



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



# The Voice

February  
2012  
*Articles translated  
into six languages*

The newspaper of Neighborhood House

## Washington poised to approve same-sex marriage

By VOICE STAFF

Washington state appears poised to legalize same-sex marriage, after an announcement last month that the Legislature has the requisite votes in the House and Senate to pass a bill related to the issue. Gov. Christine Gregoire has already said she will sign the bill into law.

With the successful passage of a same-sex marriage bill, Washington would join six states — Connecticut, Iowa, Massachusetts, New Hampshire, New York and Vermont — and the District of Columbia in establishing the legal right for gay and lesbian couples to marry. A vote is not yet scheduled but is expected to come during the current legislative session.

Following passage, same-sex couples would be able to marry as early as June 2012. However, opponents of same-sex marriage have vowed to file a referendum challenging the law. Opponents would face a July 6 deadline to collect the signatures necessary to put a referendum on the November 2012 ballot.

Popular support for same-sex marriage in Washington appears to be growing. According to a poll of 932 registered voters conducted by the University of Washington in Oct. 2011, 55 percent of respondents said that they would approve a referendum upholding a new same-sex marriage law, while 38 percent said they would vote to overturn a newly enacted same-sex marriage law.

The same poll showed that respondents favored the recent repeal of the federal “don’t ask don’t tell” policy

Please see “Marriage” on Page 2

### Changes in The Voice

You may have noticed that this month’s Local and National section of The Voice is four pages long. In an effort to reduce printing costs and conserve paper, The Voice is scaling back the size of its print edition. It was not an easy decision, but it is the best option for this publication to continue to serve its readers within a tighter budget.

To supplement our print edition, The Voice will soon be unveiling a new website, which will be updated regularly with breaking news stories. We hope that the website will be your regular stop for up-to-date articles and information in between installments of our monthly print edition.

Stay tuned for further updates as we move closer to the launch date of The Voice website, and thank you for reading!

## Wintry blast freezes out Puget Sound region



PHOTO BY TYLER ROUSH

A couple walks down a side street off of Fifth Avenue North Jan. 19, in the midst of the winter storm that blanketed much of the Puget Sound region in several inches of snow.

## Schools close, roads ice over and hundreds of thousands left without power during January snowstorm

By TYLER ROUSH  
*The Voice editor*

After a comparatively mild December, winter arrived in force over the Martin Luther King weekend, delivering an icy blast of cold air that blanketed much of Puget Sound in snow during the ensuing week. The accumulated effects of the storm, from perilous road conditions to widespread power outages, prompted Gov. Christine Gregoire to declare a state of emergency.

At the peak of the snowstorm on Wednesday, Jan. 18, higher elevations in the Seattle area were covered in at least six inches of snow. With roads coated in snow and later a sheet of ice, Metro buses were rerouted or suspended, public meetings and events were canceled and schools closed.

Seattle Public Schools opened on a late start the morning of Tuesday, Jan. 17 only to close early in the afternoon in anticipation of the coming snowstorm. By the following morning, snow covered much of the region, and many districts remained shuttered for the rest of the week.

In addition to slippery conditions on area roadways, the storm brought widespread power outages throughout King, Pierce, Snohomish and Thurston counties, as accumulated snow and ice toppled branches and even trees into power lines. At the height of the outages Thursday, Jan. 19, Puget Sound Energy reported some 280,000 customers were without power.

South King County was particularly hard-hit by the power failures, with major outages reported in Kent, Auburn, Renton and Federal Way. Parts of Issaquah and the Sammamish Plateau were also affected.

Minor outages were reported in Seattle, with some 2,200 Seattle City Light customers without power.

At least one death was attributed to the storm, when a falling tree killed a man near Issaquah on Thursday, Jan. 19.

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## Health Notes

*A column devoted to your well-being*

### *A natural way to keep the flu bug at bay this winter*

BY ADRIAN VETTER  
*University West resident*

You've probably been on the bus or in another public place in the last couple of weeks and noticed how many folks have been either coughing or sniffing — obviously suffering the effects of a cold or flu.

Maybe you've been stricken with the flu bug or a virus yourself, and wondered how you could have prevented becoming the victim of such misery. Or at least, how to strengthen your own immune system so that you can get through the flu season without a visit to the doctor, or to the drug store for unpleasant tasting medicine. According to Dr. Que Areste, a naturopathic doctor in Seattle, who sees a number of patients during the flu season, a good preventive is to take vitamin D. One can either take the pill or capsule variety one finds in most natural foods and

grocery stores, or take the liquid variety.

Dr. Areste recommends taking the liquid variety, as it is more easily absorbed into the body and offers an even higher dose of this very necessary vitamin. I've taken this form myself for several years, and have been without a serious virus, except for maybe an allergy sniffle, for over two years now.

The liquid form is available at Super Supplements, and though it is more costly, it does last for up to three months if taken daily in small doses.

Vitamin D has also been found to help with other health concerns, including depression, and is being studied in the prevention of breast cancer, according to Dr. Areste.

She recommends people with dark skin take 2,000 i.u.'s a day, particularly folks who live in the Northwest.

### **Don't wait to apply for financial aid**

Fill out a Free Application for Federal Student Aid (FAFSA) as soon as possible to get the most help for college.

You can apply online by going to [www.fafsa.ed.gov](http://www.fafsa.ed.gov) and clicking "start here," or you can request a paper version of the form by calling 1-800-433-3243. For the quickest results, the U.S. Department of Education recommends filling out all information online. Once you've applied, you can check the status of your application by calling 1-800-433-3243 or

revisiting [www.fafsa.ed.gov](http://www.fafsa.ed.gov).

FAFSA forms have to be filled out every year you or your child is seeking financial assistance for college; you do not need to know your exact tax information to fill out the forms. You can fill out your FAFSA as early as Jan. 1; the federal deadline is June 30. Be sure, however, to check the deadline for your university or college for aid as well, because each is different. In Washington state, the deadline is set by your university. For those of you with hopes of attending school out of state, those deadlines can be imposed by the state the school is in.

### **Marriage**

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by a nearly 3-to-1 margin.

However, opposition groups would almost certainly pour resources into the state to sway public sentiment. The National Organization for Marriage, which contributed to efforts that succeeded in

overturning same-sex marriage laws in California and Maine, has pledged its support to overturn a similar law in Washington.

Supporters of same-sex marriage have established Washington United for Marriage, a coalition of organizations, congregations, unions and businesses aimed at advancing same-sex marriage in the state.

#### **Local artist's work featured in show at Burnley Gallery**

Artwork by Charles Parrish, a sculptor and artist who lives in Yesler Terrace, will be featured in the Art Not Terminal/Art Institute of Seattle show at Burnley Gallery. Two of Parrish's sculptures will be included in the show, which runs from Feb. 3 – Feb. 28.

The Burnley Gallery is located on the campus of The Art Institute of Seattle, 2323 Elliott Ave.

#### **Protesters from "Occupy house" evicted**

King County Sheriff's deputies evicted seven Occupy Seattle protesters from a vacant house located at 23rd and Alder in the early morning hours of Jan. 11. According to news reports, the seven protesters left peacefully and were not arrested.

The house and its occupants were featured in an article that appeared in the Jan. 2012 issue of *The Voice*.

## Get free help with your taxes

If you (or your household) make less than \$50,000 per year, you can get free help with your taxes. The United Way of King County's Free Tax Prep Campaign offers free tax help through April 17 at multiple locations throughout Seattle and King County.

You don't need an appointment, but because many sites get very crowded, you should arrive as close to the site's opening time as possible for the best chance of getting served.

Assistance is provided by certified tax professionals and is available in multiple languages.

Here's what you should bring with you:

- Any W-2 form, 1099 forms and other end-of-the-year income statements that you received from all of your employers and sources of income
- A copy of last year's tax return, if you have it
- Social Security card number or Individual Taxpayer Identification Number and birthdates for every person to be claimed on your tax return
- Childcare provider name, address and tax ID number
- Anything else you think might affect your return, even if you're not sure
- If you want your refund deposited directly into your bank account, you'll need to bring your bank account number
- If you are married and filing jointly, both the filer and spouse must be present to file electronically

For more information about free tax prep assistance, please call 2-1-1 or 1-800-621-4636 or go to [unitedwayofkingcounty.org/taxhelp](http://unitedwayofkingcounty.org/taxhelp).

