



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



The Voice

June
2008
*Articles translated
into six languages*

The newspaper of Neighborhood House

Local moms honored at 18th annual luncheon

BY CLAIRE McDANIEL
Seattle Housing Authority

At the 18th annual I Remember Mama celebration, the Seattle Hilton ballroom was so crowded that organizers were questioning whether to set up another table or two. They decided to keep it cozy by just adding chairs wherever they could.

The Volunteers of America Western Washington - Senior Companion Program (SCP) annual luncheon was created to honor elderly mothers who would otherwise be alone on Mother's Day, and to raise much-needed funds for SCP.

It seems that they didn't get confirmations from everyone so the approximately 170 attendees were a bit of a pleasant surprise.

When scanning the room, the 'Sunday best' fashions and colorful hats caught the eye. The mothers were waited on and treated with great respect.

One of the mothers from University House named Toni said, "This is my second year. I enjoy this because my son passed

away in 2002. I have a good time with good food and celebrating Mother's Day. For me that means a lot because I was a very good mother and I'm sorry he's gone."

Her best friend, Mary, from Pioneer Square, said, "This is the first year I've been here. I'm enjoying the food and I have seen some beautiful mature women here."

SCP began in 1985 and was designed to draw on community commitment and support to meet local needs. Social service and healthcare agencies cooperate as partners to place and supervise SCP volunteers.

SCP provides a link to the community for many homebound individuals and helps decrease their feelings of isolation. The program serves seniors, adults with special needs, families caring for loved ones, and includes men and women from diverse backgrounds and incomes. The program also provides fulfilling part-time community service work for the trained companions.

SCP Executive Director Cristina Vascon-

Please see "Luncheon" on Page 3

Another green world



PHOTO BY JAMES WARREN

Van Jones, president and founder of Green For All, delivers the keynote address at the Neighborhood House Seventh Annual Breakfast Celebration May 14. The social and eco activist spoke to the promise of "green pathways out of poverty" by training and placing low-income individuals in a developing green economy. For the related story, see Page 5.

Wheels on the bus: Your guide to Seattle Metro

BY J.M. (JIM) BUSH
SHA Resident

METRO Transit is an economical way to get around Seattle and King County, especially if you don't have a car or can't afford the gas to put in it. However, how many of you know you can actually take your own "wheels" on the bus?

That's right — if you use a wheelchair, scooter or walker (or have difficulty with those steps), you can still get on the bus. How? It's quite simple: Every bus owned by the various transit entities in the Puget Sound area is accessible to people with disabilities, having a lift or lowered floor and boarding ramp, usually at the front door of the bus, and "priority seating" for people with disabilities at the front (or as close to the front as possible — on the low-floor buses, these seats are a little

further back).

If you use a "wheeled mobility device" (wheelchair, non-collapsing walker or three- or four-wheeled scooter), there are two spaces at the front of each bus where you can park your wheels.

How do I get on the bus? Well, I use a motorized chair, so I have the process down to a science. Once I know what bus I want to catch and when it arrives, I head to the nearest bus stop (for that route) and wait for the bus to show up; since most bus schedules don't include many of my stops as specific time points, I have to guess when a bus is going to arrive and plan accordingly.

Once the bus I want to ride shows up, I usually move to a spot where drivers can see me and can put their lift or ramp down for me (in the case of more heavily-used bus stops, I "roam" the bus stop to see

when the bus is coming).

Since both the lift and ramp extend five feet from the curb side of the bus, it's important to have enough room for their use. When boarding a lift-equipped bus, I simply roll onto the platform once the outer barrier is down (it swings up anytime the lift isn't on the ground) and hang onto the handrails and let the driver know I'm ready for the ride up.

If you use a manual chair or walker, you'll want to do the same thing (and also lock your brakes). Once the lift reaches the floor level inside the bus, the inner barrier (which is up when the lift is moving) swings down and I roll into the bus and find a space to park" my chair (I sometimes have to ask other passengers to move).

If I'm boarding a low-floor bus, the

Please see "Wheels" on Page 2

Town Hall gives voice to local families

BY LYNN SEREDA
Section 8 Tenant

On April 26, nearly two hundred people attended a town hall meeting at Franklin High School, as part of the Equal Voice for America's Families Campaign, sponsored by the Marguerite Casey Foundation.

The foundation got help with outreach from community partners, including LELO, Hate Free Zone and the Statewide Poverty Action Network.

This Town Hall event was one of dozens being held all over the nation, including such places as Monroe State Prison and American Indian reservations.

