



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



The Voice

June
2012
*Articles translated
into six languages*

The newspaper of Neighborhood House

Back home, Ron Sims speaks at 2012 NH Breakfast Celebration



PHOTO BY TYLER ROUSH

Ron Sims, the former King County Executive and Deputy Director of HUD, spoke about the importance of place as keynote speaker of Neighborhood House's 11th Annual Breakfast Celebration. He noted that where a family lives is a major factor in determining whether or not their children will get a good education, go to college and lead a successful life, and spoke about the sacrifices his father and grandfather made to ensure that their children would have better opportunities than they did. Now back in King County after retiring from his position in Washington, D.C., he also said how great it felt to be back home. For a full gallery of photos from the 11th Annual Breakfast Celebration, "Like" Neighborhood House on Facebook and find the link on our home page.

Congratulations, graduates

Editor's Note: In honor and recognition of the accomplishments of all the high school graduates living in Seattle Housing Authority and King County Housing Authority communities, The Voice offers these profiles of two graduating seniors. Congratulations to all of you who earned your diploma this year!

College beat: Diploma on the way, Netere eyes a future in medicine

By TYLER ROUSH
The Voice editor

Daniel Netere spent his senior project doing something he's truly passionate about: He tried to find the perfect beat.

Netere, a senior at the Arts & Academics Academy in the Highline School District and a resident of KCHA's Greenbridge neighborhood, is a self-taught music producer.

"I'm really passionate about music," Netere says, describing his senior project. "I made seven beats, and had friends record on them."

Though he loves working in music, he sees it more as a hobby than a career.

"There's way too many producers and not enough rappers," he says.

Instead, he plans to pursue a career in physical therapy or medicine, first by enrolling at a two-year school and then



Daniel Netere

transferring to a four-year school. Eastern Washington University is at the top of his list because of its strong physical therapy program; he's also looking at Washington State University, where two older stepbrothers are enrolled.

He looks forward to college and to stepping out on his own, and says he wants to get the most out of the experience.

"I want to look back at college and say,

Please see "Netere" on Page 2

A star is born: Adan will take his passion for science and sports to college

By TYLER ROUSH
The Voice editor

Abdullahi Adan has always been drawn to looking up at the stars. The Yesler Terrace resident has a passion for astronomy and the sciences.

As he prepares to graduate from West Seattle High School this month, he's thinking more and more about what he wants to do in the future.

"I like observing what's in the sky," Adan says. "I've liked the sciences since back in sixth grade."

That passion for science will inform his college and career track. He says he plans to study science in college. Nursing is one field he's considering.

He'll enroll at a two-year school in the fall — probably at Central or South Seattle



Abdullahi Adan

Community College, he says — and will then transfer to University of Washington or Washington State University.

Adan was a two-sport athlete in high

Please see "Adan" on Page 3

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In this issue

Health Notes	Page 2
EAT HEALTHY THIS SUMMER	
Be Safe	Page 3
UNDERSTANDING THE ROLE OF NEIGHBORHOOD WATCH	
Job search help	Page 3
YWCA HOSTS JOB FAIRS	
Translations	Page 4
STAY COOL THIS SUMMER	



Health Notes

A column devoted to your well-being

Healthy eating tips for summer

BY SEATTLE UNIVERSITY
NURSING STUDENTS

It is hard to stick to diets and eat healthy. You can crave unhealthy foods and feel hungry constantly.

One of the reasons dieting can be difficult is because we cut out our favorite unhealthy foods. It is okay to eat foods that have some fat or sugar — what is being advocated now is controlling portion sizes.

The Michelle Obama “Plate Method” advocates for portion sizes on a nine-inch plate. Many plates these days are close to 11 or 12 inches and we end up eating more than we need.

The plate method is divided into ¼ grains or starchy vegetable (potatoes), ¼ meat or protein, ½ non-starchy vegetables (green beans), a piece of small fruit, and

a cup of milk or other dairy, like yogurt.

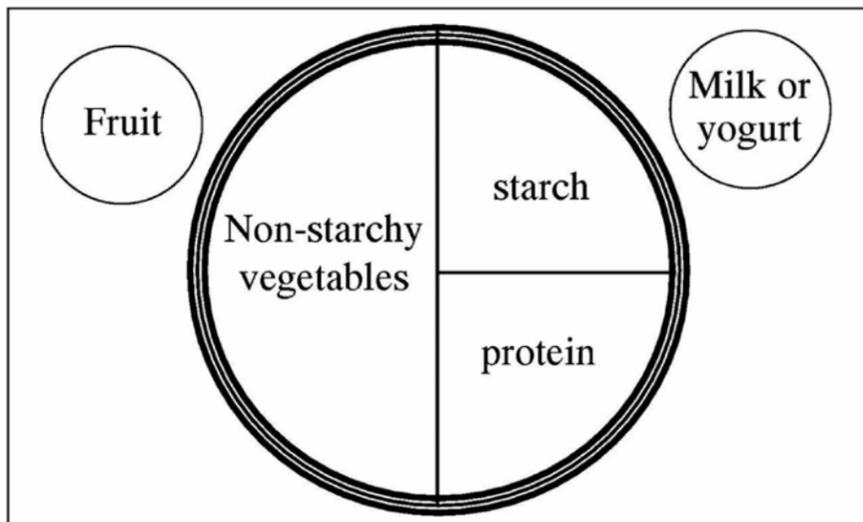
By eating an array of food groups at each meal you ensure that you are getting a variety of nutrients and vitamins that help you stay full.

Eating regular meals helps establish consistency in your eating habits, preventing overindulgence.

Everyone has a busy schedule; however, taking even as little as 15 minutes a day to exercise can help maintain a healthy metabolism to supplement your new eating habits!

Some ways to incorporate exercises into your everyday life are: walking to the store, taking a quick bike ride, or maybe taking the stairs instead of the elevator when you can.

Hopefully these simple tips help keep you energized and healthy for summer!



The above image diagrams a balanced meal on a nine-inch plate. Non-starchy vegetables, such as peas, carrots, broccoli or leafy greens, should fill half of your plate. Devote no more than one-quarter of your plate to a modest portion of starch (potatoes, corn) and one-quarter for a serving of meat or other protein source. A small portion of fruit and a serving of dairy rounds out the meal.

