



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



The Voice

August
2012
Articles translated
into six languages

The newspaper of Neighborhood House

Cast your vote Ballots for primary election due Aug. 7

BY VOICE STAFF

The general election is still three months away, but voters in King County face some important decisions in this year's primary. Ballots, which can be returned by mail or dropped at an official ballot drop-box (see below), are due by Aug. 7.

Among the issues appearing on the ballot for voters in King County is the Children and Families Levy, which would generate \$210 million over nine years to replace the King County Children and Family Justice Center. Levy funds would be raised through a property tax of seven cents per \$1,000 of assessed value — or about \$25 per year on a house valued at \$350,000.

Voters in Seattle will also weigh in on a property-tax levy for Seattle Public Libraries. The levy would collect up to \$17 million in 2013 to fund day-to-day operations of the library, through a property-tax levy of 15 cents per \$1,000 of assessed value (about \$52 per year on a house valued at \$350,000).

Critics of the library levy have argued that library services should be funded directly through the city's operating budget, not through a property-tax levy. Proponents say the levy raises critical funds for a cash-strapped library system, which has already seen the City of Seattle make significant cuts to its budget.

Please see "Vote" on Page 2

Making 'Music in the Plaza'

BY VOICE STAFF

More than 300 people flocked to the Greenbridge Plaza on Thursday, July 12 for the community's annual Music in the Plaza celebration.

The neighborhood party featured live music, cultural performances and dance by community members of all ages, and a delicious feast. On a sunny day, guests celebrated long into the evening hours.

Sponsors of the event included KCHA, Neighborhood House, White Center Community Development Association, Healthy Kids, Healthy Communities, White Center Food Bank and King County Library.



PHOTOS BY TYLER ROUSH

Cristina Orbé (right), a singer-songwriter and resident of the Greenbridge neighborhood, performs a song at Greenbridge's Music in the Plaza celebration July 12. DJ Sokha (above) adjusts the dials on his stereo receiver.



Neighborhood House introduces new women-only swim hours, lessons

New sessions to begin in September at Evergreen Community Aquatic Center

BY TYLER ROUSH
The Voice editor

Women and girls in South Seattle and King County will have a unique opportunity to swim and exercise in a comfortable, private environment.

Neighborhood House's Be Active Together (BAT) has announced a partnership with the Evergreen Community Aquatic Center in

White Center to host women-only swimming lessons.

The program is open to women and girls ages 9 and up. Unlike previous versions of women-only swims sponsored by BAT, the one-hour sessions at Evergreen will include 30-minute lessons followed by 30 minutes of practice. Another novelty is that women will register directly with Evergreen in person or online, with a debit or credit card.

"The women enrolled in our program at Southwest Pool want more opportunities to swim, and they cannot go on other days when men and women share the pool," said Jen Calleja, of Neighborhood House's BAT. "The

more women-only swimming hours are available at different pools, the greater the number of women that will benefit."

Sessions begin Sept. 23; see the sidebar for registration information.

The women-only swim sessions are important for attendees for cultural and privacy reasons.

"It's very important because it makes it easier for women to be comfortable," said Libin Egal, a Greenbridge resident and regular at previous swimming sessions. "It's a special place where only women can swim — for women

Please see "Swimming" on Page 2

Women-only swim registration

For more information and to register, go to www.evergreenpool.org, select "Lesson Registration." On the new page, select "Adult Lessons" and sign up for the "Women ONLY Lessons." You can pay with a debit or credit card when you register.

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

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Health Notes

A column devoted to your well-being

Beat the heat: Safety tips for hot weather

As the mercury rises this summer, be sure to keep cool. High temperatures can lead to serious medical problems, particularly for older adults, young children, people with chronic illness, and people with weight or alcohol problems.

Protect yourself and your loved ones by following these recommendations:

- Slow down and reduce strenuous exercise. If you do exercise, drink two to four glasses of water each hour.
- Dress in lightweight clothing.
- Drink plenty of water, even if you don't feel thirsty.
- Avoid alcohol and caffeinated drinks, which can speed up dehydration.
- Limit your direct exposure to the sun.
- Avoid going outside during the hottest times of the day, typically from 1 - 4:30 p.m.
- Do not leave infants, children, people with mobility challenges and pets in a parked car, even with the window rolled down.

Additional health-related recommendations include:

- Eat small meals, and eat more often. Avoid foods that are high in protein, which increase metabolic heat. Do not take salt tablets unless directed to by a

physician.

- Check up on your elderly neighbors or relatives.
- Check with your physician if you are concerned about heat and the specific medications you are taking. Certain medications may increase sensitivity to the heat.

Overheating occurs when people's bodies are not able to cool themselves quickly enough. This can lead to symptoms of heat exhaustion, including muscle cramps, weakness, dizziness, headache, nausea and vomiting. If you notice someone with signs of overheating, move the person to a cooler location, have them rest for a few minutes and slowly drink a cool beverage. Seek medical attention for them immediately if they do not feel better.

