



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



The Voice

April
2015
Articles translated
into six languages

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

SHA residents rally in Olympia for fair, affordable housing

BY TROY SMITH
Special to The Voice

On Tuesday, Feb. 17, about 15 residents of Seattle Housing Authority met in Olympia with thousands of other Washington state residents to lobby our legislature on the subject of homelessness and affordable housing. It was all part of participating in this year's Housing and Homeless Advocacy Day. We left Seattle at 7 a.m. and stayed until 3 p.m. Our first order of business was to sign in and find out what districts we live in. We then met to discuss the proper way to engage with senators and house members. One highlight was the pep rally on the steps of the State Capitol Building, which we attended with more than 600 others. Those of us lobbying for affordable housing wore red scarves.

We met with representatives from the 43rd district: Sen. Jamie Pedersen, Rep. Brady Walkinshaw, and Speaker of the House, Frank Chopp. These folks are all Democrats who are already advocating for more affordable housing and ways to end

homelessness.

They explained there are several different bills working their way through the system, but felt they had little chance of passing the Republican-controlled Senate. "Like many attendees, I believe that everyone has the right to a clean, safe home," said Matthew Anderson, president of University House Council. "This year's meeting was also a valuable learning experience for me. I had the opportunity to be part of the Advocacy Day planning committee and to serve as a co-district lead for the 43rd district. Everyone deserves a home, please email and call your state legislators and tell them how important funding for housing is."

For those who missed the February meeting, the 25th Annual Conference on Ending Homelessness, will be held at the Greater Tacoma Convention and Trade Center May 13 and 14. The 2015 conference promises to bring over 600 homelessness providers and advocates from across the state to help end homelessness in Washington.



PHOTO BY TROY SMITH

Seattle Housing Authority residents and some 600 others who attended the 2015 Housing and Homeless Advocacy Day rallied in support of more affordable housing Feb. 17 in Olympia. The event, sponsored by the Washington Low Income Housing Alliance, gave attendees the chance to attend free workshops and meet with Washington state legislators. This was the second year that SHA residents attended.

AmeriCorps team volunteers at historic El Centro de la Raza community event

BY ALEX NORMAN
Special to The Voice

On Friday, March 6, the Neighborhood House AmeriCorps team devoted their daylight hours to a groundbreaking ceremony at El Centro de la Raza, an organization grounded in the Latino community in Beacon Hill.

The event was a commemorative celebration of the construction of the Plaza Roberto Maestas, a mixed-use affordable housing development named for the late founder of El Centro.

Roberto Maestas was a social activist and member of "The Four Amigos" who advocated locally for multiracial harmony and unity.

His wife, Estela Ortega, now serves as a member of the Seattle City Council Advisory Committee and works with City Council toward finding solutions to homelessness and the affordable housing crisis in Seattle.



PHOTO BY KHADIA ABDI

Members from the Neighborhood House AmeriCorps team assemble flyers and programs for the El Centro de la Raza ground-breaking ceremony March 6.

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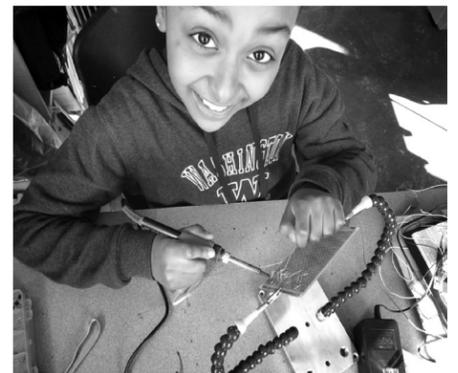
Yesler youth put their 'big brains' to the test

'Superheroes' in training at Yesler Terrace after-school program

BY MEREDITH WENGER
Special to The Voice

Imagine a place where Yesler youth have fun learning and doing homework together, and remaking their world together. For kids who hang out at Yesler Terrace Community Center after school, The Big-Brained Superheroes Club strives to be that place.

Every Monday and Wednesday from 5 to 7 p.m., kids over the age of three can drop in, have an apple, work on homework, and create an electric circuit, a LEGO structure, or a magnetic sculpture. More importantly, however, all members of The Big-Brained Superheroes Club are rewarded for exercising any of twelve real-world superpowers, such as Kindness, Creativity, and Critical Thinking. Once they have demonstrated sufficient mastery of their superpowers, Big-Brained Superheroes (BBS) can earn their way into BBS Accelerator, in which they get extra time in the club on Fridays and Saturdays to work on more advanced



Destiny Guggsa solders a transistor to help develop a binary counter for the Big-Brained Superheroes Club. Kids over age three meet after school Mondays and Wednesdays. Photo by Meredith Wenger.

Science, Technology, Engineering or Math (STEM)-oriented projects, such as creating new gadgets and educational tools for the club and for themselves.

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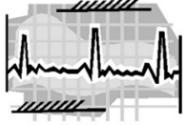
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Health Notes



A column devoted to your well-being

Colon Cancer: Prevent it, treat it, beat it.

By Neighborcare Health

For men and women combined, colon cancer is the second leading cause of cancer death in the United States. Yet it is also one of the two types of cancer that can actually be prevented with regular testing (the other is cervical cancer). Knowing the facts could save your or a family member's life.

The good news is that colon cancer rates have dropped 30 percent in the United States over the last 10 years among adults 50 and older. The bad news is that 35 percent of these adults are still not up-to-date on their screening.

Who should be screened?

If you are age 50 or older, colon health screening could save your life. With regular screening you can stop colon cancer before it starts. Colon cancer starts with a growth, also called a polyp, which is not cancer. Colon screening can find and remove growths before they develop into cancer and before you have any symptoms.

African-Americans in the United States have the highest rate of colon cancer of all the racial groups. It is especially important for African-American men and women to be screened.

Easy screening options

There are four recommended screening tests for colon cancer, including a simple take-home test. Talk to your medical provider to find out which test is best for you and when you should be screened.

People who have a family history of colon cancer may need screening earlier than age 50.

Affordable testing

Preventing colon cancer or finding it early doesn't have to be expensive. There are simple affordable tests available. Apple Health (Medicaid) and most health insurance plans cover the lifesaving preventive test. In addition, Public Health-Seattle & King County also provides Breast, Cervical & Colon screening for individuals who don't qualify for health insurance. Call the Community Health Access program (CHAP) 1-800-756-5437 to learn more.

What should I do?

- Talk to your medical provider about screening. Ask your provider about when you should be screened and the recommended testing options.
- Eat a healthy diet. A healthy diet is a delicious way to help prevent colon and other types of cancer. Fruits and vegetables are full of cancer-fighting nutrients and fiber. Try to eat at least 5 servings every day.
- Increase your activity level. Physical activity can help prevent colon cancer. It can also help you sleep better, have more energy and improve your mood. Try to get at least 30 minutes of activity, like walking or gardening, every day. It's fine to spread the minutes out during the day.

Neighborcare Health is the largest provider of primary medical and dental care in Seattle for low-income and uninsured families and individuals, serving the community for more than 40 years. More information is available at www.neighborcare.org.

Scholarship deadlines approaching

By SEATTLE HOUSING AUTHORITY

This time of year marks the time when many high school seniors are planning their futures and evaluating their college plans. It is also the time to apply for financial aid and scholarships that will help ease the burden of paying for college.

The Higher Education Project, in partnership with the Seattle Housing Authority (SHA), has two different scholarships available for students and residents who live in assisted housing through SHA. Students may apply for more than one scholarship.

Offered through the Housing Authority Insurance Group, several \$2,500 scholarships will be awarded to individuals pursuing any kind of higher education program through a college, university, trade or professional institution. The scholarship application is due April 30.

Also, the National Affordable Housing

Management Association offers scholarships of at least \$2,000 to high school seniors, or adults who hold a high school level diploma or GED certificate. This program is a way for students and adults to receive financial support while starting or attending college. This application can only be completed online, and has a May 29 deadline.

Please visit <http://www.seattlehousing.org/residents/education/scholarships/> for information about specific eligibility requirements and instructions on how to apply.

Now is also the time for students to complete their Free Application for Federal Student Aid (FAFSA), which is the first step in applying for any college financial aid. Visit www.fafsa.org to learn more. Students can also visit WashBoard, (washboard.org), which provides a number of scholarship listings and application instructions.

