



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



# The Voice

July  
2015  
Articles translated  
into six languages

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

## Kebero Court opens as Yesler's first new residential building

BY SEATTLE HOUSING AUTHORITY

**YT** Residents and guests gathered Friday, June 5, to celebrate the grand opening of Kebero Court, the first new residential building completed as a part of Seattle Housing Authority's (SHA) Yesler Terrace redevelopment of 30 acres near Downtown Seattle.

The building was completed in April, and since then, many current and returning Yesler Terrace residents have moved into their new homes.

The six-story apartment building and three townhomes have 103 apartments of varying sizes, designed to accommodate individual residents as well as families. There is a community gathering room and a central outdoor courtyard and playground. A green roof system absorbs rainwater, which helps lower urban air temperatures, and double and triple pane windows reduce noise and conserve heat in the winter.

The building is named for a traditional East African drum, a meaningful symbol for many of the tenants and neighbors.

As part of the official grand opening festivities, members of the Yesler Terrace community joined together to share a Kebero drum performance.

The women moved beautifully in their white scarves, palms slapping the doubled-headed drums, the warmth in their faces outshining the bright sun.

The drumming was followed by an official opening ceremony and ribbon-cutting at which public officials, funders and residents spoke about the significance of this building in their lives and in the future of Yesler Terrace.

Andrew Lofton, Executive Director of SHA thanked the residents for honoring the new building and the whole community of Yesler Terrace. He emphasized the impor-

Please see "Kebero" on Page 3



COURTESY OF SEATTLE HOUSING AUTHORITY

Members of the Yesler Terrace community celebrate the opening of Kebero Court in a performance of traditional kebero drums and dancing. The next residential building that will open in Yesler Terrace is under construction at 820 Yesler Way. Called Raven Terrace, it is expected to be completed by the end of this year.

## AmeriCorps team gives High Point a facelift; keeps it green

BY RAVEN HUGHES  
Special to The Voice

**HP** On a cloudy morning in late May, my Neighborhood House AmeriCorps team headed down to the MacArthur Lane Park Garden at High Point. For this particular project we had the opportunity to work within a community we regularly serve. Our team is very familiar with High Point: three of our members work at Neighborhood House there, and three other members live there.

We had been asked to help repair and beautify a High Point community garden. The project was led by resident Deborah Vandermar. Deborah is the director of 'Keep High Point Green,' an initiative focused on developing farming and urban gardening opportunities. She volunteered to lead this community-based project, in the spirit of High Point's environmentally friendly ideals.

Our AmeriCorps team projects always include educational components, and Deborah explained the elements of High Point's Green Living design. Part of this design includes lower energy use, clean water run-off, and many other sustainable strategies, and we're happy to be able to contribute to



Before and after: AmeriCorps members Alex Norman and Cassie Muilenberg scrape old paint off the fence at MacArthur Lane Park Garden at High Point. Later that day, Jimmy Huynh put the finishing touches on the fence.

that effort.

Our main task for the day was sanding and repainting a fence that surrounds the garden. As the members arrived, each one grabbed a paint scraper and went to work. I can't say it wasn't a strenuous task, but there



PHOTOS BY CHANTERRIES ROBERTS

is a certain satisfaction in removing the old dry chips of paint and getting it ready for a fresh coat.

Please see "AmeriCorps" on Page 4

### RAC to hold special July meeting

The Resident Action Council (RAC) will hold a special meeting Wednesday, July 8 from 1:30 until 3 p.m. at Jefferson Terrace (800 Jefferson Street).

A Seattle Housing Authority (SHA) consultant will listen to and gather feedback from residents and later help the Housing Authority prioritize what residents consider to be of collective importance during the next strategic planning cycle.

All residents are encouraged to attend and share their ideas and goals with Seattle Housing Authority.

The meeting will be preceded by a light lunch served at 1 p.m.

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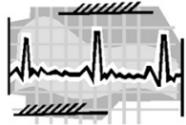
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# Health Notes



A column devoted to your well-being

## Summer sun safety suggestions

By Neighborcare Health

When it comes to summer in Seattle, we all want to be outside. After surviving the long Seattle winter, soaking up the sun seems to be everyone's goal. However, we need to be careful about just how much time we spend in the sun and how we protect ourselves.

Ultraviolet light (UV), which comes from the sun, tanning beds and other sources can be dangerous. Too much time in the sun can cause sunburns, eye damage, dehydration and skin cancer. Here are some ideas to stay safe and still enjoy time outdoors.

**Sunscreen:** Use a broad spectrum sunscreen with at least a sun protective factor (SPF) of 30 that protects from UV light. Sunscreen should be applied every two hours or more. Sunscreen should also be re-applied after swimming or sweating. There is a wide variety of sunscreens to choose from, including ones that are child safe, specifically for faces, and products that are water-resistant.

**Clothing:** When you are in the sun for a long time clothing can help protect your skin from sunburns. If you are worried about sun exposure in the summer, it is recommended that you wear sunscreen under your clothing as an added layer of protection.

**Hats:** Your face needs sun protection too. Wearing a hat offers protection for

your face and eyes. If you wear a hat with a brim around the entire hat, your ears, neck and face are protected. If you wear another kind of hat, such as a baseball cap, remember to put sunscreen on your ears and neck, because they may be left exposed.

**Sunglasses:** Wearing sunglasses when it is sunny reduces the risk of getting cataracts later in life. Make sure your sunglasses protect against UV light. This offers the best protection for your eyes.

**Shade:** Finding shady options to get out of the sun are important. Besides offering some protection, it is also cooler in the shade and offers a break from the heat.

**Water:** It is easy to get dehydrated. Drinking plenty of water can help you stay cool and safe. Dehydration can cause fatigue, headaches and confusion, and can be dangerous. Bring water with you when you are out and about this summer.

There is no place more beautiful than Seattle in the summer. Take a few sun-safe precautions and you and your family can enjoy all of it.

*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).*

## High Point Clothing Swap and Shop a Success!



*Volunteers and staff at Neighborhood House High Point Family Resource Center helped give away more than 200 large bags of kid's clothes to families June 6, with help from West Seattle Helpline and WestSide Baby. The clothing swap was the agency's first, and judging from its popularity, organizers say future children's clothing swaps are in store. Photo by Megan Demeroutis.*

# Be Safe

## Stay protected from summertime crimes

By RON HOWELL

Seattle Neighborhood Group

Have you ever been locked out of your home and were able to get in anyway? Think about it, if you can break into your own home, it's just as easy for someone else to also break in.

While this time of year comes with the pleasures of increased travel and recreational activities, it is also the time of year that we tend to relax, let our guard down and become too preoccupied with having fun in the sun.

As we leave our homes for work or pleasure, it's important to take the time and extra measures to prevent being a victim of burglary or home invasions. With rising temperatures, doors and windows are often left open and sometimes unlocked, and opportunity for crime can rise like gas prices. But there are things that can be done to prevent a criminal from having easy access to your home. Always remember to make sure every external door has a strong well-installed dead bolt lock. Key-in-the-knob locks alone don't protect against easy access into your home. If you have a sliding glass door, use a broomstick or dowel in the inside track to jam the door.

