



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



The Voice

April
2008
Articles translated
into six languages

The newspaper of Neighborhood House

Governor Gregoire visits Rainier Vista Center

More than 100 community members, service providers and local officials turn out for special bill signing at RV

BY TYLER ROUSH
The Voice editor

Rainier Vista saw a little bit of history made when Gov. Christine Gregoire visited on March 21 to sign into law 13 bills related to housing in Washington.

With the new legislation came the assurance that homeowners, prospective homeowners and tenants of Washington state would be protected, according to Gregoire.

Shortly before signing the assorted bills, the governor described a vision for Washington state where everyone can own a home; where everyone can live in a safe area, near schools; and where no one is at risk of foreclosure.

"This is the American dream we all grew up with," she said.

She then indicated the group of state Legislators behind her, many of whom were sponsors of the legislation, and said that they were here "to make sure that the American dream is alive and well in Washington state."

Paul Austin, a member of the Association of Community Organizations for Reform Now (ACORN), spoke specifically to the effect that some of the new laws will have on predatory or irresponsible home lending.

"It's important because until today we haven't really had any kind of official watchdog on lending organizations for



PHOTO BY TYLER ROUSH

Flanked on either side by television news cameramen and joined by elected officials and activists, Gov. Christine Gregoire addresses the crowd in Neighborhood House - Rainier Vista Center's Paul Allen Room, shortly before she signed into law a piece of legislation relating to housing in Washington. The governor visited Rainier Vista March 21 to sign 13 different bills, all relating to housing and home construction in Washington state.

Please see "Governor" on Page 2

Washington State Legislative Session ends with good news for housing

BY SHA STAFF

The State Legislative session officially ended on March 14. The session was extremely productive for low-income housing.

Nearly twenty housing-related bills passed and nearly \$80 million in new funding is now dedicated to affordable housing production and services.

The 2008 session was a shorter legislative session than last year's. This is the usual process in Washington because the state's overall budget is developed and passed every two years.

For that reason, the additional funding allocated to housing in this session was

especially significant. The Housing Trust Fund received an additional \$50 million on top of the \$130 million that was established in the budget passed last year.

This fund is used to build low-income housing all across the state. Of the \$50 million in the Trust Fund, \$10 million is dedicated to flood-prone areas, \$2 million will be used for farm housing, and \$250,000 will go to the City of Burien in connection with the Lora Lake Apartments. One hundred thousand dollars is also set aside for the study of cost-reduction strategies.

In addition, two special allocations were

Please see "Housing" on Page 3

Taxes are due April 15

Tax day is right around the corner, and free assistance with preparing your taxes is still available.

Through April 15, visit any of the locations listed later in this article to take advantage of the United Way of King County's Free Tax Campaign.

You don't need an appointment. But because many sites get very crowded, you should arrive as close to the site's opening time as possible for the best chance of getting served.

What to bring with you:

- Any W-2 forms, 1099 forms and other end-of-the year wage statements that you received from all of your employers and sources of income
- Photo identification

- A copy of last year's tax return
- Social Security card or Individual Taxpayer Identification Number and birth date for every person in your household that you support

- Anything else that you think might affect your return, even if you're not sure

If filing jointly, both filer and spouse must be present to sign.

While at your tax preparation session, be sure to ask if you qualify for the Earned Income Tax Credit, which can help you receive a tax refund between \$428 and \$4,716.

For more information, call 211.

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"My goal is to become an automotive engineer and this program helps me see what goes into it. This is just my first step (towards a career)."
— Johnny Nguyen, on how the Asian Counseling and Referral Service's vocational program has started him on a career path. See Page 4.

Neighborhood House
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905 Spruce Street
Seattle, WA 98104

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Health Notes

A column devoted to your well-being

Small changes in diet can help prevent breast cancer

BY PAM MCGAFFIN

It almost sounds too good to be true, but a few simple changes to your diet can significantly reduce your risk of breast cancer — a disease that affects one in eight American women and more than 1,500 men annually.

“You just have to do a little planning,” says Heidi Lucas, a naturopathic physician at Seattle Cancer Treatment and Wellness Center and former community educator at Bastyr University. “It’s not difficult.”

In the United States, one woman in eight either has or will develop breast cancer in her lifetime, according to the National Breast Cancer Foundation. This year, an estimated 211,000 women and 1,600 men will be diagnosed with the disease and 43,300 women and 400 men will die.

At Seattle Cancer Treatment and Wellness Center — which integrates standard oncology with naturopathy, Chinese medicine and other complementary treatments — Lucas is one of three naturopathic doctors who help patients fight cancer through diet and nutrition.

Here are her major recommendations:

- **Favor good fats:** Cut back on animal fats, including red meat, and add fish oil (high in disease-fighting omega 3 fatty acids) to your diet. Your grandmother was right. A tablespoon of cod liver oil a day can keep the doctor away. And, if you put it in a fruit smoothie or some yogurt, you won’t even taste it.