Be Safe Shopping smarts for online encounters

By ALEX VALLANDRY
Seattle Neighborhood Group

Buying and selling spring cleaning castoffs online is an exciting way to find deals or help clean out closets while making a few extra dollars. Agreeing to such purchases online usually means meeting with the other person to inspect the items and exchange payment.

Over the years I have safely bought and sold three cars, several pieces of furniture, and a few computers this way. One time I even adopted a lonely Lhasa Apso from a shelter posting on social media! The majority of online traders are trustworthy, well intentioned, and interesting to meet. But there are still those few out there who will seek easy opportunities to commit petty crime. Take an extra effort to practice these good personal safety tips.

- Find a safe public meeting spot. My favorites are police precinct parking lots and inside busy coffee shops. Both are very visible with many potential witnesses. If the other person is hesitant to go to the police station or meet in public, this should be a giant red flag that you are walking into a bad situation.
- When buying expensive items such as cars with large amounts of cash, consider meeting inside a bank lobby instead of carrying the money around town.
- Meet during the day in a well-lit area. This further increases the chances that you will be seen.
- Never meet at one location and then travel to a second. Also, unless dealing with heavy furniture, avoid going to each other's homes or giving out your address.
- Bring a buddy when meeting publicly. There is safety in numbers and your friend can spot potential dangers while you are distracted while



inspecting an item or negotiating the final price. Plus who else is going to help you lift that couch?

- If you absolutely must have a buyer come to your house, avoid being home alone. Have a friend or adult family member wait with you.
- Always let someone know where you will be, how long you expect to be gone, and any details you have about the person you are meeting.
- Take a cell phone with you in case of emergency and be prepared to quickly use it.
- Do not be afraid to walk away if the item might be fake or stolen. Items to be especially wary of include small popular electronics, sports memorabilia, bicycles, and tickets.
- Always trust your instincts. If something seems unusual, you are probably right.
- Do not reveal personal information. This is purely a casual business transaction. There is no need to give your Social Security number or bank account information.

If you are a robbery victim, do not resist. Money and personal belongings can eventually be replaced, you cannot. Be prepared to give your location first and then information about the crime second. If you can, try to give a description of the person you just met (age, ethnicity, clothing, license plate, etc.) and their direction of travel. Do not be embarrassed to call 911 if needed.

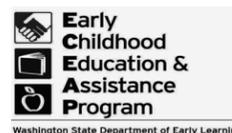
By practicing good personal safety, you can prevent crime while enjoying the ease and fun of online bartering for new treasures.

Alex Vallandry (alex@sngi.org, 206-323-7084) is a project coordinator at Seattle Neighborhood Group. Feel free to contact him for crime prevention tips or help with your safety and security concerns.

Enrolling Now!

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The Voice

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The Voice, the newspaper of Neighborhood House, is published monthly with the support of Seattle Housing Authority. 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 or Seattle Housing Authority. 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.

New Yesler job training program celebrates first graduates

BY NANCY GARDNER
The Voice editor



Career options have become brighter for 13 Yesler Terrace residents thanks to a new collaboration between Seattle Housing Authority (SHA) and Seattle Central College (SCC) and local employers.

On March 26, the pilot program, Yesler Employment Pathway Initiative, celebrated its first group of graduates, all of whom are SHA residents, March 26. Participants in the roughly three month-long training engaged in paid job-shadowing and internships at places like Harborview, Swedish Medical Center and the City of Seattle. They were paid \$12 per hour through the duration of their internships.

While receiving 150 hours of job shadowing, residents also were enrolled in English Language Learning classes, enabling them to improve their understanding and

mastery of the English language.

It's all part of SHA's broader goal to assist public housing residents with better training to obtain living-wage jobs with Yesler neighborhood employers.

At the graduation ceremony, held at the Epstein Opportunities Center, program participants said they learned valuable skills that will help them get a leg up on others who compete for the same jobs.

"I've never worked in a hospital before, so I have learned so many new skills through this program," said Safiya Mohamed, a graduate of the class. "Through my job shadowing at Swedish Hospital and the job interviewing skills SHA has taught me, I feel more confident that I'll be able to find a job soon."

Mohamed said she believes the classes in improving English language skills will allow her to land a job in housekeeping services.

"I already know a lot of skills and I

wanted to build on them," said the 29-year-old mother of five and native of Somalia.

Organizers say the practical, real-world work environments have enabled the graduates to see a clearer picture of what is expected of them in various positions.

"This program meets the needs of the residents as well as the employers," said Ron Jenkins, SHA's Economic Opportunities Coordinator. "It gives the residents and employers an opportunity to kick the tires 'so to speak,' and to figure out if this is the right employment opportunity or not."

Jenkins also said that the program allows the residents to gain valuable experience in the classroom as well as the workplace, which are two distinct settings.

The key players in this pilot program will now debrief, assess the outcomes and regroup in the fall when they hope to provide more classes and potentially expand the scope of training to more residents.



PHOTO BY NANCY GARDNER

Safiya Mohamed celebrates completion of a new job shadowing program given through local employers, Seattle Central College and Seattle Housing Authority.

Pull cord removal in SHA properties begins

BY SEATTLE HOUSING AUTHORITY

Seattle Housing Authority has begun removal of mechanically outdated emergency pull cords from 28 high-rise buildings, concerned that leaving them in place might cause residents to think they are still a functioning way to call for help.

That is not the case: SHA staff or other emergency personnel are not available to respond. The best option for a resident who is experiencing an emergency is to call 911. There are also a number of wearable medical alert devices available that will contact emergency services when activated.

So far, cords have been removed in three buildings, including Queen Anne Heights, Harvard Court and West Town View, as part of a pilot program.

Residents have requested that entry to their units be as limited as possible, which is why SHA combined cord removal with

other services. By merging pull cord removal with annual housing quality standards (HQS) inspections, bed bug building sweep inspections and fire alarm inspection, SHA was able to accommodate residents' requests for privacy by condensing the services into a 1-3 day period.

The successful pilot program has enabled SHA to understand the variations in time that occur during these services, and monitor the effectiveness of combining them. The pilot program also gave residents the opportunity to give feedback on the process so that, as SHA continues these services in other buildings, they can best respect residents' privacy while maintaining their safety and comfort. SHA is currently organizing a plan to complete the remaining 25 buildings.

New 'Family Connectors University' teaches parents advocacy skills

BY SEATTLE HOUSING AUTHORITY

As a parent you want the best for your children, especially when it comes to their education. However, the public school system can be difficult to navigate, particularly when you don't know how that system works.

Family Connectors University is a program that teaches families how best to advocate for their children and their communities. The aim is to give parents and other adult relatives the tools and knowledge to positively affect their children's experience in the public school system while helping to build communities.

This 10-week series of classes addresses a number of subjects ranging from how the Seattle public education system works to how legislative processes work and the potential impact an individual can have on a local, statewide and national level. The program is free for families whose children qualify for the Free and Reduced Lunch Program and costs \$32 for other families.

Participants get college credit from North Seattle College, and if you're worried about what to do with your children while you attend you needn't be because kids are welcome. There is free childcare available to participants, which includes tutoring for the older children.

Classes are offered at several different locations and each site focuses on a specific community, with classes taught by Somali, Spanish and Chinese speaking professionals. The goal is to engage directly with each community. Participants can then use their

newfound knowledge to become 'connectors,' between their students at home, their schools and the greater community.

"Public education policies affect the students," says Mohamed Roble, an educator at the NewHolly Gathering Hall on South Beacon Hill. Roble is genuinely passionate about giving the enrolled parents what he calls a "learning edge." Throughout the 10-week course a number of expert speakers address the classes, expanding on the specific lesson plan laid out each week.

Roble says collaboration helps, and emphasizes his belief that the more parents get involved and feel comfortable interacting with the public school system, the greater the positive affect.

Parents who know how to navigate through the system can go to schools and work with other parents to share their knowledge, adding their own culture to the schools.

Roble and his colleagues believe in building stronger communities and have created a safe space for parents to become educated about maintaining an effective school environment for their children and a flourishing social life for the community.

Family Connectors University is a partnership between Seattle Public Schools and North Seattle College. For more information please visit <http://bit.ly/FamilyConnectorsUniversity> or contact Mohamed Roble, who acts as School Family Partnership Liaison, at maroble@seattleschools.org or by phone at 206-252-0696.