Make sure basement windows are secure. Never hide your keys outside, instead, give an extra key to a trusted neighbor, friend or relative that could be called in case of an emergency or you get locked out of the home. Check all doors to make sure they are locked and secure. A peephole or wide-angle viewer in entry doors are helpful so that you can see who is outside without opening the door. Door chains break easily and don't keep out intruders.

Check the outside of your home to make



sure doors and windows are secured. Lighting with interior and exterior lights that turn on at random time intervals is recommended. Yards should be clean and shrubbery pruned so they don't hide windows or doors. Tree limbs that are too close could allow a burglar to climb to an upper-level window.

If you plan to travel or be away from the home for a period of time, create the illusion that you are home by getting timers that will turn lights, television or radio on and off. Keeping lights on 24 hours per day signals an empty house.

Leave shades, blinds and curtains in normal positions and don't let your mail and/or newspapers pile up. Call the post office and newspaper carrier to stop delivery or have a trusted person pick them up.

Make a list of your valuables such as stereos, televisions and computers etc. Take pictures of them and list their serial numbers and descriptions. This will help police if your home is burglarized.

In addition to these precautions, when going from place to place, always let someone know where you are going and expected to there and/or return.

Enjoy all that summer has to offer, but don't let your home become a target for burglars.

*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.*

## One immigrant's emotional journey toward becoming a U.S. citizen

By MARISSA GRAFF

Special to The Voice

In 1996, Gracelia arrived in the United States from El Salvador searching for a better life. Living conditions in the smallest, most densely populated country in Central America were not good. Jobs were limited, and those that did exist paid very poorly, making life exceedingly difficult.

Forced to leave her son behind and without the necessary paperwork to live in the U.S., Gracelia began to build a new life. Since arriving, Gracelia has had two more children and made a home for herself within the High Point community. A hard worker and dedicated mother, Gracelia continued to deal with her undocumented immigration status in the U.S. while raising her children, learning English and facing health problems. After working with a lawyer, she was granted permission to stay in the United States.

Once she obtained a green card, Gracelia knew she wanted to be an American citizen. To her, becoming an American citizen meant she could stay here with her two young children. Additionally, she could receive benefits that would improve her health. So she enrolled in Neighborhood House's Citizenship Program to start the naturalization process.

When Gracelia first began the program she had a lot of trouble reading and writing in English.

When asked what she liked most about classes, the Salvadoran said, "the writing,



PHOTO BY THU THAI DOUNG

*Twenty five years after emigrating from El Salvador to America, Gracelia is living her dream of becoming a U.S. citizen.*

the copying, and the flashcards."

After a year, Gracelia then filled out her citizenship application with the assistance of Thu Thai Doung, an Economic Opportunities Specialist with the Seattle Housing Authority (SHA). Gracelia has been continually grateful for the tutors who helped improve her English skills and the case manager who worked with her to complete the application.

After 25 years of living in the country, Gracelia had her interview to become a U.S. citizen in April. Despite feeling nervous, she passed all the components of the interview.

Please see "Citizenship" on Page 6

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

## Yesler Terrace redevelopment update

BY SVEN KOEHLER

Relocation Housing Coordinator, SHA



After the bustle and excitement of the June 5-6 grand opening celebration at Kebero Court, new residents are settling in to daily life in their new community. At the same time, on the other side of Boren Avenue, other Yesler Terrace residents are preparing for a transition of their own. The last families in Phase 3 of redevelopment are relocating.

Since January 2014, more than a hundred households in Phase 3 have been working with the Seattle Housing Authority (SHA) relocation team on moving. First, they learned about the relocation process. Then, they considered which relocation option best fit their individual needs. Some residents visited several different kinds of housing to find a home that matched their preferences.

After the families made their decisions about where to relocate, the process of actually moving began. Many families chose to receive free moving help provided by SHA, while others accepted financial assistance to move themselves. Either way,

moving is a big undertaking and disruption of everyday life.

"It is a daunting task to sort through three decades of accumulated stuff to decide what will come with me when I relocate," said Kristin O'Donnell, a longtime resident. "But it is inevitable, and will make my move easier."

In Phase 3, more than half the households decided to relocate outside of Yesler Terrace. Most chose to transfer to other subsidized housing within Seattle. Twenty-eight households used a Housing Choice Voucher, about the same number as during the previous phase of relocation in 2013. All of these households take with them the right to return to Yesler Terrace when new buildings are finished in the future.

SHA promised those who moved away the earliest first chance to come back. The relocation team has contacted each household who had moved away from Yesler Terrace since the redevelopment officially started in July of 2012 to offer them the chance to move back. Nearly 25 percent of the 160 households who moved away expressed interest in coming back to Yesler Terrace, and so far about a dozen

have decided to return to Kebero Court.

That includes Hector Billy, who moved out of Yesler Terrace in 2012 in order to find housing that suited his needs better than the old buildings at Yesler Terrace, but he was happy to come back as soon as a new building was ready. "I am so glad to be back in Yesler Terrace," he said. "It's great to be back with my community, especially near the Indian Center. I missed it here."

Some families who moved away in 2014, early in the Phase 3 relocation process, have already exercised their right to return by moving back to Kebero Court this spring. But it seems the majority are pleased with their relocation choices so far, or at least want to wait before moving again. Many residents have told SHA that they might return during the next opportunity, which is planned for early 2016 with the opening of Raven Terrace at 8th Avenue and Yesler Way.

Over the last two months, about a quarter of Phase 3 families moved directly to the newly-opened Kebero Court. For some, this was the only move they will have to make during the entire redevelopment process. Others had already made one move on-site and now were able to be finished with relocation by moving to Kebero Court.

The remaining households decided to stay at Yesler Terrace and relocate again when the next phases start in the future. In an interesting twist, the very SHA Property Management Office where residents visited for relocation assistance is itself also relocating as part of Phase 3. The office, which has been at its location on Yesler Way for more than two decades, will relocate across the street to 106 Yesler Way.

The office will be closed for moving on Thursday and Friday, July 9 and 10, and up and running again on Monday, July 13. With the move, staff who have been helping residents with relocation are feeling a bit of nostalgia themselves. But the joy residents expressed in celebrating their new homes at the Kebero Court Grand Opening was equally infectious!

### RAC Election Results

The Resident Action Council (RAC) elections were held June 10. The following 10 residents were elected to serve as at-large team members for 2015-2016:

John Yost (Bell Tower), Boe Oddsey (Capital Park), Lois Gruber (Lake City House), Glenn Slemmer (Green Lake Plaza), Julie Sahlberg (Center Park), Lee Suitor (Section 8), Linde Knighton (Ballard House), Jo Ellis (Seattle Senior Housing Program), David Norris (Denny Terrace), Art Rea (Yesler Terrace).

The 13 residents who attended June's meeting voted yes to expand RAC's membership. Effective immediately, membership in the Resident Action Council consists of all persons 18 years of age and older who are listed on the lease of any public housing or senior public housing or on the Seattle Housing Authority House Choice Voucher program who are not managerial or supervisory employees of the Seattle Housing Authority.

RAC's leaders through 2016 are: Kristin O'Donnell (President), Troy Smith (Vice President), Anitra Freeman (Secretary), Robert Mull (Treasurer) and Susan Irwin (Ombudsperson).

