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The Voice

August
2015
*Articles translated
into six languages*

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

Listen up: NPR is coming to NewHolly

'StoryCorps' program invites people to share stories, dreams and thoughts

BY SEATTLE HOUSING AUTHORITY

NH StoryCorps, heard on National Public Radio (NPR), is setting up its 'MobileBooth' Aug. 6 through Sept. 4 at NewHolly neighborhood campus. Look for the silver-colored Airstream trailer, the StoryCorps' MobileBooth, at NewHolly Neighborhood House Campus, 7058 32nd Ave. South in Seattle.

As an independent nonprofit and national oral history organization, StoryCorps strives to reverse the microphone of talk radio, collecting, highlighting and celebrating the diversity of stories in communities across the country. Its mission is to provide people of all backgrounds and beliefs the opportunity to share and preserve stories that otherwise might be lost through time.

Seattle-area locals will get a chance to interview friends, partners, colleagues or

family members about life experiences and share them with a wider audience.

Sound like fun? Here's all that's required: For 40 minutes you can talk about something you would like to share, and the StoryCorps team will professionally edit the conversation. At the end of the session you will receive a free CD copy of the interview and a photo of you and your conversation partner.

A StoryCorps interview gives you the chance to ask a friend, family member or colleague about their lives.

With permission from participants, a copy of the recording is also archived in the American Folklife Center at the Library of Congress. Participation is voluntary and if

the stories become too personal it is okay to decide afterwards that you'd rather not have the public listen to the conversation. The StoryCorps Archive is the largest digital collection of oral histories ever assembled. The goal is to make the entire collection available online, sharing the diverse voices, history, and wisdom with the world.

StoryCorps hopes that by highlighting voices that are often quieted or under-represented by mainstream media, a more accurate representation of what America's true diversity looks like will be depicted.

To date, this NPR programs' 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 limited time slots available



during StoryCorp's Seattle visit, and they are expected to fill up quickly.

StoryCorps is eager to include residents from all Seattle Housing Authority (SHA) communities. Residents should contact their SHA Community Builder for information and assistance with online registration. If you don't know who that is, contact SHA Communications for help:

michele.mosher@seattlehousing.org, or call 206-615-3522.

Rainier Vista's Central Park project keeps youths active and learning

BY JONATHAN LUONG
The Voice Intern

RV With the start of school still several months away, kids in the Rainier Vista community should look no further than their local park for sports and activities to help carry them through these dog days of summer. Since the beginning of July, the Central Park Project has been providing neighborhood youth with an opportunity to enjoy themselves through structured programming.

The mentor group for this program is headed by Davontae Glenn, the project's coordinator. Glenn recently graduated from the University of Washington with a degree in communications, and is easily recognizable in his Husky apparel. He got his start working in the Rainier Vista community through Dr. Ralina Joseph, a professor and Glenn's advisor, from UW's Department of Communication.

The twenty-three-year-old is now headed to Seattle University to pursue a master's degree in sports management. He acts as an advisor for the many teenagers that work for the project, including 15-year-old Damian Sanford, a student at Franklin High School, and Trinity Roberson, a 17-year-old student at Garfield High School. The trio are one of

four teams that guide the program.

Positions for the program were assigned through Justin Hellier, education program supervisor for Seattle Parks and Recreation. The project is one of many attempts to encourage Seattle teens to be more active in their communities. Many students, like Damian, were able to get connected through the Seattle Youth Employment Program.

For the kids that come to the park, the program often means much more than just a few hours of playtime with friends. "We give them activities to do to keep their mind off any problem they might have going on," said Damian.

A typical day often starts with Davontae, Damian and Trinity and other volunteers pulling out equipment from the Rainier Vista center and starting activities for the kids already present. Soon, basketball games and soccer matches break out as everyone slowly gravitates toward activities they like. "Kids will eventually show up when they see their friends at the park," said Damian. The program is expanding to follow the interests of its growing population. There are plans to start arts and crafts activities inside the Rainier Vista Center as well.

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PHOTO BY JONATHAN LUONG

Trinity Roberson, Damian Sanford, and Davontae Glenn are spending their summer afternoons in Rainier Vista's Central Park running activities for kids in the Rainier Vista community.

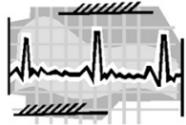
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Health Notes



A column devoted to your well-being

Vaccines: the importance of immunization

By JANET CADY, ARNP
Neighborcare Health

Protect yourself with vaccines

Getting vaccinated is an easy and effective way to protect yourself and your family from serious disease. The development of vaccines is one of our greatest public health success stories.

In the U.S., the threat of illness or death from smallpox, polio, tuberculosis and other diseases has been eliminated. Also, fewer people become sick from preventable infections, like whooping cough and measles. Safe vaccines have played an important role around the world in improving health and living longer.

Vaccinations are still essential

Because vaccines have made some diseases very rare in the U.S., some people believe they don't need to be vaccinated. But the threat is not over. By getting recommended vaccines, we protect our own health, as well as our family's health. Children and the elderly are more protected from infection when living in communities with high vaccination rates. Without vaccines, more people may suffer from serious diseases we have nearly eliminated. Vaccines protect us from life-threatening diseases and reduce the risk of outbreaks.

Why vaccinate?

Immunizations save lives: About 60 years ago, polio was one of the most feared illnesses in the U.S. It affected as many as 58,000 people a year, killing and paralyzing both children and adults. With the development of the polio vaccine and continued immunization for children, there are no reported cases of polio in the U.S. today.

Getting immunized protects others: People in this country still get illnesses that vaccinations prevent. Recently, more children have been infected with measles, including cases here in Washington state.

