



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



# The Voice

June  
2015  
*Articles translated  
into six languages*

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

## SHA's online survey invites residents to rank priorities for 2016 budget

BY SEATTLE HOUSING AUTHORITY

You may be aware of meetings in which residents have had a chance to share their priorities for Seattle Housing Authority (SHA) spending in various areas such as support services, building and grounds upkeep, safety and security, building management and facilities and major capital repairs. This year SHA created an online version to expand participation.

SHA residents, voucher holders, people on waitlists, staff and members of the public are invited to take the survey online by visiting <http://budget.seattlehousing.org/>. You can also find a link on the SHA website

homepage: [seattlehousing.org](http://seattlehousing.org)

The survey will guide you through a series of questions and exercises that capture your opinion of priority spending areas for SHA's 2016 budget. SHA is asking people to complete the survey by June 15.

An article in the May issue of the Voice featured SHA's Chief Financial Officer Shelly Yapp describing the budget process. To learn more refer back to that issue or read it online at: <http://voice.seattlehousing.net/2015/05/01/seattle-housing-authority-2016-budget-outreach-begins/>.

## The roots and customs of Ramadan

BY SHUKRI OLOW  
*SHA Community Builder, High Point*

Ramadan is the ninth month of the Islamic lunar calendar. The Islamic calendar is based on the lunar cycle. The month of Ramadan is the ninth month and begins with a combination of the sighting of the new moon and astronomical calculations.

Every day during this month, Muslims around the world spend daylight hours in a complete fast. Fasting is one of the Five Pillars of the religion of Islam and one of the highest forms of Islamic worship.

Muslims all over the world abstain from food, drink, and other physical needs during the daylight hours as a time to purify the soul and practice self-sacrifice. Ramadan is much more than just not eating and drinking.

During Ramadan, every part of the body must be restrained. The tongue must be

restrained from backbiting and gossip.

The eyes must restrain themselves from looking at unlawful things. The hand must not touch or take anything that does not belong to it. The ears must refrain from listening to idle talk or obscene words. The feet must refrain from going to sinful places. In such a way, every part of the body observes the fast.

Therefore, fasting is not merely physical, but is rather the total commitment of the person's body and soul to the spirit of the fast. Though fasting is mandatory only for adults, children as young as eight willingly observe fasting with their elders. Children look forward to the excitement of sighting the moon and eating special meals with their families.

Please see "Ramadan" on Page 5

## Controlling bed bugs, one inspection at a time SHA's four-legged friend helps sniff out pesky critters

BY NANCY GARDNER  
*The Voice editor*

The good news is, Seattle as a city has fallen on the list of the nation's top cities for bed bugs by five spots to 13 in 2013, according to Orkin, a pest control company (Chicago topped the list). Unfortunately, the national trend in bed bug prevalence is edging upward.

Bed bug calls increased 71% between 2000 and 2005, according to the U.S. National Pest Management Association. Roughly a quarter of hotels nationwide sought bed bug eradication in 2006. A recent New York Times article cited library books and swanky hotels as havens for the apple seed-sized bedfellows, proving that nobody is immune.

Seattle Housing Authority (SHA) is helping to get a jump on things by continuing to perform routine, preventative inspections at its properties annually, as well as whenever concerned residents call to report their suspicions. SHA's top dog at finding bed bugs is Taylor, a black lab whose acute sense of smell has been honed to locate the pests within just a few minutes, accompa-

nied by her human counterparts, SHA pest experts Doug Proctor and Karen Peterson. There are four additional highly-trained personnel on staff who deal with pest issues, so turnaround time for getting help is usually swift.

According to Doug Proctor, a pest control technician with SHA, the critters come out of hiding, usually at night, to feed on the blood of unsuspecting humans. They reproduce quickly, and large-scale infestations can happen if they are ignored. They hide almost anywhere, including mattress seams, baseboards, night stands and bed frames.

Why do spring and summer seem like good times to check for bed bugs?

"When ambient temperatures get about 50 degrees, bedbugs are more active, and so are people," says Proctor.

According to Proctor, one of the problems that makes bed bugs difficult to nab is that they are very mobile, hitching rides from place to place by way of clothing, purses and even shared housekeeping devices like vacuum cleaners.

Which is where seven-year-old Taylor comes in.

"She's a lot faster than we are," says her keeper, Karen Peterson, SHA's Pest control Supervisor. She adds that most residents welcome the black lab, although cultural differences make some residents averse to having a dog enter their home. In those instances, SHA will gladly do human-only visual inspections.

Peterson first enters a unit with Taylor, and if the dog alerts Peterson to an area, Doug Proctor will follow up in the unit by performing a visual inspection and remove a specimen, then make arrangements with the resident to remove the bugs.

The trio spends up to five hours each day inspecting property units.

If bed bugs are found, treatment consists of using three types of chemicals that are harmless to humans, thoroughly cleaning affected items and, if necessary, removing the affected items from the apartment.

Shela Connelly, a resident of Fremont Place, one of SHA's recent bed bug inspection sites, was curious to know how a dog can so quickly and easily sniff out the 'troublemakers.'



PHOTO BY NANCY GARDNER

Doug Proctor and Taylor, both bed bug experts, get prepared to search residents' apartments at Fremont Place.

Please see "Bed Bugs" on Page 3

Neighborhood House  
The Weller Building  
1225 S. Weller St. Suite 510  
Seattle, WA 98144

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

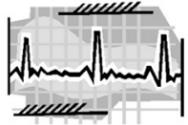
### In this issue

Health Notes Page 2  
Car safety for kids

SHA News Page 3  
Residents help steer the budget

Translations Page 7

# Health Notes



A column devoted to your well-being

## Car safety for kids

By Neighborcare Health

It's June and your children are out of school. Will they be spending more time in the car?

June is National Safety Month and organizations across the country are working to raise awareness of what it takes to stay safe. More than 9,000 children under 12 died in motor vehicle accidents from 2002 to 2011, in many cases because they were not properly fastened in child seats or seat belts. Any child under the age of 13 should be buckled in the backseat of your car. Make sure they are properly buckled in to keep them safe and secure.

### Child restraint laws

Washington state's Child Restraint Law is one of the most comprehensive child restraint laws in the nation. The law was spurred on by a Walla Walla parent, Autumn Alexander Skeen. Autumn lost her four-year-old son, Anton Skeen in a rollover collision. Anton was using a seat belt at the time. Yet because seat belts are built for adult bodies, he slid out of his belt and was thrown from the vehicle and died in the collision.

In 2007 this law was revised further to improve the regulations based on new safety research. The law now requires that children under 4 feet 9 inches tall to use a booster seat. Currently tickets will cost \$124 for each improperly restrained child, including if the child safety seat harness is not buckled, or if an older child has put the shoulder belt behind their back. Shoulder belts must be used with booster seats. If you do not have shoulder belts in your car, you are exempt from some of the requirements of the new law.

### Choosing the Right Seat

Deciding which seat is right for your child depends on weight, height, and age.

