



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



The Voice

July
2012
*Articles translated
into six languages*

The newspaper of Neighborhood House

Kent communities have a field day at summer program start



PHOTO BY TRAVIS SHERER

In a relay race, kids from Valli Kee try to run 25 yards down and back with a ball between their legs. This was one of the many activities during the field days that kicked off summer programming at Valli Kee, Birch Creek and Cascade.

More than 100 kids from Birch Creek Apartments, Cascade Apartments and Valli Kee Homes in Kent enjoyed the first day of summer camp June 21 with a field day.

Events keeping children focused on improving their physical and mental fitness ranged from hula hoop, foot races, relay races and physical fitness skills tests. The youth also participated in educational games and listened to speakers talk about sportsmanship.

All the activity came just a day after the Kent School District finished the school year.

“We want to help keep your kids active physically and mentally,” said Birch Creek Site Manager Dan Schiel to parents. “Our

goal is that they don’t lose anything they learned this year during the summer and can start the next school year right where they left off.”

Kent Youth and Family Services (KYFS) provides children’s programs to all three Kent properties throughout the year. The summer camp, which runs June 25-August 30, focuses on one educational topic per week. Those topics include leadership, life skills, cooking/nutrition, art, gardening, science, technology and more. KYFS has partnered with Washington State University to bring university staff to all three properties during the nutrition-, science- and technology-themed weeks.

Camp begins every weekday at 1:30 p.m.



PHOTO BY TYLER ROUSH

Mai Pham, a resident of Greenbridge, is attending Neighborhood House citizenship classes offered at the Wiley Center. She’s preparing to take the exam to become a U.S. citizen.

Seeking pathways to U.S. citizenship

Free Neighborhood House classes help students prepare for the citizenship exam

BY TYLER ROUSH
The Voice editor

There is a classroom in the Wiley Center where students are working toward their own American Dream.

Each week, immigrants and refugees attend citizenship classes offered by Neighborhood House, improving their English skills while also studying material that is likely to appear on the citizenship exam. They come from all over the world — from Eritrea, from El Salvador, from Cambodia — but share a common goal: to become a U.S. citizen.

Mai Pham, a resident of Greenbridge, is one such student.

Pham has lived in the United States for more than four years, having emigrated from Vietnam. She’s attending the free classes to improve her chances of passing the citizenship exam.

Her English is steadily improving, though she is working to wield it more confidently.

Why does she want to become a U.S. citizen?

“Because I like freedom,” she said.

A classmate, Srey Momoum, lives nearby in Greenbridge. An immigrant from Cambodia who has been in the

To learn more

For more information about citizenship classes offered by Neighborhood House, see the related story on Page 3.

KCHA readers can also read more about citizenship classes by turning to the related story on Page 1 of KCHA News.

United States for two years, her English isn’t as far along as Pham’s. But her passion for the program is apparent.

“The teacher is good,” Momoum said. “He helps his students to learn.”

Students in the program attend a two- or three-hour class session twice a week. Both beginning and advanced levels are offered.

Students study American history, politics, and other topics covered on the citizenship test. And they practice their English skills, as well — another important component of the citizenship exam.

“They really help me — to learn history, to learn English,” Pham said. “Now, I think I’m better. I think the classes are

Please see “Citizenship” on Page 2

Neighborhood House
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Health Notes

A column devoted to your well-being

Eat your greens — and some flowers, too — for tasty nutrition

BY ADRIANE VETTER
Special to The Voice

You might remember a mom who said, “Eat your greens, so you’ll grow up to be big and strong.” And certainly, most folks as children turned up their noses, and either fed the greens to the family dog, or pushed them around the plate so many times, mom just gave up and let them leave the table.

Well, now that I’m an adult in my golden years, eating my greens has become crucial to having a healthy body and sharp mind. I particularly am a fan of a good, low-calorie salad, and with the right additions even consider it a treat — like golden raisins, sliced almonds or maybe even some sliced apples.

Shopping at my favorite farmer’s market, I’m able to get a good supply of fresh greens. Now that the season’s finally warmed up, get those greens with edible flowers in them. I was curious, so I asked one of the vendors I frequent about what kind of nutrition the flowers add to the salad mixture.

He wasn’t sure, but knew the flowers added some tastiness. A gentleman who seemed to have researched the matter answered that the dark part of the flower (these were nasturtiums and calendulas in this mixture) was bitter, and offered vitamins A and B. His female friend offered that many minerals can be found in these flowers, as well.

“They have vitamin C as well,” she said.

So, there you have it! And if you add something like olive oil, you also are getting a little vitamin E. Add sunflower

seeds and you’ll have some protein as well.

I like to occasionally crumble some feta or another low-calorie cheese in my salad, to make it more of a meal, and to give it some extra calcium and protein, too. Mix a little chopped chicken breast or tuna in with the greens, and you have an easy-to-prepare and delicious meal!

A tasty recipe for chicken breast with greens

Here’s a quick and easy chicken recipe that you can use either by itself, or by first cooking the chicken breast and then adding it to your greens. For the recipe you’ll need:

- 2 (or more, depending on how many people are eating), chicken breasts (I prefer free-range)
- Brewed Lapsang Souchong tea (you can get both at most local stores, or at Uwajimaya)
- Butter or olive oil to fry the chicken
- A half cup of chopped onion and one well-chopped garlic clove (or two if you like garlic as much as I do!)
- Salt and pepper to taste

Fry the chicken breast with the garlic and onion in the olive oil in a shallow pan until nearly cooked. Then put the chicken in a casserole dish or baking pan and cover with the tea. Sprinkle on salt and pepper (or salt substitute — Trader Joes has some good ones).