Below is a list of free tax prep sites in Seattle. KCHA readers should consult the related article on Page 3 of the KCHA News section for free tax-prep locations elsewhere in King County.

If services are available in additional languages besides English, those languages are listed in parentheses.

#### **Free Tax-Prep Sites**

##### **Beacon Hill**

El Centro de la Raza  
2524 16th Ave. S.

When: 5 – 9 p.m. Tuesdays (Arabic and Spanish), 5 – 9 p.m. Thursdays and 10 a.m. – 2 p.m. Saturdays (Spanish and Chinese). Also open 5 – 9 p.m. Wednesdays through Feb. 24.

##### **Central District**

Yesler Community Center  
917 E. Yesler Way

When: 5 – 9 p.m. Thursdays and 10 a.m. – 2 p.m. Saturdays. Also open 5:30 – 9 p.m. Mondays through Feb. 24.

##### **Downtown**

Downtown Seattle Library  
1000 Fourth Ave.

When: 3 – 7 p.m. Mondays (Chinese), noon – 7 p.m. Tuesdays (Chinese), noon – 7 p.m. Wednesdays (Chinese and Spanish), noon – 7 p.m. Thursdays (Chinese), noon – 4 p.m. Saturdays (Chinese and Spanish), 1 – 5 p.m. Sundays (Chinese and Vietnamese)

##### **Lake City**

Lake City Neighborhood Service Center  
12525 28th Ave. N.E.

When: 5 – 9 p.m. Tuesdays, 5 – 9 p.m. Thursdays (Russian and Chinese), 11 a.m. – 3 p.m. Saturdays. Also open 5 – 9 p.m. Mondays through Feb. 24.

##### **South Seattle**

Rainier Community Center  
4600 38th Ave. S.

When: 5 – 8 p.m. Wednesdays, 5 – 8 p.m. Thursdays, 11 a.m. – 3 p.m. Saturdays (Vietnamese), 11 a.m. – 3 p.m. Sundays.

##### **White Center**

YWCA Greenbridge  
9720 Eighth Ave. S.W.

5 – 9 p.m. Tuesdays (Spanish), 5 – 9 p.m. Thursdays (Spanish), noon – 4 p.m. Fridays (Spanish), noon – 4 p.m. Saturdays (Spanish and Vietnamese).

### **Winter**

**Continued from Page 1**

#### **Carbon monoxide poisoning remains a concern**

Two cases of carbon monoxide poisoning were reported in Kent on Friday, Jan. 20, the result of families without power using charcoal grills to heat their homes. In the first instance, an adult and three children were taken to a hospital after experiencing dizziness, headaches and nausea. The second case involved two adults and three teenagers, who fell ill under similar circumstances.

As a public safety notice, *The Voice* prints a carbon monoxide warning each winter. The warning appeared in English and six other languages in the Dec. 2011 edition.

As a reminder, carbon monoxide is an odorless and colorless gas emitted by any fuel-burning device, but is most commonly associated with gas-powered generators and engines and gas and charcoal grills. Such devices should never be used indoors, whether for cooking or heating purposes.

The symptoms of carbon monoxide poisoning include dizziness, confusion, nausea, headaches and loss of consciousness. If you suspect that you or someone you know is experiencing carbon monoxide poisoning, it is critical that the victim get fresh air immediately. Open doors and windows, turn off fuel-burning devices and leave your house. If it is a serious case, go to the emergency room and tell the doctor you suspect carbon monoxide poisoning.

More information about carbon monoxide poisoning is available at the EPA's website at [www.epa.gov/iaq/pubs/cofsh.html](http://www.epa.gov/iaq/pubs/cofsh.html).

#### **The Voice**

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

#### **Classified ads**

– Part-time experienced caregiver needed White Center ASAP. 20 hours per week, split shifts, \$15. Background check required. One year minimum work contract. 206-762-1264

– Stay-at-home mother providing babysitting services for those who can't afford expensive daycare costs and don't qualify for DSHS assistance. White Center/West Seattle. Open Daily! 6 a.m. – 10 p.m. 206-769-3715

# Free citizenship classes offered

## Sessions open in Birch Creek, Greenbridge and High Point

BY VOICE STAFF

Do you want to become a U.S. citizen? Neighborhood House is hosting free citizenship classes at three locations in Seattle and King County: High Point Center in West Seattle, Wiley Center in Greenbridge/White Center and Birch Creek Center in Kent.

Each site offers a beginning and advanced class session, with topics covering American history, naturalization questions and other components of the citizenship exam.

The program also offers practice in writing and reading, and in mock interviews. Case managers are available to assist with application processes, including help with N-400 applications, fee waivers, and Medical waivers.

Enrollment is open and ongoing, and all classes are free. See below for detailed information about the site nearest you.

### Birch Creek Center in Kent

Monday and Wednesday  
1:15 – 4:15 p.m. (low level)  
4:45 – 6:45 p.m. (high level)  
Free classes to eligible individuals  
Mock interview practice  
Reading and writing activities

Birch Creek Family Center  
3111 SE 274th St.  
Kent, WA 98030  
253-277-1667

Instructor: Rechelle Schimke (rechelles@nhwa.org, 206-446-1097)

Languages spoken on site: Spanish, French, Somali, Vietnamese, Burmese, Russian, Ukrainian

### Wiley Center in Greenbridge/White Center

Tuesday and Thursday  
Noon – 3 p.m. (low level)  
3 – 5 p.m. (high level)  
Free classes to eligible individuals  
Mock interview practice  
Reading and writing activities

Wiley Center  
9800 8th Ave S.W.  
Seattle, WA 98106  
206-461-4554  
Instructor: Rechelle Schimke (rechelles@nhwa.org, 206-446-1097)

Languages spoken on site: Spanish, French, Somali, Vietnamese, Burmese, Russian, Ukrainian, Khmer

### High Point in West Seattle

Monday and Thursday  
11:30 a.m. – 2:30 p.m. (low level)  
4 – 6 p.m. (high level)  
Free classes to eligible individuals  
Mock interview practice  
Reading and writing activities

High Point Center  
6400 Sylvan Way S.W.  
Seattle, WA 98126  
206-588-4900  
Instructor: Julia Kevon (juliak@nhwa.org, 206-588-4900, Ext. 615)

## New website links renters and landlords in Seattle and King County

### Service lets users list and search housing for free

A new website, [www.HousingSearchNW.org](http://www.HousingSearchNW.org), lets landlords advertise properties free of charge, while renters can search for free to find rentals that fit their needs. The new web-based service is supported by a toll-free call center that can provide assistance in English and Spanish as well as other languages spoken by King County residents. Property owners are registering their properties now. The site will be available for searches by those seeking housing on Feb. 15.

The new service was created by local government agencies working with non-profits including the Tenants Union, the Puget Sound Rental Housing Association and affordable housing developers. Operating costs are being provided for the first three years by the City of Seattle, King County, United Way of King County, Seattle Housing Authority and King County Housing Authority.

“Access to affordable housing is critical to our economy and to the health of our community,” said SHA Communications Director Virginia Felton, a member of the steering committee for the new service. “We believe this service will greatly assist King County residents in locating the housing they need.” The Seattle Housing Authority is serving as the fiscal agent and

local administrator for the service.

Properties listed on HousingSearchNW.org include a wide range of publically assisted and private, scattered-site housing. Prospective tenants can search for rentals according to specific needs, such as proximity to medical facilities, public transit and schools. Listings can be sorted by rent amount, ZIP Code, date available and other important factors. HousingSearchNW.org offers landlords 24-hour access to managing, adding and updating property listings, and listings can highlight amenities and include photos.

“We’re excited about the ability of this service to connect our residents to housing opportunities,” said KCHA Communications Director Rhonda Rosenberg. “We’re encouraging property providers to take advantage of the free advertising and list their vacancies on HousingSearchNW.org to help make this service as useful as possible.”

HousingSearchNW.org is powered by Socialserve.com, a 501(c)(3) not-for-profit, dedicated to serving the affordable housing needs of communities. Seattle joins an ever-growing network of regions using Socialserve.com that currently spans 31 states.

Residents can search and list on [www.HousingSearchNW.org](http://www.HousingSearchNW.org) online 24 hours a day or call a toll-free, bilingual call center for assistance: 1-877-428-8844, Monday through Friday, 6 a.m. to 5 p.m. Pacific Time.