Netere

Continued from Page 1

“Man, I want to go back,” he says.

Netere was a two-sport athlete in high school, playing basketball and football. He volunteered regularly at the Southwest Boys & Girls Club. That’s also where he makes his music, in the club’s recording studio.

“Every time I listen to music, I catch the beat pretty fast,” he says.

With high school, it wasn’t always so. Netere moved with his family from Columbus, Ohio to Greenbridge during his freshman year. Moving from one high school to another had an initial impact on his grades, he says.

“My grades were up and down,” Netere says. “But when they’re up, I knew I could do whatever I want.”

Netere’s last day of school is June 8; his graduation ceremony is June 13.

“I’m ready,” he says of his upcoming graduation.

When he describes himself, he says a lot of the usual things — that he likes music, sports, hanging out with friends. But he also says something you might not expect from someone who combines a passion for producing music and studying medicine — he’s “lazy.”

He says it with a smile, and then he clarifies: Just because he’s lazy doesn’t mean he isn’t reliable.

“People seem to think lazy people don’t do what they’re supposed to do,” he says earnestly. “A lot of teachers think that people like me are the ones who drop out, but I’m doing just fine.”

Lazy, maybe. But he understands the value of getting a good education, too.

“Jobs are starting to cut down,” he says. “Getting that diploma is the least you could do for yourself.”

Creating a cleaner world, one apple core at a time

Food waste programs at KCHA, SHA put a lid on garbage

BY TYLER ROUSH
The Voice editor

By saving a few scraps of food from the trash after each meal, residents of local housing authorities are making a big difference in the health of our environment.

Both King County Housing Authority and Seattle Housing Authority have begun implementing food waste composting programs in their communities, collectively keeping countless tons of food waste from going into area landfills. Instead, those table scraps are being sent to collection centers, converted to compost and used to grow new produce.

Oksana Pidkovsky, a resident of Mardi Gras in Kent, is a pioneer of sorts. Mardi Gras was the pilot property for KCHA’s food waste program, which was implemented there in February.

Having to keep track of three bins — one each for garbage, recycling and food waste — took some getting used to.

“It was a little difficult to make sure the right thing went into the garbage, recycling and compost containers, but now we have gotten used to it,” Pidkovsky said. “We are proud to be the first property to use this program.”

And the impact that the program has on the environment is worth the extra effort, she says.

“We appreciate everything the Housing Authority has done for us,” she said. “This is a small contribution we can make to help the environment and show our gratitude.”

Food waste collection has since begun at Evergreen Court and Kings Court, two KCHA properties in Federal Way.

Resident education is a key component of the success of KCHA’s food waste program, said Resource Conservation Specialist Theresa McCartney.

Before implementing a food waste or recycling program at a property, KCHA Resource Conservation Program staff go door-to-door to notify residents of upcoming meetings. That kind of direct community outreach has a big impact in the program’s success, McCartney said.

“Door-to-door education is the foundation of our recycling and composting programs, and we believe it has been a huge contributor to our success,” she said. “By making face-to-face contact with residents

many times within a month of starting the program, we offer support, answer questions, address concerns and provide feedback.”

In addition to food waste, municipal composting in King County also includes yard waste collection — grass clippings, trimmings from bushes and even pulled weeds make great compost. KCHA landscaping staff at several locations are now collecting yard waste for composting. The yard waste program has already been adopted at Youngs Lake, Valli Kee, Briarwood, Green River Homes, Birch Creek, Lake House and Paramount House.

Seattle Housing implementing composting in high-rise, garden communities

Seattle Housing residents are also doing their part to put a dent in the amount of compostable material going into area landfills.

According to statistics provided by the City of Seattle, food waste makes up approximately one-third of the 400,000 tons of garbage that go to Seattle landfills.

Through composting, Seattle Housing residents are helping to shrink that number.

Food waste collection is well underway at the High Point neighborhood in West Seattle, and in about half of Seattle Housing’s 50 high-rise communities, according to Recycling & Waste Reduction Coordinator Sara McCabe.

Implementation has just begun in the NewHolly neighborhood in South Seattle, and is also planned for the Rainier Vista neighborhood. The housing authority’s goal is to have both neighborhoods fully online by the end of 2013, according to McCabe.

The response has been overwhelmingly positive so far.

“Residents are really excited to have food waste collection available,” McCabe said. “And contamination is low.”

Contamination occurs when non-compostable material ends up in a food waste bin. Plastics are a common problem, especially since plastic bags seem like an easy option for lining a food waste bin. Unfortunately, that’s not the case — plastic is not compostable. And a contaminated food waste load goes straight to the landfill.

Instead, McCabe said that residents should line food waste containers with newspaper, paper bags or approved compostable bags. To cut down on odors from your food waste bin, use a container with a lid, empty and rinse the container often and sprinkle the container with baking soda between uses.

Seattle’s state-of-the-art South Transfer Station built for the future

The City of Seattle last month dedicated a new state-of-the-art facility to better serve residents and businesses with recycling, composting, and garbage disposal over the next 50 years. The new South Recycling and Disposal Station, located in South Park, will replace the 1964 facility just across the street.

The new facility has the capacity to transfer a much larger variety of materials for recycling or reuse than could have ever been achieved at the old station.

The new facility offers:

- Expanded recycling areas and the ability to accept more types of recyclables.
- Reduced noise, dust and odor due to

a misting system that removes dust from the air and can be used to reduce odors.

- A rainwater collection system that stores rain in a cistern to be used for washing.

- Automated weigh-and-pay station for increased efficiency.

- Shorter lines, a reduction in wait times, and enough space to prevent backups onto public streets.

- Increased safety inside the station for customers and employees.

- A separate entrance for commercial collection trucks for added safety and efficiency.

- High-quality architecture that meets a high standard in environmental design.

The Voice

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

Be safe

By **KELLY MCKINNEY**
Seattle Neighborhood Group

Over the past few months there has been a lot of news coverage over the Trayvon Martin case in Florida. Trayvon Martin was shot and killed by George Zimmerman, a member of his community's Neighborhood Watch Program. I do not wish to discuss the merits of this case; it will be decided in a court of law.