### More Elections

The following people have been elected to the International Terrace Resident Council: Anitra Freeman, president; Randy Peters, vice president; Dom Xue, secretary; Sujuan Chen, treasurer.

### RLDT opportunities

#### Learn grant writing

The Resident Leadership Development Team (RLDT) will offer training in grant writing July 7 from 11 a.m. until 1 p.m. at Center Park.

Learn how to write a Small Sparks grant in the computer lab. For more information, contact Troy at 206-371-0851.

#### Training for community leaders

The RLDT is planning a two-day training Sept. 24 and 25. Mark your calendars if you want to improve your leadership skills. There will be food, fun and a great venue for getting to know and support other SHA residents. Contact Troy for details at 206-371-0851.



**JULY 8TH**  
from 4:30pm-6:30pm in the parking lot  
behind Neighborhood House High Point  
6400 Sylvan Way SW, Seattle, WA 98126, (206)588-4900

**PLAY STREET**  
a FREE outdoor art event for children and families  
\*For kids ages 0-12, children must be accompanied by an adult

FREE community art activities that include weaving, painting, chalk, tie-dye and more!!  
With activities led by Connie from The Makery and High Point youth! \*Bring a t-shirt for tie-dye

### Kebero

Continued from Page 1

tance of residents' input and priorities in the process of transforming the community. He reminded everyone, "the point isn't pretty buildings, it's to create a space for families to succeed."

Kate Joncas, Deputy Mayor of Seattle, emphasized that "people shouldn't have to make the choice between going to the doctor and paying rent." By providing stable housing, SHA aims to end such tough choices, building a community that connects its residents to job, transportation, education, and health care opportunities. The funding partners, represented by Tim Burgess from the Seattle City Council, Terri Ludwig with Enterprise Community Partners, Phyllis Campbell of JP Morgan Chase & Co, Alex Johnson from Bank of America Merrill Lynch and Bill Block of the U.S. Department of Housing and Urban Development all spoke proudly of their organization's involvement in Kebero Court.

The sentiments shared by the new residents of the building resonated the most with those gathered. Liban Liban, a resident, spoke from his heart, calling Kebero

Court "the fullness of our eyes."

Saroeun Chuon from Cambodia expressed her joy in her new home calling it "a door in the heavens," and thanking SHA for giving people a place to achieve their hopes and dreams in a safe and supportive environment.

The celebration continued on Saturday with a Neighborhood Open House. Residents and guests enjoyed a second drumming performance, traditional foods, a children's story time and an Ethiopian coffee ceremony. Both days included an Information Fair on programs and activities in the Yesler Terrace neighborhood.

Yesler Terrace was the city's first public housing, built 75 years ago by the newly established Seattle Housing Authority. The redevelopment of Yesler Terrace began in 2013 after SHA, Yesler residents, a Citizens Review Committee, surrounding neighbors, city officials, nonprofit service partners and citizens at large shaped a plan for replacing Yesler Terrace's aging housing with a vibrant new community for Yesler residents

Leasing continues at Kebero Court and anyone interested can contact the Yesler Terrace Property Management Office at 206-223-3758.

## Be a part of history through storytelling



BY SEATTLE HOUSING AUTHORITY



NPR's StoryCorps is a national oral history organization that strives to give voices to communities across the U.S. The most basic component driving StoryCorps is a 40-minute conversation between two people who know each other.

StoryCorps will be in Seattle Aug. 6 through Sept. 4 and are scouting several locations, including Seattle Housing Authority's NewHolly.

Each conversation is recorded on a CD that is then given to the participants, along with a photo, and with their permission a copy is also archived in the American Folklife Center at the Library of Congress.

Emily Brickner, an ardent NPR listener and devoted StoryCorps listener said, "StoryCorps gives you a glimpse into someone else's life. The story can be about their personal history, inner motivations, or definitive moments. It often gives me a chance to see the world in a new way."

At the forefront of this project is the hope that in recording these conversations StoryCorps can provide people of all backgrounds and beliefs the ability to express themselves. NPR strives to highlight voices that are often missed or under represented by mainstream media and, in doing so, more accurately record America's diverse population.

So far, stories have been recorded in 54 different languages, and people are encouraged to participate even if they do not speak English. There is no experience required and spontaneity is encouraged: simply focus on the person you are with and have a conversation.

There are 140 available appointments that can be made starting July 23. To make a reservation and be a part of history, visit <https://storycorps.org/reservations/>, or call 1-800-850-4406.

## SHA resident and Neighborhood House volunteer sets her sights on career path now that schooling is complete

By NANCY GARDNER  
The Voice editor

**RV** Piper Laurie, an Oscar-nominated actress popular in the 1960s and '70s, captivated Hollywood with her haunting portrayal of complicated characters. Turns out Neighborhood House has its own shining star of the same name, albeit spelled differently.

Piperlorie Keith, who spends countless hours at Neighborhood House Rainier Vista as a volunteer receptionist, was named for the actress, but the commonality ends there. Our Piperlorie, familiar to Rainier Vista clients and visitors, has been a Seattle Housing Authority (SHA) resident for more than 20 years. And she has spent nearly that much time as a certified Chemical Dependency Counselor (CDC), a job she dearly misses and a field she's prepared to jump back into.

The 55-year-old recently went back to school to update her CDC credentials, now called a CDP, or Chemical Dependency Professional, and has made plans to return to college to earn a master's degree in Social Work.

Last month, she completed the coursework necessary to become a CDC again, and says her career options are wide open now, thanks to her volunteer work, which has kept her skills current. Her return to school and re-certification also help make her an appealing job candidate. She says her exposure to so many different cultures and languages represented through the clients that Neighborhood House serves has also made her want to learn a new language.

"I had been planning to go into case management but chemical dependency counseling is like belonging to a gang, and you just can't get out of it," she says. "But I believe the Lord meant me to be a counselor and that it's my calling."

She's currently busy sending out cover letters and resumes to potential employers.

And when she's not helping answer questions at Rainier Vista's reception desk, Piperlorie also volunteers at the Central Area Senior Center, where she performs administrative tasks.

So why all of the volunteer work?

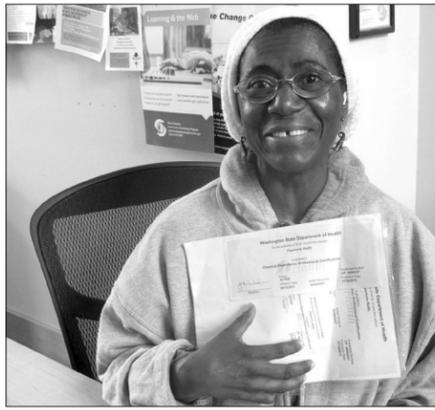


PHOTO BY NANCY GARDNER

*Piperlorie Keith proudly shows off her certificate as a Chemical Dependency Professional and is heading back into the work force after several years of volunteering.*

Says Keith, "It keeps me busy, makes me feel like a productive member of society, helps me get reconnected with others, and I just enjoy meeting people."

In her free time, the Seattle native enjoys roller-skating and is very involved with her church.