- Rear facing infant seat: infants under one year and weighing less than 20 pounds.
- Front-facing car seat: children between one and four years, and 20 and 40 pounds.
- High-back booster seat: children who have outgrown their front facing car seat by height or weight who are riding in cars without a headrest.
- Back booster seat: children who have outgrown their front facing car seat by height or weight who are riding in cars with a headrest.

### Finding the right child car seat

The National Highway Traffic Safety Administration develops recommendations for all car seats and rates ones that meet the Federal Safety Standards. When looking for a car seat it is important to make sure that it meets or surpasses the Federal Safety Standards. You can get more information about safety ratings online at [www.safercar.gov](http://www.safercar.gov).

Local department stores and toy stores carry different varieties of seats in a range of prices. For low-cost or free seats, check with local hospitals, your health insurer or local fire departments and police departments on upcoming car seat events.

You can also contact the Washington State Booster Seat Coalition for a discount coupon. Call 1-800-BUCK-L-UP or visit [www.boosterseat.org](http://www.boosterseat.org). The coalition provides information on booster seats in several different languages – Amharic, Arabic, Cambodian, Chinese, Japanese, Korean, Oromo, Russian, Tagalog, and Tigrinya.

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

## Free children's clothing swap at High Point June 6

Do you have some spring cleaning to do? Are you interested in either donating or acquiring free children's apparel? If so, you're invited to attend the Children's Clothing Swap Saturday, June 6 from 10 a.m. until 2 p.m. at Neighborhood House High Point.

The Family Resource Center at Neighborhood House High Point is hosting the Children's Clothing Swap, a chance for community members to select children's clothing from newborn to size 7 toddler's. All clothes will be free.

The event will be free and open to the

public and refreshments will be served. While no donations are required, clean, used children's clothing is appreciated.

Donations can be dropped off at the Family Center at 6400 Sylvan Way SW, or you can contact Megan Demeroutis at 206-588-4900 ext. 620 or [megand@nhwa.org](mailto:megand@nhwa.org) to discuss alternative arrangements for pick up. Clothing can also be brought in on the day of the event, but donations made prior to June 6 are preferred.

All leftover clothes will be donated to the Clothesline.

Editor

Nancy Gardner  
206-461-8430, ext. 2051  
[nancyg@nhwa.org](mailto:nancyg@nhwa.org)

The Voice

Contributing Writers

Kat Kranzler  
Shukri Olow  
Troy Smith

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](http://www.nhwa.org) and at [www.seattlehousing.org](http://www.seattlehousing.org).

## Be Safe Avoid being a victim of pick-pocketers

By RON HOWELL

Seattle Neighborhood Group

Have you ever arrived at a destination just to realize that something of value was missing, like your wallet, debit card or watch? In your mind, did you retrace your steps trying to remember where it might be only to realize that you just became a victim of a pickpocket thief?

Pickpocketing is a crime of deception, distraction, accuracy and speed. It is a crime of opportunity. Pickpocket thieves often look for a victim who could be an easy target. But there are ways you can defend yourself and reduce the chances of becoming a casualty.

First, forget the notion that it can never happen to you. A pickpocket thief is not that suspicious looking person lurking in the doorway. Thieves operate at all hours and tend to focus on places and times when people may be carrying more money, like during the holidays, at store sales, fairs, carnivals, banks and casinos. Sometimes they work alone, but they also work in teams.

The first team member can lift valuables from an unsuspecting person, then pass them on to another team member. Thieves often use distraction tricks to get closer to your personal space for easy access to whatever they're after. Diversions are especially effective at events because the target can be easily distracted.

### Here are a few helpful hints:

Be aware that if your wallet is in a back pocket a thief could use a razor to cut the



pocket, allowing the object to fall out. Keep yourself from becoming a victim by not putting anything of value in your back pocket and instead keep valuables inside front pockets. By putting a rubber band around your wallet it creates friction and rubs against the fabric of the pocket, alerting you to someone attempting to remove it without your knowledge.

Be careful when patting your pockets-it alerts criminals to your valuables' location. Don't carry wallets in your purse, but keep them in a concealed pocket that does not show a bulge.

Act confident and walk with purpose, making eye contact with people. If you are carrying a shoulder bag, place the strap(s) diagonally across your body as opposed to carrying it on one shoulder.

After making a purchase, put your money away immediately. Get in the practice of lessening your chances of becoming a victim.

The best defense is to always be aware of your surroundings and remember that your lack of attention makes you a vulnerable target.

*Ron Howell (ron@sngi.org, 206-323-7094) 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.*

# JUNETEENTH CELEBRATION

Volunteers Needed. Call Joy 343-7484 or sign up at Yesler Comm Center

— WHEN —

**MONDAY**  
JUNE 15, 2015

**YESLER COMMUNITY  
CENTER** 917 EAST  
YESLER WAY

5:00-8:00pm

— ACTIVITIES —

— RAFFLE —



Juneteenth speech from  
**Councilmember Larry Gossett**



Free multicultural food options

Bouncy house and games

Interactive family resource booths



Prizes and give-aways

Entertainment Stage



## SHA teams up with residents to set 2015 goals

*Enhancements, new resources open up opportunities for community members*

BY JAKE LEBLANC  
SHA Property Management Administrator

In setting our priority goals for this year for our Low Income Public Housing (LIPH) high-rises, Seattle Senior Housing Program (SSHP) and Scattered Sites program, we reached out to residents in the early part of 2015.

After hearing from residents in community, individual, JPAC, and RAC meetings we have set the following goals:

- A bed bug inspection in all units
- Removal of the pull cords in the LIPH high-rise buildings
- A new case manager for the Scattered Sites program
- The ability for residents to make electronic rent payments
- Coordinated unit inspections with fewer disruptions
- Evaluation of how we can better serve our aging resident population
- Budget input meetings in all LIPH high-rises and SSHP buildings
- Increased focus on security
- Improvements in our Seattle Police Department contract

### Meeting the goals

In a continuation of our goal to address bed bug issues, we will complete bed bug inspections in more than 4,800 units in 2015 including all LIPH high-rises, all SSHP units and all Scattered Sites units. Through this work we will be able to better understand the breadth of the problem and establish a plan for addressing the situation. The work is currently scheduled to begin in July. We encourage residents to report any suspected bed bug issues.

When pull cords (the emergency cord typically located in each unit bathroom) were first installed in high-rise units more than 40 years ago, they were state-of-the-art technology. However, with the advent of the 911 emergency response system, wearable emergency alert pendants and other technologies, pull cords have become obsolete and SHA cannot effectively respond to pull cords to ensure resident safety. We are fortunate in Seattle to have a

nationally recognized emergency response system. If residents need serious help in their units, their best course of action is to call 911. That will trigger the most timely and comprehensive response.

After some successful pilots earlier in the year, the work of removing the pull cords more widely will begin this summer. SHA will provide residents with more information and notices based on their buildings.