## Be safe

BY KELLY MCKINNEY  
Seattle Neighborhood Group

Seattle Neighborhood Group now has personal safety cards translated into six languages. Translated languages include: Somali, Amharic, Tigrigna, Spanish, Vietnamese and Chinese. There is also an English version.

The newly translated cards briefly cover some of the same information included in the personal safety brochure. The cards are not as detailed as the brochure, but they do provide limited English speakers with information on how to stay safe.

Each card includes tips on reducing theft, strategies used by thieves to distract potential victims, how to be safe on the street and around your vehicle, and how to respond if threatened. If you have any

## Seattle Neighborhood Group has translated personal safety cards

neighbors who do not read English, these cards may be helpful in providing important information.

If you would like some personal safety cards for your community, you can contact Seattle Neighborhood at 206-323-9666 or [info@sngi.com](mailto:info@sngi.com).

During these stormy, cold months, please remember, do not bring barbecues into your house to cook or provide heat if you lose electricity. Barbecues produce toxic fumes that can kill you. They can also cause fires.

*Kelly McKinney (323-7084) and Allan Davis (323-7094) are Community Education Coordinators for Seattle Neighborhood Group. Call Allan or Kelly for crime prevention information or help with your safety and security concerns.*

## Support for those caring for others

### Neighborhood House offers support for caregivers in Seattle, King County

BY SOPHA DANH  
Neighborhood House

Neighborhood House has been a prominent figure in Seattle and King County, offering a wide range of support from early childhood play and learn opportunities to senior information and referral services. Working with the many ethnic communities we are in, NH has seen the different ways that families and kin-folks care for each other, and the lack of services that are available to those who provide care for others. At NH, we have two programs available to help caregivers experience less stress associated with caregiving.

#### Family Caregiver Support Program

Many people who care for a loved one, a friend or a neighbor do not think of themselves as caregivers. If you help an adult with tasks such as meal preparation, personal care and errands; or check in by phone and/or in person on a daily basis; or schedule and maybe even attend doctor’s appointments with a loved one, you may be a caregiver. You may also be eligible for our Family Caregiver Support Program (FCSP).

Your role as a caregiver is an important one, because family caregivers help to ensure their loved ones are living independent and dignified lives. FCSP provides language-specific support, referrals to caregiving support groups, counseling and other resources, referrals for respite care if you need a break, and more.

If you are caring for an older adult or an adult with a disability, and you are not paid to provide care, you may be eligible for FCSP.

#### Kinship Caregiver Support Program

Kinship care is a service by family members that provides a stable home and loving environment for children to prosper in. Kinship care helps to prevent children from being put into the foster care system.

We understand that kinship care is hard on kinship caregivers and care recipients. The Kinship Caregiver Support Program (KCSP) is an attempt to help with some of the hardships associated with kinship care.

Through workshops, trainings and more, kinship caregivers will receive the services, resources and support needed to provide better care. You may be eligible for this program if you are a grandparent or a relative caring for a child, age 18 or younger.

#### More information

If you are a caregiver and are interested in either of these programs that NH has available, please contact us. We would love to connect you to services and support so that you able to help others better. Our programs are available all the NH sites, including Birch Creek Family Center in Kent, High Point, Lee House at NewHolly, Rainier Vista, Wiley Center at Greenbridge and Yesler Terrace. For language support, please call:

Annie Edwards (English) at 206-461-4522, Ext. 204, [anniee@nhwa.org](mailto:anniee@nhwa.org)

Steven Van (Cambodian) at 206-229-7350, [stevENV@nhwa.org](mailto:stevENV@nhwa.org)

Hinda Abdi (Somali) at 206-778-6055, [hindaa@nhwa.org](mailto:hindaa@nhwa.org)

Gurey Faarah (Somali) at 206-353-7989, [gureyf@nhwa.org](mailto:gureyf@nhwa.org)

Long Luu (Vietnamese) at 206-571-5080, [longl@nhwa.org](mailto:longl@nhwa.org)

Lyudmila Shornal (Russian and Ukrainian) at 206-734-0366, [lyudmilas@nhwa.org](mailto:lyudmilas@nhwa.org)



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

# TRANSLATIONS

## TRANSLATED ARTICLES FROM THE VOICE

ធ្វើអោយប្រាកដនៅការអោយកូនតូចអង្គុយលើរទេះឡាន ក្រសួង NHTSA បានលើកទឹកចិត្តមាតាបិតាដែលមានកូន តូចឬទារកអោយដាក់នៅលើរទេះឡានសំរាប់ម្យ៉ាងយោងទៅតាមច្បាប់តម្រូវអោយ។ ការព្រួយបារម្ភជាងគេនោះគឺ ក្មេងដែលនៅក្រោមអាយុមួយឆ្នាំហើយក្រោម ២០ ផោន។ អ្នកធ្វើរទេះឡានសំរាប់ក្មេងតូចឬទារកនោះ តាមធម្មតាបាន ប្រាប់នៅកំរិតកំពស់និងទម្ងន់។ សូមមើលក្រដាសណែនាំ ដែលភ្ជាប់ជាមួយរទេះឡានដើម្បីអោយបានដឹងពិតប្រាកដថា មួយណាត្រូវនឹងក្មេងជិះនោះ។ សូមដាក់កូនទារកបែរមុខទៅ ខាងក្រោយរហូតដល់កូននោះធំត្រឹមកំរិតដែលអាចអោយជិះ បែរមុខដូចមានការណែនាំលើក្រដាសតាមច្បាប់តម្រូវ។ នៅ ពេលដែលកូននោះធំបានដល់កំរិត ធម្មតា អាយុ ៤ ឆ្នាំ និង ៤០ ផោន ក្មេងនោះគួរតែជិះនៅលើប៊ូស្ត័រហើយអង្គុយនៅ ខាងក្រោយរហូតដល់ពេញវ័យដែលអាចដាក់ខ្សែក្រវាត់ខ្លួន ឯងបាន។ ខ្សែក្រវាត់ដែលពាក់បានត្រឹមត្រូវនោះគឺខ្សែក្រ វាត់ពាក់ពីលើភ្លៅនិងស្មៅហើយជុំវិញឆ្លង។ តាមធម្មតា សំរាប់ក្មេងបានអាយុ ៨ ឆ្នាំ ឬ កម្ពស់ ៤ ហ្វីត ៩ អ៊ីញ។ ត្រូវប្រើកៅស៊ូប៊ូស្ត័រអោយបានត្រឹមត្រូវដោយបំពាក់ទំពាក់ ក្រវាត់នោះអោយជាប់មាំទៅនឹងទំពាក់កៅស៊ូឡានរហូតដល់ ក្មេងនោះបានអាយុ ៨ ឆ្នាំ ទម្ងន់ ៨០ ផោន ហើយកម្ពស់ ៤ ហ្វីត ៩ អ៊ីញ។ សូមចងចាំផងដែរថា ច្បាប់នៅរដ្ឋវ៉ាស៊ីន តុននេះក្មេងទាំងអស់ដែលនៅក្រោមអាយុ១៣ឆ្នាំត្រូវ អោយជិះនៅខាងក្រោយ។