The day began with a welcoming cer-

Please see "Town Hall" on Page 2

In this issue

Health Notes	Page 2
PLAN AHEAD FOR EMERGENCY	
One to grow on	Page 3
WARMER WEATHER MEANS TIME TO PLANT SUMMER CROPS	
Summer Guide for Kids	Page 4
WHAT TO DO OVER BREAK?	
Translations	Page 8
TAKE STEPS TODAY TO PREVENT FALLS TOMORROW	

Quotable

"You have the opportunity to do something that is very rare... creating green jobs for young people with no hope, no help, no opportunity."

— Van Jones, social and eco activist, delivering the keynote address at Neighborhood House's Seventh Annual Breakfast Celebration. See story on Page 5.

Neighborhood House
Jesse Epstein Building
905 Spruce Street
Seattle, WA 98104

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



Health Notes

A column devoted to your well-being

Seniors should plan ahead to have needs met in emergencies

BY PAM MCGAFFIN
Special to The Voice

If you're a longtime local, you may remember the Columbus Day Storm of 1962, otherwise known as "The Big Blow," or recall what you were doing when that 6.5-magnitude earthquake rocked Puget Sound in 1965.

How about the December 2007 floods?

Fact is you don't have to be an old-timer to know the kind of emergencies we face around here. If you've weathered just one Northwest winter, chances are you've experienced a power outage, flooding, or worse. Then there are those personal disasters — like fires and falls — that can happen anytime of the year.

Older adults can be particularly vulnerable when disaster strikes because of health and medical needs, limited mobility and reliance on services that may be stretched thin in major emergencies.

If planning for every possible emergency still seems too overwhelming, try this simple, three-step approach advocated by the U.S. Administration on Aging in its Aging In Stride guide (www.AgingInStride.org and click on "Just In Case"):

1. Know the basics: Learn the risks facing your community, your emergency phone numbers and where to tune in for Emergency Alert information (In King County, listen to 710-AM KIRO or watch KIRO 7 TV). Get to know your neighbors and make a plan for connecting with loved ones (including two designated meeting places and an out-of-the-area contact if local phone service is down). Finally, know where your gas, electricity and water shut-off valves are and how to use them.

2. Have emergency supplies ready: You will need two sets of supplies, one for home and one to take with you in case you need to evacuate. Your home supplies should include those things you would need to survive in your home until help can arrive, including:

- Water (one gallon per person per day), non-perishable food to last three to six days and a hand-operated can opener
- Flashlight, light sticks (a safe alternative to candles) and spare batteries
- A three- to six-day supply of prescription medications, an updated list of your medications, and a first-aid kit
- Portable radio
- Cell phone and an emergency contact list of names and phone numbers
- Some cash or travelers' checks

Your pre-packed evacuation backpack or travel bag should include:

- Basic personal hygiene items, including toilet paper, alcohol wipes and hand sanitizer
- An extra pair of prescription glasses
- Change of clothing, compact rain slicker

and walking shoes

- Blanket or sleeping bag
- One or two bottles of water, breakfast bars and hard candy
- Disposable dust masks
- A copy of your emergency contacts and a current list of medications
- Room to pack many of the "home" items, including prescription medications

You can also purchase basic disaster kits, but make sure to include at least a three-day supply of any extra essentials you will need, and update it every six months.

3. Make a personal plan: If you have special needs, plan ahead for meeting those in the event of an emergency. If you have limited mobility or are disabled, you can register with your local fire department or office of emergency services for special help. Employ the buddy system to make sure there is someone to check in on you, and teach that person how to operate any necessary equipment. You can also work through a checklist with a family member or friend that addresses your needs, including mobility equipment for emergency use; back-up power if you depend on home dialysis or infusion equipment; and asking home health care providers or retirement-community staff about emergency planning and procedures.

Fire: As a population group, seniors are more likely to die in a fire, in part, because they often live alone and may not be able to act quickly enough. To reduce your risk:

- Cook carefully: If you have to leave the kitchen while cooking, take a potholder or utensil to remind you to return to the stove. If something in a pan catches fire, put a lid on it. Never throw water on a grease fire.

- Space heaters: Buy only Underwriter's Laboratory (UL) listed heaters. Place them at least three feet away from combustibles, including wallpaper and bedding, and never leave them on while you're sleeping or out of the room.

- Smoking: Don't smoke in bed or leave cigarettes unattended. Use "safety ashtrays" with wide lips and empty them into a toilet or metal container every night before bedtime.

- Smoke alarms: Working smoke alarms in your home will dramatically increase your chances of surviving a fire. Change the batteries when you switch your clocks to Daylight Savings Time.