"But Neighborhood House is my baby, it's my love," she says. "It makes a big impact and has so many programs that help a variety of people."

Alex Norman, an early childhood education AmeriCorps member at Neighborhood House Rainier Vista says Piperlorie is a real asset to Rainier Vista.

"She has this incredibly warm and open personality and I think it's great for all of our families that she's the first person you see when you walk in the door," says Norman. "She's always ready and available to help in the mornings when people come in looking for support and knows exactly where to find everyone in the building at any given time, which is a skill that I don't think anyone else here has mastered yet. She was also one of the first people I met who really made me feel like part of the team at Rainier Vista."

Clearly, *our* Piperlorie could easily be nominated for her award-winning volunteerism!

fence and the garden, and see the contribution we could make to the community.

AmeriCorps member Jimmy Huynh said, "It was amazing to be part of a project that promotes environmentally sustainable practices and progressive urban development. I hope that it sets a precedent for a new way of urban planning."

*Raven is an AmeriCorps member who works in the Youth Tutoring Center at Neighborhood House Seola Gardens.*

## AmeriCorps

Continued from Page 1

In addition to painting, we also helped replace some fence boards that were old and damaged. Fixing the fence that encircles this 2,531 square foot plot was a substantial task, but with our ten-person team working diligently, we were almost finished before lunchtime.

After finishing the fence, Deborah had some weeding for us to help with. The team was a little less enthusiastic about weeding, but we got down to it in no time. After all, we are AmeriCorps and we get things done!

For many of us, this was a great opportunity to visit and catch up with team members we don't see very often. It was great at the end of the day to look at the

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PHOTO COURTESY OF MICHAEL MAGGS / WIKIMEDIA COMMONS

## Community notes

### Wi-Fi devices for checkout

The Seattle Public Library has given Seattle residents another good reason to have a library card.

Thanks to a \$225,000 grant from Google, anyone with a library card can now check out Wi-Fi hotspot devices to use at home.

"You simply check them out as you would any book, CD or DVD," said Marcellus Turner, city librarian.

"Broadband is becoming a necessity to be successful in today's world," said Seattle Mayor Ed Murray. "Whether applying for a job, completing a homework assignment or paying a bill, you need access to the Internet. Thanks to the Library's partnership with Google, this new initiative will help hundreds of Seattle families check out their own Wi-Fi hotspot."

A 2014 city of Seattle Information Technology Access and Adoption report revealed that over 90,000 Seattle residents lacked Internet access at home. When household income dropped to under \$20,000, approximately 57 percent reported having no access.

Officials said the mobile hotspots will be particularly helpful to students and job seekers who cannot afford a data plan or Internet service.

The Library's grant from Google not only covers an initial pilot for 150 Wi-Fi hotspots, but 75 laptops bundled with hotspots that are expected to be available for checkout in late July. The grant also covers outreach work so the Library can introduce hotspots and laptops to populations with the greatest need for these services, particularly immigrants and refugees.

### Parks' Late Night meals

Seattle Parks and Recreation's Late Night Recreation Program will start offering free hot and healthy meals to participants of the Late Night Program beginning in September. The Late Night program serves teens ages 13-19.

Meals will be provided at the following sites:

- Garfield Teen Life Center, Friday and Saturday 8-9:30 p.m.
- Rainier Community Center, Friday and Saturday 8-9:30 p.m.
- Rainier Beach Community Center, Friday and Saturday 8-9:30 p.m.
- Van Asselt Community Center, Saturday 8-9:30 p.m.
- High Point Community Center, Friday 8-9:30 p.m.
- South Park Community Center, Friday 8-9:30 p.m.
- Southwest Teen Life Center, Friday and Saturday 8-9:30 p.m.

For more locations, visit <http://www.seattle.gov/parks/centers.asp>.

### Metro expands hours

With the passage of Proposition 1 last November, transit services will continue to improve on many Seattle routes.

The Seattle Department of Transportation (SDOT) and King County Metro added 9,000 service hours per month in June and will add 9,000 more per month in September. In total, 223,000 bus hours will be added annually to existing bus service.



PHOTO COURTESY OF CHARLES PARRISH

*Yesler Terrace resident Charles Parrish uses a hammer and chisel to create a sculpture out of Italian marble of his childhood idol, Bill Russell, who played in the NBA for the Boston Celtics during the 1950s and 60s. Parrish expects to finish this latest art piece by mid-July and exhibit it at the Art/Not Terminal Gallery at 2045 Westlake Ave., where he is a frequently featured artist.*

## 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

### Credit check: the FEC's impact after first year

Seattle's Mayor recognizes agency and promises to increase access

Editor's note:

The region's first Financial Empowerment Center (FEC), operated by Neighborhood House at Rainier Vista, opened in April 2014 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 other FEC satellite centers throughout the city. For locations or more information, call 206-923-6555 or email FEC@nhwa.org.

BY RICHIA THAPA MAGAR  
Financial Empowerment Center

In 2014, the City of Seattle partnered with the Paul G. Allen Family Foundation to launch Seattle's Financial Empowerment Center (FEC), the first initiative of its kind in Seattle. The program is operated for the City of Seattle by Neighborhood House.

Since then, the FEC, located in Rainier Vista, has provided over 1,200 counseling sessions, helped clients pay down more than \$100,000 in debt, and establish \$320,000 in new savings.

One of its clients, William Smith, was one of four recipients of Mayor Ed Murray's inaugural Financial Empowerment Awards, thanks to Smith's dedication in working with advisors at the FEC who helped him restore his credit and gain control over his finances.

Prior to visiting the FEC, Smith, a retired veteran, was overwhelmed with bank fees, unpaid parking tickets, and credit issues. With a fixed income, he was unable to save money.

Several months ago, Smith met with an FEC counselor and completed a financial



PHOTOS BY NANCY GARDNER

health assessment, which determined that he may qualify for public benefits to help with his food costs. He also completed a budget and realized that he could cut his personal expenses by using public transportation twice a week.

The counselor also encouraged him to ask for his credit report. Upon examining the report, Smith found inaccuracies for bills that he had paid. With the help of his counselor, he was able to correct his credit score.

The FEC counselor also helped arrange for payments with the Seattle Municipal Court for unpaid parking tickets that had been sent to collections.

"The services offered are empowering," said Smith. "I was seeking help, not a hand-out and I'm getting the support I need to get back on my feet."

His situation is not unique, said Mayor Murray, but is an example of how the city will continue working with partner agencies to deliver services more effectively to

those in need.

"I am committed to increasing access to the FEC program by embedding financial coaching within other city services," said Murray.

Other awardees recognized by Deputy Mayor Hyeok Kim represented organizations that have helped embed and restore financial empowerment to the City of Seattle's fabric and its residents. These include KeyBank, the Paul G. Allen Family Foundation and the United Way of King County. They have all been integral in helping vulnerable residents take control of their finances by teaching them fundamental financial skills, said Kim.

Building upon the initial success of the FEC's first year of programming and adjusting the model to incorporate lessons learned, the FEC is excited to enter our second year of service with new city integration programs and community partners, bringing the opportunity of financial security to Seattle residents in need.