*“Having a case manager in place to support residents in the Scattered Sites program will help us to stabilize the housing of those residents who are most vulnerable and at risk of losing their housing.”*

As part of our eviction-prevention efforts, we were fortunate to secure funding to develop case management support for the residents of the Scattered Sites program. Having a case manager in place will help us to stabilize the housing of those residents who are most vulnerable and at risk of losing their housing. We are aiming to have the case manager in place by this June or July.

On April 1, SHA began accepting electronic rent payments from residents who prefer to pay using electronic banking services. By enabling automatic payments instead of the previous method in which a paper check was mailed to SHA by the banks, resident payments will be immediately deducted, while preventing an accidental overdrawing of accounts.

By providing the convenience of this method of rent payment, many more residents should be able to avoid late fees. More information on this process will be shared with residents in the coming months.

We have consistently heard from residents that they would like us to coordinate necessary unit inspections so as to limit the number of entries. To address this, in early 2015 we piloted coordination of multiple types of inspections at Harvard Court, West Town View and Queen Anne Heights

We conducted work over a short period of time to achieve efficiencies and reduce inspection impacts on residents. This included removal of pull cords, bedbug inspections, annual unit inspections and fire alarm testing. We will use what we have learned to better plan for these projects over the course of the year.

We are currently exploring the potential for increased partnerships with healthcare professionals to determine what types of services we might be able to bring to senior residents to help them maintain quality of life while remaining in their current housing.

SHA Property Management staff held community meetings at each of the LIPH high-rise and SSHP buildings to discuss the 2016 SHA budget. We are also inviting residents and others to take part in an online version of the budget exercise (see story on page 1). In this process we are gathering residents' views on priorities that will inform us as we prepare our 2016 budget.

Providing safety and security to all our residents is important to us. With the conversion of most of the SSHP units to the LIPH program, we have been able to secure capital funding to start addressing such needs as ACAM entry devices and security cameras with DVR recording capability in the SSHP buildings and improvements to exterior lighting at some buildings. We also plan to have a security consultant review LIPH properties to make security recommendations.

SHA has a contract with the Seattle Police Department to provide Crime Intervention Team officer coverage in many of our buildings. We are excited to announce changes to that contract. We will now have four officers working with SHA and one of the four will provide evening coverage. These officers are now called SHA Liaison Officers and they will be able to work across SPD precincts lines. They have a dedicated supervisor to manage this team.

SHA would like to thank all residents and staff for their ideas, and for their help in making these ideas a reality!

## RAC elections to be held June 10

BY VOICE STAFF

The Resident Action Council (RAC) will hold 2015 elections Wednesday, June 10 at Jefferson Terrace (800 Jefferson Street), beginning with an informal meet-and-greet at 11:30 a.m. and continuing with voting at 1:30 p.m.

To be eligible to vote in the election, you must be a Seattle Housing Authority (SHA) Low Income Public Housing tenant who has attended at least one RAC meeting in the 12 months preceding the election. Scattered Sites tenants and LIPH residents in HOPE VI communities are eligible for active membership, but Section 8 tenants are not.

### The election schedule is as follows:

- 11:30 a.m. – Informal meet and greet with the candidates and 10 at-large members.
- 12:30-1:30 – Candidate presentations and questions from the audience. Questions will be submitted in writing, with the question-and-answer session moderated by a third-party representative.
- 1:30-2:30 p.m. – Voting takes place.
- 3:00 – Meeting adjourns.

The candidates appearing on this year's ballot include RAC at-large members.

Though only active RAC members will be eligible to vote in the upcoming election, anyone who is interested in learning more about the Resident Action Council or the election process is encouraged to attend meet other RAC members and greet the 2015 candidates.

For more information about the RAC, contact Kristen O'Donnell at [freijacat@hotmail.com](mailto:freijacat@hotmail.com).

### Correction

An article last month about the Jesse Epstein building misstated the date that Neighborhood House's administrative offices moved into that building. The offices had been housed in the Epstein building since 1979, not 1956.

## Bed Bugs

Continued from Page 1

Peterson routinely takes found bedbugs home in sealed containers and hides them around her house so that Taylor can keep her keen sense of smell in top shape. When Taylor finds a bug, she receives a treat.

Peterson said that while bedbugs don't spread disease, people report bites that are very itchy. She cautions residents not to try eradicating the feisty critters using commercially available products, since they only work to spread them into different areas of apartments and homes. The bugs are good at hiding and are not easy to kill unless you get professional help.

By the end of this year, all high rises and senior buildings will have been inspected for bed bugs, and SHA is working to keep interruptions from the inspections to a minimum by combining them with other routine checks, such as pull-cord removals and maintenance calls.

Residents of the Seattle Housing Authority should not hesitate to report a suspected outbreak or bed bug problem to their building managers. From there, if residents need additional help to deal with moving contents of their apartments or prepping for the removal process, Full Life Care staff will help for free, both for prevention and for treatment if bedbugs do find their way into a home.

“It's important that residents know SHA has a pest control department and we're here to help them,” says Peterson. “They won't be evicted or penalized, and if they need help, we have the resources they need. We realize that having bed bugs is extremely stressful, but rest assured that our staff is a very talented and caring group who can help residents every step of the way.”

### Tips on how to avoid bed bugs:

Thoroughly wash and dry clothes on high heat after traveling.

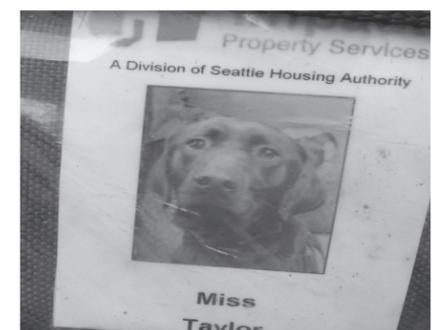
By keeping your living space tidy it will



be easier to find and treat the invaders.

If you shop at thrift stores, carefully check clothing before purchasing; and if you see furniture listed as “free,” you may be getting more than you bargained for.

Generally, bed bugs don't like slip-



Fremont Place is one of many sites that SHA will be inspecting for bed bugs in 2015. Taylor, the black lab, sports her own I.D. badge. Photos by Nancy Gardner

pery surfaces, places like tile floors and bathrooms, and stay closest to their food sources—humans—so bedding and frequently used chairs and sofas can be optimum hiding places.

## Gathering at NewHolly explores the close-off of Somali lifelines

BY SEATTLE HOUSING AUTHORITY

Remittance, in its most basic definition, is an amount of money sent in payment for goods, services or as a gift. But to the Somali diaspora, remittances are a lifeline to their families. They are a way to help pull their beloved country out of poverty, and help it rebuild after civil war, famine and drought.

Every year, people in Somalia receive around \$1.3 billion in remittances, money sent to loved ones and family to care for the sick or to provide food and education. These remittances account for between 25 and 45 percent of Somalia's economy, easily exceeding the amount received in humanitarian aid, development aid and foreign direct investment combined.

