On campaign trail, Inslee offers his vision for Washington

By Tyler Roush
The Voice editor

Democratic gubernatorial candidate Jay Inslee laid out the highlights of his campaign platform during a visit last month to the High Point Community Center.

Inslee summarized some of the key elements of his platform — economic growth and job creation, education and health care chief among them — in a 15-minute speech. He also spent some time contrasting himself with his opponent, Attorney General Rob McKenna, the Republican candidate for governor.

McKenna was invited to the March 15 community forum, but was unable to attend. A representative from his campaign, local environmental attorney Joe Mentor, attended in his stead. The event was organized by the High Point Neighborhood Association, with support from the Seattle Housing Community Building office and the High Point Clinic.

It is fair to say that Inslee, the six-term incumbent U.S. representative for Washington's First Congressional District, was the main attraction. He spoke at some length about his background and his campaign platform.

"I know the full breadth and scope of working-class people in Washington," said Inslee, describing work experience that spanned painting houses in Burien to studying biotech and military contracting.

He also turned his attention to education, particularly graduation rates among high-schoolers.

"We have to end this scandal that one out of every four students don't graduate high school," said Inslee, and pledged that he would aim for a 100 percent graduation rate for high-school students.

Inslee reserved most of his remarks to detailing his own plans, but on one issue he was outspoken in his criticism of McKenna. Saying that he supported universal health care for all Americans, Inslee said he was disappointed that McKenna was one of 26 state attorneys general who filed a lawsuit against the Affordable Care Act.

Both state and federal budgets remain uncertain

By Naomi Goodman
Seattle Housing Authority staff

Both state and federal budget negotiations are underway and decisions have yet to be made about levels of funding for affordable housing, health care and safety net programs for people living in poverty. There are fundamental differences being debated on whether to fund safety net programs, how to deal with increasing levels of debt and whether to tax the general public for services provided by the government. The debates in Washington D.C. and Olympia are strikingly similar this year.

At the state level

During the 2012 Washington State legislative session, House and Senate Democrats released budget proposals in February. However, Senate Republicans and three Senate Democrats broke ranks with their party and passed a much more stringent budget in the Senate during the final days of session.

Because the parties were unable to agree on budget details, the legislature adjourned without addressing the $1.1 billion shortfall facing the state. The Governor called for a special legislative session to convene just days after the legislature adjourned.

Democrats wish to preserve funding for much of the human services and health care portfolios. In contrast, Republicans have proposed significant cuts to the human services portfolio to fill the budget gaps. The Republicans are also interested in pursuing several policy reforms to control future debt levels.

Negotiations are ongoing and all stakeholders are hopeful that a budget compromise can be reached.

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.

For information about The Voice’s new home on the web, turn to Page 3.

Visit us online at www.voicenewspaper.org.

The newspaper of Neighborhood House

The Voice

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

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

Nonprofit org.
U.S. postage PAID
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Introducing our new website

www.voicenewspaper.org
Health Notes
A column devoted to your well-being

By Adriane Vetter
Special to The Voice

For those who are seeking natural remedies to illness, or just a way to maintain a healthy immune system, and particularly a healthy digestive system, probiotics have often been found to be very effective.

Probiotics are live microorganisms that have numerous health benefits. They are sometimes known as “good bacteria.” Research into the health benefits of probiotics indicate that they have the ability to not only create a healthy colon, but also keep certain immunological diseases, including flu and colds, at bay. A good thing to have around, for sure! There are several ways to get probiotics into your diet, and many are inexpensive — including certain yogurts and dietary supplements purchased at a local health food store.

They’re also found in kombucha, a tea that is fermented by a culture of yeast and bacteria. A byproduct of the process are good for most people, and particularly help the liver, the organ that detoxifies the body.

Kombucha can be found in many stores and markets, like Madison Market, but I prefer the biodynamic tea made by CommunityTea, which one can buy year-round at both the Ballard Saturday farmer’s market and the University District Sunday Market.

CommunityTea kombucha is made from green tea, thus giving it a lighter, sweeter flavor. So, how much kombucha should one drink per day?

“I suggest four to eight ounces a day, but listening to your body is always the way to go,” said Joyce Joyner, owner of CommunityTea. Joyner added that CommunityTea kombucha (and certain store brands) have a small amount of alcohol in the contents, created during the fermenting process. The amount is low — usually less than 2 percent.

