



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



The Voice

September
2013
*Articles translated
into six languages*

The newspaper of Neighborhood House — visit our website at www.voicenewspaper.org

Job fair connects employers, job-seekers



PHOTO BY TYLER ROUSH

The Career & Resource Fair at North Seattle Community College Aug. 14 brought together more than 25 employers and hundreds of job-seekers to create local employment opportunities. Neighborhood House helped organize the event.

Washington Healthplanfinder, the state healthcare marketplace, to open this fall

BY VOICE STAFF

A new option for finding and purchasing health insurance is almost here.

Beginning Oct. 1, consumers will be able to search a new online marketplace for health insurance plans, comparing benefits and premiums. For income-eligible individuals and families, free or subsidized insurance plans will be available.

The Washington Healthplanfinder was created as part of the 2010 Affordable Care Act, also known as “Obamacare.” The marketplace will allow consumers to shop for their plans and find out if they’re eligible for discounted premiums. The marketplace will go live Oct. 1 at www.wahealthplanfinder.org. Each plan on the exchange will include detailed information about services, including doctor visits, hospital stays, maternity and pediatric care, prescriptions, management of chronic diseases and free check-ups and screenings.

The new site will also allow users to calculate the coverage for which they qualify, as well as premiums and potential subsidy. Here are a few examples:

- A 55-year-old woman earning \$18,000 per year will qualify for a “silver plan” at an out-of-pocket cost of \$65 per month. The federal government will contribute

\$450 for a full premium value of \$515 per month.

- A family of six, including adults ages 36 and 34 and four children under 21, earn \$45,000 per year. They qualify for a silver plan at an out-of-pocket cost of \$133 per month. The government will contribute \$871 for a full premium value of \$1,004 per month.

- A 30-year-old man earning \$35,000 per year will qualify for a silver plan at an out-of-pocket cost of \$262 per month. Because of his income, he doesn’t qualify for a subsidy.

You can explore your options through Washington Healthplanfinder in one of three ways: Visit www.wahealthplanfinder.org after Oct. 1 to shop for coverage and see if you qualify for subsidy; call 1-855-923-4633 starting Sept. 3 if you have questions before beginning your search; or enroll in person through one of Public Health – Seattle & King County’s community partners. Call 206-296-4600 for more information.

The open enrollment period for Washington Healthplanfinder will begin Oct. 1, 2013 and continue through March 31, 2014. Once enrolled, individuals and families will begin receiving health coverage effective Jan. 1, 2014.

Community spirit comes alive at University House Night Out



PHOTOS BY KAREN KO

Guests at the University House Night Out enjoyed live music, barbecue, and the company of neighbors.

BY MATTHEW ANDERSON
University House resident

Residents of University House hosted their first annual National Night Out block party Aug. 6. Night Out is a national crime prevention event designed to “heighten crime prevention awareness, increase neighborhood support in anti-crime efforts, and unite our communities.” The celebration was funded by a Seattle Department of Neighborhoods Small Sparks Grant.

The venue featured a barbecue and drum circle performance by the Seattle Hand Drummers. Guests enjoyed a delicious spread of burgers, hot dogs, salads, tamale pie and homemade desserts. Neighboring business owners stopped by to say hello, inspiring a feeling of community spirit.

As the drummers played, the neighborhood was filled with rhythm and excitement. The shared joy of music and celebration was apparent. Neighbors began tapping feet, clapping, and some even danced in the center of the circle.

Organizers served more than 80 dinners to guests, with neighbors from nearby buildings and a group of students turning out for the barbecue.



Kelly McKinney of the Seattle Neighborhood Group hosted an information table. She talked to many of the neighborhood residents about 911, neighborhood safety tools and block watches. She also provided information in Amharic, Chinese and Russian, based on the diversity of the neighborhood population. The Seattle Fire Department also hosted a table with information on fire safety and emergency preparedness.

Karen Ko from the Seattle Department of Neighborhoods set up a display with a

Please see “Night Out” on Page 2

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

Nonprofit org.
U.S. postage PAID
Seattle, WA
Permit #8887

In this issue

Be Safe HOW TO PROTECT YOUR VEHICLE FROM CAR PROWLS	Page 2
Night Out GREENBRIDGE GATHERS TO CELEBRATE COMMUNITY SAFETY	Page 2
Back-to-school YOUR GUIDE FOR THE SCHOOL YEAR	Page 3
Translations	Page 4

Greenbridge residents take a night out



PHOTO BY TRACIE FRIEDMAN

King County Sheriff's Deputy B.J. Myers (standing, center) talks to members of the Greenbridge community, many of them children and their parents, about neighborhood safety. Deputy Myers stressed the importance of calling 911 to report crimes.

BY VOICE STAFF

Greenbridge residents joined thousands of communities nationwide on the evening of Tuesday, Aug. 6 in taking a "night out" against crime.

The National Night Out, held annually on the first Tuesday in August, brings together community members, law enforcement, service providers and local leaders to affirm a shared commitment for neighborhood safety.

This event was the first of its kind for the Greenbridge neighborhood. Some 250 people turned out to enjoy games and activities, a barbecue dinner, raffles and music. Along with the fun and games, attendees met Major Jerrell Wills and Deputy B.J. Myers of the King County Sheriff's Office and received information about local block watch activities and other public safety information.

The event was sponsored by Quantum Management.

Night Out

Continued from Page 1

variety of proposed murals for 50th Avenue Northeast, giving neighbors an opportunity to vote for the one they would like to see.

Seattle Housing Authority staff were very supportive of the event. Assistant Property Manager Linda Vonheim provided logistical support to event organizers, then turned out to enjoy the results.