In severe instances, people can suffer heat stroke, which can cause death or permanent disability if emergency treatment is not provided. Symptoms of heat stroke include:

- an extremely high body temperature (above 103°F)
- red, hot and dry skin
- rapid, strong pulse
- nausea, confusion and unconsciousness



Reader's viewpoint

Readers of The Voice share their ideas

Making peace with my neighbor

By SAMUEL ANDREWS
Special to The Voice

I once had a neighbor who would repeatedly test my patience to no end. (At least, it seemed like our issues would never end.) Now I really like her, and look for her when she isn't around for a few days.

She appeared to be like any other person you could pass on the street, and in many ways, she was. But these days, one can't judge a book by its cover — or color, for that matter. That was the valuable lesson my formerly pesky neighbor and I learned from one another.

We couldn't have come from two more separate worlds, she being white and much older than me, a younger black man (though no longer a spring chicken, some say).

When I first moved into the building, she made it clear to me in no uncertain terms that she didn't feel comfortable around my kind. She even called the police on a neatly dressed friend of mine who was ringing the bell outside the front entrance. Her complaint: A strange black man outside of our building. The responding police were professional, to their merit.

I know that changing or turning a negative situation around always starts with me. As much as I would have liked my neighbor to change into the "ideal person," this was not going to happen on its own. Gritting my teeth at times, I committed to being consistently pleasant with her, but not after I blew my top one day when she caught me off guard after I had worked a long hard day.

Shouting at her in the lobby didn't change her; in fact, it reflected upon me. I learned in an embarrassing way that co-existing with a difficult person is a matter of responding, not reacting — regardless of who is at fault.

Frankly, getting along with someone has little to do with blame. I learned to respond correctly, including using silence and often just a closed smile.

Even now, after 16 years of living in the same building, she often sits in the lobby or in the community room, resting or on patrol in her unspoken reserved chair, a chair I believe that she has earned. I suspect that she may approve of me now, because she allows me without complaint to sit in her

chair if I should find it empty.

Adding to the past problem my neighbor and I have similar last names, causing the mail person to leave my mail with hers every so often. It was embarrassing when she would berate me in the lobby in front of passersby concerning the mail mix-up. She threatened to call the police on me if it happened again, even after I had done my part and spoken to the post office and management about the problem.

Still, I remained consistent, often smiling and saying hello when we briefly passed one another in the lobby. Almost every time I received a haircut I would have to reintroduce myself to her.

It was a challenge to myself to reject negative, outdated labels such as the word "crazy." Words like that don't help people who need support and understanding. Name-calling never leads to healing or fixing problems between our neighbors.

Directing positive behavior her way was more effective than anything else I could have done. Things were starting to change for the better between me and her, because I was responding to her and not reacting.

Still, on her friendly days I would ask how she was doing. She would reply with a snappy "Terrible!" Then she would ramble on about all the things in her life that were going wrong, ending with a graphic description of a medical condition that some would call too much information.

I'm not joking when I say this lady started to endear herself to me. People can behave irrationally when they feel alone in the face of change. I've learned that consistent, active compassion is one of the answers for the people around us who may be hurting, and acting out because of that hurt.

After some time, I was surprised one day when she invited me into her studio apartment. I felt slightly awkward as she showed me pictures of her family. Currently I cannot pass her in the lobby without her saying hello or even trying to hold me in brief conversation, proving that neither of us were too old to change or to at least adjust.

I hope that I have affected her life for the better, as certainly as she has brightened mine for the good of our community.

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AUGUST 9, 2012 - 4PM TO 7PM
GREENBRIDGE PLAZA, 8TH AVE SW & 99TH AVE SW

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- Fitness Resources
- Healthy Eating Demos
- Kids Activities

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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.

Vote

Continued from Page 1

Voters will also cast votes for the U.S. House and Senate primary races, for seats in the state Legislature, and for Washington state governor and other state positions. Consult your voter's guide or visit www.kingcounty.gov/elections for more details.

Returning your ballot

Complete your ballot and put it in the mail before Aug. 7. (Don't forget a stamp!) Ballots must be postmarked by Aug. 7 to be valid. Want to save a stamp? Return your ballot to a ballot drop box, which are located throughout Seattle and King County. For a complete list of drop box locations, visit www.kingcounty.gov/elections, click "How to vote" and follow the link to "Ballot drop boxes."

Swimming

Continued from Page 1

who don't want to expose their bodies for other people.

"I think it's a good thing — we don't have anxiety. It makes you comfortable."

High Point resident Ayaan Aden pushed for the program to add a swimming lesson component to the popular program, which was previously offered at the Southwest Pool in West Seattle.

"When I found out they were starting a women's pool time two years ago, it was only for open swim, with women not knowing how to swim," Aden said.

She approached Calleja and BAT Project Director Denise Sharify about offering swimming lessons along with the open swim time.

"It's about education — like learning how to swim — and also it's about exercise," Aden said.

She said the program is a unique opportunity for Muslim women, who are culturally not permitted to wear swimwear in a public environment.

"I really thank the people who are running this program, and give us this opportunity," Aden said. "We have needs like anyone else ... and we really appreciate this opportunity."

Be safe

Have a 'Living Room Conversation' with local law enforcement officers

By **KELLY MCKINNEY**
Seattle Neighborhood Group

The Seattle Police Department has recently begun a program called "Living Room Conversations." Here is how it works: A small group of neighbors meet with a small number of officers from their precincts for an informal discussion. The idea is to keep the meeting small, no more than fifteen people, so everyone gets heard. The meetings are designed to be informal and casual. The meetings can be in someone's living room or a room in a community center. The officers will even bring the food.