“I suggest consulting your physician before trying any supplement, natural or not, especially if it contains sugar or alcohol, as most good kombucha does.

For most healthy people, kombucha is definitely better than the standard soda drink for its great health benefits. From my own experience, I’ve found it to be a boon to my cold and flu season regimen of preventive, natural medicines.

CommunityTea kombucha can also be found at Floating Leaves Tea in Ballard. For more information on cafes and restaurants serving CommunityTea kombucha, please visit www.communitytea.com.

And for those wishing to buy produce at farmer’s markets, many vendors have let me know that those who participate in Washington Food Stamp and WIC programs can obtain tokens from the farmer’s market information table with which to be able to purchase fresh produce.

Unfortunately, because Joyner’s kombucha does have a small alcohol content, it cannot be purchased this way. However, the price is not prohibitive and the tea comes in a variety of sizes to meet the needs of those on a budget.

Tenants Union’s new website is a resource for renters in Washington

The Tenants Union of Washington (TU) has launched a new website at www.tenantsunion.org. The new site includes essential information and resources relating to the rights and housing rights in Washington state, and is described by the TU as the most comprehensive resource of its kind in the state.

“The Tenants Union is thrilled to offer this all-inclusive resource to Washington State renters,” said Evan Executive Director Jonathan Grant. “Knowing your rights as a tenant is the first step to resolving problems that threaten housing stability. This new website not only makes the TU’s educational services more accessible to tenants statewide, it also connects renters to organizing campaigns and builds power for tenant leadership.”

Tenants who visit the site can find answers to a host of questions in more than 20 topic areas, including repairs, rental deposits, eviction, low-income housing rights and housing protection for survivors of domestic violence. The site also includes information on the history of the TU, on current TU programs, and how to access tenants’ rights counseling offered by the TU. News about tenant issues is also regularly posted to the site.

Inslee Continued from Page 1

opposing the Obama Administration’s 2010 health care law. The challenge is based largely on a provision in the law that requires that all individuals have or purchase health insurance. Opponents of the health care bill argue that to do so would be unconstitutional.

The U.S. Supreme Court heard hearings on the lawsuit for late March, after The Voice deadline.

Inslee characterized McKenna’s opposition to the health-care bill by saying that he opposed providing health insurance to women with breast cancer. When pressed to explain during a question-and-answer session, he said that the health-care law provides individuals who have pre-existing conditions (such as breast cancer), and that McKenna’s lawsuit could strike that down.

Mentor, McKenna’s representative, took exception to that characterization during his own remarks.

“I think that’s outrageous — that’s not what Bob McKenna wants,” Mentor said. “He filed the lawsuit because he doesn’t want the federal government to be able to require each and every one of us to buy insurance.

“It is not because he doesn’t want women with breast cancer to be able to buy health care.

Mentor said that McKenna’s campaign refuted Inslee’s proposal to build more jobs through alternative energy, saying that the state’s current economic woes are what’s holding businesses back from creating new jobs.

“The costs to the rest of us are what prevent us from getting more jobs and building the economy,” Mentor said. He also said that the efficiency of Washington’s hydropower makes it impractical to turn to more energy efficient solutions.

He also said McKenna would “scale back government spending and make it more efficient.”

Though the temperature of the room was decidedly Democratic, Mentor stayed well past his allotted timeline to answer questions from the audience about the TU’s role in changing the state’s legislature.

Tenants who visit can become TU members and connect to the organization through Facebook.

Much of the material was developed in collaboration with Solid Ground Tenant Services, under the review of Legal Action Center attorneys. The resources should be regarded as general information for renters and should not be considered as legal advice.

About the Tenants Union

The mission of the TU is to create housing justice through empowerment-based education, organizing, leadership development, organizing, and advocacy. Founded in 1977, the TU carries on a proud legacy of work to create concrete improvements in tenants’ living conditions and challenge and transform unjust housing policies and practices. As a membership organization, the TU’s work is grounded in the strong conviction that tenants must be the leaders of efforts to transform our housing conditions and communities.

The TU embraces the values of equality, hope, tenant leadership, respect, direct action, civic virtue, racial and economic justice and self-determination.

Who came to the community forum, and why

While many of the few dozen people who came to the March 15 community forum were Democrats, their reasons for coming varied.

Paula Berny, who lives at nearby Elizabeth House in the High Point neighborhood, said that the recession has been difficult for many to endure.

