication, sharing, and success!

Tips to Get There

- Contact the teacher early for the most schedule choices.
- If no time works in the teacher's

Please see "Conferences" on Page 4

About The Voice

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

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

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

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

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

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

POINT OF VIEW

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

New windows provide a new outlook for residents



PHOTO BY SVEN KOEHLER

Shirley Ross, a resident of Schwabacher House, takes her new windows out for a test drive, pointing out the integrated fresh air vent. This Seattle Senior Housing Program building is the first among four or five SHA-managed buildings that will get new windows over the course of the next year.

BY SVEN KOEHLER
Seattle Housing Authority

Just 50 years ago, a window often consisted of just a single pane of glass stuck into a wooden frame with putty. People only expected them to let light inside and, if they were lucky, the window might open and close for fresh air.

Fast forward to the present — today we demand more of windows. Sure, they need to let light inside, but at the same time they should not let heat escape outside. They need to allow us to see through them, and sometimes also to make an emergency exit through them.

They need to open easily, but also shut tightly enough to keep the weather out. They need to be strong enough not to get blown open in a wind storm, but not so heavy and bulky that they won't budge when you want to let in some fresh air.

To do all this efficiently, a lot of thought and technology goes into modern windows. They use materials like reinforced extruded vinyl and stainless steel hinges and hardware. Instead of one piece of glass, there are two or three layers of coated glass, and the space between the layers is filled with a noble gas such as argon.

Residents at Schwabacher House in Ballard have been getting to know such details about the brand new windows being installed in their building this autumn.

"These new windows look great — so much better than the old windows," said long-time resident Gary Anderson.

A side benefit effect of the solid construction of the new windows seems to be that they effectively block sound from the outside. Different style windows at Schwabacher house are operated using different methods, for example sliders, awning-style or crank-operated casement windows. Once the windows are closed, the sound of wind outside is noticeably quieter, noted resident Gary Stanchfield.

Although the windows have been in for only a few weeks, both Anderson and Stanchfield felt that the new windows keep the heat in better than the old ones. This is no surprise, since modern windows are constructed with materials that limit heat transfer.

Windows that SHA installs in buildings these days are double- or triple-glazed with coated glass. The void between the glass panes is filled with special gases that provides higher thermal resistance than

regular air would. The effect is like adding insulation to the walls.

Besides insulating to conserve energy, for years people have focused on eliminating drafts. But by sealing homes shut, air inside could stagnate. These days, health-care experts recognize more and more the importance of ensuring a good supply of fresh air in peoples' indoor environments.

Since there is no better way to get fresh air than opening windows, obviously they play a big role for indoor air quality. Any old window can be kept open just a crack to provide enough fresh air on occasion, but many new windows also have a more subtle way of bringing in fresh air.

Instead, many new windows have a "trickle vent." This is a small opening in the window frame designed to let residents allow a trickle of fresh air into their apartments without opening the window.

By learning to use the trickle vent in combination with the building's ventilation fans, residents can reap the benefits of good ventilation without the bother of opening and shutting the window. "It really is a neat little feature that people should learn about" said resident Shirley Ross.

While trickle vents are designed to allow a little bit of air in, no one wants to let rain or wind into their apartment. The key to blocking out the elements is proper flashing and waterproofing. Because this requires careful attention during installation, putting in a new window is not as simple as just screwing it into place.

Architects and contractors work together to design a solution to fit the different conditions in every building where SHA plans to replace windows. A critical step is to confirm the window and installation performance in a "mock-up" or test piece. Water is sprayed at the window at carefully measured pressures that simulate a direct hit from a big storm.

Modern windows are complex components, so a representative from the window manufacturer is often also on site for the mock-up to make sure their product performs as expected. If not, it is a normal procedure for changes to be made before proceeding with the entire project.

Both at Schwabacher House and at Bell Tower, the two window replacement projects currently underway in SHA buildings, the tests provided feedback to make improvements so that everyone could be confident that the new windows would perform as planned.

Beacon Tower residents celebrate the season



PHOTO BY CHUNG PING LAM

Beacon Tower residents marked the 60th anniversary of the founding of the People's Republic of China and the transition from summer to autumn at a community celebration Oct. 1. More than 60 residents turned out for the festivities, particularly enjoying their share of traditional moon cake.