Bake at 375 degrees for 15 minutes, then lower to 350 for the next 35 to 40 minutes and cook until completely done. Add rice, or let it cool and cut it to add to your salad greens and cover with your favorite dressing. Enjoy!

Citizenship

Continued from Page 1

very good for me.

“I’d like to say thank you so much.”

A family of citizens

For Phuong Vo, her ambitions for citizenship go beyond her own status. She dreams that when she naturalizes, her three children will become citizens.

“It’s very important for me, because if I pass the test, my children will automatically be a citizen like me,” said Vo, who has a 17-year-old daughter and sons aged 15 and 8.

Her two oldest children have helped tutor her through the many exam questions. Neighborhood House caseworkers have helped her complete the necessary paperwork to apply for the exam, and are coaching her on ways to prepare.

She’s the daughter of an American father and a Vietnamese mother, and immigrated to the United States nine

years ago. Vo tearfully recalls a previous attempt at the citizenship exam, in 2008. She was dealing with a personal hardship at the time and didn’t pass.

She’s taking the exam again on July 3, and is hopeful that this time will be different.

“I’m living in a foreign country,” she said through an interpreter. “The best way is to be a citizen of that country.”

She later said that citizenship is about showing pride in one’s home.

“Whenever I’m going somewhere else, I’ll feel very proud of being a U.S. citizen,” Vo said.

She expressed gratitude for what she has, but thinks ultimately of her children, and of giving them the kind of opportunity that she wants for them — to be citizens.

“I enjoy my life, and I thank God that I have a job,” said Vo, who works at Typhoon Express at Microsoft. “And I also pray every day for good health ... and that God will help me raise my three children to be good citizens.”

Health care law upheld in 5-4 decision by U.S. Supreme Court

Limits placed on Medicaid expansion

BY VOICE STAFF

In a historic decision, the U.S. Supreme Court on June 28 upheld most of the provisions of the 2010 health care law.

The Supreme Court issued a 5-4 decision upholding the Affordable Care Act, including the controversial individual mandate, which requires nearly all Americans to obtain health insurance.

But the Supreme Court rejected one key provision enabling the government to enforce an expansion of Medicaid — designed to guarantee affordable health care access to more low-income Americans.

In a surprising twist, Chief Justice John Roberts joined the court’s four liberal justices in upholding the law. Roberts, appointed by President George W. Bush in 2005, authored the court’s majority opinion.

The decision means that implementation of the law will proceed as scheduled, with the broadest reforms taking effect in 2014.

Much of the debate surrounding the health care law has regarded the individual mandate. The law requires all Americans to obtain health insurance. For those who aren’t provided health insurance by an employer or through a government program such as Medicare or Medicaid, that means buying insurance from a provider.

Proponents of the mandate argue that

the requirement will make health insurance more affordable and accessible for all. When an uninsured person visits the emergency room, the cost is reflected in rising premiums for those who do have insurance.

Opponents say that the law inappropriately extends the reach of the government by requiring Americans to purchase something that has previously been seen as optional.

The Supreme Court’s majority opinion ruled that the individual mandate is permissible as a tax, and therefore under the purview of Congress, which passed the law in 2010.

It remains to be seen how the Supreme Court’s decision on the Medicaid expansion will affect low-income people. As written, the law would have required individual states to accept an expansion of Medicaid to provide insurance for more low-income people. States that chose to reject the expansion would be denied existing Medicaid funding.

The Supreme Court’s decision struck down this piece of the law, leaving it up to the states to decide whether to accept the expansion.

Many other provisions of the health care law will proceed. These include a guarantee of coverage for people with a pre-existing health condition, an end to lifetime caps on the amount of coverage one may receive, and improved health care and prescription coverage for seniors. For young people, the law allows people under age 26 to receive health insurance under their parents’ plan.

Whooping cough vaccine info

Cases of whooping cough (pertussis) have reached very high levels in King County. Whooping cough is a very contagious cough illness, spread through droplets from the mouth and nose when a sick person coughs, sneezes or talks. Infants are particularly vulnerable to severe illness, hospitalization and death from whooping cough.

Whooping cough vaccine is the best way to protect yourself from becoming sick. Public Health – Seattle & King County is recommending that all children, teens and adults be up-to-date on their whooping cough vaccine. Older children and adults may pass whooping cough to infants, who are more vulnerable to the illness.

Whooping cough vaccine is available through many health care providers and pharmacies. Talk to your doctor or health care provider to find out if you or your family members’ whooping cough vaccine is up-to-date.

If you don’t have health insurance or can’t afford to pay for a whooping cough

vaccine, you can get low-cost whooping cough booster shots at QFC and Bartell Drugs pharmacies. Vaccines are offered at low cost to children under 19 through health care providers participating in the state’s Childhood Vaccine Program.

Clients of a community health center or public health center can also get low-cost whooping cough vaccines for children and adults.

Symptoms of whooping cough first appear similar to common cold, with stuffy nose, sneezing and mild cough or fever. After 1 – 2 weeks of illness, a severe cough can begin. A person with whooping cough may cough so hard that he gags or vomits.

Antibiotics can treat whooping cough and prevent the spread of infection to others.

For more information about the whooping cough outbreak in King County, and what you can do to protect yourself and your family, go to <http://www.kingcounty.gov/healthservices/health.aspx> and click the link on the right side of the page.

Paint out graffiti in your neighborhood with Summer Paint Out

BY SEATTLE PUBLIC UTILITIES

Summer is here, and Seattleites are gearing up to take part in the anti-graffiti program – Summer Paint Out.

Summer Paint Out, in its second year, runs from July through August.

Whether you are a group or an individual, you can tackle graffiti in your neighborhood. The City of Seattle supports volunteers with FREE paint (white-brown-gray), rollers, brushes, scrapers, and gloves.