“There are so many people who are struggling with so many things,” she said.

She said she supports Inslee because “his heart is in the right place.”

“I’m a Democrat because I’m interested in the regular people,” Berny said.

Georgie Kunkel, 91, said she was there because Inslee’s plan to “clean up the mess we’re in”.

The West Seattle resident was a “Roose the Riverter” in the 1940s and has long been involved in the women’s movement. She writes columns in the West Seattle Herald and is a self-described “radical.”

“I call myself a radical, and my definition of that is, everybody who was born on earth should eat,” Kunkel said. “No one has been able to do that, so to that end that would be pretty radical, wouldn’t it?”

Amina Jacroux, a High Point resident, said she came to hear what Inslee had to say about immigration. She had learned about the event while attending a citizenship class at the Neighborhood House High Point Center.

Jacroux, who emigrated from Somalia as a child in 1993, said that she wanted to earn her citizenship so that she would have the right to vote.

“I want to vote, I want to become a citizen,” she said.

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Introducing our new website

BY TYLER ROUSH
The Voice editor

I’m excited to announce that The Voice newspaper has launched a new website. You can visit our new home on the web at www.voicenewspaper.org.

Online, you’ll find all of the stories from our print edition, as well as exclusive stories and full-color photos. You’ll also be able to sign up for an e-newsletter edition of The Voice, which will be delivered to your inbox every Wednesday.

I think of this new website as an exciting new format for The Voice newspaper. By building a presence online, we have the potential now to reach a much larger audience, and to publish local and national news stories at a much faster pace.

We’re also creating a more interactive experience for our readers, to comment on articles, to email stories to friends, to share links on Facebook and Twitter.

Budgets

Continued from Page 1

mize is reached prior to the end of the 30-day special session.

At the federal level

In mid-February, President Barack Obama released his 2013 budget proposal (see table at the end of this article). The numbers were higher than anticipated, which helps public housing authorities as Congress begins budget negotiations. Funding levels will likely be lower than the Administration’s proposal.

It is not likely that any budget decisions will be made before the presidential election in November. Federal agencies and programs that are federally funded will likely be operating on a series of Continuing Budget Resolutions again this fall and winter, as has been the case for the past several years.

The House Republicans released a budget blueprint in mid-March outlining $5.3 trillion in cuts over the next ten years. Detailed information about funding levels for the U.S. Department of Housing and Urban Development have not been released yet by House Republicans. Most telling in the budget is the proposal to turn over responsibility for major federal programs for the poor, including Medicaid and food stamps. The proposal also aims to give benefit recipients timelines to find work and no longer receive assistance.

While our new website is an exciting step for The Voice, we also remain committed to the quality and the value of our print edition. We’re continuing to produce our main “The Voice” section, with news of interest from around Seattle, King County and the state of Washington.

Residents of the King County Housing Authority and the Seattle Housing Authority will continue to receive their respective sections of The Voice.

As always, you may contact me at 206-461-8430. Ext. 227 or tyler@nhwa.org with any questions, comments or feedback you might have. We’re excited to be making the leap online, and hope to see you there, too.

One state, two budgets — a summary of the proposals in the state Legislature

Democratic proposal

March 8, 2012

Republican proposal

March 15, 2012

$10.4 million cuts to K-12 education

$9.4 million cuts to K-12 education

$15 million cuts to higher education

$1 million cuts to higher education

No cuts to Disability Lifeline

Elimination of Disability Lifeline and ADATS medical services (June 2012)

No cuts to Housing & Essential Needs

Eliminates funding for homeless assistance in 2013

5% increase in TANF grant

2% cut to TANF grant and reduction of timeline from 60 months to 48 months

Preservation of state food stamps for immigrants

Elimination of state food stamps for immigrants

Key differences between the Democratic and Republican version of the state budget bill include cuts to education (the Democratic version makes deeper cuts to the K-12, higher education budgets) and cuts to safety net/entitlement programs (the Republican budget eliminates the Disability Lifeline medical plan, Housing & Essential Needs cash assistance and state food stamps for immigrants, and reduces funding for TANF; the Democratic plan preserves the former three programs and expands the TANF grant by 5 percent).

Computer access: Where to go to get online

Want to check out the new online version of The Voice but don’t have internet access at home? You have a lot of options to get online, and all for free.

Here is a list of places that host open computer labs, free to use for library patrons with a valid KCLS library card.