- **Balance blood sugar:** Studies have linked breast cancer rates to elevated blood sugar levels. In fact, sugar is the preferred fuel of cancer cells. To balance your blood sugar, limit white-flour and processed foods, and make sure each meal includes a quality protein (beans, fish, nuts) and a good source of fiber (fruits, vegetables and whole grains).

- **Speaking of fiber:** The recom-

mended daily intake is 30 grams. (A cup of black beans, for example, has 19 grams and a half-cup of broccoli has four grams.) Along with drinking plenty of water, fiber helps rid the body of toxins. For a good source of fiber that also helps with hormone balance, add ground flax seed to your diet as well as cruciferous vegetables such as broccoli, cauliflower, cabbage and kale.

- **Protein’s a plus:** Adequate protein is important to immunity. Choose high-quality, low-fat protein sources including organic, free-range chicken and turkey; deep, cold water fish such as halibut and salmon; organic, hormone-free dairy products; and beans, lentils and nuts.

- **Vitamin D:** Make sure you’re getting enough vitamin D, the so-called “sunshine vitamin” also found in fish oils, fortified milk and other foods. Besides its role in bone health, vitamin D has been shown to regulate cell growth. A deficiency of vitamin D has been associated with the most common cancers, including breast cancer.

- **Green tea and spices:** Drink plenty of green tea, rich in anti-cancer flavonoids or plant pigments, and spice your dishes with turmeric and ginger, known for their anti-cancer properties.

Lucas is particularly big on legumes, which she says deliver a lot of bang for their buck in terms of protein, fiber and vitamins.

“If you have a food processor, you can get a can of organic beans for \$1, add in roasted red pepper, chipotle, almonds, garlic and salt, and have a good, nutritious spread in 10 minutes,” she says.

One more thing: “If you look down at your plate and it’s beige, don’t eat it!” she says with mock alarm. “Your plate should have at least three colors on it.”

For more information and cancer-fighting tips, call 206-FOR-HOPE (367-4673) or visit www.seattlecancerwellness.com.

Governor

Continued from front page

home lending,” he said. “A house is one of the biggest investments families make in their lifetimes, and I’m just grateful that our state has the vision to finally put something like this in place.”

What the legislation will do

The following bills that favor low-income housing were among those signed by the governor on March 21:

Housing Finance Commission Debt Limit: Raises the debt capacity of the

Housing Finance Commission by \$500 million, making it possible for nonprofit housing developers to obtain additional bond financing for their projects.

Mobile Home Preservation Law: Provides an excise tax exemption to mobile home park owners who sell to a tenant organization or nonprofit.

New Condo Conversion Law: Owners must provide 120 days notice to tenants whose units are to be converted, along with relocation assistance.

Fair Zoning: Prohibits discrimination against affordable housing development.

SHA, KCHA united in effort to end homelessness

BY MARTHA GALVEZ, SHA,
AND KCHA STAFF

For the past three years, the Seattle and King County housing authorities have worked with King County government in a unique cooperative funding effort to create new housing and supportive services for homeless people — an effort supported by the Committee to End Homelessness in King County (CEH).

In total, this collaboration has dedicated more than \$44 million in federal, state and local funds and loans to develop 215 housing units across the county, in 61 different programs. SHA contributed more than 100 Section 8 Housing Choice vouchers to the initiative, for a total investment of \$5.3 million in five years. Meanwhile, KCHA awarded 63 subsidies totaling about \$2.5 million.

KCHA, SHA and King County awarded funding to housing and service providers through a competitive process based on criteria that the committee developed. All of the programs combine stable housing with services such as case management, mental health, recovery assistance and education.

The programs also help reach the goals of the Ten Year Plan to End Homelessness in King County. The program model is based on the understanding that many homeless households face complex challenges and need a mix of services — in addition to housing — in order to be successful.

Funding was awarded to housing and service providers in three rounds in 2006 and 2007. The local funds — which are administered by King County — came from the Homeless Housing and Services Fund. The state Legislature created that fund in 2005 when it passed the Washington State Homeless Housing and Assistance Act (ESSHB 2163). That Act established a new \$18 document-recording fee dedicated to funding homeless programs, with three quarters of the money distributed at the local level.

The first time dollars from the Housing and Services Fund were awarded was in October 2006, when eight local projects received more than \$6 million, including 55 Section 8 Housing Choice vouchers from SHA and 10 from KCHA.

In February 2007, an additional \$15 million in grants and loans — including \$167,000 in SHA vouchers and \$96,120 in KCHA vouchers — were awarded to 29 projects serving homeless youth between the ages of 18 and 24.

