



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



# The Voice

May  
2012  
*Articles translated  
into six languages*

The newspaper of Neighborhood House

## *Be Active Together offers exercise — and lessons in advocacy, too*

BY TYLER ROUSH  
*The Voice editor*

Chances are that residents of the Greenbridge and High Point neighborhoods are familiar with Neighborhood House's Be Active Together (BAT) exercise classes. The community fitness program is extremely popular and well publicized in the neighborhoods where the service is offered free to residents.

And indeed, the free exercise classes are a cornerstone of what BAT does within the communities it serves. But physical fitness is just one part of BAT. Now in its fifth year, the program is also organizing residents to advocate for low-cost and women-only exercise programs. This political advocacy work is helping to open up more fitness opportunities in low-income communities, where opportunities may otherwise be scarce.

To help get their message out, BAT has organized participants to speak at community meetings and events, includ-

Please see "BAT" on Page 2

## *Volunteers bring the joy of reading to Neighborhood House Head Start classrooms*



PHOTO BY TYLER ROUSH

*Sarah Frantz, a Barnes & Noble employee, reads a book to Head Start children in Neighborhood House's Rainier Vista classroom. Frantz was visiting the class as part of the Head Start Volunteer Reading Week.*

## **State Legislature strikes deal on 2011 – 2013 budget**

*No cuts to education, but TANF takes \$126 million hit*

The State Legislature adjourned its 2012 legislative session April 11, with an agreement in place to close the \$1.1 billion shortfall in the 2011 – 2013 budget.

Governor Christine Gregoire had called for a special session at the conclusion of the 60-day legislative session, when it became apparent that members were unable to come up with a budget solution to close the budget gap.

After 90 days of negotiating, the Legislature finally reached agreement, working through the night to pass a budget as well as several policy reforms.

The Legislative session included:

- No significant tax increases
- Passage of a bipartisan budget
- Passage of several reform bills establishing increased sustainability and accountability
- Passage of a sustainable Operating Budget

- No new cuts to Disability Lifeline
- \$126 million in cuts to Temporary Aid to Needy Families (TANF), based on lower caseloads and policy changes to the program adopted in Dec. 2011

The TANF cuts, which first took effect last year, include reductions in the size of the TANF cash grant and a five-year lifetime limit on receiving TANF grants.

Only a handful of proposals raising fees or taxes were passed this session. One measure (HB 2048) increased the document-recording surcharge for local homeless housing and assistance from \$30 to \$40 from Sept. 2012 through June 2015. This measure will raise \$3.5 million in the remainder of the 2011-13 biennium, and \$28 million for the 2013-15 biennium. After significant advocacy from many stakeholders, the bill passed and was signed into law by the Governor on March 29.

The final operating budget passed with a strong bipartisan vote of 64 to 34 in the House, and 44 to 2 in the Senate.

In summary, the operating budget:

- Holds onto local sales and use taxes for a longer period (\$238 million in general

Please see "Budget" on Page 3

## **Burndale resident gets a financial boost for college**

### *Julia Kaganyuk awarded NAHRO scholarship*

BY TYLER ROUSH  
*The Voice editor*

Being part of a large family means that Julia Kaganyuk always has company at home. She's the third of nine children in her family, who live in the Burndale Homes community in Auburn.

"There's always someone around — finding a quiet place to study usually requires going to the library," she said with a laugh.

Not that Kaganyuk minds — in her time at home, she can often be found helping her younger siblings with their homework. And coming from a big family certainly hasn't had a negative impact on her own academics — the Auburn Mountainview



Julia Kaganyuk

High School senior is set to graduate in June with a 3.9 GPA, one of the top marks in her class.

In recognition of her achievements, Kaganyuk was recently awarded a Pacific Northwest Regional Council (PNRC-NAHRO) Community College Scholarship. The two-year scholarship, worth \$2,000, is awarded to a high school senior who will continue his or her education at a two-year college.

Kaganyuk is already a student at Green River Community College, where she's enrolled in Running Start, a state program that allows high school juniors and seniors to enroll in college courses for dual credit,

tuition-free.

"It's been a really different experience (from high school)," she said. "It seems like there are fewer barriers. I would recommend it for anybody."

She also tutors Green River students in math, which she says is her favorite subject.

As a senior in high school, that means tutoring students who are typically older than she is.

"They're going back to school, because they see that it's really valuable, and you'll use it a lot," she said. "It's really nice working with them."

Kaganyuk also volunteers her time at the Neighborhood House tutoring center in Burndale, helping elementary students with their homework. It was tutoring center coordinator Shak Sanders who encouraged her to apply for the PNRC-NAHRO scholarship.

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## Health Notes

A column devoted to your well-being

### For those with arthritis, curcumin could be a good, natural alternative to standard pain relievers

BY ADRIANE VETTER  
Special to The Voice

I remember after I was diagnosed with a torn meniscus (after the pain in my right knee finally forced me to see a doctor) and went through surgery, that my doctor said the x-rays had revealed that that same knee showed signs of pre-arthritis. I actually laughed. Really. I couldn't imagine me, a healthy person who was playing squash and occasionally doing 'pick up' basketball games with the boys at the YMCA, being a candidate for arthritis.

But I was wrong: arthritis was something I inherited, along with a salty way of looking at life, from my grandmother. Having accepted that, I have also found a better way of treating it.

Working with my naturopath, I've found that the natural supplement curcumin is profoundly effective.

Curcumin comes from the herb, turmeric. Turmeric is an anti-inflammatory, and if you have inflammation, it can help.

"But it's best to use curcumin with pepper, unless you buy the variety that has lecithin in it (under the name Meriva), as that's more effective than just using

curcumin by itself to treat inflammation," said Dr. Que Areste, my naturopathic doctor.

She said that turmeric is often used in Indian food, but it's combined with other peppers, and so that's why many Indian foods can be a good treatment for inflammation.

"For those who cannot tolerate pepper, using the curcumin that has lecithin in it might be a better alternative, and you still get the effects of the curcumin as an anti-inflammatory," said Dr. Areste.

Dr. Areste said there have been studies on how curcumin can work to alleviate pain for those with arthritis and other inflammations.