Many cultures at Center Park come together for community barbecue

Editor's note: A photo from Center Park's International Barbecue appeared on Page 3 of the October 2009 SHA News section.

BY ROBERT BAUGHN
SHA Resident

The idea of transforming an ordinary American barbecue into an international event came to me as a way to bring all sorts of people together.

Center Park has become a melting pot of numerous cultures. In our community, we have residents who hail from Ethiopia, Somalia, Fiji, Vietnam and the Philippines, as well as Canadian and American Indians and white and black Americans.

I also felt that bringing residents together would create safety and strength in numbers, and that an event such as this would build community.

So an idea was born, and Center Park formed a committee of seven individuals to organize the event.

Committee members included Donna Potter-Garcia, president of the Center Park Resident Council, Allen Carrington, Jim Bush, Chasisty Landy, and myself, Robert Baughn, with assistance from SHA Community Builder Marcia Johnson.

For six weeks worth of meetings, Johnson helped collect our ideas for the event, jotting each suggestion down on large yellow sheets of paper that she hung from the wall of our meeting room.

The planning committee brought together individuals from diverse backgrounds and those with physical disabilities to create Center Park's first-ever

International Barbecue.

The same was true of the day of the event, as many people came together to get the job done.

Volunteers, including SHA staff members, came from different properties and communities to set up the dining hall in advance of the party.

To give the event an international flair, we hung up a world map with flags and cultural icons of the represented nationalities.

The dining tables were decorated with colorful tablecloths and set with bowls of chips, candy and napkins.

Volunteers from RAF came to set up and assist us with a sound system for the event.

We played a variety of ethnic music, which faded away underneath the humdrum of active conversations that buzzed between party guests.

Several volunteers prepared a meal for all of us to share. During the meal, two emergency supply kits were raffled off.

The final head count showed 90 people turning out in support of the barbecue, which we considered to be a surprising success.

I want to acknowledge many others who helped organize this event, including Jake LeBlanc, SHA senior property manager; Laura van Houton, property manager; Tina Ayer, resident manager; Elle McElroy, then assistant manager; and Fred Maricle, assistant manager.

We at Center Park also would like to thank the many other volunteers, too numerous to name, who helped make this event a success.



Neighborhood House

Strong Families. Strong Communities. Since 1906.

HIGH POINT HERALD

NEWS ABOUT THE HIGH POINT COMMUNITY

The doors to the High Point Center will open this month

Volunteers needed for Nov. 14 grand opening

BY NEIGHBORHOOD HOUSE

The vision of a sustainable, eco-friendly neighborhood center for the people will finally be realized Nov. 14, when the Neighborhood House High Point Center opens its doors.

All are welcome to join Neighborhood House at the unveiling of its state-of-the-art center.

The building is striving to be LEED Gold Certified and features a host of sustainable features, including a ground-source heat pump, triple-pane insulated windows and a rooftop array of solar panels. Docent-led tours will highlight the building's green features.

If you'd like to lend a hand, volunteer opportunities are still available. For more information on how you can help make the grand opening a big success, contact Volunteer Coordinator Jen Rosenbrook at jenr@nhwa.org or 206-461-8430, ext. 255.

Note date and time

The grand opening of the Neighborhood House High Point Center will be 1-4 p.m., Saturday, Nov. 14 at 6400 Sylvan Way S.W.

The given time in last month's issue was incorrect.



PHOTO BY TYLER ROUSH

On Nov. 14, the doors of the Neighborhood House High Point Center will open to visitors for a grand opening celebration.

Conferences

Continued from Page 2

posted schedule, let the teacher know. You can then schedule a time and place that works for both of you.

- If nothing works, ask a family member

to attend the conference and take notes for you. Include your questions, ideas, and concerns if any.

- If you need child care, ask the teacher about arrangements the school may have.
- It's okay if your child goes with you.

Please let the teacher know ahead of time

so they can have activities for the kids.

- Need assistance with transportation? Ask the teacher, school Family Support Worker, or secretary about bus tickets or other possible arrangements such as car pooling.

ARRA

Continued from front page

When completed, Rainier Vista will contain a wide variety of high-quality housing and amenities.