If you and your neighbors are interested in setting up a Living Room Conversation with the police, contact the Community Outreach section of the Seattle Police department. Each precinct has one or two officers assigned to their precinct. Here are the officers' names and contact numbers:

- Southwest Precinct: Officer Alex Chapackdee, 206-255-8302
- South Precinct: Officer Jojo Cambro-nero, 206-293-2749
- East and West Precincts: Officer Sina Ebinger, 206-941-8457

• North and West Precincts: Officer James Manning, 206-423-9952

City Wide Crime Prevention Events:

August 7 is Night Out Against crime. Get together with your neighbors and have a community BBQ.

August 11 Precinct Picnics: This year all of the Police Precincts will be hosting their Precinct Picnics on the same day, Saturday, August 11 from 1 to 4 p.m. The picnics are free of charge. You'll have the opportunity to meet your Precinct officers, enjoy live entertainment, and eat hot dogs and ice cream.

Here are the precinct addresses

- Southwest Precinct: 2300 Webster 98106
- South Precinct: 3001 S Myrtle 98108
- East Precinct: 1519 12th Avenue 98122
- West Precinct: 810 Virginia Street 98101
- North Precinct: 10049 College Way North 98133

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

Expansion of RapidRide proposed for North, South King County

Metro Transit's E and F lines expected to provide up to 4 million annual bus rides

Editor's Note: The following press release is from the Office of the King County Executive.

King County Executive Dow Constantine last month recommended alignments and station locations for two more RapidRide lines, connecting Shoreline with Seattle and Burien with Renton.

"RapidRide is a cost-effective complement to light rail – and these two new lines deliver on the promise of Transit Now, with up to 4 million rides a year to jobs, shopping and recreation," said Executive Constantine, who sent his proposed ordinance to the Metropolitan King County Council.

The E Line will run the length of Aurora Boulevard from Shoreline to downtown Seattle. It will offer frequent service to the busy Aurora Village Transit Center, and provide key connections for residents who live east and west of Aurora.

"As a regular rider on Metro bus Route 41, I know how important fast, reliable bus service is for getting where you need to go," said Councilmember Bob Ferguson, whose council district includes North Seattle and Shoreline. "Adding RapidRide service from Shoreline to downtown on the Aurora corridor will improve transit mobility along one of the region's most heavily used bus corridors, helping people get to work, school, and home."

"RapidRide E Line serves one of the most popular transit corridors in Metro's system and RapidRide F Line connects bus riders to light rail and commuter rail," said Councilmember Larry Phillips, Chair of the Transportation, Environment, and Economy Committee, and representative of communities served by the E Line.

"Increasing speed, reliability, and safety through RapidRide will improve the commutes of current riders and attract new transit riders."

The F Line in South King County will travel from the Burien Transit Center – via SeaTac and Tukwila – to downtown Renton, with a possible future extension to The Landing in North Renton. It will stop at both the Link light rail and Sounder train stations in Tukwila, plus connect workers to jobs at Sea-Tac Airport, Boeing worksites, and the Southcenter retail area.

"Implementation of the F Line is more than just moving people from one place to another," said Councilmember Julia Patterson. "This east-west connection is about creating more opportunity for people to access jobs, services and shopping in South King County. With links to Link light rail and the Sounder, people of South County will have access to mobility options like never before."

RapidRide is a different type of Metro service that features high-frequency service, off-board fare payment, and systems that integrate the buses with traffic signals and signage. It adds up to a more efficient and effective transit system. RapidRide also has distinctive red-and-yellow buses are energy efficient, low-emission hybrid vehicles with low floors and three doors for easier, faster boarding.

"I'm very excited to see RapidRide expand to more areas of the county," said Councilmember Joe McDermott. "It's popular because it lives up to its name – it's a rapid ride!"

Since RapidRide debuted in 2009, Metro has seen significant ridership growth in those corridors compared to the regular bus routes they replaced. Similar ridership gains are expected for the C and D lines that debut this September in Ballard/Uptown and West Seattle, and again when the E and F lines start up.

SR 520 and Tacoma Narrows bridges' toll rates increase

By **WSDOT TOLL DIVISION**

The Washington State Department of Transportation launched an electronic tolling system on the SR 520 and Tacoma Narrows bridges in December 2011, allowing people to drive across the tolled bridges without having to stop and pay a toll.

As part of a scheduled annual toll rate increase, the SR 520 toll rates increased on July 1. The Tacoma Narrows bridge rates also changed on July 1. These rate increases are necessary to continue bringing in enough toll revenue to meet the costs and obligations WSDOT assumed for building both bridges when tolling was authorized by the State Legislature.

On the SR 520 bridge, toll rates increased 2.5 percent and continue to vary by time of day. The previous peak Good To Go! rate of \$3.50 rose to \$3.59, and the peak Pay By Mail rate of \$5 increased to \$5.13. The toll increase affects all rate levels. On the Tacoma Narrows bridge, the Good To Go! rate increased from \$2.75 to \$4, cash tolls from \$4 to \$5 and Pay By Mail from \$5.50 to \$6.