As older adults prepare for emergencies, they also should take the time to make sure their homes are safe. That means removing loose rugs, cords or other items that can cause falls; moving or securing objects that could fall down in an earthquake; and having a clear, unobstructed path to an exit in the event of a fire.

For more information on emergency preparedness, visit the Web site for the American Red Cross serving King and Kitsap counties at www.seattlredcross.org.



Members of the Duwamish Tribe carry out a welcoming ceremony prior to a town hall event at Franklin High School.

PHOTO BY LYNN SEREDA

Town Hall

Continued from front page

emony led by Cecile Hansen, chairperson of the Duwamish Tribe, who are the first people of Seattle.

Small group discussions brought together diverse groups of people as well as community and nonprofit leaders to discuss what the pressing issues facing American families are, particularly low income families. Currently 37 million Americans, or 18 percent, are now living below the poverty level.

The purpose of the Equal Voices Campaign is to create a national agenda out of these town halls through a group prioritization of issues. The campaign's belief is that engaged families who actively advocate on policies that directly affect their lives will bring about long-term social change.

On Sept. 6 there will be multi-city conferences in Los Angeles, Birmingham and Chicago where the national Equal Voice for American Families platform will be unveiled.

Organizers are working to get at least 10,000 families to these cities. There is an opportunity for people from our area to travel to Los Angeles by bus for this event.

Wheels

Continued from front page

process is simplified, since I can roll right into the bus once the ramp is down, providing you can get up the ramp (most drivers will use the "kneeling" function on their bus, which lowers the front doorway, before putting the ramp down; if you use a manual chair, the driver can help you up the ramp, if you need it).

Once I've parked my "beast" (that's what I call my chair!) on the bus, I attach both red straps (at the rear of the space) to the frame of my chair, with the driver's help, if needed (I've had to instruct a few drivers on how to do this, by the way) and then enjoy the ride.

Occasionally, I will also use the third strap at the front of the space, especially if the floor inside the bus is wet (thanks to our rain!) — if you're using a scooter, you'll need to use that third strap, in addition to the two rear ones; manual-chair users will need to lock their brakes.

Most drivers will also ask where I want to get off and I tell them, even though most buses have ADA passenger signals under the seats that are flipped up to alert the driver that the lift or ramp will be needed at the next stop on their route.

About a block from the stop I want to get off at, I alert the driver by either using the ADA signal mentioned above, or verbally. When the bus comes to a complete stop, I start removing the straps on my chair and move to the front of the bus.

I find it best to wait for other passengers

A number of SHA residents and voucher holders attended the town hall at Franklin. Gina Owens, a scattered-sites resident, said she got involved in Equal Voice through the Poverty Action Network.

What struck her about the event was the high numbers of youth participating, particularly those in the 14-22 age bracket. Owens took her grandson to a youth workshop, and also participated in the undoing racism workshop. She emphasized that throughout the day, the three top issues emerging were housing, healthcare, and education — all basic necessities.

Owens added that she is also considering attending the large conference in Los Angeles this fall.

After a keynote speech at lunch by Ron Chisom, founder of the People's Institute, afternoon workshops on subjects such as debt and poverty, prison issues, and youth violence offered attendees the opportunity to get more in-depth information in specific areas.

There are many ways to get in touch with the Equal Voice Campaign. One can get up to date on their Web Site at www.equalvoice2008.com, or get questions answered by calling the national toll-free hotline at 866-634-2752. The local contact is Kathleen Baca, who can be reached at 206 718-0879 or kbaca@caseygrants.org.

to get on or off the bus before moving to the front of the bus, unless the driver's already directed passengers to the other doors on the bus. If I'm getting off a lift-equipped bus, I roll onto the platform when it's in the up position, let the driver know when I'm ready to ride down, and grab the handrails.

Once the lift is on the ground, the outer barrier lowers, so I can roll off. If I'm getting off a low-floor bus, I simply wait for the ramp to be deployed, then roll off the bus.

While I said every bus in the Puget Sound area is wheelchair-accessible, bus-stop accessibility should be mentioned. As is quite obvious, knowing what stops can be used by lift or ramp-users is extremely important to knowing if you're able to get on or off the bus.

Most bus stops in the Puget Sound area are easily reached by wheelchair users and have plenty of room for lift or ramp usage. There are some exceptions, but those are quite rare, since most bus stops now have sidewalks with raised curbs (and curb cuts) and plenty of room for lift/ramp usage and maneuvering my chair.