King County Library System

King County libraries are equipped with computer labs, free to use for library patrons with a valid KCLS library card. Membership is free and is available to King County residents who live outside of Seattle city limits. Check out the King County Library System website to find a KCLS library near you.

A partial list of KCLS locations is below.

Burlen Library

400 S.W. 152nd St.

Burlen, WA 98166

206-243-3490

Open 10 a.m. – 9 p.m. Monday through Thursday; 10 a.m. – 6 p.m. Friday; 10 a.m. – 5 p.m. Saturday; noon – 8 p.m. Sunday

Federal Way Library

34200 First Way S.

Federal Way, WA 98003

253-838-3668

Open 10 a.m. – 9 p.m. Monday through Thursday; 10 a.m. – 6 p.m. Friday; 10 a.m. – 5 p.m. Saturday; noon – 8 p.m. Sunday

Greenbridge Library

9720 Eighth Ave. S.W.

Seattle, WA 98106

206-762-1682

Open 2 – 7 p.m. Monday and Tuesday; 1 – 9 p.m. Wednesday and Thursday; noon – 4 p.m. Saturday; closed Friday and Sunday

Kent Library

212 Second Ave. N.

Kent, WA 98032

253-859-3330

Open 10 a.m. – 9 p.m. Monday through Thursday; 10 a.m. – 6 p.m. Friday; 10 a.m. – 5 p.m. Saturday; 1 – 5 p.m. Sunday

Shoreline Library

345 N.E. 175th

Shoreline, WA 98155

206-362-7550

Open 10 a.m. – 9 p.m. Monday through Thursday; 10 a.m. – 6 p.m. Friday; 10 a.m. – 5 p.m. Saturday; noon – 8 p.m. Sunday

White Center Library

11220 16th Ave. S.W.

Seattle, WA 98146

206-243-0233

Open 11 a.m. – 9 p.m. Monday through Thursday; 11 a.m. – 5 p.m. Friday and Saturday; closed Sunday

For more information

To learn more about KCLS locations and services, contact The Answer Line at 1-800-462-9600, or visit www.kcls.org.

Seattle Public Library

Seattle libraries offer free computer access for library patrons with a valid library card. Membership is free and is available to anyone who lives in Seattle or most of King County.

A partial list of SPL locations is below.

Central Library (Downtown)

1000 Fourth Ave.

206-386-4636

Open 10 a.m. – 8 p.m. Monday through Thursday; 10 a.m. – 6 p.m. Friday and Saturday; noon – 6 p.m. Sunday

Ballard Branch

5614 22nd Ave. N.W.

206-684-4711

For more information

Contact the Seattle Public Library at 206-386-4711.

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Tips to quit smoking

Những cách thức để bỏ thuốc lá

Hút thuốc lá là sự nghiêm trọng, khi nói đến một người hút 7 pack mỗi tuần và 12 thang một năm.

Người hút một gói thuốc mỗi ngày, thì có thể phải tốn từ $4000 đến $6000 mỗi năm cho chúng nghe của mình.

Sau đây là những cách thức giúp việc bỏ thuốc lá:


Doạn trước những phần khó khăn nhất, bởi thường giờ vào học, hay việc ăn và ngủ. Điều này có thể giúp giảm bớt cảm giác mệt mỏi.

Phương pháp thực hiện vào những ngày đầu tiên:

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• Ăn một chế độ ăn uống cân đối, đủ chất dinh dưỡng để tăng cường hệ thống miễn dịch.

• Tích cực tập thể dục thường xuyên để tăng cường sức đề kháng.

• Tăng cường ăn rau xanh, hoa quả để cung cấp nhiều chất chống oxy hóa.

• Tránh thức ăn nhanh và đồ uống có chứa caffeine.

• Sử dụng các sản phẩm hỗ trợ nghiệp vụ như thuốc giã, thuốc hỗ trợ giảm cân, sữa chua, ngũ cốc.

• Đặt ra những mục tiêu cụ thể, để giúp bạn đạt được những kết quả tốt nhất.

• Tăng cường$arrival_1$ gestures or tỷ lệ bằng cách thay đổi thói quen.

• Tăng cường(arrival_2) by changing habits.

Tips to quit smoking

Có thể giảm căng thẳng bằng cách đi bộ hoặc thư giãn.

Hãy bắt đầu bằng việc đi bộ hàng ngày, hoặc nghe nhạc thư giãn.