Get signed up today. Go to www.seattle.gov/util/SummerPaintOut. You can also e-mail daniel.sims@seattle.gov or call 206-684-7790.

Supplies can be picked up from 9 a.m. – 1 p.m. on several Saturdays—July 7, July 21, August 4 and August 18. Registration is required first.

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

Summer has finally arrived! Here are some safety tips and ideas for the summer months.

Many youth programs have special youth events set up just for kids. Check with the Parks department and agencies with youth programs to see what is available in your neighborhood. Since some programs charge a fee, check to see if the program has full or partial scholarships available for low-income youth. Keeping youth busy and engaged is a good way of keeping them out of trouble during the summer.

In the summer, windows are often opened to cool off the home. Make sure windows are not open wide enough that someone can squeeze into your home. Get a window lock that will prevent the window from being opened wider. Make sure ladders are secured so that someone

Summer safety tips, for when the weather is (finally) warm

cannot use it to gain access to upper story windows. Contact your community manager if you see any stray ladders lying around. If it is your ladder, secure it, so someone else cannot use it.

While it may be daylight until after 9 p.m., remember that your neighbors may still need to go to work in the morning, so keep the noise down.

Kids and adults like to ride their bikes around in the summer. Talk to youth about riding their bikes safely. When driving, make room on the road for cyclists and pedestrians.

Sometimes, in the heat of the moment, crime goes up in the summer. If you see or hear something suspicious, call 9-1-1.

I hope these tips will help you in having a safe and happy summer.

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

Seattle's ban on plastic shopping bags goes into effect July 1



With plastic bags banned from Seattle grocery stores, fees now apply to those who use large paper bags at checkout. Smaller bags, including plastic produce bags, are still permitted. Shoppers are encouraged to carry reusable shopping bags.

By **SEATTLE PUBLIC UTILITIES**

A ban on plastic shopping bags will take effect in Seattle July 1.

The new ordinance, which was approved by the Seattle City Council last December, prohibits all Seattle retail stores from providing customers with single-use plastic carryout shopping bags, including those advertised as compostable, biodegradable, photodegradable or similar.

Seattle retailers are prohibited from offering the single-use plastic bags. Instead, retailers will offer recyclable paper bags at a cost of 5 cents per bag. The ordinance requires retailers to charge the bag fee.

Consumers are encouraged to carry reusable grocery bags with them to the store. Many grocery stores already have reusable bags for sale, often for \$1 or less. Carry the bag with you in your car, backpack or purse, so it's ready when you need it.

In Seattle, SPU estimates that throw-away plastic carryout bags in the garbage fill 16 shipping containers sent to the landfill annually. Most of that waste will disappear as shoppers switch to reusable carryout bags, especially bags made of

washable fabrics.

Key elements of the Seattle plastic bag ban:

- Single-use plastic merchandise carryout bags are banned. This includes plastic-like bags claimed to be compostable, biodegradable, photodegradable or similar.
- Customers must be charged 5 cents per large paper bag. (Typically equivalent to large grocery bags — 882 cubic inches — with flat bottoms greater than 60 square inches.)
- Large paper bags requiring the 5-cent charge must be a minimum of 40 percent post-consumer recycled fiber, and the fiber content must be marked on the outside.
- The 5 cent bag sale is taxable and must be shown on sales receipts. Retailers retain the revenue. Smaller bags may be provided with or without charge at the store's discretion.
- Food stamp users are exempt from the 5-cent bag fee.

More information including illustrated program-summary flyers in multiple languages and answers to frequently asked questions (FAQs) is available on the city's website at www.seattle.gov/plasticbagban.

Neighborhood House offers free citizenship classes

Free classes are offered in Kent, White Center and West Seattle

By **VOICE STAFF**

A new session of free citizenship classes offered by Neighborhood House begins July 9 and 10. The class sessions will run for eight weeks.

Eligible clients are legal residences of the United States. Enrollment is open and on-going while we study American history, naturalization questions and other components of the Citizenship exam.

Classes are offered at three sites in Seattle and King County, with both beginning and advanced level classes. Sites include Birch Creek in Kent, Wiley Center in Greenbridge/White Center, and High Point in West Seattle.

Neighborhood House 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: Green Card, Social Security Card, Drivers License, DSHS letter and/or low-income verification.

Class sites and more information are listed below.

Birch Creek Site in Kent

Monday and Wednesday
1 – 4 p.m. (low level)
4:30 – 6:30 p.m. (high level)
Free classes to eligible individuals
Mock interview practice
Reading and writing activities

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

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

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

Wiley Center in Greenbridge

Tuesday and Thursday
Noon – 2 p.m. (high level)
2 – 5 p.m. (low level and tutoring)
Free classes to eligible individuals
Mock interview practice
Reading and writing activities

Wiley Center
9800 8th Ave SW, Seattle, WA 98106
206-461-4554

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

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

High Point Center in West Seattle

Monday and Thursday
12:30 – 2:30 p.m. (low level)
3:30 – 6:30 p.m. (high level)
Free classes to eligible individuals
Mock interview practice
Reading and writing activities

High Point Center
6400 Sylvan Way SW, Seattle, WA 98126
206-588-4900

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

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

Two great volunteer opportunities in the Greenbridge community

If you're looking for a volunteer opportunity this summer, Neighborhood House has volunteer needs in two of its summer programs in Greenbridge. See below for more information about how you can make your community a better place.

Wanted: Citizenship Tutors

Where: Wiley Center at Greenbridge
9800 Eighth Ave. SW, Seattle WA 98106
When: Tuesdays and Thursdays, noon – 2 p.m. (high level), 2 – 5 p.m. (low level)
Neighborhood House offers free courses in Citizenship and ESL. Students are immigrants and refugees from many parts of the world. They are seeking to improve their English skills in reading, writing, listening, and speaking.