\$8 million will help build 86 new apartments at Lake City Village

The Lake City Village Apartments will be an 86-unit, mixed-income building in northeast Seattle. It will be built on the site of 16 distressed public housing townhomes demolished due to persistent flooding in 2002.

The new apartment building is one element of a HOPE VI redevelopment. The \$8 million in ARRA funds, leveraged with over \$12 million from other sources, will enable the Housing Authority to dramatically increase the use of green features such as: photovoltaic panels for clean, on-site energy generation; extra water conservation measures; healthy building materials and tenant education on energy conservation. The ARRA funding will demonstrate how an up-front investment can be translated into medium- and long-term energy savings, a much smaller carbon footprint and

a healthier environment.

Green features include:

- 4,500 square feet of rooftop photovoltaic panels designed to provide at least 10 percent of the building's total electricity demand.

- An additional 1,500 square feet of evacuated-tube solar collectors, integrated with the domestic hot water system, to enable the project to meet at least 10 percent of the building's total energy demand.

- A mid-block, accessible pedestrian walkway across the two-acre site that breaks up the superblock and connects the site to the surrounding neighborhood.

By the strategic placement of natural drainage elements, permeable surfaces, park and gardening spaces and an underground water detention facility, the project has been designed to retain stormwater on the site substantially in excess of the current Seattle Stormwater Code. The site will capture, retain, infiltrate, and/or harvest at least the first half-inch of rainfall that falls in any 24-hour period.

\$10 million will fund renovation of building systems at Denny Terrace

An additional \$10 million ARRA grant

will fund rehabilitation of Denny Terrace to increase energy conservation to the highest possible level and replace and update major building systems that have reached the end of their useful life.

The renovations — similar to those completed in the homeWorks project — are expected to extend the useful life of the building by decades. Denny Terrace is a 221-unit, 40-year-old concrete and brick public housing high-rise located in central Seattle. Its residents are primarily people with disabilities and the elderly.

Energy and water saving upgrades will include:

- Installation of an insulated finish system over the entire building exterior to increase the insulation factor substantially;
- Installation of new vinyl steel-reinforced triple-glaze windows on the west and south elevations. The west side of the building overlooks I-5 — triple-glazing will provide increased sound insulation as well as mitigating heat from afternoon sun;
- Installation of new vinyl steel reinforced double-glaze windows on the east elevation;
- Replacement of the original 40-year-old domestic hot water heating system with a

Smoke-free

Continued from Page 2

are very discreet about their smoking" in her building, she said), there's a very good reason why smoking should be banned: to better the health of smokers.

"I know the smokers in my building," she said recently, "and I've seen their health deteriorate from smoking, and so if only for their sake a no-smoking policy would be a very good thing — it would force them to quit."

Some smokers don't understand how smoking in their apartments can possibly bother their neighbors, especially if they keep their windows closed.

Dan Morris, a senior indoor air quality consultant for a Bellevue business called EHSA International-Healthy Buildings, has recently investigated complaints about second-hand smoke from some 20 condominium owners and apartment-building tenants. To Morris, the problem is simple: Smoke migrates.

"Smoke rises with heat," he said last month. "It leaks through plumbing and wiring penetrations and even through air spaces below and above walls. Apart from non-smokers who actually live with smokers, the people who live in a unit above a smoker's unit are at the greatest risk of the health problems from second-hand smoke, but actually so is everybody who lives near a smoker's apartment."

Study after study has made it clear that second-hand smoke is very dangerous, particularly to elderly people, people with allergies, and people who are ill. (Second-hand smoke is defined as tobacco smoke that people near someone who is smoking have to breathe.)

Citing this fact among others, the U.S. Department of Housing and Urban Development recently sent all public housing authorities a strong recommendation that they make their buildings smoke-free.

Any proposed change in policy affecting SSHP's smoking residents and their nonsmoking neighbors will involve further conversation with residents, managers and the Board.

new energy-efficient system;

- Application of a UV protection coating to the roof;
- Replacement of all in-unit incandescent lighting with energy-rated Compact Fluorescent Light fixtures;
- Installation of low-flow showerheads in all units; and
- Installation of low-flow aerators in bathroom and kitchen faucets

In preparing the grant application, Arch-Ecolog performed a green assessment of this facility. The consulting firm analyzed existing energy use patterns in the building and determined that Denny Terrace could achieve a combined savings of energy and water of 36 percent by implementing the energy-saving changes that are planned.