The third and final round of awards was in December 2007. Twenty-five projects received \$23 million in grants and loans, including 40 SHA vouchers and 48 KCHA vouchers. The programs will be funded for five years.

Examples of projects using SHA vouchers include the YMCA of Greater Seattle’s resource center for homeless youth in south Seattle, the Evergreen Treatment Center in downtown Seattle, and Catholic Community Services’ youth center in the University District. In each case, SHA vouchers are being used to create new units

of affordable housing.

Examples of projects using KCHA vouchers through these funding rounds include supportive housing for families, veterans, and youth. In addition, KCHA has piloted a new subsidy program that both housing authorities are using to allow service providers to master-lease apartments from landlords and sublet them to homeless households.

Those households also receive intensive home-based services, such as mental health services and chemical dependency treatment. KCHA also continues its efforts to serve disabled and homeless households in the county through the Housing Access and Services Program (HASP), which is now the largest disability voucher program in the country.

When King County adopted its Ten Year Plan to End Homelessness in 2005, the local community recognized KCHA’s Executive Director Stephen Norman’s expertise and commitment to ending homelessness and asked him to co-chair the Interagency Council of the Committee to End Homelessness, which is the oversight group that directs the organization’s new initiatives and programs.

KCHA’s Communications Director Rhonda Rosenberg sits on the Communications/Public Relations Committee and Homeless Housing Initiatives Director, Debbie Thiele, participates in a number of CEH committees and task forces.

SHA also has long been an active participant in the committee’s campaign to alleviate homelessness in King County.

Executive Director Tom Tierney sits on CEH’s Interagency Council, SHA Communications Director Virginia Felton is a member of CEH’s Communications/Public Relations Committee, and Lisa Cipollone-Wolters, SHA’s Director of Advocacy and Rental Assistance Programs, participates on the Legislative Advocacy Committee.

Each summer, Cipollone-Wolters (SHA) and Thiele (KCHA) join a committee-led group of King County housing advocates to Washington, D.C. for the National Association to End Homelessness’ annual conference. The group includes such members as CEH Director Bill Block, Seattle City Attorney Tom Carr, and city and county government representatives. In meetings with legislators, the advocates present Washington state housing agendas that emphasize the importance of the role in Section 8 funding and other federal programs in ending homelessness.

The Housing Authorities continue to advocate for much-needed Section 8 funds. In April, a group of KCHA and SHA Directors and board members will return to Washington, D.C. with a group of Washington housing industry professionals for the National Association of Housing and Redevelopment Officials’ annual conference. While in the capital, the group plans to meet with legislators to advocate for housing programs.

“Vouchers are a key tool in the fight against homelessness,” said Cipollone-Wolters, “and we will continue to advocate for much-needed Section 8 funding.”

The Voice

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

Calling all volunteers!

Neighborhood House is seeking volunteers for events coming up in the next two months.

If you would like to volunteer for Neighborhood House Head Start Reading Week, April 14-17, contact Volunteer Coordinator Jen Rosenbrook at jenr@nhwa.org or 206-461-8430, ext. 255.

NH is also in need of several volunteers for our 7th Annual Breakfast Celebration, taking place May 14. For more information and to sign up, please contact Jen.

The Courage to Change

BY LEELEE INSPIRATION
Special to *The Voice*

Change — a word that can bring feelings of uncertainty, as it often requires letting go of the familiar and embracing the unknown. Change that brings exciting gains like a raise or a surprise greeting card in the mail is uplifting and celebrated.

However, change that brings hardship, like an unexpected breakup, job layoff, or death of a loved one can be dreadful and feared.

When change requires that we experience loss, it often takes courage to rebuild a sense of serenity and trust in life. We are required to “take lemons and make lemonade” as the saying goes. And that is exactly what Mary did after being diagnosed with hepatitis.

“I was having fun, working two jobs and went in for a routine exam and found out I had hepatitis. I don’t even know how I got it ... and I didn’t have any symptoms,” she said. According to *Alternative Medicine – The Definite Guide*, hepatitis is described as the inflammation of the liver that is associated with damage to or death of liver cells.

In 2002, hepatitis was reported in 20-30 cases per 100,000 people in the US. The American Liver Foundation recognizes five different types of viruses (A, B, C, D, and E); the type of virus that Mary contracted is often transmitted through blood transfusion.

The key symptom of hepatitis is extreme fatigue but can also include loss of appetite, weight loss, fever, vomiting, rashes and pain in joints.

Although Mary didn’t recognize any symptoms initially, she became depressed after her diagnosis, and her health began to decline.

“I had to have injections in my stomach and take loads of pills, I lost my hair, became weak with no energy and was just sick, always sick,” she said.

At the time Mary was living in California, and her declining health prompted her sister, a resident in Seattle, to visit. Her sister convinced her to drive back to Seattle with her, and Mary never turned back.