At left: FEC counselors Tina Houston, Jason Clopper, Richia Thapa Magar, Edison De Impala and Kiet Vu have helped clients like William Smith, above, gain financial skills and economic stability. In June, Smith was a recipient of Mayor Murray's inaugural FEC awards.

Through an expanded partnership with the City's Utility Discount, Vehicle License Fee Rebate and King County's low income bus fare programs, the FEC plans on reaching an untapped population of Seattle residents accessing supportive service programs who would benefit greatly from financial counseling, ensuring that every Seattle resident has the opportunity for financial stability and success. Additionally, the FEC is finding new ways to partner with the United Way Free Tax Campaign to better align systems to increase the number of tax filers who engage in financial counseling. Through this collaborative work, it is envisioned that the FEC will become an integral City service that changes lives this year and in years to come.

## Fitness for everyone

### Thyroid: that little gland could be telling you something



BY LENA SCOTT  
Special to The Voice

For this month's topic I've chosen to examine a health issue that has been a big challenge in my own life. In spring 2013 I started to notice what I thought were the normal effects of aging. I had just started working at a new job that was pretty sedentary, and was entering my mid-30s. I was growing out of clothes I had just purchased and blamed this on my lack of activity.

So I started walking a little more and cut back on my favorite guilty pleasure- french fries. But I continued to gain weight and then my body temperature began to fluctuate dramatically. I tried exercising but was so tired that even daily activities took every last drop of energy, and my joints hurt most of the time.

After several months, I experienced mood swings and I found it was hard to make decisions and concentrate. I was missing work due to fatigue. It was time to see the doctor.

First, my vitamin D and iron levels were checked. The results were mostly fine, though my vitamin D was a little low, so my primary care doctor prescribed vitamin D and suggested I try exercising more. But exercise felt impossible.

My symptoms only worsened, so I again returned to the doctor's office. It was winter at this point, and I was thoroughly depressed. More blood tests were run to

rule out Lupus and autoimmune disorders. With Lupus, the body's immune system accidentally attacks healthy tissue. By now, I had gained about 40 pounds and was forced to cut back my hours at work.

My doctor suggested my symptoms may be not be physical and may not be something that could be diagnosed. Finally, I was forced to leave my job and look for a half-time position that felt more manageable.

In early 2014 I quit working altogether and decided to see the doctor one last time before I would lose health insurance. I chose to get a second opinion and see a new doctor. She ordered some of the same tests I had previously undergone, and added a test called thyroid-stimulating hormone (TSH).

The results were back the next day: my TSH level was extremely abnormal. The doctor called and said I had hypothyroidism and that it probably caused all of my symptoms. She said it was a fairly common disorder, especially in women, and could be easily treated. The only thing I knew about the thyroid was that it was a gland that did something to control hormones, but that's about it.

I wanted to take this opportunity to remind readers not to let their thyroid go unchecked. While I am not a healthcare provider, I know from my own experience that even though it's a relatively tiny gland, it packs a punch and is responsible for so much!

The thyroid is a small gland located at

the base of the neck. It is often described as being butterfly-shaped. The hormone it produces controls your body's metabolism; and how fast your body burns calories. There are a variety of disorders that can affect the thyroid including: goiter (enlarged thyroid), hyperthyroidism, hypothyroidism, thyroid cancer, Graves' disease and Hashimoto's disease.

Risk factors for developing thyroid disease include the following:

- Being female
- Being over age 60
- A recent pregnancy
- Iodine exposure
- Family history
- Radiation exposure
- Diet
- Smoking
- Certain medications such as lithium
- Auto immune disorders including diabetes type 1 and rheumatoid arthritis

I hope I haven't scared you! The good news is thyroid problems can be easily detected and easily treated. Routine screening for thyroid disorders is not recommended since it affects such a small percentage of the population. But if you are experiencing troublesome symptoms not otherwise explained you can ask your healthcare provider for more information. Your provider will begin by asking you a series of questions about your health history and symptoms. He or she will then recommend

if any screening should be done and what kind. He or she may begin by feeling your throat and neck to detect any enlargement of the gland. The simple TSH blood test can be drawn to detect even early stages of hypo or hyper-thyroidism. If either condition is diagnosed the most common treatment will be a prescription medication. Patients will probably see improvements begin rather quickly.

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

## Free lunches! Summer meals program offers lunches for youth under 18

BY SEATTLE HOUSING AUTHORITY

Summer is here, which means it's time to think about keeping kids healthy and fed. This summer, from now through the end of August, free breakfast, lunch and snacks are available at over 200 sites throughout Seattle and King County through the Summer Food Service Program.

All kids and teens 18 years and younger can get free meals at parks and community centers throughout the area. Many programs also offer fun activities in addition to free meals. All meal sites have adult supervision.

Please see the chart below for meal sites near Seattle Housing Authority's largest family communities. The chart lists just a

few of the more than 100 sites offering free meals for children and youth in the Seattle area this summer.

For more information and to locate nearby sites, parents can call the multi-lingual Summer Meals Hotline at 1-888-4-FOOD-WA or visit [www.parenthelp123.org](http://www.parenthelp123.org)

### Citizenship

Continued from Page 2

She still remembers the civics and history questions asked of her during the interview, such as the following: Who was the first U.S. president? Where is the Statue of Liberty? What is one important thing Abraham Lincoln did? What did Susan B. Anthony do?

After struggling for so many years, she never thought she would become a citizen. During the Oath Ceremony, she was overjoyed by seeing so many people from different countries becoming citizens. Gracelia said that as a video played of President Obama congratulating people on becoming citizens, she shed tears of joy.

It's been two months since Gracelia became an American citizen. Now that she is a citizen, Gracelia is excited to vote in the upcoming presidential election. She's also hopeful that she can sponsor her oldest son, so that he can join her here, and says that, "Ultimately, it's my dream to have my whole family together."

If you would like to enroll in citizenship classes at Neighborhood House, contact Instructor Marissa Graff at 206-383-1206 or [marissag@nhwa.org](mailto:marissag@nhwa.org).

SHA Community	Location	Address	Start Date	End Date	Breakfast	Lunch
Cedarvale Village	Cedarvale Village Community Room	11050 8th Ave NE	6/18	8/28		12-1pm
High Point	High Point Community Center	6920 34th Ave SW	6/22	8/21	8:30-9:30	12-1pm
Jackson Park Village	Jackson Park Youth Tutoring Program	14396 30th Ave NE	6/18	8/28		12-1pm
Lake City Court	Lake City Court Community Room	12536 33rd Ave NE	6/18	8/28		12-1pm
NewHolly	Van Asselt Community Center	2820S Myrtle	6/22	8/21	8-9am	12-1pm
Rainier Vista	Boys and Girls Club	4520 MLK Jr. Way S	6/22	8/21	8-8:45	12-1pm
Yesler Terrace	Yesler Community Center	917E Yesler Way	6/22	8/21		12-1pm

## Tips on proper watering and how to banish garden pests



BY TROY SMITH  
*Special to The Voice*

The dry spells and relatively warm temperatures we've been experiencing have done wonders for our gardens, but they've also proven that without Mother Nature intervening, we have to be especially vigilant when it comes to watering.

