



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



# The Voice

August  
2013  
*Articles translated  
into six languages*

The newspaper of Neighborhood House — visit our website at [www.voicenewspaper.org](http://www.voicenewspaper.org)

## Personal reflections on the month of Ramadan

*Around the world, Muslims are observing the holy month of Ramadan. These are the stories of just a few of them.*

BY TYLER ROUSH  
*The Voice editor*

reflections of the month of Ramadan, its meaning and its significance in their lives.

The holy month of Ramadan, the ninth month of the Islamic calendar, is observed by Muslims worldwide as a period of fasting, charity and personal reflection. The month is observed as the month that the Prophet Muhammad received the revelations of the Quran. Ramadan begins with the first sighting of the crescent moon and continues for 29 or 30 days. At its conclusion is the holiday Eid al-Fitr, a feast day celebrating the breaking of the Ramadan fast.

During Ramadan, Muslims do not eat or drink from sunrise to sunset. After sunset, they break their fast with iftar, an evening meal that is often taken together as a family or with a larger community. Fasting is obligatory for Muslims during Ramadan, although children, pregnant women, those who are ill and those who are traveling are not required to do so.

Ramadan began on Tuesday, July 9 and is expected to end Thursday, Aug. 8. During this month, The Voice spoke with several people locally who are observing Ramadan. What follows are their personal stories and

### Malyun Yusuf

A refugee from Somalia who came to the United States as a girl, Malyun Yusuf lives in Seattle with her husband and their two children. She is a Neighborhood House employee.



Malyun Yusuf

“Ramadan is a month of forgiveness; a month of reflection; a month to do char-

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## Primary election set for Aug. 6

*Loaded field for Seattle mayor tops the ballot; city, county council spots also contested*

BY TYLER ROUSH  
*The Voice editor*

Voters in King County have until Aug. 6 to cast their ballots in this month’s primary election.

The race for Seattle mayor is a highlight of the ballot. Nine candidates are vying for the top job in the City of Seattle; the top two vote-getters in the Aug. 6 primary will advance to November’s general election.

The field includes incumbent mayor Mike McGinn and eight challengers. They are: Joey Gray, environmental activist and librarian; Bruce Harrell, Seattle City Councilmember; Kate Martin, neighborhood activist and designer; Mary Martin, working class activist and factory worker; Doug McQuaid, West Seattle attorney; Ed Murray, state senator, 43rd Legislative District; Charlie Staadecker, real estate broker and former Vashon Island School Board member; and Peter Steinbrueck, architect and former Seattle City Councilmember.

Primary races are also set for two Seattle City Council positions, Nos. 2 and 8. The Council Position No. 2 primary



includes incumbent Richard Conlin and challengers Brian Carver and Kshama Sawant. The Position No. 8 primary includes incumbent Mike O’Brien and challengers David Ishii and Albert Shen.

In county races, the King County Executive primary includes incumbent Dow Constantine and challengers Goodspaceguy, Alan Lodbell and Everett Stewart.

King County Council Position No. 1 features incumbent Rod Dembowski, who replaced Bob Ferguson when the latter was elected state attorney general; and challengers John Fray and Naomi Wilson.

In King County Council Position No. 9, incumbent Reagan Dunn faces challengers Kristina Macomber and Shari Song.

Elsewhere in King County, three candidates will vie to be the next mayor of Auburn. Those candidates include Auburn Deputy Mayor and City Councilmember Nancy Backus, Auburn City Councilmember John Partridge and U.S. Army veteran

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## Remembering Terry McLlarky, King County Housing resident, commissioner

BY KING COUNTY HOUSING AUTHORITY STAFF

King County Housing Authority commissioner Terry McLlarky died July 6 at the Redmond Care and Rehabilitation Center. He was 76.

For the past decade, McLlarky was a resident and the key keeper of Casa Juanita, an 80-unit public housing complex for seniors and persons with disabilities located in Kirkland, Wash. McLlarky moved to Kirkland in 2003 to live closer to his daughter Jennifer Wittenberg and her family. From 1995-2002, McLlarky was active as a civic volunteer in the Town of Hudson, N.H., where he served on the sewer utility, conservation and budget committees. He retired from careers in material control and management information systems. McLlarky received a bachelor’s degree in computer science, graduating cum laude from New

Hampshire College, now called Southern New Hampshire University.

County Executive Dow Constantine appointed McLlarky to KCHA’s Board of Commissioners in 2010. McLlarky also served as a member of KCHA’s Resident Advisory Committee since 2005. Both roles enabled McLlarky to help guide the Authority’s programs and policies.

“Terry stood out for his intelligence, humor, commitment and compassion,” said KCHA Executive Director Stephen Norman. “He believed that without public housing, many senior citizens who depend on small fixed incomes from Social Security would be living on the street, and was proud of the role he played in ensuring that they could live out their lives in dignity.

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Terry McLlarky, May 13, 1937 – July 6, 2013. Terry is seen here with Murphy, his daughter’s English bulldog and one of his favorite companions.

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## Ramadan

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ity; a month of remembrance ... of what you have," Yusuf said.

It's an important reminder, Yusuf said, that in some parts of the world people have no choice but to fast.

"In other countries, some people are not able to break their fast — they are fasting constantly," she said.

Each year, she looks forward to observing the monthlong fast.

"Most Muslim people are excited about the month of Ramadan," Yusuf said. "It's for a good cause and a good reason — it's your duty as a Muslim to be fasting."

The month is also a time to gather with family. For Yusuf, that means her husband and two children, ages 2 and 3. Yusuf's children are too young to practice the daily fast and don't yet understand the full meaning of Ramadan. But they're learning through the nightly practice of iftar, the meal that breaks the daily fast.

"It's a celebration at the end of the day — they know it's a time to eat, that it's fun, and that we all sit down as a family," Yusuf said.

For Yusuf and her family, their iftar consists of many traditional Somali foods, such as sambusas, a type of savory fried pastry; jabati and malawa, both types of flatbread; meat and rice dishes, fruits and vegetables and pasta. As the first meal after as many as 18 hours of fasting, it's typically a heavy meal. (A lighter meal, known as "suhoor," is often taken before dawn each day.)

Yusuf, who prepares many of the dishes from scratch, said she takes pride in providing a substantial meal for her family.

"It makes me feel good when there is a lot of food on the table," Yusuf said.

Eid al-Fatr, the holiday that marks the conclusion of Ramadan, is a time of community and celebration, Yusuf said.

"It's great to see a whole community celebrating," Yusuf said. "It's a great reminder of where you're from, and for reminiscing with family back home."

### Waheedullah Kharhash

A father to four boys, Waheedullah Kharhash, his wife and family live in Kent, after having immigrated to the United States in 2009. Kharhash had previously served as an interpreter for U.S. forces in Afghanistan for five years. But after threats were made on his life, Kharhash, his wife Shaima and two oldest boys, now ages 9 and 7, left for the U.S. The couple's twin sons, age 2, were born here.



Waheedullah Kharhash and family

Kharhash says that the purpose of Ramadan is one of humility, "to know what it is like when you don't have food, or when you were poor."

It's also a time of charity and of helping those who are in need. Kharhash says he often sends extra money to family in Afghanistan who are in need. He also describes a small gift of wheat or money to be given to the poor by the end of Ramadan.

The couple's children do not yet fast during Ramadan, but Kharhash says they read and study the Quran with them each day. In that way, they learn more about Islam and the holy month of Ramadan, Kharhash says.

Despite the demonstrations of charity and humility throughout the month of Ramadan, Kharhash laments that the religion has been distorted and blamed for violence committed by terrorists. He looks to his home country of Afghanistan, where the Taliban, citing Islamic law, prohibit girls from going to school. He calls such claims "nonsense."

"Our prophet says that acquiring knowledge is a requirement from God," Kharhash says — for both men and women. "It is not haram (forbidden) to study science, to study anatomy, to go to school and become an engineer."

He concludes that there's no justification for acts of terror.

"Islam is a religion of peace, a religion of friendship," Kharhash says.

### Abdul Mohamed

For Abdul Mohamed, empathy is an important element of the observance of Ramadan.



Abdul Mohamed

"Fasting is a means to empathize with those less fortunate," says Mohamed, a Neighborhood House employee. "It's a time for me to reflect on and be in tune with the countless bounty with which I'm presented."

Mohamed says his upbringing has led him to want to seek out diversity — of Somali descent, he was born in Saudi Arabia and has close ties with aunts from the Philippines and India.