The hawala network – the Arabic word for 'transfer' – was developed as an informal system to facilitate trade between distant regions, where conventional banking institutions are not available, are weak, or are unsafe.

Because the American government

suspects that some hawala brokers might have helped terrorist organizations transfer money to fund their activities, U.S. banks have been shutting down these lifelines in fear that money will be transferred through them to terrorist organizations like Al-Shabaab. They are refusing to work with the Somali MTOs (money transfer operators), shutting down the means for Somalis in the U.S. to provide for their loved ones back in Somalia.

In the NewHolly Gathering Hall on March 31, a vocal community of people gathered to share their fears as they fight to keep themselves connected to their homeland. Their stories told of hearts deeply interwoven with their loved ones; it is unbearable to them that they should be denied the freedom to provide for their beloved family and friends. The evening meeting began with a reading of a chapter of the Koran. Attention and devotion permeated the room. Passions did not dwindle as a panel of five addressed why and how remittances are vital to the survival of the families of the Somali community. They

addressed issues of religious discrimination affecting their banking options, large fines that have effectively deterred banks from working with Somali businesses, and hatred and fear they believe have created blocks at every turn.

The Somali people are viewed as brave, resilient, and entrepreneurial. They are nomads by nature and remittances are how they can sustain their families despite geographic distance. Remittances pay for their sibling's education, the doctor's bills, clothing, and food. Early in America's history, European immigrants relied on remittances to help their loved ones. Remittances "are an American tradition," Mayor Ed Murray said in the meeting, "and that right should be extended to the Somali community."

These lifelines have been closed by the U.S.'s concern they may be supporting terrorist organizations. But who, the Somali community asks, benefits from the closure of these lifelines? They believe it is the terrorists, whose goal is to stop progress and preserve a brutal and disadvantaged way of life as a way to maintain power.

Congressman Adam Smith, who also attended the meeting, said, "The risk is in not providing adequate recourses."

Humanitarian groups working in Somalia say the women and children, and the sick and the elderly are most impacted by their inability to receive funds from their families overseas. Many people depend on even a few dollars so that they might become independent and self-sustaining. Those who oppose the U.S. government's policy against remittances argue that a child whose chance at education disappears will look for safety and stability elsewhere, maybe in Al-Shabaab.

Advocates encourage people concerned about this issue to educate themselves, be aware of their rights and to contact government to build pressure on Congress. They recommend social media outlets such as #Ifundfoodnotterror, or petitions, donation options on <http://www.oxfamamerica.org>, which has information on the issue.



## Children's Clothing Swap

Saturday, June 6th from 10:00am-2:00pm

@ Neighborhood House Family Center

6400 Sylvan Way SW, Seattle, WA 98126

**\*\*Donations are NOT required—All clothes will be free**

**Help us by making a clothing donation!**

- ⇒ Please drop off your clean, used children's clothing (sizes Preemie/NB to 7T only) at the Family Center
- ⇒ OR contact Megan to make alternative arrangements: [megand@nhwa.org](mailto:megand@nhwa.org))
- ⇒ You can bring clothes on the day of the event, however early donations are preferred



**Neighborhood House**  
Strong Families. Strong Communities. Since 1906.  
High Point Family Resource Center

**All left over clothes will be donated to the Clothesline (<http://wshelpline.org>; 206-932-4357)**



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

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



PHOTO COURTESY OF MICHAEL MAGGS / WIKIMEDIA COMMONS

### About The Voice

The Voice is a monthly newspaper published by Neighborhood House with financial support from Seattle Housing Authority. 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. 2051 or by e-mail at [nancyg@nhwa.org](mailto:nancyg@nhwa.org).

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



## Money Matters

### How credit scores can affect your life

*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](mailto:FEC@nhwa.org).

**By KIET VU**  
Financial Empowerment Center

The best credit scores develop from healthy financial lifestyles that consist of these two most important factors: paying your bills on time and avoiding negative information in your credit history such as collection agencies and bankruptcy.

Consumers have three credit reports, one with each of these credit bureaus: TransUnion, Experian, and Equifax. The information on each of these reports can be different, and each can be reviewed by lending, credit, and other institutions concerned with your credit.

When you are working with a mortgage lender, they will call for and review all three of your credit reports very early during the process when you apply for a loan. Home loan interest rates can vary widely. If your credit score is good or better, you will likely qualify for standard rates that are closely related to prime lending rates. If your credit score is lower, the rate a lender will offer will probably be significantly higher.

Student loan lenders will also check your credit history and scores when you apply for

a loan. Because many students are young with little or no credit history, lenders will often require a cosigner with good credit.

You might be surprised to know that your credit score can actually determine what kind of car you can buy. You might not qualify for that new luxury sedan you're dreaming of. Your credit score can affect not only the interest rate on an auto loan, but the size of the down payment as well.

Most of us receive more credit card applications than we want or should ever use or need. However, credit card companies are tightening their practices, and some will ask to review your credit reports when you apply for a new card. In some cases, a higher credit rating can mean a lower interest rate on the card, and rewards that grow with your purchases. A lower credit rating can limit you to pre-paid cards.

Landlords and apartment managers are used to doing business with a variety of new and returning tenants. They don't want any financially-troubled tenants to add to their responsibilities.

If you are applying to rent an apartment, be aware that the landlord could pull your credit reports and assess them to see if there might be any indications that you won't be a responsible tenant. With a lower than average credit score, it's possible that you could be denied a rental, asked to pay higher rent, or asked to pay a larger deposit.

Insurance companies look at information that is slightly different than what creditors and lenders review, but the insurance agent is still looking similar data and assessing your rating. Like creditors and lenders, insurance companies are calculating your level of risk. And just like other institutions, the higher your credit score, the better your rate.

There is also advice out there that two people contemplating a permanent relationship should consider credit issues. They should sit down and take a look at each other's credit reports before getting married. This is something a lot of people do not talk about before tying the knot. People often wait too long to discuss the issues and can even end up in divorce court over financial mistakes.

Bad credit report ratings can affect virtually every aspect of your life, from your car to your house to your insurance premiums. Because of this, it can certainly also affect your health. Financial worries are a leading cause of personal and relationship stress, and this stress can lead to mental and physical health problems.

Thankfully, there are many consumer credit counseling services that can help you gain control of your finances and get you on the right track toward good credit. Many of these companies are non-profits with their sole purposes of existing being to help people get back their financial and mental health.

There is no reason to pay to review any of your credit score reports. Your credit reports are available to you for free. To get your truly free credit reports, go to [www.annualcreditreport.com](http://www.annualcreditreport.com).

**To contact the three credit bureaus:**

**Equifax:** 866-640-2733;  
[www.equifax.com](http://www.equifax.com)

**Experian:** 888-397-3742;  
[www.experian.com](http://www.experian.com)

**TransUnion:** 800-916-8800;  
[www.transunion.com](http://www.transunion.com)

## Ramadan

Continued from Page 1

A typical day of fasting begins with getting up early, around 4:30 a.m. and sharing a meal called Sahur together before the fast begins at dawn, about 5:10 a.m. As dawn breaks, the first of five daily prayers, Fajr, is offered. The fast is broken at sunset. Muslims are urged to invite others to break the fast with them. These gatherings are called Iftar parties.