I would, however, like to discuss Neighborhood Watch, also known as Block Watch — specifically what it is and what it is not.

Communication is one of the most important tools we can use to keep our neighborhoods safe. Neighborhood Watch is a tool for organizing crime prevention efforts in a community. When residents in a neighborhood talk to each other, exchange information about what is happening in their community, and look out for one another, their community is safer. You do not have to be best friends with your neighbors, nor do you need to tell them every detail in your life, to be an effective Block Watch neighborhood.

The people who are most aware of the normal rhythm, the day-to-day ebb and flow of their neighborhood are the people

A better understanding of what it means to be a 'Neighborhood Watch'

who live in it. Knowing your neighbors well enough to know who is really a resident, what their cars look like, who their kids are, and who their frequent guests are, helps neighbors identify a situation that is just not right or unusual.

The guy playing with a car door handle could be the owner of the car who left his keys in the car — or it could be a stranger trying to break into the car. The woman wandering around a neighbor's back yard may be the homeowner — or a stranger trying to burglarize the home. Someone who knows the neighborhood well will be able to tell the difference between situations better than a police officer who drives through the community every once in a while.

Be cautious. Block watch is not about being a vigilante. When a community member notices something unusual, that person should call the police and let the police determine what is really going on. Block watch is not designed to replace the police; rather, it is a way of organizing communities to work with the police to address crime issues.

Kelly McKinney (206-323-7084) is a Community Education Coordinator for Seattle Neighborhood Group.

YWCA job fairs connect employers with job-seekers

By **TYLER ROUSH**
The Voice editor

A conference room at the YWCA Learning Center in Greenbridge fills with job-seekers on May 23. More applicants complete their intake forms, and the population of the room grows steadily, waiting to hear a presentation from a hiring team with Signature Seafoods, a Seattle-based company that works in the salmon industry.

Mina Amin, Program Director for YWCA's South King County Employment Services, moves among the applicants, answering questions. She's coordinating an "Employer of the Day" event. A smaller affair than the large job fairs hosted by the YWCA, the program provides one-on-one time with job-seekers and a single local employer.

"This is great for people," Amin says. "They have more one-on-one opportunities with employers."

At the YWCA Learning Center, the top goal of Amin's program is simple — connect job-seekers with prospective employers, and help put people to work.

The Employer of the Day job fair is offered by the YWCA by request from individual employers. YWCA promotes the event by distributing flyers and directly contacting clients, and provides the space for the employer to meet with job-seekers. And it's all free of charge.

For job-seekers and employers, it's a win-win.

"They were so kind — they jumped into high gear and started promoting our visit," says Rose Snider, Human Resources Director for Signature Seafoods, who was at Greenbridge to meet with prospective applicants.

Having the opportunity to hire locally is significant, Snider says.

"We're a Seattle-based company, and we'd like to give jobs to people in our area," she says. "If we have another resource to do that, it's awesome."

Abdi Fadah, a Greenbridge resident, was at the event to find a job. He's been out of full-time work almost two years.

"I'd like any work," he says. "It's very challenging."

The YWCA has connected him with some part-time opportunities. "They're really good," he says. "They help me to find a job."

Brothers Miguel and Ronald Martinez are visiting YWCA with their uncle, Pedro Blanco. The brothers both worked in the fishing industry in their native Honduras; Miguel is also a trained electrician, and Ronald has landscaping experience. Blanco said that his nephews have been in Seattle less than a month, and are looking for work to support family back home.

"They want to start working as soon as possible," he says.

YWCA plans June 21 job fair

While the May 23 event was relatively small in scale, the YWCA Learning Center at Greenbridge will host a large job fair from 10 a.m. to 2 p.m. Thursday, June 21. More than a dozen employers had been confirmed at press time, with many more to come, according to Amin.

Among the employers who will attend are Goodwill Burien, SmartTalent, Signature Seafoods, TDA Drivers Services, the Hilton and Doubletree Hotels, Safeway, Northwest Center, Walsh Construction, Levy Restaurants, King County Department of Natural Resources, and the US Army.

The YWCA Learning Center at Greenbridge is located at 9720 Eighth Ave. SW. Job-seekers interested in YWCA employment programs and employers interested in participating in a job fair should contact Amin at 206-336-6970 or mamin@ywcaworks.org, or office assistant Leila Habib at 206-336-7000 or lhabib@ywcaworks.org.

For more information about the YWCA, visit www.ywcaworks.org.

Adan

Continued from Page 1

school, playing basketball and soccer. He'll continue to play sports in college and, he says, wouldn't mind playing pro.

But he's also focused on getting his degree.

"Getting educated is important," Adan says. "(And) being a responsible person

for my family in the future."

Adan, 17, has several older siblings, already grown adults, many of them married. He also has a 15-year-old sister. And, he says, he tries to be a good role model for her.

"When I get home (from school), I do my homework," he says. "She sees me doing that. She's doing the same things I do."



Neighborhood House
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Neighborhood House

TRANSLATIONS

TRANSLATED ARTICLES FROM THE VOICE

Protect yourself from the summer heat

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ሙቕት አዘዩ ኣብ ዝብርትዓሉ ግዜ ንግዳም አይትውጽኡ

ብዙሕ ፈሳሲ ስተዩ ወላወን ከይጸማእኩም ጽማኢ ኣብ ዝሰምዓኩም ግዜ ስወነትኩም ነቕጺ አጥቂዕዎ ክኸወን ይኸእል እዩ ሽማግሌታት ብዙሕ ግዜ ናይ ጽምኢ ስምዒት አይስምዖምን አዩ ሓድ ሓደ መድሃኒታት ነቕጺ ስወነት ክሰቡ ይኸእሉ አዩም።

መጋረጃ አዉርድዎ መብራህቲ አጥፍእዎ ምሳኹቲ ዕጸዉ ዝሑል አየር ኣብ ዉሽጢ ቤት ንምዕቃብ ዝሕል ምስበለ ከፊትዎ አየር መታን ክአቱ።