Seattle Housing Authority Executive Director Andrew Lofton also stopped by. He visited with residents of the University House and neighbors. It was inspiring to see the support of building and upper management.

Seattle Housing Authority community builder Marcia Johnson mingled with people in the neighborhood, kept track of volunteer hours, and worked hands on do-

ing clean up, including a large amount of dishes.

Night Out was an enriching experience and a time for neighbors to step outside and talk, dance, eat, and just enjoy being neighbors. The interconnectedness and new sense of community as a result of the event is priceless.

The University House "Night Out" event was a great example of how the cooperation between the community groups, volunteers, and the Seattle Housing Authority can bring a neighborhood community together.

The University House Resident Council would like to thank the Seattle Department of Neighborhoods, Seattle Housing Authority, Seattle Hand Drummers, Full Life Care, Seattle Police Department, Seattle Fire Department, Seattle Neighborhood Group, University House Residents and too many individuals to list for their kind support.

Be safe

With car prowls on the rise, some tips for vehicle security

By KELLY MCKINNEY
Seattle Neighborhood Group

There have been a lot of complaints about car prowls around town lately. So here are some tips on vehicle security and what to do if your car is prowled:

When you park your car, roll up the windows and lock the doors.

At night, park your car in a well-lit place. Most car prowls happen at night.

If at all possible, do not leave valuables in your car.

If you do have something of value in your car, put it somewhere out of sight before you reach your destination.

Sometimes when people go shopping they buy a very large item or several items that are too heavy to carry with them while they finish the rest of their shopping. They put the items in the trunk of the car and go back into the store. If you find yourself in that situation, then here is something to remember. Someone may have seen you put your new possessions in the trunk of the car, so break up the visual continuity by moving your vehicle.

Parking lots and garages can be very

chaotic places: people pulling in or out of a spot, pedestrians walking to and from their cars. Pay attention to what is going on around you and who is near you. Too many people are not paying attention to their surroundings in parking lots.

Be careful of people you do not know in parking lots and garages as well. With so many distractions, it is easy for criminals to target their victims, who may be focused on other things.

When you park your car in the garage, it is still important to keep the car doors locked.

If your car is prowled, always call the police and report the incident, even if nothing is taken or damaged. This will help the police to identify a pattern of car prowls and, hopefully, they can stop the criminals in their tracks. However, the police cannot do that without information from the victims about when and where they are being prowled.

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

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 tyler@nhwa.org or 206-461-8430, Ext. 227.



King County is recruiting for a Resident Commissioner to serve on the King County Housing Authority Board of Commissioners

King County Executive Dow Constantine is seeking a volunteer to serve as the Resident Commissioner on the King County Housing Authority Board of Commissioners. To serve as Resident Commissioner, a person must be directly assisted by the Housing Authority, meaning the person must be a resident in King County Housing Authority Public Housing or be receiving Section 8 tenant-based assistance from the Housing Authority. Individuals interested in serving as Resident Commissioner must have a demonstrated interest in housing issues in King County, are willing to put in the time and commitment necessary to serve on the Board and be able to serve as an effective liaison between the Housing Authority and the broader community.

The individual selected will be appointed to a partial term to fill the unexpired term of Terry McLarky, former Resident Commissioner, who passed away recently. The partial term will expire on May 22, 2015. Upon successfully completing the partial term, the appointed member will be eligible for reappointment to a full five-year term.

Commissioners serve without compensation (unpaid position) and currently meet the third Monday of each month at 8:30 am at the Housing Authority's administrative office in Tukwila, Washington. Meetings usually last two hours and occasionally a special board meeting may be required.

Individuals interested in serving as the Resident Commissioner on the Housing Authority Board of Commissioners must complete a King County Boards and Commissions Application form. Forms may be obtained by calling or emailing:

Rick Ybarra, Liaison for Boards and Commissions
King County Office of Civil Rights & Open Government
401 Fifth Avenue, Suite 215
Seattle, Washington, 98104
(206) 263-9651
Rick.Ybarra@kingcounty.gov

Please leave a voice mail and clearly state your name, mailing address and phone number. An application form will be mailed to you. All appointments to King County boards and commissions are made by the King County Executive and are subject to confirmation by the King County Council.

The closing date for accepting application materials is Monday, October 7, 2013. Candidates who do not submit a completed application form by the closing date will not be considered.



Please recycle me



The Voice

Editor
Tyler Roush
206-461-8430, ext. 227
tyler@nhwa.org

Reporters
Matthew Anderson
Sarah Lober
Kristin O'Donnell
Troy Smith

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.

Back to school: From kindergarten to college, how to better prepare for the school year

By VOICE STAFF

It's hard to believe, but summer is nearly over. Throughout the Puget Sound region, students are preparing to head back to school. To help families better prepare for the school year, The Voice has compiled this resource guide for parents and children.

Free and reduced price lunches

Students whose families meet certain income requirements may be eligible to receive free or reduced price lunches.

You should complete the Free and Reduced Price Lunch application if any of the following are true:

- Your household income is the SAME or LESS than the amount on the Income Chart (see below).
- You receive Basic Food.
- You take part in the Food Distribution Program on Indian Reservations (FDPIR)

- You receive Temporary Assistance for Needy Families (TANF)

- You are applying for a foster child. "Household size" refers to all persons including parents, children, grandparents, and all people related or unrelated who live in your home and share living expenses. If applying for a household with a foster child, you may include the foster child in the total household size.

"Total household income" includes the income each household member received before taxes. This includes wages, social security, pension, unemployment, welfare, child support, alimony, and any other cash income. If including a foster child as part of the household, you must also include the foster child's personal income. Do not report foster payment as income.