When crossing the SR 520 or Tacoma Narrows bridges, photos are taken of license plates not linked to Good To Go! accounts, and registered vehicle owners receive a toll bill in the mail within 14 days (unless cash was paid at the Tacoma Narrows toll booth).

It's important for vehicle owners to pay toll bills as soon as possible after receiving them in the mail to minimize additional fees. If a customer does not pay his or her toll bill within 15 days of receiving it in the mail, a second bill is sent with a \$5 reprocessing fee. Toll bills not paid within 80 days of travel become toll violations, and a \$40 notice of civil penalty is assessed for each unpaid toll transaction, plus any additional fees. Failure to respond to a notice of civil penalty may result in a hold on vehicle tab registration renewal and/or collections.

If drivers believe they received a toll bill or notice of civil penalty in error, they should contact customer service at 1-866-936-8246 immediately to avoid additional fees.

To pay the lowest toll rate, individuals are encouraged to set up and activate a Good To Go! account. There are a number of ways to get Good To Go!, including paying with an electronic benefits transfer (EBT) or cash. WSDOT also recommends taking advantage of King County Metro and Sound Transit's bus services and registered vanpools as well as carpools to save money.

WSDOT appreciates their customers' continued support and stands ready to answer questions. For additional information, please visit wsdot.gov/GoodToGo or call 1-866-936-8246.

Back to school information

By **VOICE STAFF**

For students, it may feel as though summer vacation has just arrived. But the 2012-13 school year is right around the corner. Here's what you need to know to get your child ready for the upcoming year.

Free and reduced-price lunch

Low-income families are encouraged to apply for the free and reduced-price school lunch program. Families that receive TANF benefits or receive Basic Food benefits should apply.

Household size and income eligibility requirements apply. Your household size includes all persons, including parents, children, grandparents, and all other people who live in your home and share living expenses.

For the 2012-13 school year, a family of four would be eligible for the reduced-

price lunch program if household income is \$42,643 or less. A family of four would be eligible for the free program if household income is \$29,965 or less. For full income information for 2012-13, see the income table on this page, or contact your child's school.

Most districts will publish enrollment information for the free and reduced price school lunch program in mid-August. Contact your child's school district for more information.

Required vaccinations

Children in Washington state are required to have a number of vaccines prior to attending K-12 school. Those vaccines include Hepatitis B; Diphtheria, Tetanus and Pertussis (DTaP/DT/Td/Tdap); Polio; Measles, Mumps and Rubella; and Varicella. Contact your child's school or your healthcare provider for more information.

2012-13 Income eligibility scale for free and reduced-price school meals						
HOUSEHOLD SIZE	Free meals			Reduced-price meals		
	YEAR	MONTH	WEEK	YEAR	MONTH	WEEK
1	\$ 14,521	\$ 1,211	\$ 280	\$ 20,665	\$ 1,723	\$ 398
2	19,669	1,640	379	27,991	2,333	539
3	24,817	2,069	478	35,317	2,944	680
4	29,965	2,498	577	42,643	3,554	821
5	35,113	2,927	676	49,969	4,165	961
6	40,261	3,356	775	57,295	4,775	1,102
7	45,409	3,785	874	64,621	5,386	1,243
8	50,557	4,214	973	71,947	5,996	1,384
For each additional family member, add:						
	\$ 5,148	\$ 429	\$ 99	\$ 7,326	\$ 611	\$ 141

How prepared are you for a disaster?

'Safety Saturday' teaches preparedness to the Lake City community

By **ELLIE RHOADES**
Special to The Voice

Lake City House and Lake City Court hosted Safety Saturday's Neighbors United to Prepare event July 14, in the plaza between the two buildings.

More than 200 community members, as well as neighborhood businesses and service providers, turned out for the event. Neighbors learned how to prepare before, during and after a disaster; how to store water and food; and what to do during a fire, earthquake and storm. Twelve neighbors signed up to plan and organize a community response team should a disaster occur.

As part of the event, the Seattle Fire Department presented fire safety information; firefighters posed for photos with neighborhood children.

Other agencies at the event included the Red Cross, the Seattle Office of Emergency Management, FEMA, Seattle Neighborhood Group, Lake City Community Council, SERVPRO, Washington Talking Books, North Seattle Family Center, Seattle Housing Authority and the Lake City Library. The event was funded by a City of Seattle Department of Neighborhoods Small Sparks Matching Fund Grant and by donations from local businesses and individuals.

Remember a disaster can occur at any time and without warning, and the best



PHOTO BY

Members of the Safety Saturday Committee pose for a photo with Seattle firefighters during the Neighbors United to Prepare event July 14. The emergency preparedness event at Lake City Village brought together more than 200 community members, local business owners, service providers and agencies to promote education and awareness of disaster preparedness.

things that we can do is be prepared. You can attend free preparedness events or go online to ready.gov or seattle.gov/emergency for more information.

September 2012 is National Preparedness Month; take the time to make sure that your family is prepared for a disaster before it oc-

curs. The life you save may be a neighbor's, a family member's, or even your own.

Ellie Rhoades is a Seattle Housing Authority resident and member of the Safety Saturday Committee.

Budget process underway for 2013

Election-year uncertainty creates challenges

By **SEATTLE HOUSING AUTHORITY STAFF**

Staff at the Seattle Housing Authority is now well into the process of budget drafting for 2013. Once again, their work will be challenging, as housing authorities across the country face a second year in which they anticipate a reduction in federal funding from the Department of Housing and Urban Development.