The vaccination for measles works very well and could have prevented these children getting infected. Getting vaccinated doesn't only protect you; it also protects your friends and family by helping to prevent the spread of disease. Your own vaccination helps protect the community.

Safe and effective

There are different vaccines, given at different ages that protect from a variety of illnesses. Some vaccines are only given once, while others are administered more often like flu shots. Vaccinations are both safe and effective. Each vaccine goes through extensive scientific testing to make sure it is safe and helps prevent illness. Millions of people receive life-saving vaccines every day. While getting a vaccine may not feel good in the moment, serious reactions are very rare. The protection that vaccines offer is far greater than the possible discomfort for most people.

Protecting our future

Getting vaccinated doesn't just protect you and your family, it helps create a healthier future for all. Vaccinations can eliminate life-threatening illnesses. Then, future generations will no longer be at risk of those infections. Vaccines are one of the best ways to keep ourselves, our children and our future generations safe from serious disease.

Talk to your primary health care provider if you have any questions or concerns about vaccinations.

Janet Cady is an Advanced Registered Nurse Practitioner.

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.

Central

Continued from Page 1

With the leadership roles and responsibilities that these teenagers experience, there also comes a great opportunity for learning. "I've learned how to make them follow the rules, but also let them be open at the same time" said Damian.

"Patience is what I've learned," said Trinity.

For Davontae, his learning experience has been associated more with working as a mentor for students like Damian and Trinity. "It's been great to give them experience

with leadership. I try to be like a friend, not a parent, to them," he added.

Administered by the Refugee Women's Alliance, the project is funded through the Homeowner's Association (HOA) community-building fund, in addition to being matched by the City of Seattle's Youth Employment Program.

For any kids in the Rainier Vista area looking for a place to be on a summer afternoon, Central Park is the place to be. Come enjoy the sun with Davontae, Damian, Trinity, and others Monday through Friday, from 1 p.m. until 6 p.m.

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The Voice

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

Be Safe



By RON HOWELL
Seattle Neighborhood Group

On Aug. 4 Seattle will be united in its observance of the national event, 'Night Out,' held annually on the first Tuesday in August. For 31 years now, our city's neighborhoods have been coming together with one goal in mind: to raise crime prevention awareness by strengthening and connecting communities.

Some neighborhoods hosting Night Out events involve just a few households, while others contain multiple blocks. They often involve food, socializing, games and music. It's a great way to meet your neighbors, learn about your community and how to make it safer for everyone.

Combining festivities with anti-crime efforts sends a message to would-be criminals that your community can work together to fight crime, and sends a message that crime will not be tolerated. Having live music signals peaceful togetherness and having a good time.

Registration is the first step in creating an event for your neighborhood, and it's not too late! Just visit www.seattle.gov, click on to the Seattle Police Department site, scroll to the left hand upper corner on the Night Out section and click the tab,



"register your event." You have until 5 p.m. Aug. 3 to register.

You will receive a confirmation email with the event details you submitted after you fill out the form online. This means you have been registered.

On the registration you have the opportunity to request closure of your neighborhood street for Night Out. You cannot close your street if you live on an arterial and you do not close your intersection. The city can provide street closure signs that can be printed. Making your own sign is also an option, and people often attach these signs to sawhorses or buckets-whatever the preferred method to barricade an area to close a street. The barrier must be easy and quick to move.

All of the registered Night Out events are shared with individual Seattle police precincts and fire departments. And although there's no guarantee that each community will get a goodwill visit from them, they will do their best to stop by and say hello.

In observing National Night Out, the neighborhood is now well on its way to building community, camaraderie and awareness in order to fight against crime in a united effort.

Remember, when a community stands together, it helps bring the goal for creating a safer community within reach.

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.

This community event is coordinated by community volunteers and staff involved in the NewHolly Neighborhood Campus.

NEW HOLLY



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King County
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DSHS Division of
Behavioral Health
and Recovery

15th Annual Family Fun Fest & Health Fair!

Saturday, August 15, 2015

11:00-3:00pm

NewHolly Campus

7054 32nd Ave S.



Come celebrate 15 years of neighborhood fun in NEW HOLLY!



FREE Community Health Resources—BBQ Lunch! (HALAL)
Multicultural Booths—Prizes & FREE Giveaways for Everyone!

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

Contact Phillippia Goldsmith, 206.723.1725

phillippia_goldsmith@seattlehousing.org

This is YOUR community event. Get Involved. Have Fun!
Sign up to help with food, games, tickets, health fair, & more. Register early to get your free event T-Shirt!

Bouncy House—Face Painting—Henna Tattoos—Games

The digital divide narrows for SHA residents

President Obama's program expanding Internet access for low-income Americans debuts in Seattle

BY VOICE STAFF

Representatives from the U.S. Department of Housing and Urban Development (HUD), City of Seattle, and Seattle Housing Authority (SHA) on July 16 announced the local impacts of the ConnectHome initiative, a pilot program designed to help low-income residents in 28 communities across the U.S. gain access to free and low-cost Internet service.

Mary McBride, assistant deputy secretary of HUD, said this move levels the playing field by providing Internet access to those who would normally be without it.

"Half of our nation's poorest don't have Internet access at home. This is about helping build our leaders of tomorrow," McBride added.

"Seattle is thrilled to be joining the 27 other communities around the country as part of HUD's ConnectHome program and we greatly appreciate Secretary Castro's leadership on bringing broadband to lesser served communities," said Deputy Mayor Hyeok Kim.

"ConnectHome is an important effort in closing the digital equity gap that still exists in our high tech city. Our participation in this initiative is the perfect partnership with our own digital equity initiative and we look forward to learning from the other ConnectHome Communities and contributing our own expertise, history and insight."