Families should apply for free or reduced price lunch directly to their child's school. For those in the Seattle School District, visit <http://bit.ly/nK35jf>.

Family Size	Yearly Gross Income	Monthly Gross Income	Twice Per Month Gross Income	Every Two Weeks Gross Income	Weekly Gross Income
1	\$21,257	\$1,772	\$886	\$818	\$409
2	\$28,694	\$2,392	\$1,196	\$1,104	\$552
3	\$36,131	\$3,011	\$1,506	\$1,390	\$695
4	\$43,568	\$3,631	\$1,816	\$1,676	\$838
5	\$51,005	\$4,251	\$2,126	\$1,962	\$981
6	\$58,442	\$4,871	\$2,436	\$2,248	\$1,124
7	\$65,879	\$5,490	\$2,745	\$2,534	\$1,267
8	\$73,316	\$6,110	\$3,055	\$2,820	\$1,410
Each additional household member add:	+ \$7,437	+ \$620	+ \$310	+ \$287	+ \$144

OneWorld Now! extends language, leadership and exchange opportunities to underserved students

By SARAH LOBER
The Voice Intern

OneWorld Now! (OWN) was founded in 2002 with the goal of expanding the opportunities for underprivileged youth in Seattle. This goal is accomplished through a three-pronged approach, which gives high school students language and leadership skills and opportunities to apply these skills by studying abroad. In 2010, OWN opened another chapter in Honolulu, Hawaii.

The program expects rigorous commitment but yields great rewards for those who complete the year. Classes follow the Seattle Public Schools calendar, beginning in mid-October and ending in early June. Language classes (students may choose from Arabic or Mandarin Chinese) are held twice a week at various high schools in the Seattle area.

On Fridays, all students in the program meet downtown for group discussions and leadership activities. Throughout the year, students build their skills and showcase them in the spring by planning and hosting a conference for other Seattle youth. OWN's

Get Global conference provides student the opportunity to engage their community and share their passions.

Partway through the year students in the program are invited to apply to OWN's summer opportunities, which vary year to year but include both international and domestic programs. If applying through OWN, students have access to many scholarships and fundraising opportunities so that the cost of attendance remains low. Every summer OWN takes groups to China or the Middle East (depending on what language they studied). They also offer summer language programs to students that are held in universities in both Seattle and Hawaii.

For any students or parents who are interested, more information and application materials can be found online at www.oneworldnow.org. Applications will be accepted through mid-September. The orientation for first-year students will be held on Oct. 9. Scholarships are available for students who qualify for the Free or Reduced Price meal program.

For college students, simple steps toward leading a healthy lifestyle

INFORMATION COMPILED FROM THE CDC

College is filled with new experiences, from academics and athletics to dorm life and dating. You may be living away from home for the first time, and while your growing independence can be exciting, it comes with risks and responsibilities. Practice these tips to be safe and healthy and get the most out of your college years.

Quick facts for students

Healthy eating is all about balance. You don't have to give up comfort foods like pizza. You just need to eat them only once in a while and balance them out with healthier foods and more physical activity. Eat plenty of fruits and vegetables; eat fewer foods high in calories, saturated fat, salt, or added sugar; and don't go on crash diets.

Stress can sometimes be good. But it can also make you feel emotional and nervous or cause problems with sleeping and eating. Getting enough healthy activity and the right care and support can put problems in perspective and help stressful feelings go away in a few days or weeks. You can start to feel better by

Taking care of yourself:

- Eat healthy, well-balanced meals.
- Exercise on a regular basis.
- Get plenty of sleep.
- Give yourself a break if you feel stressed out.

Talking to others:

- Share your problems and feelings with a parent, friend, counselor, doctor, or clergyman. Let them know how you're coping with new challenges.
- Avoiding alcohol and other drugs, which can create more problems and increase the stress you are already feeling.

nighters studying and still get enough sleep to function.

Adults should get 7 to 9 hours of sleep each day, although individual needs vary. Lack of sleep can be a risk factor for many chronic diseases and conditions, such as diabetes, cardiovascular diseases, obesity, and depression. Students who work or study long hours may not get enough sleep at night. As a result, they may be sleepy and sluggish during the day and have trouble concentrating, participating in class, taking tests, or making decisions. Sleepiness can also cause car and machinery-related crashes, which cause significant rates of injury and disability each year. Driving while sleepy can be as dangerous as driving while intoxicated.

Quick Tips:

- Avoid large meals before bedtime.
- Have a good sleeping environment. Make sure your bedroom is quiet, dark, and relaxing.
- Stick to a sleep schedule. Go to bed and wake up at the same time each day, even on the weekends.
- Avoid pulling an all-nighter to study.
- See your health care provider if you continue to have trouble sleeping.

Move it

You should get at least two and a half hours of physical activity each week. Regular activity helps improve your overall health and fitness. It also reduces your risk for many chronic conditions, such as high blood pressure, type 2 diabetes, and obesity. Include activities that raise your breathing and heart rates and that strengthen your muscles. Find something you enjoy, such as jogging or running, dancing, or playing sports. To meet the guidelines for regular aerobic activity, you can do nearly any activity, as long as it's done at moderate or vigorous intensity for at least 10 minutes at a time.

Get adequate sleep

It's a challenge in college to pull late-

School supplies: no longer just pens and pencils — it's immunizations, too

Make sure kids get the vaccines they need to start the school year off on a healthy note

By WASHINGTON STATE DEPARTMENT OF HEALTH

It's hard to think about summer ending, yet the school year is fast approaching. Parents can help their kids prepare by making sure immunizations are included on their back-to-school list.