To ensure you're using a bus stop that has enough room for the lift or ramp, look for the wheelchair symbol on the bus-stop sign (it's actually called the International Symbol of Access, or ISA).

Most bus stops in King County have that marking. If in doubt, call METRO Rider Information at 553-3000 (TTD users can call 684-1739) or Customer Services at 553-3060 (TTD: 684-2029).

The Voice

Editor

Tyler Roush
206-461-8430, ext. 227
tylerr@nhwa.org

Reporters

Jim Bush
Unique Saunders
Lynn Sereda

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.

Be safe

Tips to increase your safety in public spaces

Dear Be Safe,
After it all, I realized I was so scared. Just me and this fellow in the isolated first floor laundry room.

I was there to do my laundry on a Saturday afternoon.

He drank two beers in a half hour and was way too personal when he talked with me. I asked him a few times to limit his conversation.

I finally told him to not talk to me.

He said, "I'm getting mad because you won't talk with me."

After my wash cycle was through, I pulled my clothes out of the machine wet, bagged them, and ran out.

I said to another resident afterwards I was so scared.

From Janice, a long-time resident of a high-rise building

Dear Janice,

Thanks for telling us about this incident. It's the kind of thing that we all can identify with.

What comes across is your apprehension and fear of being in a public space alone with a guy who was drinking and harassing you. And it is especially concerning because the laundry room you described is isolated and it is a weekend day, when the management office would normally be closed.

Here are a few strategies to deal with this situation:

Good: You sent a clear message to the fellow to limit his contact and respect your personal boundaries. He persisted and you left after the wash cycle with your wet laundry.

Better: Get help. If you started your wash and then felt threatened by the man, leave the laundry and seek help from staff on site or a friend. Call 9-1-1 for police assistance. Your personal safety is more important than your laundry.

Best: Size up the situation when you arrive at the laundry. If your personal alarm bell rings, leave. Do your laundry some other time. The best prevention is to stay away from threatening situations. Report the fellow for drinking in a public space.

Report violations of the law and the lease. Violations of the law are reduced when they are reported.

Nowadays, almost 60 percent of crimes are reported to police, a substantial increase from the 35 percent to 40 percent of crime reported in the 1970s. That is one reason crime is down in Seattle.

Remember, drinking alcohol in public areas, like a common laundry room, is a violation of the law and resident lease agreements.

For more information, please contact Allan Davis at 206-323-7094, or Kelly McKinney at 206-323-7084, at Seattle Neighborhood Group.



PHOTO BY CLAIRE MCDANIEL

A large crowd turned out at the Seattle Hilton on Mother's Day for the 18th Annual I Remember Mama luncheon, sponsored by the Volunteers of America - Senior Companion Program.

Luncheon

Continued from front page

celos said that the event was advertised in SHA communities, at Neighborhood House, and at various senior buildings. She's proud of the variety of cultural backgrounds represented by the attendees, including Chinese, Vietnamese, Russian, Filipino, Japanese, Polish and African-American.

"SCP has a dual mission: to provide part-time meaningful work for retired seniors that are of limited income and to serve as care givers for the elderly or handicapped," Vasconcelos said.

One of the ministers from St. Benedict's spoke at the luncheon, and prizes were raffled. Prizes included a Seattle Waterfront Vacation Package for two and membership to the Seattle Art Museum.

Services offered through SCP in-

clude companionship and socialization, advocacy and resource referral, peer counseling, escort and transportation to appointments and outings, light meal preparation and respites for family caregivers. Senior Companions also alert case managers and family to potential client health problems.

The companions themselves are healthy older adults who help other adults live independently. All are over 60 years old, have limited incomes and volunteer 15 - 30 hours per week for a modest tax-free hourly payment. They may spend their time playing games, doing light housekeeping or helping with reading and writing. Services are customized to the individual's needs.

If you are interested in placing a referral for yourself or someone you know or for more information, visit the SCP Web site at www.voaww.org/scp, or call 206-329-0515.



One to grow on

Garden tips for community gardeners

Warmer weather means it's time to start planting summer vegetables

BY ANZA MUENCHOW
Special to The Voice

The days are very long now and the temperature is finally warm enough to have all the favorite summer vegetables planted in the garden. The tomato vines can be tied to tall stakes, especially if you grow the indeterminate types, like Early Girl, Stupice, Brandywine or Sungold. The roma types of tomatoes don't usually get as tall, but I stake them to keep them up out of reach of the slugs.