Volunteer tutors will be given a one-time orientation and receive ongoing trainings.

For more information, contact Lead ESL Instructor Rechelle Schimke at 206-446-1097 or rechelles@nhwa.org.

Wanted: Summer Program Volunteers

Where: Greenbridge Head Start
10041 Sixth Ave. SW
When: 9 a.m. – 2 p.m. Monday through Thursday, July 2 – Aug. 10
Summer programming is, first and foremost, fun! But who says that just the kids can enjoy themselves? If you like hanging out with kids, playing outside, and using your time and skills to make a difference in your community, call Neighborhood House now and we will get you set up with all of the above!

- Benefits:
- Lead small groups in clubs (art club, sports club, etc.)
 - Role model and mentor students
 - Assist with meal time
 - Chaperone field trips

The time commitment is one or more days per week during the dates listed above. Volunteers will be given a one-time orientation and receive ongoing trainings.

For more information, contact Youth Tutoring Coordinator Hamdi Abdirizak at 206-461-4554, Ext. 30 or hamdia@nhwa.org.



Neighborhood House

Music In The Plaza:
Celebrating Cultures Of The World

Who: Everyone is welcome!
When: Thursday - July 12, 2012 from 4:00 PM to 7:00 PM
Where: The Greenbridge Plaza
What: Food, fun, live music, dancing, activities, prizes!
Questions?: Marquise Roberson at 206-694-1082x174

Five years of Tea Time at Beacon Tower



PHOTOS BY TYLER ROUSH

Members of the Beacon Tower choir group (above and right) performed songs during a special program celebrating the fifth anniversary of the community's Tea Time.

BY TYLER ROUSH
The Voice Editor

The residents of Beacon Tower celebrated five years of their monthly tea time groups on Friday, June 8, with a special two-hour program.

Community leaders Yi Zhong Li and Chung Ping Lam opened the celebration by thanking the Beacon Tower for putting so much energy into the Tea Time celebration.

"Thanks for the support for five years," Li said.

The monthly tea time is organized

by the Beacon Tower Resident Council, which also hosts Friday movie nights and karaoke in the building's community room.

The community recognized the support of Beacon Tower leaders and Seattle Housing Community Builders Marcia Johnson and Naomi Chang.

Guests also acknowledged Irene Chen of International Community Health Services (ICHS). ICHS offers monthly health education events at Beacon Tower on the first Friday of each month. Chen also organizes a regular cancer support group.



More photos online

For a full gallery of photos, visit The Voice's website at www.voicenewspaper.org.

Utility allowances to change for residents of Scattered Sites properties on Aug. 1

BY SEATTLE HOUSING AUTHORITY

Seattle Housing is implementing a new utility allowance schedule for Scattered Sites housing on Aug. 1. Seattle Housing is required by the U.S. Department of Housing and Urban Development (HUD) to adjust utility allowances when utility rates change by at least 10 percent. Recently, Seattle City Light increased electric rates, which resulted in a rate increase of over 10 percent. Seattle Housing is changing the utility allowances now to comply with HUD regulations.

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

What is a utility allowance and does it cover all my utility bills?

A utility allowance, also known as a utility estimate, is a subsidy that reduces your rent in order to help you pay your utility bills. The utility allowance is not a full reimbursement of your utility bills. It is an assistance payment that helps you cover the expected cost of your utilities. HUD regulations require Seattle Housing to provide a utility allowance to residents who pay a utility bill.

A household's actual utility bills may be greater or less than the utility allowance provided. For Scattered Sites residents, if the amount of electricity and gas you use is about average, your utility allowance will probably cover your energy bill most of the time. However, if your household uses more electricity and gas than a conservative household, your bill will be higher than your utility allowance.

How does a utility allowance impact my rent?

The utility allowance is a reduction in your rent. Therefore, the amount you pay in rent is determined by the amount of your utility allowance. The new Scattered Sites gas and electric allowances will decrease most household's utility allowance by about \$18 a month. This means that the average rent paid to Seattle Housing will increase on average by about \$18.

Is there a hardship policy for Scattered Sites residents?

There is a hardship policy for Scattered

Please see "Utility" on Page 2

The 'Bull Moose' of Ballard House

Linde Knighton takes run at State Legislature for the revived Progressive Party

BY TYLER ROUSH
The Voice editor

Linde Knighton wants to crash the party in the 36th Legislative District.

When longtime State Rep. Mary Lou Dickerson announced she was retiring after nearly two decades of service in the State House, a slew of candidates announced their intention to run for her seat.

Knighton, a member of the Progressive Party, is the lone third-party candidate running among a crowded field of Democrats vying for Dickerson's seat in the 36th District.

When asked why she's running, the Ballard House resident said she wanted to shake up the state's current "Top Two" primary system, which she said favors major-party candidates.

"We have a bad problem with our Top Two primary," said Knighton, adding that it's "geared to keep third-parties off the ballot."

The state's Top Two primary system, first implemented in 2008, advances the top two vote-getters in local, state and federal (but not presidential) primary races to the general election.

In districts with strong concentrations of liberal or conservative voters, that often means two candidates from the same party appear on the general election ballot — which reduces choice for voters, according to Knighton. It also means that third-party candidates, who represent smaller but no

less passionate groups of voters, are very often excluded from the final ballot.

In her campaign to represent the 36th District, Knighton doesn't just hope to break through the third-party glass ceiling.

"What I want to do is to climb over the barbed-wire, glass-topped fence," she said.

But she's far from a single-issue candidate. In reviving the Progressive Party in Washington state, Knighton and other party members are embracing a century-old, socially progressive platform.