Get a head start by making an appointment now before healthcare providers get booked up with sports physicals and yearly checkups. All vaccines required to enroll in school are available to children at no cost from healthcare professionals across the state.

"It's important for our kids to start school healthy and prepared," said Janna Bardi, director for the Department of Health's Office of Immunization and Child Profile. "Immunizations are one of the best ways to help a child stay healthy during the school year. The less time a child is out sick from a preventable illness, the more time they can spend in the classroom, learning."

Kids who aren't fully immunized may be sent home from school if a disease outbreak occurs. Fortunately, most kindergarteners in our state have all the vaccines they need to enter school. However, disease can spread quickly in schools and child care centers, so it's important to

make sure everyone is protected.

Several immunizations are needed before kids can start school and meet child care requirements. All children must be vaccinated against whooping cough (pertussis); it's especially important given the recent outbreak in our state.

No-cost vaccines are available to kids up to age 19 through healthcare providers participating in the state's Childhood Vaccine Program. Participating providers may charge for the office visit and an administration fee to give the vaccine. People who can't afford the administration fee can ask for it to be waived.

Save extra trips to the doctor's office by getting flu vaccine for the whole family at one visit. Flu vaccine is starting to arrive. It's recommended that everyone six months and older be vaccinated against the flu as soon as the vaccine is available; it's especially important for high risk groups including young kids, pregnant women, people 65 and older, and people with certain medical conditions like asthma, heart disease, diabetes, and neurological conditions. A yearly flu shot is the best protection against the flu, especially when combined with good health manners: cover your cough, wash your hands, and stay home when you're sick.

For help finding a healthcare provider or an immunization clinic, call your local health agency or the WithinReach Family Health Hotline at 1-800-322-2588.



Healthy body, mind and spirit: The legacy of Willie Austin

Family, friends and community members gather to remember the beloved fitness guru

BY TYLER ROUSH
The Voice editor

HP When fitness guru Willie Austin passed away unexpectedly on April 24, the region lost a passionate, vocal and genuine advocate for healthy people and healthy communities.

But Willie's legacy continues in the countless lives he changed and in the continued work of the Austin Foundation.

The tremendous impact that Willie, 55, had on the community was evident at a ceremony to dedicate the Fitness Zone at Bataan Park to his memory Wednesday, Aug. 21.

Vanisha Austin, Willie's wife, was among the many who gathered. As she spoke to a reporter following the ceremony, she cradled the couple's four-month old child in her arms. The little girl, Willow Austin, was born three days after her father passed away.

"Willie was put on this earth to help people with their health," Vanisha said. But



PHOTO BY TYLER ROUSH

Friends and colleagues gathered for a ceremony to dedicate the Fitness Zone at Bataan Park to the memory of Willie Austin. King County Councilmember Larry Gossett (second from right) was among the approximately 50 people in attendance.

his work went beyond support for a person's physical health.

"I think fitness was his avenue, but he helped people in so many different ways," she said.

Cynthia Clouser, a High Point resident

and regular participant of Neighborhood House's Be Active Together program, said that Willie was more than just "Willie Austin" to her kids.

Please see "Willie" on Page 3

Seattle Housing Authority presents 2014 budget and annual MTW Plan for public comment

Comment period open through Sept. 30

BY SEATTLE HOUSING AUTHORITY STAFF

Residents and community members are invited to comment on Seattle Housing Authority's 2014 Budget and Moving to Work (MTW) Annual Plan. The budget and plan outline the agency's priorities and resources for the coming year.

New activities under consideration in the 2014 MTW Plan include an inter-agency transfer agreement for domestic violence survivors and security deposit assistance for voucher recipients moving to a higher opportunity neighborhood. Additional MTW activities under consideration strive to streamline income verification processes.

The 2014 budget summary and plan will be available for comment throughout September on our website, www.seattlehousing.org, or by calling 206-615-3576.

Seattle Housing will also present the plan and budget at a public hearing at 3 p.m. on Monday, Sept. 16 at the Central Office at 190 Queen Anne Ave N.

The public hearing is one of several opportunities to provide comments about the plan and budget. Comments will also be accepted by phone, e-mail, or U.S. mail.

In addition, Seattle Housing staff will meet with public housing representatives at the Joint Policy Advisory Committee (JPAC) meeting in September.

The deadline for comments is Sept. 30. After that point, Seattle Housing staff will inform the Board of Commissioners of the comments received and will take those comments into consideration. This may result in modifications to the plan or budget.

At the Board of Commissioners meeting in mid-October, staff will ask the Board to adopt the budget and plan for 2014. Following Board adoption, the plan will be submitted to HUD for approval.

Seattle Housing to break ground on Yesler project

'Renewing Yesler's Promise' groundbreaking ceremony set for Sept. 5

YT Seattle Housing Authority will break ground on the historic Yesler Terrace redevelopment during a ceremony beginning at 10 a.m. Thursday, Sept. 5.

The site of the groundbreaking is at 1105 East Fir, which will be the future home of a low-income apartment building and adjoining townhouses.

Construction is expected to be completed near the end of 2014.

Bus routes 9, 27 and 60 serve the area. Limited street parking is available.



IMAGE BY GGLO

An architectural rendering depicts what the 1105 East Fir building will look like upon the completion of construction. The project site near 12th and Yesler will serve as the groundbreaking for the Yesler Terrace redevelopment. A ceremony is planned for 10 a.m. Thursday, Sept. 5.