As such, he likes to visit different mosques during Ramadan. Though they represent different cultural and ethnic groups — as an example, he said he intended to visit a Bosnian mosque on an upcoming weekend — they're united by a common religion.

Mohamed sees a unifying quality to the practice of Ramadan, in which the world's

Muslims all join in observing a period of heightened spiritual awareness.

"Ramadan is not only an important time for me, but for a billion people around the world," he says.

Like other families, Mohamed takes iftar each night following the evening prayers. In that evening meal, Mohamed says he sees what might be one of the few differences between the way in which Ramadan is observed by those one billion people around the world.

"I think the only difference would be the food that you eat when you're done fasting," Mohamed says.

As a boy, Mohamed recalls competing with other youth his age to see who could fast for the longest or for the most days. (Though children aren't required to fast, many will try for a certain period of time during Ramadan, Mohamed says.) He also looked forward to Eid al-Fitr, the feast day and celebration that marks the end of Ramadan.

With age, Mohamed says his connection to Ramadan has deepened.

"As I age, Ramadan resonates more and more," says Mohamed, 24. "The ideas of fasting, of being more in tune with my spiritual side, empathizing with those less fortunate, have grown closer to me."

### Monia Hamam

Monia Hamam, the third of four girls in her family, is a junior at the University of Washington. Her family has lived in the United States since 2007, when they emigrated from Iraq. The family all earned their U.S. citizenship in November of 2012.



Monia Hamam

For Hamam and her family, Ramadan is a time of prayer and a time to read the Quran. During the course of the month, Hamam says she will read each of the 30 ajiza, or sections, of the Quran. During Ramadan, it's a common practice to read and study the book in its entirety.

Of course, it is also a time to fast.

"We don't eat from dawn until sunset, so of course you feel hungry, and thirsty," she says.

But those feelings have a powerful effect, she notes.

"To feel hunger, that's what every poor person feels. It helps me to sympathize with other people," she says.

Fasting is also a way of observing self-control and of limiting one's desires.

"(It) prevents us from committing anything unlawful, both during and after fasting," she says.

The daily fast also builds community among Muslims around the world, as together the community strives to feel closer to God.

"It gets us closer to each other and to Allah," she says.

But her voice is heavy with sadness as she describes how acts of terror have seemingly tarnished her religion.

"They do all those wrong things in the name of this religion," she begins. "I don't understand it — it's just wrong."

Still, Islam is a source of great love for Hamam, who describes feeling a different atmosphere during the month of Ramadan. That feeling is especially profound on the night of Laylat al-Qadr, or the Night of Decree. It is the night that the Quran is said to have been revealed — a night, as written in the Quran, that is better than one thousand months.

As Hamam describes it, the night brings a profound sense of peace and calm. Animals are quiet, the air is cool and still, and all around there is a serenity to the evening. She says she likes to pass the night in prayer in her family's backyard.

"The night is so beautiful," Hamam says. "It's really the most beautiful night of the entire year."

## McLarky

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"He was so passionate about the mission of the Authority that despite his increasing frailty he actively continued his work with both the Board and the RAC right up until the end."

McLarky was a very visible presence at Casa Juanita. He could be found playing dominoes as part of a foursome in the community room almost every evening. Until he was weakened by his illnesses, McLarky also enjoyed working in his garden plot — a flower lover, he was especially enamored of roses — and taking morning walks on the trail in the wetland behind his complex. Fellow residents describe him as unfailingly pleasant, friendly and helpful.

Casa Juanita resident Carol Workman remembers McLarky for his wonderful sense of humor, his sense of responsibility, and his varied interests.

"As key keeper of the building, he was

very conscientious," said Workman. "If one of the residents hadn't been seen for a day or two, he would always look in on them to make sure they were all right. But he also had a good sense of humor and related well to everyone in the building. He loved to read, watch Shark Tank and NASCAR races on TV, and play dominoes and cards with his friends."

Petr Grinberg, another Casa Juanita resident and fellow dominoes player, described McLarky as "a very nice friend. If I ever needed anything, he would always help me."

"Terry brought valuable perspective and insights on what it meant to be a KCHA resident to our meetings," said KCHA Board Chair Doug Barnes. "He kept us focused on the very real human impacts of what the Authority does. His wit, wisdom and compassion will be very much missed."

McLarky is survived by his sister, four daughters, seven grandchildren and nine great-grandchildren.

### The Voice

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



Neighborhood House

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# Be safe

## *Beyond the obvious, some benefits to calling 911*

By **KELLY MCKINNEY**  
*Seattle Neighborhood Group*

Before I wrap up the Be Safe Column series on calling 911, there are a just few more points to remember.

- Seattle residents who do not speak English well can access interpretation services. As soon as the 911 operator answers the phone, the caller should state the language that they speak before they say anything. The caller should keep repeating the language needed for interpretation until he or she is connected with an interpreter.

- If a caller does not want the responding Seattle Police Department officer to know who is calling, he or she can request to be anonymous. The 911 operator will still have the caller's contact information.

- A caller can indicate to the 911 operator that he or she does not want to be contacted by an officer.

The benefits of calling 911 do not end with a police response.

Police use the information gathered from 911 calls and police reports to help officers solve an ongoing crime wave, such as a series of burglaries that look like the same person committed the crime. This process is called crime analysis.

Shortly before Rainier Vista was redeveloped, the community was hit with a series of burglaries. The method of entry was the same in all of the burglaries. It

became clear that the same people were responsible for all of these burglaries. The police used the information to determine a pattern of where the burglars would strike and whom they were targeting.

The police were then able to catch the suspects, by assigning officers in the vicinity of where the burglars were likely to strike next.

Police also use information from 911 calls and police reports to assign officers and resources to areas that are experiencing high crime. This process is called Hot Spot Policing.

I hope this series of articles on 911 have been helpful in increasing your understanding of how 911 works. If you are interested in learning more about 911 or other safety issues, Seattle Neighborhood Group provides crime prevention workshops on calling 911, Personal Safety, ID theft and Fraud, and How to be an Effective Witness of Ongoing Crime.

SNG also provides materials translated into many of the common languages found in Seattle Housing communities.

Just a quick reminder: Night Out Against Crime will be Aug. 6. The Precinct picnics for South and Southwest Precincts will be held on Aug. 17. The South precinct will be held at the precinct from 1 to 4 p.m. The Southwest Precinct picnic will be at the Delridge Community Center along with Delridge and will run from 11 a.m. to 4 p.m.



# Health Notes

*A column devoted to your well-being*

## *Whether for medical or health and wellness reasons, eating a mostly vegetarian diet doesn't have to be bland*

By **ADRIANE VETTER**  
*Special to The Voice*

Some say that the reason a lot of folks can't stick to a vegetarian or vegan diet is often due to the fact that many people don't want to give up bacon.

I can tell you that yes, having had to change to a mostly vegetarian diet recently for medical reasons, the thing I do miss the most is bacon.

It's certainly something I'm adding back in, when my body heals itself enough to be allowed meat again.

All of the above being said, I also have to add that eating a mostly veggie diet has not been awful. It's all in knowing how to combine different types and textures of vegetables in delicious combinations, that can make a mostly, or all vegetarian diet both good for you, and yummy at the same time.

In fact, after the first couple of days of eliminating most of the meat (I can still occasionally have meat, just not in the amounts I was eating on the Paleo eating plan), wasn't as bad as I'd thought it would be.

My go-to veggie dish? A mixture of baby bok choy (available at both local farmer's markets and super markets), diced onions (use any kind you prefer), squash or carrots,

and fresh dill or oregano, depending on the type of flavor you want for your veggies.

Just sautee then steam in a mixture of water and a little coconut milk or half a cup of apple cider or citrus vinegar. Curry to taste and a bit of coconut flakes will give your dish an exotic and healthier quality and taste.

Don't be afraid to experiment with sauces (many healthy varieties can be bought in local grocery stores) like peanut sauce, tahini or any kind of curry sauce. Just limit the salt and hot peppers, if high blood pressure or stomach distresses are something you need to be aware of.

You can also add chopped avocado to just about any veggie mixture, maybe with some roma tomatoes and olives. Or, put together chopped and diced potatoes, onions, about a tablespoon of diced garlic, dill, and peppers, along with a nice wheat-free bread to make for a filling and delicious dinner.