The "Bull Moose" Party

Though it lacks the profile of the two major parties in the United States, the Progressive Party doesn't lack for history. It dates back 100 years, to Theodore Roosevelt's 1912 presidential campaign.

Roosevelt, who as a Republican served two terms as president from 1901 – 1909, broke ranks with his former party in 1912, establishing the Progressive, or Bull Moose, Party. Roosevelt failed in his presidential bid, finishing second to Democrat Woodrow Wilson but ahead of Republican rival Howard Taft.

But in Washington state, the party's progressive platform—which included support for women's suffrage, labor rights, election and tax reform — experienced a surge in popularity. Between 1913 and 1927, Washington voters elected a total of 50 Progressive Party candidates to the state Legislature, and three to the U.S. Congress.

The party reappeared in various incarna-



PHOTO BY TYLER ROUSH

Linde Knighton, a Ballard House resident, is running for a seat in the 36th Legislative District.

tions throughout the next century, mounting significant third-party campaigns for president in 1924 and 1948, before receding into memory.

Through the efforts of Knighton and others, the party has been revitalized in the past decade, with Progressive Party candidates appearing in several local and state elections.

Knighton's own grassroots candidacy is born almost exclusively out of the 36th District.

Of course, there is her own role as the person of modest means seeking to represent her friends and fellow community members in the 36th — "I live the way most of the people in this district live. I know them — they're my friends," Knighton said.

Her campaign staff, which includes three campaign managers, a treasurer and a person who works the phones, all reside in the 36th. So does the person who posts campaign signs for her.

Just about the only thing that doesn't

Please see "Knighton" on Page 2

Content guide

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

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-  Rainier Vista News
-  Yesler Happenings

Communication evolution

Virginia Felton reflects on 13 years as Seattle Housing's communications director

By TYLER ROUSH
The Voice editor

She has appreciated the job for its endless variety and ever-changing challenges.

Virginia Felton, communications director for the Seattle Housing Authority, is retiring in July after 13 years on the job — a period in which the agency's communication efforts evolved from mailing out hard copies of press release to blasting out news updates via email, Twitter, and the web.



Virginia Felton

She spoke with a reporter last month to forecast the future of Seattle Housing's communications efforts, and to reflect on how far they've already come.

The future is digital

Imagine universal free wi-fi access in all Seattle Housing communities, and residents equipped with a tablet or small notebook computer.

Providing Seattle Housing residents with a portal to connect directly to the Internet is important, Felton said, "so that people can meaningfully participate in the digital conversation."

That's a fundamental difference between digital communications and older, more staid efforts. In the digital age, communications are no longer one-way — they are a "conversation."

"I think that's where we're going, and I don't want to see low-income residents excluded from that," she said.

Funding a free tablet or notebook program for Seattle Housing residents is an obstacle that must be considered, but Felton said she hopes the agency will consider grant programs and other alternatives to make something like it a reality in the future. Even the growth of smartphone use is making it easier for users to receive digital communications, as the devices are

becoming more and more like handheld computers.

The advantages of digital communication are many: It is inexpensive, has a virtually unlimited capacity, and is expanding exponentially, she said.

Ultimately, Felton believes that residents of public housing are already better equipped to get online than they are often given credit.

"In general, I think we underestimate the ability of low-income residents to access the internet," said Felton, noting that there are abundant free resources in Seattle, including the computer labs in Seattle's libraries.

The evolution of communications

Her first year on the job, the communications team produced a veritable doorstop of an annual report, 32 pages in length, and communications were still built around the time-honored tradition of the press release. Felton's department pitched news items to local media in hard-copy form, by fax or regular mail.

"And now the traditional idea of the press release is almost dead," Felton said. "My expectations of getting news into a newspaper are extremely low.

"It's a reflection of how dramatically communications have changed in our world."

The new focus is on email and digital communications. Press releases, when they are sent out at all, go through email. The Housing Authority publishes agency news and reports on its website, and/or releases it via Facebook and Twitter. (Social media didn't even exist when Felton started in 1999; now it's one of the most important tools for effective communication.)

Today, doing the job means putting communications at the forefront of every project that the housing authority undertakes.

Her approach is simple: "When we're doing something new, let's think about how we're going to communicate it, and that will inform how we design it," she said.

Just as important, said Felton, is to know

Please see "Felton" on Page 4

Summer meal program begins at dozens of sites in Seattle

Your children can enjoy a nutritious lunch nearly every day this summer, thanks to the Washington State Summer Meal Program.

The program provides free meals to children and teens ages 18 and younger at dozens of sites around Seattle. Most sites offer a free lunch program, while some also offer breakfast and snacks. See below for a list of summer meal program sites near Seattle Housing's largest family communities.

Unless otherwise noted, the sites listed below began serving meals June 27. In most cases the program will run through Aug. 24.

For more information, including a full list of summer meal sites, visit www.seattle.gov/summerfood.

High Point

Neighborhood House High Point Center
6400 Sylvan Way SW
Monday – Friday
Lunch: Noon – 1 p.m.

High Point Community Center
6920 34th Ave. SW
Monday – Friday
Breakfast: 7 – 9 a.m.
Lunch: Noon – 1 p.m.

NewHolly

East African Community Services
7054 32nd Ave. S
Monday – Thursday beginning July 9
Lunch: 11:30 a.m. – noon

Van Asselt Community Center
2820 S Myrtle St.

Monday – Friday
Lunch: Noon – 1 p.m.

North Seattle

Lake City Community Center
1252 28th Ave. NE
Monday – Friday
Lunch: Noon – 1 p.m.

Lake City Court
12536 33rd Ave. NE
Monday – Friday
Lunch: Noon – 12:30 p.m.