For two decades, the City of Seattle has worked to provide community members with equal opportunity to use and access technology, through partnerships, educational programming, services, and resources. Since this work began in the 1990's, Seattle has awarded \$3.4 million in Technology Matching Fund grants through 270 projects, set up public access sites and training (in libraries, community centers and other city facilities), provided cable broadband for community organizations, and launched the Technology Indicators for a Healthy Community project to measure technology and broadband access and adoption.

The announcement marks a major step in providing communities across the nation



PHOTO BY NANCY GARDNER

Yesler Terrace resident and high school student Sumaya Mohamed, told reporters about the importance of having Internet access at home for students. Without it she said she has to do her homework in libraries, which don't always offer hours convenient for her.

with the tools to improve digital opportunity for HUD-assisted housing residents. ConnectHome establishes a platform for collaboration between local governments, members of private industry, nonprofit organizations, and other interested entities to produce locally-tailored solutions for narrowing the digital divide.

"We house more than 12 percent of the students in the Seattle Public School system," said Andrew Lofton, executive director of the Seattle Housing Authority. "For many of these low-income families the cost of home Internet access is prohibitive, which seriously disadvantages students trying to complete homework and parents who need to communicate online with their child's school. The ConnectHome initiative will give our young people a more equal chance at academic success."

Sumaya Mohamed, a sophomore at Garfield High School, said her family pays

about \$60 per month for Internet access, which is just too expensive for their budget.

"This program is going to make our lives so much easier and allow us to do our homework at home," Mohamed said.

SHA's scattered sites get their own RAC rep

BY RESIDENT ACTION COUNCIL

Lee Suito, resident of Four Freedoms House in North Seattle, was elected to the Resident Action Council (RAC) July 8. He represents 2,079 SHA renters located in 230 buildings around the city.

This marks the first time that residents living in Seattle Housing Authority (SHA) 'scattered sites' will be represented on the Council.

Suito said he advocated for the development of the RAC leadership position, in part because of the complicated renter/management relationship at Four Freedoms House.

The 287-unit complex is made up of two U.S. Department of Housing and Urban Development (HUD) buildings owned by a corporation in Florida, and managed by another company incorporated in Washington state.

Some units are reserved for Section 8 tenants, some are rented under a contract with SHA, and the balance are on the open market.

Residents at Four Freedoms House are developing a Resident Association, said Suito, to create a unified voice for negotiating with management.

New faces among SHA's Community Builders



Asmeret Habte, left, represents Seattle Housing Authority high rises and Jeniffer Calleja has joined the staff at Rainier Vista. Both are no strangers to working in the social services industry. Habte grew up in West Seattle and Calleja has worked within SHA for about 14 years.



BY VOICE STAFF

Asmeret Habte and Jeniffer Calleja are new community builders at Seattle Housing Authority.

For the past 16 years, Habte has been working to mobilize communities impacted by the highest economic, health and educational disparities in King County. As Community Builder for Seattle Housing Authority's high rises, she says she hopes to continue honing her community outreach skills and encourage public engagement.

She believes she can draw upon her many experiences in the social service industry. Before taking on the role of community builder in June, Asmeret worked for the City of Seattle for three years. Prior experiences include Harborview Medical Center, where she worked for eight years, and YWCA of Seattle, King and Snohomish Counties, where she spent five years.

Asmeret will be working at Low Income Public Housing east of I-5. She will be working mostly with residents in Senior Towers from Barton Place in South Seattle's

Rainier Beach neighborhood and Jackson Park House in North Seattle.

Calleja has a strong history of community building in HOPE VI communities. She spent seven years at High Point, five years at Greenbridge and two years at Yesler Terrace working on community development and health and racial equity projects with Neighborhood House. She is the new Rainier Vista Community Builder with the Seattle Housing Authority, a position previously held by Lisa Uemoto.

In her tenure at Neighborhood House, Calleja developed strong relationships with residents of all ages, nationalities and socioeconomic backgrounds and strong partnerships and collaborations with peers, community organizations and city government. She worked with residents on countless projects that built community, made positive change and increased neighborhood pride.

She's looking forward to working with the Rainier Vista community to address residents' priorities and meeting their community-building goals.

Summer 2015 in Commons Park

Enjoy the beautiful weather and join your neighbors for these great FREE events happening at High Point Commons Park this summer.

Date	Time	Event
Tues, Aug 4th	6:00-9:00pm	National Night Out: Food, Music, Games, Bike Rodeo and Emergency Prep Info
Weds, Aug 12th	Dusk	High Point Community Center hosts showing of "Big Hero 6" in Commons Park
Weds, Aug 19th	5:30-8:00p	High Point Annual Healthy Families Celebration: Food, Health Info, Games
Sat, Aug 22nd	10:00am - 1:00pm	Puget Sound Beekeepers Association Kids Day Event (Bee Garden): Hive demos, Science Activities & Honey

Seattle-King County Resource Day & Back to School Event

Rainier Community Center • 4600 38th Ave S, Seattle
Saturday, August 29th, 2015
10am-2pm

FREE Backpacks*
Door prizes
Raffle drawings
and More!

Resource check-list:

1. Education
2. Job Training
3. Employment
4. Financial Services
5. Home Ownership
6. Health Services

Individuals &
Families
Welcome!

Employers on SITE
bring your RESUME!

*Child must be present to receive backpack. While supplies last!



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Housing Authority



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HOUSING AUTHORITY

For more information, contact: Thu Thai Duong at 206.588.4900 Ext.676 or thu.duong@seattlehousing.org
Lydia Assefa-Dawson at 206.574.1356 or lydiaad@kcha.org





The Seattle Public Library

Summer library Open Air pop-up outdoor concerts at Seattle Center

The Seattle Public Library will bring the Open Air pop-up library to the Seattle Center and KEXP's Concerts from 5:30 p.m. to 8:30 p.m. every Friday in August at the Seattle Center, Mural Amphitheater, 305 Harrison Street.