The City of Seattle has committed \$350,000 in weatherization funds to the project. These funds will be used for ventilation, lighting and insulation improvements. Enterprise Foundation has committed \$31,200 to Denny Terrace as part of a five-building, \$100,000 grant that will evaluate basic weatherization measures against a higher level of rehab, i.e., one that meets Enterprise Green Communities standards.

RAINIER VISTA NEWS

NEWS ABOUT THE RAINIER VISTA COMMUNITY

Rainier Vista hosts celebration for Build-a-Thon, World Habitat Day, four new homes

By SHA STAFF

Rainier Vista had a lot to celebrate Oct. 3 as Habitat for Humanity of Seattle/South King County held closing ceremonies for their two-week Build-a-Thon, dedicated four newly built homes and participated in the United Nations-designated World Habitat Day.

Approximately 200 people were in attendance, including 30 mayors from across the U.S. who were in Seattle for the United States Conference of Mayors Fall leadership meeting.

Tom Tierney, Executive Director of Seattle Housing Authority, Mayor Greg Nickels and Ron Sims, Deputy Secretary of the U.S. Department of Housing and Urban Development, spoke to the crowd about affordable housing and the good work that Habitat does.

"It ended up being quite the closing ceremonies with all of those things happening at the same time," said Terry DiJoseph, grants manager and communications coordinator for Habitat for Humanity of Seattle/South King County. "There was a wonderful Ethiopian coffee ceremony and lots of wonderful food from neighborhood families."

The two-week Build-a-Thon was coordinated with East King County Habitat and

raised over \$98,000 for Seattle / South King County and East King County Habitat affiliates. More than 450 volunteers participated in the Build-a-Thon. Participants worked on the houses and raised money through peer fundraising. The focus was on Rainier Vista, High Point and Pacific, Washington.

"That's currently our focus for building," DiJoseph said. "The homes at Rainier Vista we dedicated are in a four-plex and this is the first of three buildings we will be working on there."

Every year since 1986, Habitat organizations across the globe celebrate World Habitat Day on the first Monday of every October. The purpose of the day is "to reflect on the state of our towns and cities and the basic right of all to adequate shelter. It is also intended to remind the world of its collective responsibility for the future of the human habitat" according to the U.N. Habitat website.

This year, the theme for World Habitat Day was Planning Our Urban Future, which was intended to "raise awareness of the need to improve urban planning to deal with new major challenges of the 21st century so that our cities can manage and reduce the impacts of climate disruption, the economic crisis and urban poverty around the world."