That was four years ago, and when Mary arrived in Seattle she made drastic changes in her lifestyle. She was able to secure disability benefits and public housing that helped her have a solid foundation to begin rebuilding her life.

She became committed to improving her health and the first change came with eliminating all alcohol and drugs from her life.

“I stopped drinking. I stopped smoking weed and started taking care of my body,” she said.

Mary explained that she started doing research online about what kinds of nutrients help replenish the body. She started going to the gym and started losing weight. Soon Mary was able to stop treatments, and her body regained a sense of strength.

As Mary’s health continued to improve, she remembered her passion for making homemade hair and skincare treatments.

“My sister came over after visiting the mall with some skincare products complaining about how much she spent and I said, ‘Watch! I’ll make us something and it will be better than that,’” Mary recalled

Resources from Mary

Mary said the first step to changing her life and improving her health was gaining a renewed sense of personal responsibility and commitment to self-care. Her family was also instrumental in supporting her while she faced new challenges.

Community resources are also available by contacting the Community Information line at 211 or 206-461-3200 if calling from a cell phone.

The Hepatitis Education Project/Resource Center provides confidential screening and support services and can be reached at 206-732-0311 or online at www.hepeducation.org. You can also call the Harborview Medical Center free Nurse consultant hotline at 206-744-2500 for basic healthcare questions.

She explained how she whipped into the kitchen and mixed a batch of lemon peel, orange peel, lemon juice, olive oil and sea salt together and made a natural skincare treatment that she uses to detoxify her skin.

Lemons are noted in the *Alternative Healthcare Guide* as being therapeutic.

A diagnosis of hepatitis challenged Mary. She responded by developing a better respect for herself, a closer relationship with her sister/best friend, and reclaimed her passion for natural treatments.

Mary had the courage to change lemons into lemonade — or actually lemon body scrub — and now believes “I can deal with anything that comes my way.”

Leelee Inspiration is a freelance writer living in Seattle, WA. She is a disabled resident of the Seattle Housing Authority, Section 8 program.

On March 21, Governor Christine Gregoire signed thirteen housing-related bills at a ceremony at Rainier Vista, including several pertaining to homeownership programs and lending practices (see related story on Page 1).

Earlier in the legislative session the Governor signed the Washington Families Fund bill with \$6 million in funding. This fund helps with the housing for homeless people throughout the state.

The Transitional Housing, Operating and Rent (THOR) bill was passed by both houses with \$2.5 million, but has yet to be signed by the governor.

The program provides up to two years of rental assistance, transitional facility operating subsidies, and case management to help families and individuals transition to permanent housing and self-sufficiency.



One to grow on

Garden tips for community gardeners

Cool, wet spring season typically yields blooming crop of salad greens

BY ANZA MUENCHOW
Special to *The Voice*

Looking over the last couple of years, I always started my April article saying, “Isn’t this a particularly cool spring this year,” or something about the cold days of March. Yes, we do live in a climate with cold springs. So, that means we’ll have a bumper crop of greens again this year, probably lasting all the way until the end of June.

As the days are getting longer and the rains keep the soils moist, the leafy greens in our gardens are really responding. Prized salad greens grow best in this weather, and are an easy crop for even a beginner.

Spring leafy greens will need a lighter soil with high fertility and good drainage. Add lots of compost and an extra source of nitrogen, either composted manure, worm castings or fish or blood meal.

When buying fertilizer, the first of the three numbers on the fertilizer package will give you the nitrogen content.

That number should be significantly larger than the other two numbers, maybe three to five times larger. I particularly like the leaf lettuces because you can be picking off their leaves for weeks or months even, and the plants continue to produce.

I plant very thickly and then continue thinning these as we eat our way through spring. Romaine lettuce is a hardy producer and a regional favorite; remember not to crowd this variety — it needs room to fill out.

Though they can be delicious, I have difficulty with the soft buttercrunch varieties. They grow slowly and sweetly and the slugs find their way into the heads and ruin the crop. So, romaine is the primary “heading” lettuce I recommend for new gardeners.

But there are so many more leaves to try in our salads. I fell for baby turnip greens a few years ago. This is a turnip variety that does not produce a large root. I have been saving these seeds for years now.

They grow so quickly and the leaves are easy to snip off with scissors. They grow very much like arugula, which is also easy to save seed for.

Just toss a handful of these two types of

seeds into a well-dug bed in March or early April and you’ll be harvesting these salad greens all through May, and perhaps June if it stays cool.

And of course, if you planted your beets in early spring, they will need to be thinned and you can add those little leaves into your salad mix. Remember that the beet seed is actually a small fruit which sprouts several plants from each “seed.” Thus, to avoid crowding the developing roots, you will need to thin your beets.

Salad growers all over the Northwest have their favorite “designer” salad mixes. Experiment with what your family likes best.