The last ten days of Ramadan are considered highly blessed, especially the 27th night which is also called the "Night of Power," or the "Night of Destiny." It is believed that on this night the Prophet Muhammed received the first revelation of the Qur'an. For many Muslims, this period is marked by a heightened spiritual intensity, and they may spend these nights praying and reciting the Qur'an.

After 30 days of fasting, the end of the month of Ramadan is observed with a day of celebration, called Eid-ul-Fitr. On this day, Muslims gather in one place to offer a prayer of thanks. It is traditional to wear new clothes, visit friends and relatives, exchange gifts, and eat delicious dishes prepared for this occasion.

### The beginning of Ramadan

The Voice wishes to acknowledge the beginning of Ramadan, the ninth month of the Islamic calendar. Ramadan is observed by practicing Muslims as a month of fasting and personal reflection. It is observed worldwide, including by many of our readers.

In 2015, Ramadan is expected to begin the evening of Thursday, June 18 and end the evening of Thursday, July 16. High Point residents will be organizing an Eid ul-Fitr celebration July 19, 5-9 p.m. at the High Point Neighborhood House Center.

## Fitness for everyone

### If the right shoe fits, wear it for the right activity

**By LENA SCOTT**  
Special to The Voice

A month ago I started running—interval training, to be specific—which consists of alternating between walking and running, and eventually working up to just running. It feels great and I love the cardio, but I've started developing hip pain and discomfort in my arches. I've been wearing my old running shoes that I inherited from my sister and decided it is time to upgrade. I started doing a little research online about selecting a new running shoe and realized how much I didn't know about athletic shoes and foot health in general!

When leading any kind of fitness activity I've always reminded participants to wear good shoes and take care of their feet, because we only get one pair (of feet). But I never really thought about what that meant. So I want to share what I learned about selecting a good set of shoes for physical activity, as well as some general foot health tips.

The first consideration for a lot of people in selecting an athletic shoe is probably cost. But more money doesn't always mean more quality. Sometimes the high cost is just for the brand name. A decent pair can be found for around \$40 to \$100. Though if you have special foot issues such as diabetes you may need to spend more, but I'll discuss that later.

Did you know that our feet can lengthen or shrink as we age? If it's been a while since you have had your feet measured, I recommend visiting a sporting goods store to have a professional give you a complimentary fitting. Knowing your size will certainly help narrow the options, but be aware sizes can vary among brands. Don't be hesitant to try on different shoe widths or size up or down to find the perfect fit. It's normal for one of your feet to be a little larger than the other, so always buy your shoes to fit the larger of your pedals.

Next, it's time to think about what type of activity you'll be doing. Do you need a shoe for walking? Running? Hiking? Court sports? Cross training? Shoes will be designed with different amounts of cushion, ankle support and different types of tread specific to the activity. Think about it this way—trying to do aerobics in hiking shoes just won't work that well.

When trying on shoes, wear the socks you will be using for your activity. I recommend trying shoes on later in the day or after you exercise, so your feet will be a little larger, which will make exercising in whatever pair you buy comfortable. Shoes may come pre-laced, or unlaced. Take the time to lace the shoe properly, as lacing is an important part of the all over fit. Now walk around the store, is the heel secure? Is it comfortable? Is there room at the toe? There is an actual "rule of thumb" here. Press with

your thumb from toe to tip of shoe, there should be about a thumb's width (3/4-1/2") between your toe and the end of the shoe. Shoes will "break in," but they should be comfortable right away.

Try on as many options and shop around until you find one that fits your budget, activity and is comfortable. Running and walking shoes will last about up to about 500 miles before needing replacing, or two or more times of year for cross-trainers or court shoes, depending on activity level. Getting two or more pairs and rotating them will make them last even longer. Inspect your shoes regularly to determine when it's time for replacement.

If you have foot, ankle or hip problems or certain health conditions, selecting a shoe can be more complicated and expensive. Ask your doctor if there is anything special to look for when selecting shoes. If you have diabetes, wearing proper shoes is even more important, and you may qualify for discounted shoes through your insurance or Medicaid. Discuss this with your healthcare provider as a referral is usually needed and these special shoes can be obtained through certain companies.

Here are some general tips on how to keep your feet healthy:

- Keep your feet clean and dry, especially between your toes to avoid fungal infection
- Keep your toenails trimmed, but



never cut them too short on the sides, as this can create ingrown toenails

- Treat yourself to a foot soak. Cool water in summer or warm water in winter feels great. I like to add mint teabags to my foot soaks for a little refreshing tingle
- Try rotating your ankles in circles both ways and wiggling your toes before you get out of bed

*Lena Scott is a health educator and certified EnhanceFitness Instructor.*

### 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

## Yesler Terrace documentary debuts at Seattle International Film Festival Directors share their experiences about making the film and how they think redevelopment will affect the community

*Editor's note: "Even the Walls," a film about the redevelopment of Yesler Terrace, conceived and directed by Seattle natives Saman Maydani and Sarah Kuck, premiered May 23 at the Seattle International Film Festival.*

*The Voice editor, Nancy Gardner, recently asked these filmmakers about what they discovered during the creative process and what they have learned from the culture that exists in Yesler Terrace now and what the residents' futures may hold.*

### Where did the idea for "Even the Walls" come from, and can you explain the significance or meaning behind the title?

We're both interested in the idea of home. Having both lived in multiple cities and countries growing up, we wanted to make a piece that spoke to humanity's innate ability to connect and create home and community. Of course right now Yesler is going through a huge transition, not all of which is positive in the eyes of its community members. It was important for us to bring our craft as storytellers to this perspective, so that the voices of people living in Yesler could be heard on a broader scale. Their story is not unique and really mirrors many of our experiences today. We're living in a time of rampant materialism, where development decisions are seemingly made with feverish speed, often leaving out voices of the very

people they claim to be "helping".

In preparation for the film we wrote a lot together. We found a Russian proverb about home that we liked and it stuck as a title. "When you are home, even the walls help you." It seems to mean different things to different people - and we like that! For us in making the film, while we witnessed physical walls being torn down, the metaphysical, human connections, these truer "walls of support" in a sense, endured. This human connection was hope, and something we wanted to focus on.

### Did anything surprise you when making this documentary?

We were surprised to hear, across the board, just how frustrated people were with what is happening.

We learnt that Yesler's current architecture, with its many pathways and row-houses with gardens was a great contributor to the feelings of connectedness and safety that many residents are sad to lose with the new development.

Almost everyone we interviewed ended up speaking about the children. The community's natural focus and concern was the next generation, and what the consequences would be for them if they weren't considered in all of this development.