The pop-up library features books, seating, Wi-Fi, charging stations for USB-powered devices, and information about the Library's digital resources. Patrons also may check out magazines, books and DVDs.

The Open Air pop-up library schedule includes the following:

- 5:30 p.m. to 8:30 p.m. Friday, Aug. 7 - Rock Night
- 5:30 p.m. to 8:30 p.m. Friday, Aug. 14 - Decibel Fest Night
- 5:30 p.m. to 8:30 p.m. Friday, Aug. 21 - Donor Appreciation Night
- 5:30 p.m. to 8:30 p.m. Friday, Aug. 28 - Swingin' Roadhouse Night

The pop-up library is supported in part by The Paul G. Allen Family Foundation and The Seattle Public Library Foundation. For more information, call the library at 206-386-4636, visit www.spl.org/openair, or ask a librarian.

Out with the old Epstein building...To make way for new green spaces



At left, the Jesse Epstein Building at 905 Spruce Street, as it stood since 1909. First known as the Kenyon Apartments, it was converted in 1979 to house administrative spaces for health and social services agencies.

At right, the demolition of the building began July 28 as part of Seattle Housing Authority's Yesler Terrace Redevelopment project. A tree-lined boulevard will eventually be where the Epstein once stood.



PHOTOS BY NANCY GARDNER

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PHOTO COURTESY OF MICHAEL MAGGS / WIKIMEDIA COMMONS

About The Voice

The Voice is a monthly newspaper published by Neighborhood House with financial support from Seattle Housing Authority. The Voice is developed and edited by Neighborhood House with help from Seattle Housing Authority 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.

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



Money Matters

Can you rent an apartment with bad credit? Tips on how to get the place you need, even if your financial history isn't perfect

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 EDISON DE IMPALA

Lead financial counselor, FEC

Credit is not only important when it comes to buying a home, getting a loan, or a credit card, but is very important for renting as well. A bad credit and a low credit score can make it very difficult to find a place to live. Many landlords, especially large property-management companies, will likely check your credit report before approving your lease, and there are plenty of negative items that landlords see as deal-breakers with potential tenants.

Bad credit can cause you to end up homeless. People with bad credit who are already homeless or in transitional housing, and were granted Section 8 vouchers, have many difficulties finding a landlord willing to rent to them, especially if their credit report is showing any eviction or unpaid rental related collection. Sometimes their Section 8 vouchers expire before they can use them.

If you are in the market to rent, besides a decent salary and good references, the most important thing you need is good credit to demonstrate that you're capable of paying

the rent on time. If you have bad credit, it doesn't mean you can't rent a home or apartment, remember, different landlords have different credit requirements. Some might deny your rental application if you have blotchy credit, even if you have a spotless rental history and a sizable salary. Others may only be looking to see if you have a previous eviction or other rental-related blemish on your credit report.

Renting with bad credit is still possible, but you have to understand what property managers are looking for and know how to convince them to work with you. Here are some strategies you might use to help secure an apartment lease — even when you have some issues on your credit report.

Know your credit report

When was the last time you checked your credit report? Yes, this is basic, but it's fundamentally important. You should periodically review your credit report to know what's on it. If there are errors on your report, you'll need to have them removed by disputing them. More importantly, if you have bad credit, you should take steps to improve your score. You can use www.annualcreditreport.com to check your credit report for free once annually at all three of the credit bureaus -Experian, TransUnion and Equifax.

Look for independent landlords

Independent landlords or property owners might be more willing to work with your situation and consider your explanations. Apartment management companies usually have a set of corporate guidelines they follow for application approvals. Some landlords will immediately refuse to rent to anyone who has been evicted. Other

property owners are more lenient and may only require proof of employment, a higher monthly payment, or a larger security deposit.

Be honest and show improvement

Being up front about your financial situation can also help you land an apartment. A strategy for renting with bad credit is to disclose that you have credit issues — before a property manager even runs a credit check. It also helps to be able to demonstrate the steps you've taken, and are currently taking, to fix the problem. This will show the landlord you're responsible and committed, even if your credit isn't perfect.

Find a co-signer or guarantor

Ask a trusted friend or relative with good credit to co-sign the rental application with you. While you'll be the only one actually living in the apartment, your co-signer agrees to cover the payments in the event that you default on your rent. This can provide a landlord with extra reassurance that rent will be paid. Make sure the monthly rent is an amount you can comfortably afford. Keep in mind that if you skip out on your rent or get evicted for any reason, the landlord can legally go after the co-signer for the value of the lease. Use other people's credit sparingly and be more careful with it than your own.

Consider getting a roommate

If the landlord will allow just one person to sign the lease, see if your roommate is willing to sign it solo. This way, the person on the lease is the one with more solid credit. By sharing the bills, you can continue to pay down your debt and repair your bad credit faster.

Increase your security deposit

By paying a month or more in advance or offering a two-month security deposit, you can help alleviate landlord headaches. Not only does this show your commitment, it also provides them with extra cash that can cover some of the losses and damages, should you skip out on the rent. (Which, of course, you won't). Keep in mind that some properties have strict rules about deposits, so this tactic may not always be possible. If you have the cash in reserve, you could also offer to pay the first three or six months' rent in advance.

Offer to pay via direct deposit

Even if your credit history is a little shaky, being able to show that you currently have regular, solid income can go a long way towards making a landlord feel better about you. Offering to have your rent automatically deducted from your bank account can also help.