Rainier Vista

Neighborhood House Rainier Vista Center
4410 29th Ave. S
Monday – Friday
Lunch: Noon – 1 p.m.

Rainier Vista Boys & Girls Club
4520 MLK Jr. Way S
Monday – Friday
Breakfast: 8 – 9 a.m.
Lunch: Noon – 1 p.m.

Yesler Terrace

Yesler Community Center
917 E. Yesler Way
Tuesday – Friday
Breakfast: 8:30 – 9 a.m.
Lunch: Noon – 12:30 p.m.

YMCA at Bailey Gatzert
1301 E. Yesler Way
Monday – Friday
Breakfast: 8:30 – 9:30 a.m.
Lunch: 12:30 – 1:30 p.m.

Neighbors United to Prepare

Residents of Lake City and North Seattle are invited to attend a Safety Saturday "Neighbors United to Prepare" event from 11 a.m. – 2 p.m. July 14 at Lake City House and Lake City Court (12536 33rd Ave. NE).

Emergency preparedness information will be provided by the Seattle Fire Department, the city's Office of Emergency Management and other service providers.

The event is being organized by Seattle Neighborhood Group, the Seattle Department of Neighborhoods and residents of Lake City House and Lake City Court.

Knighton

Continued from Page 1

come from the 36th District is her campaign flyer.

"I tried to get my flyer published in the 36th, (but) there aren't any union publishers in this district," she explained.

"Be like water"

It was in the words of her father, a flood control expert, that Knighton found the wisdom that inform her persistence and resolve.

He told her, "Water will always eventually find where it wants to go," she said. "So I took that to mean, 'Be like water.'"

Knighton herself is a veritable font of advice for the progressive-minded person. Among her many words of wisdom:

On representative government: "I want people to realize they have the right to tell elected officials what to do."

On low-income people paying into the system: "You're paying taxes every time you buy something — you are a taxpayer."

On being an effective activist: "Know

which level of government to yell at, and don't stop yelling." She adds one caveat: "Don't be rude — unless they're rude to you."

Outspoken in her opposition to the Top Two primary, she also wants to reform the public initiative process to favor campaigns that employ exclusively volunteer, unpaid signature-gatherers over their for-profit counterparts.

She also pointed to the shooting death of John T. Williams by a Seattle police officer as an issue that affected every person in Seattle. Knighton wants to see reforms that better protect both police and the citizens that they serve.

And she embraces the words of Robert LaFollette, a longtime Wisconsin politician and a Progressive Party leader in the 1920s: "The will of the people shall be the law of the land."

How would she encourage her fellow voters in the 36th District — and beyond — to exercise their will?

"Vote in the primary," she said. "Make your choice."

Utility

Continued from Page 1

Sites residents with utility bills that exceed their utility allowance by at least 50 percent or more when compared to the prior 12 months of actual bills. To be eligible, resident's high energy use must be due to circumstances outside of their control. For example, a resident may live in a unit that has inadequate wall or roof insulation, single-paned windows, or have medical equipment that uses a lot of electricity. For more details about this hardship policy, Scattered Sites residents should contact their Senior Property Manager.

Are there other assistance programs to help residents pay their electric or gas bills?

Seattle City Light has emergency bill paying assistance programs for low income customers. If you have a high winter bill, or if you have received an urgent notice, you should call 206-684-3000 to apply for assistance. If your unit has gas heat and you are a customer of Puget Sound Energy, you can call them at 1-800-348-7144 to apply for assistance. The Salvation Army also provides utility bill paying assistance and they can be reached at 206-783-1225. These programs are available to all low income residents who live in the Seattle area, regardless of which type of housing portfolio you live in.

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.

Correction: An article in the June 2012 edition misidentified Kristin O'Donnell's role on the Yesler Terrace Community Council. She is the facilitator of the community council's 15-member Leadership Team.

Honoring High Point's graduates



PHOTO BY TYLER ROUSH

HP Diaba Kaba (left) and Samira Hussein, High Point residents, are honored for graduating high school, during the Neighborhood House High Point Promise graduation event June 27. Both young women will attend college this fall. Not pictured is fellow graduate Kiin Anop.

Resources to help you quit smoking

BY SEATTLE HOUSING AUTHORITY STAFF

To support the health and wellness of all Seattle Housing residents, the Agency adopted and implemented a No Smoking Policy in February specifying that smoking is prohibited inside apartment units and within 25' of building entrances. This is consistent with Washington State law and public health best practices. Members of our community, including visitors, are required to follow Seattle Housing policies. To comply with this policy change, receptacles have been installed at least 25 feet away from building entrances, including physical structures such as entrances, overhangs, and air intakes.

Below are several options for residents who wish to quit smoking:

- Washington State Tobacco Quitline. Offers telephone-based counseling, print materials and nicotine replacement therapy for eligible callers. Call for information about eligibility. Translation services available. Call 1-800-QUIT NOW or 1-800-784-8669.

- Asian-Language Quitline. Telephone counseling services available in the following languages:

Chinese: 1-800-838-8917

Korean: 1-800-556-5564

Vietnamese: 1-800-778-8440

- National Cancer Institute Nationwide Quitline. Smokefree.gov provides FREE information on quitting, along with free support via chat room or phone! Features an interactive web site, text program, smartphone apps, phone-based counseling and print materials. Call 1-877-44U-QUIT (1-877-448-7848) or visit www.smokefree.gov. Teen-specific program: teen.smokefree.gov; women-specific program: women.smokefree.gov.