Making the problem worse, many residents who reside in Seattle Housing communities continue to see reductions in the assistance they have depended upon from the State of Washington or the City of Seattle — both in services and in income supports. While the private sector is adding employment at a gradual pace, these additions are offset by continuing reductions in state and local government payrolls.

Estimates of what the federal budget for 2013 might look like vary widely — from an increase of 3.2 percent (recommended by HUD) to a decrease of 3.4 percent (passed by the House of Representatives). In fact, most political experts agree that there will be very little clarity on the 2013 federal budget until after November's election or until early 2013. And, passage of a 2013 Budget is not the end of it.

The current law — the Budget Control Act of 2011 — calls for reductions in spending of 7.8 percent across the board in all non-defense program, through a process called "sequestration." This means whatever 2013 Budget is passed by Congress and signed by the President will then be subject to an automatic withholding or sequestering of 7.8 percent. As a result of the failure of the "Super Committee" (established last year when the Congress authorized an increase in the Federal Debt Ceiling), the Act provides for these automatic reductions in order to reduce the federal deficit by \$1.2 trillion. If this automatic trigger takes effect, it could mean reduced federal funding overall for Seattle Housing for 2013 of 4.9 percent to 11.2 percent.

With this much difficulty in predicting the future of budget allocations, Chief Financial Officer Shelly Yapp has emphasized caution.

Please see "Budget" on Page 4

August 21 celebration planned for the completion of Rainier Vista redevelopment

By **LAURA GENTRY**
Seattle Housing Authority

RV The Rainier Vista community has a reason to celebrate this summer as construction on the redeveloped neighborhood nears completion.

All Seattle Housing Authority low-income housing units and the majority of market-rate homes are now complete, which marks the finish of the third and final development phase of the neighborhood that has been under construction since 2003. Several market-rate homes and a Mercy Housing development project in the final phase are still under construction, but most of that construction will be completed this year.



PHOTO COURTESY SEATTLE HOUSING AUTHORITY.

The original homes at Rainier Vista were built in the early 1940s and were designed to meet the needs of World War II defense workers who first used it. Seattle Housing Authority acquired Rainier Vista in 1953 and it remained in use as public housing until early 2002. The units had been in use for nearly 60 years by the time redevelopment demolition began in 2003.

Two lots located on South Alaska Street are currently for sale and are expected to eventually serve privately developed market-rate apartments.

To mark the occasion, Seattle Housing is throwing a Grand Celebration of the Completion of Rainier Vista. The celebration will be held from 4:30 – 6:30 p.m. August 21 at the community park located at

the intersection of 31st Avenue South and South Genesee Street.

The program will start at 5 p.m. and will be followed by unit tours, live music and family activities. Appetizers and beverages will be served.

Tom Tierney, Seattle Housing Authority

Please see "RV" on Page 3

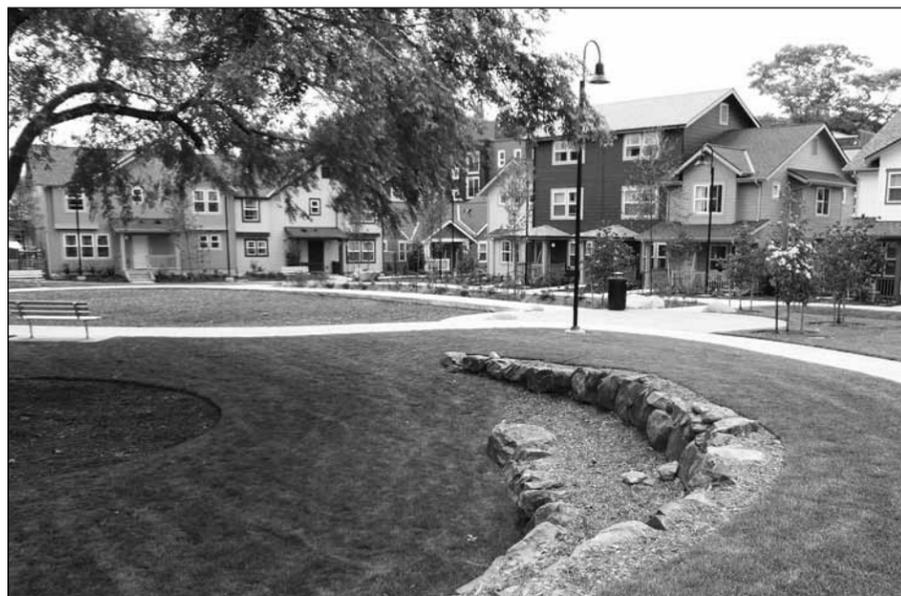


PHOTO BY GEORGE NEMETH, SEATTLE HOUSING AUTHORITY

The redevelopment of Rainier Vista focused on designing houses in a way that would bring together the neighborhood's diverse mix of residents as well as better connect them to the surrounding South Seattle community. The narrow streets slow traffic, while front porches located close to the street give residents a chance to interact. Housing at Rainier Vista is located close to a number of large and small parks, playgrounds, and community gardens that create open space for residents to get outside, meet their neighbors, and allow safe play spaces for children.