Ask for references from former landlords

If you've rented an apartment in the past and been a good resident who paid on time, having your former landlord or property manager write a letter on your behalf can pay off — especially if you lived in the same apartment for a longer stretch of time. Any evidence that demonstrates your financial responsibility should help you.

In general, the more honest you can be about your credit situation — and the more options you can offer a potential property manager — the better. The FEC provides free professional financial counseling, helping people dealing with unpaid debts, as well as improving credit, and increasing credit scores.

Fitness for everyone

How to beat the heat: alternative ways to keep active

By LENA SCOTT

Special to The Voice

This summer's high temperatures have temporarily put me off my running regimen. But I know if I become sedentary it will be harder to pick it back up again when temperatures cool down. So I've traded in my after-work runs for slower-paced, late evening walks with friends. It's not as much cardio, but at least it keeps me moving until it cools down.

This month I've decided to share ways to stay moving when it gets too hot for outdoor workouts.

How hot is too hot to work out? There is really no exact temperature because humidity, wind and shade can all factor in. Also, your health and fitness levels vary depending on your body's reaction to heat. Even very fit people need to be careful when temperatures creep into the upper 70's. Experts caution that exercising outside in temperatures above 90 degrees is considered dangerous. Signs of heat-related illness include nausea, dizziness, cramps and headache. If you notice any of these symptoms cool down right away and drink fluids.

Your schedule may allow you to run, bike, play sports or engage in your other outdoor fitness activities in the early morning or late evening, when temperatures are cooler. Remember to wear light-weight,

light-colored clothing, stay hydrated and use sunscreen. If your schedule prevents you from being active during these cooler times of day or it's still just too hot for you, here are some alternative ways to keep moving:

Sunshine Yoga

Take your yoga mat to the yard or park and roll it out. Do some simple stretches or yoga poses and soak up the sun and breathe. Don't want to do it alone? Olympic Sculpture Park and 8 Limbs Yoga host free outdoor yoga classes Saturdays from 10:30 until 11:30 a.m. through the end of August. Bring your own mat and water.

Have fun in the water

Head to the beach, lake or pool! Swim, tread water, or try underwater aerobics. Seattle Parks and Recreation has listings of swimming areas including ones with life guards. Don't swim? Parks and Rec offers beginning swimming classes for any age. I can tell you from personal experience that swimming instructors are very patient even with nervous adults learning to swim! Visit <http://www.seattle.gov/parks/aquatics/watersafety.htm> for safety tips.

Explore the shopping mall

You may want to leave your wallet at home for this one. If you go in the mornings before shoppers come in you can find



many people getting a safe, air conditioned work out. Be sure to call ahead to confirm seasonal hours, but most malls usually open their doors at 9 a.m., while the stores don't open until 10 a.m.

Take the stairs

If you live, work or go to school in a building with air-conditioned staircases it's as good as having a free gym pass. It's also easy to track your progress by counting the number of stair sets you do.

Join a gym

If you like it and you can afford it, a gym membership lets you exercise in a temperature-controlled setting all year long.

And always remember to hydrate, especially in the sweltering temperatures!

Lena Scott is a health educator and certified EnhanceFitness Instructor.

MEET THE SUPERINTENDENT



Superintendent Meet and Greet

WHO: Superintendent Jesús Aguirre

WHAT: Presentation on the future of Seattle Parks and Recreation followed by a community discussion

WHEN: 6:30-8 p.m., Tuesday, Aug. 18

WHERE: Neighborhood House, High Point, 6400 Sylvan Way SW

DETAILS: parkways.seattle.gov/?p=5593





Please recycle me



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

2015 tent city sites selected

Ballard, Interbay and Industrial District chosen

By VOICE STAFF

Seattle Mayor Ed Murray selected three sites, all owned by the city, for use as regulated homeless encampments that will help shelter about 200 individuals.

After reviewing more than 135 vacant properties, Seattle Department of Planning and Development recommended locations in Ballard, Interbay and the Industrial District.

The tent cities will be located on NW Market St. in Ballard; 17th Ave. W in Seattle's Interbay neighborhood, and on Sixth Avenue South in the Industrial District.

"These encampments will provide a safer community environment than sleeping under a highway overpass or on a park bench," said Murray. "Residents will have improved access to services and we hope to open the door to permanent housing as quickly as we can."

The city expects to have at least one new encampment, or tent city, functioning by year's end.

First Hill street car update: still waiting for long-awaited unveiling

By JONATHAN LUONG
The Voice Intern

Several years into the project, the long-awaited First Hill Streetcar has still not seen its debut, originally planned for this summer. With the end of the season looming, residents of the neighborhood may be in for more waits despite assurances from the city that the end is near.

Seattle Department of Transportation Director (SDOT) Scott Kubly recently said the streetcars should be running hopefully by the end of the summer.

"We are making every effort to be ready to start service in August, but cannot fix the date with certainty until the testing and safety certification has progressed a bit further," he said. "Once the qualification testing has been completed, we will be in a better position to establish the opening date."

Much of the delay has been attributed to the supplier of the trains, Czech company Inekon. Inekon also manufactured the trains currently running through South Lake

Union. Issues preventing the train battery from running properly were finally diagnosed and addressed by the manufacturer, lifting a huge obstruction that caused issues through much of the year's beginning.

At press time, according to SDOT, six cars have arrived in the city, with a seventh on its way. Inekon's failure to deliver the cars by predetermined deadlines means the company could be paying over \$400,000 in fines, with certain cars carrying a \$1,000 per day fine.

Kubly also noted that Inekon had made solid progress in final assembly and testing of the cars, but that they were 30 days behind their original commitment to have the cars ready by the end of June.