A good rule of thumb is to water only when necessary. As important as it is to give your crops enough water, it's just as crucial not to drown them. In fact, over-watering is one of the most common reasons why plants die. Heavy and poorly drained soils are susceptible to becoming waterlogged. Typically, roots growing in waterlogged soil may die because they cannot absorb the oxygen needed to function normally.

The longer the air is cut off, the greater the root damage.

A good way to help keep soil aerated and porous is to add perlite, a naturally occurring mineral, to your soil mix. A combination of two parts soil to one part perlite will help keep plants healthy and it's available at most garden stores.

Even if you're keeping your plants healthy with just the right amount of water, chances are, you've fallen victim to garden insects and pests.

For the first time since I can remember, my garden has been infiltrated by slugs and snails. This was probably due to the large amount of beauty bark that was put in this spring around the gardens. The bark won't keep these pests at bay; in fact, it only encourages them to seek shelter there on very warm days. Using slug and snail bait every

two weeks has helped keep the critters out of my cabbage and brussels sprouts.

Slugs do most damage in the evening and at night and the drier we keep the plants and soil, the better. If you water in the morning the surface soil will dry out by evening. If you want to tackle them the old fashioned way, head out at night with a flashlight and good pair of shoes so you can squash them – you will be surprised at the number that surface in the dark. Or, if you'd rather not handle them, sprinkling salt from your table salt shaker will make them quickly shed their outer shell and die of dehydration.

Just remember that gardening should be fun, and try not to take yourself too seriously.

*Troy Smith is an avid gardener and resident of Olive Ridge.*



PHOTO BY TROY SMITH

Look closely and you can see holes left on these vegetables. Slugs, snails and cabbageworms love cruciferous veggies like broccoli and cabbage.

# Talk With Your Kids

Marijuana can impair learning, driving and motivation.

[StartTalkingNow.org](http://StartTalkingNow.org)



Dr. Nathalia Jiménez, MD, MPH,  
Seattle Children's Hospital

# TRANSLATIONS

TRANSLATED ARTICLES FROM THE VOICE

## Ahora puede sacar aparatos de wi-fi (conexión inalámbrica de internet) con su tarjeta de la biblioteca pública de Seattle/By Leahla Contreras

La biblioteca pública de Seattle les ha dado a los residentes de Seattle otro buen motivo para tener una tarjeta de la biblioteca.

Debido a una beca de Google de \$225,000 dólares, cualquier persona con una tarjeta de la biblioteca ahora puede sacar un aparato de wi-fi para usar en casa.

“Sencillamente se piden prestados como se haría con cualquier libro, CD o DVD,” dijo Marcellus Turner, un bibliotecario de la ciudad.

“Una conexión de banda ancha se está volviendo una necesidad para tener éxito en el mundo de hoy,” dijo el alcalde de Seattle, Ed Murray. “Ya que sea para solicitar un trabajo, terminar los deberes de la escuela, o pagar las facturas de la casa, se ocupa acceso al internet. Gracias a la colaboración entre la biblioteca y Google, esta iniciativa ayudará a cientos de familias de Seattle para que saquen su propio aparato de wi-fi.”

En 2014, un reporte sobre el acceso y la adopción de la informática en la ciudad de

Seattle declaró que a más de 90,000 residentes de Seattle les faltaba el acceso al internet en casa. Donde el ingreso familiar anual bajó a menos de \$20,000, aproximadamente el 57 por ciento reportó no tener acceso.

Oficiales dijeron que los aparatos de wi-fi serán particularmente útiles para los estudiantes y los que buscan trabajo, porque a veces son los que no pueden comprar un plan de data o un servicio de internet.

La beca que Google proporcionó para la biblioteca no solamente paga un programa piloto de 150 aparatos de wi-fi, sino también 75 computadoras portátiles con internet preinstalado que van a ser disponibles para prestar al final de julio. La beca también cubre un programa de compromiso con la comunidad para que la biblioteca pueda ofrecer wi-fi y computadoras portátiles a las poblaciones con mayor necesidad por estos servicios, sobre todo a los inmigrantes y los refugiados.

## ምስ ናይ ላይብራሪ ካርድኹም ናይ ዋይፋይ ሃትሲፓት መሳርሒ ምውጻእ ይከኣል እዩ።/By Habte Negash

ስያትል ፓፕሊክ ላይብራሪ፡ ነበርቲ ከተማ ስያትል ናይ ላይብራሪ ካርድ ንክህልዎም ዘተባብሶ ተወሳኺ ምኽንያት አቕሪቡሎም ኣሎ።

ካብ ጉጉል \$225,000 ናይ ገንዘብ ሓገዝ ተረኪቡ ስለዘሎ፡ ዝኾነ ይኹን ናይ ስያትል ፓፕሊክ ላይብራሪ ካርድ ዘለዎ ሰብ ኣብ ገዝኡ ኮይኑ ዝጥቀሙሉ ናይ ዋይፋይ መሳርሒ (Wi-Fi hotspot devices) ኪልቃኡ ይኸእልዩ።

ላይብራሪያን ማርሰሉስ ቱርኒን፡፡ ብዛዕብኡ ኪገልጽ ከሎ “ከም መጽሓፍ፡ ሲዲይኹን ዲቪዲ ተለቂሕኩም ከትወስድሉ እትኸእሉ መሳርሒ እዩ” ኢሉ።

ናይ ከተማ ስያትል ናይ 2014 ኢንፎርሜሽን ተኸኖሎጂ ኣክሰስ ኤንድ ኣዳፕቲቪን ሪፖርት ከምዝገለጸ፡ ካብ 90,000 ዝበዘሉ ነበርቲ ከተማ ስያትል ኣብ ኣባይቶም ናይ ኢንተርኔት ኣክሰስ የቢሎምን። ዓመታዊ ኣታዊ በተሰብ ትሕቲ \$20,000 ኮይኑ ምስ ኣንቆልቆለ

ድማ ብግምት 57 ካብ ሚኢቲ ዝኩኑ ነበርቲ ስያትል ኣብ ኣባይቶም ናይ ኢንተርኔት ኣክሰስ ከምዘይቢሎም ይፍለጥ።

እዚ ሞባይል ሃትሲፓትስ (mobile hotspots) ዝበሃል ተንቀሳቃሲ መሳርሒ እዚ ብፍላይ ነቶም ዋጋ ኢንተርኔት ከፊሎም ኪጥቀሙ ዓቕሚ ዘይቢሎም ተመሃርን ደለይቲ ስራሕን ሓጋዚ ከምዚኸውን ሰበስልጣን ይገልጹ።

እዚ ስያትል ፓብሊክ ላይብራሪ ካብ ጉጉል ረኪብዎ ዘሎ ህያብ ገንዘብ እዚ 150 መሳርሒ ዋይፋይ ሃትሲፓት ከም ኡውን 75 ተገልገልቲ እናተለቕሑ ዝጥቀሙለን ተልላፕታፕ ኮምፔተር መግዝእን ከምዝኸውን ብተወሳኺ ኸኣ ጥሑት ኣታዊ ዘለዎም ነበርቲ ብፍላይ ከኣ ኢምግራንትን ረፉጂን ፈሊጦም ምእንቲ ኪጥቀሙሉ ንምጉሰጓስ ክሕግዝ እዩ።

## DÙNG THẺ THƯ VIỆN CÔNG CỘNG SEATTLE ĐỂ MƯỢN DỤNG CỤ KẾT NỐI MẠNG KHÔNG DÂY(Wi-Fi)/By Long Luu

Thư viện công cộng Seattle đã cho người dân Seattle thêm 1 lý do tốt khi họ có thẻ thư viện

Nhờ vào số tiền \$225,000 trợ cấp từ công ty Google, thì bất cứ người nào có thẻ thư viện đều có thể mượn dụng cụ kết nối mạng để đem về nhà xài.