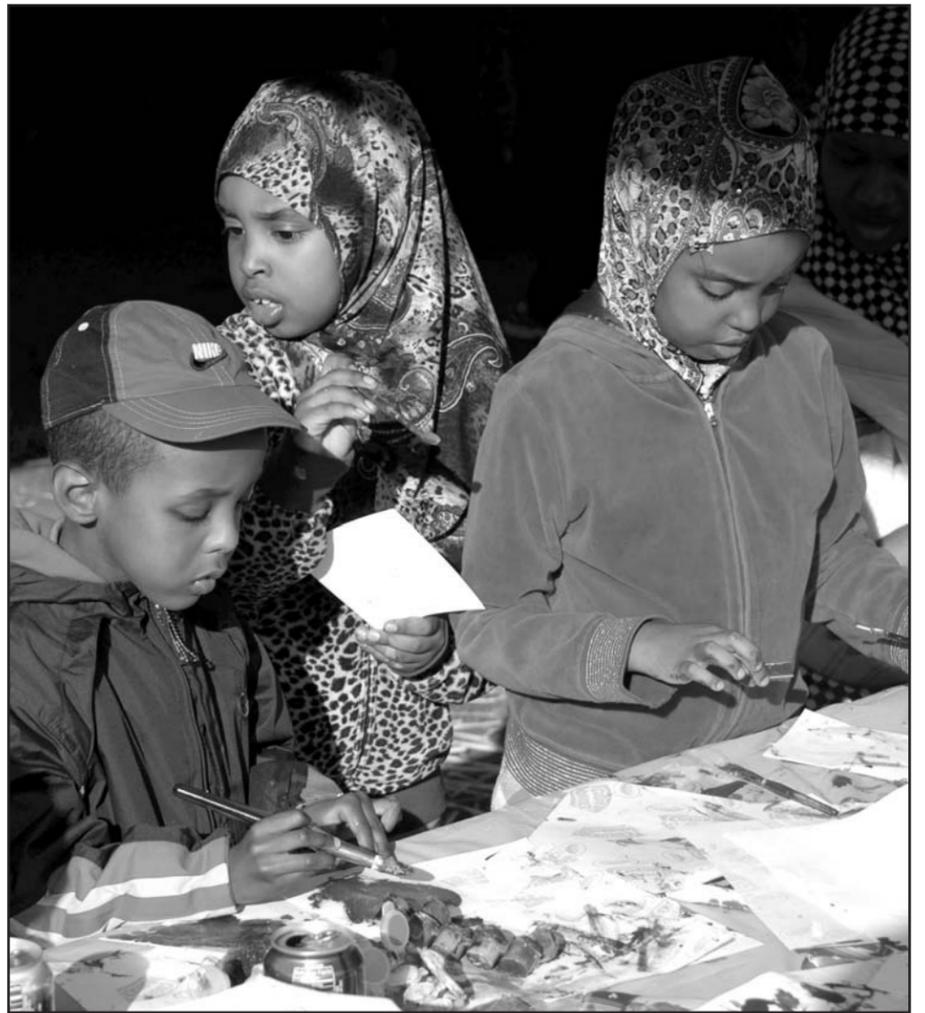


PHOTO BY BRIAN SULLIVAN

Neighborhood children keep busy at an art table during the celebration.

Tamarack Place construction underway, expected to be complete Oct. 2010



IMAGE BY TONKIN / HOYNE ARCHITECTURE & URBAN DESIGN

Artist rendering of Tamarack Place as seen from the northwest corner of the building.

By LAURA GENTRY
Seattle Housing Authority

Construction is underway for Phase II development of Rainier Vista, and the first new residential building neighbors can look forward to seeing complete is Tamarack Place.

Construction began Sept. 18 and the anticipated completion date is Oct. 30, 2010. Under that timeline, the Housing Authority would be able to start leasing units Nov. 1, 2010.

The four-story building, designed by Tonkin / Hoyne Architecture & Urban Design, will include 86 total units — 83 low-income rental units and three live/work spaces. The first floor will feature commercial space for lease. There will also be

three multi-story townhouse-style units in the back of the building raised about three feet to allow residents a better view over the adjacent playground.

Rebecca Whitney, the senior housing developer who oversees the development of Tamarack Place, says residents living in the Phase I development area of Rainier Vista are glad to see construction on what had long been an empty lot.

"Some neighbors are really excited now," Whitney said. "People are eager to see movement happen on the other side of the street. It's a good indicator of what's happening in the economy."

Located on the east side of Martin Luther King, Jr. Way South, the building will be within walking distance of existing bus lines and the new Columbia City Light Rail sta-

tion, close to schools, shopping, community centers and next door to the new Boys & Girls Club facility and playground.

It will also boast a number of green features. Residential units will include water-conserving plumbing fixtures, Energy Star appliances, high-efficiency lighting fixtures and Green Label Plus certified flooring.

Each unit will also have its own electricity meter (or sub-meter) to encourage individual household energy conservation. Because the units are equipped with special green features, residents can expect to receive operation and maintenance training for their units and common areas.

Building amenities will include an efficient HVAC system, Energy Star washers, lighting fixtures with timers and daylight sensors in all outside areas, a drip irrigation system and light-colored concrete to reduce the heat island effect. The roof of the building will be able to accommodate solar panels and will have some vegetated covering.

During construction, all cardboard, metal, wood and drywall waste will be recycled during production and 50 percent of the wood used will be certified and engineered products.

One thing that sets Tamarack Place apart from much of Seattle Housing Authority's housing is that it's a mixed-use building with ground-floor commercial space. Seattle city zoning laws require a percentage of commercial space in newly-built residential developments for certain zones.

Tamarack Place is being paid for by SHA funds, funds from the American Recovery and Reinvestment Act and HOPE VI funds.

Carnival

Continued from front page

provided coffee.

It was wonderful that they were so supportive of the event and helped the community action team in its efforts to provide refreshments to all of the people who attended the event.