**ልጅዎ ገዛ ላይ ትክክለኛ መኪና ውስጥ መኖሩን ወይም ከፍ በሚያደርግ መቀመጫ ላይ መሆኑን ያረጋግጡ።**  
 NHTSA በአሁኑ ሰዓት ህፃናት ያላቸውን ወላጆች በትክክለኛ መንገድ መጓጓዣቸውን ወይም ተገቢ በሆነ መቀመጫ ላይ እንዲጓጓዙ በማበረታታት ላይ ይገኛል።  
 ለዚህ የተለየ ትኩረት በአሁኑ ሰዓት የሚሰጣቸው ከ 1 ዓመት በታች በሆኑ ወይም ከ20 ፓውንድ በታች ለሆኑ ህፃናት ነው።  
 በአብዛኛው መኪናና የልጆችን መቀመጫ የሚሰሩ ካምፓኒዎች ልጆችን ከፍ አድርጎ የሚያስቀምጠውን በፓውንድና እንዲሁም በቁመት ገልፀው መኪናውን ያስቀምጣሉ።  
 ትክክለኛ የልጅዎን መቀመጫ ለማወቅ መመሪያ በተሰጠው ወረቀት ላይ ይመልከቱ።  
 በተቻለ መጠን የህፃናት መቀመጫ ፊቱ ወደኋላ የዞረ ቢሆን ይመረጣል። አንዴ ይህን የቁመትና የክብደት የህፃናትን መጠን በሚገልፀው መመሪያ ውጭ ከሆኑ ልጆችን በአምስተኛ ነጥብ በሚኖረው ፊታቸው ወደፊት በሚያሳዩው መቀመጫ እድሜያቸው ከፍ እስኪደረስ መጠቀም ይችላሉ።  
 ልጆች አንዴ ፊታቸው እንዲታይ የሚያደርገውን መቀመጫ ካለፉ (በአብዛኛው በ 4 ዓመትና ፓውንዳቸው 40 እስኪሆን) ከፍ ከሚያደርግ መቀመጫ ላይ በመሆን ከኋላ በሚገኘው መቀመጫ ቀበቶውን ማሰር አለባቸው።  
 የመቀመጫ ቀበቶ በስነሰርዓት መታሰር ይኖርበታል። ይህም ቀበቶው ከክንድ በላይ (ከሆድ ሳይሆን) የትክክላቸው ቀበቶ ደግሞ በደረት ዙሪያ (በአንገት ዙሪያ ወይም ከክንድ በታች ሳይሆን) መጠቀም አለባቸው። ይህ የሚሆነው እድሜያቸው 8 ወይም 4 ፊትና 9 ኢንች ቁመት ሲሆናቸው ነው።  
 ልጅዎን በተገቢው መንገድ ለማስቀመጥ ከፍ አድርጎ የሚያደርገውን በመኪና ውስጥ የሚረዳውን የመቀመጫ ቀበቶና የትክክላቸው ማስተካከያ እድሜያቸው 8 እና 80 ፓውንድ ሲሆን እንዲሁም 4 ፊትና 9 ኢንች እስኪሆናቸው ይጠቀሙ።  
 ለማስታወስ ያህል በዋሽንግተን እስቴት እድሜያቸው ከ13 አመት በታች ለሆኑ ልጆች መኪና ውስጥ ከኋላው መቀመጫ መሆን አለባቸው።

Ensure your child is riding in the appropriate car or booster seat  
 Garantiруйте своему ребёнку безопасность в машине  
 Национальное агенство по безопасности дорожного движения поддерживает родителей в их стремлении обеспечить своему ребёнку безопасность при поездке в машине, подбирая подходящее для него сиденье.  
 Особенное внимание уделяется детям до года и весом меньше 20 паундов. Изготовители автомобильных сидений для детей обычно указывают на своих изделиях допустимый вес и рост. Руководствуйтесь их рекомендациями при выборе подходящего сиденья для ребёнка.  
 Держите своё дитя в кресле лицом к багажнику как можно дольше. Когда они перерастут по росту и весу младенческое кресло, пересадите их в кресло с пятью укрепляющими ремнями, лицом по направлению вперед, пока они снова

не вырастут до допустимых для кресла пределов.  
 Когда дети вырастают из этих своих кресел (обычно около 4-лет и весом 40 паундов), они должны ездить на заднем сиденьи в бустер сит (повышающем сиденьи) до тех пор, пока ремень безопасности охватывает их правильно.  
 Правильно пригнанный ремень означает, что нижняя его часть должна охватывать верхнюю часть бёдер ( не живот), а плечевой ремень должен располагаться наискось по груди (не через горло или под мышкой). Это обычно бывает, когда ребёнку 8 лет или когда он 4 фута, 9 инчей ростом.  
 Используйте бустер сит, чтобы ремни безопасности правильно охватывали ребёнка до тех пор, пока им не исполнится 8 лет, или они будут весить 80 паундов и их рост будет на меньше 4 футов, 9 инчей.  
 И помните, что в штате Вашингтон все дети до 13-летнего возраста должны ездить только на заднем сиденьи.

**HÃY BẢO ĐAM RẰNG CON EM QUÍ VỊ NGỒI ĐÚNG VÀO GHẾ CỦA CHÚNG LÚC ĐI XE**  
 Nha Lộ Vận khuyến khích các phụ huynh mà có con nhỏ hãy đảm bảo cho việc các em lúc đi xe được ngồi vào đúng các loại ghế của chúng (ghế của trẻ em nhỏ, ghế ngồi độn lên).  
 Đặc biệt quan tâm đến các trẻ em dưới 1 tuổi hoặc cân nặng dưới 20 cân Anh.  
 Những nhà sản xuất ghế cho trẻ em hay ghế độn cho trẻ em thường cho các hướng dẫn bao gồm ấn định về chiều cao và cân nặng. Hãy dựa vào những hướng dẫn của họ để chọn đúng ghế thích hợp.  
 Hãy đặt cho trẻ sơ sinh ngồi quay ra phía sau , càng dài lâu càng tốt. Khi chúng vượt qua chiều cao và cân nặng qui định cho ghế của trẻ sơ sinh, thì hãy giữ cho chúng (ngồi) quay về phía trước theo 5 điểm qui định khít khao, và lần nữa, cho chúng ngồi thế nào càng dài lâu càng tốt, cho tới khi chúng lớn đủ

ngồi chặt cái ghế.  
 Khi mà con em quý vị lớn đủ để ngồi chặt cái ghế ( thường thì là lúc chúng 4 tuổi hoặc nặng 40 cân, thì lúc đó các em mới ngồi vào cái ghế độn- booster seat) và ngồi ghế băng sau, cho tới khi dây nịt an toàn vừa khít khao với chúng.  
 Dây nịt an toàn vừa vặn khi nó chòang khít khao qua phần trên đùi ( chớ không phải phần bụng) và phần dây chòang qua vai phải xuyên ngang qua ngực ( chớ không phải xuyên ngang qua cổ, hoặc chòang dưới nách). Thường thì là trẻ em cỡ 8 tuổi hay có chiều cao 4 bộ 9 inch.  
 Hãy dùng ghế booster cho đúng cách ở vị thế đúng của dây nịt an toàn của chiếc xe, và dây nịt vai vừa vặn cho đến khi trẻ em được 8 tuổi, cân nặng 80 cân Anh, và có chiều cao 4 bộ 9 inch.  
 Và hãy nhớ rằng, ở tiểu bang Washington, trẻ em dưới 12 tuổi lúc đi xe thì phải ngồi băng sau.

Kuhakikisha mtoto wako ni wanaoendesha katika gari sahihi au kiti cha nyongeza  
 Ya NHTSA ni kuwahimiza wazazi na watoto wadogo ili kuhakikisha watoto wao au mtoto ni wanaoendesha katika gari sahihi au kiti cha nyongeza.  
 Ya wasiwasi hasa watoto ambao bado chini ya umri wa mwaka 1 na / au chini ya 20 paundi.  
 Gari na watunga nyongeza ya kiti cha kawaida ni pamoja na urefu na uzito mipaka na viti vyao. Kutaja viongozi wao kuamua ya kiti cha haki kwa mtoto wako.  
 Kuweka mtoto wako katika kiti cha nyuma-yanayowakabili kwa muda mrefu kama iwezekanavyo. Mara moja wao kuzidi mipaka ya urefu na uzito wa kiti cha mtoto, kuwaweka katika kumkumbatia snug-ya kuunganisha tano hatua ya kiti cha mbele yanayowakabili, mpaka mara nyingine tena, wana outgrown uwezo wa kiti.

Mara moja watoto outgrow yao mbele-ta viti (kawaida katika mafungu karibu miaka 4 na 40), wanapaswa wapanda katika viti vya kuongezea na katika kiti cha nyuma, hata kiti mikanda fit vizuri.  
 Mikanda ya kiti fit vizuri wakati ukanda Lap aliandika katika mapaja ya juu (sio tumbo) na ukanda wa bega inafaa katika kifua (si hela shingo au chini ya mkono). Hii ni kawaida katika umri wa miaka 8 au wakati mtoto ni miguu 4, 9 inches tall.  
 Kutumia kiti cha nyongeza vizuri nafasi ya mtoto wako katika kufahamu ya ukanda wa kiti cha gari hilo na harnesses bega mpaka wao ni umri wa miaka 8, kupima paundi 80 na kusimama miguu 4, 9 inches tall.  
 Na kukumbuka, katika Jimbo la Washington watoto wote chini ya umri wa miaka 13 lazima wapanda katika kiti cha nyuma.