A simple multi-grain bread slice (toasted or not), with almond, sunflower or peanut butter makes a good vegetarian breakfast, with or without jam. So you can see how being a vegetarian, eating more fruits and veggies can not only help you with things like losing weight, but it can also turn you into a food adventurer, too.

## Primary

Continued from Page 1

and veterans advocate Scot Pondelick.

Auburn Mayor Pete Lewis is stepping down after four terms as mayor.

There is one ballot measure appearing on ballots in King County. Proposition No. 1, the parks levy, would provide funding for parks, trails, recreational facilities and open space in the King County Parks system. The five-year levy replaces two expiring

levies, and would be funded via an additional property tax of \$0.1877 per \$1,000 of assessed value.

The Voice makes no endorsements in these or any other races but encourages eligible voters to cast their ballots and participate in the August primary election.

### How to vote

Elections in King County (and the rest of Washington state) are by mail. If you are registered to vote, you should have received

your ballot in the mail. If you are registered but didn't receive a ballot, contact King County Elections at 206-296-VOTE (TTY: Relay: 711) as soon as possible.

To cast your vote, simply fill out your ballot, follow the instructions on the envelope — Don't forget to sign your ballot! — and mail it using a first-class stamp. In order to be accepted, ballots must be postmarked by Aug. 6.

Want to save a stamp? You can also return your ballot at a number of ballot

drop boxes located around Seattle and King County. To find the ballot drop box nearest you, visit [www.kingcounty.gov/elections](http://www.kingcounty.gov/elections) and select "How to Vote in King County," or call the King County Elections office for more information.

The King County Elections website includes more information, including the full voters' pamphlet and a complete list of candidates and measures appearing on the ballot.

## Forum sheds light on public transit access for persons with disabilities

By **J M (JIM) BUSH**  
*Center Park Resident*

In many cases, public transit is seen as being very easy for people with disabilities to use for their daily travels. The Seattle Disability Commission recently hosted a forum to discuss how persons with disabilities use public transit, and to identify where improvements can be made.

The following were mentioned as key issues that need to be addressed to make transit more user-friendly for people with disabilities. For the full summary document, contact Jim Bush at [jbwa2@yahoo.com](mailto:jbwa2@yahoo.com).

### Getting to public transit service

In many cases, there are no serious problems with bus zones and LINK platforms. However, the following should be mentioned for people with limited mobility.

- Distance to bus stops or LINK stations: Some passengers think bus stops are too far apart for easy usage.

- Bus stops having enough room for lift or ramp usage: Most bus stops are quite usable, but there some that could be improved.

- Accessibility of bus zones and LINK Stations: Most bus stops are properly identified for lift or ramp usage; others

need to be.

- Size and orientation of bus shelters: Some people have commented that the openings in some shelters do not face the street.

### Getting on the bus, van or train

- Lifts and boarding ramps: Many lift or ramp users provided extensive comment on this subject.

- Steepness of stairs in the bus: Some walking passengers have commented on how steep they are, unaware they may request the lift be deployed for them.

- Steepness of boarding ramps: Many wheelchair and walker users have commented on how steep the current boarding ramps are. METRO is looking into this.

- Turning space inside the bus, van or train: Many wheelchair users have commented on this.

- Space inside vehicles: This subject drew a few comments, which are included in the full document.

- Elevators in downtown tunnel and LINK stations: For the most part this has not been a problem; however, some issues have been brought up and are described in the full document.

- Accommodating mobility device users: A number of wheelchair users have com-

mented about the fact that tie-down spaces have not been quickly made available upon request, even though Federal Transit Administrations regulations require it.

- Mobility-device restraint systems: A number of issues were raised here, especially with the restraints used on some vehicles. Details are in the full document.

- Driver awareness and training: Again, a number of issues were raised. Details are in the full document.

### Rider information and trip planning

- Access to rider information: In most cases, this has not been a problem. Details on the problems that did come up are in the full document available from the author.

- Accuracy of information provided: A number of people commented on the fact that they received conflicting, inaccurate or no information from the various sources they use to get transit information.

- Understanding the information received: People have commented on how difficult it can be to understand the information they have received.

- Trip planning and scheduling via ACCESS: A number of people commented on how difficult the scheduling process is for ACCESS and are asking METRO to take steps to simplify the process.

### New online resource on disability programs and services

There is a new online portal full of useful resources on disability programs and services in each community at [www.disability.gov](http://www.disability.gov). A portal is almost like a Table of Contents or Index that redirects you to specific webpages based on your search criteria. This is a very simple website to navigate which provides information on various helpful topics, such as: Social Security Benefits, Civil Rights, Community Life, Education, Emergency Preparedness, Employment Opportunities, Health Services, Affordable Housing, Technology, and Transportation.

One of the most unique features that it offers is a way to narrow the search results based on audience (caregiver, guardian, person living with a disability, etc.), type of disability (blind, developmental, physical, etc.) and your state.

At the top of the left corner, there is a "How to Use This Site" section that offers more detailed instructions. This website was created and is updated by the U.S. Department of Labor's Office of Disability Employment Policy (ODEP).

# TRANSLATIONS

TRANSLATED ARTICLES FROM THE VOICE

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ካርድ ናይ ፉድ ኣሲስታንስ (EBT) ተጠቐሙ ኣብ ሲያትል ፋርመርስ ማርኬት ንዘዕድግ ሰብ ክሳብ 10 ዶላር ዝበጸሕ ሓገዝ ከምዝገበረሉ ንምግላጽ ምምሕዳር ከትማ ስያትል ናይ ቁርሲ ኣኼባ ክገብርዮ። ካብ ሕጂ ክሳብ 31 ጥቅምቲ ኣብ ዘሎ እዋን ተጠቀምቲ ናይ ፉድ ኣሲስታንስ ካርድ (EBT) ኣብ 17 ናይ ስያትል ፋርፊርስ ማርኬት ከይዶም ንዝገዝእዎ ናይ 10 ዶላር ወጻኢ መመላእታ ዝኸውን ኣብ ነፍሲ ወከፍ ክዕድጉ ዝከድሉ ግዜ ናይ 10 ዶላር መመላእታ ሓገዝ ክውሃቦም እዮ።

ኢማ ፍሪማን ዝተባህለ ተጠቃሚ ካርድ ናይ ፎድ ኣሲስታንስ (EBT) “እዚ ትሑት ኣታዊ ዝለዎ ሰብ ዝውሃብ 10 ዶላር ንዓይኡ ግዜ ቀጻሊ ኪኸውን እዮ። ነፍሲ ወከፍ ቤተሰብ ንጥዕና ሓገዝ ዝኾነ መግቢ ንምርካብ ዕድል ክውሃቦ ይግባእ እዩ ኢሉ” ። ኣብ 2012 ዓ.ም. ምምሕዳር ከተማ ስያትል ኣብ

7 ናይ ስያትል ፋርመርስ ማርኬት ተመሳሳሊ ፕሮግራም ጀምሩ ነይሩ እዩ። ኣብቲ እዋን እቲ፡ ምዝገባ ናይቶም ብካርድ ናይ ፉድ ኣሲስታንስ (EBT) ዝተጠቀሙ ሰባት ናብ 150 ፕሮሰንት ሓፍ ኢሉ። እቶት ናይ ፋርመርስ ማርኬት ከኣ ብ70,000 ዶላር ወሲኹ። ብመሰረት ጸብጸብ ምምሕዳር ከተማ ስያትል፡ እቲ ፕሮግራም ኣብ ሓፈሻዊ ቁጠባ ናይ 125,000 ዶላር ጽልው ከም ዝገበር ተፈሊጡ ኣሎ።

ኣብ ወርሒ ሰኔ ናይዚ ዓመት እዚ ምምሕዳር ከተማ ስያትል ዝዚ ፕሮግራም እዚ ንምዕዋት፡ ምሽት ካብ ገበርቲ ሰናይ ዝዋጸእ ገንዘብ ተደማሩ ነቶም ኣብ ስያትል ፋርመርስ ማርኬት ብEBT ካርድ ዝዕድጉ ትሑት ኣታዊ ዘለዎም ቤተሰብ ሓገዝ ዝኸውን 50.000.= ዶላር ክህብ ወሲኑ ኣሎ። እት ሓገዝ ኣብ ስያትል ኣብ ዝርከባ ፋርመርስ ማርኬት ኩላተን ክውሃብ እዩ፡ ስለዝ ክትዕድጉ ናብ ፋርመርስ ማርኬት ክትከዱ ከለኹም ካርድ ናይ ፉድ ኣሲስታንስ (EBT) ሒዝኹም ምኻድ ኣይትረስዑ።