“Quý vị chỉ cần mượn y như khi quý vị mượn sách, CD hay DVD”, bà Marcellus Turner, nhân viên thư viện thành phố, đã nói như thế”

“Mạng lưới kết nối mở rộng đang trở thành sự cần thiết để thành đạt trong thế giới hiện nay”, ông thị trưởng Murray đã nói như thế. “Hoặc là xin việc làm, làm bài hoặc trả tiền hóa đơn, quý vị đều cần phải truy cập mạng (internet). Đó là nhờ vào sự hợp tác của thư viện với công ty Google, dự án mới này sẽ giúp hàng trăm gia đình ở Seattle mượn được dụng cụ kết nối mạng không dây” Vào năm 2014, một báo cáo từ văn

phòng Tiếp Cận Kỹ Thuật Thông Tin cho biết rằng có trên 90,000 cư dân Seattle không tiếp cận mạng internet. Nhưng khi mức lợi tức các hộ giảm xuống dưới mức \$20,000, thì có khoảng 57 phần trăm hộ không có internet.

Những nhân viên đã nói dụng cụ kết nối mạng không dây sẽ đặc biệt có ích lợi cho học sinh và người tìm việc làm khi mà họ không có khả năng trả tiền cho mạng internet.

Tiền tài trợ cho Thư viện từ công ty Google không chỉ chi phí cho dự án khởi đầu cho 150 dụng cụ kết nối, mà còn bao gồm thêm 75 máy tính xách tay kèm theo dụng cụ kết nối được dự trù cho mượn ra vào cuối tháng 7. Ngân khoản này còn chi trả cho thư viện trong công việc thông tin đến người dân đang rất cần những dịch vụ này, nhất là người di dân và người tị nạn.

## Читательский билет Публичной библиотеки Сиэтла дает возможность бесплатно взять в библиотеке устройство для беспроводного доступа в интернет/By Irina Vodonos

Публичная библиотека Сиэтла дала жителям города еще один повод завести читательский билет.

Благодаря гранту размером 225 тыс. долларов от корпорации Гугл, любой человек, имеющий читательский билет Публичной библиотеки Сиэтла, теперь может взять в библиотеке устройство для беспроводного доступа в интернет и воспользоваться им у себя дома.

«Вы можете взять его в библиотеке точно так же, как книгу, компакт-диск или фильм», - объяснил Марселлус Тернер, глава Публичной библиотеки Сиэтла.

Согласно отчету по доступу и пользованию компьютерными технологиями в г. Сиэтл за 2014 г., более чем 90 тыс. жителей Сиэтла не имеют доступа в интернет у себя дома. У 57 процентов из тех, чей годовой семейный доход не превышает 20 тыс. долларов, нет домашнего интернета.

Представители городской

администрации предполагают, что мобильные устройства для беспроводного доступа в интернет особенно пригодятся школьникам и студентам, а также людям, которые ищут работу и не могут позволить себе оплачивать подписку на мобильный или кабельный интернет.

Грант, полученный библиотекой от компании Гугл на этот экспериментальный проект, дал возможность приобрести не только 150 устройств для беспроводного доступа в интернет, которые можно заказать в библиотеке уже сегодня, но и 75 компьютеров-ноутбуков, совмещенных с устройством для доступа в интернет, которые появятся в библиотеках в конце июля. Грант также оплачивает работу с населением, в ходе которой библиотекари знакомят с новыми технологиями тех, кто в них больше всего нуждается, в частности иммигрантов и беженцев.

## የዋይፋይ ሆትስፓት መገልገያ እቃዎችን በሲያትል ፓፕሊክ ላይብራሪ ካርድ መጠቀም ይችላሉ/By Assaye Abunie

የሲያትል ፓፕሊክ ላይብራሪ ለሲያትል ኗሪዎች የላይብራሪ ካርድ መኖር ተጨማሪ ጥሩ ምክንያቶችን እንዳሉት በማሳየት ላይ ይገኛል።

ከኩግል የተገኘውን የ\$225,000 ግራንት በማመስገን ማንኛውም ሰው የላይብራሪ ካርድ ያለው የዋይፋይ ሆትስፓት መገልገያ እቃዎችን ወደ ቤት ወስዶ መጠቀም ይችላል።

የከተማው ላይብራሪያን ማርሰሉስ ተርኒን የተባሉት እንደተናገሩት “ይህ ግልጋሎት ማንኛውንም መፅሃፍ፣ ሲዲ ወይም ዲቪዲ ተወሳኝ እንደመውሰድ ማለት ነው” ብለው ተናግረዋል።

የሲያትል ሚዩር ኤዲ መሪ እንደተናገሩት “በዚህ በያዘነው ዓለም የተሳካ ስራ ለመስራት ብርድባንድ የግድ አስፈላጊ ነው” “የስራ ማመልከቻ ለመግፍ፣ የትምህርት የቤት ስራ ለመስራት፣ ወይም ዕዳ ለመክፈል የግድ የኢንተርኔት መስመር ያስፈልጋል። ላይብራሪው ከኩግል ጋር ያደረገውን የጋራ ትብብር ስራ በማመስገን ይህ አሁን የተጀመረው እቅድ በብዙ መቶ ለሚቆጠሩ የሲያትል ቤተሰቦች የራሳቸውን የዋይፋይ ሆትስፓት በመዋስ መጠቀም ይችላሉ”።

የ2014 የሲያትል ከተማ ኢንፎርሜሽን

ቴክኖሎጂ ኣክሰስና ኣዳፕቲቪን ሪፖርት እንደገለፀው ከ90,000 በላይ የሚሆኑ የሲያትል ነዋሪዎች በቤታቸው ውስጥ ምንም ዓይነት የኢንተርኔት ግንኙነት እንደሌላቸው ይገልጻል። የቤት ዝቢያቸው ከ\$20,000 በታች ለሆኑት በግምት ወደ 57 ፐርሰንት የኢንተርኔት መስመር የላቸውም።

ባለስልጣናት እንደገለፁት ይህ ተንቀሳቃሽ ሆትስፓት በተለይ ለተማሪዎችና ስራ ለሚፈልጉትም ዓይነት የዳታ ፕላንና ኢንተርኔት አገልግሎት ለሌላቸው በጣም ጠቀሜታ አለው።

ይህ ከኩግል የተገኘው የላይብራሪ ግራንት የሚያገለግለው በመጀመሪያ ለሙከራ ለሚውሉት 150 የዋይፋይ ሆትስፓትስ ብቻ ሳይሆን 75 ላፕቶፕስ ኮምፒውተር ከሆትስፓትስ ጋር አብሮ በተገናኘ ሆኔታ ለሚመጡትና በሚቀጥለው ጁላይ ወር መጨረሻ ማውጣት እንዲቻል ለሚውሉት ጭምር ነው። ይህ ግራንት በተጨማሪም የሚረዳው የሆትስፓትና የላፕቶፕስ አገልግሎት ለአብዛኛው ህዝብ እንዲዳደርስ በተለይም ለኢምግራንትና ሪፊውጅ ለሆነው ለማስተዋወቅ ለሚያስፈልጉ የስራ ክንውኖችም ነው።

## Ka amaaho maktabada dadweynaha seattle qalabka ku shaqaya adeega internetka loo yaqaan WI-Fi hotspot adigoo isticmaalaya kaarkaaga maktabadda/By Mahamoud Gaayte

Maktabada dadwetnaha Seattle ayaa u suurta gelisey dadweynaha reer seattle sabab kale oo ey u furtaan kaar maktabadeed.