All the cucumbers and squashes (both summer and winter types) can be planted by now. Give them lots of space and try using trellises for the trailing types. If you are growing a very large variety of trailing winter squash (like hubbard) you may need to give extra support to the fruits as they grow on the trellis.

It is important to water your garden about an inch per week during the summer. And I emphasize watering the soil, not the plants.

The leaves of tomatoes and squash should not get wet, especially in the evening. There are several fungal and bacterial infections that thrive on their wet leaves and may kill your plants.

Use a soaker hose or drip irrigation to conserve water and keep it right at the root zone. Check the soil moisture around your plants often to ensure it stays damp two inches below the surface. Preserve the soil moisture by using mulches which prevent evaporation.

Black plastic is a type of mulch that both controls weeds and keeps the soil damp but wears out and must be thrown away after a couple of years. I use organic mulches when I can get them. Compost is the best.

I also use dried leaves or grass. Sawdust depletes the soil of nitrogen, so I don't put that near the plant's root zone.

As you are harvesting your early spring greens, you may have room in your garden to plant a few rows of beets or chard. This family of vegetables is very nutritious and rather easy to grow. They tolerate a wide range of soil types. If your soil is too acidic (best at about 6.5) the growth will be stunted.

Beets don't like really hot weather (over 80 degrees), so plant in the evening and keep well watered. Perhaps some afternoon shade would help. But beets love the long days of summer.

The best thing about beets is that you can eat all of the plant. The leaves are especially nutritious. The beet seed is actually a small fruit, so several plants may germinate in a cluster.

When you thin out these little baby plants to give them room to grow, use the little leaves in your next green salad. They add a little color and a rich flavor. When the leaves are bigger, you can eat them like spinach.

Then of course, you can wait 50-70 days and you'll be harvesting the nice beet roots. Most beet roots will stay good in the soil well into the fall or even winter, extending the harvest period. Many people have their favorite beet recipes (borscht, pickled, roasted, etc.) but we love eating fresh grated beet salads with a mustard type vinaigrette.

I wear plastic gloves to keep my hands from being stained and peel the beets before I grate them. There are golden beets which don't stain everything red. They work well in many vegetable soups.

The main beet pest is the leaf miner, which is a little fly that lays its little white eggs in the underside of the leaf. When they hatch, the larva climbs into the leaf, through the stomates and tunnels through the veined area. It ruins the leaves.

So, try using floating row cover to prevent the adult from laying its eggs on the leaves. Be sure to secure the edges of the row cover so the little fly can't crawl under the edges. When the days become cold again in the fall, you can take the row cover off. Generally this pest is gone by then.

If you decide to plant chard, the growing requirements are very similar to beets. It may take longer to harvest the large chard leaves, but they are worth the wait. The plants generally do well in our climate all winter. We ate chard for several months this winter. The plant is definitely slow growing when the days are short, with grey skies and cold weather. But as soon as they get some light, the plant will keep producing. I usually plant the rainbow chard, because it is so colorful and every type is delicious.

Happy eating this month with all the fresh peas, spinach and other greens. We should be having warm weather now, so the summer veggies will be ready before you know it.

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

Free Greenbridge Walking Group

Join us for a weekly walk in the Greenbridge area, Wednesdays at 10 a.m.

Meet at the Southwest Boys & Girls Club gym, 9800 Eighth Ave. S.W.

Adults age 50+ encouraged to attend; open to all.

Currently an indoor walk but will walk outdoors starting mid-June. For more information, call Mari 206-684-4664.

Mobile mammography screenings available June 5

El Centro de la Raza, the YWCA, and the Susan G. Komen for the Cure are conducting a mobile mammography screening for women over the age of 40 on Thursday, June 5, from 9 a.m.-3 p.m. at El Centro de la Raza, 2524 16th Ave. S. in Seattle. Free childcare is available. No insurance, no problem. For information or an appointment, call Terra at the YWCA 206-436-8644.

What to do this summer?

Summer activities abound — if you know where to look

By TYLER ROUSH
The Voice Editor

It's summer time, and an array of activities are available for area youth, from toddlers to teens.

Nature Consortium summer schedule

The Nature Consortium's Youth Art Program class calendar is available online at www.naturec.org.

The summer quarter at the Yesler Community Center, located at 917 E. Yesler Way, runs from June 23-August 15, with no classes on July 4.

To register, contact Elizabeth Dahl, site coordinator, at 206-830-0488 or yesler@naturec.org.

Mondays, June 23 and 30, July 7, 14, 21 and 28, August 4 and 11

1-3 p.m. Kinetic Creations, ages 5-19
Design and create individual and collective art pieces that move!