This summer and fall, EBT users can double their dollars at Seattle farmers markets

በዚህሳመርናፎል ወራት የ EBT ተጠቃሚዎች በሲያትል ፋርመርስ ማርኬት ገንዘባቸውን እጥፍ ድርብ ሊያደርጉ ይችላሉ።

የሲያትል ከተማ ለ EBT ተጠቃሚዎች Fresh Bucks ስለተባለው የፓፕሊክ ፕሮግራም እስከ \$10 ብር ድረስ ለሲያትል ፋርመርስ ማርኬት ተጠቃሚዎች ስለሚሰጠው የሚጀምርበትን ቀን በመመዘጋጀት ላይ ይገኛል። ካሁን ጀምሮ እስከ October 31 ድረስ በሲያትል ውስጥ ለሚገኙ EBT ተጠቃሚዎች በ17 የፋርመርስ ማርኬትና የገበያ ቦታዎች እያንዳንዱ የ EBT ተጠቃሚ \$10 ብር የሚያወጣ ከሆነ እስከ \$10 ተጨማሪ ገንዘብ ይሰጠዋል።

የ EBT አዛውንት የሆኑት ኢማ ፍሪማን የተባሉት “ለዝቅተኛ ገቢ ላላቸው ይህ ተጨማሪ \$10 ብር በጣም ትልቅ ነገር ነው” “ ማንኛውም ቤተሰብ ጤናማ ምግብ ያስፈልገዋል” በማለት ተናግረዋል።

በ2012 የሲያትል ከተማ ስለ Fresh Bucks ፕሮግራም በሰባት የሲያትል ፋርመርስ ማርኬት

ቦታዎች አድርጓል። በመጀመሪያው ሳምንት ውስጥ የ EBT ተመዝጋቢዎች 150 ፕሮሰንት ከፍ ሲል የአካባቢው አራሾች ገቢያቸው \$70,000 ከፍ ማለቱን አይተዋል። በአጠቃላይ ይህ የፓይለት ፕሮግራም ከሲያትል ከተማ የስቴኔሲሊቲና እንቫሮንመንት ቢሮ እንደገለጸው \$125,000 ለአካባቢው ኢኮኖሚ አርዳታ አስገኝቷል።

በዚህ ዓመት ጁን ወር የሲያትል ከተማ ኣንስል \$50,000 ተጨማሪ በጀት የወሰነ ሲሆን ይህም በግል እርዳታ የሚረዳውን Fresh Bucks ፕሮግራም በማንኛውም የሲያትል ፋርመርስ ማርኬት በማስፋፋት እንደገና ይጀምራል። ስለምግብ የሚናገሩ ገለሰቦች ብዙ የዝቅተኛ ገብያ ያላቸው ቤተሰቦች በዚህ ፕሮግራም እንደሚመዘገቡና ለአካባቢው ገበሬዎችና የፋርመርስ ማርኬት ተጨማሪ ገቢ እንደሚያስገኝ ይናገራሉ።

ይህ ፕሮግራም የሚሰጠው በሲያትል ከተማ ውስጥ በማንኛውም የፋርመርስ ማርኬት ቦታዎች ነው። የ EBT ካርድዎን ለገብያ ሲወጡ ይዘው ይምጡ።

This summer and fall, EBT users... Летом и осенью этого года владельцы карточек EBT могут вдвое увеличить покупки на фермерских рынках Сиэтла без дополнительной затраты денег.

Городское управление Сиэтла устраивает ланч в ознаменование начала программы Fresh Bucks, которая обеспечивает за каждую покупку до \$10 эквивалентную покупку для владельцев карточек EBT. Теперь до 31 октября пользователи карточек EBT будут получать вознаграждение за покупки на фермерских рынках или в киосках – за каждые \$10 с карточки - \$10 в подарок за каждый визит.

“Для людей с низким доходом дополнительные \$10 значат много,- сказала Эмма Фриман, пожилая женщина, имеющая EBT, -каждая семья должна иметь доступ к здоровой пище.”

В 2012 году Сиэтл начал программу Fresh Bucks на семи фермерских

рынках. Подписка на программу увеличилась на 150 процентов за первую неделю, в то время, как доход фермеров увеличился на \$70000. В общем начальная программа принесла общего дохода на \$125000, по сведениям отдела Sustainability and Environment города Сиэтла.

В июне этого года городской совет утвердил \$50000 дополнительного бюджета, которые вместе с индивидуальными пожертвованиями снова профинансируют программу Fresh Bucks, позволяя ей распространиться на все фермерские рынки города Сиэтла. Пропагандисты питания ожидают, что всё больше и больше людей с низким доходом подпишутся на программу и увеличат доходы местных фермеров и фермерских рынков.

Программа предлагается на всех фермерских рынках города Сиэтла. Приносите с собой карточку EBT, когда пойдёте за покупками.

Este verano y otoño, los usuarios de EBT pueden duplicar su dinero en los tianguis de agricultores de Seattle

El Gobierno de Seattle está celebrando el lanzamiento del inicio de “Fresh Bucks” o Billetes Frescos, un programa público para usuarios de EBT que ofrece bonos de hasta \$10 para gastar en los tianguis de agricultores de Seattle, en cada visita. Estos bonos tienen un valor máximo de \$10 y se pueden usar en cada visita cuando compre con EBT. O sea que si el total de su compra es \$20, se paga \$10 con EBT y \$10 con los bonos “Fresh Bucks”.

Desde ahora hasta el 31 de octubre, los usuarios de EBT recibirán bonos de hasta \$10 por cada \$10 en EBT que gasten, cada vez que visite uno de los 17 tianguis de agricultores o puestos de frutas y verduras en Seattle. “Para una persona de bajos ingresos, los 10 dólares extras sirven de mucho” dijo Emma Freeman, una abuelita en el programa de EBT, “todas las familias necesitan acceso a una alimentación saludable.” En 2012, el gobierno de Seattle puso a

prueba el programa “Fresh Bucks” en siete tianguis de agricultores. Inscripción para EBT aumentó 150% en su primera semana, mientras que los agricultores locales vieron un incremento en sus ingresos de \$70,000. En general, el programa piloto tuvo un impacto económico total de \$125,000, de acuerdo con la Oficina del Medio Ambiente del Gobierno de Seattle.

Gracias al éxito del programa, en junio de este año, el Consejo Municipal de Seattle aprobó \$ 50,000 en el presupuesto, que junto con donativos privados se destinaron para financiar el programa “Fresh Bucks” de nuevo, lo que permite que se expanda el programa a los diecisiete tianguis de Seattle. Activistas de la alimentación sana esperan que más y más familias de bajos ingresos se inscriban y usen este programa y que se van a generar más ingresos para los agricultores locales y los tianguis.

El programa se ofrece en todos los tianguis de agricultores en la ciudad de Seattle. Traiga su tarjeta de EBT con usted cuando vaya a comprar.