ቆልዓ ደቅኩም ኣብ መኪና ኪስቀሉ ከለው ግቡእ ናይ ቆልዑ ኩርሲ ከምዝጥቐሙ ኣረጋግጹ።  
 ዝተባህለ ሃገራዊ ምምሕዳር ድሕነት መገዲ፣ ናእሽቱ ቆልዑ ዘለውዎም ወለዲ ደቆም ኣብ ማኪና ኪስቀሉ ከለው ግቡእ ናይ ማኪና ኩርሲ ኪጥቀሙ ይሕብር።  
 ብፍላይ ዕድሜኦም ትሕቲ ሓደ ዓመት፣ ከብደቶም ከአ ትሕቲ 20 ፓውንድ ንዝኾኑ ቆልዑ ፍሉይ ጥንቃቄ እዩ ዘድልዮም።  
 ንቆልዑ ዝኸውን ናይ ማኪና ኩርሲ ዝሰርሑ ትካላት ኣብቲ ኩርሲ ቁመትን መጠን ክብድትን ስለዝሕብሩ ንደቅኹም ዜድሊ ናይ ማኪና ኩርሲ ክትዕድጉ ከለኹም መወከሲ ክኾኖኩም ይኸእልዩ።  
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## Housing Authority offices will move in March

### *New building to house central office, Porchlight and operations*

BY SEATTLE HOUSING AUTHORITY STAFF

Seattle Housing Authority will consolidate staff from three separate locations into new offices on Lower Queen Anne by the end of March. Located at 190 Queen Anne Ave. N., the new headquarters building will bring together staff from the current Central Office at 120 Sixth Ave. N., from the Porchlight building in Ballard, and from the Operations Support Center in north Seattle.

Administration and admissions functions for the agency's rental housing and for the Housing Choice Voucher program (Section 8) will be located here. Many resident services, including annual reviews and employment services will also be available.

According to Deputy Executive Director Al Levine, the move will allow housing authority staff to work together more effectively at this single location.

"This allows us to take advantage of favorable leasing rates in the current real estate market," said Levine. "We will save money over the long term by selling our current office buildings and leasing for the next eleven years."

The current Central Office building at 120 Sixth Ave. N. was sold last summer, and the Porchlight office building in Ballard is currently up for sale.

Most staff phone numbers will remain

the same throughout and after the move. The mailing address for the new office building will be:

Seattle Housing Authority  
190 Queen Anne Ave. N.  
P. O. Box 19028  
Seattle, WA 98109-1028

The new offices will be in a five-story building just north of Denny Way on Queen Anne Avenue North. Seattle Housing staff will occupy four out of the five floors, including the ground floor, which will house the admissions office and a large room where public meetings can be held. Seattle Housing's Board of Commissioners will hold its meetings there beginning in March or April.

The new offices are well served by transit from downtown Seattle and from the Fremont/Ballard area. While the building is slightly further from the downtown core than the current headquarters, transit connections serving the new location are plentiful. Current northbound Metro service on First Avenue North connecting the new office with downtown Seattle include routes 15, 17, 18, 19, 24 and 33. Buses on nearby Denny Way include routes 1, 2, 8, 13, 15, 18, 30 and 81. Southbound Metro Lines on Queen Anne Avenue North itself include routes 1, 2, 8, 13, 15, 18, 81 and 994.

The move is scheduled to take place over at least three weekends during March. People meeting with housing authority staff during this transition period are advised to check with staff a day or two prior to their meeting to confirm its location.

## What's love got to do with it?



PHOTO BY BRENDA NETH

Lorraine Clark, resident of University House, with canine companion Chloe

### *Members of the U- House community share their personal definitions of love*

BY BRENDA NETH

University House resident

Since it's February, now is the time to think about what love means and what it means to bring love into the community. Here are just a few thoughts from folks at University House.

"It's understanding each other, having an attitude of being willing to understanding each other. I will do whatever I can do." — Jack Te, resident and artist

"Love means accepting people right where they are in their lives, recognizing

we are all human beings, listening to one another. Love is taking care of each other like a family member, because we are all family." — Margaret Walker, case manager, Aging and Disability Services

"The word 'Love' to me means soulfulness in motion. I want to show love by treating myself and others as if we were made in the likeness of God." — Dee, resident

"Love is giving with the heart — with all your heart and soul — to anyone you care about, without expecting anything in return. Giving love makes your heart sing and sunshine fill your soul, it makes you smile from the inside out. I will continue to do what I do best — care about people I know and even some I don't know yet. At work, at

Please see "Love" on Page 2

## Seattle Housing board commissioners Gibson and Martinez reappointed through March 2015

BY SEATTLE HOUSING AUTHORITY STAFF

Mayor Mike McGinn has reappointed Nora Gibson and Juan Martinez to the Seattle Housing Authority's Board of Commissioners for four years. The Seattle City Council confirmed the reappointment in early December 2011.

"Congratulations to both Juan and Nora for this strong affirmation of their commitment to the Seattle Housing Authority and the broader Seattle community," said Tom Tierney, the agency's Executive Director.

The Seattle Housing Authority is governed by a seven-member Board of Commissioners, two of whom are housing authority residents. The Mayor of Seattle

appoints the board members, subject to confirmation by the Seattle City Council. The commissioners are responsible for approving the agency's annual budget and for setting policy.

Commissioner Nora Gibson is the executive director of Full Life Care, a nonprofit organization which provides adult day health services in the Pacific Northwest. Her 30-year career has focused on providing community-based long-term care for aging adults. Gibson is also currently a board member of the National Pioneer Network, the Brain Injury Association of Washington, Alzheimer's Association and Washington Adult Day Services Association.

Commissioner Juan Martinez works as a Constituent Liaison for a Congressional office in Seattle. He formerly served as the State Field Director for a community advocacy organization where he worked with community, education, labor, faith and human services organizations to advocate for a progressive tax system that would benefit working families. He also spent five years working as a case manager for the Washington Department of Social and Health Services.

Both commissioners were originally appointed to the Seattle Housing board in August 2007 and their current terms will expire in March 2015.



Nora Gibson



Juan Martinez

## Changes to The Voice: Slimmed down print edition; website in the works

BY TYLER ROUSH

The Voice editor

You may have noticed when you picked up this month's issue of The Voice that it's a bit lighter than usual. Longtime readers may even be asking themselves, "Hey, where's the rest of The Voice?"

As you can see, both the front section and the Seattle Housing News section of The Voice are now four pages. It was a difficult decision to downsize the newspaper, but one that will enable us to continue producing a print version of The Voice in what is a difficult budget year. The ongoing recession has led to cutbacks in services and programs around the state, and The Voice is no exception.

The good news is, a shorter print edition of The Voice allows us to dedicate more resources to pursuing other publishing formats. Later this year, The Voice will be introducing a brand-new website, where you'll find up-to-date stories of local, regional and national interest.

The online format will allow us to publish breaking news and information in a more timely manner than the print edition's monthly production schedule. Going forward, stories that appear in the print version of The Voice may be published first on our website. We'll also feature some exclusive

content, photo galleries, links to service providers and other information that isn't easily reproduced in print.

With a Voice website, you'll be able to read The Voice anywhere you can get an internet connection. And for those who prefer the look and feel of a newspaper in their hands, we'll deliver the print version of The Voice every month, same as before.

We remain committed to reporting on the stories that matter most to you. Stay tuned for updates on our upcoming website, and thank you for reading The Voice.

### Content guide

Don't see your neighborhood section? Consult the guide below to find the logos that correspond to your community.

-  High Point Herald
-  NewHolly Notes
-  Rainier Vista News
-  Yesler Happenings

# Some utility allowances changed on Feb.1

BY SEATTLE HOUSING AUTHORITY STAFF

The Seattle Housing Authority changed utility allowances for low-income public housing (LIPH) residents living in high-rise apartment buildings, Yesler Terrace, Jackson Park Village and Cedarvale Village on Feb. 1, 2012. The Housing Authority is required by the U.S. Department of Housing and Urban Development (HUD) to adjust utility allowances when utility rates change by at least ten percent or when energy improvements to a building change residents' consumption.

These utility allowances were last adjusted on Nov. 1, 2001. Seattle Housing adjusted allowances now because Seattle City Light changed its rates on Jan. 1, 2012, which resulted in a cumulative electric rate change of over ten percent. These allowance adjustments also reflect consumption changes that have occurred in these buildings or communities.

On Dec. 1, Seattle Housing Authority sent notices to residents affected by the change. This notice included specific information about the new allowances and whom to contact for questions or comments.