4-6 p.m. Making Musical Instruments, ages 5-10
Make musical instruments from recycled and natural materials.

Tuesdays, June 24, July 1, 8, 15, 22 and 29, August 5 and 12

1-3 p.m. Gardening, ages 5-19
Plant, water, grow and eat your own veggies.

4-6 p.m. Spoken word, ages 11-19

Free-write and free-style spoken word and hip hop is studied as a youth-born and youth-sustained cultural art.

Wednesdays, June 25, July 2, 9, 16, 23 and 30, August 6 and 13

12:30-2:30 p.m. Art 101, ages 7-19
Abstract paintings, landscapes, sculpture, mobiles and papier-mâché

3:30-5:30 p.m. Ballet to hip-hop dance, ages 5-19
Explore basic ballet, street dance movement and music.

Thursdays, June 26, July 3, 10, 17, 24 and 31, August 7 and 14

1-3 p.m. Photo Explorations, ages 11-19
Learn how nature plays an inspirational part in photography.

4-6 p.m. World Percussion, ages 5-19
Learn how rhythms and songs connect us to each other and the earth.

Fridays, June 27, July 11, 18 and 25, August 1, 8 and 15

12:30-2:30 p.m. Urban Eco Art, ages 11-19
Create a graffiti mural, collage, sculpture, and T-shirt printing

3:30-5:30 p.m. Art You Can Eat, ages 5-19
World culinary arts class that is all about flavor, friends and fun.

High Point Family Center
Neighborhood House's High Point Family Center, located at 6558 35th Ave. S.W.,

has drop-in hours Tuesdays from 10 a.m.-2 p.m., Thursdays from 3 p.m.-7 p.m. and Saturdays from 11 a.m.-2 p.m.

Drop-in playtime for toddlers

The Seattle Parks and Recreation Department offers drop-in playtime for toddlers at a number of local community centers, including:

Delridge Community Center
4501 Delridge Way S.W.
Tuesdays and Thursdays, 10:30 a.m.-2:30 p.m.; Fridays, 12:30-5 p.m.

High Point Community Center
6920 34th Ave. S.W.
Tuesdays, 10 a.m.-2 p.m.; Thursdays, 10 a.m.-2 p.m. and 4-6 p.m.; Fridays, noon-2 p.m.

Jefferson Community Center
3801 Beacon Ave. S.
Tuesdays and Thursdays, 10 a.m.-2 p.m.

Rainier Community Center
4600 38th Ave. S.
Mondays, Wednesdays and Fridays, 10 a.m.-2 p.m.

South Park Community Center
8319 Eighth Ave. S.
Monday through Friday, 11 a.m.-1 p.m.

For a complete list of locations and times, go to www.seattle.gov/parks/children/play.htm.

Outdoor opportunities for teens

The Outdoor Opportunities (O₂) program, offered by the Seattle Parks and Recreation Department, offers outdoor expeditions for teens ages 15-19.

To participate in the monthly outings, teens must register in advance.

If you have any questions, call Matt



PHOTO PROVIDED BY NATURE CONSORTIUM

A young girl checks her camera during Nature Consortium's Photo Explorations class.

Axling at 206-390-1018 at Golden Gardens or Bob Warner at 206-684-7097 at Camp Long.

For more information or to register, go to www.seattle.gov/parks/teens/O2/default.htm.

Searchable directory

The Seattle Parks and Recreation department offers a searchable directory of classes. Go to www.seattle.gov/parks/centers/default.htm and click the SPARC link on the right side of the page.

Seattle's Child has a directory of summer activities available online. Go to www.seattleschild.com and click the link "Resources & Guides" to be forwarded to the searchable directory.



PHOTO PROVIDED BY NATURE CONSORTIUM

Students participate in the Art 101 class offered by Nature Consortium.