የሚገኙበት ስጽጋ ኣሲስታንስ ካርድ (EBT) ኣብ ወርሓት ሳመርስ ፎልን ኣብ ሲያትል ፋርመርስ ማርኬት ገንዘብ ስጽጋ ኪገብርዎ ይኽእል እዮም። ካርድ ናይ ፉድ ኣሲስታንስ (EBT) ተጠቐሙ ኣብ ሲያትል ፋርመርስ ማርኬት ንዘዕድግ ሰብ ክሳብ 10 ዶላር ዝበጸሕ ሓገዝ ከምዝገበረሉ ንምግላጽ ምምሕዳር ከትማ ስያትል ናይ ቁርሲ ኣኼባ ክገብርዮ። ካብ ሕጂ ክሳብ 31 ጥቅምቲ ኣብ ዘሎ እዋን ተጠቀምቲ ናይ ፉድ ኣሲስታንስ ካርድ (EBT) ኣብ 17 ናይ ስያትል ፋርፊርስ ማርኬት ከይዶም ንዝገዝእዎ ናይ 10 ዶላር ወጻኢ መመላእታ ዝኸውን ኣብ ነፍሲ ወከፍ ክዕድጉ ዝከድሉ ግዜ ናይ 10 ዶላር መመላእታ ሓገዝ ክውሃቦም እዮ። ኢማ ፍሪማን ዝተባህለ ተጠቃሚ ካርድ ናይ ፎድ ኣሲስታንስ (EBT) “እዚ ትሑት ኣታዊ ዝለዎ ሰብ ዝውሃብ 10 ዶላር ንዓይኡ ግዜ ቀጻሊ ኪኸውን እዮ። ነፍሲ ወከፍ ቤተሰብ ንጥዕና ሓገዝ ዝኾነ መግቢ ንምርካብ ዕድል ክውሃቦ ይግባእ እዩ ኢሉ” ። ኣብ 2012 ዓ.ም. ምምሕዳር ከተማ ስያትል ኣብ 7 ናይ ስያትል ፋርመርስ ማርኬት ተመሳሳሊ ፕሮግራም ጀምሩ ነይሩ እዩ። ኣብቲ እዋን እቲ፡ ምዝገባ ናይቶም ብካርድ ናይ ፉድ ኣሲስታንስ (EBT) ዝተጠቀሙ ሰባት ናብ 150 ፕሮሰንት ሓፍ ኢሉ። እቶት ናይ ፋርመርስ ማርኬት ከኣ ብ70,000 ዶላር ወሲኹ። ብመሰረት ጸብጸብ ምምሕዳር ከተማ ስያትል፡ እቲ ፕሮግራም ኣብ ሓፈሻዊ ቁጠባ ናይ 125,000 ዶላር ጽልው ከም ዝገበር ተፈሊጡ ኣሎ። ኣብ ወርሒ ሰኔ ናይዚ ዓመት እዚ ምምሕዳር ከተማ ስያትል ዝዚ ፕሮግራም እዚ ንምዕዋት፡ ምሽት ካብ ገበርቲ ሰናይ ዝዋጸእ ገንዘብ ተደማሩ ነቶም ኣብ ስያትል ፋርመርስ ማርኬት ብEBT ካርድ ዝዕድጉ ትሑት ኣታዊ ዘለዎም ቤተሰብ ሓገዝ ዝኸውን 50.000.= ዶላር ክህብ ወሲኑ ኣሎ። እት ሓገዝ ኣብ ስያትል ኣብ ዝርከባ ፋርመርስ ማርኬት ኩላተን ክውሃብ እዩ፡ ስለዝ ክትዕድጉ ናብ ፋርመርስ ማርኬት ክትከዱ ከለኹም ካርድ ናይ ፉድ ኣሲስታንስ (EBT) ሒዝኹም ምኻድ ኣይትረስዑ።

TRONG MÙA HÈ VÀ MÙA THU NÀY, NGƯỜI DÙNG THẺ EBT CÓ THỂ LÀM TĂNG GẤP ĐÔI SỐ TIỀN TẠI CÁC CHỢ NÔNG SẢN TRONG SEATTLE

Thành phố Seattle đang đưa ra thông báo bắt đầu chương trình Fresh Bucks- Tiền Tươi, chương trình công cộng cung cấp \$10 cho người dùng thẻ EBT ở các chợ Nông sản. Kể từ đây cho đến 31 tháng 10, người dùng thẻ EBT ở 17 chợ Nông sản Seattle hay ở các quầy bán nông sản sẽ nhận được phụ trội thêm là \$10 nếu họ xài ra \$10 cho mỗi lần đi chợ.

“Đối với người có lợi tức thấp, thì có thêm \$10 giúp được nhiều hơn nữa” bà Emma Freeman đã nói như thế, bà là người cao niên đang hưởng trợ cấp thực phẩm EBT, “Mọi gia đình cần tiếp thụ thực phẩm lành mạnh”.

Năm 2012, thành phố Seattle đã thử nghiệm chương trình Fresh Bucks đến 7 chợ Nông sản. Số người tham dự tăng 150 phần trăm trong tuần lễ đầu, và các nông dân nhìn nhận lợi tức thu vào tăng lên \$70,000. Tổng kết là chương trình thử nghiệm đã có hiệu quả kinh tế với tổng số là \$125,000 dựa vào văn phòng Môi Sinh và Sinh Tồn thuộc thành phố Seattle.

Trong tháng 6 năm này, Hội đồng Thành Phố đã chấp thuận chi số tiền \$50,000 trong ngân sách phụ trội, cộng vào những ngân khoản hiến tặng từ tư nhân, sẽ tài trợ cho chương trình Fresh Bucks thêm lần nữa, tăng rộng đến các chợ nông sản trong Seattle. Những người có động thực phẩm kỳ vọng rằng càng lúc có nhiều gia đình có lợi tức thấp sẽ tham gia chương trình này, làm tăng thêm lợi tức cho nông dân địa phương và các chợ nông sản. Chương trình được cung cấp đến tất cả các chợ nông sản trong thành phố Seattle. Hãy mang theo thẻ mua thực phẩm EBT lúc đi mua (rau quả).

## Seattle Housing, Office of Housing partner in energy conservation project at Wildwood Glen

By TYLER ROUSH  
*The Voice editor*

Wildwood Glen, a 24-unit senior building in West Seattle, will receive new, energy-efficient heating systems and other improvements through a partnership with Seattle Housing Authority and the City of Seattle's Office of Housing "Homewise" program.

To fund the project, Seattle Housing is leveraging dollars from Seattle's Office of Housing, which is providing approximately 75 percent of the total project cost. Office of Housing will contribute \$100,000, while the housing authority will contribute \$35,000. That's a significant return on investment, noted Roxanne Navrides, Seattle Housing Construction Project Manager.

"It's costing (Seattle Housing Authority) 25 cents on the dollar, and we're saving energy," she said.

Those savings will make a big difference for the residents of Wildwood Glen, too. For seniors living on a fixed income, a reduction in utility costs will provide a boon for their monthly budgets.

The original configuration of the building's heating systems was a hodge-podge of standard heat pumps, baseboard heaters

and hydronic heating, the result of an experiment to track energy usage across different systems, Navrides said.

The new heating equipment will bring all units in the building up to modern standards for energy efficiency.

New equipment will include energy-efficient ductless mini heat pumps for all 24 units. The city is assuming the cost for the new units, Navrides said. Additionally, new bathroom lights and bathroom fans will be installed in all units. Those units equipped with gas water heaters will receive new, energy-efficient electric water heaters.

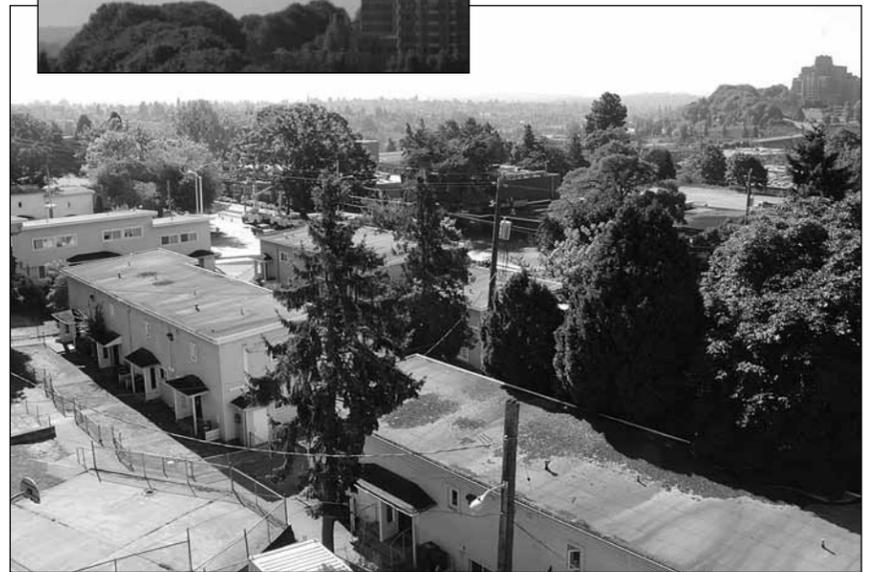
Navrides noted that Wildwood Glen residents are looking forward to the new improvements.

"The people are really excited about it," she said.

In addition to the new heat pumps, Wildwood Glen was one of the few senior-housing buildings left to receive improvements to their lights and bath fans. The upgrades will help continue to bring Seattle Housing's senior housing portfolio up to high standards for energy efficiency and sustainability, Navrides said.

Work at Wildwood Glen is ongoing and is expected to be completed in August.

## Another view of Yesler Terrace



PHOTOS BY TYLER ROUSH

 The Yesler Terrace neighborhood can be seen from a unique perspective from the steam plant construction site on a sun-drenched morning in July. Inset: Mt. Rainier is seen peeking from behind Pacific Medical Center. For progress photos of the steam plant renovation, see Page 2.