Đón nhận những thay đổi tích cực, như việc không hút thuốc nữa.

Hãy nhớ rằng, việc bỏ thuốc lá là một quá trình, không phải là một ngày.

Những cách thức để bỏ thuốc lá

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Housing Authority settling in to new offices

**Seattle Housing Authority staff**

Seattle Housing Authority has nearly completed its move to its new headquarters at 190 Queen Anne Ave. N. By the end of April, staff from three office locations will be together at the new location. The old Central Office at 120 Sixth Ave. N. and the Porchlight building in Ballard are now closed. The Operations Support Center in north Seattle will remain open, but most property management staff will move to the new headquarters building.

The office building at 120 Sixth Ave. N. was sold last summer. The Porchlight office building in Ballard is for sale.

Most staff phone numbers have remained the same.

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 Sixth Avenue building, 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, #28 and #33. Buses on nearby Denny Way include routes #1, #2, #8, #13, #15, #18, #30 and #91. Southbound Metro Lines on Queen Anne Avenue North itself include routes #1, #2, #8, #13, #15, #18, #81 and #994.

The mailing address for the new office building will be:

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

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**Ways to get involved with RAC**

By RESIDENT ACTION COUNCIL

If you live in Seattle Housing’s Low Income Public Housing (LIPH) and are over 18 or the head of your household, you qualify to be a member of the Resident Action Council (RAC).

On the second Wednesday of each month, RAC meets at the Center Park Community Center to present information that informs residents, to discuss issues of concern, and to work on advocacy actions.

Join us for lunch at 1 p.m. and meet other residents of the Seattle Housing Authority, then listen, learn and participate at the meeting from 1:30 - 3:30 p.m. The Center Park building is located at 2121 26th Ave. S., accessible via the #4 and #8 Metro bus routes. The #7, #9, #42 and #48 Metro routes also stop nearby.

Look for the RAC meeting notice flyer posted at your building the week before meetings or call RAC at 206-322-1297 for more info.

**Coming Soon**

Resident Council Round Table — Lead-

ers from active resident councils will dis-
cuss what their councils do — from social events to problem-solving — and how they do it. Want to start or build your Resident Council? Come hear the success stories and then join in the Q&A afterwards!

**RAC meeting recap**

At the March meeting, we learned about tenants’ Rights and Responsibilities from Solid Ground (including the “48-hour notice” requirement before staff enter your apartment for inspections), and we got some legal opinions from Northwest Justice Project. We have handouts on City Tenant Laws available at the RAC office.

**Talk 2 RAC - Five ways!**

RAC has a new online forum where you can share your ideas and comments, and vote for your favorites. We will post ideas and votes we receive by phone and email as well.

We are especially looking for the following:

- Discussion topics
- What topics would you like to discuss at a RAC meeting? Are there common problems that are not getting resolved? Would you like to hear about which kinds of things different resident councils do for their residents?
- Info topic
- What information would you like to learn about? This could be about how benefits are affected if you work part-time or how to find cheap activities that interest you.

**Top 10**

What are the Top 10 items the RAC should talk to SHA? The most popular items will be put on the RAC Task List.

[Contact information]

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**HousingSearchNW.org attracting thousands of renters**

Nearly 25,000 units now registered

By SEATTLE HOUSING AUTHORITY staff

King County’s new housing search website, www.HousingSearchNW.org, launched on Feb. 15 and has already hosted more than 45,000 searches for rental housing. The new site lets landlords advertise properties for free, while renters can search for free to find rentals that fit their needs. The new website is also 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.

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.

“The volunteer committee that is managing the site is very happy with results so far,” said Seattle Housing’s Virginia Felton, a member of the steering committee for the new service. “People are clearly using the site as it was intended and landlords are getting good value from their efforts to list their vacancies.”

Properties listed on HousingSearchNW.org include a wide range of publicly 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 landlords can highlight amenities and include photos.

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.

King County landlords and renters can search and list on 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.

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**Content guide**

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

[Image links to content guide]
Hookah and shisha — more dangerous than cigarettes

By Public Health — Seattle & King County

Many people are not aware that hookahs, also known as narghile, shisha and goza, is a tobacco product, the same as cigarettes. In fact, it’s actually more hazardous to your health than smoking cigarettes.

Is hookah smoking safer than smoking cigarettes? I’ve been told that the water in the hookah makes the tobacco less toxic.