Reminder: SHA Section 8 waitlist lottery closes April 10

BY SEATTLE HOUSING AUTHORITY

Registration for Seattle Housing Authority's lottery for a position on a new waitlist for the Housing Choice Voucher Program closes at 5 p.m. PDT on April 10. Registration is only available at seattlehousing.org/waitlist, not on any other website. Registration is free; if any website asks for money to complete registration then it is not the correct site.

The chances of being selected for the waitlist are the same no matter when a household registers during the open period. Once registration closes on April 10, 2,500 applicants will be chosen at random by computer to be placed on the waitlist. When applicants complete the online registration they will be given a confirmation number. They should write down that number and keep it. Everyone who registers in the lottery will receive a letter by May 15 informing them whether or not they were selected to be on the waitlist.

Registration is open to adults 18 years old or older or emancipated minors. Current residents of SHA housing are eligible to register. People who signed up for the King County Section 8 waitlist lottery in February may also register.

Only one person per household may register, and a household may only register once. Registering for the lottery is not the same as applying for housing; applications for housing must be filed separately. Those randomly selected for the waitlist will receive more information about submitting an application.

It is important to have the following information ready before starting the registration process:

- The date of birth and social security number for each member of the household;
- Total annual income of the household
- An email address for confirmation of registration
- An address where the household can receive mail from SHA about the Section 8 lottery.

More information is currently available at seattlehousing.org/waitlist. If you have any questions, or don't have access to a computer and need a list of locations where public computers are available, please call SHA's waitlist hotline at 206-239-1674.

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Superheroes

Continued from Page 1

Innovation is a high priority for the club as Big-Brained Superheroes are creators rather than just consumers. Luckily, the Big Brains are extremely well-suited to the task.

The vast majority of the kids practice speaking multiple languages on a regular basis, and the direct relationship between multilingualism and creativity is well-researched and well-documented. So, one way the program encourages Brains to exercise their creativity in the club is to make things—many, many things. Aside from LEGO structures and magnetic sculptures, they make 3D art of all kinds, and draw, color, and paint. Recently, they have been working together to design and decorate their space in Yesler Terrace Community Center, inventing an illuminated Seattle skyline made out of hardware cloth, garden stakes, LEDs, and electricity.

For various reasons, the kids love to design and develop electronics in the club. Part of that is related to the club's seeds of origin, which were planted by Asfaha Lemlem, head of Yesler Community Center's RecTech computer lab.

Additionally, the hands-on electronics development, including basic electrical engineering and product design, in which they now engage offers a tangible way to teach what goes on underneath all that computer code.

Last summer, for instance, several Big Brains (with the help of Seattle's Technology Matching Fund grant) built the club's electric circuits and digital logic lab. Since then, Big Brains have introduced circuits and digital logic to hundreds of people throughout the city at big events, such as GeekGirlCon, as well as, most recently, a Town Hall talk about immigrants and robotics.

Even with all these tremendous strengths, we still find ourselves fighting epic battles almost every day. Kids are complex individuals, and research has clearly demonstrated that their mindset and self-identity can dramatically influence their ability to learn new things.

If kids see themselves as 'stupid,' unfocused, or incapable in any way, the act of learning causes anxiety, which then compels them to fidget, seek distractions, or 'act out' in other ways. One helpful aspect of our various activities is that they are unique in many ways, so Big Brains are less likely to be hindered by all the preconceived expectations that can ac-



PHOTO BY MEREDITH WENGER

Program volunteer Jack Bennetto gets troubleshooting advice from Big-Brained Superhero Charles Jones, right, on a 3-D printer recently donated to the club.

company the learning process. And because many of our engineering and technology development projects appear practically impossible to Big Brains at the outset, asking specific questions is not only acceptable but necessary.

Another way in which club members learn to solve big problems is through discussions of and reliance on real-world superpowers. Whenever Big Brains engage in self-defeating behaviors, we try to take the opportunity to remind them that they have the power to manage the feelings behind those behaviors in a positive way. We tell them they have *willpower* and *persistence*, and a *sense of adventure* that all work together, helping them to try new things and accomplish their goals.

They have *teamwork*, *leadership* and *respect* that enable them to multiply their efforts by working with others. And they have *empathy* and *adaptability*, and above all, *empowerment*, all of which give them the insight, resilience, and confidence they need to become uniquely powerful forces for good in their communities and in the world.

Which is, let's be honest, the only role truly worthy of the Big-Brained Superhero.

The only requirement for those wanting to join is they must adhere to The Big-Brained Superhero Oath: "I, Big-Brained Superhero, do passionately promise to try hard, be kind, and have fun!"

Meredith Wenger has been applying her master's degree in human-centered design and engineering to diverse educational and social causes for over ten years. She has been developing The Big-Brained Superheroes Club with youth at Yesler Community Center on a voluntary basis since 2011.

Forum on SHA housing maintenance April 8 at RAC

Have you ever wondered how the Seattle Housing Authority prioritizes resident building maintenance issues? Find out at the Resident Action Council on Wednesday April 8 from 1:30 to 3:30 p.m. at Jefferson Terrace. Rod Brandon, SHA Director of Housing Operations, and Jake LeBlanc, SHA Property Management Administrator, will answer our questions.

Come early at 1 p.m. for a light lunch and an opportunity to meet people from other public housing communities. Jefferson Terrace is located at 800 Jefferson Street, across the street from Harborview hospital. The nearest bus service, routes 3, 4 and 60, stop at 9th and Jefferson Streets. We will reimburse your bus or Access fare and will also reimburse mileage for carpool drivers.

For more information check our website: <http://www.residentaction.org/> or leave a telephone message for RAC President Kristin O'Donnell at 206-930-6228.

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PHOTO COURTESY OF MICHAEL MAGGS / WIKIMEDIA COMMONS

Community notes

New Transit Board seeking applicants

The City Council recently voted to create a Seattle Transit Advisory Board, and Mayor Ed Murray announced his intention to sign the legislation into law.

The Board will provide recommendations and oversight on the spending of approximately \$45 million which will be raised for transit service in Seattle as a result of the approval of Proposition 1 last fall. The Board will also advise the Mayor, Council, and City departments on all other matters related to transit within Seattle, such as implementation of the Seattle Transit Master Plan and operation of the City's streetcar system.

"Taxpayers deserve to know their money is well spent, which is why we're creating this Seattle Transit Advisory Board," said Councilmember Tom Rasmussen, the legislation's sponsor. "We're looking for thoughtful, dedicated people to advise on how our new transit hours are dedicated, and I'll be relying on their feedback for future decisions."

The Board will be comprised of 11 members, plus a member of the Get Engaged program, all of whom will serve staggered two or three-year terms. Five appointments will be made by the Council and six appointments by the Mayor. The Board is expected to meet monthly.

Board members will be sought to representative different geographic areas of the city, and different transit rider groups, including seniors, low-income riders and people with disabilities, and those who use different modes of transportation, like streetcar, bus and ferry riders.

Seattle residents interested in serving on the Advisory Board should submit a resume and a letter of interest to Bill LaBorde of the Seattle Department of Transportation at Bill.LaBorde@seattle.gov.

Labor Temple hosts homeless forum

A public forum on homelessness, drug addiction and affordable housing will be held April 18 from 1 until 5 p.m. at the Labor Temple on 2nd Ave in Seattle. Speakers will include members of the Duwamish Tribe and Seattle Displacement Coalition. Kristen O'Donnell, representing Seattle Housing Authority's Resident Action Council, will also give a presentation.

Topics will include the causes of drug addiction, how covenants and restrictions impact the cost of housing, and other issues that contribute to Seattle's homeless problem.

The forum is free and is sponsored by the Progressive Party, the Green Party and the Tenants Unions of Washington State. For more information contact Linde Knighton at waprog2@gmail.com.

Get help going Green

Interested in putting together a community event for Earth Day, April 22, but just need a little boost to make it happen?

The Office of Sustainability & Environment has small climate grants (up to \$500) available for groups or individuals who want to create opportunities for their communities to get involved in climate or broad environmental action.

Visit <http://www.seattle.gov/environment/climate-change/community-climate-projects> or contact Sara Wysocki, 206-233-7014 for any questions.

Finding solace in First Hill's 'Mindfulness Meditation' class

BY NANCY GARDNER
The Voice editor

It's a bright sunny March afternoon and dozens of people are scurrying into the Frye Art Museum on First Hill.