ብርሑዝ ስፖንጅ ሽጎማነን

ስወነትኩም ኣተርክስዎ።

ፋን ተጠቅሙ ኣብ ዝዘሓለ ቦታ ብምቕማጥ ኣብ ቤተምንግስቲ ህዝባዊ ቦታታት ሾፐንግ ሞል ተአልዩ ዝሑል ኮንዲሽን ዝለዘለዎ። መብዛሕትአም ናይ ኪንግ ካዉንቲ አባይቲ አየር ኮንዲሽን ክጥቀሙ አይፍቀድን አዩ ብምክንያት ናይ ባርዕ ሓዊ ምክልኻል ሕገ ኮድ መሰረት ።ከባቢኹም ተላልዩ ኮሚኒቲ ሩምስ ካልኦት ናይ መእከቢ ቦታትት ዝዘሓሉ አዩም።

ኣብ ሓድ ሓደ ፍሉይ ኩነት ተቐማጦ አየር ኮንዲሽን ይፍቀደሎም እዩ ብምክንያት ሕማምን ስንክልናን ፣ ብዛዕባ እዚ ፍቓድ ናይ አየር ኮንዲሽን ክትፈልጡ ምስ ትደልዩ ንምናጀርኩም ትዘራረቡ።

ምልክታት ሳዕቤን ዋዲ ነቕጺ ስወነት ሕማማት ዓጀውጀው ሕማም ርእሲ፣ ድኻም፣ ብዝሒ ምርሃጽ ዕግርግር፣ ንብሲ ምስሓት ብቅልጡፍ ምስትንፋሲ፣ ብዝሒ ትርግታ ልቢ፣ ክምኡውን ካልኦት ምልክታት ምስትዕዘቡ ሓኪም ትኸዱ ተቐላጢፍኩም ስወነትኩም ድማ ተዝሕሉ።

Protect yourself from the summer heat
ክጠብቅኩም ከብጋው የሞቃት አየር ራስህን ጠብቅ ትልልቅ ሰዎች በበጋው ሙቀት ምክንያት ሰውነታቸው የማቀዝቀዝ ችሎታው ስለሚቀንስ ለዚህ ዓይነቱ ጉዳት የተጋለጡ ናቸው። መርዘኛ ህመምና በህክምና ላይ ካሉ ደግሞ ለዚህ ዓይነቱ የተጋለጡ ነዎት። ከዚህ በታች የተጻፉት በሙቀቱ ምክንያት ለሚፈጠሩት ችግሮች ይረዳዎታል።
በጣም ፀሃይ በሆነበት ወቅት ውጭ መውጣት አቁም።
ባይጠግህም በጣም ብዙ ውሃ ጠጣ። ውሃ ሲጠግህ ሰውነትህ የሚያስፈልገውን ካጣ በኋላ ስለሚሆን ጉዳት ያመጣል። ትልልቅ ሰዎች ለውሃ ጥማት በጣም አያስቡም። አንዳንድ መድሃኒቶች የጥማት ችግር ምክንያት ናቸው።
መጋረጃዎችና የመሳሰሉትን መዘጋት፣ መብራቶችን ማጥፋት፣ መስኮት መዘጋትና ቀዝቃዛ አየር ማስገባት ያስፈልጋል። የአየሩ ፀባይ ሲቀንስ መስኮትን በመክፈት ቀዝቃዛ አየር ማስገባት።
በቀዝቃዛ ስፖንጅና ፎጣ ለማቀዝቀዝ

Protect yourself from the summer heat
Предохраняйте себя от летней жары
Пожилые люди подвержены отрицательному влиянию летней жары, так как по мере старения уменьшается способность тела охлаждаться. Хронические болезни и лекарства также могут делать вас более чувствительными к жаре. Ниже приводятся советы, как бороться с отрицательными эффектами чрезмерной жары.

Избегайте выходить на улицу во время самого жаркого времени дня.

Пейте побольше воды, даже если вы не чувствуете жажды. До того, как вы почувствуете жажду, ваше тело уже может быть обезвожено. Пожилые люди менее чувствительны к жажде; некоторые лекарства повышают вероятность обезвоживания.

Задёргивайте занавески или закрывайте жалюзи, выключайте свет и закрывайте окна, чтобы сохранить холодный воздух внутри. Как толкко спадёт жара, открывайте окна, чтобы впустить внутрь прохладный воздух.

Обтирайтесь влажными, прохладными полотенцами.

Используйте вентилятор или пойдите туда, где попрохладнее, например, в ближайшее публичное место или торговый центр. Многие квартиры ЖУОК не могут иметь кондиционеров по соображениям пожарной безопасности. У вас есть возможность поближе познакомиться с соседями, проводя время в вестибюлях и в общественных комнатах вашего дома, где, как правило, прохладнее.

В некоторых случаях жителям позволяет установка кондиционеров в квартирах, для чего требуется разрешение на установку в связи с инвалидностью. Для того, чтобы определить возможность установки кондиционера, свяжитесь с управляющим своего дома.

Обращайте внимание на болезненные проявления перегрева, такие, как галлюцинации, головная боль, слабость, повышенное потоотделение, тошнота, обморок и учащённое дыхание или сердцебиение. Если вы почувствуете какие-либо из этих симптомов, обратитесь за медицинской помощью и примите немедленные меры для охлаждения.

Iska difaac kulayka kulaylaha
Waayeelku waa u nugul yihiin waxyeelada kulaylka kulaylaha waayo da'da ayaa wax u dhinta hadka isqaboojinta jirka. Xannuun joogto ah iyo daawoba waxay kaa dhigi karaan mid u nugul kulaylka. Hoos waxaad kala socotaa sidii aad isaga difaaci lahayd waxyeecaladaau keeno kulayluhu.

Ha u bixin bannaanka marka ay aad u kulushahay.
Biyo badanna cb xataa hadii aaddab oomanayn. Markaad oon dareento, jiraagu waaba qallalan yahay.
Daahyaha dariishdaha sii daa, al-baabadana xir, nalalkana dami si aad u celiso hawada qabow ee gudaha.
Isticmaal marwaxad ama qa-

boojiye ama aad meel qaboojiye leh sida mallka iyo dhimayaasha waaweyn. In badan oo ka mid ah KCHA malaha qaboojiyeyaal sababtoo ah cabsi dab. Baro dariskaaga, booqana goobaha jaaliddu isugu yimaadaan kuwaas oo ah bii'oo qaboow.
Dadka qaarkiis waxay helaan shuqooyin qaboojiye leh curyaanimo darted. Si aad u ogaato arringtaas, la xiriir maamulka dhismahaaga. fiio gaar ah u lohoow xannuunada uu keeno kulayka. Sida neefku dhegga, madax xanuunka, diciifnimada, dhidid fara badan, lab-labbo, indho madoobaad, neeftuur, iyo wadno garaac.. haddii aad aragto qaar ka mid ah calaamadahaan, la xiriiir dhakhtarkaaga. Sameena arrin degdeg ah oo aad jirkaaga ku qaboojiso.