Uemoto comes to Rainier Vista as new community builder

BY TYLER ROUSH
The Voice editor

RV Lisa Uemoto can sense the positive energy at Rainier Vista. It's one of the things that attracted her to her new role as the neighborhood's community builder.

"There's a lot of positive energy at Rainier Vista," Uemoto said. "I'm really hoping we can strengthen that, (so) that we can come together and make this an even better place to live."

Uemoto, previously the community builder for Lake City Court, is transition-

ing into her role at Rainier Vista after being hired for the position in July.

A desire for community action is one of the key qualities of Rainier Vista's residents, creating a neighborhood where people are engaged and involved, Uemoto said.

"People do care, and they want to get involved — now how can we all come together and work together to serve a common goal?"

While Uemoto does not live in Rainier Vista herself, she sees the community as her own. It's not only a place where she works — it's her home, too.



Lisa Uemoto

"I don't live here, but I really look at this as my community and my neighborhood,"

Please see "Uemoto" on Page 4

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

Introducing your High Point Center tour guides

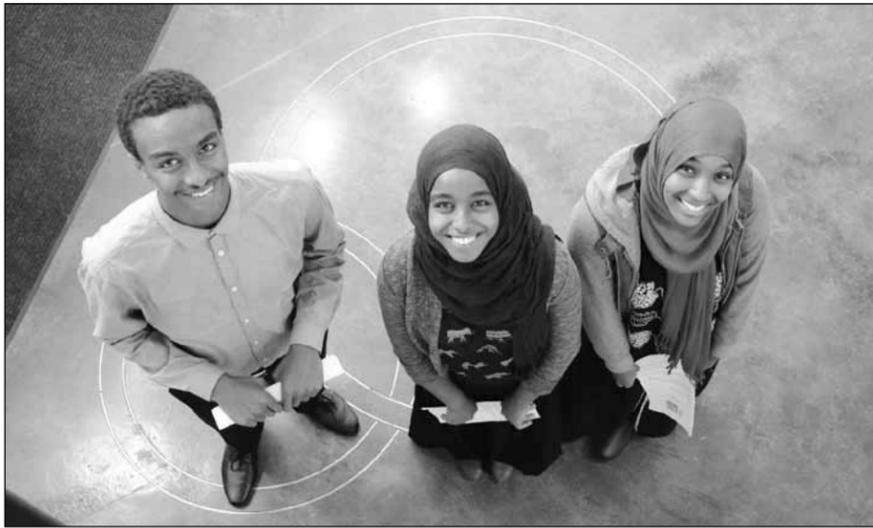


PHOTO BY TYLER ROUSH

HP Students in Neighborhood House's Youth Empowered with Leadership Strengths program (from left) Ali Hussein, Kadija Hussein and Fatuma Yusuf added a new set of skills to their repertoire this summer, as tour guides of the High Point Center. The three students have provided tours to representatives from the Bill & Melinda Gates Foundation and at Neighborhood House's open house event Aug. 15, highlighting the center's many green features to guests.

For interns, a summer spent developing work skills, preparing for the future

By TYLER ROUSH
The Voice editor

YT For the young people in the Summer Youth Engagement Program's (SYEP) internship program, the summer season was much more than a vacation. For six Yesler Terrace residents, it was a chance to develop the skills that will help them succeed in college and in their careers.



PHOTO BY SARAH LOBER

Pictured are (from left) Seattle Youth Employment Program summer interns Zem Zem Ahmed, Fatuma Mahmud, Abdullahi Adan, program coordinator Tizita Assefa and intern Ali Weliyl.

"Because it's set up like an internship, they have the same expectations regular employees would," said Tizita Assefa, SYEP program coordinator.

SYEP (not to be confused with the City of Seattle's similarly titled Seattle Youth Employment Program) provides young people living in Yesler Terrace with hands-on experience in such fields as urban planning, construction, development, media and communications. The Seattle Housing Authority program grew out of the Yesler 2014 youth internship program.

Much more than a summer job, the program helps students plan for a career, Assefa said.

"(The interns) learn about different industries — and then that allows them to know if they want to continue to explore that field," Assefa said. That experience, in turn, allows the students to develop

excellent references and networking opportunities.

"One door opens another," Assefa said.

On a sunny afternoon in late July, the SYEP interns and program coordinator Assefa met for their weekly check-in, which combines team-building, presentations and a weekly debrief.

For Ali Weliyl, a recent graduate of Garfield High School, the experience has taught him the value of teamwork.

"Doing things together is faster," he said. "When working as a team, we can get anything done."

Galma Waqo's internship was at the Yesler Community Center, where he

Please see "SYEP" on Page 3

What's in the 2014 budget?

Find out with the Resident Action Council

By RESIDENT ACTION COUNCIL

The Housing Authority's "Moving to New Ways" plan and budget decide a lot about our homes and our lives. How many staff will work in your community next year? Will there be extra police protection? How about a social worker and case manager? How long will it take to get that sink drip fixed? Will I ever get my apartment repainted?

Guest presenters Shelley Yapp, Seattle Housing Authority's Director of Finance will attend this month's Resident Action Council meeting with Andria Lazaga and Beka Smith from the Asset Management department. They will give us a brief preview of the 2014 plan and budget and answer our questions:

- Where does Seattle Housing Authority get its money?
- What room is there in the plan and budget to make choices?
- How — and when — can residents influence those choices?

The Resident Action Council meetings also give opportunities to meet active Seattle Housing residents from all over the city, and find out about options for learning, training and community action.

All Seattle Housing Authority renters are invited to the Resident Action Council's Budget Forum from 1:30 – 3:30 p.m. Wednesday, Sept. 11 in the Jefferson Terrace Community Room, 800 Jefferson, next to Harborview Hospital.