But they're not hurrying to see the latest exhibit or even to enjoy lunch in the cafe: they're on their way to a "Mindfulness Meditation" class, held each Wednesday at 12:30 p.m.

For five years, area residents, curious guests and visitors have been attending these calming, meditative sessions, where all are welcome to take a step back from our information-overloaded lives.

Katie Schroeder, who works in database analysis and who attends regularly, says she was drawn to mindfulness meditation at the Frye because she was looking for some relief from the daily stresses of work.

Please see "Meditation" on Page 6



PHOTO BY NANCY GARDNER

The weekly "Mindfulness Meditation" class, led by physical therapists from Swedish Hospital, is a popular, free way to leave stresses behind and focus on positive thinking. Between 50-100 people attend the class, held each Wednesday from 12:30 to 1:00 p.m. at the Frye.

About The Voice

The Voice is a monthly newspaper published by Neighborhood House with financial support from Seattle Housing Authority. The Voice is developed and edited by Neighborhood House with help from Seattle Housing residents and staff. It strives to provide a forum for objective news and information of interest to low-income people and those living in Seattle Housing Authority 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 Nancy Gardner at 206-461-8430, ext. 227 or by e-mail at nancyg@nhwa.org.

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



Money Matters

Get smart about savings this Financial Literacy Month

Editor's note:

The region's first Financial Empowerment Center (FEC), operated by Neighborhood House at Rainier Vista, opened last April and can help with financial counseling and affordable banking. The main center is located at 4431 Martin Luther King Jr. Way S., and is open Monday through Friday. There are six other FEC satellite centers throughout the city. For locations or more information, call 206-923-6555 or email FEC@nhwa.org.

BY TINA HOUSTON
Special to *The Voice*

April is Financial Literacy Month! It's a great time to become smart about money. Knowledge is the first step in becoming financially literate. Financial Literacy will empower you to take charge of your finances and make sound financial decisions. Begin today by following these steps.

1. Schedule an appointment with a Financial Empowerment Center Counselor. Find out where you stand financially. This means meeting with a FEC counselor for an honest appraisal of your income, debt, spending and savings habits.

2. Establish a budget, set limits and prioritize. A FEC counselor will work with you to determine the difference between wants and needs. Live within your means. Frugal living isn't about being cheap – it's about being smart. Living within your means is another step toward becoming financially literate and empowered. Spend less than you earn.

3. Set a financial goal. Whatever your goals might be, you have a better chance of achieving them if you write them down. As you write your goals, divide them into three categories: short-term, medium-term, and long-term.

4. Start Saving. Having adequate savings on hand for financial emergencies can ensure that a short-term setback doesn't turn into a long-term financial crisis. Savings is a cornerstone of all financial plans. Learn how to protect your financial future by saving for both goals and emergencies. For most people, planning and achieving goals requires a savings plan. The earlier you save, the more you'll have.

5. Reduce Your Debt. If you want to control your money—rather than allowing your money to control you—it is important to learn how to manage your debt. Carrying a credit card balance each month is not helping. The money going towards payments could be put to good use in another area. Be careful not to charge more than you can afford to pay off in a reasonable amount of time (90 days or less).

5. Understand and protect your credit. Good credit is an asset. Compare at least three offers before you choose a credit card; look for low interest rates and no annual fees; try to pay more than the minimum payment.

Houston is manager of the Financial Empowerment Center.

Open mics and readings at Seattle Public Libraries in April

BY VOICE STAFF

Wondering what to do on a rainy April afternoon? The Seattle Public Library will offer a variety of poetry readings and open microphone sessions for all ages.

Check out the following events:

- **Poetry Appreciation Group** - Noon to 1 p.m. Tuesday, April 7, 14, 21, 28 at the **Central Library**, 1000 Fourth Ave., Level 6, Books Spiral 6 Meeting Room, 206-386-4636. A drop-in weekly reading group presented by the Washington Center for the Book where poetry lovers read and discuss poems by contemporary and classic authors.

- **PoetsWest** - 4 p.m. to 5:30 p.m. Saturday, April 11 at the **Green Lake Branch**, 7364 E. Green Lake Dr. N., 206-684-7547. A monthly open mic that takes place on the second Saturday of each month, featuring readings of poetry and prose. This month features readings by Mary Crane, Laura LeHew and Roy Seitz.

- **Writers Read** - 2 p.m. to 4:30 p.m. Sunday, April 12 at the **Columbia Branch**, 4721 Rainier Ave. S., 206-386-1908. A monthly open mic with selected author readings on the second Sunday of each month, presented in partnership with African-American Writers' Alliance. This month features Joseph W. Scott, co-author of "Little Ethiopia of the Pacific Northwest," and professor



emeritus of sociology at the University of Washington. The event will end with a Q&A session, followed by an open mic session.

- **Ladies Musical Club** - 3 p.m. to 4 p.m. Sunday, April 12 at the **West Seattle Branch**, 2306 42nd Ave. S.W., 206-684-7444. A monthly performance by local musicians. This month's selections include French composers and, in honor of National Poetry Month, Emily Dickinson poems set to music.

- **Evening Book Group** - 6:30 p.m. to 7:45 p.m. Monday, April 20 at the **University Branch**, 5009 Roosevelt Way N.E., 206-684-4063. A monthly book group for adults. This month's discussion is about poetry; attendees are invited to pick up a discussion packet with poetry selections at the University Branch.

Library events are free and everyone is welcome. Registration is not required. Free parking is available at Library branches. For more information, call the Library at 206-386-4636

Fitness for everyone

Family biking in and around Seattle Housing Authority Communities

BY LENA SCOTT
Special to *The Voice*

With the celebration of Earth Day this month I decided to focus on biking which is not only a great way to stay active and fit, but also is a way to conserve energy when compared to driving. As an inexperienced biker myself I turned to Joy Bryngelson, Seattle Housing Authority community builder, to find out more about biking, paying special attention to bike safety for families in Seattle Housing Authority's communities of High Point, Yesler Terrace, Rainier Vista and NewHolly.

With helmets and even bikes sometimes available for free or low-cost through friends or community agencies it's possible to start biking inexpensively. However, an important item not often provided are bike locks. Locks are part of a bike storage plan. A good lock is worth the investment to keep a bike safe. Decide the best place to store bikes at home, whether its indoors or outside.

If your children are biking to locations alone for the first time they should know where and how to secure their bikes before they head out. If they will be biking to a community center, for example, scope out facilities ahead of time to see if there are proper racks or a space indoors to secure bikes. Practice proper use of locks. Also discuss the do's and don'ts of bike sharing with friends or neighborhood kids. This preparation will reduce the chances of bike theft.

Joy brought up another important safety issue, which is to plan for coordination when families are biking together or using different modes of transportation. For example if you are pushing a stroller and a child is biking, and another child is on a scooter, how will you communicate important safety instruction such as when to stop, slow, or avoid dangerous obstacles. Have a discussion and practice how you will communicate using key words and visual cues as safety instruction.

Properly fitted helmets are a vital part of biking. If cost is a barrier to helmets there are several community events coming up this year with helmet giveaway and fittings organized by Seattle Children's Hospital and sponsored by Kohl's. For information about upcoming events contact the Kohl's Helmet Safety Program at Seattle Children's at 206-987-1569. Some fire stations can also help with locating helmet resources.

When venturing beyond SHA communities onto busier streets, your family needs to keep current with ever changing bike laws and lanes. For example, Yesler Way will soon be intersecting with a streetcar line, and there will be a designated bike path. Learn about how to interpret signage before venturing onto streets. For bike laws and updates visit the City's "Bike Smart" website: seattle.gov/transportation/bikesmart.htm.

And for a beginner cyclist of any age, plan your route and walk it out before tackling it on wheels. Walk the path first looking for obstacles and figure out how to address them. City routes can be researched on Seattle's Department of Transportation's interactive bike map on their website. Routes can be planned for frequent, average or beginner riders: seattle.gov/transportation/bikemaps.htm.

A couple of great organizations in the area committed to promoting biking are Bike Works and Cascade Bicycle Club. Located in the Rainier Valley near both Rainier Vista and NewHolly, Bike Works is geared to people of all backgrounds, abilities and incomes.



To find out more visit their website at bikeworks.org. Cascade Bicycle Club has coordinated bike rodeos at elementary schools near New Holly and High Point.

Lena Scott is a health educator and certified EnhanceFitness Instructor.