### What did you learn about YT and/or the residents who live there?



*Sarah Kuck, left, and Saman Maydani are the documentarians behind "Beyond the Walls," a film about the redevelopment of Yesler Terrace and its impact on the people who live there.*

PHOTO BY NANCY GARDNER

Like any neighborhood it has its positive and negative aspects, but because it is home, despite that, people love their neighborhood, and their neighbors.

We also learned that many of the people living in Yesler Terrace feel a sense of fullness in their lives, despite their constant struggle to make ends meet. Many of the residents we talked with have strong social connections to each other and feel a deep connection to place. When we were able to see this and feel this through their stories, we truly realized how sad and scary this move will be for most of the residents. They are not just losing four walls, but the framework for their invisible systems of

human connectivity and trust, which they have spent decades cultivating.

### How did your premier go? How can others see your film?

We're currently working on a few possible Seattle screenings in the Fall. In the meantime people can sign up on our website for updates at <http://www.eventthewalls.com/listserve-sign-up>.

### What's next for you two?

We're hoping to continue to explore the idea of home and belonging. We have a few concepts in the works, but nothing solid yet.

## No green thumb? No problem! Get your garden going

By TROY SMITH  
*Special to The Voice*



Food. It's more than a human right, it's a human necessity! Luckily we save money by growing some of our own, but in order to do so we must ready our soil for planting with the right nutrients in order to grow a bountiful harvest.

For some of you who have green thumbs, this will just be a refresher, but for those of you first-time gardeners, here are some tips on how to grow good greens.

The first thing you need is a plot - many Seattle Housing Authority (SHA) buildings have small raised beds available. Ask your property manager for more information about how to secure one. First, you'll need to loosen the soil. You can use a trowel, shovel or even a large spoon and dinner fork. After you have loosened the top two-to-three inches soil, you need to fertilize with organic fertilizer or fresh potting soil from the store or hardware store. Mix this with your fork into your soil. You can now begin planting your vegetables or flowers.

Consult the planting instructions on the seed packages or plant starts you buy. Plant-

ing depth matters!

With bulbs, it very important to know the top (the stem part) from the bottom (root part). Plant them root end down at the recommended depth.

Iris bulbs, for instance, need to have most of their stem and even the top of the bulb, laying above the surface, while tomatoes can be placed deeply into the soil, as long as you keep three or four of the top leaf stems above ground. Note: the deeper you plant tomatoes, the more roots they will lay out and thus the heartier they'll be.

When planting starts, after digging the hole to the right depth remove the plant

from its pot and gently separate its roots. Place a cup full of water in the hole with the plant and cover make sure the soil is fairly compact so but don't suffocate your new treasure! Repeat until all plants are in the ground.

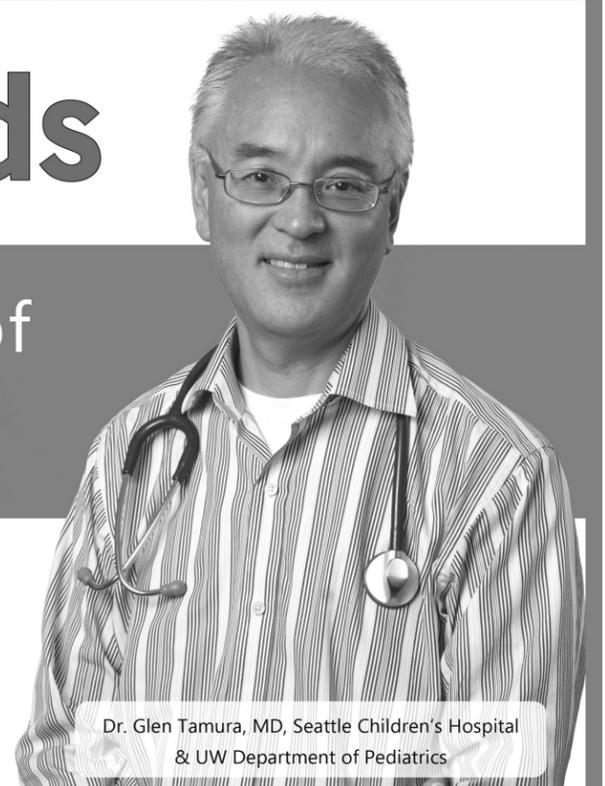
Once the seeds you've planted come up-about 10-20 days after planting- be sure to thin out the weakest. Be sure to keep the weeds pulled and you'll be reaping the benefits in no time!

*Troy Smith is a resident of Olive Ridge and has been gardening ever since he can remember.*

# Talk With Your Kids

Marijuana can increase the risk of school failure and depression.

StartTalkingNow.org



Dr. Glen Tamura, MD, Seattle Children's Hospital & UW Department of Pediatrics



# TRANSLATIONS

TRANSLATED ARTICLES FROM THE VOICE

## Intercambio gratis de ropa infantil en la Neighborhood House de High Point/By Leahla Contreras

¿Tiene usted que hacer una limpieza de primavera? ¿Le interesa donar o conseguir ropa de niños gratis? Si dijo que sí, es usted invitado a venir al intercambio de ropa infantil el sábado 6 de junio desde las 10 de la mañana hasta las 2 de la tarde en la Neighborhood House de High Point.

El Family Resource Center (el centro de recursos familiares) de Neighborhood House de High Point será el anfitrión de este intercambio. Será una oportunidad para que los miembros de la comunidad puedan escoger ropa infantil de la talla recién nacido hasta la talla de niños de siete años. Toda la ropa será completamente gratis.

El evento es libre de costo y abierto al público, y se servirán refrescos y

bocadillos. No es necesario donar ropa para participar, pero apreciaremos mucho su donación de ropa infantil usada y limpia.

Las donaciones se pueden entregar en el Family Center, 6400 Sylvan Way SW, o también se puede llamar a Megan Demeroutis al 206-588-4900 ext. 620, o mandar un correo a megand@nhwa.org para llegar a un acuerdo alternativo si es imposible traer su donación al Family Center. También se puede entregar ropa el mismo día del evento, pero se prefiere que haga su donación antes del 6 de junio.

Toda la ropa que queda después del evento se donará al Clothesline.