Arrive early for a light lunch at 1 p.m., and stay after the meeting for a tour of RAC's new office!

RAC has free bus tickets for transit riders and reimburses mileage for carpool drivers. Have more questions -- about bus routes to Jefferson Terrace, carpooling, or needing an interpreter? Email freijacat@hotmail.com or phone 206-322-1297.

The Resident Action Council is a group of people who rent from Seattle Housing. We work together to identify and address issues that affect our communities, plan and present interesting and productive programs and work together for positive change. Join us — be part of the action!

Help Children Prepare For Kindergarten!

The Step Ahead Preschool Program is Now Enrolling for the 2013-2014 School Year!

Step Ahead Program offers:

- **Full-Day Preschool**
For families needing help to pay for a full-day program, payment assistance is available through the Working Connections Child Care (DSHS) or the City of Seattle Child Care Assistance program. Programs are located in the Seattle area. **Parent needs to pay part of the cost.**
- **Part-Day Preschool**
Free for eligible families.

To qualify:

- Children must be three or four years old by August 31, 2013
- Families must live in Seattle city limits
- Must meet the income guidelines based on family size
- To be eligible for full-day program parents must be employed and/or enrolled in educational/job training

Program attributes include:

- Teachers with degrees in Early Childhood Education
- Small class sizes
- Enriched classroom environments
- Continuing education required for teachers
- Help with kindergarten enrollment and transition
- Bilingual programs and teaching staff

Program Name & Address	Phone	Part Day	Full Day	Bilingual Program	Bilingual Staff
Neighborhood House High Point 6400 Sylvan Way SW Seattle, 98126	(206) 461-3857 x247	X			Somali, Amharic, Vietnamese, Oromo, Tigrinya, Swahili, Arabic, Spanish

If you have questions regarding eligibility, please call (206) 386-1050

Please recycle me

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 tyler@nhwa.org.

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

Department of Health biomonitoring surveys to begin in High Point

HP Beginning in September, Washington Department of Health will be inviting residents of High Point to take part in a survey about chemicals in your home. This survey will help the DOH learn about exposures to pesticides and chemicals in plastics. Participation in the survey is optional, and participants will be compensated for their time.

For more information, or to sign up to take part in the survey, call toll-free at 1-877-494-3137, visit www.doh.wa.gov/biomonitoring or call Ann Butler at 360-236-4253.

A detailed report on the purpose and aims of the study can be found in the July 2013 issue of The Voice and online at www.voicenewspaper.org.

Visit our website:
www.voicenewspaper.org

- Exclusive content
- Updated weekly
- Share articles over email or on Facebook

PHOTO COURTESY OF MICHAEL MAGGS / WIKIMEDIA COMMONS

Willie

Continued from Page 1

“He was Willie ‘Awesome,’” she said. That sentiment was shared by many in attendance.

Jean Campbell didn’t let her limited mobility — she uses a walker — keep her from attending Willie’s workouts.

“To me, Willie Austin was marvelous for people from all walks of life — even people with walkers,” Campbell said. “Even if you’re a senior or have a disability, you can still get out there and boogie.”

Jim Krieger, of Public Health – Seattle & King County, said Willie was that rare person who could be charismatic, passionate and welcoming. He described Willie as “pure” — in his intentions and his integrity.

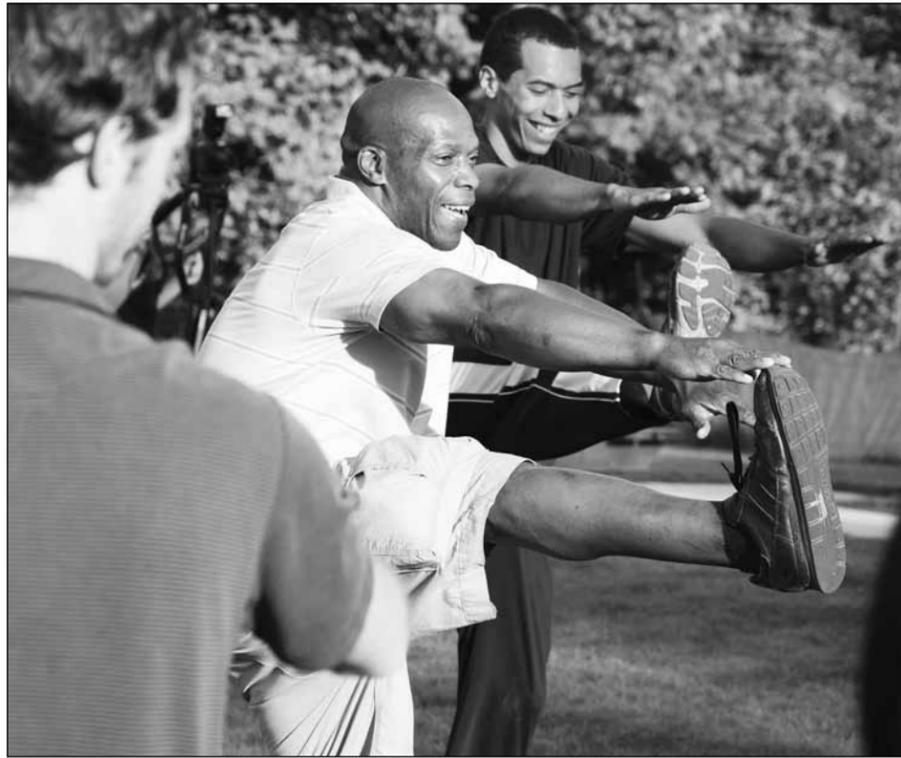
“That ability to bring people together is a rare treasure,” Krieger said.