Voice Reporters Wanted



The Voice invites readers to share story ideas and tips. Seattle Housing Authority residents will receive payment for their articles if selected for publication. To find out more about how you can contribute to this publication, please contact Editor Nancy Gardner at 206-461-8430, ext. 227 or by e-mail, nancyg@nhwa.org.

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

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

COMMUNITY RESOURCES



Neighborhood House Executive Director Mark Okazaki addresses a crowd of more than 500 at the organization's 109th Anniversary Breakfast, held March 24. Okazaki reminded supporters that 22 percent of the nation's children live in poverty. In King County alone, 6,000 children are homeless. Said Okazaki, "We're not a nation of quitters, we're a nation of doers, and we must keep the courage and conviction to never give up, even when the odds are tough." The event raised over \$182,000, which will help some of our area's most vulnerable people get out of poverty and attain self-sufficiency.

PHOTO BY SULLIVAN HESTER

Meditation

Continued from Page 4

"For me, the benefits have extended far beyond alleviating work stress," Schroeder said. "Mindfulness Meditation has really helped bring peacefulness to my life and has given me tools to act with deeper compassion toward myself and others."

The Voice caught up with instructors Carolyn McManus and Diane Hetrick, and Frye Art Museum Senior Deputy Director Jill Rullkoetter to ask about the class and what those who are uninitiated can expect.

Question: What brought about these classes?

Answer (Jill Rullkoetter): In summer of 2010 I was developing public programs for the exhibition, Séance: Albert von Keller and the Occult.

While Keller was fascinated by the paranormal and the mysteries of the human psyche, he was equally enthralled by the powers of mystical healing, hypnosis, and dream-line states of trance, and several of his paintings show women in these states.

The public programs the Museum presented offered multiple opportunities for audiences to engage with the art of Keller and explore key topics in depth related to the artist's work.

Question: Can you describe the techniques one uses to engage in mindful meditation?

Answer (Carolyn McManus): Rest the mind in the present moment with openness, acceptance, friendliness and curiosity. When the mind wanders, return to your present moment experience.

We breathe in the present moment. People pay attention to the immediate sensations of breathing in and breathing out.

Question: What advice would you give to someone considering trying out these classes who may be skeptical?

Answer (Diane Hetrick): Mindfulness is a non-judgmental, kind and receptive mindset. One observes thoughts, feelings, and body sensations as they are, without trying



PHOTO BY NANCY GARDNER

The Frye art museum on First Hill at 704 Terry Ave, has been offering the drop-in meditation classes for five years.

to suppress, deny or exaggerate them. As we become less attached or identified with our thoughts, feelings and sensations, we are less inclined to get swept away by negative reactivity in the face of life's stressors and challenges, and develop more capacity to meet our lives with curiosity, creativity, patience, wisdom, trust, skill and ease.

Question: What can meditation do or not do?

Answer (Diane Hetrick): There is quite a bit of good research on the effects of mindfulness meditation when done over a period of time. Participants in the eight-week long Mindfulness Based Stress Reduction class that Carolyn and I both teach at Swedish Hospital have been found to develop less anxiety and depression, better immune system functioning, better ability manage stress and even ease chronic pain.

Question: Is the practice based on Buddhism?

Answer (Carolyn McManus): Yes, although all spiritual traditions have a contemplative component. Also, it does not require any religious affiliation to rest the mind in the present moment with openness, friendliness and curiosity.

The Frye Art Museum is free of charge. It is closed Mondays. If taking public transit, Metro routes 3, 4 or 12 have stops nearby.

ZUMBA For Women

Only \$8 per month!

Yesler Community Center
917 East Yesler Way 98122
206-386-1245
Mondays & Wednesdays
6 - 7pm

High Point Community Center
6920 34th Ave SW 98126
206-684-7422
Fridays & Sundays
5:30-6:30pm

Girls ages 8-18 are invited to participate for FREE
Babysitting available upon advance request



FREE Healthy Cooking and Nutrition Classes for Seniors & Caregivers!

Vietnamese language support available!



Thursdays from 2:00 - 3:00 PM

April 23 - June 4, 2015

(No class on May 28)

Yesler Community Center

917 E. Yesler Way, Seattle

Bus # 27 & 60

Office: 206-386-1245



Simple

- Learn basic cooking skills
- Learn how to prepare quick and delicious meals

Healthy

- Led by registered dietitians
- Learn how to choose foods for various health conditions such as diabetes and heart disease

Affordable

- Recipe ingredients are very affordable
- Every class includes a Mix & Match recipe that lets you choose which ingredients to use

Free Food!

- Sample two recipes we make in class each week!
- Raffle! You could win 1 of the 10 grocery bags we hand out at every class full of the ingredients to make one of the recipes!

Presented by Chicken Soup Brigade and generously funded through a grant from AARP Foundation and in collaboration with Neighborhood House and Yesler Community Center.

For more information, call (206) 957-1649 or email pots&plans@csbrigade.org
Jenny Ap (206)372-8511/jenny@nhwa.org or Long Luu (Vietnamese)-(206) 571-5080

Get your taxes done for free. Find even more details at uwkc.org/taxhelp or call 2.1.1.

North King County

Shoreline
Hopelink Shoreline
15809 Westminister Way N. Shoreline, WA 98133
Weds: 5-9 p.m.
Thurs: 1-9 p.m.
Sat: 10 a.m.-2 p.m.

Seattle

North Seattle
Phinney Neighborhood Center
6532 Phinney Ave. N. Seattle, WA 98103
Mon, Weds: 5-9 p.m.
Sat: 10 a.m.-2 p.m.

Lake City Neighborhood Service Center
12525 28th Ave. NE Seattle, WA 98125
Mon, Tues, Thurs: 5-9 p.m.
Sat: 11 a.m.-3 p.m.

Central Seattle
Seattle Public Library, Central Branch
1000 4th Ave. Seattle, WA 98104
Mon thru Thurs: 12-7 p.m.
Sat: 11 a.m.-5 p.m.
Sun: 1-5 p.m.

Seattle Goodwill
700 Dearborn Place S. Seattle, WA 98144
Mon, Weds: 5-9 p.m.
Sat: 10 a.m.-2 p.m.

El Centro de la Raza
2524 16th Ave. S. Seattle, WA 98144
Tues, Weds: 5-9 p.m.
Sat: 10 a.m.-2 p.m.

South Seattle
Rainier Community Center
4600 38th Ave. S. Seattle, WA 98118
Tues: 5:30-8:30 p.m.
Weds: 10 a.m.-1 p.m., 5:30-8:30 p.m.
Thurs: 5:30-8:30 p.m.
Sat: 11 a.m.-3 p.m.

Rainier Beach Community Center
8825 Rainier Ave. S. Seattle, WA 98118
Weds: 5-8 p.m.
Sat: 10 a.m.-2 p.m.
Sun: 11 a.m.-3 p.m.

New Traditions
9045 16th Ave SW, Seattle, WA 98106
Weds, Thurs: 5-9 p.m.

YWCA Greenbridge
9720 8th Ave. SW Seattle, WA 98106
Sat: 9:30 a.m.-4:30 p.m.
Sun: 10 a.m.-2 p.m.

Eastside

Bellevue
Bellevue Goodwill
14515 NE 20th St. Bellevue, WA 98007
Tues, Thurs: 5-9 p.m.
Sat: 12-4 p.m.

Bellevue
Bellevue Hopelink
14812 Main St. Bellevue, WA 98007
Mon: 5-9 p.m.
Tues, Weds: 1-9 p.m.
Sat: 10 a.m.-2 p.m.

Kirkland
YMCA KTUB
348 Kirkland Ave. Kirkland, WA 98033
Mon: 5-9 p.m.
Sat: 10 a.m.-2 p.m.

South King County

Auburn
Green River Downtown Auburn Center
Adult Education Center (Suite 145)
110 2nd St. SW Auburn, WA 98001
Tues, Thurs: 5-9 p.m.
Sat: 10 a.m.-2 p.m.

Burien
Burien Goodwill
1031 SW 128th St. Burien, WA 98146
Tues, Thurs: 5-9 p.m.
Sat: 10 a.m.-4 p.m.

Federal Way
Federal Way Multi-Service Center
1200 S 336th St. Federal Way, WA 98003
Tues thru Thurs: 5-9 p.m.
Sat: 10 a.m.-2 p.m.