Testing of the cars on the actual rails has already begun, in which accelerating and braking rates are taken to ensure they meet performance requirements. The cars are unique in that they do not need overhead wiring to run, making them much more manageable in sharing the streets with the Metro bus system.

Approved by voters as a piece of the 2008

regional ballot measure, the First Hill Line was part of a larger initiative to increase sales tax and extend the rail system. Cost for the line was \$134 million dollars, and was funded primarily by Sound Transit. A plan was approved by the Seattle City Council in December 2008. When construction began in April 2012, the city promised to start service by the beginning of 2014. By the time the city had already completed its tracks and stations, Inekon had already missed both its original deadline and a pushed-back deadline of October 2014.

Starting in Pioneer Square, the train will run east to the International District on Jackson Street, eventually turning onto Broadway. It will then run to Broadway and East Denny Way at the Capitol Hill Light Rail Station, passing through Harborview Medical Center, Swedish Medical Center, Seattle University, and Seattle Central College. The trains will share lanes with motor vehicles. Streetcars will arrive at stops every 10-15 minutes from 5 a.m. until 1 a.m. Monday through Saturday, and 10 a.m. until 8 p.m. on Sundays and holidays.



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- Meals and snacks provided
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- Meals and snacks provided
- Serving low income families in: West Seattle // Central Seattle // South Seattle

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Seattle Parks and Recreation is seeking input from residents about Seattle's community centers.

By clicking on the link below and filling out the short survey, you'll be eligible for a lottery drawing of a gift certificate and park coupons worth \$250:

<https://www.surveymonkey.com/r/SeattleCommunityCenter>.

Community centers are places where people celebrate and meet their neighbors and the centers help create a great place to live, work, and raise a family.

Seattle Parks and Recreation is preparing a Community Center Strategic Plan to further strengthen the role that community centers play here and are considering options for future staffing and programs. By completing the survey, you're helping meet the community's present and future needs.

But in order to be eligible for a prize, the survey must be completed before Aug. 15.

TRANSLATIONS

TRANSLATED ARTICLES FROM THE VOICE

El alcalde escoge tres lugares para campamentos de desamparados (tent cities)/By Leahla Contreras

El alcalde de Seattle, Ed Murray, ha seleccionado tres sitios preferidos para construir nuevos campamentos de desamparados que serán regulados por la ciudad, y probablemente establecidos este año.

Los campamentos serán la propiedad de la ciudad, y se ubicarán en los barrios de Ballard, Interbay y el Distrito Industrial. El departamento de desarrollo y planificación de Seattle revisó mas de 135 propiedades desocupadas antes de elegir estos lugares. Serán lo siguientes:

- 2826 N.W. Market St. en Ballard (con alrededor de 52 residentes)
- 3234 17th Ave. W. en Interbay (con alrededor de 70 residentes)
- South Industrial Way en la Sexta avenida sur en el Distrito Industrial (con alrededor de 78 residentes)

Cada uno de los tres sitios se colocará en propiedad excedente de Seattle City Light.

La legislación requiere que los sitios sean de por lo menos 5,000 pies cuadrados y que estén dentro de una media milla de una parada de transportación pública.

Cada uno de los permisos será de un año con la posibilidad de renovarse una sola vez por un año más. Ningún sitio será anfitrión de un campamento por más de dos años seguidos.

El meta de la ciudad es construir y poner en marcha por lo menos un campamento (que se llamará “tent city”) antes del fin del año.

Habrán directores que se encargarán de la seguridad en los sitios y también seleccionarán a los candidatos, según el comunicado de prensa. La organización sin fines de lucro Low Income Housing Institute (el instituto de la vivienda de bajos ingresos) administrará los casos. La ciudad coordinará la salud pública, la asistencia medica y las estampillas de alimentos para los residentes.

Cada campamento tendrá un comité asesor de la comunidad para trabajar con los vecinos. El presupuesto de la ciudad de 2015 tiene una parte del dinero para estos campamentos.

ከንቲባ ቤት አልቦ (homeless) ንዝኾኑ መንበሪ ዚኸውን ሰለስት ቦታታት መሪጸም /By Habte Negash

ከንቲባ ከተማ ስያትል ኤድ ሙረይ ብስርዓት ናይ ከተማ ዝሓደሩ ሓደስት ንቤት አልቦ ሰባት መንበሪ ዝኾኑ ሰለስተ ኣብዚ ዓመት እዚ ከስርሒ ዝኾኑ ቦታታት መሪጸም ኣለው።

እዞም ተመሪጸም ዘለው ብምምሕዳር ከተማ ዚውነኑ ቦታታት እዚ ኣቶም፡ ኣብ ባላርድ ከምኡውን ኣብ ከባቢ ኢንተርባይን ኢንዱስትሪያል ዲስትሪክትን እዮም ዝርከቡ። ናይ ስያትል ክፍሊ ፕላንን ምዕባባን ሰበሰባጣን ካብ 135 ዝበዘሉ ነጻ ቦታታት ድሕሪ ምምልካት እዮም ኣብዚ ዝሰዕቡ ኣማራጺ እዚ ከበጽሑ ክኢሎም፤

- * ኣብ 2826 N.W. Market St. in Ballard (ካሳብ 52 ንዝኾኑ ነበርቲ)
- * ኣብ 3234 17th Ave. W. in Interbay (ካሳብ 70 ንዝኾኑ ነበርቲ)
- * ኣብ South Industrial Way at Sixth Avenue South in the Industrial District (ካሳብ 78 ንዝኾኑ ነበርቲ)