- Washington Recovery Help Line. An anonymous and confidential help line that

provides crisis intervention and referral services for Washington State residents. Professionally trained volunteers and staff are available to provide emotional support 24-hours a day, and offer local treatment resources for substance abuse, problem gambling and mental health, as well as to other community services. The Recovery Help Line is authorized and funded by The Washington State Department of Social and Health Services' Division of Behavioral Health and Recovery and is a service of Crisis Clinic and serves residents in Washington State. Call 866-789-1511 or visit www.warecoveryhelpline.org.

- MyLastDip. Offers unique researched, self-help programs designed specifically to help chewing and smokeless tobacco users quit for good. Developed by researchers with over 40 years' experience in helping chewers quit tobacco, these programs have been funded by research grants from the National Cancer Institute. Visit www.mylastdip.com.

- Partnership for Prescription Assistance. Helps qualifying patients without prescription drug coverage get the medicines they need through the program that is right for them. Many will get their medications free or nearly free. Visit www.pparx.org.

- Seattle Counseling Services. A number of tobacco cessation groups available. These groups are open to the public and there is no financial eligibility requirement to attend. Seattle Counseling specializes in LGBTQ, but anyone is welcome. Contact Shane at 206-323-1768 x203 for information & registration.

- Sea Mar. Tobacco cessation counseling and follow up. Need not be a patient to participate. Services are free and available in Spanish. Offices are located in South Park & Burien. To participate, call 206-762-3730.

RAC elects officers

BY VOICE STAFF

The Resident Action Council elected officers for its upcoming term during the group's regular meeting Wednesday, June 13.

Much of the executive team was retained from the previous term, with President Nancy Sherman of Ross Manor, Vice President Kristin O'Donnell (Yesler Terrace), Secretary Jim Bush (Center Park) and Ombudsman Lois Gruber (Lake City House) all re-elected and running unopposed. Troy Smith (Harvard Court), previously an at-large member of RAC, was elected treasurer.

At-large members elected to RAC's leadership team include Samuel Andrews (Harvard Court), Dennis Bejin (Jefferson Terrace), Rick Harrison (Cedarvale House), Susan Irwin (Olympic West), Jude Morris (Lake City House), Julie Sahlberg (Center Park), Lydia Shepherd (Stewart Manor), Glenn Slemmer (Green Lake Plaza) and Pamela Wilcox (Jefferson Terrace).

Bejin and Harrison were elected via write-in vote.

RAC by-laws allow for a maximum of 10 at-large members. No more than two residents from any one community may serve as RAC officers.

Keeping moisture at bay

Seattle Housing introduces new policy to combat mold and mildew

BY SVEN KOEHLER

Seattle Housing Authority

The rainy season never really seemed to end this year, leading to a wet and gloomy month that some called "January." But what about the inside of your home? If there is too much moisture in your home, it can result in conditions that are just as gloomy.

Too much interior moisture promotes the growth of mildew and mold. Spores from this growth can affect the air quality inside your home and cause damage to your walls or ceilings.

Over the last year, the Seattle Housing Authority has been making a concentrated effort to gather data about potential moisture issues in its housing stock.

Mark Hillman, an architect whose specialty is investigating the science of how moisture affects buildings, has visited nearly every single housing unit over the past year to observe potential moisture issues.

"I am amazed at the variety of quality housing types that the agency has," he said. "Most are in good shape, but in some, moisture really needs to be managed better."

The fact is that every household contains some amount of fungus, mold or mildew that you likely never notice, explains Hillman. Sources can be the soil of houseplants, food items, or constantly wet surfaces like shower curtains.

Usually, this is not a problem, and can be managed by simple household cleaning and using the ventilation fans. But when too much moisture in the air inside leads to a lot of visible growth, you know there is a problem.

Good ventilation is the No. 1 way to remove excess moisture from inside your apartment. To help, the Housing Authority has undergone recent maintenance and construction projects in many of its buildings, with the goal to improve ventilation. Projects have been carried out in Low Income Public Housing high-rises, Seattle Senior Housing Program buildings, and a variety of scattered sites buildings, like

Northgate View.

On the policy side, the agency has planned a change to its Manual of Operations to improve indoor air quality by preventing and managing interior moisture. This new policy was presented to the Joint Policy Action Committee (JPAC) on June 7.

The policy creates a system of identifying problems, cleaning them up, remedying any physical or mechanical issues that contributed to them, monitoring the situation, and providing education to the resident for prevention.

In cases where moisture build-up has contributed to a lot of visible growth, the policy details internal procedures for requiring professional clean-up of areas affected by excess moisture, mold or mildew if it reaches a threshold of over three feet by three feet. For reference, this is an area approximately the size of half of a standard interior door you might find in an apartment. For areas smaller than that, the resident is responsible for clean-up as part of normal household cleaning.

During the JPAC presentation, there were graphic photos of the kinds of moisture damage that is occasionally observed in homes. The sight of walls discolored in hues of green or brown caused gasps from some members of the audience, underlining the importance of the issue the policy seeks to address.

The group learned that most people will not have such vivid problems, and how the policy will prevent mold problems from happening again if they do occur in an apartment. Learn more about best cleaning practices for residents in future Voice articles.

A summary and copy of each of the proposed policies are available at <http://seattlehousing.org/news/policy-changes>.

There has been an ongoing public comment period regarding the policy that ends at 5 p.m. Friday, July 13. Comments may be submitted by email to comment@seattlehousing.org or by mail to:

Attn: SHA Housing Operations Policy & Program Manager, P.O. Box 19028, Seattle, WA 98109

More comments are welcome. Contact Michelle Chen by mail at the housing authority or via email at MChen@seattlehousing.org if you would like to learn more.

Important Yesler redevelopment meeting scheduled



Some of the existing buildings at Yesler Terrace will be torn down in 2014 for redevelopment. There is a relocation plan to take care of the current residents during construction. All residents of Yesler Terrace will receive important letters about how the relocation plan will affect them in early July.