HÃY TỰ BẢO VỆ TRÁNH ĐI SỰ NÓNG BỨC CỦA MÙA HÈ
Những người già cả thường dễ bị tổn thương bởi nhiệt độ nóng của mùa hè, nguyên nhân là do sự khiếm khuyết trong khả năng giải nhiệt nơi cơ thể người già. Các chứng bệnh kinh niên hay các loại thuốc uống trị liệu cũng có thể làm cho quý vị dễ nhạy cảm với nhiệt độ nóng. Dưới đây là những cách giúp quý vị chống lại những ảnh hưởng bệnh hạn do sự nóng bức gây ra:
Hãy tránh đi ra khỏi nhà lúc nóng nhất trong ngày
Hãy uống nhiều nước dù cho mình không thấy khát nước, vì lúc khi mình cảm thấy khát nước, thì có thể lúc đó cơ thể mình đã bị khô nước rồi. Những người lớn tuổi thường ít cảm thấy khát nước, và số thuốc men làm gia tăng việc cơ thể bị thiếu nước.
Hãy kéo các tấm màn che cửa xuống, hãy tắt đèn và đóng cửa lại để giữ cho khí lạnh ở bên trong nhà. Khi nhiệt độ mát lại, hãy mở cửa ra để cho khí mát lạnh lùa vào nhà.

Hãy lau người với miếng thấm những nước lạnh, hoặc với khăn ẩm lạnh
Hãy mở máy quạt, hoặc tìm tới các cao ốc công cộng hay các khu thương xá (có máy lạnh). Có nhiều khu chung cư thuộc quận King (KCHA) không thể có máy lạnh được vì qui định luật phòng chống hỏa hoạn. Hãy làm quen với người hàng xóm bằng cách đến các phòng họp cộng đồng, khu vực công cộng mà có thể có máy lạnh.
Trong một vài trường hợp, thì cư dân có thể được phép gắn máy lạnh vì lý do bệnh tật. Để biết có được phép gắn máy lạnh hay không, xin liên lạc Người Quản Lý, manager của cộng đồng mình đang cư ngụ.
Hãy để ý đến các triệu chứng của các bệnh do thời tiết nóng gây ra, như bệnh ảo giác, nhức đầu, cảm thấy yếu ớt, ra mồ hôi đầm đìa, buồn nôn, ngất xỉu, tim mạch đập nhanh. Nếu quý vị thấy bất cứ triệu chứng nào trên đây, hãy đi chữa trị ngay, và lập tức tìm trú nơi thoáng mát

In the midst of change, Seattle Housing reaffirms its promises for Yesler Terrace

Tierney and Lofton pledge commitment to Yesler's residents, during redevelopment and a transition in agency leadership

BY TYLER ROUSH
The Voice editor

YT While the person at the head of the agency may soon be changing, Seattle Housing's commitment to the residents of Yesler Terrace will remain.

Outgoing Executive Director Tom Tierney and Deputy Executive Director Andrew Lofton, who will step into the role in September, spoke to members of the Yesler Terrace Community Council during the group's regular meeting May 15. Though not quite a torch-passing ceremony, the visit affirmed that the promises made to Yesler Terrace residents would not be lost amidst the upcoming transition in Seattle Housing's leadership.

"It's important for you as residents of Yesler Terrace to know that Andrew Lofton has been intimately involved in all the planning for Yesler Terrace, and is aware of the promises we have made to you for the redevelopment of Yesler," Tierney said.

Tierney announced in February that he would retire in August as the agency's executive director, a position he has held for eight years. After a search for a new



PHOTO BY TYLER ROUSH

Yesler Terrace Community Council President Kristin O'Donnell presents Seattle Housing Authority Executive Director Tom Tierney (left) with an "Alligator Award" in recognition of his service to the Yesler community. Tierney has announced he will retire in August, and Deputy Executive Director Andrew Lofton (right) will step into the role of executive director at that time.

executive, the Board of Commissioners announced in March that Lofton would be promoted to head the agency.

By promoting from within, the Board ensured the new executive director would

be well acquainted with the redevelopment process. Lofton has been with Seattle Housing since 2004.

Please see "Yesler" on Page 2

Housing Authority, Seattle Police set to finalize CPT contract

BY TYLER ROUSH
The Voice editor

Seattle Housing announced last month that it was finalizing an agreement with the Seattle Police Department to renew the Community Police Team (CPT) program, which assigns Seattle police officers to do community police work in Seattle Housing neighborhoods throughout the city.

Under the terms of the new contract, which at press time was still being finalized, the Housing Authority will be able to work with Seattle Police to redeploy a CPT officer from one precinct to another in response to a spike in criminal activity in a given neighborhood.

"If things are quiet in NewHolly, but things are heating up in the North, we want to be able to have more than one CPT officer address those issues," said Rod Brandon, Seattle Housing's Director of Housing Operations and the lead on negotiations with Seattle Police.

The number of CPT officers assigned to Seattle Housing communities will also be reduced by one, to four full-time officers.

The program had been suspended since the beginning of this year, as the housing authority and the department hashed out details of the new contract.

Brandon stressed that the prolonged negotiations were not the result of dissatisfaction with Seattle police services — on the contrary, he praised the department's CPT work.

Rather, it took some time to work out the logistics of redeploying CPT officers. And because the Housing Authority will be operating with four CPT officers instead of five, that increased flexibility will be invaluable in addressing residents' needs, Brandon said.

"As some of our issues change, we needed to be flexible to address our residents' needs ... (including) more flexibility to allow CPT officers to cross precinct lines," Brandon said.