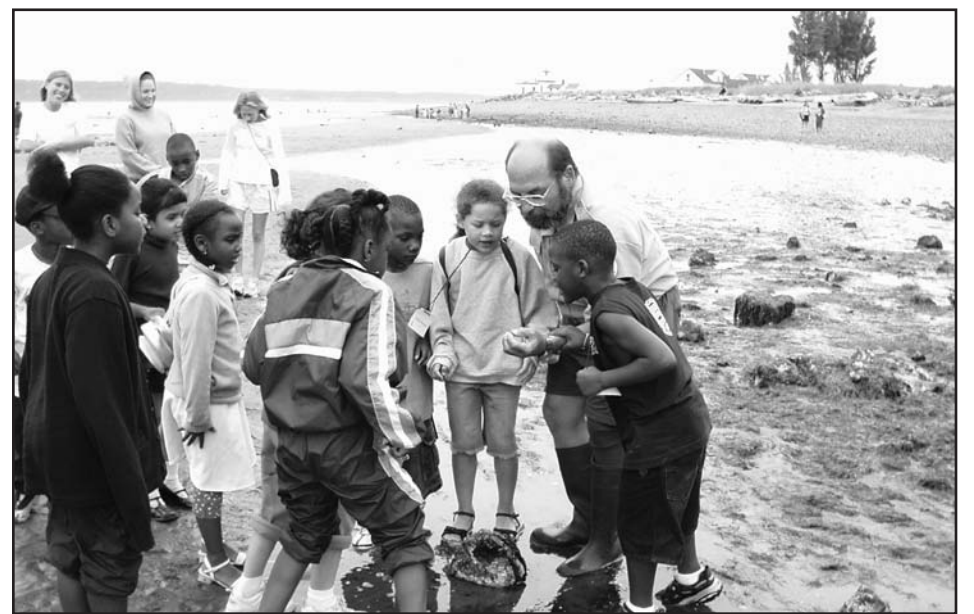



PHOTO PROVIDED BY SEATTLE PARKS AND RECREATION DEPARTMENT

A group of students on an environmental education trip at the beach.




Neighborhood House
Strong Families. Strong Communities. Since 1906.

NOW ENROLLING for Head Start and Early Head Start Program

We provide AT NO CHARGE:

- Weekly home visits for pregnant women and families with children 0-3 years of age.
- Classroom programming for children 3-5 years of age.
- We also work with Early Intervention Programs such as Boyer Children's Clinic & Seattle Public Schools.

Serving low-income pregnant women and families with children ages birth to five, including those with special needs, living in the SHA garden communities.



Early Head Start
7054 32nd Ave S., Suite 107
Seattle, WA 98118
(206) 760-9330 ext. 10

Head Start
905 Spruce St., Suite 200
Seattle, WA 98104
(206) 461-8430 ext. 247



Neighborhood House
Strong Families. Strong Communities. Since 1906.

VIETNAMESE

Bây giờ đang đăng ký học sinh cho chương trình Head Start và Early Head Start

Chương trình phục vụ miễn phí:

- Mỗi tuần, có nhân viên thăm viếng đến tận nhà những người mẹ mang thai và những gia đình có con từ lúc mới sinh cho tới đúng 3 tuổi.
- Ghi tên cho trẻ em từ 3 đến 5 tuổi để đi học Lớp Vờ Lờng.
- Cơ quan chúng tôi có làm việc chung với chương trình của trạm y tế trẻ em Boyers và trường học Seattle.

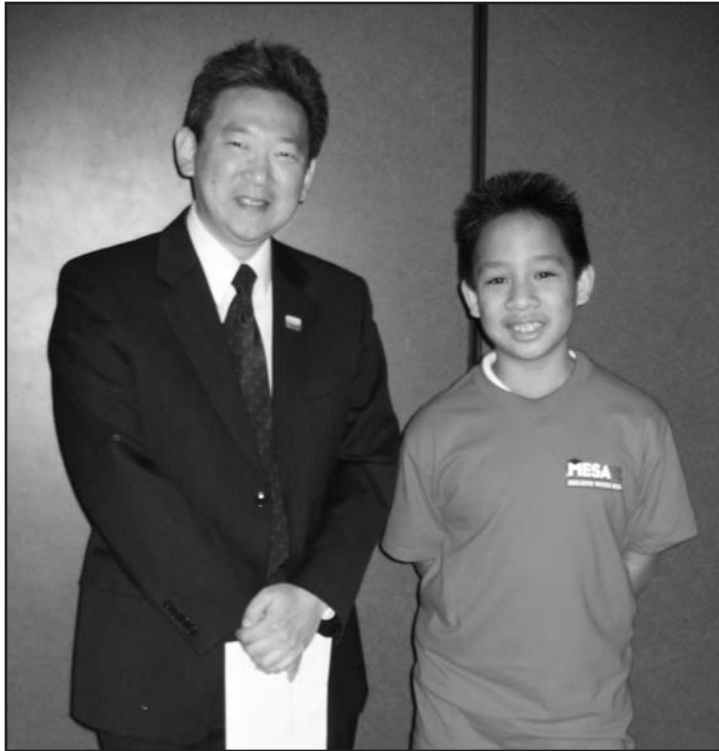
Chương trình phục vụ các người mẹ mang thai, các gia đình có lợi tức thấp, hoặc đang có con mới sinh cho tới đúng 5 tuổi, bao gồm cả những gia đình có con em cần những nhu cầu đặc biệt và hiện đang sống trong những khu gia cư: High Point, New Holly, Rainier Vista và Yesler Terrace.