Hookah smoking is not safer than cigarette smoking. A hookah is a water pipe with a smoke chamber, a bowl, a pipe and a hose. Specially-made tobacco is heated, with a smoke chamber, a bowl, a pipe and a hose. The tobacco smoke is then drawn through a rubber hose to a mouthpiece. The tobacco is no less toxic in a hookah pipe, and the water in the hookah does not filter out the toxic ingredients in the tobacco smoke. Hookah smokers may actually inhale more tobacco smoke than cigarette smokers do because of the large volume of smoke they inhale. A one-hour hookah session involves inhaling 100-200 times the volume of smoke inhaled from a single cigarette.

What are the health risks of hookah smoking?

While research about hookah smoking is still emerging, evidence shows that it poses many dangers:

• Hookah smoke contains high levels of poisons, including tar, carbon monoxide, heavy metals and cancer-causing chemicals (carcinogens). In fact, hookah smokers are exposed to more carbon monoxide and smoke than are cigarette smokers.
• As with cigarette smoking, hookah smoking is linked to lung cancer, mouth, throat and stomach cancers, heart disease, lung disease and decreased fertility.
• The smoke from a hookah (second-hand smoke) is dangerous to others in the room or home. It is as dangerous for your friends and family members as smoking cigarette smoke inside your home or in the car.
• Hookah smoking by pregnant women can result in low birth-weight babies.
• Pipes used in hookah bars and cafes may not be cleaned properly, risking the spread of diseases.

Is hookah smoking addictive?

Yes; because hookah smoke is heavily flavored with molasses, fruit and other ingredients and because it is cooled as it passes through water, users tend to inhale deeper and keep the smoke in their lungs longer. That in turn provides more time for nicotine to be absorbed into the system.

Nicotine is the addictive chemical in tobacco, which can make you addicted to hookah.

Is hookah smoking allowed in Seattle Housing Authority apartments or homes?

Hookah use is not allowed indoors or within 25 feet of any window or door by Seattle Housing Authority as of Feb. 1, 2012.

Community Builder Lisa Uemoto joins the Lake City Court community

By Laura Gentry

Seattle Housing Authority

Now that Lake City Court residents have had a chance to settle in to their recently completed building, they’ll be seeing a friendly new face around. Lisa Uemoto, Seattle Housing’s newly hired Community Builder, hopes to help residents develop a strong, self-sustaining community.

“My goal is to help residents develop and sustain their own resident groups that can address and advocate for issues that are a priority to them,” Uemoto said. “I’m very excited and looking forward to meeting, sharing and learning from Lake City Court residents.”

According to John Forsyth, Seattle Housing’s Community Services Administrator, Uemoto was uniquely qualified for the position thanks to her “rich background in working with non-profits.” Her experience includes work with the International District Housing Alliance and the City of Seattle’s Department of Neighborhoods.

Uemoto emigrated from Taiwan to Seattle with her family when she was 12-years-old. The sense of community she felt during that transition lead her to the kind of work she does today.

Although I grew up in a working poor single parent household, I was rich in knowledge and culture thanks to my family. Seattle really had so much to offer. When I went to college, I was passionate about helping the poor and being part of a community that shared and learned from Lake City Court residents.”

Lisa Uemoto

position at Lake City Court is the people! The Lake City property management team is coordinating its first community meeting on April 4 at 6 p.m. where they will formally introduce Uemoto to residents. From that meeting, she hopes to get resident volunteers who might be interested in planning Lake City Court’s first neighborhood gathering later in the spring. She’s also planning a safety event in July to talk about Emergency Preparedness.

Lisa Uemoto will be working at Lake City Court for 20 hours a week the first six months of her employment. She will then be transitioning to ten hours a week a Lake City Court while working ten hours in other Seattle Housing communities. The position is funded by a grant that ends June 2013. Uemoto can be reached by email at CUemoto@seattlehousing.org or by phone at 206-367-3474.

Deadline to apply for the HAIG scholarship is April 30

The deadline to apply for the Housing Authority Insurance Group (HAIG) scholarship is April 30. In 2012, HAIG will award a total of $2,500 scholarships. Applicants must be public housing residents or recipients of Housing Choice Voucher Program (Section 8) assistance for at least six months prior to applying. To qualify:

• Have a GPA of at least 2.5
• Be a U.S. citizen
• Have been a public housing resident or Housing Choice Voucher program (Section 8) participant for at least six months prior to applying.