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**

Seattle Housing board passes Risk Control and Safety Policy statement

By SEATTLE HOUSING AUTHORITY STAFF

Safety remains an operational priority at Seattle Housing Authority. On May 21, 2012, a Board Resolution was passed updating the Risk Control and Safety Policy statement. The continued effort to maintain best practices in the control and reduction of risk and the promotion of safety among our residents, employees and visitors is an achievable goal that benefits us all. In addition to best practices, the Safety Program is a key part of risk control that provides conditions and operating procedures that help ensure a safe working and living environment.

Safety is the responsibility of residents, employees and visitors alike. Please help us continue our effort to make our homes and workplaces a safer place to be.

Risk Control and Safety Policy Statement

It is the policy of the Seattle Housing Authority to operate and maintain its buildings, equipment and grounds in a manner that promotes the safety of residents, staff and visitors; to protect the Authority's physical property from damage and to maintain its useful life; and, to minimize injuries, losses and the cost of injuries and losses. The Authority will continue to take a leadership role in promoting safety and preventing or controlling risks. Safety is the responsibility of everyone—staff, residents and visitors alike.

The Housing Authority's Risk Control program uses two main techniques to achieve the policy's objectives; risk financing and risk control. Risk financing is the process of analyzing and identifying the types and level of losses SHA can absorb through its operational budget, then determining which other losses must be handled through insurance or contractual risk transfer. Loss Control is the implementation of procedures and programs which aid in the prevention of accidents. The Authority's Safety programs – including regular inspection of buildings and equipment, training targeted at safe practices for employees and residents, and careful analysis of incident or accident data to focus training and corrective actions – are the principal tools for preventing and reducing accidents and thus for enhancing loss control.

Risk Control and Safety are the responsibility of all levels of the Authority, starting with top management and extending to each individual employee. The intent of the Risk Control and Safety Policy is to ensure safe practices and to protect people and property from injury or damage. This is an ongoing operational priority.

This policy statement shall be publicized annually to residents and employees through regular publications for these audiences and through the Authority's website.

The policy was adopted by Seattle Housing Authority Board on May 21, 2012, and expires in May 2017.

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www.voicenewspaper.org

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PHOTO COURTESY OF MICHAEL MAGGS / WIKIMEDIA COMMONS

FREE Health Fairs

Saturday August 25th 11:00am-3:00pm
New Holly Family Fun Fest and Health Fair
 The NewHolly Campus - 7050 32nd Ave S, Seattle, WA

Wednesday, August 29th 5:00 – 8:00 p.m.
High Point Family Health Fair
 High Point Neighborhood House Center - 6400 Sylvan Way SW, Seattle, WA



FREE Health Services:

- Blood Pressure Checks
- Blood Glucose Screening
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Taking a few small steps to fitness

By SAMUEL ANDREWS
Special to The Voice

I'm a recovering couch potato, so I was very nervous when I entered the Yesler Community Center gym for the first time.

Before that day, I had put off going to the community gym more than once. Old habits are hard to break. On my day off, I had to decide not to watch my favorite soap opera but to set out for the gym instead.

High blood pressure tends to run in my family. Regular exercise and watching my diet are the only things that keep my blood pressure under control.

I have pretty much always known that in my head; making my body catch up with this information has been a constant, ongoing challenge.

Zebedee Hill, working behind the Yesler Community Center desk that day, gave me an enthusiastic welcome. I told him I was there for a workout, so he offered me a choice between a \$3/day gym entrance fee or the purchase of a \$15 monthly card. I couldn't believe how little it cost me to make a small step in the direction of good health.

I knew that I was out of shape — the point had been driven home for me days before when I had received a free blood pressure reading at a nearby store. A lot of people wait until it's too late before considering seriously that they may really have actual control over their health and wellness.

I once had a caseworker who died behind her desk at work. When people would talk to her about taking care of herself, she would say, "I'm much too busy to get sick." Her death was very sad — she was a great person who could

have done more for her health; a caring person, the last person to whom anyone would want to see anything bad happen.

I am really starting to grasp the fact that every little bit of exercise can change the way I feel about myself, even before I can begin to see the results in the mirror.

Small steps are all it takes at first. I don't have to train like I'm trying out for the Olympics. I can simply take a walk around the block for a change.

I've met some very sweet people while working out at the community center. Most of them, like me, are learning to take "small steps" to fitness.

When I am on the treadmill, a younger person might look through the window at me. I know then that in my small way I am being a good example by modeling a healthy habit. I don't have to be a star athlete to model good behavior to a young person, nor do I have to use empty words that lack action.

One of the best things we can do for our community is to seek to be healthy. Sure, there are going to be days when we are better at making healthy choices than others, but that's the way life goes. We don't have to bash ourselves if we have a bad day or week. A good small step is better than no step at all.

I don't regret missing my favorite soap opera and choosing to work out instead. That program is a TV show. I'm here for real life. I believe that every good step that I make for my health is a great step for my community.

Samuel Andrews is a Seattle Housing resident and at-large member of the Resident Action Council. He writes frequently for Springwire (Community Voice Mail) at www.cvm.org.