King County Councilmember Larry Gossett, who grew up in the High Point neighborhood, said he didn’t have the kinds of opportunities provided by people like Willie. He said that Willie’s work stressed “the importance of providing fitness activities for people in this neighborhood.”

When the ribbon was cut on the Fitness Zone at Bataan Park in September 2012, surely no one in attendance would have anticipated that, less than a year later, the outdoor exercise zone would be dedicated to the memory of the charismatic and passionate fitness advocate who inspired it.

But that was the melancholy truth behind the ceremony. If it had to be so, the outdoor fitness zone — the first of its kind in Seattle, and a unique resource for a mixed-income neighborhood like High Point — is a fitting tribute to a person who believed in extending opportunities to all.

Though Willie’s impact was felt by many, perhaps none benefited more from his work than the many young people, mostly young men from difficult upbringings, who became regular visitors to his gym in downtown Seattle.



Willie Austin was in his element (left) at the ribbon-cutting and grand opening of the Fitness Zone at Bataan Park on Sept. 5, 2012, leading those assembled in a brief workout. In the background is Calvin Jones, one of the many who gathered to remember the former University of Washington football player, fitness expert and founder of the Austin Foundation. A plaque (above) memorializes Willie and his contributions to the High Point neighborhood.

PHOTOS BY TYLER ROUSH

Jonathan Habeeb-Ullah met Willie about 10 years ago, at a time when he had fallen in with the wrong crowd. He soon turned his life around, and grew to call Willie his brother.

“He saw the best in people, and always brought it out,” Habeeb-Ullah said. “He’s the best big brother I have, and never had.”

Ramon Brent, who works at the Austin Foundation’s gym, recalled one young man who had gotten into some trouble. After spending some time in jail, he returned to the gym to find a memorial to Willie. He hadn’t known that his mentor had passed away.

“Willie had had such an influence on his life, and he wanted to come back,” Brent said. “That was one of the toughest things.”

For Willie, it was never simply about exercise, according to Brent. A young person could come in to his gym to work out, and Willie would forge a connection.

“He’d get to know you — ask you who you are, what you do,” Brent said. For some, it would be the first time an adult took a genuine interest in how they were doing.

“All they need is somebody to listen to them,” Brent said.

Though Willie is gone, he leaves behind a legacy of healing bodies and minds. For the young men still in his program, the challenge now is to prove that the work of their role model will continue.

“If you prove to them that this is going to continue, they’re with you,” Brent said.

For Calvin Jones, Willie was “the first positive role model I’d had in my life.”

“The love he shared with me, in helping me love and respect myself, will be passed on to others,” said Jones. As will the gift of



PHOTO BY TYLER ROUSH

Kirk Chapman, left, leads a group through a workout following the dedication of the Willie Austin Memorial Fitness Zone at Bataan Park.

fitness — Jones is one of two instructors who hosts exercise sessions at the Bataan Park Fitness Zone, now rededicated in Willie’s memory.

Kirk Chapman is the other instructor. As the crowd gathering to celebrate the memory of a community hero began to disperse, Chapman began laying out exercise mats in a semicircle.

“Willie was a brother to me — we were friends for many years,” Chapman said. “Will used to say ‘A body in motion is a healthy body, healthy mind, healthy spirit.’”

Soon a smaller group had convened, and Chapman began to lead them in stretches and aerobic exercises. Healthy bodies, healthy minds, healthy spirits.

Austin Foundation and fitness opportunities

To learn more about the Austin Foundation, visit their website at www.youthandfitness.org, call 206-381-1841 or visit their gym at 1918 Terry Ave.

Trainers from the Austin Foundation host workouts at the Fitness Zone at Bataan Park from 5:30 - 7 p.m. Wednesdays and 10:30 a.m. - noon Saturdays. The park is located at the intersection of High Point Drive SW and Bataan Place SW in High Point.

SYEP

Continued from Page 2

worked the phones and staffed the front desk, answering questions. He said the work made him feel professional, and that it will “look good on my résumé.”

Participants develop job readiness skills,



PHOTO BY SARAH LOBER

Zemzem Ahmed (left) and Fatuma Mahmud present a report on the Yesler Terrace redevelopment to their peers in the SYEP program.

including proper work attire, communication and interpersonal skills, and punctuality, while being engaged in an actual work environment. In addition to receiving valuable experience, interns are compensated for the hours they put in.

Fatuma Mahmud’s internship was with the Seattle Housing Authority communications department. She assisted Technical Communications Specialist Laura Gentry with a redesign and update to the NewHolly neighborhood website among other projects.

She said she’s interested in movies and media, which made the role a great fit.

“The communications department was really good for me,” she said. “It’s pretty interesting, and it’s always exciting when I come in.”

Though working on the website took some getting used to, she said it “was pretty easy once I got the hang of it.”

Zemzem Ahmed also interned with Seattle Housing Authority, working with Senior

Housing Developer Kathlyn Paananen on the Yesler Terrace redevelopment.

“I’ve learned about the housing authority and the work they do,” Ahmed said. “I like the work — it keeps me busy during the summer.”

For Abdullahi Adan, his summer with Washington Hall and Historic Seattle was spent supporting the agency’s efforts in preserving historic landmarks around the city. Adan helped process easement paperwork, organize property records and assist in data entry.

“I like working with computers,” Adan said.

The summer internship program wasn’t the only opportunity for Yesler youth this summer.

Daniel Robinson is a youth in Ground Up Organics, an urban farming program in Yesler Terrace. Robinson, a freshman at Garfield High School, said that he sees multiple benefits to growing his own food.