In 2011, the Housing Authority Insurance Group awarded a total of 40 $2,500 scholarships, one going to Seattle Housing Authority household member, Ruby Li. For more information about the HAIG scholarship, visit www.housingcenter.com/RiskControl/Scholarship.aspx.

The Seattle Housing Authority’s Higher Education Project maintains a list of scholarships available to residents of public housing and/or Housing Choice Voucher program participants. For a full list, visit www.seattlehousing.org/residents/education/scholarships.

Applicants for the NAHMA and Dream Big scholarships are coming up in May.

Byline: Lisa Uemoto

Photo: Lisa Uemoto

Farmers market vouchers, low-income assistance programs available

Frances Shakes

Farmers market vouchers, low-income assistance programs available

Apply soon for Senior Farmers Market vouchers

The application period for the King County Senior Farmers Market Voucher Program will be from April 15 through May 28.

The program allows eligible seniors to receive vouchers worth up to $40 to purchase fresh fruits and vegetables at authorized farmers markets or roadside stands. In addition, the program provides delivery of local produce purchased directly from farmers to homebound seniors.

Are you a senior living in King County? To be eligible, you must be 60 years of age or older, be a U.S. citizen, and have an annual income of $26,205 or less (for a single person household) or $26,955 or less (for a two-person household). Applications are available online at www.seattlehousing.org/seniors.

For more information about the program, please contact Senior Information and Assistance at 206-448-3110.

Next meeting of the Yesler Terrace Citizen Review Committee

Meeting is 5:30 – 8 p.m. Thursday, May 17

Yesler Terrace Community Center

917 E. Yesler Way

Save the date

Live entertainment!

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 have a question about anything you’ve read in this publication, please contact Editor Tyler Roush at 206-461-7340, ext. 227 or by e-mail at tylerr@nha.org.

All submissions are subject to editing for accuracy, style and length.
Inspections reveal unwelcome visitors in some units: bedbugs

Major outbreaks are trending downward, but vigilance is necessary

BY SYN KOHLER
Seattle Housing Authority

Nearly everyone has a story about unwelcome visitors, whether it’s a bedbug or some other creature that overstay their welcome, pushy door-to-door salespeople, or couch-surfing friends. But at any one time, it seems about 3 percent of residents in Seattle Housing Authority high-rises may have another kind of unwelcome visitor: bedbugs.

Periodic inspections by Seattle Housing Authority’s pest control staff reveal that the number of bedbug infested units is not expanding, but also not going away completely.

“New cases sprout up here and there, but we are not seeing widespread infestations in whole buildings anymore,” explained Karen Peterson, the agency’s pest control supervisor.

This trend mirrors what is going on nationwide. Reports of bedbug infestations are no longer as widespread. But don’t let your guard down, because the pests seem to be here to stay.

“Of course, we are always on the lookout for bedbugs, and we need to stay vigilant even in buildings where we hear no reports,” says Peterson.

Bedbugs are apple-seed sized insects that come out of hiding, usually at night, to feed on the blood of sleeping people. They can reproduce quickly, and large-scale infestations can happen if they are ignored. They can hide in the seams of mattresses or other items close to where people sleep, like nightstands or headframes.

While bedbugs don’t spread diseases, people often report itchy allergic reactions to their bites. Since it takes a great deal of work to eradicate bedbugs from a home, the psychological burden of dealing with an infestation is often worse than the actual bite. The bugs are really good at hiding and not easy to kill, unless you have professional help.

Luckily, residents of the Seattle Housing Authority have professional pest control resources available to them for free, both for prevention and for treatment if bedbugs do find their way into a home. The agency’s bedbug sniffing dog and experienced human staff do preemptive building-wide inspections, and also respond to residents’ reports of possible infestations.

James Charles moved into Denny Terrace recently. He first heard about bedbugs from friends who live in a private apartment building in North Seattle.

“They had several inspections and exterminators come to deal with a massive infestation,” he recalled, “and I heard it was expensive.”

After all of Denny Terrace was inspected this March, he commented, “I’m glad that SHA offers this inspection service for free. I was a little worried about this chair since I bought it used, but it is a relief to know it is clear.”

Denny resident Mike Porter has been working with the pest control team for over a year because of a series of stubborn infestations. He believes part of the problem may be due to a friend who has been afraid to deal with the issue.

Peterson assured him that the job of the agency’s pest controllers is to help residents get rid of the problem, not to punish the resident.