One game that the kids loved to play was the cake walk. Everyone was a winner and went home with bakery goods from Top Foods. Without donations, that game would not have been as good as it was.

The carnival to me is something we all need to do to keep us together and help us get to know our neighbors.

It was good to learn about resources in the area, such as recreation programs, youth tutoring sessions, case management, employment programs, government benefits and other programs available to low-income people.

Everyone worked hard to have a great carnival this year, and we hope to do it again next fall.

Eddie Hoey is an SHA resident and president of the Jackson Park Community Action Team Council.



Neighborhood
House

NEWHOLLY NOTES

NEWS ABOUT THE NEWHOLLY COMMUNITY

Community dialogue provides insights into Somali culture



PHOTO BY TYLER ROUSH

Panelists at the Somali Culture 201 workshop model various styles of traditional Somali dress.

BY TYLER ROUSH
The Voice editor

What's a culturally competent way to say hello?

By a conventional standard, a simple "Hi, how ya doin'?" might suffice. But to a Somali, "hello" is an opportunity for a deeper, more personal inquiry into how one's family is doing.

This simple nuance was just the first of many issues addressed Oct. 21 at Somali Culture 201, a cultural competency dialogue held at the NewHolly Gathering Hall.

Organized by the East African Service Providers Consortium, the event drew more than 100 attendees, primarily service providers interested in learning how to better engage the Somali community.

The panel included representatives from East African Community Services, Seattle Public Schools, SHA and Neighborhood House.

One point of emphasis was the issue of trust within the Somali community, due in large part to the ongoing civil war in Somalia. As Shukri Olow, of Neighborhood

House, pointed out, many Somalis were murdered by the government, even by neighbors, as violence escalated in the country.

To overcome the obstacle of mistrust, panelists suggested that caseworkers endeavor to create personal, two-way communication with their clients. That goes back to the matter of the "hello" — a sincere effort to inquire about the health and happiness of one's family will help put a person more at ease than a simple greeting, Asha Mohamed, of SHA, noted.

The panel also addressed the perception that Somali families abuse the welfare system by having more children than they can manage.

Olow noted that "it's not that clients don't want to be off welfare, but that they don't know how."

Services are often provided out of order: A person who needs ESL training is told to find work; a person suffering abuse at home is asked to attend an ESL class.

The panel also pointed out that a large family is con-

Notes on Somali culture

Volume: Somalis tend to speak more loudly than their North American neighbors. Do not assume loud volume indicates fighting.

Photographs: Many Somalis are sensitive to having their photograph taken. Always ask first, and do not take it personally if refused.

Eye contact: Eye contact with an adult while being disciplined (or in certain one-on-one conversations, such as child-adult or employee-boss) is disrespectful. However, it is appropriate for a teacher to ask a student to make eye contact during instruction.

Touch and physical space: Some Somalis believe that it is inappropriate to touch someone of another gender if they are not married or related to the person. Generally, when meeting a new Somali of another gender, let them initiate a handshake — and do not feel slighted if they don't. Observe at least one full step away from them to respect personal space.

Gestures: It is rude to beckon to someone with your index finger.

Elders: Respect for elders is an important aspect of Somali culture, and younger people will typically be hesitant to correct or disagree with someone who is older than them. You should make an effort to acknowledge or greet any elders present out of respect for them.

Prayer: The overwhelming majority of Somalis are Muslim, so many parts of Somali culture overlap with religion. Muslims pray five times per day. If someone is praying:

- Do not speak to them as they pray
- You may speak to others nearby who are not praying
- Try to avoid walking directly in front of a person during his or her prayers

Food: Islam forbids consumption of pork products or alcohol in any form

Names: Somali names have three parts: the given name, specific to an individual; the second name, taken from the child's father; the third name, taken from the child's paternal grandfather. Women do not change names when they marry.

These notes are reprinted from a handout created by East African Community Services.

Please see "Somali" on Page 7

Megumi Preschool renews lease with NewHolly Neighborhood Campus

BY LAURA GENTRY
Seattle Housing Authority

The NewHolly Neighborhood Campus can expect the continued pitter patter of little feet for at least another five years as Megumi Preschool renews its lease.