Curcumin can be bought in most health food stores; Dr. Areste recommends reading the labels to see what else is in the curcumin, particularly what are the active ingredients.

I have found that using curcumin (even without pepper) on a regular basis has slowed down the pain of my arthritis. It also makes life so much happier, as when I'm not in pain, I'm definitely a happier camper. You can find many varieties at most local health food stores.

## Free citizenship classes offered by Neighborhood House

Are you looking for some help in studying for the citizenship exam? Neighborhood House offers free citizenship classes at three locations in Seattle and King County: At the High Point Center in West Seattle, at the Wiley Center in White Center/Greenbridge, and at the Birch Creek Center in Kent.

The next session began April 16 and runs for eight weeks. Eligible clients are legal residents of the United States. Enrollment is open and ongoing while the group studies American history, naturalization questions and other components of the citizenship exam. Both beginning and advanced levels are offered. The program also offers practice in writing, reading and mock interviews. Case managers offer free help with N-400 applications, fee waivers and medical waivers.

Documents required for enrollment include a green card, Social Security card, driver's license, DSHS letter and/or low-income verification.

### Birch Creek Center

Kent  
3111 S.E. 274th St.  
253-277-1667

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

Beginning level classes

1:15 - 4:15 p.m. Monday and Wednesday

Advanced level classes

4:45 - 6:45 p.m. Monday and Wednesday

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

### High Point Center

West Seattle

6400 Sylvan Way S.W.  
206-588-4900

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

Beginning level classes

12:30 - 2:30 p.m. Monday and Thursday

Advanced level classes

3:30 - 6:30 p.m. Monday and Thursday

Instructor: Julia Kevon, juliak@nhwa.org, 206-588-4900, Ext. 615

### Wiley Center at Greenbridge

White Center

9800 Eighth Ave. S.W.  
206-641-4554

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

Beginning level classes

2 - 5 p.m. Tuesday and Thursday

Advanced level classes

Noon - 2 p.m. Tuesday and Thursday

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



PHOTO COURTESY OF NEIGHBORHOOD HOUSE

Seattle Mayor Mike McGinn met High Point resident Safiya Omar during a recent Town Hall event. Omar advocated for Seattle's community centers to provide more low-cost exercise opportunities for women.

## BAT

Continued from Page 1

ing Seattle Mayor Mike McGinn's Town Hall meeting in the Delridge neighborhood March 6. There, High Point resident Safiya Omar met McGinn, encouraging him to direct the Parks and Recreation department to offer more women-only exercise and swim opportunities at the city's many community centers.

BAT has also worked with the Seattle Housing Authority's Healthy Kids, Healthy Communities project and the High Point Neighborhood Association to advocate for more community-based fitness programs.

It's important to sustain opportunities for exercise in these communities, said Denise Tung Sharify, Project Director of BAT, because with BAT in the final year of a five-year grant, its own exercise programs will not likely be offered in 2013.

### Focus groups cast exercise programs in positive light

To help gauge the success of its BAT exercise programs, Neighborhood House organized four focus groups with residents of the High Point and Greenbridge communities to share their personal experiences. Judging from the responses, the exercise classes are making a positive impact on the community. (Responses are anonymous in accordance with the guidelines of the focus group.)

"It is important to ask for affordable opportunities for healthy activities because we are a very poor community, so it is very important to keep healthy," she said.

Cost isn't the only obstacle to exercise — access to childcare can also mean the difference between attending a class or choosing to do without. The childcare offered by BAT makes it possible for many mothers to attend fitness classes.

One mother, who attends classes at the Wiley Center in Greenbridge, said the childcare offered on site makes it possible for her to get the exercise she desires.

"I can bring my 2-year old son and let him play in back while I exercise," she said. "I really wanted to exercise and having the classes here (at Wiley Center) made it happen."

Privacy is another issue, particularly among the large Muslim populations in High Point and Greenbridge. BAT offers women-only exercise classes at both locations, allowing women to exercise in a comfortable environment. One participant said the classes amounted to equal treatment for women.

"We need to be treated equally," she said. "We need to have access to exercise. Due to our faith we cannot exercise in the presence of men, but we need it for our health. We cannot give up faith for health."

A women-only swimming program that provides swim lessons and open swim time at the Southwest Community Pool, in partnership with Park and Recreation, has also been a success.

"I feel good after swimming," said one respondent. "In my home country in Somalia, I never had the opportunity to learn how to swim."

While the program has yielded positive fitness results for participants, it's also been a tool for building community.

"What this program did was to bring community together. In the 25 years since I've been living in High Point, this is the first time I feel connected with the community. It is not the same feeling with going to the gym," said one resident of the Saturday exercise classes with instructor Willie Austin.

Another stressed the friendly, supportive vibe of the classes.

"Compared to other exercise programs I attended in the past, this one is more warm, friendly, personable and relaxed," she said. "I can take a break and I don't feel like I have to keep up with the class, it doesn't feel competitive."

"This is more about building community and accepting of different abilities."

### 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).



Neighborhood House

Strong Families. Strong Communities. Since 1906.

# Be safe

## Are you afraid of calling 911?

BY KELLY MCKINNEY  
Seattle Neighborhood Group

Calling the police when there is a problem in the community or when you have been victimized can be a scary experience. Some people are afraid of retaliation if they call 911 for police assistance.

However, it is important to realize that criminals often target people who are not paying attention or can be easily intimidated. By not reporting, crime victims may be opening themselves up to continued victimization.

So what do you do? Do you call the police and risk retaliation? Do you say nothing and risk further problems in your neighborhood and possible victimization in the future?

The only way to get help is to step up and say something. Criminals like to be in places where people are too unaware, too apathetic or too scared to do anything. They will not just go away if they feel they can continue the same behavior without consequences.

What steps can you take to minimize the chances of possible retaliation?

When you call 9-1-1, you can ask to remain anonymous. That means the operator will not tell the officer who made the call.

You can ask that the police not contact

you. Sometimes, it is possible to talk to the police somewhere other than your home.

If you are calling about suspicious activity you see in the neighborhood, make the call where the suspects won't see or hear you.