## What is a utility allowance and how does it impact rent?

A utility allowance, also known as a utility estimate, is a reduction in a tenant's rent to be used towards paying utility bills. HUD requires that public housing authorities provide a utility allowance to residents who pay a utility bill. The allowances for these current changes are being based on actual energy consumption. This information was provided by Seattle City Light for each building or community (such as Yesler Terrace). The Housing Authority calculated the average energy use for each building and bedroom size and inflated the averages by 15 percent to provide a greater "cushion" for residents. This method for calculating

allowances is recommended and approved by federal and state agencies.

A household's actual utility bills may be greater or less than the utility allowance provided. For around 65 percent of households in the Low Income Public Housing program, the allowance will be higher than the average monthly electric bill. If a resident uses energy in a reasonably conservative manner, their energy bills should be close to the utility allowance. However, if a resident uses more energy than the conservative standard, their utility allowance may not cover the entire electric bill.

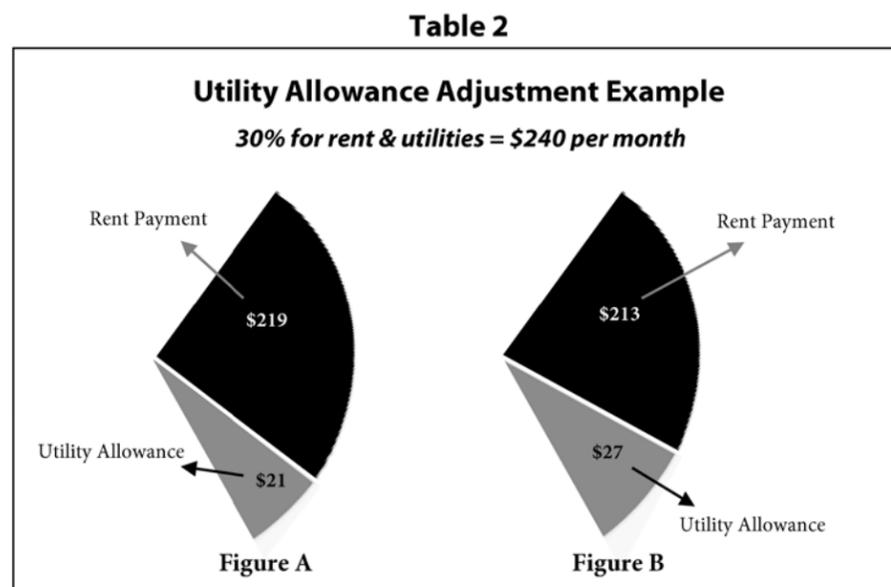
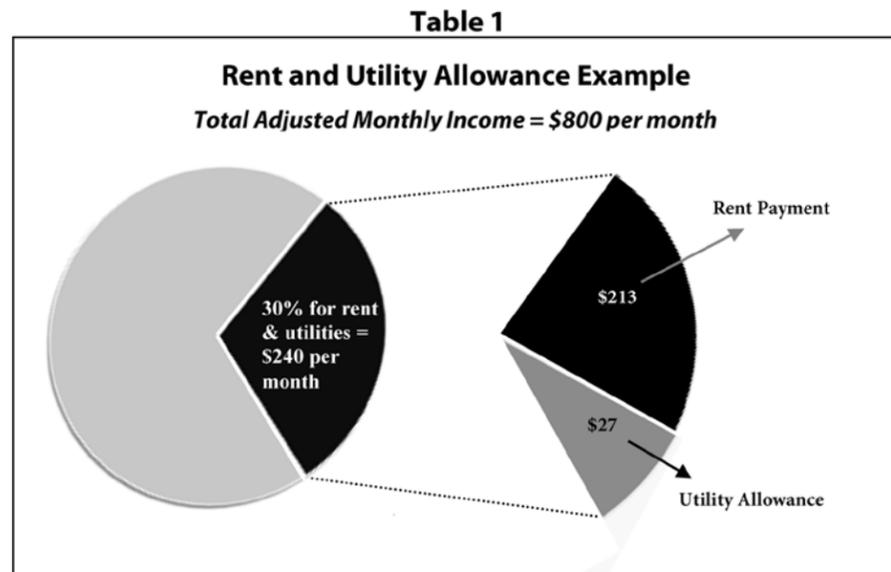
The amount a resident pays for rent is impacted by changes to their utility allowance (Table 2). If the utility allowance decreases, the rent payment goes up (Figure A). Similarly, if the utility allowance increases, the resident's rent payment goes down (Figure B). The utility allowance adjustments effective Feb. 1 decreased most household's utility allowance by about \$3, which corresponds to a \$3 increase in rent. Residents in some apartments at Olive Ridge and Beacon Tower experienced greater changes.

## What factors affect the utility allowance?

Since the allowances were last adjusted in 2001, electric rates have gone up. However, many buildings have become more energy-efficient. The new utility allowances are meant to more closely reflect actual energy consumption. They take into account all changes at the buildings – window replacements, lighting upgrades, increased insulation, and new ventilation systems. For many buildings the utility allowances are being lowered because the buildings are using less energy.

## Is there a hardship policy for residents?

Residents with high consumption caused by circumstances outside of their control can



apply for relief under the hardship policy. For example, special health-related equipment prescribed by a physician could result in increased utility bills. Or malfunctioning equipment might cause higher usage, which

would be taken into account for a hardship waiver.

To apply for financial relief, residents should contact their Property Manager.

## Women's health forum: Body, mind and nutrition

**HP** The Neighborhood House High Point Center will host a women's health forum from 5:30 – 8:30 p.m. Friday, Feb. 24.

The evening will begin with a dinner for the women participating in the forum and their children. Childcare will be provided throughout the event.

After a welcome and introductions of the speakers, participants will be split into three groups in order to facilitate translation for Somali, Amharic, Vietnamese, Cambodian and Spanish speakers. All lectures will be in English.

Each group will receive the 20-minute workshops in succession. The first speaker's topic, the body, will focus on OB/GYN concerns and annual screenings as well as pregnancy. The lecture about

the mind will cover mental health, focusing on topics such as anxiety, depression and post-traumatic stress disorder.

The nutrition workshop will center on health issues such as diabetes, hypertension, aches and pains, and prevention of these ailments.

There will be a Q & A session following each presentation, so that the participants may ask the healthcare professionals any questions they have on-site. Informational tables will be accessible to all participants throughout the event.

There will be a lot of great resources on hand for women to access, from the Neighborcare High Point Clinic to blood pressure checks and Walgreens to the High Point Food Bank!

## Nature Consortium offers free art classes at Rainier Vista

**RV** Nature Consortium's Youth Art Program provides free art classes during after-school hours to youth ages 5-18.

This quarter we are offering World Drumming, Hip Hop, Visual Arts Workshops, Natural Voices, Graphic Design and Open Art Studio. We are located at

the Rainier Vista Boys & Girls Club, 4520 MLK Jr. Way S. We also hold Wednesday art workshops at Neighborhood House Rainier Vista Center, 4410 29th Ave. S.

For class times and more information, contact RV Site Coordinator Grace Scarella (rainiervista@naturec.org) or visit: [www.naturec.org/programs/youth-art-program](http://www.naturec.org/programs/youth-art-program). Nature Consortium – connecting people, the arts and nature!

## Love

Continued from Page 1

home, and everywhere I go — I find myself helping people — seeing a need and doing something about it.” — *Linda Vonheim, assistant property manager, University House*

“I think of Shakespeare and Pablo Neruda, these writer's insights, when I think of love. In the context of social justice, it means bringing fair release for the detainees at Guantanamo Bay Military Prison and Bagram Military Prison in Afghanistan. Love is having compassion for others. I want to

show this through human rights poetry and other non-violent organizing.” — *Larry Ebersole, University House resident and poet*

“I try to meet people and find out about them and let them know I'm there for them if they need me. I love life and being alive. Love is so big ... I love where I live and the people where I live. The people you live with in a building become your family, because you feel for them and you hurt for them. You just try to embrace all the people you meet. We have many friends.” — *Lorraine Clark, resident, with canine friend Chloe*

## SEATTLE CENTRAL LITTLE LEAGUE – Baseball & Softball

**YT** Boys and girls in Yesler Terrace, grab your gloves and get ready for the upcoming season of Seattle Central Little League! Sign-ups are starting now. Scholarships are available. All applications must be received by Feb. 24.