Megumi is a Japanese language and culture immersion preschool located in the Family Building. They share space on the first floor with Neighborhood House Head Start and typically take care of 41 children every day in their NewHolly location.

Owner Yoshimi Suzuki says the NewHolly campus was a perfect fit for Megumi because of its location in South Seattle and its availability to accommodate commercial business.

"We used to have a house on Beacon Hill and it was actually made for a single-

family home. When NewHolly had an opening, we took it," Suzuki said.

Willard Brown, Property Management Administrator for Seattle Housing Authority, is glad Megumi chose NewHolly for its South Seattle location.

"They've been a neighbor for a very long time. As part of our effort to have connections to the greater community, they fit right in. They've been a good tenant," Brown said.

Long-term commercial tenants like Megumi are important to the success of SHA and its neighborhood communities.

"From our end, they help stabilize the financial operation at the campus with the rent they pay," Brown said.

The goal of a Japanese immersion school like Megumi is for children to become comfortable with a second language

and increase their cultural awareness.

"The only language spoken on the premises is Japanese. The educational components of the school are taught in traditional Japanese style. The interaction of boys and girls is orchestrated and followed to traditional Japanese standards. All the food served to the kids is prepared on site and is prepared in a traditional Japanese way," Brown explained.

In addition to learning Japanese language and the culture, children have an opportunity to learn from each other because of their diverse upbringings.

"We have a lot of children who are half-Japanese and half-American. Many of our children are Vietnamese, Chinese, Korean. For many of our children, Japanese is a third language," Suzuki said.

The business has certainly become a

success since Suzuki started it 18 years ago. In addition to the NewHolly location, Megumi has an even larger location in Bellevue that takes care of approximately 120 children each day. Suzuki is also contemplating the idea of a third location.

"I used to teach the classes, do administrative duties and even cook lunch, but now it's a big organization," Suzuki said. "I have 40 employees now for both locations."

The NewHolly location has been so successful, in fact, that Suzuki is hoping to lease even more space there if it becomes available.

"We do have such a long waiting list. In each class, we have at least 20 people waiting," Suzuki said.

For more information on Megumi Preschool, visit www.megumipreschool.com.

YESLER HAPPENINGS

NEWS ABOUT THE YESLER TERRACE COMMUNITY

SHA Commissioners address Yesler Terrace Community Council



PHOTO BY TYLER ROUSH

SHA Commissioners Nora Gibson (left) and Heyward Watson (center) attended the Oct. 20 meeting of the Yesler Terrace Community Council. Standing at right is councilmember Kristin O'Donnell.

BY VOICE STAFF

A pair of SHA Commissioners visited the Yesler Terrace Community Council at its Oct. 20 meeting.

The visit was an opportunity for Nora Gibson and Heyward Watson to introduce themselves to the council, and to respond to a letter about the redevelopment of Yesler Terrace that the council had delivered to the SHA board.

Gibson, executive director of ElderHealth Northwest, said her primary motivation to serve on the SHA board was to help ensure that the core housing needs of elderly, disabled and low-income people are met.

"I also think that elderly and disabled people need to be a part of a community of all ages, not just put away. That is very important to me," she said.

Working in Jefferson Terrace since 1986, Gibson said she's seen wave

upon wave of new immigrants come into public housing in the past three decades.

She said it's very important to have affordable housing available for new and existing populations of immigrants and low-income people in Seattle.

Watson said his own family started out in public housing. He said that one of the things SHA can do for its residents is provide education and support services to speed the transition out of public housing.

"For me, I think the housing authority wants to help the people improve their lives," Watson said.

Both commissioners also came to respond to a letter drafted by the Yesler Terrace Community Council concerning the proposed redevelopment of Yesler Terrace.

The letter expresses the council's reservations about the proposed redevelopment, and outlines a series of re-

quests to the board to consider specific elements of the plan going forward.

They include concerns about safety, the proposed density, off-site relocation of residents and available social services.

Gibson said the board has reviewed the letter and that SHA Executive Director Tom Tierney is working on a formal reply. She also emphasized the board's commitment to the guiding principles set forth by the Citizen Review Committee (CRC) and interest in addressing the concerns of the council.

The CRC will next meet at 5 p.m. Nov. 12 in the Yesler Community Center.