While it is important to communicate with people you trust about neighborhood safety issues, you don't have to tell everybody in the neighborhood that you called the police.

Talk to people you can trust. Working together, neighbors can make their communities safer.

If you are still too frightened to contact the police, then you can contact a trusted service provider, such as a case manager or a counselor who works in your community. They can help you contact the police, either through 911 or through the Community Police Team.

If you are uncomfortable about calling the police, we would like to hear from you. You can contact Kelly McKinney or Allan Davis for crime prevention information or help with your safety and security concerns.

*Kelly McKinney (206-323-7084) and Allan Davis (206-323-7094) are Community Education Coordinators for Seattle Neighborhood Group.*

## Apply soon for Senior Farmers Market vouchers

*Editor's Note: A version of this article appearing in the April 2012 issue incorrectly listed the application period and income guidelines to receive Senior Farmers Market vouchers. The corrected version is below.*

The application period for the King County Senior Farmers Market Voucher Program will be from April 23 through June 4.

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. Diets high in fruits and vegetables reduce the risk of many diseases such as cancer, diabetes, heart disease, and high blood pressure.

Beginning April 23, applications became available online for you to print out at the Aging and Disabilities Web site:

www.agingkingcounty.org. Applications in Cambodian, Chinese, English, Korean, Laotian, Russian, Somali, Spanish, Tagalog, Ukrainian and Vietnamese will be available. For more information about the program, please contact Senior Information & Assistance at 206-448-3110 or 1-888-435-3377.

Eligible applicants must be 60 years or older (or 55 years or older for Native Americans). Their annual income also must be at 185 percent of the federal poverty level — \$20,665 for a one-person household and \$ 27,991 for a two-person household.

Each household may submit only one application.

If there are more applicants than vouchers, a random selection process will be used to determine who receives the vouchers. If you apply, you will receive a letter by July 13 informing you of your status.

## Scholar

Continued from Page 1

"They've been really helpful," Kaganyuk said. "I really like the tutoring center."

She said she plans to continue at Green River to earn her two-year degree, and will then transfer to a four-year college. She'll look into education or engineering as a field of study — the industrial engineering program at the University of Washington has piqued her interest.

"I might end up a Husky," she said. "I

know my brothers would love that, they're both at UW."

If that's the case, Kaganyuk will have followed in her brothers' footsteps in more ways than one. Both older brothers enrolled in Running Start; she said they helped mentor her when she chose the same route. It's another perk of being from a big family — there's always someone there to support you.

"I'm so glad that they did it," Kaganyuk said. "It would have been really stressful. I didn't have to be the first one."

### Write a letter to the editor

Send your letters by e-mail to [tylerr@nhwa.org](mailto:tylerr@nhwa.org), or by regular mail to:  
Neighborhood House  
Attn: The Voice  
905 Spruce St., Suite 200  
Seattle, WA 98104



# Education help available at KCHA properties

BY KING COUNTY HOUSING AUTHORITY

**Firwood Circle**  
Auburn

A service provider has not yet been selected for Firwood Circle. Construction on the new community center is scheduled to finish this fall.

**Greenbridge**  
White Center

The Southwest Boys & Girls Club at Greenbridge provides afterschool tutoring, as well as structured activities for kids all year. Neighborhood House provides academic support to youth and their families at White Center Heights Elementary School.

**Green Leaf**  
Kenmore

On Mondays and Thursdays, CHS runs Afterschool Connections, a program that provides help for kids with their homework and adult mentors during the school year. In the summer, there are workshops, activities and field trips.

**Hidden Village and Spiritwood Manor**  
Bellevue

Construction on new community centers at both properties is scheduled to start soon. Once work is finished, the Boys & Girls Clubs of Bellevue will have afterschool and summer activities.

**Kings Court**  
Federal Way

Valley Cities Counseling and Consultation has Homework Club and resources to teach youth computer literacy during the school year at Kings Court. In the summertime, the hours are extended and there is a free summer lunch program, along with various programs emphasizing summer reading.

**Seola Gardens**  
White Center

Construction on Joseph House will not be finished until this fall. Neighborhood House will offer educational services on site. For the time being, Seola Gardens residents are encouraged to take advantage of services at Greenbridge.

**Valli Kee**  
Kent

Kent Youth and Family Services has afterschool and summer programming at Valli Kee. It provides help with homework and educational activities all year.

King County Housing Authority has made your child's future a priority, offering educational services at a number of its communities. These programs provide children with the tools necessary to succeed in school and in life. Thirteen KCHA public housing properties have year-round activities for children.

The location and description of each program are located below. For more information about each site, contact your resident services coordinator or property manager.

**Ballinger Homes**  
Shoreline

The Center for Human Services (CHS) organizes the Homework Factory, which focuses on positive educational outcomes by helping children of all grades with their school work, playing educational games and reading. In the summer, CHS offers camps, educational programming and field trips. Children from Pepper Tree are also welcome.

**Burndale Homes**  
Auburn

Neighborhood House's tutoring program assists children of all grades with their schooling. Every weekday, kids spend time completing homework and educational projects. Those projects continue during the summer to keep kids learning all year.

**Birch Creek Apartments**  
Kent

The Birch Creek community has both a youth center and a family center. Kent Youth and Family Services runs Homework Help every weekday during the school year to aid children with school work. In the summer, kids can take part in educationally themed camps with field trips.

**Cascade Apartments**  
Kent

Kent Youth and Family Services has afterschool and summer programming at Valli Kee. It provides help with homework and educational activities all year.

**Eastside Terrace**  
Bellevue

The Boys & Girls Clubs of Bellevue offer aid to club members for school assignments. Kids can also participate in learning games and other activities year-round.

## Budget

Continued from Page 1

fund assumption);

- Makes \$28.4 million in fund transfers;
- Assumes \$177 million in assumed legislation and budget driven revenue;
- Makes no reductions in K-12 funding;
- Makes no reductions in higher education;
- Makes no reductions to the Disability Lifeline or Basic Health;
- Leaves a \$318 million ending fund balance.

The final Capital budget and jobs package was a combination of shifting other fund sources into the general fund in order to increase the debt limit, new general obligation bonds, savings from K-12 school construction, and leveraging Higher Education building fees.