Try tiny kale and mustard leaves which are very fast growing. Don’t forget the perennial plants that add zest to a salad.

We grow a couple kinds of sorrel and love the lemony, tartness on sandwiches and in salads. Add snippets of salad burnett, fennel fronds and watercress.

And while you are snipping through the garden, add the tips of some chick weed, which is a healthy, little treat. Perhaps add a couple tips from your pea vines, which are also a treat in a salad.

As we get into June you’ll need a different strategy for growing your salad greens. Many of these early spring greens will start flowering and producing seeds. Leave a couple blooming plants, tie them to a stake and tag them so you can save the seeds for next spring. Compost the rest, as they will lose their sweet flavors.

For summer greens try planting New Zealand spinach, mizuna, purslane and black seeded Simpson lettuces. I’ve had good production from other lettuces, like slowbolt and valmaine.

Generally you’ll want to plant a short row of greens every month to have a regular diet of green salad. Besides keeping them well-watered, try to give them a spot in your garden with afternoon shade.

Enjoy the spring time. Keep growing your food and your community.

Anza Muenchow is a farmer and a volunteer with P-Patch. You can reach her by e-mail at anzam@whidbey.net, or online at www.mahafarm.com.

Community notes

Register your child for Neighborhood House Head Start

Do you know a child who has trouble:

- Learning?
- Behaving?
- Playing?
- Hearing?
- Moving?
- Talking?

Some children may need extra help to be able to play and talk the way other children their age do.

Neighborhood House Head Start Prenatal to Five serves all children and families who live in the garden communities. Early Head Start and Head Start are good places for children with Special Needs.

If you are pregnant or have children who have not yet turned three, call

Michale Lew at 206-760-9330, ext. 10 for enrollment information. If you have children who are 3 – 5 years of age call Sintayehu Eshetu at 206-461-8430, ext. 247 for more information.

Free blood pressure screening

Sixty million Americans have high blood pressure and don’t even know it.

To combat this silent epidemic, Providence ElderPlace is offering free community blood pressure screenings April 11.

All are welcome to have their blood pressure checked and to pick up informational resources on treatment and prevention.

The free screenings will take place from 3-6 p.m. April 11 at Providence Gamelin House, located at 4514 Martin Luther King Jr. Way S.

Housing

Continued from front page

made of \$10 million each. One will fund the Rapid Response Loan Fund and the other \$10 million will fund the Nonprofit Equity Fund.

The Rapid Response Loan Fund will make low-interest (0-3 percent) loans and grants to eligible organizations, including cities, for the purpose of purchasing land or real property for affordable housing and community facility development.

Any rental housing produced or acquired through this Rapid Response Loan Program must be preserved for at least 30 years.

The Nonprofit Equity Fund will be used to help nonprofit housing developers build multi-family low-income apartments.



Neighborhood House

Strong Families. Strong Communities. Since 1906.

People from different walks of life find career paths through vocational program

By CARINA A. DEL ROSARIO
Asian Counseling and Referral Service

Anthony Chen, 22, just arrived from China. He wanted to pursue a business career, but lacked the English skills and experience to get started.

Johnny Nguyen, 19, wanted to become an automotive engineer.

After getting out of the military, Daren Valdez, 34, fell on hard times and moved back in with his parents. He wanted to get back on his feet, and needed to get a good-paying job.

All three share the same desire to get on the path to a rewarding career, and turned to Asian Counseling and Referral Service (ACRS) for help.

ACRS partners with South Seattle Community College and Seattle Jobs Initiative to offer free, three- and six-month skills training programs in specific fields, and provides case management to people with low incomes, so they can become self-sufficient and realize their dreams. It is now recruiting new students for its automotive, welding and office occupations programs.

At South Seattle Community College, Nguyen and Valdez are dressed in blue jumpsuits and goggles. They are in the second quarter of the automotive program. After spending the morning in a classroom, learning about brakes, electrical systems and honing their math skills, they are now in the garage.

Nguyen is under the hood, checking fluids for the brakes, radiator and steering wheel while Valdez wrestles with a tire, trying to remove it from the wheel.

"The instructors are helpful," Valdez says. "You learn in class then actually practice on the cars."

Nguyen wants a career that will interest him while at the same time allow him to support his family.

"I always liked cars," he says. "My goal is to become an automotive engineer and this program helps me see what goes

into it. This is just my first step (towards a career)."

In addition, Nguyen and Valdez get plenty of help from ACRS Vocational Case Manager Sam Him.

"Sam's a good guy. He gives us emotional support, tells us we're doing a good job. It's good to have encouragement come from him," Valdez says.

Him also helps students by providing gas and bus vouchers, housing, child care — whatever they need to stick with the program.

After they complete the coursework, Him also helps them find and apply for jobs, develop résumés and practice for their interviews.

Although the program itself is like a full-time job, both Nguyen and Valdez say it's worth it.