## አብ ሃይ ፖይንት ነይበሁድ ሃውስ ናይ ቆልዑ ክዳውንቲ ብናጻ ምቅይያር By Habte Negash

አብዚ ወርሓት ስፕሪንግ ክትገብርዎ እትደልዩ ናይ ምጽርራይ ስራሕዶ አለኹም? ናይ ቆልዑ ክዳውንቲ ክትቐበሉ ወይ ክትህቡኹ ምደሌኹም? ከምዚ እንተድኣ ኮይኑ፡ ቀዳም 6 ሰነ ካብ ሰዓት 10 ቅድሚ ቀትሪ ክሳብ ሰዓት 2 ድቀ. አብ ሃይ ፖይንት ነይበሁድ ሃውስ ክትመጽኡ ንዕድመኩም።

አብ ሃይ ፖይንት ዝርከብ ናይ ነይበሁድ ሃውስ ሪሶርስ ሰንተር ነዚ ናይ ቆልዑ ክዳውንቲ ምቅይያር ዕዮ ኬካይዶ እዩ። በዚ ድማ ነበርቲ እቲ ኮምፕሪት ክዳዊንቲ ናይ ሓደስቲ ዝተወልዱ ሕጻናት ክሳብ 7 ዝዓቀኖም (newborns to size 7 toddler's) ቆልዑ ክዳውንቲ ንምቅይያር ዕድል ኪረኽቡ ይኸእሉ እዮም። ክዳውንቲ ኩሉ ብናጻ እዩ። ኩሉ ብናጻ እዩ፡ ንኹሉ ሓፋሽ ከኣ ክፉት እዩ። ቡን ሻሂ እውን ክህሉ እዩ።

ናይ ገንዘብ ህያብ ኣየድልን እዩ፡ እንተኾነ እትህበዎ ናይ ቆልዕ ምክዳውንቲ ጽሩይ ኪኸውን ይግባእ።

ህያባትኩም ኣብ 6400 Sylvan Way SW ኣብ ዝርከን ፋሚሊ ሰንተር ኬትምጽእዎ ትኸእሉ ኢኹም። ወይ ድማ ኣብ 206-588-4900 ext. 620 ብምድዋል ወይ ድማ ብኢሜይል

megand@nhwa.org ምስ ሜጋን ድሜሮቲስ ክትራከቡ ትኸእሉ። ከምኡውን ክትህበዎ እትደልዩ ክዳውንቲ ኣብቲ ዕለት ሒዝኩም ክትመጽኡ ትኸእሉ ኢኹም። እንተኾነ ቅድሚ 6 ሰነ እተኣምጸእኩም እዩ ዝያዳ ተመራጺ ኪኸውን።

ኣብ መጨረሻ ኹሉ ተረፍ ክዳንት ንክሉዝስ ላይን (Clothesline) ከምዝውሃብ ኪግበር እዩ።

## QUẦN ÁO TRẺ CON MIỄN PHÍ / ĐỔI CHÁC Ở CƠ QUAN NEIGHBORHOOD HOUSE HIGH POINT By Long Luu

Quý vị có dọn dẹp trong mùa xuân không, có muốn đem cho hoặc trao đổi quần áo trẻ con không? Nếu có thì mời quý vị đến tham gia vào Ngày Thứ Bảy đổi chác, vào ngày 6 tháng 6 từ 10 giờ đến 12 giờ tại cơ quan Neighborhood House High Point.

Trung tâm phục vụ gia đình ở HighPoint Neighborhood House có tổ chức cuộc cho đi hay trao đổi quần áo trẻ em, và đây là dịp cư dân trong cộng đồng đến chọn lựa, trao đổi áo quần trẻ con tuổi từ sơ sinh đến cỡ số 7 cho trẻ con. Tất cả áo quần đều miễn phí

Miễn phí và mở rộng cho công

chúng, có phục vụ thức ăn nhẹ. Không buộc phải bố thí, nhưng xin được ghi nhận quần áo tuy cũ mà sạch sẽ.

Có thể mang quần áo đến cho ở số 6400 Sylvan Way SW, hoặc liên lạc cô Megan Demroutis ở số 206-588-4900 số chuyên tiếp 620, hoặc điện thư megand@nhwa.org để thu xếp việc đến tận nhà thu đồ. Cũng có thể mang quần áo đến trong ngày đó, nhưng nếu đem đến trước thì tiện hơn.

Mọi quần áo còn dư lại sẽ được mang đến cho kho quần áo Clothesline.

## Бесплатный обмен детской одеждой в филиале Нейборхуд Хаус в Хай-Пойнт/By Irina Vodonos

Хотите избавиться от ненужной детской одежды или, наоборот, приобрести одежду для своих детей, причем совершенно бесплатно? Приходите поучаствовать в Обмене детской одеждой. Мероприятие будет проходить в субботу, 6 июня с 10:00 до 14:00 в филиале Нейборхуд Хаус в Хай-Пойнт.

Организатором Обмена детской одеждой является Центр семейных ресурсов Нейборхуд Хаус в Хай-Пойнт. Цель акции - дать людям возможность выбрать для своих детей одежду в размерах от «для новорожденных» до 7Т («для семилетних»). Одежда будет выдаваться бесплатно.

Вход на мероприятие свободный, посетителям будет предложена легкая закуска. Если вы хотите сдать чистую детскую

одежду, которая вам больше не нужна, это приветствуется, однако необязательно что-то приносить, чтобы принять участие в мероприятии.

Если вы хотите сдать одежду, приносите ее в Центр семейных ресурсов по адресу 6400 Sylvan Way SW. Чтобы договориться об альтернативном способе сдачи одежды, свяжитесь с Меган Демерутис по телефону (206) 588-4900 x 620 или по электронной почте megand@nhwa.org. Можно также принести ненужную одежду с собой в день мероприятия, хотя желательно сдать ее заранее.

Вся одежда, оставшаяся невостребованной по окончании акции, будет передана в благотворительную организацию Clothesline.

## የልጆች የነፃ ልብስ ቅይያር በኔበሁድ ሃውስ ሃይ ፖይንት By Assaye Abunie

በዚህ በያዝነው የስፕሪንግ ወራት ከቤትዎ የማይፈልጉት ነገር አለ? የልጆችን ልብስ በእርዳታ ለመስጠት ወይም ለመቀበል ፍላጎት አለዎት? መልካም! ካለዎት ሃይ ፖይንት በሚገኘው የኔበሁድ ሃውስ ቅዳሜ ጁን 6 ከጠዋቱ 10 ሰዓት እስከ ከሰዓት 2 ድረስ የልጆች ልብስ ወደሚቀየሩበት ቦታ እንዲመጡ ተጋብዘዋል።

ይህን የህፃናት የልብስ መለዋወጥ ዝግጅት ስፖንሰር ያደረገው በኔበሁድ ሃውስ ሃይ ፖይንት የሚገኘው የፋሚሊ ሪሶርስ ሰንተር ሲሆን የኮሚቴ አባላት ይህን እድል ተጠቅመው እድሜያቸው ከቅርቡ ከተወለዱት ህፃናት እስከ ሳይዝ 7 ለሆኑ ልጆች የሚያስፈልገውን ልብስ መምረጥ ይችላሉ። ማንኛውም ልብስ ነፃ ነው።

ይህ ዝግጅት ለማንኛውም ሰው ነፃ ሲሆን ለስላሳና የመሳሰሉትም

ነገሮች ተዘጋጅቷል። የገንዘብ እርዳታ የማያስፈልግ ሲሆን ንፁህና የተጠቀሙ ብት ልብስ ካለ ግን እናመሰግናለን።

እርዳታ ካለዎት ወደ ፋሚሊ ሰንተራችን 6400 Sylvan Way SW ድረስ በመምጣት ሊሰጡን ይችላሉ ወይም Megan Demeroutis የተባውን በስልክ ቁጥር 206-588-4900 ext. 620 ወይም megand@nhwa.org በኢሜል በማግኘት እንዴት አድርጎ ልብሶችን መስጠት እንደሚቻል መነጋገር ይችላሉ። በዚህ የአንድ ቀን ዝግጅት ልብስ ሊያመጡ ይችላሉ ነገር ግን እርዳታ መስጠት ካሰቡ ከጁን 6 በፊት ቢሆን ይመረጣል።