The final package provided approxi-

mately \$1 billion for new capital projects in:

- Economic and workforce development, including high-demand facilities, community and technical colleges, and research universities.
- Public works projects;
- Projects for storm water and pollution control;
- Clean-up of toxic waste sites; and
- Low-income housing.

The Housing and Weatherization funding in the Capital bill comes to a total of \$92 million, including about \$29 million in housing for the homeless, \$9.7 million in housing for seniors and persons with disabilities, \$8.25 million in housing for families with children, \$2.98 million in housing for low-income households, \$2.9 million in housing for persons with developmental disabilities and \$25 million in weatherization funds, among other allocations.



## Resource Fair offers opportunities for a fun, successful summer for NewHolly youth

### Seattle Mayor Mike McGinn urges students to keep up with academic goals over the summer

BY TYLER ROUSH  
The Voice editor

**NH** The summertime transition from one school year to another can be challenging for young people. Without the daily structure of the school years, educational gains made in one year can backslide in the long summer months.

The NewHolly community — parents, neighbors and service providers — wants all of its youth to have a fun, active and engaging summer vacation. To that end, NewHolly hosted a Summer Resource Fair on April 24 at the NewHolly Gathering Hall. There, young people and their parents were able to get information on summer time programming from among the many service providers and organizations who work in the community.

They also heard some words of encouragement from a high-profile supporter: Seattle Mayor Mike McGinn.

McGinn stopped by the resource fair to visit with parents and service providers, even sign a few autographs for youngsters (though he politely declined to autograph one child's forearm).

After working his way through the crowd, the mayor stepped to the podium to offer some words of encouragement to the young people in the room.

His main point of emphasis: Pick up a book this summer.

"Of all the kids here, who's planning to read this summer?" McGinn asked, treated to a wave of enthusiastic hands in response. "I want to see those hands high."

He then added, "The more you read, everything else flows from that. You'll see more of the world."

To help track their summertime reading, McGinn encouraged each of them to keep a calendar, marking an X for each day they spend at least five minutes in reading.

He made a specific request of the seventh and eighth graders in the room: Sign up for the College Bound Scholarship program. The program, open to low-income students in seventh and eighth grade, will pay the college tuition for students who demonstrate good citizenship and successfully graduate



PHOTO BY TYLER ROUSH

Seattle Mayor Mike McGinn chats with Frankie Roe, a case manager and youth advocate for Powerful Voices, a Seattle-based organization focused on supporting and empowering adolescent girls. McGinn was visiting the NewHolly Summer Resource Fair, where he encouraged young people to stay engaged in their education during the upcoming summer break.

from high school with a 2.0 or better GPA. (More information is available by visiting [collegesuccessfoundation.org/collegeboard](http://collegesuccessfoundation.org/collegeboard), emailing [collegebound@hecb.wa.gov](mailto:collegebound@hecb.wa.gov), calling 1-888-535-0747 or.)

"I want every one of you kids to go to college," McGinn said.

#### Opportunities abound for NewHolly youth

From the number of service providers hosting tables at the resource fair, NewHolly youth should have no shortage of summer time opportunities.

##### Atlantic Street Center

The Atlantic Street Center offers an array of activities for children and teens. The Summer HYPE program, open to high-school students entering grades nine through twelve, combines leadership and community service activities, college preparation and development of life skills. The six-week program, from July 10 – August 17 costs \$10 and is by registration only. Contact Marquinta Williams at 206-723-4073, Ext. 107 to register.

Atlantic Street Center will also offer a "Youth Cooks" cooking program for children ages 10 – 18, which meets from 1 – 3

p.m. Wednesdays this summer. The Pacific Science Center will host programming at the center from 2:30 – 4:30 p.m. Mondays.

##### East African Community Services

EACS offers a summertime transition program for students entering grades first through eighth. The free program will run from July 9 – August 2, and will include math, reading, art and music activities. For more information and to register, contact Elizia Artis at 206-721-1119, Ext. 110.

##### NewHolly Girl Scouts

For girls ages 5 – 17, the Girl Scouts teaches leadership, healthy living and community building skills. The scouts meets Mondays from 4 – 5:30 p.m. for girls ages 5 – 12, and on Wednesdays from 5 – 6:30 p.m. for girls ages 13 – 17.

The program is supported by Atlantic Street Center. For more information, contact Denise Brown at 206-407-6758.

##### Youth in Focus

For young people ages 13 – 19 with an interest in photography, Youth in Focus offers photography lessons from professional

Please see "Summer" on Page 3

## Housing Authority submits second Choice Neighborhood Grant

Funds would support new housing, neighborhood transformation

BY SEATTLE HOUSING AUTHORITY STAFF

**YT** On April 9, Seattle Housing Authority staff members bundled up their hopes for Yesler Terrace redevelopment, along with a 110+ page grant application for nearly \$20 million in federal Choice Neighborhood Initiative funding, and sent it all off to the Department of Housing and Urban Development in Washington, D.C. for consideration.

"We are hopeful that our timely implementation of the first Choice Neighborhoods grant will help influence the decision-makers to award a second grant," said Development Director Stephanie Van Dyke.

The first grant of \$10,270,000 was awarded in 2010. The initial award is funding the construction and rehabilitation of 243 units of mixed-income housing (including 98 replacement units) in the area east of Boren Avenue. Neighborhood improvements being funded include a pedestrian hillclimb connecting Little Saigon with the Yesler neighborhood along Tenth Avenue, and improving Horiuchi Park to be the site for community gardens. Additionally, the 2010 grant is providing subsidy for 4,000 square feet of affordable retail, and supportive services for Yesler Neighborhood residents focused on education and public safety.

The 2012 Choice Neighborhoods grant application is seeking \$19,730,000 to begin construction of 104 replacement units in the area south of the Yesler Community Center. The ongoing theme of the second grant application, and the Choice Neighborhood Initiative in general, is transformation of the greater Yesler Terrace neighborhood. This transformation would be achieved over a ten to fifteen year period.