Esperanza Apartments: Affordable housing for seniors

A Retirement Housing Foundation Community
 6940 37th Avenue South
 Seattle, WA 98118

Esperanza Apartments is an 84-unit affordable senior housing complex. Residents must be a minimum of 62 years of age or 55 years of age with disability. Income limitations are determined by the U.S. Department of Housing and Urban Development (HUD). This facility is reserved for residents who earn less than 60 percent of the area median gross income (\$36,960 for one person and \$42,240 for 2 people). Section 8 Vouchers are accepted.

The community is located just off the Light Rail in Seattle, near the NewHolly neighborhood. Its modern, one-bedroom apartments are conveniently located next to parks, community gardens, Seattle Senior Centers, shopping, churches and more.

Retirement Housing Foundation is the sponsor for this senior housing campus, which represents the cooperation of Retirement Housing Foundation (RHF) and the Seattle Housing Authority to redevelop the Holly Park neighborhood.

- | | |
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| Building amenities include: | • Community room |
| • Dining hall with Meals Available | • Computer room |
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| • On-site laundry | • Barber/beauty shop |
| • Parking | • All utilities included |

For an application, call 206-760-0202, email esperanza@rhf.org or visit www.rhf.org.

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.

Work begins on the First Hill Streetcar line



PHOTO BY TYLER ROUSH

Y Residents of Yesler Terrace and drivers along Yesler Way have no doubt noticed the construction work at the intersection Yesler and Broadway. Construction workers have been installing storm drain and sewer lines in advance of surface work on the First Hill Streetcar line. Streetcar operations are expected to begin in early 2014. For detailed project information, go to www.seattlestreecar.org.

Andrew Lofton, Tom Tierney to answer questions at RAC meeting

The Seattle Housing Authority will have a new Executive Director this September. Does this mean new directions for the housing authority?

Retiring Executive Director Tom Tierney and incoming Executive Director Andrew Lofton will attend the August 8 meeting of the Resident Action Council and respond to our questions. What do they see in the future for Seattle Housing? All Seattle Housing Authority renters are invited to hear their answers.

The Resident Action Council meets Wednesday, August 8 from 1:30 to 3:30 p.m. at Center Park, 2121 26th Ave. S. There is a social gathering and light lunch before the meeting at 1 p.m.

Do you have questions about the Resident Action Council? Call the office at 206-322-1297 and leave a message – we check our voicemail frequently. Or email talk2rac@gmail.com and leave your questions or ideas there.

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Executive Director, notes that there is much to be proud of with the completion of this redevelopment, which was stalled for a time during a particularly difficult economic downturn.

“The redevelopment of Rainier Vista has been one of our more challenging projects. However, we stayed committed to our housing goals here, and it gradually and successfully came together. We are extraordinarily proud of the great neighborhood that Rainier Vista has become,” Tierney said.

Originally built in the 1940s to house defense workers, the wood frame buildings of the old Rainier Vista were designated as public housing by the Lanham Act in the early 1950s. They housed returning veterans and low-income families for five decades, but years of use and weathering took their toll. The units at Rainier Vista became expensive to maintain and less effective as public housing.

Seattle Housing began the process of redevelopment in 1999 when the agency secured a \$35 million HOPE VI grant from the U.S. Department of Housing and Urban Development (HUD). The first phase of redevelopment, located west of Martin Luther King Jr. Way South, was completed in 2005.

Progress on Rainier Vista’s renewal was then hampered by unfavorable development conditions in the mid- to late-2000s, including factors that limited buildable space on the site due to protected wetlands

and overheated construction costs created by the housing bubble.

In February 2009, the Housing Authority was allocated \$17 million in funding from the American Recovery and Reinvestment Act (ARRA), also known as “stimulus funding.” The majority of the funding – \$13.5 million – went toward development at Rainier Vista, reigniting progress at the site. The four-story, 83-unit building Tamarack Place was finished in 2010 on the north side of the site, and was followed by construction of several single-family and multi-family rental housing units and market-rate houses.

Rainier Vista is now transformed into a mixed-income neighborhood for more than 850 diverse households. Seattle Housing invested in a new infrastructure grid to allow the community to connect with the surrounding neighborhoods and take advantage of the adjacent Link light rail station.

The neighborhood is also home to community resources including the Boys & Girls Club and the Neighborhood House Rainier Vista Center. Open space, public art, playgrounds, small businesses and a ball field are among the neighborhood’s new amenities. Housing for seniors and the disabled is provided by Providence Health & Services, Housing Resources Group and Building Changes.

In 2010, the redevelopment received a Merit Award from the American Institute of Architects for the high quality of its overall design, specifically praising the human impact that the urban design achieved.

Living in Yesler Terrace

It’s a neighborhood like no other in the city — Seattle’s oldest public housing community and the first racially integrated public housing development in the United States. With Yesler Terrace on the verge of redevelopment, community members are reflecting on what the neighborhood has meant to them.

The following are comments made by members of the Yesler Terrace Community Council’s Leadership Team.



The location makes for good access to health care, to transit and to shopping, unless the store you prefer requires two buses to get there. In general, it’s a good location. On the negative side, though, it can be difficult to walk up these steep hills from Downtown or the International District. I’ve lived here eleven and a half years.