Highline
Highline College
Outreach Building (Bldg. 99)
23835 Pacific Hwy. S. Kent, WA 98198
Weds, Thurs: 4-8 p.m.
Sat: 10 a.m.-2 p.m.

Kent
Courage360 (Formerly WVEE)
515 W. Harrison St. Kent, WA 98032
Tues, Thurs: 5-8 p.m.
Sat: 9 a.m.-4 p.m.

Renton
Salvation Army Renton Rotary
206 S. Tobin St. Renton, WA 98055
Tues, Weds: 5-9 p.m.
Sun: 10 a.m.-2 p.m.

SeaTac
Angle Lake Family Resource Center
4040 S. 188th St. SeaTac, WA 98188
Mon, Weds: 5-9 p.m.
Sat: 10 a.m.-2 p.m.

Tukwila
Tukwila Community Center
12424 42nd Ave. S. Tukwila, WA 98168
Tues, Thurs: 5-8 p.m.
Sat: 10 a.m.-2 p.m.

Note: Taxes take time, so come early. The last customer will be served 45 minutes before the site closes.

TRANSLATIONS

TRANSLATED ARTICLES FROM THE VOICE

Recordatorio: La lista de espera de sección 8 de la Autoridad de Vivienda de Seattle cerrará el 10 de abril/By Leahla Contreras

La Autoridad de Vivienda de Seattle (Seattle Housing Authority) abrió una nueva lista de espera en marzo para bonos de elección de vivienda (sección 8) usando un sistema de lotería basado en el internet. Estos bonos proporcionan ayuda financiera para la gente de bajos ingresos para que puedan rentar viviendas que pertenecen a propietarios en la ciudad de Seattle.

La inscripción para esta lotería abrió a las 8 AM del 23 de marzo y cerrará a las 5 PM del 10 de abril en la hora estándar del Pacífico. Después la gente ya no podrá inscribirse. Solamente se puede inscribir en la página de SEATTLEHOUSING.ORG/WAITLIST, siendo así imposible registrarse en cualquier otra página del internet. La inscripción es completamente gratis. Si se le pide dinero, usted no estaría en la página correcta.

Su probabilidad de ser escogido para la lista de espera es igual sea cuando sea que se inscriba durante el periodo de inscripción. Una vez que ésta se cierre 2,500 candidatos

serán escogidos al azar y sus nombres serán registrados en la nueva lista de espera.

Uno se puede registrar para la lotería si tiene 18 años o más, o si es un menor emancipado, sin importar donde viva. También se puede registrar si reside actualmente en una vivienda de La Autoridad de Vivienda de Seattle (SHA).

Solamente es permitido que una persona de cada domicilio se inscriba para la lotería, y solamente se puede registrar una vez. Registrarse para la lotería NO significa que se esté aplicando para una vivienda. Si usted es escogido para la lista de espera, recibirá mayor información acerca del proceso de solicitud de vivienda.

Más información está disponible en la página de SEATTLEHOUSING.ORG/WAITLIST. Usted se puede registrar desde esa página al partir del 23 de marzo. Si no tiene acceso a una computadora, o si tiene preguntas relacionadas al asunto, por favor llame a la línea directa de apoyo de la lista de espera de SHA al 206-239-1674.

ናይ ስያትል ሃውሲንግ ምዝገባ ዝተሰጠ ስክሽን 8 (Housing Choice Voucher) ሚያዝያዎ ክውዳ እዩ!/By Habte Negash

ምምሕዳር ገዛውቲ ስያትል ምዝገባ ገዛውቲ ስክሽን 8 ወርሒ ሚያዝያ 10 ሰዓት 5 ድ. ቀ. (5 p.m) ከውዳእ እዩ። ምዝገባ ሎተር ብኢንላይን (online) ኪኸውንዩ። እዚ ፕሮግራም እዚ ትሑት ኣታዊ ንዘለዎም ሰባት ኣብ ናይ ውልቀ ሰባት ኣባይቲ ተኻሪዮም ኣብ ከተማ ስያትል ንክኑሩ ዝግበር ናይ ገንዘብ ሓገዝ እዩ።

ንዕጫ ዚግበር ምዝገባ ካብ 23 መጋቢት ሰዓት 8 ናይ ንግሥ ክሳብ 10 ሚያዝያ ሰዓት 5 ድሕሪ ቀትሪ ፓሲፊክ ታይም ክጸንዕ እዩ። ምዝገባ ኣብ SEATTLEHOUSING.ORG/WAITLIST ጥራይ እዩ ኪኸውን። ኣብ ካልእ ወብሳይት ምምዝጋብ ኣይከኣልን እዩ። ምዝገባ ብኣጻ እዩ። ንምዝገባ ገንዘብ ክትከፍሉ ዝሓትት ኣንተኮይኑ ግና ቅትዕ ኣይኮነን ጌጋ ወብሳይት እዩ።

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ዕድሜኡም 18 ዓመት ወይ ድማ ካብኡ ንላዕሊ

ዝኹስ ሰባት ኣባይ ከምዝከብሩ ብዘየገድሱ ኣብቲ ዝግበር ሎተር (ዕጫ) ንምስታፍ ኪምዝገቡ ይኸእሉ እዮም። ኣብዚ እዋን እዚ ኣብ ገዛውቲ ናይ ምምሕዳር ኣባይቲ ስያትል ዝኑሩ ዘለው ተካሪይቲ ይኹኑ ካልኣት ኪምዝገቡ ይኸእሉ እዮም።

ካብ ስድራ ቤት ሓደ ሰብ ጥራይ እዩ ኪምዝገብ ዝግባእ። ሓደ ግዜ ጥራይ ኪምዝገብ እዩ ድማ ዝፍቀድ። እዚ ንሎተር (ንዕጫ) ዝግበር ምዝገባ፡ ነቲ ብምምሕዳር ኣባይቲ ስያትል ዝካረ ገዛውቲ ዝምልከት ምዝገባ ኣይኮነን ።

ናይ ስክሽን 8 ገዛውቲ ክትካረዩ ዕጫ እንተበጸሑኩም ዘድሊ ቅጥዕታት ምእንቲ ክትመልሱ ብእዋኑ ክሕበረኩም እዩ።

ዚ ዝምልከት ሓበሬታ ኣብ seattlehousing.org/waitlist ተመልከቱ። ንምዝገባ ዝምልከት ቅጥዒ ድማ ካብ መጋቢት 23 ጀሚሩ ምስኡ ክትሓተዝ እዩ። ብኮምፕዩተር ምምዝጋብ ጸገም ኣንተሃልዩኩም ወይ ድማ ሕቶ ኣንተሃልዩኩም ኣብ ተሌፎን ቁጽሪ 206-239-1674 ብምድዋል ግቡእ ኣገልግሎት ክትረኽቡ ትኸእሉ ኢኹም።

NHẮC NHỚ: VIỆC GHI TÊN VÀO DANH SÁCH CHỜ ĐỢI CỦA CHƯƠNG TRÌNH SỐ 8 CỦA CƠ QUAN GIA CƯ SEATTLE SẼ ĐÓNG VÀO NGÀY 10 THÁNG 4/By Long Luu

Cơ quan gia cư Seattle Housing Authority sẽ mở danh sách chờ đợi mới trong tháng Ba cho chương số 8, qua hệ thống rút thăm trên mạng. Những tờ tin phiếu này cung cấp trợ giúp tài chính cho người nghèo để thuê mượn nhà từ các chủ nhà tư ở trong thành phố Seattle.

Việc ghi tên để rút thăm sẽ bắt đầu lúc 8 giờ sáng ngày 23 tháng 3 đến 5 giờ chiều ngày 10 tháng 4 – giờ địa phương. Quý vị chỉ có thể ghi tên ở trang mạng SEATTLEHOUSING.ORG/WAITLIST – quý vị không thể ghi tên qua bất cứ trang mạng nào khác được. Việc ghi tên thì miễn phí. Nếu (lúc ghi tên) mà bị buộc phải trả tiền, thì là quý vị không ở đúng trang mạng.

Cơ hội để được rút thăm chọn ra ngang nhau không kể lúc nào quý vị ghi tên. Khi thời gian ghi tên chấm dứt, sẽ có 2,500 người nộp đơn sẽ được chọn ra cách ngẫu nhiên và được đưa vào danh sách chờ đợi mới.