## A nature experience unlike any other at West Seattle's Camp Long



PHOTO COURTESY OF SEATTLE PARKS AND RECREATION

Campers get up close with an owl during the "Great American Backyard Campout" at West Seattle's Camp Long.

By SEATTLE PARKS AND RECREATION

 How did 22 families from the High Point community spend a summer night? With an amazing shared experience of overnight camping and nature activities at Seattle Park's Camp Long! On June 15 and 16, 77 people participated in the National Wildlife Federation's "Great American Backyard Campout."

Camp Long Environmental Learning Center partnered with National Wildlife Federation (NWF) and Seattle Housing Authority to provide free cabins, dinner and breakfast, nature activities, a campfire program, a night hike and an early morning forest walk.

Jeanie Murphy-Ouellette, Camp Long Education Specialist, approached NWF with the idea to tag on to their annual campout promotion, part of NWF's campaign to get more people enjoying the outdoors. Murphy-Ouellette has been providing outreach and education to High Point families through the Neighborhood House High

Point Center, and wanted to bring them to Camp Long for a unique camping experience with traditional camping activities.

She coordinated the event and led activities with the help of volunteers. Seattle Housing provided help with program promotion and translation, while NWF paid for cabins, supplied the food and provided activities. High Point Neighborhood Association also helped get the word out.

For many folks, it was an introduction to Camp Long and a first time experience camping, walking in the woods, or attending a campfire program. Some of the CampOut highlights occurred around the fire circle. Because everyone attended and actively participated, there was a strong sense of community. People enjoyed swapping stories, and kids led songs and toasted marshmallows. Some professional storytellers also brought their tales along with costumes to entertain the families.

The community had a great dose of Vita-

Please see "Camp" on Page 3

## Seeking all Scattered Sites: You have a voice on the JPAC

If you live in a Scattered Sites property, you have someone who represents you.

Gina Owens, a Scattered Sites resident herself, sits on the Joint Policy Advisory Committee (JPAC), where she lends her voice to represent the larger community of Scattered Sites residents.

She reached out to The Voice to let people know that she's there to speak up for them.

"I wanted to make sure that people know that they have a JPAC representative, so they can get their voice heard if they need to," Owens said. "I feel like not a lot of people even know about JPAC in the first place. If they don't know, certainly they won't know they have a representative who can voice their concerns."

The JPAC, comprised of resident leaders from around the many Seattle Housing communities, convenes approximately with Seattle Housing staff to discuss proposed changes to Seattle Housing's Low Income Public Housing policies. JPAC representatives speak for the communities that they represent.

"When policies are being changed or new policies being added or policies omitted, Seattle Housing has to bring that to the JPAC committee," Owens said. "We (JPAC) discuss and vote on whether or not it (the proposed policy) is a good change for residents."

"Having the voice of the residents so I know how to vote for those policies would be perfect for me."

But for Owens, representing the Scattered Sites community is, by its very nature, a challenge.

Because Scattered Sites residents live in apartments around the city and don't have any one centralized property or neighborhood, it's hard to reach residents.

"The biggest wall we face," Owens said, "is the fact that (Scattered Sites residents) live in so many different parts of the city. Everyone doesn't live in one clustered area."

### Contact your representative

If you live in a Scattered Sites property and would like to get in touch with Gina Owens, your JPAC representative, contact her at 206-538-4589 or [gigiowens58@hotmail.com](mailto:gigiowens58@hotmail.com).

Effective JPAC representation is an important part of communicating policy changes to residents, Owens said. If a policy change goes through, a Seattle Housing resident shouldn't learn about it and think, "We didn't have a say in that," Owens noted.

"That's what we're trying to prevent (through JPAC)," Owens added.

As a Seattle Housing resident living in Scattered Sites, Owens said she understands the need to provide strong and vocal representation for residents. The longtime resident leader has the necessary experience — a former JPAC chairperson, she previously served as ombudsperson for the Resident Action Council and recently returned from an advocacy trip to Washington, D.C.

"My voice is resident-driven," she said "I really do stick my neck out there for the residents."

### 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

# Building a strong foundation

**YT** Work continues on the Yesler Terrace steam plant through the summer. Late last month, workers poured cement that will form part of a new addition to the historic building, which is being converted for use as a center for social services.

Once the central source for heat and hot water for the Yesler Terrace neighborhood, the steam plant was decommissioned in the 1980s. After a transitional period as a landscaping and facilities space for Harborview Medical Center, the building, which received historic status by the city's Landmarks Preservation Board, will soon be home to a Head Start preschool, tutoring center and other community facilities.

Construction is expected to be completed in the spring of 2014.

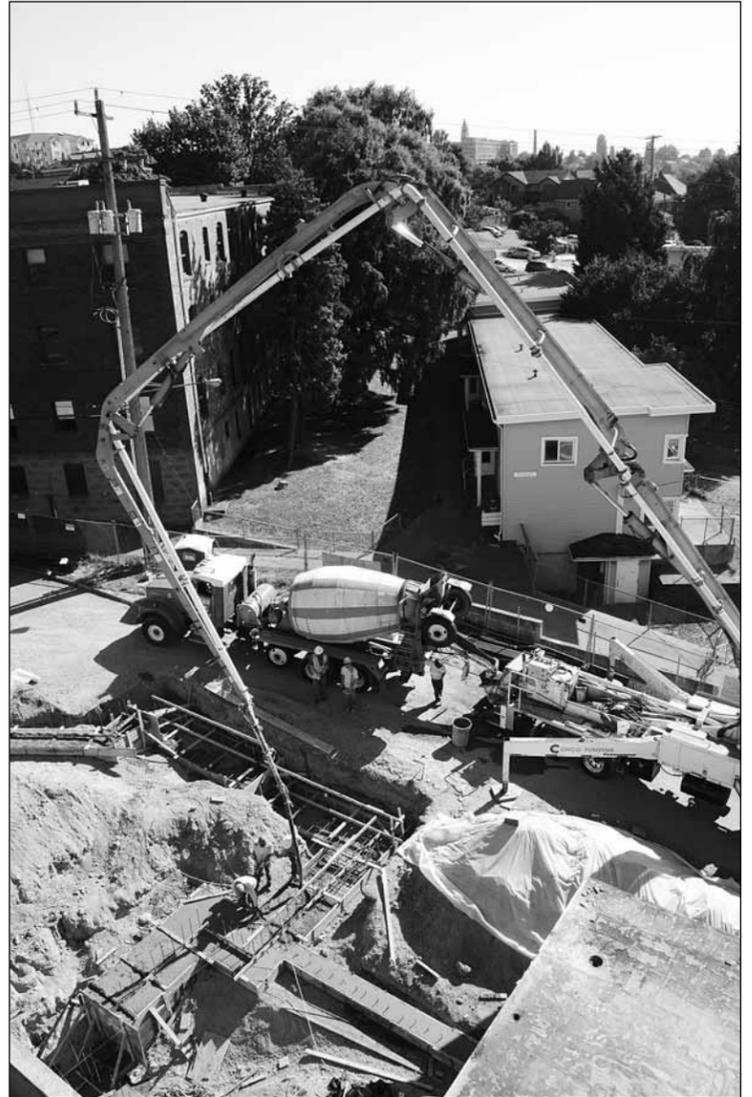


PHOTO BY TYLER ROUSH

Workers at the Yesler Steam Plant construction site (above) use a cement mixer and pumper truck to pour concrete. The historic steam plant is undergoing renovation work to become a new home for social services in the community.

The cement mixer and attached pumper truck features a hydraulic pump arm that rises about three stories above the ground (above right). The pump arm allows workers (near right) more precision and control in pouring concrete at the construction site.



PHOTOS BY TYLER ROUSH

## Make Change!

A Free Debt Education Workshop

The Make Change! a free two hour class will help you to address debt related issues, figure out when you need an attorney, what you can do on your own, and provide information on finding help.

**Topics**

- Assessing your debt situation**  
Options for resolution  
Available resources
- Dealing with debt collectors**  
Your rights  
Negotiating  
Can they take my income?
- How to respond to a collection lawsuit**  
Garnishments – the proper process  
When do I need an attorney? Clinic? Direct Rep?
- Should I file bankruptcy?**  
The consequences  
The protections  
Preparing to see an attorney for bankruptcy  
Can I file bankruptcy on my own?