Hallmarks of the transformation include sustainable design and construction of 2,500 units of housing, construction of a new 1.75-acre Neighborhood Park in the heart of the Yesler neighborhood and three pocket parks (totaling 1 acre). Pedestrian and bicycle connections between the Little Saigon, Yesler and First Hill neighborhoods would be improved, and the neighborhood would experience the benefit of the new First Hill Streetcar.

The Choice Neighborhoods Initiative also focuses on improving important

Please see "Choice" on Page 3

## Resident Action Council news and notes

How safe are your Public Housing building and your neighborhood? Do you feel safe in your apartment? Are you safe in the hallways and elevators? At the bus stop? Did it help to have a Community Police Team officer working in your community? What can we all do to get the Police Department, the Housing Authority and the courts to provide the services we need? What's working right in your community?

Join the Resident Action Council in the upper level of the Center Park Community Center at 1 p.m. Wednesday, May 9 for a

delicious lunch — then from 1:30 – 3:30 p.m. we'll share our concerns about safety and develop next-steps to get what we want and need. We'll nominate some of our members to serve as RAC's 2012-2013 leaders, and we'll vote on a few updates to our bylaws.

#### Answers to a few questions

**Where's Center Park?** 2121 26th Ave. S., on the #4 and #8 Metro bus routes. The #7, #9, #42 and #48 Metro routes also stop nearby.

**Who belongs to the Resident Action**

**Council?** If you are listed on a Seattle Public Housing Authority low-income public housing lease and are 18 or older, you are a member of the Resident Action Council, and may become a voting member by attending our meetings.

**How do I find out more about the Resident Action Council?** Telephone RAC at 206-322-1297 OR check out our online forum [talk2rac.uservoice.com](http://talk2rac.uservoice.com) OR email to [talk2rac@gmail.com](mailto:talk2rac@gmail.com) OR write a letter and mail it to:

RAC  
2600 S. Walker St. #B-1  
Seattle, WA 98144

### 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

# New central office features expanded service hours

## New location, increased hours

The Seattle Housing Authority's new central office location is located at 190 Queen Anne Ave. N. Hours are 8 a.m. - 5 p.m., Monday through Friday.

By SVEN KOEHLER  
Seattle Housing Authority

On a recent Monday, a Seattle resident named Ali visited the Housing Service Center at the Housing Authority's new office in Queen Anne and learned about affordable housing options. Ali and his wife moved to Seattle from Iran when his grown son started a PhD program at the University of Washington several years ago, but realized he and his wife may not be able to afford to keep living here as they grow older.

"My expenses, especially rent, are more than my income from my job. My savings will not last much longer," he said.

Unfortunately, Ali's situation is not rare with high housing prices in Seattle, but the fact that he was able to start his application to the Seattle Senior Housing Program on a Monday is news. That's because the hours that the agency's applications department and Housing Choice Voucher program are open to the public have expanded. Their old location at Porchlight used to be closed on Mondays, with hours starting at 9 a.m.; the new location is open Monday through Friday, 8 a.m. - 5 p.m.

"The move to the new location brought a lot of work groups together in one place, and we seized the opportunity to expand our customer service by aligning all our hours to the old Central Office's," explained Lisa Wolters, Director of Rental Assistance programs. The Agency used to have of-



PHOTO BY SVEN KOEHLER

A visitor (at right) to the Seattle Housing Authority's new central office location uses a computer terminal, one of three open for public use to access housing and employment resources. The new building is located at 190 Queen Anne Ave. N.

fices open to the public in three locations, Porchlight, Operations Service Center and the Central Office, but now these services have all been combined at the new location.

"Being open longer each day also helps all of our clients who work during the day, and might have otherwise had to take unpaid hours off to do business with us," Wolters said.

Another advantage of the new Housing Services Center over the old locations is that no elevator is required to access the housing counselors, certification specialists and admissions staff who see people every

day. A bus stop serving a half-dozen routes is 20 yards from the front door, and street parking is available. This speeds up the ability to transact business for wheelchair users and others.

The new facility is streamlined, and an effort was made to reduce clutter and make it more efficient to do business at the Housing Service Center. One example is a new ability for Voucher Program participants to obtain a pre-filled out form for interim review worksheets, said new Housing Choice Voucher Manager, Jodell Speer.

"Gone is the need to fill out repetitive

## New computer kiosk available for visitors

The Housing Service Center at the Seattle Housing Authority's new Queen Anne location offers a computer kiosk, with three work stations for visitors to access housing resources via the internet and apply for jobs at the agency. You could even be reading this article right now at the kiosk, as the Voice is published online, and is available on the Seattle Housing Authority's website.

"We see a big uptick in usage of the free computers when we have jobs available," noted Human Resources Manager Marc Nilsen.

Although resources are available from any computer with internet service, some people do not have access to a computer or simply prefer to fill out applications on-site. The kiosk is open during the new expanded business hours of the Housing Service Center, 8 a.m. - 5 p.m., Monday - Friday, at 190 Queen Anne Ave. N.

information by hand," she said. So, it's a small but telling sign of change that there aren't bunches of ballpoint pens lying about in the lobby.

Much of the paperwork and information pamphlets that once lined the walls of the Porchlight lobby can now be accessed via free computers at a kiosk (see sidebar above.) Not only is there more available from sites like 211, HousingSearchNW.org and the Housing Authority's website, but the information is also less prone to being outdated.

## New insulation wraps Olmstead in a warm, wooly sweater



PHOTO BY SVEN KOEHLER

Scaffolding envelops Olmstead Manor, which received a new layer of insulation in April.

Right before the new exterior siding was installed at Olmstead Manor in April, residents noticed their building covered in fuzzy brown stuff, stuck directly to the outside of the newly waterproofed exterior sheathing like a gigantic wooly sweater.

It is certainly not common fiberglass batt insulation, which often resembles pink or yellow cotton candy, because that is supposed to be buried in between the interior and exterior walls. It is an extra layer of insulation that goes above and beyond the fiberglass installed during the original construction in 1980.

Why is it on the outside of the wall? This helps reduce a phenomenon called "thermal bridging," where heat is lost through areas, like studs, that standard insulation batts can't fill.