“It is a shame when residents make matters worse by not reporting bedbugs. We’re not here to evict people because of bed bugs, we’re here to help,” she said.

“Check everything real good. That free item is probably not worth it,” he said. Just imagine: there must be a reason that piece of furniture is out by the dumpster with a free sign on it. Could it be because of bedbugs?

Waterproofing in a flash

An innovative waterproofing product called Wet Flash is applied to the exterior of Blakeley Manor this March during the ongoing exterior renovation project. This product is a thick liquid that is rolled onto the surface of new plywood sheathing that was installed after leaky stucco and wood siding were removed. The product dries to a flexible waterproof layer that is part of a comprehensive “rain screen” weatherproofing system. That the product was developed here in the Puget Sound area is perhaps no surprise, due to our notoriously wet weather conditions. Blakeley Manor is one of four Seattle Senior Housing Program buildings that are currently under construction to repair water damage, improve waterproofing, add insulation and provide new windows. The others are Olmsted Manor, Nelson Manor and Bitter Lake Manor.

Taylor, the Seattle Housing Authority’s bedbug sniffing dog, listens intently as Denny Terrace resident Mike Porter (left) confers with Pest Control Staff Karen Peterson and Doug Proctor about the results of a recent building-wide bedbug inspection.

She encourages residents not to delay in putting in a work order if they see even just one bedbug.

Porter’s advice to others: be wary of used furniture and other items that are left out for free.

Lofton Continued from Page 1

and in the larger Seattle community.”

Commissioner Nora Gibson headed the board’s search committee, along with Kol-lin Min and Juan Martinez. With respect to Lofton’s qualifications, she said, “Mr. Lofton has demonstrated key strengths over his 38 years of public service. He is an excellent administrator and leader, and he impressed the search committee with his knowledge of the community, his understanding of the HUD environment and his skill in meeting difficult budget challenges. This combination led us to conclude that he is the best candidate to take the agency forward.”

Lofton was identified last week as the finalist for the position. At its meeting on March 27, the Commission questioned him for about 45 minutes in open session, and then discussed their decision in executive session. They then came back into open public session and passed a resolution authorizing his selection pending successful contract negotiations.

Lofton will assume his new role on Sept. 1. The Board took early action on the selection in order to provide assurance to its partners, stakeholders, and custom- ers over the next few months regarding the succession plan. According to Board Chair John Littel, “One very important focus of the board’s work over the past six years has been planning for Yesler Terrace redevelopment. Andrew Lofton has been involved with much of this work and has been at the table for important deliberations. I am confident that he will be able to carry forward the important promises and commitments we have made to the community as we move ahead.”

Lofton is well known and respected by current Housing Authority managers and staff. Current Executive Director Tom Tierney noted, “I have known Andrew Lofton as a trusted colleague for nearly 30 years, and respect him deeply. I have full confidence that he is the best choice to lead the Seattle Housing Authority into the future.”

He has been responsible for developing and managing the annual budget, and has been part of major policy, development and hiring decisions in his eight year tenure. He assisted in assembling the senior leadership team currently in place, and was a key partner in crafting the agency’s strategic plan.

Lofton is also active on the national housing scene. He has worked with staff of the US Department of Housing and Urban Development on issues ranging from interpretation of existing housing policy, implications of new regulations and funding levels. He has been active on national task forces negotiating with HUD, advising them on new initiatives and providing analysis of proposed policies. He has served on the board of the National Association of Housing and Redevelopment Officials, an organization that represents 3,000 housing authorities nationwide.

APRIL 2012
SEATTLE HOUSING NEWS – 3
Apply soon for Senior Farmers Market vouchers.

Please apply soon for Senior Farmers Market vouchers. The program allows eligible applicants to purchase vouchers for farm products from 14 April to 25 May. The program provides an opportunity for seniors to participate in a local farmers market and purchase fresh produce directly from local farmers. The application deadline is 30 June, and applicants must be at least 60 years old (or 55 years old for Native Americans). The application process involves selecting a random pool of eligible applicants to receive the vouchers.

The application process uses a random selection method to determine who will receive the vouchers. If there are more applicants than available vouchers, a random selection process will be used to determine the recipients. The application deadline is 30 June, and applicants must be at least 60 years old (or 55 years old for Native Americans). The application process involves selecting a random pool of eligible applicants to receive the vouchers.

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