**WHERE:** Catholic Community Services at 23rd & Yesler  
100 23rd Ave. S. Seattle 98144

**TIME:** 5:00 PM to 7:00 PM

**WHEN:** Tuesday, August 20, 2013

**R.S.V.P.** Please call (206) 267-7095 to reserve your spot.

1200 Fifth Avenue, Suite 600 | Seattle, WA 98101

## Summer is the time to prevent reading loss

**Let's Read! campaign encouraging families, children to read together every day**

BY THE ROAD MAP PROJECT

It may be summer break, but now is the time for children to continue reading and build their literacy skills. Let's Read!, the region's summer reading campaign, is encouraging parents and children to read together each day so students are prepared for the upcoming school year.

Research shows that children who don't read over the summer lose valuable literacy skills and fall behind in the next grade. This is especially true for children in low-income families. Parents and caregivers have the power to help children learn language and develop an enthusiasm for reading at a young age!

Now in its second year, Let's Read! is connecting families to helpful resources across the region, such as summer reading programs and summer lunch programs. By working with seven school districts, the campaign distributed summer reading plans and magnets to 12,040 kindergarten through 2nd grade students before sum-

mer vacation. The magnets are intended to help keep students' reading plans front and center on the refrigerator all summer long. Colorful posters, stickers and postcards are being used across the region to help remind families of the importance of reading. Literacy activities are also being infused into existing summer programming in our region thanks to partnerships with the United Way of King County and the YMCA.

Here are three tips for summer reading success:

1. Read every day with your child!
2. Find the right level of books for your child at the library.
3. Read anywhere – in any language.

The King County Library System and Seattle Public Libraries are major partners in the Let's Read! campaign and provide many resources for families. To find your local library in Seattle, visit [www.spl.org](http://www.spl.org). For King County, visit [www.kcls.org](http://www.kcls.org).

Additional reading tips, event information and literacy news are available at [www.letsreadingkingcounty.com](http://www.letsreadingkingcounty.com). Let's Read! materials are also available in multiple languages at the site.



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

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PHOTO COURTESY OF MICHAEL MAGGS / WIKIMEDIA COMMONS

### About The Voice

The Voice is a monthly newspaper published by Neighborhood House with financial support from Seattle Housing Authority and King County Housing Authority. The Voice is developed and edited by Neighborhood House with help from SHA residents and staff. It strives to provide a forum for objective news and information of interest to low-income people and those living in SHA communities.

If you'd like to submit an article, or if you have a question about anything you've read in this publication, please contact Editor Tyler Roush at 206-461-8430, ext. 227 or by e-mail at [tylerr@nhwa.org](mailto:tylerr@nhwa.org).

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

# Seattle's Fresh Bucks program allows shoppers to double up EBT funds spent at local farmers markets

This summer and fall, EBT users can double their dollars at Seattle farmers markets.

The City of Seattle is holding a launch event to announce the start of Fresh Bucks, a public program that provides up to a \$10 match at Seattle farmers markets for EBT users. Now through Oct. 31, EBT users at 17 farmers' markets and farm stands in Seattle will receive a \$10 bonus match when spending \$10 of EBT on each visit.

"For a low-income person, that extra \$10 goes a long way," said Emma Freeman, a senior on EBT, "Every family needs access to healthy food."

In 2012, the city of Seattle piloted the Fresh Bucks program at seven Seattle farmers markets. Enrollment for EBT shot up 150 percent within its first week, while local farmers saw increased revenue of \$70,000. Overall, the pilot program had a total economic impact of \$125,000, according to the City of Seattle Office of Sustainability and Environment.

Community organizations, including Got Green's women-led Food Access Team, have been advocating to ensure that this program not only returns but becomes permanent. By collecting petitions and stories of low-income people using this program, meeting with city leaders, and testifying at the city council meetings, the Food Access Team has shown the overwhelming community support for Fresh Bucks.

"Fresh Bucks is a unique program," said Tammy Nguyen, Got Green's Women in the Green Economy Project organizer. "There are many great food programs, like Farmers Market Nutrition Program, but they have certain requirements like having children under 5 or being a senior. However, Fresh Bucks covers all low-income people on EBT who want to shop at their local farmers market."

In June of this year, the City Council approved \$50,000 in their supplemental budget, which along with private donations will fund the Fresh Bucks program again, expanding it to run at all Seattle farmers markets. Food advocates are expecting more and more low-income families to sign on and use the program and generate more income for local farmers and farmers markets.

Freeman is telling all of her friends and neighbors about the Fresh Bucks program.

"Access to fresh, local food is so important to keeping



our communities healthy. We need the mayor and the city council to make this program permanent," she said.

The City of Seattle is hosting a special launch event for the 2013 Fresh Bucks program, noon Wednesday, July 10 at the Pioneer Square Farmers Market, Occidental Park at S Main Street and Occidental Avenue S.

## Where to get your Fresh Bucks

The City of Seattle has extended the Fresh Bucks program to all 17 local farmers' markets and farm stands. EBT users will receive up to a \$10 match when they use EBT funds at the following farmers' markets:

- City Hall, 10 a.m. – 2 p.m. Tuesdays; Fourth Avenue between James and Cherry
- Pioneer Square, 10 a.m. – 2 p.m. Wednesdays; Occidental Avenue S and S Washington
- Columbia City, 3 – 7 p.m. Wednesdays; Edmunds Street between 37th Avenue and alley at 36th Avenue
- Wallingford, 3:30 – 7 p.m. Wednesdays; Meridian Park, corner of N 50th Street and Meridian Avenue N
- High Point Farm Stand, 4 – 7 p.m. Wednesdays, 32nd Avenue SW and SW Juneau Street
- South Lake Union, 10 a.m. – 2 p.m. Thursdays; Terry Avenue between Republican and Harrison
- Lake City, 2:30 – 7:30 p.m. Thursdays; NE 125th Street and 28th Avenue NE
- Queen Anne, 3 – 7 p.m. Thursdays; Queen Anne Avenue and West Crockett Street
- Phinney, 3 – 7 p.m. Fridays; 67th Street and Phinney



VOICE FILE PHOTOS BY LISA GIRARD

Local farmers markets are teeming with fresh fruits and vegetables at this time of year, and now EBT users can stretch their dollars with the Fresh Bucks program.

Avenue N

- Madrona, 3 – 7 p.m. Fridays; Madrona Grocery Outlet, MLK and E Union Street
- NewHolly Farm Stand, 4 – 7 p.m. Fridays; 42nd Street S and S Rockery
- Pike Place Farmers Market, 8 a.m. – 4 p.m. Friday through Sunday; Pike Place
- University District, 9 a.m. – 2 p.m. Saturdays; University Way NE and NE 50th Street
- Magnolia, 10 a.m. – 2 p.m. Saturdays; W McGraw Street and 33rd Avenue W
- Ballard, 10 a.m. – 3 p.m. Sundays; Ballard Avenue between Vernon Place and 22nd Avenue
- West Seattle, 10 a.m. – 2 p.m. Sundays; Fourth Avenue SW and SW Alaska Street
- Broadway, 11 a.m. – 3 p.m. Sundays; Broadway Avenue E and E Pine Street

# Mayor McGinn announces support for young immigrants eligible for work visas

## Seattle City Light to help youth use utility bills to prove residency

SPECIAL TO THE VOICE

A small change in city policy could have a big impact for young immigrants seeking work visas.

Seattle Mayor Mike McGinn announced new city efforts to support young people eligible for work authorizations through the federal Deferred Action for Childhood Arrival (DACA) policy launched by President Barack Obama in June 2012. Individuals age 18 and over can now call the Seattle City Light Service Center at 206-684-3000 and have their names added to the utility bill for their home, helping to provide a paper trail to prove residency.

DACA offers a two year grant of reprieve from deportation as well as work authorization for unauthorized immigrants who were under the age of 31 as of June 15, 2012 and entered the United States under the age of 16. This includes many of those who would have been eligible for legal residency under the proposed DREAM Act.

Many DACA-eligible people have reported that one of their greatest challenges is to prove that they have been continuously residing in the United States since their arrival in childhood, after years spent hiding the fact of their residency. The City of Seattle will help DACA-eligible people prove their residency by permitting them to show utility bills with their name listed. Washington State has over 40,000 residents eligible for a work authorization under DACA, many of them currently residing in Seattle.