You can sometimes see signs of thermal bridging in older buildings, when cold is conducted from the outside to the interior through nails in the studs, eventually forming rows of black dots on the interior walls. The exterior insulation interrupts these "bridges," creating a warmer, more comfortable building.

## UW School of Dentistry offers low-cost dental services to Medicaid-eligible patients

The UW School of Dentistry is offering reduced treatment fees to Medicaid-eligible patients, with prices discounted by as much as 85 percent below average dental fees in Seattle.

A comprehensive oral exam will be offered for \$58, which includes an oral health evaluation, dental X-rays and a treatment plan. One-surface fillings are \$32, root canals \$235 and complete upper or lower dentures for \$390.

All patients who present a current Washington state DSHS card will be eligible. Many such patients lost their dental coverage in 2011, when the state

cut back on adult dental benefits for many Medicaid-eligible patients.

Medicaid-eligible patients will be seen at the school's student clinics, where third-year and fourth-year dental students deliver treatment under the close supervision of experienced faculty members. The clinics' regular fees are about 40 percent less than the average in Seattle dental offices.

For information on the UW Community Dental Plan or to make an appointment, call 206-616-6996. More information about the school's clinical care is available at [www.huskydental.org](http://www.huskydental.org).

## Attention seniors: Southeast Seattle Resource Fair coming June 1

Seattle Parks and Recreation, Lifelong Recreation and Southeast Seattle Senior Center will be hosting a Southeast Seattle Resource Fair and Luncheon for people age 50 and over from 10:30 a.m. - 1:30 p.m. Friday, June 1. The fair will be held at the Rainier Community Center, 4600 38th Ave. S. For more information call

Angela Smith at 206-684-7484.

A host of agencies and businesses will be on hand with displays, giveaways and lots of information. Doctors, retirement homes, energy assistance, employment opportunities, health care, insurance, banks and more ... all in one place.

A healthy free lunch will be served, and raffle drawings will be held throughout the day.

## 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.



PHOTO BY TYLER ROUSH

Mohamed Muse, 15, uses a smartphone loaded with C-SPAN content, onboard the C-SPAN Campaign 2012 Digital Bus.

## C-SPAN bus rolls through High Point

By TYLER ROUSH  
The Voice editor

**HP** This election season, President Barack Obama and the candidates in the Republican primary field aren't the only ones on the campaign trail.

C-SPAN, the nonprofit news network with an eye on seemingly every story on Capitol Hill — from presidential speeches to Senate subcommittee hearings — is taking its show on the road. The C-SPAN Campaign 2012 Digital Bus stopped by the Neighborhood House High Point Center on Friday, April 6, giving visitors a chance to learn more about U.S. politics and government.

The bus is outfitted like a mobile media center, complete with touchscreen, notebook and tablet computers, even a smartphone. All of the devices serve as portals to C-SPAN programming, including its website at [www.c-span.org](http://www.c-span.org).

"Everybody should know what's going on," said 16-year-old High Point resident Rashid Mohamed. "We're all citizens of the U.S., we should all know what's going on, who's running our country and how they're running it."

The Campaign 2012 Digital Bus serves the dual purpose of educating visitors about U.S. politics while also providing outreach for C-SPAN's family of cable networks, its social media presence and its website. Perhaps most impressive is the network's video library, a digital archive of more than 190,000 hours of C-SPAN programming dating back to 1987.

Representatives from C-SPAN travel with the bus to serve as tour guides. Driver Terence Bilal, of Atlanta, said

the crew works in shifts of between one- and three-week intervals, with time off in between.

The bus had previously traveled to San Francisco, Sacramento and Portland before arriving in Seattle for stops April 6 and 7.

"I've got a great view — my office window changes every day," Bilal said.

After a crew change, the bus would wend its way south again for a scheduled appearance in Los Angeles.

"It's very educational, and I'm for sure going to visit (C-SPAN) on the web," said Marlena Okimow, a High Point resident, after touring the bus with her daughter Blake.

Okimow, who doesn't have cable television, said she learned on the bus that all of C-SPAN's content is available online. She said she's most interested in following the work of the Senate Indian Affairs Committee.

"There's a lot of informational stuff on there," said Ridwan Abdirahman, 13.

The technology on the bus also had widespread appeal, particularly among younger visitors.

"It's awesome — so is technology. I really want to be a scientist, so I've got to learn how to use some of it," said High Point resident Milton Kuol, 11.

Devora Campbell brought her children, Ben Lucking, 16, and Mimi Lucking, 11, to tour the bus.

"It's easy to take what we have for granted — our Constitution, the freedoms that we have," Campbell said.

"I didn't realize C-SPAN had such a terrific online presence," she added.

## UW-bound Yesler resident receives NAHRO scholarship

By TYLER ROUSH  
The Voice editor

**YT** Valeria Najera knows exactly where she'll be attending school this fall. Najera, a Yesler Terrace resident and senior at West Seattle High School, is heading to the University of Washington, where she intends to study computer science. She loves math, and has always wanted to go to UW.

In April, she learned she'd have an extra boost to help her on the way: Najera will receive the Pacific Northwest Regional Council's (PNRC-NAHRO) Challenge College Scholarship, a 4-year award worth \$4,000.

As the eldest in her family and the first to go to college, Najera didn't have a road map to get her started on the college admissions process. She had to learn as she went along.

"Definitely one of the biggest learning experiences from the college application process for me is, the sooner you start learning about college and asking questions, the sooner you can take the burden away from your junior and senior years," Najera said. "I had no idea what I was getting into — what tests to take, where to take them."



Valeria Najera

She applied that lesson once this year already, applying for her FAFSA on Jan. 3 — just the third day that applications were accepted. The FAFSA (Free Application for Federal Student Aid) determines a student's eligibility for a host of federal and state financial aid programs. (See the accompanying sidebar.)

In addition to her academic interests, Najera is an active volunteer and athlete. She's played tennis for four years, is on the board of her school's chapter of the National Honor Society, and is a member of Link crew, which helps freshmen get acclimated to high school.

She also volunteers with the College Access Network, where she helps guide other students through the college application process.

"I really like helping other students with education," Najera said.