Register online through [www.seattlelittleleague.org](http://www.seattlelittleleague.org)

Or get a registration packet by:

1. Downloading one at [www.seattlelittleleague.org](http://www.seattlelittleleague.org)
2. E-mailing [seattlelittleleague@yahoo.com](mailto:seattlelittleleague@yahoo.com) to have one sent to you
3. Picking up a copy of the registration form at the Yesler community centers or your neighborhood school.

Tell all your friends, send in a registration and come out to play!

## 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.

If you'd like to submit an article, or if you have a question about anything you've read in this publication, please contact Editor Tyler Roush at 206-461-8430, ext. 227 or by e-mail at [tylerr@nhwa.org](mailto:tylerr@nhwa.org).

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



Please recycle me



## A happy and prosperous Year of the Dragon



PHOTO BY CHUNG PING LAM

Residents of Beacon Tower celebrate the Lunar New Year during a community celebration Friday, Jan. 20. The symbol of the new year, the Dragon, is considered to be the luckiest symbol in the Chinese Zodiac.

## Food waste collection coming to a bin near you

BY TYLER ROUSH  
The Voice editor

What to do with that apple core? How about that greasy napkin? And what about these egg shells, or these coffee grounds?

It used to be that these food and paper scraps — all biodegradable — would go into the garbage, and from there into a landfill, where they'd mingle with the plastics, metals and other nonrecyclable items.

But coming soon, all of those items will be able to go into your food waste bin, where they'll be collected and turned into compost, helping to green our local parks and community gardens instead of taking up space in a landfill.

The Seattle Housing Authority is implementing a food waste collection program at all of its properties. Food waste will go into brown or green bins, where it will be collected weekly and turned into compost.

The implementation is still ongoing — currently, 10 high-rise buildings and parts of the High Point community are sorting out their food scraps for composting, according to Sara McCabe, the recycling and waste reduction coordinator at Seattle Housing Authority. The program will likely be implemented at all high-rise buildings by December 2012, with smaller apartments and Scattered Sites properties to follow afterward. Implementation is also planned for the NewHolly and Rainier Vista communities.

### What can you compost?

The short answer is, just about any food scraps. You can set aside for composting

- Fruit and vegetable scraps
- Breads and grains
- Bones and shells (from eggshells to crab shells to nutshells)
- Meats, dairy and cheese
- Uncoated food-soiled paper and napkins
- Uncoated paper plates
- Shredded paper
- Compostable containers
- Grass, leaves and small branches
- Weeds and prunings
- Houseplants

There are a few items that cannot be composted:

- Don't use plastic bags to collect your food waste — the plastic is not biodegradable and won't break down into compost.
- Don't compost oils, fats or grease.
- Don't compost kitty litter or pet waste.

You can store your food waste scraps prior to collection in a number of containers. Line a lidded container with a paper bag or newspapers (double-bagging is a good idea, as food scraps can be messy). Or use compostable bags, available in any grocery store. The bags feel like plastic but are made from corn and will break down along with your compost.

For more information about Seattle Housing's food waste collection program, contact your property manager.

## Improving the view for seniors



PHOTO BY SVEN KOEHLER

Workers deliver the first of more than one hundred new windows being replaced at Nelson Manor as part of an exterior renewal project. The scaffolding that now covers the Senior Housing building in Ballard will be used for both window replacement and installation of a new exterior facade.

BY SVEN KOEHLER  
Seattle Housing Authority

"Watch out overhead for avalanches!" warned the sign outside Blakeley Manor on Jan. 22. What was the reason behind this surprising precaution, more likely to apply at Snoqualmie Pass than in Seattle's University District?

During Seattle's recent big snowstorm, the construction crew from Tatley-Grund wanted to guard against the possibility of snow suddenly shedding from the slippery plastic wrap that covers the top of scaffolding surrounding the building. "When it snows hard, we need to go out there every few hours and bump snow down to avoid a big build up," explained superintendent Pat Edal.

Blakeley Manor is one of four Seattle Senior Housing Program buildings currently wrapped in scaffolding for an exterior renewal project. Work just started at Bitter Lake Manor in late January, while Olmsted Manor and Nelson Manor are growing closer to completion. The scope of work at each of these sites includes a new exterior, structural repairs, improved insulation and new energy-efficient windows.

This work should not only improve the looks of the buildings, but change the way the apartments feel for residents, representatives of the Seattle Housing Authority explained at the construction kick off meeting at Bitter Lake Manor on Jan. 26.

The goal is for leaky walls, drafty win-

dows and excessive condensation to become a thing of the past.

This was the case at Nelson Manor, where resident Jane Chase felt improvements immediately.

"They're just great," said Chase. "I noticed a difference on the very day the windows were installed."

New windows started arriving at Olmsted Manor in late December. Residents there have applauded how easily the new vinyl sliding windows open compared to the ones that were replaced, and the noticeable decrease in noise from outside. Over time, the increased energy efficiency should also become apparent.

One new feature of the new windows that was not obvious at first was the "trickle vent" that is integrated into the window frames. Residents are learning how to use the vents to allow fresh air into the units without resorting to opening the windows.

A small but continuous supply of fresh air to make up for air exhausted from the ventilation system helps reduce moisture build-up in the apartments. Reducing moisture in the air is crucial to improve air quality and reduce problems like condensation and stale-smelling air.

For now, the new windows have made the biggest impact at Olmsted and Nelson, but in the coming month, the new exteriors will take shape and the scaffolding will be peeled away. New windows will arrive at Blakeley and Bitter Lake Manor closer to spring.

## Making way for federal funding in senior housing

BY SVEN KOEHLER  
Seattle Housing Authority

There's no big secret to a long, happy, healthy life: keep focused on your goals and be proactive in taking care of yourself. That is how many folks in the Seattle Senior Housing Program (SSHP) reach their 70's, 80's, 90's and beyond. It turns out, the same thing holds true for the buildings where they live.

The 23 SSHP apartment buildings were constructed thanks to a municipal bond issued in the 1980's. By this point in their lives, the structures face long-term maintenance and capital repair costs. To reach the goal of providing affordable housing to Seattle's seniors well into the future, the program needs to find millions of dollars to take care of the physical needs of the buildings.

Until now, the program has been run independently on an operating budget based on rental income. Rather than raise rents to cover the costs, the Seattle Housing Authority decided to tap into federal funding available through the Low Income Public Housing (LIPH) program for 20 of the buildings. While this move will help bring in funding, there were some considerable administrative strings attached.

Although the agency will continue to run SSHP as a distinct program, independent from the rest of the LIPH portfolio, the income verification requirements of SSHP residents must now match Department of Housing and Urban Development guidelines. To qualify for subsidy this year, at least 95 percent of the residents had to have successfully-verified incomes by the end of 2011.

To get an idea of the work required to achieve this goal, Steven Liang, one of the key staff who managed the project, put it into numbers. In September and October, the Admissions team visited each building and held nearly 1,000 hours of face-to-face appointments.

Going into November and December, numerous property management staff worked behind the scenes for upwards of 5,000 hours to gather, verify, audit and report the results. Added to this, maintenance staff hustled to bring almost 20 vacant units into leasable condition before the holidays to help fill the ranks.

"It was quite a whirlwind of activity, but we hit our target days before Christmas," Liang said.

This was a massive administrative project,

concluded Director of Housing Operations Rod Brandon. "This is a major feat, and I am in awe of my staff for pulling it off so successfully. Getting over 850 residents qualified by the end of the year took personal investment by people at all levels, so I would like to say thank you for a job well done," he said.

In addition to kudos to his staff, Brandon noted the patience, flexibility and helpfulness of residents in achieving the successful conversion. The tight deadline and the fact that this was all new to most people made the verification process more intense than it will be in the future, Brandon explained.

"We're now taking what we learned from the big push to make the next verifications more routine," he said.

# New Year potluck presents multicultural flavors of NewHolly

By STEPHANIE ROSING

NewHolly Community Building Intern

**NH** On Jan. 6 the NewHolly Multicultural Communication Committee hosted the annual New Year Potluck and Neighborhood Night. It was a fun evening focused on joining together in food, games and celebration. The buffet table was filled with delicious and interesting dishes contributed by the community and served by the youth. The dessert table was equally overflowing.

This year's event celebrated the diversity of the residents of NewHolly by encouraging participants to color in maps of the locations around the world where they have lived and traveled, as well as where they hope future travels will take them. Neighbors then shared their maps and stories with one another.