After finishing the program, they will be able to get jobs with a starting wage of \$13 to \$15 an hour, plus benefits.

Anthony Chen is proof of how the program can get a person on a career track. In 2006, Chen completed ACRS' office occupations program and now works at International Community Health Services as a patient representative, helping patients schedule appointments, explaining procedures and what they need to do.

"When I came to ACRS, I was just a regular jobseeker, looking for a regular job," Chen recalls.

He had been working at a fast-food restaurant when he first arrived in the United States, but really wanted to get an office job with a future.

Him knew Chen would benefit from English-as-a-Second-Language classes and the office occupations program since they would help him improve his communication skills and also learn other skills needed to work in an American office.

"This program helped me step by step," Chen says. Following his graduation, "because I didn't drive, Sam helped me find jobs in my area where I could take the bus. He would compare my skills with



PHOTOS PROVIDED BY ASIAN COUNSELING AND REFERRAL SERVICE

Johnny Nguyen and Daren Valdez (above, left to right) work in an automotive class at South Seattle Community College, part of a training program offered through ARCS. Anthony Chen (right) turned a visit to ACRS into a job as a patient representative for International Community Health Services.



the job announcements so I could find something that matched. He helped me find this job."

Now that he's landed on the path he wanted, Chen says he's already planning for the future.

"I want to stay in the health care field, but move into different areas," he says. "I want to learn more skills so I can have more knowledge to help people."

Him says that ACRS' Vocational Services offers something for everyone. "If

you are just out of high school, or are new to the country, or if you just want to change to a different kind of work, this program can help you build the skills you need. It's a commitment, but it's something that will really help people move forward."

For more information about Asian Counseling and Referral Service's Vocational Program, call 206-695-7569. ACRS is now recruiting new students for its free, automotive, welding and office occupations programs.

Taxes

Continued from front page

Seattle

Lake City Neighborhood Service Center, 12525 28th Ave. N.E.

5 to 9 p.m. Tuesdays

11 a.m. to 3 p.m. Saturdays

Rainier Beach Community Center, 8825 Rainier Ave. S.

5 to 8 p.m. Wednesdays

11 a.m. to 3 p.m. Saturdays, Sundays

Seattle Public Library downtown branch, 1000 Fourth Ave.

Noon to 7 p.m. Tuesdays, Wednesdays, Thursdays

Noon to 4 p.m. Saturdays

1 to 5 p.m. Sundays

Yesler Community Center, 917 E. Yesler Way

5 to 9 p.m. Thursdays

10 a.m. to 2 p.m. Saturday

Auburn

Auburn Valley YMCA, 1620 Perimeter Road S.W.

6 to 9 p.m. Thursdays

10 a.m. to 2 p.m. Saturdays

Bellevue

Hopelink, 14812 Main St.

1 to 5 p.m. Tuesdays

5 to 9 p.m. Thursdays

10 a.m. to 2 p.m. Saturdays

Burien

ACORN of King County Prosperity Center, 134 S.W. 153rd St.

5 to 9 p.m. Thursdays

10 a.m. to 2 p.m. Saturdays

Federal Way

Multi-Service Center, 1200 S. 336th St.

5 to 8 p.m. Wednesdays, Thursdays

Kent

Alliance Center, 515 W. Harrison

5 to 8 p.m. Tuesdays, Thursdays

9 a.m. to noon Saturdays

Seatac

Airport Jobs Office at SeaTac Airport

5 to 9 p.m. Thursdays

10 a.m. to 2 p.m. Saturdays

The Village at Angle Lake Community Services Building, 4040 S. 188th St.

5 to 8 p.m. Tuesdays

10 a.m. to 2 p.m. Saturdays

Shoreline

Hopelink, 15809 Westminster Way N. (next to Marshalls in the Aurora Square Plaza)

5 to 9 p.m. Wednesdays

10 a.m. to 2 p.m. Saturdays

White Center

Salvation Army, 9050 16th Ave. S.W.

5 to 9 p.m. Tuesdays, Wednesdays

9 a.m. to 1 p.m. Saturdays

White Center Assembly, 10237 16th Ave. S.W.

5 to 9 p.m. Thursdays

11 a.m. to 3 p.m. Saturdays

Seniors: Learn how to take advantage of your stimulus payment

By WALLY WALTON

SHA Resident

Hi seniors, are you aware that if you meet certain conditions, your government wants to give you at least \$300 this year? Nice little windfall, huh?

The conditions are, first and foremost, that even if you are not otherwise required to file a tax return, you must file to receive the stimulus payment.

What you need to do

All you have to do to get the stimulus payment is file a Form 1040A and report at least \$3,000 in qualifying income on the form. You can include the amount of your social security benefits to qualify for the stimulus payment. You may get a file 1040A at your library.