What would she like to do with that passion in the future? Najera has some ideas to help other young people who were in the same position as her.

"I'd really like to set up my own foundation to help students with the college application and admissions process," Najera said.

In the meantime, there's at least one student who will receive her guidance: her younger sister.

"She should take classes to prep for (the SAT), and take it at the beginning of her junior year," Najera said. "Really start early — I had a lot of help, and even though I had a lot of help it was still really challenging."

### FAFSA deadline June 30

Fill out a Free Application for Federal Student Aid (FAFSA) as soon as possible to get the most help for college. The federal deadline for all FAFSA applications is June 30.

Be sure, however, to check out 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.

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 filing 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).

### Upcoming scholarship deadlines

The application deadlines for two scholarships available to Seattle Housing residents are in May.

Applications for the Dream Big! Scholarship, a \$1,000 tuition award for college, including technical schools, are due May 14. All public housing residents and Housing Choice Voucher participants in Seattle who will attend school on a full-time basis in 2012-2013 are eligible to apply.

The application is available online at [www.seattlehousing.org/residents/education/scholarships](http://www.seattlehousing.org/residents/education/scholarships).

Applications for National Affordable Housing Management Association (NAHMA) scholarships are due by 7 p.m. May 18. High-school seniors, high school graduates and adults with either a diploma or GED who live in Seattle Housing Authority housing are eligible. To apply, go to [www.nahma.org/content/ed\\_found.html](http://www.nahma.org/content/ed_found.html).

## Summer

Continued from Page 1

instructors. Budding photographers can hone their skills with black-and-white and digital photography classes. Participants in the black-and-white photography class will even have access to a working dark room, where they'll develop their own photos.

The summer session runs nine weeks, from June 29 – August 30, with two meetings per week and a weekly time commitment of about six to eight hours. The priority registration deadline is May 28.

A \$1,000 scholarship for successful applicants covers the cost of the program, including instruction, camera rental, film, photographic paper and mentoring.

For more information and to register, visit [www.youthinfocus.org](http://www.youthinfocus.org), email [yif@youthinfocus.org](mailto:yif@youthinfocus.org) or call 206-723-1479.

### ASC offers family cooking class at Rainier Beach Family Center

**RV** For families, the Atlantic Street Center's Cooking Matters program brings parents and children ages 6 – 12 together for a cooking class. The class runs on Thursdays from 6 – 8 p.m. May 10 – June 14. Families will learn and practice preparing tasty and healthy recipes. After each session, they'll take home a bag of groceries with all the ingredients necessary to prepare the meal again at home.

The classes are free, and participants are encouraged to attend all six sessions. For more information, contact Jenny Mauer at 206-723-1301 or [jenniferm@atlanticstreet.org](mailto:jenniferm@atlanticstreet.org).

The Rainier Beach Family Center is located at 4730 32nd Ave. S. in Seattle.

## Choice

Continued from Page 1

community facilities. For the Yesler neighborhood, this would involve funds to assist with the restoration of Washington Hall as a neighborhood performing arts center, and establishing two neighborhood low-income medical clinics. During this same period, the landmarked steam plant in the northwest area of Yesler Terrace will go through its own process of historic restoration and re-use to become an education and employment resource center for Yesler residents. Partners in this important work include Neighborhood House, Catholic Community Services, the Service Employees International Union and the Workforce Development Council.

Seattle Housing Authority staff members hope to host a tour for HUD evaluators in September, with news of grant awards to follow shortly thereafter.

# Bitter Lake better prepared

## Bitter Lake Manor organizes community preparedness event

BY DEMETRIA LEGRAND  
Section 8 Voucher Holder

On Saturday, April 7, residents of the Bitter Lake community considered a question that not many are prepared to answer: What if we had a disaster and nobody came to help?

The Bitter Lake Prepared event brought the community together to find answers to that vital question. Hosted at the Bitter Lake Community Center by residents of Bitter Lake Manor and with the support of a Small Sparks grant, the event included presentations by the Seattle Fire Department, the City of Seattle's Office of Emergency Management, Broadview Community Prepared and the Red Cross.

"The one preparation people tend to overlook is simply getting started," said Carl Leon, a volunteer from Broadview Manor.

Fortunately, there are three things everyone can do to get started.

The first step is to make an emergency survival kit. Be sure to store enough things for at least three days for each person and pet: water for drinking, cooking and washing; non-perishable foods; and important tools and supplies, such as first aid items, batteries, flashlights, an AM radio and can opener. Remember to pack other essentials your family may need, such as important medication, extra clothing and bedding, and copies of important documents.

One resident suggested packing foods that you like: "Don't buy the canned goods just because they're on sale — if you hate tuna and you buy it just because it's on sale, then you will hate it even more during a disaster!"

The second step is to create a family disaster plan. Your family disaster plan should include a meeting, communication and evacuation plan in case of disaster, as well as emergency phone numbers.

Make sure to teach children when and how to call for help. Leon also said that you

should practice your plan every six months, so that if disaster strikes, you and your family know exactly what to do.

The third step is to get to know your neighbors and your community. Start by introducing yourself and asking if they know what to do in case of emergency. Meeting with neighbors not only builds a strong sense of community, it is also an opportunity to organize and train in advance of an emergency and identify and care for the vulnerable, such as the elderly, children and persons with disabilities. It's also a time to assign roles for each of your neighbors to do in case of an emergency.

The Office of Emergency Management (OEM) reminded participants of some of the limitations they might experience during a disaster. Phones may not work (particularly cell phones), and power outages may be widespread. To cope, the OEM has coordinated with community volunteers to set up Emergency Communication Hubs.

Hubs can be activated during a major emergency to share information between neighbors and Seattle's Emergency Operations Center. Hubs are also a good coordination point for your family to use as a meeting place during a disaster. Volunteers can also assist you in meeting your needs. However, hubs are not shelters, and cannot offer food, water, shelter or first aid. See the accompanying image for a map of hubs in the City of Seattle.