Waxaa mahadnaq mudan Google oo ugu deeqday lacag dhan \$225,000 maktabda si ey ugu suurta gasho qofkasta oo doonaya inuu amaahdo qalabka ku shaqaya adeegaha Wi-Fi si uu gu isticmaali karo gurigiisa.

“Si fudud u amaaho sidii aad u amaahanjirtey buugta, CDyada iyo DVDyada,” ayuu yiri Marcellus Turner, oo ah maktabadystaha magaalada.

Xug ka soo baxday 2014 magaalada seattle macluumaadka tagnoolojiya qaybta u qaabilsan ayaa tilmaantay in 90,000 oo qof oo ku nool magaalda seattle eeyan guryohoodo lahay Internet. Markii uu dakhliga qoysku ka hoosma-

ray \$20.000, ku dhowaad boqolkiiba 57 ayaa sheegay in eyaan internet lahayn.

Waxa ey masuuliintu sheegeen in adeegani aad u anfacayo ardayda iyo dadka shaqa doonka ah, ku waas oo aan awoodin in ey gataan daatada ama adeegaha internetka.

Deeqdan lacageed ee maktabadu ka heshay Googlal ma aha mid suurta gelineysaa adeega Wi-fi hotspot oo keliya, waxa kale oo ey suurta gelineysaa 75 laptop oo wata hotspot, kuwaas oo u furan amaahda, dhamaadka bisha July. Deeqdan lacageed waxa kaloo ey dabooleysaa wacyigelinta bulshada u baahan adeegan si ey maktabadu u gaarsiinkarto macluumaadka kusaabsan adeegan dadkaasi, gaar ahaan qaxootiga iyo muhaajiriinta cusub.

# OUR COMMUNITIES

STORIES FROM OUR FRIENDS AND NEIGHBORS

## High Point and NewHolly farm stands open for business

By LOIS MAAG

Seattle Department of Neighborhoods

For fresh organic produce this summer look no further than the High Point and NewHolly Market Gardens Farm Stands that just opened for the season. The farm stands offer produce picked right from the P-Patch market gardens and grown by low-income residents of the High Point and NewHolly Seattle Housing Authority (SHA) neighborhoods.

The High Point Farm Stand is located at 32nd Ave. SW and SW Juneau Street. It is open on Wednesdays through Sept. 30. The NewHolly Farm Stand is located at S. Holly Park Dr. between 40th Ave. S. and Rockery Dr. S. It is open Fridays until Oct. 2. The farm stands' hours of operation are 4 p.m. to 7 p.m.

Both farm stands accept EBT cards and participate in Fresh Bucks which doubles consumers' first \$10 spent on the card.

The High Point and NewHolly market gardens are part of Seattle Department of Neighborhoods P-Patch Community Gardening Program. Throughout the city, gar-

deners use small plots of land to grow food, flowers, fruits, and herbs. However, its key purpose is the growing of "community" among the gardeners and the neighborhood. Community gardens offer a connection to the community, regular exercise, and the ability to grow fresh, nutritious produce.

Staff manage 90 gardens located across the city and serve more than 6,000 Seattle residents. Seattle's P-Patch Community Gardening Program is one of the largest municipally-funded community gardening programs in the country.

While there are waitlists for most P-Patches, city residents are welcome to join or visit the gardens. They are open to the public and include features such as picnic areas, benches, and public art. In addition to the P-Patch gardens at High Point and NewHolly, there are gardens located on these SHA properties: Yesler Terrace, Lake City Court and Rainier Vista.

Seattle P-Patch Market Gardens is a program of Seattle Department of Neighborhoods P-Patch Community Gardening Program in collaboration with Seattle Housing Authority and GROW to support



PHOTO COURTESY OF SEATTLE DEPARTMENT OF NEIGHBORHOODS

P-Patch market gardeners sell their fresh organic produce at the NewHolly Market Garden Farm Stand in southeast Seattle. The market garden is in the background. There is another farm stand located at the High Point market garden in West Seattle.

low-income gardeners and their neighborhoods. Its mission is to establish safe, healthy communities and economic opportunity through Community Supported Ag-

riculture (CSA) and farm stand enterprises.

To learn more about joining a P-Patch, visit [seattle.gov/neighborhoods/p-patch-community-gardening/market-gardens](http://seattle.gov/neighborhoods/p-patch-community-gardening/market-gardens).



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- Weekly home visits focused on learning through play
- Supporting parents with children of all abilities, including those with special needs
- Serving low income families in: Tukwila // SeaTac // Skyway // Burien // West Seattle // Central Seattle // South Seattle

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- Serving children of all abilities, including those with special needs & disabilities
- Preschool two days a week & weekly home visits
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- Morning and afternoon sessions
- Meals and snacks provided
- Serving low income families in: West Seattle // Central Seattle // South Seattle

**FULL DAY PRESCHOOL (AGES 3-5)**

- Serving children of all abilities, including those with special needs & disabilities
- Meals and snacks provided
- Serving low income families in: West Seattle // Central Seattle // South Seattle

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## Somali Safety Task Force celebrates one year knitting and purling

By LISA DRESSLER

Senior Property Manager, SHA

 On Saturday, June 6, the Somali Family Safety Task Force invited the NewHolly Community to celebrate its first anniversary at NewHolly and honor the 41 women who have graduated from the sewing classes.

The group is led by Farhiya Mohamed, a resident of NewHolly, and Consuelo Eceverria, a volunteer supporter of the group. Both women have a passion for helping others and both have master's degrees in Social Work.

Last year, they put their heads together and held a focus group with community members to help determine what residents wanted. They discovered that many women wanted to sew together while socializing. Not long after, the NewHolly Women's Sewing Program was born.

Organizers say the group not only teaches women how to hone their skills with needles and thread, but serves as a catalyst to helping them learn basic math, which they can use in turn to help their children with homework assignments.

To date, the program has engaged over fifty women, or approximately 75 percent located within the NewHolly community, and is expanding this summer to include a technical sewing arm, funded by the City of Seattle Neighborhood Matching Fund.

Students have learned how to make pillow cases, bags and Somali dresses, all from fabric from Africa. The women displayed their items and were given graduation certificates and encouraged to say a few words. A feast of Somali food was served for all to share.