— Art Rae

I have some health problems. This place is close to Harborview Hospital. I have easy access. I don’t want to move from this place, because of my health issues. I am all alone by myself, so I don’t have any others helping me with transportation. Here I have the bus to go either way, south or north, so this is a good center for me, because of the transportation facilities and the hospital. I like to be here.

— Amlesu Tilahun

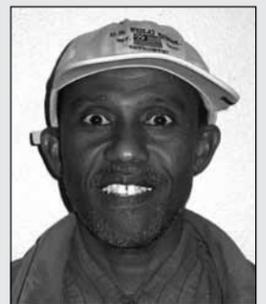


The thing I like most about living here at Yesler Terrace is that it is close by to all the convenient businesses. The security in this area is very good. In the near future there will be a great development in transportation so that people can move around easily.

— Ngu Vu

I like it here because of the geographical location. This place has many different resources that people can benefit from. The location is very close to Downtown, and several big hospitals are close to use, like Harborview and Swedish. A lot of different transportation options are here – lots of the different bus routes pass near here. Many schools – middle schools and high schools – are close to us. And actually, the area is very safe. That’s the reason I like to be living here.

— Mohamed Wako

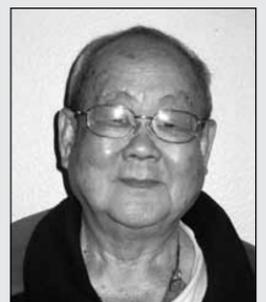


Yesler Terrace has the convenience of living in the city – it’s close to everything. And it also has the very special space and grace of having private yards where people can grow their own vegetables, grow flowers, have their children play. It’s special, it’s wonderful, and we’re going to miss it. It’s a place where it is easy for people to be neighbors – there are people here from all over the world, yet we get along together, we work together. It’s a great place.

— Kristin O’Donnell

The reason I like living at Yesler Terrace is the transportation. And it is easy for the children to get to nearby areas for their schooling. It is convenient for seniors, with close access to health care near the community. There is a lot of transportation here compared with other places.

— Yin Lau



Neighborhood House honors its volunteers

PHOTOS BY IDRIS MOHAMMED AND MOHAMMED IDRIS



Neighborhood House volunteers Audry Breaux, Jose Gonzalez and Christine Anderson are longtime friends of the agency. They joined dozens of other volunteers at the High Point Center July 12 for the Volunteer Recognition Event, honoring the many contributions made by volunteers to the success of Neighborhood House.



Volunteer Robert Kearn (above) and daughter Holly enjoyed a barbecue dinner, activities and a brief program at Neighborhood House's annual Volunteer Recognition Event. YELS Coordinator Aparna Rae (left) was one of several Neighborhood House employees in attendance.

MEET THE PHOTOGRAPHERS

Mohammed Idris and Idris Mohammed are high-school students, High Point residents, and photography interns with The Voice. Look for more of their photography in upcoming issues of The Voice.



Mohammed Idris (left) and Idris Mohammed



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.

Waxbarsho anan LACAG LAAN AH:

- Sitimaanki halmar oo lugu booqanayo dumarka uurka leh Iyo kuwa haysto caruurta u dhaxeso 0-3jir
- Iskool loogu talagalay caruurta u dhaxeso 3-5 sano.
- Barbaarin caruurta, caafimaadka, aqrin & qoris, cawinaadyo



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Budget

Continued from Page 1

“We must plan for budget reductions in planning the 2013 Budget,” she said recently. “The issue is not whether there will be reduced federal funding; it’s a question of how deep the reductions will be.”

Yapp goes on to indicate that, “Unless current law is changed, we would face a projected 2013 budget gap of \$10.5 million. Given our expectation of reduced revenues, we are looking to keep our costs down as much as possible in order to preserve staff capacity and service levels.”

Seattle Housing Authority directors and managers submitted their draft budgets to

the budget office in early June. They have generally tried to reduce their expenses over last year by about 4 percent. Over the next couple of months, staff members will work to refine the drafts and recommend a budget to the Board of Commissioners.

Yapp expects that a summary of the 2013 Proposed Budget will be issued on August 31 for public comment, and that the detailed budget book will be available on the website in mid-September. A public hearing will be held in mid-September, and the Board of Commissioners will review the draft at their September meeting. Traditionally, the Board passes the final version of the budget at their October meeting.



VIETNAMESE

Chương trình phục vụ các người mẹ mang thai, các gia đình có lợi tức thấp, hoặc đang có con mới sinh cho tới đúng 5 tuổi, bao gồm cả những gia đình có con em cần những nhu cầu đặc biệt và bị khuyết tật hiện đang sống trong những khu gia cư: High Point, New Holly, Rainier Vista và Yesler Terrace.

Chương trình phục vụ miễn phí:

- Mỗi tuần, có nhân viên thăm viếng đến tận nhà những người mẹ mang thai và những gia đình có con từ lúc mới sinh cho tới đúng 3 tuổi.
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 - Tạo cơ hội giúp quý vị học hỏi thêm.
 - Sinh hoạt theo nhóm tuổi của các em.
 - Giúp trẻ em tăng trưởng khỏe mạnh, biết đọc, biết viết và những việc giao tế trong lãnh vực xã hội.
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- Cơ quan chúng tôi có làm việc chung với chương trình của trạm y tế trẻ em Boyers và trường học Seattle.



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