Qualifying income

Add the amount of your Social Security benefits to other qualifying income, such as wage earnings or certain benefits paid by the Department of Veterans Affairs, to reach the \$3,000 requirement. However, Supplemental Security Income (SSI) does not count as qualifying income for the stimulus payment.

What you fill out

You will enter your name, address, Social Security Number, and filing status on the form. Then just enter the amount of benefits reported to you in January on Form 1099-SSA on Line 14a of Form 1040A. If you don't have Form 1099-SSA, you can estimate your Social Security benefits by taking the monthly amount you received last year and multiplying it by the number of months you received a check. If you need to include wage earnings to reach the \$3,000 qualifying level, enter that amount on Line 7 of Form 1040A.

In addition, you should write the words "Stimulus Payment" at the top of the 1040A.

When you have completed your 1040A mail to: Department of the Treasury, Internal Revenue Service, Fresno, CA 93888-0002

Is the stimulus payment taxable next year? No!

Will this payment affect the amount of SSA benefits you receive? No!

Will it be counted on my income for my SHA rent calculation? No!

When will I receive my payment? The IRS will begin mailing checks in early May.

NH supports town halls to combat underage drinking

By VOICE STAFF

Project HANDLE of Neighborhood House has received a \$500 federal grant to assist five East African communities in hosting town halls to combat underage drinking.

The funding was provided by the United States Department of Health and Human Services' Substance Abuse & Mental Health Services Administration.

Through a request from the Washington state Division of Alcohol and Substance Abuse (DASA), Neighborhood House will be the fiscal agent to three East African communities and provide space to host two town halls.

Underage drinking is a leading public health problem in the United States. On an average day in 2006, 7,970 teens drank alcohol for the first time, a much higher number than began smoking or trying illicit drugs.

Alcohol use among children and adolescents starts early and increases rapidly with age.

As part of a national effort to help communities in their efforts to stop underage drinking, a series of Town Hall Meetings took place across America during the week of March 31–April 4.

This nationwide effort is supported by the Interagency Coordinating Committee for the Prevention of Underage Drinking.

"Underage drinking affects every community," said Katie Mitchell, program manager for Project HANDLE.

Recently, Mitchell and Project HANDLE Director Warya Pothan attended the Coalition of Anti-Drug Communities of America (CADCA) conference to advocate



Rep. Patrick Kennedy (D-RI) and Project HANDLE Program Manager Katie Mitchell (left) pose for a photograph during the Capitol Hill Rally Day February 11 in Washington, D.C. Project HANDLE Director Warya Pothan and Dr. Drew Pinsky (right) also braved a chilly day to participate in the rally.



PHOTOS CONTRIBUTED

for underage drinking prevention.

Pothan was selected from among over 5,000 coalition leaders in the nation as one of 14 members of CADCA's Coalition Advisory Committee (CAC).

As a member of the committee, Pothan can bring this region's substance abuse issues into the national forum.

"It is important to provide information to

our diverse communities, so that they can lead in designing their prevention strategies," Pothan said.

At the CADCA conference, the team from Project HANDLE met with U.S. Representative Patrick Kennedy and Dr. Drew Pinsky to discuss this issue.

Project HANDLE is funded by Substance Abuse Mental Health Services Ad-

ministration, Center for Substance Abuse Prevention and the Office of National Drug Control Policy.

Neighborhood House hosted an underage drinking town hall at Rainier Vista April 2.

Somali and Oromo youth groups hosted their underage drinking town hall March 23.

Spring cleaning? Sure — but make sure it's deep

By DAN MORRIS
Special to The Voice

It's time for what most people call "spring cleaning." I call it "deep cleaning."

The deep cleaning of homes is something that needs to be done at least once a year — more often if someone in your household has allergies or if two or more people live in your apartment or you have pets.

Once you put in the time to do a good, deep cleaning of your home, you'll find that daily and weekly maintenance is much easier, and that your apartment or house will always feel cleaner. It will also be much healthier.

To start out, remember that deep cleaning means cleaning all areas of your house, both places you can see and places you can't see. Clean the tops of shelves, cupboards, and doors; clean behind and under refrigerators; clean under beds, sofas and couches; clean inside of cupboards and closets. In a word, clean everywhere.

Here are some rules of thumb I follow when I deep-clean my own home.

Now is the time to clean out and reorganize your things. Be strong and throw out or give away things you haven't used in the last year. The fewer items you have sitting

around, the fewer you'll have to dust and go through every time you clean.

Before you start deep-cleaning, deal with things you want to keep but don't use very often — small things that clutter your home. Clean those and organize them and put them in storage boxes. This way you'll both reduce the amount of dust in your home and make dusting easier: Better to dust the top of a single box than to dust the tops of eight pairs of shoes you rarely wear during weekly maintenance.