CPT officers had previously remained dedicated to communities within their assigned precinct. For example, an officer assigned to the Southwest Precinct would serve the High Point community. The new agreement enables the Housing Authority to coordinate with the Police Department to redeploy that officer to a new precinct, if the need arises.

Please see "CPT" on Page 4

RAC elections set for June 13

BY RESIDENT ACTION COUNCIL

All residents of Seattle Housing Authority's Low Income Public Housing are invited to the city-wide Resident Action Council's annual Election Celebration and Luncheon on Wednesday, June 13 from noon to 3 p.m. at Center Park, 2121 26th Ave. S.

At noon, candidates for 2012-2013 leadership will present their ideas for the future of RAC and answer questions from the membership. Voting for leadership candidates will take place from 2 - 2:30 p.m.

Eligible voters (Low Income Public Housing residents who have attended at least one RAC meeting in the past 12 months) should have received a notice of eligibility from RAC secretary Jim Bush — please call 206-322-1297 if you think you were overlooked.

RAC wants to thank the Housing Authority, the Police Department and Seattle City Councilmember Bruce Harrell's office for getting the Community Policing contract settled at last.

Last month, we'd invited them to come to our meeting where we were talking about our need for Community Policing. They didn't come to the meeting — however, after five months of waiting, we will soon have our CPTs back. Next time we'll ask questions sooner.

Seattle Housing's Economic Opportunity Programs can help you achieve your career and education goals

BY SEATTLE HOUSING AUTHORITY STAFF

Over the past year, the Community Services team at Seattle Housing Authority has worked hard to develop a new program aimed at helping residents meet their job and education goals.

Known as the Economic Opportunity Program, the program's intent is to help residents achieve greater stability and financial independence by finding jobs and advancing their careers.

Led by Economic Opportunities Coordinators Cheryl Sabin and Ron Jenkins, staff members known as Economic Opportunity Specialists can provide comprehensive support to help identify and overcome barriers to your progress, zero in on your specific interests and skills, and set and work toward goals for your future.

If you already have a job, you can use the program to get a higher-paying job, earn a promotion or receive higher wages in your current job.

Specialists are prepared and willing to help you with whatever issues are standing in the way of getting and keeping a good job.

Staff members speak several languages and often share the same cultures as the residents we serve. They can help bridge cultural differences and provide the support you need to reach your goals.

Some services available through the Economic Opportunity Program include:

- emergency assistance (food, utilities, rent)

- connections to education (completing high school, getting a GED, entering college)
- connections to employers looking for workers
- access to jobs related to Seattle Housing Authority construction, through our "Section 3" program
- career counseling and job training
- assistance with self-employment
- budgeting and financial planning
- legal services
- parenting skills
- home-buyer education

Family Self-Sufficiency (FSS) Program

One specific program offered through Economic Opportunity offices is the Family Self-Sufficiency (FSS) program. FSS is a five-year goal program open to all families living in public housing or receiving Housing Choice Voucher (Section 8) assistance and is meant to help people who have a desire to increase their financial stability through education, employment or starting a business.

What makes the FSS program unique is that as you begin earning higher wages, part of the increased rent you pay as a result of an increase in wages is matched by the Housing Authority and credited every month to a special bank account for you.

This bank account — called an escrow account — can be used to pay for things that will help you meet your goals. You

Please see "Opportunity" on Page 2

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

Call Seattle Housing's new Fraud Hotline if you see evidence of housing fraud

Seattle Housing Authority recently established a Fraud Hotline telephone number that you can call if you believe you have seen evidence of housing fraud.

The agency provides housing and rental subsidies to thousands of households in the Seattle area and the majority of these households have very low incomes and greatly need the assistance they receive. However, sometimes people who do not have low incomes try to receive housing assistance illegally. These cases might include more people living in a unit than reported, failing to report all household income, subletting their subsidized housing or conducting illegal activity in their subsidized housing.

John Neal, Seattle Housing's Fraud Investigator, encourages all residents to participate in minimizing housing fraud.

"We need resident help in the fight against housing fraud because silence is fraud's best friend. Word of mouth is fraud's worst enemy," Neal said. "I encourage residents to pass the word and report someone they may suspect of committing fraud."

If you believe you have seen evidence of housing fraud, please call this new Fraud Hotline at 206-239-1718 and leave specific information that investigators can use to follow up. Every report is investigated and will be kept confidential. You can also submit concerns you may have via our website at <http://seattlehousing.org/contact/fraud>.

By combating housing fraud and abuse, Seattle Housing Authority helps assure that our housing and subsidies are being used by the people who really need them.

An unobstructed view at Olmsted



PHOTO BY ROXANNE NAVRIDES

The new exterior of Olmsted Manor emerges into the light of day as workers complete the exterior renewal project that started last fall. The scaffolding that has protected the Seattle Senior Housing Program building during construction was removed this May, and residents can finally enjoy the unobstructed view out their new windows.

Getting AMP'd for AMP!

BY RESIDENT ACTION COUNCIL

Want to learn more about political activism and community organizing? The AMP 2012 (Activists Mobilizing for Power) training conference is July 27 - 29 in Portland, Ore. Three days of workshops provide tools to make organizing more efficient, more effective and, yes, more fun.

Resident Participation funds are available to send a group of Seattle Housing Authority residents to the conference. Funding covers your registration, transportation, food, lodging and childcare at the conference site. If you need an interpreter at the conference, that is covered as well.

Who is eligible to apply? If your community or building has a Duly Elected Resident Council or you are an active

member of the city-wide Resident Action Council, your application will be considered. Preference will be given to applicants who are currently involved in some kind of organizing activity and have plans to apply what they learn to benefit other Seattle Housing residents. Consideration will also be given to those who are attending Western States Center (AMP, formerly CSTI) training for the first time. Applications will be available from Community Builders beginning June 8.

Want to know more?

- Ask your Community Builder.
- Look on the Internet: www.westernstatescenter.org/our-work/amp
- Come to the June 13 Resident Action Council meeting at noon at Center Park — we will have applications and an information table.

Yesler

Continued from Page 1

"We both understand that the very most important promise is the right to return to a redeveloped Yesler Terrace. As solemnly as I have held that promise, Andrew will hold it as well," Tierney said, then paused to allow for interpretation of his remarks for the large and diverse populations of non-English speakers in attendance. After a beat, the audience answered with applause.