Representatives from the Red Cross reminded us that we have all experienced disasters, and we are all survivors. The way we continue to survive is by having a plan that works, but also knowing what to do in case disaster strikes. The Red Cross is now telling individuals to be prepared for up to two weeks in case of emergency, due to 911 limitations. They also informed us that in the Pacific Northwest, we face the possibilities of floods, wind and water storms, volcanoes and earthquakes. Currently, Mt. Rainier is the most threatening volcano in the continental U.S!

"Be prepared" was the overall message of the day. Organizers wished to thank Desseree Kamana of Bitter Lake Manor and Seattle Housing Community Builder Ellen Ziontz for making this possible.

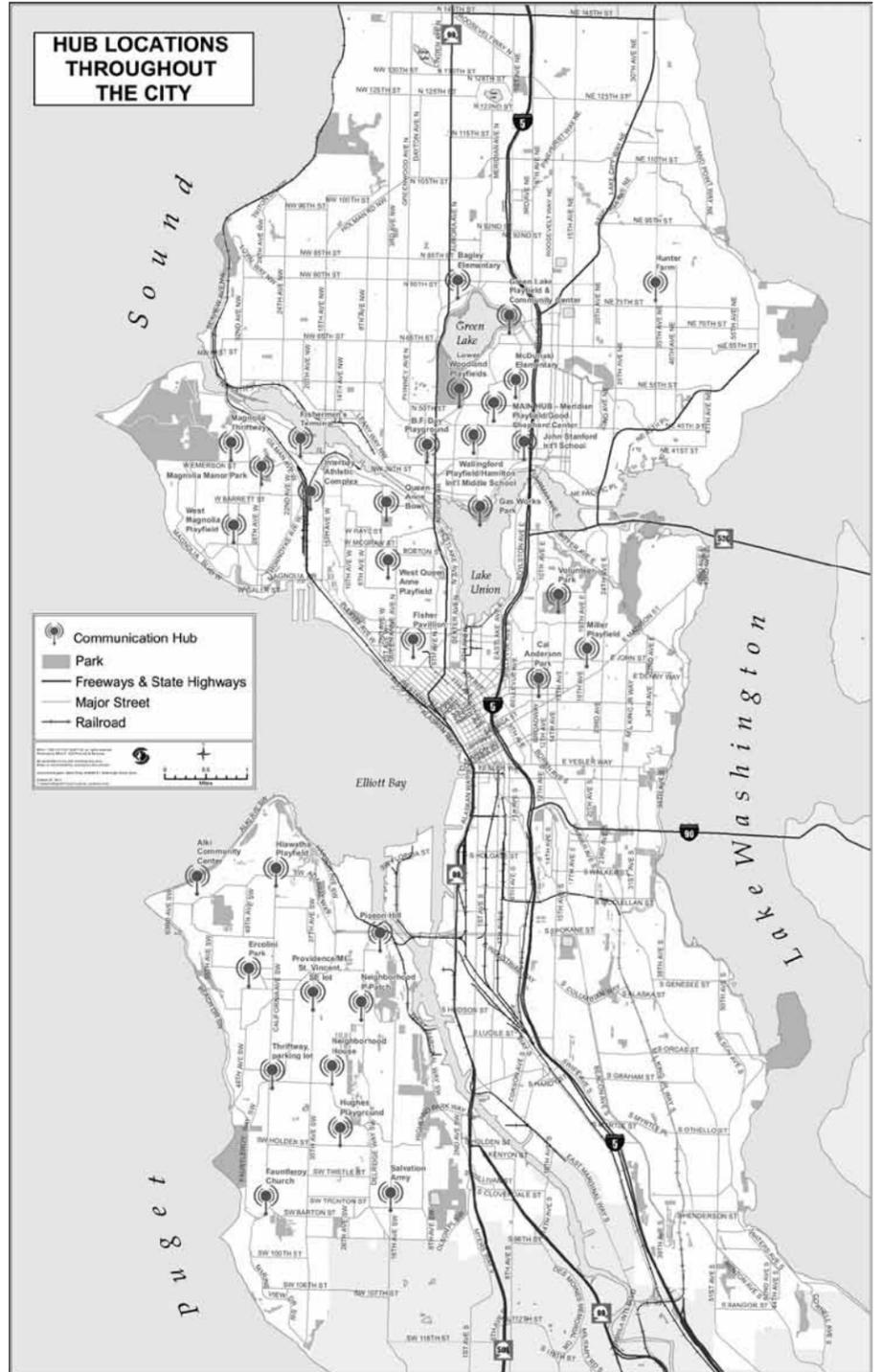


IMAGE COURTESY OF SEATTLE OFFICE OF EMERGENCY MANAGEMENT

The map above shows the location of Emergency Communication Hubs, which can be accessed as a coordination point in the event of a disaster.

Ruth Sinton, says, "I learned all about AED (Automated External Defibrillator) and the hubs they're developing, and I plan on adding fresh water to my survival kit," said community member Ruth Sinton.

"The important thing about organizing is getting the community motivated and having the proper networking resources," said Ruth Robinson, council facilitator at Bitter Lake Manor.

Visit our website:  
[www.voicenewspaper.org](http://www.voicenewspaper.org)

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PHOTO COURTESY OF MICHAEL MAGGS / WIKIMEDIA COMMONS

### Seattle Race Conference May 12

The Seattle Race Conference will be held from 8 a.m. – 5 p.m. Saturday, May 12, Pigott Hall at Seattle University. The event is titled "Building Community to End Environmental Racism: Learn, Connect, Flourish."

The keynote speaker is Yalonda Sinde, director of the Association of Environmental Health Academic Programs. For more information, visit [www.seattleraceconference.org](http://www.seattleraceconference.org).

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Kaalmeenta haweenka uurka leh & dadka daqliga soogalayo uu yaryahay oon dagan guryaha doowlada (SHA) oo haysto ciyaal dadooda tahay 3jir ilaa 5jir iyo caruurta ubaahan gargar qaas ahaaned sida kuwa curyaanka.

#### Waxbarsho anan LACAG LAAN AH:

- Sitimaanki halmar oo lugu booqanayo dumarka uurka leh Iyo kuwa haysto caruurta u dhaxeso 0-3jir
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- Barbaarin caruurta, caafimaadka, aqrin & qoris,
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