ከዝግጅቱ ቀን በኋላ ማንኛውንም የቀሩትን ልብሶች በሙሉ ለክሎግላይን (Clothesline) እርዳታ ይሰጣሉ።

## Isweydaarsi dharka caruurta oo lacag la'aan ah oo ka dhacaya Neighborhood House High Point By Mahamoud Gaayte

Ma isudiyaarineysaa xili kulaylaha, ma dooneysaa in aad dharka aaney caruurtaadu ubaahnayn siiso caruurkale ama dhar caruureed kale ku bedelato? Hadii ey sidaas tahay nagala soo qayb gal isweydaarsiga dharka caruurta oo ka dhacaya xarunta Neighborhood house ee xaafadda Hi Point maalinta sabtida 6da bisha Juun 10ka subaxnimo ilaa 2da duhurnimo.

Isweydaarsiga dharka caruurta oo ey soo qabanqaabineyso xarunta tayaynta qoysaka ee Neighborhood House ayaa bulshada u ah fursad ey ku doorankaraan dharka caruuta iyo jinanka kala duwan lagabilaabo ilmaha dhashay ilaa jinka 7aad. Dhamaan dharkani waa lacag la'aan.

Madashani waa lacag la'aan waana mid u furan dhamaan dadweynaha,

cabitaan iyo cunta fududna lagugu soo dhoweynayo. Fadla dharka aad ku deeqeysaa ha ahaadeen dhar caruureed oo nadiif ah.

Deeqda waxaad geynkartaan Xarunta Qorska cinwaan keeduna yahay 6400 Sylvan Way SW, ama la soo xiriir Megan Demeroutis 206-588-4900 ext 620. megand@nhwa.org hadii aadan dharka xarunta kor ku xusan soo gaarsiin Karin. Dharka waad ku deeqi kartaan isla maalinta fagaaruhu dhacayo, waxaase noo fudud oo aanu jecelahay in 6da juun ka hor deeqdu na soo gaarto.

Dhamaan dharka soo hara waxaa loogu deeqdoonaa hey'ada Clothesline.

# OUR COMMUNITIES

STORIES FROM OUR FRIENDS AND NEIGHBORS

## West Seattle celebrates a honey of a bee festival at High Point

By DEBORAH VANDERMAR  
Special to The Voice

**HP** Saturday, May 16, marked the Third Annual Bee Festival at High Point, where more than 400 people celebrated new events added at this buzzing affair.

The day started with the first ever Honey Run thanks to organizer Trang Hoang, with the support of volunteers from High Point Community Center, Be Active Together and Middle College High School (MCHS). Participants ran, walked, and rolled around High Point Pond, some making up to 19 laps! Prize winners got to savor cupcakes courtesy of Cupcake Royale.

More than 100 kids poured into Neighborhood House to get dressed up as flowers, bees or butterflies. Some pets came, too! Kids streamed out into the park and were led by MCHS students to the music of DA Productions. They marched in a loop around Commons Park, passing the Bee Enclosure to say hi to our buzzing hives.

Community Builder Shukri Olow organized the first annual Bee Ball Tournament in the basketball court. Coaches Abdi Fayoke and Abdirahman Herse conducted a progressive playoff until the players of two triumphant ad hoc teams won their own basketballs!

Newcomers and returning guests paid a visit to the West Seattle Bee Enclosure



PHOTOS COURTESY OF SHUKRI OLOW

in Commons Park at SW Graham St. and Lanham Place SW. The Bee Enclosure is an educational facility that houses honey bee hives and hosts field trips, story times, lectures and social events, all in an effort to draw attention to the fragile state of bees in the environment. Attendees got an up-close demonstration about what they can do to help bees survive.



PHOTO COURTESY OF MARCO DEPPE

Tara Kankesh (left) and Dorcas Turpaud (right) lead the parade at the Bee Festival at High Point. Above, Beekeeper Lauren Englund demonstrates one of the hives in the West Seattle Bee Enclosure using new wireless microphone and speakers that allow onlookers to hear the beekeeper while safely observing from outside the plexiglass walls.

The Puget Sound Beekeepers Association was also at the Bee Enclosure, armed

with information about how to start a hive and care for bees. Samples of local honey were savored. Beekeeper Krista Connor was able to open the hives under the protection of the Plexiglas walls and broadcast her demonstration using new sound equipment. The Enclosure resembled a bee hive with people swarming in to learn about our tiny but very important partners in the food chain.

Exhibitors such as Seattle Tilt, Master Compost and Soil Builders, Keep High Point Green, South Seattle College Horticulture Program and the Seattle P-Patch program shared their knowledge of organic gardening methods.

The fun continued as a team of enthusiastic AmeriCorps volunteers from Neighborhood House hosted field games such as corn toss, field hockey with pool noodles and balloons, Frisbee and Hula Hoop contests, parachute play and volleyball. Whole families played together and many prizes were handed out.

Usborne Books and the High Point Library introduced us to books about bees and gardening. Filmmaker Heather Solarseed talked about her upcoming movie, "Venus in Clover," which is all about bees.

Margaret Staeheli from SvR Design Company, the engineering firm that designed and built High Point's Natural Drainage System, and Zach Chupa of the High Point Open Spaces Association also gave demonstrations. They showed how the many layers of soil and rocks in the swales and the pond filter the rainwater that falls in High Point and returns it nice and clean to Longfellow Creek so that the salmon can survive and spawn.

Mohamud Abdirahman shared his experience with Keep High Point Green and invited attendees to participate in the cleanup of the High Point Green Belt, starting later this month.



**ENROLLMENT  
OPENS NOW  
FOR CLASSES  
STARTING IN JUNE**  
*two time slots  
to choose from*

Mon & Wed 9am-11am  
Session B1 June 15-Aug 10  
Session B2 Aug 17-Oct 12  
Session B3 Oct 19-Dec 14

Tues & Thurs 9am-11am  
Session B1 June 16-Aug 11  
Session B2 Aug 18-Oct 8  
Session B3 Oct 20-Dec 15

**NO FEE**  
All machinery, tools  
materials and supplies are provided



- Learn how to**
- set up a machine
  - operate a plain machine and a serger
    - sew a bag, dress, shirt, hoodie
    - cut out fabric efficiently
    - create a portfolio of skills

- Skills**
- from this class can lead to a job as a sewing machine operator for a
- factory
  - product development sample room
    - alterations business
    - custom clothing business

**@ Yesler Terrace  
Economic  
Opportunity  
Center**  
**120 8th Ave. Seattle 98104**

For more information call  
Economic Opportunity Office  
206-344-5837 and ask for  
"Sewing Class"