Tierney also reaffirmed the promise that residents would receive at least 18 months' notice prior to the demolition of their unit. He noted that ample time would be allowed for interpretation and translations services for residents making plans to move.

Another core promise is to the numerous home day-care providers who live and operate in the community. Day-care providers have expressed concern about how redevelopment will impact their businesses, and the housing authority has assured the affected residents that they would have the opportunity to move into new units suitable for their businesses.

Lofton acknowledged the patience that the community has shown during the years-long redevelopment planning process

"You have all been very patient and have worked extremely hard to get to where we are today," he said.

Members of the community council thanked Tierney for his work as executive director. Council president Kristin O'Donnell presented him with one of the council's "Alligator Awards" in acknowledgement of his support for the community. She also credited Tierney with doing a good job leading Seattle Housing through difficult economic times, when many public housing authorities are struggling.

The success of the Yesler Terrace redevelopment and the fulfillment of Seattle Housing's promises to its residents will be a part of Tierney's legacy, according to Lofton.

"Tom has set a standard for all of us to live by, and to make sure that Yesler Terrace lives up to those standards when we are done. ... If we do that, what we will have here at Yesler Terrace is the best possible place for you to live," Lofton said.

Opportunity

Continued from Page 1

will receive any money remaining in the account at the end of your five years in the program.

Where to go for Economic Opportunity Program support

There are six Economic Opportunity offices located throughout Seattle, staffed by Specialists and Job Placement staff. You can make an appointment ahead of time or just walk in to any of these locations during normal business hours:

- High Point, 6558 35th Ave SW, Seattle, WA 98126, 206-937-3292

- Lake City, 12546-1/2 33rd Ave NE, Seattle, WA 98125, 206-363-1471

- NewHolly, 7058 32nd Ave S, Seattle, WA 98118, 206-760-2709

- Rainier Vista, 4410 29th Ave S #2, Seattle, WA 98108, 206-722-4010

- Yesler Terrace, 825 Yesler Way, Lower Level, Seattle, WA 98104, 206-344-5837

- Central Office - Downtown, 190 Queen Anne Ave N, Seattle, WA 98109, 206-344-5837

For more information about Seattle Housing's Economic Opportunity Programs, visit its website at www.seattlehousing.org/residents.

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.

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



Neighborhood House

Strong Families. Strong Communities. Since 1906.

Sharing the joy of reading



PHOTO BY TYLER ROUSH

Head Start student Heaven Shibeshi and her father, Tadele Kebede, listen to Maj. Brendan Harrison read a story to the Yesler Terrace classroom. Kebede and other Head Start parents were visiting the classroom for an end-of-year party.

Children in the Yesler Terrace Head Start classrooms received a special visit May 25 from Air Force Maj. Brendan Harrison and Megan Lehman of First Book - Seattle. Harrison and Lehman gave books to each of the students in the classroom to help encour-

age summer reading. Then Maj. Harrison, an avid reader today and as a youth, read a story to the classroom.

"I think it's so important to get kids reading at such a young age," said Maj. Harrison.



Air Force Major Brendan Harrison (above) reads to a Neighborhood House Head Start classroom May 25 as part of a visit with First Book - Seattle. Maj. Harrison (left) distributed free books to the children in the Head Start classroom. First Book provided the book donation to both Neighborhood House classrooms at Yesler Terrace to help encourage summer reading.

PHOTOS BY TYLER ROUSH

Yesler residents mull options for 10th Avenue Hill Climb

By TYLER ROUSH
The Voice editor

YT Residents of Yesler Terrace and Little Saigon got a first look at a series of design options for the proposed 10th Avenue Hill Climb during an open house May 12 at the Yesler Community Center.

The proposed hill climb is one feature of the Yesler Terrace redevelopment that Seattle Housing is planning with the help of its Choice Neighborhoods funding.

The 10th Avenue Hill Climb will link Yesler Terrace and Little Saigon. Though the two communities are geographically close neighbors, the topography of Yesler Hill has precluded the creation of an easy pedestrian link between the two areas. With Yesler Terrace expected to undergo a decade-long redevelopment that will dramatically reshape the neighborhood, the hill climb is an important connection in preserving the vitality of Little Saigon, said Ching Chan of the Seattle Chinatown International District Preservation and Development Authority (SCIDpda).

It's also a key feature in the proposed redevelopment of Yesler Terrace, giving residents a pedestrian-friendly option to access the restaurants and shops in Little Saigon as well as the planned First Hill Street Car and the International District Link Light Rail station.

Open house guests were presented with five different design options created by GGLO, the architectural firm that is designing the hill climb.

The feature with the greatest degree of variation is the hill climb itself. Two options feature staircases without a ramp option. The other three combine a ramp and a stairway.

All options feature landscaping concepts, green and open spaces. Each concept also includes a large P-patch community garden-

ing plot at the north end of the hill climb near South Main Street, although the specific layout of the P-patch space varies from one option to the next.

Suggestions at the public meeting ranged from the practical — improve lighting, add features to discourage skateboarding — to the hyperbolic — install an escalator.

Yesler resident Peter Benson said the long, steep ramp featured in some of the hill climb designs will be attractive to skateboarders. He said he'd like to see features built into the ramp that make skateboarding difficult.

"It's a concern for seniors," he said.

Ruth Barquet, also of Yesler, said she's looking forward to the finished hill climb. "I look at the other ones that they've already done — it's going to be nice," she said.

She said she'd like to see more ramp options for seniors and persons with disabilities, and added that the community garden space is a plus.

Many open house participants stressed the need for ample lighting for safety and accessibility. One went a step further, suggesting that bright lighting be combined with landscaping that features short plants and bushes, to increase sight lines and curb illicit activity.

An accessible ramp for seniors and persons with disabilities was also seen as a positive, though it's not clear if including one will be practical, according to GGLO. Because of the steep grade of 10th Avenue South where it connects to South Jackson Street, the ramp won't extend to the bottom of the hill climb, meaning any included ramp could be a "ramp to nowhere," said Marieke Lacasse of GGLO.