"These small changes in the way the city operates can



PHOTO COURTESY OF OFFICE OF IMMIGRANT & REFUGEE AFFAIRS

Seattle Mayor Mike McGinn announces a new city policy that will make it easier for young eligible immigrants to prove residency and obtain work visas.

have a big impact on the lives of these young people," said McGinn. "We have an opportunity here to support immigration reform at the local level. We hope other cities will follow our lead in supporting youth who are eligible for DACA."

Jorge Carrasco, General Manager and CEO of Seattle City Light said "Utility bills have historically been used to document residency for many different purposes, and Seattle City Light can use an already established process to help people living in Seattle take advantage of DACA."

Seattle Channel will also be running Public Service Announcements to warn DACA-eligible youth about scammers who promise to help with immigration paperwork for a fee, but don't deliver the services.

## Camp

Continued from Page 1

min N — nature and nature activities — and simply having fun being outside in their neighborhood. Research shows that families can increase their kid's success in life in all areas — emotional, academic, physical health — by spending more time outdoors. Camp Long is here for everyone to enjoy — whether it is a nature program, an overnight, picnic or simple walk around — all are welcome!

To learn more about Camp Long, call 206-684-7434 or visit <http://www.seattle.gov/parks/environment/camplong.htm> or drop by 5200 35th Ave. SW.

## Career & Resource Fair

Wednesday August 14 10:00 AM—1:00 PM

North Seattle Community College  
9600 College Way North, Seattle WA 98103

### Employers and Resources Scheduled to attend

Frito-Lay, Catholic Community Services, Northwest Hospital & Medical Center, DESC, FedEx Ground, Link Staffing, Fastenal Company, Lowe's, Menzies Aviation, Puget Sound Energy, Republic Parking, Right At Home, Seattle Goodwill, SOS Employment Group, Frist Student, Graybar Electric, Enterprise Rent-A-Car, ResCare, Command Center, Safeway, Neighborhood House, Women's Center, Seattle Jobs Initiative, Shoreline Community College, Nanotechnology at North, Division of Child Support, King County Public Health, King County Veterans Programs and Workforce Education

Dress for success and bring your resume

For current openings go to the employer's website.

Sponsored by:

Opportunity Center for Employment & Education (OCE&E)

# New Housing Alliance program to support and inspire advocates

**Register by Aug. 9 to join Emerging Advocates program**

BY ALOUISE URNESS  
*Washington Low Income Housing Alliance*

Something new is in the works at the Washington Low Income Housing Alliance (Housing Alliance).

The Housing Alliance is an organization that leads and coordinates advocacy on affordable housing and homelessness issues, including advocacy by people affected by the issues.

But in advocating with elected officials, like with so many things, it's not always easy to understand the process or navigate the system.

That's why the new Emerging Advocates Program is so exciting. It builds in the support that many people need to be effective advocates for affordable housing and the homeless.

Once a week starting in September, the Emerging Advocates Program will bring together a group of 15-20 people with real-life experience of the issues.

For six weeks, they'll be able to learn,

share, and practice advocacy skills together. An individual project and a day trip to Olympia will top off the experience.

Participants will be selected based on relevant life experience, what they stand to gain from participating, and how much they can share and make use of what they learn. There's no charge to participate in the program.

Participants will be able to draw on the knowledge of guest trainers and speakers, Housing Alliance staff, and even a legislator and/or legislative staffer.

They'll be supported in taking concrete steps like writing a letter to the editor, planning a meeting with a legislator, or using Facebook or Twitter to raise awareness and spur action.

If you are looking for an opportunity



**Alouise Urness**



PHOTO COURTESY OF HOUSING ALLIANCE

Seattle-area advocates wait to speak with their legislator during Housing and Homelessness Advocacy Day 2013. The Housing Alliance is launching an Emerging Advocates Program to foster more community organizers and leaders.

to grow your advocacy skills to match the story you have, please check out the Emerging Advocates Program page at the website, [www.wliha.org/emerging-advocates-program](http://www.wliha.org/emerging-advocates-program), or contact Alouise Urness at the Housing Alliance with any questions.

Applications are due Aug. 9, so don't

delay!

Alouise Urness,  
Community and Member Organizer  
Washington Low Income Housing Alliance  
206-442-9455 Ext. 203  
[alouise@wliha.org](mailto:alouise@wliha.org)

# Link light rail: a sweet summer ride and a reminder to be safe

BY SOUND TRANSIT

Summer is here, and it's a great time to take Link light rail to explore fun events in Rainier Valley neighborhoods. From farmers markets to arts and music festivals, there's something for everyone.

Visit [www.soundtransit.org/LinkToFun](http://www.soundtransit.org/LinkToFun) to find a list of events to choose from.

One thing that never takes a vacation, though, is your need to pay attention to warning signs and signals as the light rail train passes through your neighborhood. Safety is a shared responsibility. When

walking or driving near train tracks:

- Remove your earbuds and put down your cell phone so you can hear the train.
- Cross safely at designated crossings. Pushing the pedestrian button will give you more time to cross the street.
- Never take shortcuts across the tracks.
- Drivers can make left turns safely only at designated crossings marked with a green arrow.

Kids, log onto [www.zaponboard.com](http://www.zaponboard.com) to find fun activities and watch cool films produced by five local high schools.

Sound Transit staff will bring a short

presentation about safety around tracks and trains to your school, community center or youth program. It includes a free round-trip pass for each student and chaperone. Contact Carol Doering at 206-398-5095 or [carol.doering@soundtransit.org](mailto:carol.doering@soundtransit.org).

Link light rail offers quick, convenient service to the Rainier Valley, downtown Seattle and Sea-Tac Airport 20 hours per day, 7 days per week. Construction is underway on extensions of Link service north to Capitol Hill and the University of Washington, and south to South 200th Street in the City of SeaTac, all opening in 2016.

Questions about Sound Transit services and projects? Visit [www.soundtransit.org](http://www.soundtransit.org).

## Find your Voice!



Do you want to share the good things that are happening in your community? Know a volunteer or unsung hero who deserves recognition? Want to let your neighbors know about a fun activity that you're planning?

The Voice is a great place to share your news!

For more information about how to start your reporting career, contact editor Tyler Roush at [tylerr@nhwa.org](mailto:tylerr@nhwa.org) or 206-461-8430, Ext. 227.

## High Point Healthy Families Celebration

**Wednesday August 21st, 2013 @ 5-8pm**

| Neighborhood House High Point Center |  
| 6400 Sylvan Way SW, 98126 |

**Free Health Services for the whole family!**

- §Blood pressure checks
- §Stress test §Blood Sugar screening
- §Posture screening
- §Free chair massage § And more...

Lead Community Sponsors:

**Free FOOD!**

**GAMES and PRIZES!**

**Free BACKPACKS for school-aged youth!**  
(limited supply)

With Special Thanks To:  
Seattle Housing Authority  
High Point Open Space Association

For more information contact:  
Senait Tadesse | Neighborhood House | [senait@NHWA.org](mailto:senait@NHWA.org) | 206-461-4522

## NewHolly Family Fun Fest & Health Fair

**Saturday, August 17, 2013**  
**11:00-3:00**

**NewHolly Campus**  
**7054 32<sup>nd</sup> Ave S.**

Health Fair with FREE Community Resources  
Healthy Halal Food (\$ Donations Welcome \$)  
Youth, Adult, and Family Games  
Face Painting! Crafts! Bouncy House!  
Multicultural Booths - Senior Comfort Tent  
Prizes & FREE Give-Aways for Everyone!

**For safety considerations, youth under 13 years must be supervised by an adult in order to participate.**

### Volunteers Needed!

Share opinions and design your event! Free volunteer T-Shirts.  
Volunteer Meetings @ Campus Living Room. 6:00-7:30pm  
You can come to just one or all of the meetings.

**Thursday, August 1<sup>st</sup>**  
**Wednesday, August 14<sup>th</sup>**  
**Friday, August 16<sup>th</sup>, 1:00-3:00pm (Food Preparation)**  
**Saturday, August 17<sup>th</sup>, different shifts 9:00am-3:30pm**

Contact Joy Bryngelson, 206-723-1725,  
[jbryngelson@seattlehousing.org](mailto:jbryngelson@seattlehousing.org)  
This is your community event. Get Involved. Have Fun!  
Sign up to help with food, games, tickets, health fair, & more.  
Register early to get your free event T-Shirt!

Everyone is Welcome  
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## FREE Family Activity!

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