“I want to learn how to garden success-

fully, plant my own crops and grow my own food,” he began. “It saves you money ... and you can use it as a trade, to pick, harvest and sell your own food.”

It’s also a benefit to those living in so-called “food deserts,” where the nearest grocery store might be miles away, and access to fresh produce is limited.

“Some places might not have a grocery store,” Robinson said.

Assefa coordinates both programs, and there’s a natural overlap between the two — many of the SYEP interns also participate in Ground Up. And with amenities for urban farming included in the Yesler Terrace redevelopment, the program dovetails with the goals of the SYEP. The program’s motto: “Building soil, self and community.”

The Ground Up program, which runs annually in 12-week cycles, relies on word of mouth and referrals for enrollment, Assefa noted. Teens who are interested in participating may contact Tizita Assefa at tizitaassefa@gmail.com.

Fairs promote healthy living, access to resources

BY VOICE STAFF

HP Last month, the communities of NewHolly and High Point were host to health fairs. The events drew families and neighbors together to access health resources and advice from dozens of providers and for fun community building activities. The **NH** NewHolly event, combined with the Family Fun Fest, was held Saturday, Aug. 17. The High Point Health Fair followed on Wednesday, Aug. 21. Between the two health fairs, more than 1,000 community members accessed resources for their physical, mental and emotional wellbeing.

NewHolly Family Fun Fest and Health Fair

The NewHolly Family Fun Fest and Health Fair Aug. 17 was a great success! Over 800 community members, volunteers and vendors participated making this one of the most successful New Holly events in recent memory!

Special thanks to Seattle Housing Authority, Neighborhood House, Community Health Plan of WA, Atlantic Street Center, Seattle Parks Department and Pacific Science Center for sponsoring the event and the NewHolly Neighborhood Campus agencies, residents and volunteers who made it all possible.

High Point Health Fair

Several hundred residents of the High Point community came to the High Point Center on the evening of Aug. 21 for the High Point Health Fair.

Some of the many resources and opportunities available at the event included free blood pressure checks, blood sugar screenings, posture screenings, stress tests, chair massages and more.

While parents visited the different providers featured at the health fair, volunteers hosted a field day for youth in the adjacent High Point Commons Park. Activities included water balloon tosses, bat races, egg walks, face-painting and much more. A dinner of Vietnamese sandwiches, spring rolls and soft drinks was provided.

The star of the event may have been local prep basketball star and NBA player Jamal Crawford, who surprised the hundreds of children in attendance when he casually arrived at the High Point Center's basketball court. Crawford, a guard for the Los Angeles Clippers who starred at Rainier Beach High School in the late 1990s, signed autographs and talked basketball with the youth for about an hour.

Crawford wasn't the only local NBA star to do good at the event, either. Brandon Roy, a former star at Garfield and the University of Washington, donated more than 300 backpacks for the youth who attended the event.

Sponsors of the High Point Health Fair included Seattle Housing Authority, Neighborhood House, High Point Open Space Association, Community Health Plan of Washington, Amerigroup: Real Solutions in Healthcare and United Healthcare Community Plan.



PHOTOS BY IDRIS MOHAMED

Hundreds of guests turned out for the High Point Health Fair (top), accessing vital physical and mental health information from more than a dozen service providers. Above, Neighborhood House Family Connections Coordinator Dena Nelson (left) and AmeriCorps Service Member Dhudi Dahir staffed the check-in table at the health fair.



PHOTO BY TYLER ROUSH

Local basketball star Jamal Crawford (above), a guard for the NBA's Los Angeles Clippers, was a surprise guest at the High Point Health Fair. Above, the 2010 Sixth Man of the Year and former Rainier Beach standout signs an autograph for a young fan.



Cultural Competence Workshop with Dr. Caprice Hollins September 19, 10 AM to 3 PM Jefferson Terrace

Members of Duly Elected Resident Councils are invited to come and learn new ways of effective interaction with people of different cultures and backgrounds.

Experienced and motivating workshop leader Dr. Caprice Hollins will give us ideas, thoughts and tools to make it easier and more pleasant to live and work in the very culturally diverse buildings, communities, and yes, world where we live.

You will:

- Learn more about your own cultural worldview
- Increase your understanding of the impact of stereotypes
- Develop your knowledge of privilege and how it impacts our relationships across cultures
- Deepen your relationships and sense of community with others
- Engage in courageous conversations

Attendance is limited!

Contact Troy Smith (troy_smith_rac@yahoo.com) or your Community Builder to learn more.

Interpretation will be available on request.

Sign up now -- don't miss this opportunity!

Register Now!

Brought to You by the Resident Leadership Development Team

Uemoto

Continued from Page 1

she said.

For Uemoto, who joined Seattle Housing Authority as the Lake City Court community builder in April of 2012, that means saying goodbye to one group of neighbors and saying hello to another.

"With Lake City Court and the people I meet, I look at them as my neighbors," Uemoto said. "I'm sad to be leaving them, but I'm excited at Rainier Vista to be meeting new neighbors, and to build a community together."

She won't say goodbye to Lake City Court right away—while she transitions over to the community builder role at Rainier Vista, she'll still work part-time at Lake City Court.

During the transition period, she encourages residents of Rainier Vista to call or email her to get in touch with her. She can be reached at 206-295-8942 or cuemoto@seattlehousing.org.

Uemoto also has office hours at the Neighborhood House Rainier Vista Center. She said the best time to come see her is from 9 a.m. – 3 p.m. Saturdays. The building is locked on weekends, so she encouraged community members to schedule a meeting time in advance.