As of press time, a follow-up hill climb meeting has not been scheduled. The Voice will continue to report on project meetings and updates in this newspaper and on our website at www.voicenewspaper.org.



PHOTO BY TYLER ROUSH

Marieke Lacasse of GGLO and Yesler residents Peter Benson (center) and Jose Gonzalez (right) discuss the different versions of the 10th Avenue Hill Climb.

Community notes

Gossett to speak at Yesler Juneteenth

King County Councilmember Larry Gossett will speak at Yesler Terrace's annual Juneteenth celebration, which will be held from 5 - 7:30 p.m. June 15 at the Yesler Community Center.

Juneteenth commemorates African American freedom and emphasizes education and achievement. It is also known as the African American Emancipation Day, and has its origins in June 19, 1865, the date that the former enslaved people of Galveston, Texas learned of the Emancipation Proclamation and, subsequently, that they were free.

Community partners in the celebration include Seattle Parks and Recreation, Associated Recreation Council, Neighborhood House, Seattle Housing Authority

and Nature Consortium.

Seattle Center Festál: Pagdiriwang Philippine Festival

10 a.m. - 6 p.m. Saturday, June 9 and noon - 5 p.m. Sunday, June 10
Armory/ Center House and Mural Amphitheatre in Seattle Center
Seattle Center Festál explores the cultural roots and contemporary influences of the Philippines through live performances, cultural displays, hands-on activities, food, children's activities and a lively marketplace.

This year's festival showcases the culture's advancements in technology, while looking back in time with a recreation of Philippine participation at the 1962 Worlds Fair.

Seattle Housing receives awards for Lake City Court, Yesler

Lake City Court receives HVAC award

Lake City Court recently received a first place award from the local chapter of the American Society of Heating, Refrigeration, and Air Conditioning Engineers (ASHRAE) in the New Residential Category.

ASHRAE is a major international engineers' society focused on technology related to heating, ventilation and air conditioning (HVAC). Seattle Housing Authority worked with Rushing, a local engineering company, to develop innovative building systems for the newly built 86-unit affordable apartment building.

The award application will be re-submitted for the regional, multi-state level competition.

Seattle Housing receives Futurewise 'Livable Communities' Award

The Seattle Housing Authority, along with design firm GGLO, recently received a 'Livable Communities' award from public interest group Futurewise.

Futurewise is a statewide public interest group that works to promote healthy communities and cities while protecting farmland, forests and shorelines for future generations.

The award was in the 'Livable Communities' Equity and Environment category and was given to the agency and GGLO for the community participation process and design work around the planned redevelopment of Yesler Terrace.

Free dental screening for kids

9 a.m. - noon Saturday, June 9
Washington Dental Service Building
6222 NE 74th St., Seattle

Tooth decay doesn't take the summer off, so bring your child to the Center for Pediatric Dentistry (a partnership of the University of Washington and Seattle Children's Hospital) for a free dental screening open to all children ages 1 through 18.

No reservations are necessary and there is plenty of free parking. Every child in attendance will receive a free dental screening to identify potential trouble spots in the

mouth (no X-rays). This event provides the perfect "first visit" opportunity for very young children and their parents/caregivers. They'll tour the Center, meet dentists and dental assistants and experience how an exam is carried out.

They'll also enjoy seeing part of the 3-D interactive exhibit "Attack of the S. Mutans," in which virtual guide Dentisha battles mouth bacteria. Visitors will also get to take pictures with the Tooth Fairy and Mr. Molar. Children will be given a mouth mirror, toothbrush, coloring sheets and sticker charts.

For more information, call 206-543-5800 or visit www.thecenterforpediatricdentistry.com.

Artist Charles Parrish's work to be featured at Hedreen Gallery

Charles Parrish, prolific artist and sculptor and a resident of Yesler Terrace, will premier a new piece at Seattle University's Hedreen Gallery.

The new piece, a marble relief of civil rights leader Martin Luther King, will be on display beginning June 20 at the Hedreen Gallery in the Lee Center for the Arts on the campus of Seattle University.

The gallery is open to the public from 1:30 - 6 p.m. Wednesday through Saturday. Admission to the gallery is free. For more information, call 206-296-2244.

Parrish will also have artwork featured in the Festival Sundiata, June 30 and July 1 at Seattle Center.



Scaffolding to come down at Nelson Manor



PHOTO BY ROXANNE NAVRIDES

The new exterior of Nelson Manor emerges into the light of day as the exterior renewal project that started last fall draws closer to completion. The scaffolding that has protected the Senior Housing Program building during construction was removed on the north side this May while work continues on the other sides of the building. By the end of June, all residents should be able to enjoy the unobstructed view out their new windows.

CPT

Continued from Page 1

"It allows us to look at all of our properties and assess where there's more activity," Brandon said.

To determine when and if to redeploy a CPT officer, Seattle Housing will look at crime data and reporting as well as input from property management staff. If criminal activity is spiking in one area but dropping in another, Brandon would consult with a Seattle Police official before making the decision to redeploy.

"When activity picks up, you sometimes need to have more than one person walking around, talking, knocking on doors, working with kids, working with adults," Brandon said.

The CPT officers are separate from the regular patrol officers that the Police Department employs. It's important to note that reassigning a CPT officer from one precinct to the other does not mean that residents in the former precinct will receive less police protection.

CPT officers work in assigned areas to conduct community outreach and make positive contact with area residents. Rather than responding to reported crimes, CPT officers emphasize crime prevention and de-escalation of conflict by working directly with community members.

"Community policing — getting to know the residents, preventing things from happening — that's a great model, and we love that," Brandon said. "Their services are great. They are very good at what they do."



Neighborhood House

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Early Head Start & Head Start Can Support You!!!

Serving low-income pregnant women and families with children ages birth to five, including those with special needs and significant disability living in the SHA garden communities.

We provide AT NO CHARGE:

- Weekly home visits for pregnant women and families with children 0-3 years of age.
- Classroom programming for children 3-5 years of age.
- Child Development, Health, Literacy & Social Services
- And More



Sintayehu Eshetu at 206-461-8430 ext 247



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**Neighborhood House Early Head Start & Head Start
Wuu ku caawin karaa!!!**

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.

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Sintayehu Eshetu at 206-461-8430 ext 247



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