After dinner, neighbors joined in a tasting and guessing game where five different breads and five different spreads from different cultures around the world were presented to each table. People then tried to match the breads with their corresponding spreads. After the game, the Multicultural Communications Committee coordinated community volunteers to explain the origin and traditional spread for each type of bread.

Neighbors attending the event had the opportunity to begin the New Year as active members of the community by signing up for several of NewHolly's community groups, including Emergency Preparedness, Pedestrian Safety, Self-Defense, Block Watch and Parent Committee.

As is part of many Neighborhood Night events at NewHolly, there was a time towards the end of the evening for adult members of the community to vote on awarding a mini-grant to neighbors proposing an event, activity or project that will benefit the NewHolly community in some way.

The mini-grant awarded during the New Year party went to several community members proposing to organize a



PHOTO BY STEPHANIE ROSING

Residents of NewHolly enjoy the the community's annual New Year Potluck and Neighborhood Night, held Jan. 6 at the NewHolly Gathering Hall.

Somali Cultural Celebration for the entire NewHolly community, which will include a fashion show, food and dance. The vote was unanimous, and several neighbors offered to volunteer to support the event.

Part of what makes community events at NewHolly such as success is the participation of neighbors not only in the event but in the clean up as well. Many people stayed

after the event was over to continue their conversations and help make light work of the breakdown and clean up of the Gathering Hall.

Thank you to everyone who organized, volunteered for and participated in this year's New Year Potluck. The calendar with 2012 Neighborhood Nights is available at the NewHolly Community Building Office.

## Notes from the manager

By JUDI CARTER

Seattle Housing Authority

**YT** We need your help! Often, when we conduct annual inspections, we find that faucets are dripping, or toilets are running long after they have been flushed. If you report when a faucet is dripping in your unit, or when the toilet is running as soon as you notice it, the repair is free for you, and it would help us save funds that could be used for other, more important things.

As we walk around the community, we all see litter that someone has dropped, not thinking about anything but where they are going. When I see litter, I often reach down and pick it up, because it is embarrassing to have the community look bad. If we could all just tuck that extra candy wrapper or paper in a pocket until we got to a garbage can or recycle bin, the whole area would be a lot cleaner! Also, when the children take out the garbage, sometimes they get confused about which can to put it in, so they put the bag down on the ground. Then the

birds get into it, and scatter it, which then attracts rats and mice. It is important that no one put bags of trash or food outside.

Now that it is getting really cold, it is important that your garden hose is disconnected from the faucet. If the weather gets too cold, the pipes in the building could freeze if the hose froze up while it was still connected to the outside faucet. The whole building could be without water for more than a day if that were to happen!

During the winter months, it gets dark early. It can be scary walking home late at night when the lights are not working. If all residents would turn on their porch lights in the evening or at least report when a security light is not working properly on the side of their building, it would make the community feel a lot safer at night.

The number to phone for Yesler Terrace or Ritz Apartment work orders is 206-223-3758 during normal business hours, 7 a.m. - 5 p.m. Monday through Friday. If you have an after-hours maintenance emergency, you can phone 206-443-4440.

### Citizens Review Committee meeting Thursday, March 1, Yesler Community Center

Agenda items will include an update on the adaptive reuse of the steam plant, an update on the design for new housing at 1105 E. Fir Street, a report on design of the hillclimb to be built between Yesler Terrace and Little Saigon, an update on city legislation concerning Yesler Terrace and a report on the housing authority's plans to apply for additional development funding through the 2012 Choice Neighborhoods grant process.

### Hillclimb Charrette in February

Seattle Housing Authority and Little Saigon will hold a design charrette in February to receive community input on the future design of the new pedestrian

hillclimb connection between Little Saigon and Yesler Terrace. This hillclimb connection will be built in the 10th Avenue South right-of-way. Yesler Terrace residents will receive a flyer notifying them of the specifics of the event in early February.

### City of Seattle legislation regarding Yesler Terrace

In the next month, the City of Seattle will begin a public comment period focused on the Yesler Terrace Legislation. This legislation will focus on zoning changes, future uses and agreements between the city and Seattle Housing regarding the redevelopment. There will be a public hearing held at Yesler Terrace, which will be publicized widely by city staff in February. Interpretation will be provided.

## A tech center in the heart of High Point

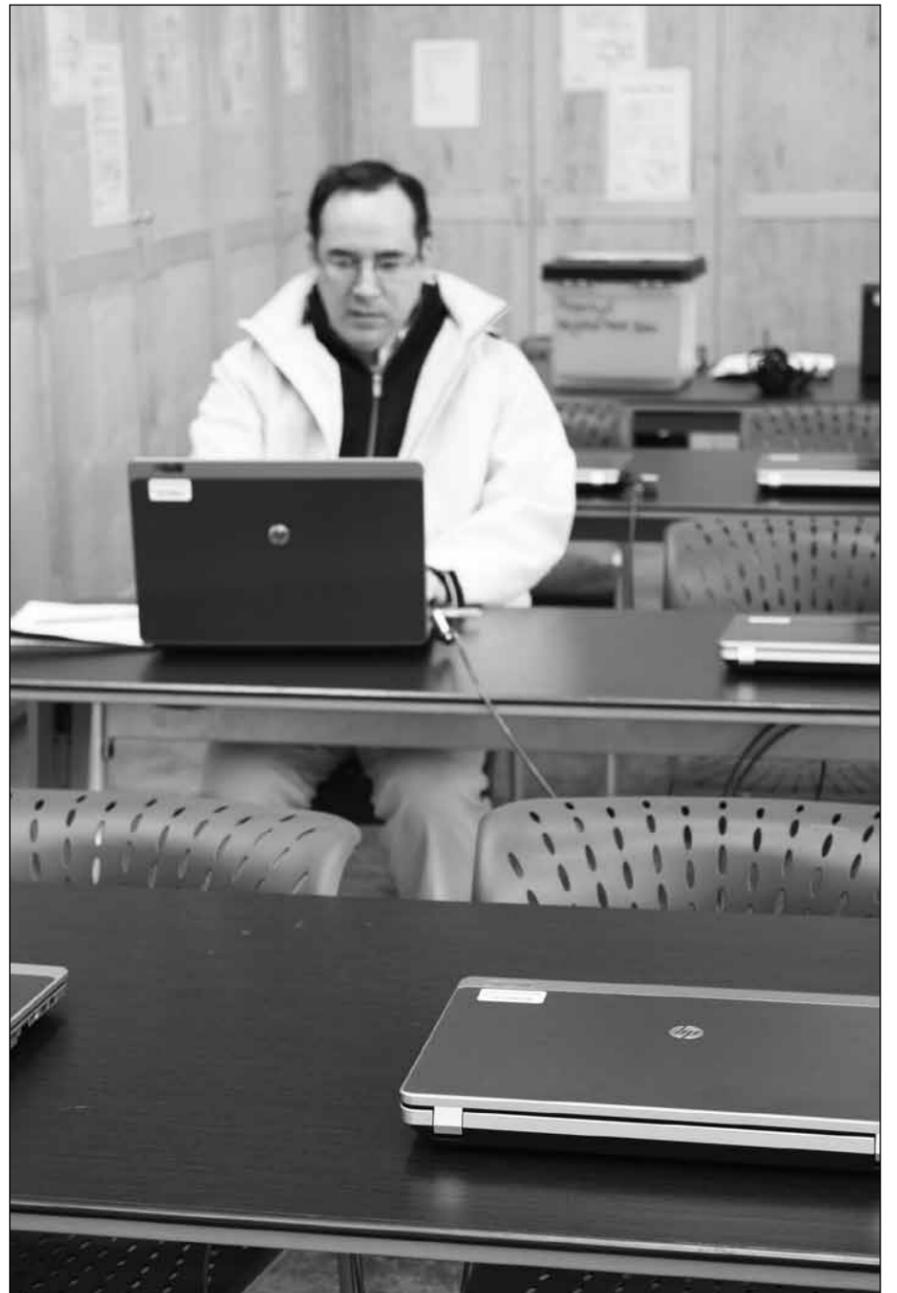


PHOTO BY SARAH CANTALOUBE

**HP** A computer user works at a laptop in the recently opened High Point Technology Center. The lab, located in the High Point Center, hosts open lab hours on Tuesdays, Fridays and Saturdays as well as a variety of free computer classes. For a complete schedule, call 206-588-4900 or email [kathrynm@nhwa.org](mailto:kathrynm@nhwa.org).