In other council business, elections are nearly completed. Fourteen of the community council's 15 positions have been filled. A runoff election for the 15th position will be held at a later meeting.

Notes from the Manager

BY JUDI CARTER

Seattle Housing Authority

After a long, very warm summer, fall has finally arrived! And speaking of fall, the leaves are certainly falling!

It is important that you rake up the leaves in front of your door and in your yard. This way, the grass, which turned yellow during the summer, will have a chance to green up, and you will not slip on fallen leaves as you walk out your door to start your day.

There are rakes available for you to check out in the management office, if you do not have one. Also, come by the management office and pick up a huge clean green bag to put the raked up leaves in.

We will be composting again this year, so trimmings from your garden and leaves will make rich soil for the spring! (But please do not put dirt or rocks or trash in the clean green bags.)

As many of you know, Lisa Kenworthy has left Seattle Housing Authority, after 10 years with the agency. She is sorely missed. It is hoped by the time you are reading this article that a new staff person will have been located to fill the position she left. At the time of this writing, we do not know who will be the fortunate person to be able to work with you, but you should drop in the coming weeks to meet the new person! It always feels so good to be welcomed in the community!

Safety Tip of the Month: It is a great idea to meet your neighbors! Many new families and individuals have moved into Yesler Terrace over the course of the summer.

Getting to at least learn your neighbor's name and phone number is a good idea, so that if someone comes around who looks suspicious, you will be able to phone your new friend to alert them of possible problems.

If someone looks suspicious to both of you, you can each phone the police. The more calls to 911 from any area helps the police to know that they need to patrol that area more.

And, as you can imagine, people up to no good will not feel comfortable if there are a lot of police around.

Holiday: The Thanksgiving holiday will be celebrated on Nov. 26. The management office will be closed on that day and the day after. There will be a huge feast on the Tuesday before Thanksgiving at the Yesler Community Center. For a donation of one dollar each, you and your family can enjoy a lovely home cooked meal. I hope to see many of you there!

Somali

Continued from Page 6

sidered a blessing in Somali culture. As Mohamed noted, in the Islamic faith, a woman is meant to have as many children as God is willing to give her. In addition, contraceptives and abortion are strictly forbidden.

That raised an important question about how to engage in culturally competent family planning. Traditionally, Somali fathers are providers and breadwinners, and mothers raise the family.

That can leave fathers out of the family-planning discussion. The panel's consensus: Involve the fathers.

The panel also addressed Somali youth and the culture gap.

Abdishakir Moalim, the youth programs coordinator for East African Community Services, defined what he calls "generation

1.5 youth" — Somalis who are raised in a traditional setting at home but are exposed to American culture at school.

They're often stuck between two cultures, Moalim said. Tugged between Somali and American culture, they sometimes fail to develop the values of either culture, lagging further behind their peers.

At the same time, Somali youth often become acclimated to American culture faster than their parents, creating a generational gap that can make communication between parents and their children increasingly difficult.

As an example, Mohamed Roble, of Seattle Public Schools, said that Somali parents value in-person communication, while their children are of the text-messaging and social-networking generation.

Asha Mohamed cautioned against using the word "assimilate" when referring to Somali children or their parents. While

individuals may embrace a new culture to varying degrees, "assimilate" has the additional connotation of replacing one culture with another. Mohamed described it as a loaded term.

Challenges to cultural competency

Some questions are especially difficult to answer. Somali views about gender, sexuality and the family can be problematic for caseworkers.

One caseworker, who works with Somali men being processed through the penal system, asked how to encourage her clients to attend state-mandated parenting classes.

Some Somali men view parenting as an exclusively female domain, and see the classes as an affront to their masculinity.

In those cases, stressing that the classes are mandatory is the best way to get the client to comply, according to the panel.

Homosexuality can also be a challenging subject. One caseworker asked how to support a homosexual, bisexual or transgendered Somali.

The subject is a taboo in mainstream Somali culture, according to Mohamed. She added that there is an underground community for Somali homosexuals, but that the community as a whole turns away from such subjects.

While such views about sexuality and gender can create complications for caseworkers, it's important to remember, the panel suggested, that they are not universal within the Somali community.

Above all, *respect* was the watchword of the day — be sensitive to the particular views and needs of Somali culture, understand the challenges within the community, and provide the best service to the greatest number of people.