እዞም ሰለስት ቦታታት እዚ ኣቶም ነፍሲከፎም ናይ ስያትል ሲቲ ላይት ንብረት እዮም።

እዞም ቦታታት እዚ ኣቶም ስፍሓትም ካብ 5,000 ስኬር ፊት ዘይውሕድ፡ ካብ ምዕራፍ ኣውቶቡስ ዘለዎ ርሕቀት ኸኣ ካብ ፍርቂ ማይልስ ዘይበዘሉ ኪኸውን ከምዝግብሉ ብሕጊ ዝተደንገገ እዮ።

ንነበርቲ ዝውሃቦም ፍቓድ ንኣደ ዓመት እዮ፡ ኣድላዩ እንተኮይኑ ድማ ንኣደ ዓመት ጥራይ ንኣደ ግዜ ክኸደስ ይኽእል። ዝኾነ ይኹን ቦታ ካብ ክልተ ተኸታተልት ዓመታት ንላዕሊ ናይ ቤት አልቦ ሰባት መንበሪ (encampment) ኮይኑ ኪቐጽል ኣይፍቐድን እዮ።

ዕላማ ናይ ምምሕዳር ከተማ ኣብ መወዳእታ ናይዚ ዓመት እዚ ብውሕዱ ሓደ ሓዲሽ ናይ ዱንኪን ከተማ (new tent city) ተኪሉ ኣብ ተግባር ከምዝውዕል ምግባር እዮ።

ብመሰረት ዝተዘርግሑ ዜና፡ ኣብቲ ሰፈር ጸጉታ ዝኾኑ ከምኡውን መንነት ናቶም ሓደስቲ ዝኣትው ነበርቲ ዘጸርዩ ሰባት ከምዝህልው ኪግበር እዮ። ከምኡውን ናን ፕሮፊት ሎው ኢንካም ሃውሲንግ ዝበሃል ትካል ኣገልግሎት ናይ ኪይዝ ማኒጅመንት ክህብ እዮ። ብተወሳኺ ድማ ምምሕዳር ከተማ ዝተሓባበረ ናይ ሓለዎ ጥዕና፡ ምዕዳል መድሃኒት ከም ኡውን ናይ ናይ መግቢ ሓገዝን ከምዝህሉ ኪገብር እዮ።

ኣብ ነፍሲ ወከፍ ሰፈር ምስቶም ኣብቲ ከባቢ ዝነበሩ ህዝቢ ዝዋሳኝ ናይቲ ማሕበረሰብ ኣማካሪ ኮሚቴ ኪህሉ እዮ። ኣብዚ ዓመት እዚ ናይ ምምሕዳር ከተማ ባጀት ነዚ ናይ ቤት አልቦ ቦታታት እዚ ዝምልከት ገንዘብ ከምዝጠቓልል ኪግበር እዮ።

THỊ TRƯỞNG CHỌN 3 KHU VỰC DÀNH CHO NGƯỜI VÔ GIA CƯ ĐÓNG TRẠI/By Long Luu

Thị trường thành phố Seattle, ông Ed Murray vừa chọn ra 3 khu vực dành cho người vô gia cư đóng trại theo qui luật mới của thành phố, có thể được hoàn thành trong năm này.

Các khu vực thuộc quyền sở hữu của thành phố nằm ở Ballard, Interbay và Khu Công Nghệ. Phòng Kế Hoạch và Phát Triển Seattle đã duyệt xét hơn 135 bãi đất trống trước khi chọn ra những khu vực này. Đó là

- 2826 đường NW Market St ở khu Ballard (chứa độ 52 người)
- 3234 đường 17 th Ave W ở khu Interbay (chứa độ 70 người)
- South Industrial Way cạnh đường 6 th Ave S trong khu Công Nghệ (chứa 78 người)

Mỗi khu vực này đều nằm trong số bất động sản dư thừa của công ty Điện Lực Seattle.

Qui Luật đòi buộc các khu vực trải rộng ra 5000 bộ vuông và cách trạm xe buýt độ nửa dặm

Các giấy phép (hoạt động sẽ có hiệu lực 1 năm ,và có thể được gia hạn thêm 1 năm nữa. Không có khu vực nào được hoạt động quá 2 năm liền.

Mục tiêu của thành phố là cố gắng dựng nên một bãi lều trại vào cuối năm nay.

Những người điều hành sẽ lo về vấn đề an ninh nơi đóng trại và kiểm tra người cư dân mới dọn vào theo qui luật thuê mướn. Cơ quan bắt vụ lợi Low Income Housing Institute sẽ cung ứng dịch vụ xã hội. Thành phố sẽ điều hợp các vấn đề sức khỏe công cộng, y tế và trợ cấp thực phẩm.

Mỗi khu vực sẽ có ban cố vấn đề hợp tác với khu xóm. Ngân quỹ của thành phố trong năm nay bao gồm một số tài khoản cho những nơi đóng trại này.

Мэр выбрал три новых площадки для палаточных городков/By Irina Vodonos

Мэр Сиэтла Эд Мюррей выбрал три площадки, где в этом году могут разместиться новые палаточные городки для бездомных под управлением муниципальных властей.

Все три площадки принадлежат городу и расположены в районах Бэллард, Интербэй и Индастриал Дистрикт. Сотрудники Муниципального отдела планирования и развития рассмотрели более 135 незастроенных участков и выбрали нижеиследующие:

- 2826 Норт-вест Маркет-Стрит, Бэллард (около 52 обитателей)
- 3234 17-ая Авеню Вест, Интербэй (около 70 обитателей)
- Перекресток Саут Индастриал Вэй и 6-ой Авеню Саут, Индастриал Дистрикт (около 78 обитателей)

Все три участка на ходятся на неосвоенной территории, принадлежащей городским электросетям (Сиэтл Сити Лайт).

В соответствии с законом площадь участка, на котором может расположиться палаточный городок, должна составлять не менее 5 000 квадратных футов. Участок также должен находиться на расстоянии

не более полумили от остановки общественного транспорта.