Quý vị có thể ghi tên nếu quý vị đủ 18 tuổi trở lên, hay là một trẻ vị thành niên sống độc lập cũng hợp lệ, dù ở bất cứ nơi nào (lúc ghi tên). Quý vị có thể ghi tên cho dù quý vị hiện đang cư ngụ trong khu gia cư SHA hay không.

Chỉ cần một người trong gia đình ghi tên mà thôi, và chỉ cần ghi tên 1 lần là đủ. Nếu quý vị được rút thăm chọn vào danh sách chờ đợi, quý vị sẽ nhận được thêm các thông tin cho thủ tục vào đơn.

Nhiều thông tin có sẵn trên trang mạng SEATTLEHOUSING.ORG/WAITLIST. Quý vị có thể ghi từ trang mạng này kể từ ngày 23 tháng Ba. Nếu quý vị không có máy vi tính, hoặc có câu hỏi, quý vị có thể gọi điện thoại đến SHA đường dây nóng ở số (206)239-1674.

Напоминаем: запись в очередь на Восьмую программу г. Сиэтла закрывается 10 апреля/ By Irina Vodonos

Интернет-лотерея для распределения талонов “Housing Choice” (“Выбор жилья” или т.н. Восьмая программа), организованная жилищным управлением г. Сиэтла, закрывается 10 апреля в 17:00 ч. Талоны помогают малоимущим жителям Сиэтла арендовать частное жилье в черте города.

Регистрация на участие в лотерее началась 23 марта и заканчивается в 17:00 ч. 10 апреля. Записаться можно только на веб-сайте SEATTLEHOUSING.ORG/WAITLIST. Ни через какие другие сайты регистрация невозможна. Если во время регистрации вас попросят заплатить деньги - значит, вы зашли на фальшивый сайт.

Ваши шансы попасть в очередь на Восьмую программу не зависят от того, когда именно вы регистрируетесь в течение всего срока регистрации. Когда регистрация закончится, с помощью лотереи будут выбраны 2,5 тысячи человек, которых запишут в очередь.

Принять участие в лотерее может любой человек в возрасте от 18 лет, либо дееспособный несовершеннолетний, вне зависимости от места жительства. Для того, чтобы зарегистрироваться, необязательно жить в доме, принадлежащем жилищному управлению Сиэтла.

Зарегистрироваться на участие в лотерее может только один человек на семью. Зарегистрироваться можно всего один раз. Регистрация для участия в лотерее не означает, что вы подаете заявку на получение жилья. Если после проведения лотереи вас оставят на очередь, вы получите дополнительную информацию о том, как подать заявку на жилье.

Дополнительная информация доступна на сайте SEATTLEHOUSING.ORG/WAITLIST. Если у вас нет доступа к компьютеру или если у вас есть вопросы, обращайтесь в специальную горячую линию Жилищного управления Сиэтла по телефону 206-239-1674.

ማስታወሻ: የሲያትል ቤቶች ለስክሽን 8 ተመዝግቦ ለመቆየት የሚያስችለው የመጨረሻ ቀን ሚያዚያ 10 ነው/By Assaye Abunie

የሲያትል ቤቶች ባለስልጣን በመጋቢት ወር ለቤት ችይስ ሾቸር (ሴክሽን 8) ተመዝግቦ ለመቆየት የሚያስችለውን የኢንተርኔትን የሎተሪ ሲስተም የምዝገባ ቀን የሚያልቀው ሚያዚያ 10 ነው። ይህ ሾቸር የሚረዳው ዝቅተኛ ገቢ ላላቸው ሰዎች የገንዘብ እርዳታ እንዲደረግላቸውና በሲያትል ከተማ ውስጥ በሚገኙ በግለሰብ ቤቶች ውስጥ መከራየት እንዲችሉ ነው።

ይህ የሎተሪ ምዝገባ የጀምረው ማርች 23 ሲሆን እስከ ምሽቱ 5 ሲሆን ምዝገባው እስከ አፕሪል 10 ድረስ በፓሲፊክ ሰዓት አቆጣጠር ይቆያል። ይህ ምዝገባ የሚካሄደው በ SEATTLEHOUSING.ORG/WAITLIST ብቻ ሲሆን በሌላ ዌብሳይት መመዝገብ አይችሉም። ምዝገባው ነጻ ነው። ገንዘብ የሚጠይቋችሁ ከሆነ የተሳሳተ ዌብሳይት ነው።

ተመዝግቦ ለመቆየት በሚያስችለው እድል ለመመረጥ በተሰጠው የጊዜ ገደብ መመዝገብ ብቻ ሲሆን ከተመዘገቡ ለሁሉም እኩል እድል ነው የሚደርሰው። ምዝገባው ከተዘጋ በኋላ ካመለከቱት ውስጥ 2,500 አመልካቾች

ተመዝግቦ ለመቆየት ይመረጣሉ።

እድሜው ከ18 ወይም ከዛ በላይ የሆነና ራሱን የቻለ በየትኛውም አካባቢ የሚኖር መመዝገብ ይችላል። ለመመዘገብ የግድ በሲያትል የቤቶች አስተዳደር ውስጥ መኖር የለብዎትም።

በአንድ ቤት ውስጥ የሚኖር አንድ ሰው ብቻ መመዝገብ ይችላል። የሚመዘገቡትም አንድ ጊዜ ብቻ ነው። ለሎተሪው ተመዝገቡ ማለት ለሲያትል ሃውሲንግ ተመዝገቡ ማለት አይደለም። ተመዝግቦ ለመቆየት ከሚያስችለው ከተመረጡ ተጨማሪ መረጃዎች ይላክልዎታል።

በተጨማሪ መረጃ ለማግኘት በSEATTLEHOUSING.ORG/WAITLIST ይመልከቱ። በዛ ገጽ ላይ በሚገኘው ማርች 23 ጀምረው መመዝገብ ይችላሉ። ኮምፒተር ማግኘት ካልቻሉ ወይም ጥያቄ ካለዎት የሲያትል የቤቶች አስተዳደርን ተመዝግቦ ለመቆየት የሚያስችለውን መስመር በስልክ ቁጥር 206-239-1674 ይደውሉ።

Xasusin: boonadii guriyaynta Seattle (Section 8) waxa uu ku egyahay 10ka April/By Mahamoud Gaayte

Liiska sugaha ah ee boonda section 8, hey'ada guriyaynta Seattle, ee laga buuxinayo baraha internetka waxa uu ku egyahay 5ta galabnimo, 10ka bisha april. Boonadani waxa ey ka cawineysaa dadka dakhliga yar si kirada guryaha aaney dawladu lahay ee ay iska leeyihiin dadka shibilka ah e reer Seattle.

Arjiga bakhti-yaanasiibka ah waxa uu furmayaa 23ka bisha March dadkuna waxa ey haystaan ilaa 5ta galabnimo ee 10 bisha April, waqtiga pacific (Seattle). Meesha keliya oo aad arjiga ka buuxsan kartaan waa SEATTLEHOUSING.ORG/WAITLIST – ma jirto goob kale oo arji lga buuxsankaro.

Fursada aad u leedahay in aad ku guuleysato boos, ku ma xira xiliga is diiwaan gelinta. Marka diiwaan gelinta laxiro waxa

si nasiib ah loo dooranayaa 2,500 oo arji kuwaas oo gelaya liiska sugaha ah.

Qoys kasta waxaa iska diiwaan gelinkara hal qof, hal mar oo qudha. Is diiwaangelinta barnaamijka lama mid aha codsiga guriyaynta. Hadii aad ku guuleysato yaa nasiibka waxaa lagu soo diri doona faahfaahin ku saabsan sidii aad guriyayn u codsanlahayd.

Faahfaahin dheeraad aha ka hel SEATTLEHOUSING.ORG/WAITLIST. Waxaad iska diiwaan gelin kartaa baraha kor ku xusan 13ka March. Hadii aadan haysan computer ama aad qabto sua'aal fadlan soo wac Heya'ada Guriyaynta Seattle (SHA's waitlist hotline at 206-239-1674).

OUR COMMUNITIES

STORIES FROM OUR FRIENDS AND NEIGHBORS

High Point poised to get traffic safety improvements to 35th Ave. SW

By SHUKRI OLOW
High Point Community Builder

HP About 100 High Point residents and neighbors attended a transportation safety meeting March 10.