Get everyone in the household involved. Make this a family project. Everyone contributes to the deep-down dirt, and when you are done, everyone gets to share in the satisfaction of having a really clean apartment. Assign each person, kids included, to a different task or part of your apartment. When you are done with your part, there will be plenty more to do.

Be prepared. Have everything you need to clean before you start: broom, mop, rags and sponges, cleaning products (remember, vinegar and baking soda make great cleaners), garbage bags, and so forth. If you have rugs or carpeting, start with a fresh vacuum bag.

Always clean from top to bottom. Clean the top of a closet first, the floor of a closet last. The top of a cabinet first, the bottom shelves

last. Be sure to use a sturdy stepladder when you're cleaning high and out-of-the-way spots. If you follow this rule of thumb, the last thing you'll do is mop or vacuum.

Open doors and windows while cleaning, and turn on your kitchen and bathroom exhaust fans. This will allow dust raised and chemicals used to be drawn to the outside.

Now is a good time to wash comforters, blankets and curtains or at least take them outside and give them a good shake. (You can get even more dirt out of such things you aren't washing by putting them in a dryer on the "fluff/no heat" or "air dry" cycle for 20 minutes or so.)

Don't forget to clean refrigerator coils and drain pans (usually found under the fridge). The drain pan is a common source of mold.

Don't stop until you're done! Except for lunch and a short break or two, keep on cleaning until the job is entirely done.

During a really thorough deep cleaning, everything and every place in your house will be touched at least once. The first deep cleaning will be the hardest; after that, it gets easier and easier. Remember, though, that deep cleaning is only the beginning: Weekly cleaning — damp dusting and vacuuming — is a must if you're to maintain a clean and healthy home.

Don't forget your houseplants!

Plant experts recommend cleaning houseplants once or twice a month through the year. Removing dust from the foliage of your houseplants keeps them attractive and allows them to receive the maximum amount of light. Cleaning also can go a long way toward controlling some insect pests.

There are a number of things people can do to ensure effective houseplant cleaning, according to Barb Fick, consumer horticulturist with the Oregon State University Extension Service.

Dust the leaves with a damp cloth or sponge — or simply rinse plants with a gentle shower of water. Try putting one damp cloth or sponge in each hand to clean the upper and lower leaf surfaces at the same time.

To develop a high shine on many foliage plants, rub the leaves gently with soft cheesecloth or a very soft brush.

Beware of commercial leaf polishes. They are usually not necessary and can be toxic to the plant. Just warm water and a soft cloth will do the trick. If you really want to use a leaf polish, test it first. Apply it to a couple of leaves, rinse off the excess, and wait a couple of days to see if the plant tolerates it. Make sure to cover the soil with plastic to prevent contamination. Do not allow your plant cleaner to accumulate in the leaf bases, and avoid using leaf cleaners on flowers and buds.

To clean plants such as African violets that have fuzzy leaves, use a blush or makeup brush you reserve for just this use.

--Courtesy Oregon State University Extension Service

Tickets to see Dalai Lama have been distributed

There has been a great deal of interest in the "Seeds of Compassion" workshops that are being held in mid-April and are being sponsored by the Dalai Lama. All tickets have been distributed and there are no more opportunities to obtain tickets. If you were fortunate enough to receive a ticket, please be sure to take advantage of this opportunity and attend the event.



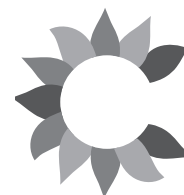
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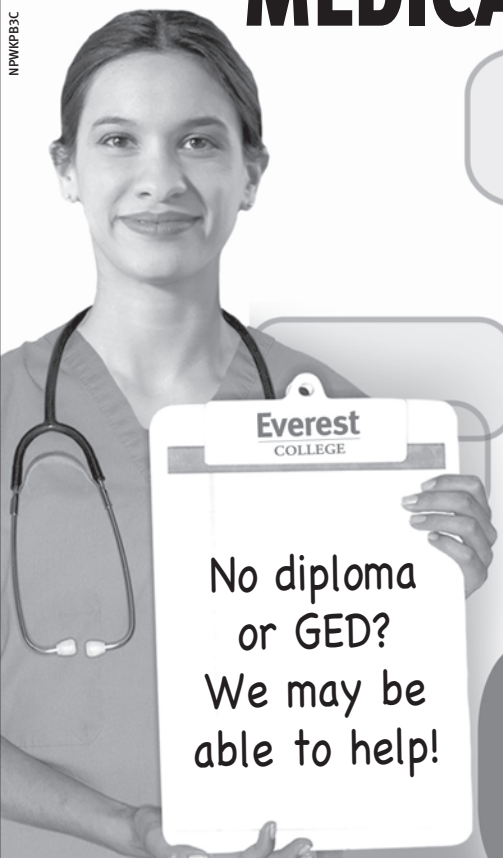
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