Разрешения на обустройство палаточного городка будут выдаваться сроком на один год, с возможностью продления еще на один год. Палаточный городок не может занимать одну и ту же площадку более двух лет подряд.

Власти Сиэтла планируют открыть как минимум один из трех палаточных городков до конца года.

Как сообщается в пресс-релизе, для обеспечения безопасности в городках и отбора потенциальных обитателей будут выбраны соответствующие организации. Общественная организация Лоу Инкам Хаузинг Инститьют (Институт жилья для малоимущих, Low Income Housing Institute) будет обеспечивать социальное сопровождение обитателей, а городские власти возьмут на себя координацию здравоохранения, медицинской помощи и питания.

При каждом палаточном городке будет организован комитет по связям с общественностью. В городской бюджет на текущий год включены расходы на обустройство палаточных городков.

ሚዩር ሶስት ቦታታትን መጠጊያ ለሌላቸው ማረፊያ እንዲሆናቸው መረጡ! By Assaye Abunie

የሲያትል ሚዩር የሆኑት ኤድ መሪ በአዲስ መልክ ከተማው የሚቆጣጠረው መጠጊያ ላጡ ሰዎች ሶስት የተሻሉ ማረፊያ ቦታታትን በዚህ አመት ለማቋቋም መረጠዋል።

እነዚህ የሲያትል ከተማ የወረሳቸው ቦታታት የሚገኙት በባላርድ፣ ኢንተርቤይ እና ኢንዱስትሪያል ድስትሪክት ኔበርህድ ናቸው። ይህን ቦታ ከመረጡ በፊት የፕላንንግና ዴቪሎፕመንት የሆነው ሲያትል ዲፓርትመንት ተጠሪዎች ከ135 በላይ የሚሆኑ ነፃ ቦታታትን ተመልክተዋል፡ እነዚህም ቦታታት፡-

- 2826 N.W. Market St. in Ballard (ወደ 52 ኗሪዎች)
- 3234 17th Ave. W. in Interbay (ወደ 70 ኗሪዎች)
- South Industrial Way at Sixth Avenue South in the Industrial District (ወደ 78 ኗሪዎች)

እነዚህ ሶስት ቦታታት የሚገኙት ትርፍ በሆኑ የሲያትል ኤሌክትሪክ ንበረት ላይ ነው።

ሕግ አንደሚያስገድደው እነዚህ ቦታታት

Duqa magaalada oo doortay sadex goobood oo digsiimooyin u noqonaya dadka bara kacayaasha ah (Homeless) /By Mahamoud Gaayte

Duqa magaalada Seattle, Ed Murray ayaa doortay sadex goobood oo degsiimooyin u noqonaya dadka barka cayaasha ah, oo lagu raja weynyahay in la fulindoono sanadka. Taas ka mid ah habaynta cusub oo eey magaaldu wado.

Goobahaas oo ey mulkiyadooda leedahay magaaladu ayaa ku kala yaal, Ballard, Interbay and Industrial District neighborhoods. Qaybta u qaabilsan magaalda Seattle, qorshaynta iyo horumarinta, khubara ka socda ayaa sahmeyey 135 goobood inta aaney xulin sadexdan goobood oo ee tilmaantoodo kala tahay:

- 2826 N.W. Market St. in Ballard (about 52 residents)
- 3234 17th Ave. W. in Interbay (about 70 residents)
- South Industrial Way at Sixth Avenue South in the Industrial District (about 78 residents)

Sadexdan goobood ayaa ah goobo eey wareejisey hey'ada dabka Seattle (Seattle city Light).

Dawladda ayaa goobahan shardi uga dhigtay in mid kastaaba ku fadhido ugu

yaraan 5,000 oo taako oo iskuwareeg ah, kana fogaan karin ½ mile stobta isgaarsiinta.

Ogolaanshaha digiddu waa sanadle la cusboonaysiisankaro hal sano oo kale oo qura ah. Ma jirto degsiimo ogol deganaan-sho ka badan 2 sano.

Magaalda yoolkeedu waa helitaanka degsiimo shaqaysa inta aanu dhamaan sanadkani.

Hawl galeenada loo xilsaaray waxa ey sugi doonaan nabadgekyada degsiimooyinkaas iyaga oo baaritaan ku samayn doona dadka cusub ee soo degaya degsiimooyinka. Hey'adda qaabilsan guriyaynta dadka dakhliga yar ayaa shaqaale keenidoonta (Case Managers), magaaladuna waxa ay hirgelineysaa caafimaadka good, wargelita ku saabsan daaweynta iyo kalkaalda raashinka.

Degsiima kastaa waxa ey yeelan doontaa gudi qaabilsan latalinta bulshada si ey ula shaqayaan degaanka xaafadaha xarumuhu ku yaalaan. Miisaaniyada magaalda waxaa kujira lacag loo qoondayey degsiimooyinkaas.

OUR COMMUNITIES

STORIES FROM OUR FRIENDS AND NEIGHBORS



Photos © Auston James

SEATTLE/KING COUNTY CLINIC

October 22-25, 2015

at Seattle Center

*Helping to create a community of
compassionate care*

The community is coming together to produce the Seattle/King County Clinic Oct. 22 – 25 in KeyArena at Seattle Center. This giant health clinic offers a full range of free dental, vision and medical care to underserved and vulnerable populations. The effort, involving months of preparation and thousands of volunteers, transforms KeyArena into the largest clinic of its kind in Washington State. As many as 4,000 patients are served by over 1,600 healthcare professional and general support volunteers, providing more than \$2.5 million in healthcare services. **Learn more: seattlecenter.org/skcclinic**