There is a meeting on July 11th to explain more about the letters and to answer questions. The meeting will be from 6 -8 pm in the large meeting hall of the Yesler Community Center at 917 East Yesler Way. Interpretation services will be provided in all the languages spoken in the community.

No one needs to move right away, but the relocation plan will affect every resident at Yesler eventually. So, everyone should come to the meeting to learn more.

Comment sought on policy changes

Seattle Housing Authority is in the process of revising the following proposed policies and is currently accepting public comments:

- Interpretation and Translation Policy
- Vacate Agreement for Transferring Households
- Interior Moisture, Mold, and Fungus Remediation

A summary and copy of each of the proposed policies are available at <http://seattlehousing.org/news/policy-changes> or you may request a copy from the Community Management Office. All comments must be received by no later than 5 p.m. Friday, July 13. You can submit your written comments by email to comment@seattlehousing.org; or by mail to: Attn: SHA Housing Operations Policy & Program Manager, P.O. Box 19028, Seattle, WA, 98109

Independence Day: Yesler Terrace celebrates Juneteenth



PHOTOS BY TYLER ROUSH

Mytintie Gebregiorgis (above) sings the African-American National Anthem at the opening of Yesler Terrace's Juneteenth celebration. At right, Nature Consortium students (from left) Omar, Ibrahim, Kelvin and Fuad dance to the music. Yesler Terrace residents (below right) Phung Au, Yin Lau and Choi Ly enjoy the Juneteenth program.



BY TYLER ROUSH
The Voice editor

YT The Yesler Terrace community marked one of its most enduring traditions Friday, June 15 with its celebration of the Juneteenth holiday. The annual neighborhood party is one of the most anticipated events of the year.

Mytintie Gebregiorgis opened Yesler's Juneteenth program with a stirring rendition of the African-American National Anthem. (The anthem was originally adapted from the poem "Lift Every Voice and Sing," by early 20th Century civil rights leader James Weldon Johnson.)

After performing the song, Gebregiorgis reflected on the importance of Juneteenth for building community in Yesler Terrace.

"Juneteenth is one of those days when everyone can come together and have fun," said Gebregiorgis, a junior at Garfield High School. "It's a good thing to come together with your neighbors."

Entertainment was provided by students

See more on the web

For a full gallery of photos from Yesler's Juneteenth Celebration, visit The Voice's website at www.voicenewspaper.org.

from the Nature Consortium's art classes at Yesler Terrace. Nature Consortium Teaching Artist Jah Breeze helped lead the students in a lively drum performance, as others took turns doing acrobatic dance moves, flips and handstands.

Songs, poetry readings, a Vietnamese dance performance and steel-drumming rounded out the evening's festivities. Guests were also treated to a hearty dinner.

Support for Juneteenth came from numerous organizations, including Nature Consortium, Seattle Parks and Recreation, Neighborhood House and Seattle Housing Authority.

History behind the holiday

King County Councilmember Larry Gossett served as the keynote speaker for Yesler's Juneteenth event, offering some perspective on the importance of the holiday.

He explained the holiday's origins — traditionally observed on June 19 — at the end of the Civil War, with the news that the institution of slavery in the United States was finally abolished.

"It wasn't until June 19, (1865) ... that the 122,000 black slaves in the state of Texas knew that slavery had ended," Gossett said.

On that date, Union General Gordon Granger delivered the news of the Emancipation Proclamation — enacted more than two years earlier — to the enslaved popula-



tion of Galveston, Texas. At that moment, the last remaining slaves in the United States finally learned of their freedom.

"Can you imagine going into a city where thousands of people have been exploited, mistreated and worked almost to death, and suddenly found out they were free?" Gossett asked.

The result was the first Juneteenth — a celebration fit for such a momentous occasion. Today's Juneteenth traces its origins to

that first taste of freedom, and is also known as Freedom Day, Independence Day and Liberation Day.

It has renewed meaning today as not just an African-American holiday, but an international one — shared with the immigrants and refugees who come to America seeking freedom and opportunity, Gossett said.

"It's very important that we in Seattle share this holiday with all of our new immigrants," he said.

Felton

Continued from Page 2

one's audience.

The housing authority's communications work should be informed by, and with sensitivity to, the landlord-tenant relationship. Any Seattle Housing resident who has received a 10-day notice to correct a minor lease violation has probably experienced the fear that he or she could be evicted.

"On a basic level, that's a real power imbalance," Felton said.

To be an effective communicator means to "muster the empathy to put yourself in that other person's position," she summarized.

Successes of the job

In considering the high points of her career with Seattle Housing, Felton turns to one of her department's most important efforts: the communications work surrounding redevelopment of the agency's garden communities.

The work includes the HOPE VI rede-

velopment of High Point, NewHolly and Rainier Vista, and the ongoing redevelopment of Yesler Terrace.

She counts this newspaper as another success.

"I'm really proud of how we've developed The Voice," she said.

Most recent is the development of a full-fledged website for The Voice, which launched in Feb. 2012. (Prior to the web launch, The Voice only appeared online as a PDF of the current issue.)

The website has allowed The Voice to broaden its reach to housing authority residents and the surrounding community.

She also points to the work of the Voice Resident Advisory Committee, which meets monthly with The Voice editor to plan the upcoming edition, and The Voice's stipend program as two ways that the newspaper includes Seattle Housing residents in the communications process.

"It's so much more valuable to have resident involvement at that level, than to passively receive the news that's been put to them," she said.

Want to get married to Yesler Terrace? Find out how it will make your community happy!

Contact BabyloniaAivaz@gmail.com.



Neighborhood House

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