Seattle Department of Transportation (SDOT) Project Manager Jim Curtin presented two design alternatives, pictured at far right, that are being considered to help make 35th Ave. SW safe for drivers, bicyclists and pedestrians.

"Increased safety is the primary goal of this project from Arbor Heights through High Point to Fauntleroy," Curtin said. "In the High Point area, there have been several fatal collisions over the years and we intend to create conditions that prevent serious, life-changing crashes."

According to SDOT, in the past 10 years, more than 1,000 crashes, 412 injuries, and five deaths have occurred on 35th Ave SW between Roxbury and Alaska Streets.

Both options were problematic to audience members and created much discussion. Option A was an issue to the audience because of the reduced speed to 30 mph as well as the vehicle delays of three to four minutes. Option B also had the same vehicle delays.

In October 2014, SDOT hosted a meeting with High Point residents to address its findings from a study on the 35th Ave. SW corridor.

The goal of the project's road improvements include improving safety for all, strengthening enforcement, short and long-term engineering solutions, and providing



PHOTO BY SHUKRI OLOW

High Point residents listen to proposals from Seattle Department of Transportation on plans to make the troublesome 35th Ave. SW safer for cyclists, drivers and pedestrians. Options are shown at right.

opportunity for public input and implementation in 2015 and beyond.

He added that city officials will be coming back to the community in June with their full traffic analysis and recommendations for the corridor.

"We'll take comments on the proposed changes at that meeting before making our final decisions for 35th," Curtin said. "We hope to start making changes to the roadway in late summer."

35TH AVENUE SW ROAD SAFETY CORRIDOR PROJECT

MARCH 2015

Design Alternatives

OPTION A

SW ROXBURY ST TO SW EDMUNDS ST

Rechannelization

- 4 lanes to 3 lanes
- 2 general purpose lanes
- Center left turn lane

Key Features

- Reduces top collision types
- Lower vehicle speeds
- Better conditions for people walking
- Opportunities for new crossings
- Improved efficiency
- Easier turning movements - especially for large vehicles

Limitations

- Initial modeling shows vehicle delays of 3 to 4 minutes during peak hour traffic

OPTION B

SW ROXBURY ST TO SW RAYMOND ST

Rechannelization

SW ROXBURY ST TO SW EDMUNDS ST

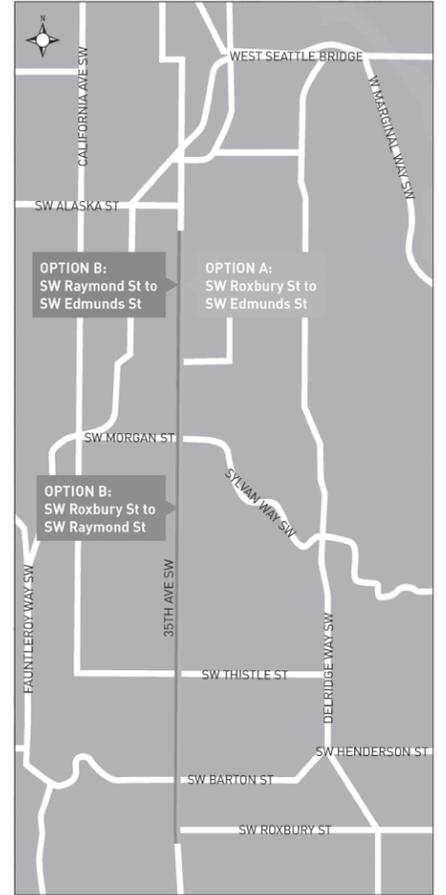
- Peak hour parking restrictions - allows for one additional lane for vehicular traffic
- AM - northbound
- PM - southbound

Key Features

- Maintains extra travel lane during peak
- Same benefits as alternative 1 south of SW Raymond Street

Limitations

- Initial modeling shows vehicle delays of 3 minutes during peak hour traffic
- Partial pedestrian safety benefits during peak hours



SDOT
Seattle Department of Transportation

Reflections on Easter, Passover

By KATHRYN MINAR
Special to The Voice

Hello, my name is Kathryn and I live at Lake City House. I would be honored if you would allow me to share some of my thoughts about this special time of year.

Everyone has heard sometime in their lives the old adage, 'April showers bring May flowers.' I feel that there are also other things that this time of year brings—things that travel to deep within the soul.

Just as Christmas, in the dark clutches of winter, brings hope, springtime brings that same hope that we all experienced a few short months ago.

Renewed hope and the promise of new life is in my way of thinking one of the gifts that this season, which this year happens to be in April, gives us.

April marks two of the most important holidays for Christians and Jews. Holy Week begins April 3 and culminates a week later on Easter Sunday. In the Christian tradition, this is by far the holiest week of the year. It celebrates the life, death and resurrection of Jesus Christ. And Passover, the Jewish celebration at this same time of year, commemorates and celebrates the emancipation of the Israelites from slavery in ancient Egypt. This year it is celebrated from April 3 to 11. The centerpiece of Passover is the Seder meal. Both of these traditions are a rich and colorful historical and mystical tapestry.

Some of us remember these holidays in silent reflection, some with church or

synagogue services, and still others with time-honored traditions and rituals.

Boisterous family celebrations, Easter bunnies (chocolate or otherwise), Easter baskets, or silent worship of these ancient traditions all abound. None is right; none is wrong. They are all a part of the whole.

At Lake City House and Lake City Court, most will celebrate in their own ways. Some will sing in church choirs and some will color Easter eggs. Some will gather together in quiet whispers and some will join hands and raise their voices on high. Others will simply enjoy the sunrise or the beauty of new buds trying to bloom.

Others will share time with loved ones while others take comfort in their memories. Just as Christmas time can be a joyous time and indeed sometimes a sad time, so can these holidays. But remember, just because you're alone doesn't mean you have to be lonely.

Take comfort in the knowledge that we are here, that our hearts are beating, that we are a part of all our eyes, our minds and our hearts see, and that we are all inevitably connected to that which has gone before and all that is to come.

To everyone regardless of what you believe or even if you believe nothing at all, may these holidays bring you comfort, softness, laughter, belonging and hope.

Thank you for letting me share some of my thoughts about this special time. It has been an honor. Finally, in keeping with my beliefs and traditions, I wish you all a Happy Easter!

AmeriCorps

Continued from Page 1

The new plaza is to be one such solution. With convenient access both to El Centro's many social services and to the Beacon Hill Light Rail Station, the Plaza Roberto Maestas, upon completion, will offer 112 residential units as affordable housing options for low-income families in South Seattle.

The plaza also is being constructed under Washington State's Evergreen Sustainable Development Standards and will be certified "green" under the Seattle Built Smart program.

The Plaza Roberto Maestas, upon completion, will offer 112 residential units as affordable housing options for low-income families in South Seattle.

The groundbreaking ceremony itself featured live music and a prestigious lineup of speakers composed of community members, politicians, and social activists. Seattle Mayor Ed Murray and Congressman Adam Smith were both in attendance. Immediately following the groundbreaking ceremony, attendees gathered inside El Centro for a reception with plentiful food, drink, dessert and more live music.

Originally, event coordinators had anticipated a turnout of about two hundred people at the outdoor ceremony, but unseasonably warm and sunny weather pushed their expected numbers up to five hundred attendees. Given this unexpected boost, the

event coordinators welcomed the support of the Neighborhood House AmeriCorps volunteers. During the event, the Neighborhood House AmeriCorps team greeted the attendees and assisted with set-up, ushering, parking, food distribution and clean-up.

The Neighborhood House AmeriCorps team's committed service at El Centro de la Raza was a boon not only for El Centro staff and attendees but for the members themselves. AmeriCorps members at the end of the event expressed their satisfaction not only at getting to help out at the important event but also at being able to witness firsthand the legacy of the work of the Four Amigos.

Overall, the event was felt by attendees and AmeriCorps members alike to be a thoughtful expression of El Centro's mission, "to build unity across all racial and economic sectors, to organize, empower, and defend our most vulnerable and marginalized populations and to bring justice, dignity, equality, and freedom to all the peoples of the world."

AmeriCorps is a national service organization, sometimes called a domestic Peace Corps, that engages its members in year-long service in community and environmental organizations and non-profits around the United States. For their service, members receive a small monthly stipend as well as a Segal Education Award upon the completion of their service term.

Norman is an early childhood education AmeriCorps member at Rainier Vista.