Early Head Start
7054 32nd Ave S., Suite 107
Seattle, WA 98118
(206) 760-9330 ext. 10

Head Start
905 Spruce St., Suite 200
Seattle, WA 98104
(206) 461-8430 ext. 247

Neighborhood House Executive Director Mark Okazaki met with Tyvon, a student at Brighton Elementary School, to receive a \$300 donation made possible by the school's Penny Harvest

PHOTO BY TYLER ROUSH



Pennies make a big difference

BY VOICE STAFF

Students at Brighton Elementary School in Seattle learned that a little change can go a long way.

Neighborhood House was honored to be one of four community-based organizations chosen by students at Brighton Elementary to receive a share of the \$1,200 raised during the annual Penny Harvest.

The other agencies selected were Progressive Animal Welfare Society (PAWS), Refugee Women's Alliance and Treehouse4Kids.

"A lot of our kids are affected by your organizations directly, and they have a very real piece of your pie, so to speak," said Dennis Raymond, the Penny Harvest staff organizer at Brighton.

Tyvon, a fifth-grade student who was on the selection committee, presented a check to Executive Director Mark Okazaki.

Tyvon said that working on the Penny Harvest helped teach him "how to be a little more compassionate, and help people who aren't as healthy and lucky as other people."

Altogether, 55 schools in the Seattle area raised \$64,000 for local service organizations.

Raymond said that many of the students had the opportunity to see the Dalai Lama speak during the Seeds of Compassion event.

"(The Dalai Lama's) keyword is compassion — compassion of caring and doing," Raymond said. "Our kids are caring and doing."



PHOTO BY JAMES WARREN

Van Jones speaks to a full house in Ballroom 6E at the Washington State Convention & Trade Center.

NH breakfast heralds the greening of our community

BY MOORE INK

To build a community where everyone thrives — what Neighborhood House Executive Director Mark Okazaki described as "a place where we all belong equally" — Neighborhood House beckoned nearly 800 guests to its annual Breakfast Celebration to envision the economic opportunities that await low-income families who join the green revolution.

Inspired by the vision of "a green wave that can lift all boats" from civil rights and environmental activist Van Jones, Neighborhood House supporters donated

\$200,000 to advance the agency's mission of helping diverse communities of people with limited resources attain self-sufficiency, financial independence, health and community building.

After years working with troubled youth in Oakland, keynote speaker Jones took a brief sabbatical to Marin County, California, and was amazed to witness how the wealthy community was reaping the benefits of the new green economy.

Why couldn't the low-income residents of Oakland do the same thing, he thought.

"Solar energy, weatherization, wind farms, planting and caring for trees — all that equals thousands of contracts and millions of jobs — jobs that can't easily be outsourced overseas," he said.

By providing the training, tools and technology for these new jobs, "we create green pathways out of poverty and into economic opportunity that is good for the economy, good for the earth and good for our children."

Lauding Neighborhood House as a leader in envisioning these new green opportunities — exemplified by what Jones called the "crown jewel" of the agency's planned High Point Neighborhood Center — he predicted that our community would be at the forefront of economic growth for all.

Jones compared Neighborhood House's leadership to that of Martin Luther King Jr., who he said shared "a deep dream of transformation for everybody... Forty years later, Neighborhood House is standing for that dream, the 2.0 version!"

"You have the opportunity to do something that is very rare... creating green jobs for young people with no hope, no help, no opportunity," he said. "Here in Seattle, you have already convinced people that green is good; now you are convincing people that green is good for everybody."

Neighborhood House thanks the generous sponsors of its Seventh Annual Breakfast Celebration

Presenting



Partners



Good Neighbor



Patron



Benefactors



Neighborhood House

ATTENTION!
HIGH SCHOOL
STUDENTS AND
PARENTS...



Earn FREE

College Credit through

RUNNING START!

Seattle Central Community College

Get a Running Start on your education at Seattle Central Community College. THE RUNNING START program provides students the chance to have their hard work pay off twice. The classes you take at SCCC will count for both high school credits, and college credits. The college credits may be used towards an associates of Arts Degree.

If you will have junior or senior standing by Fall 2008 now is the time to get started to see if you qualify by taking the Compass college placement test. To be eligible students need to place into college level english and/or math.

Fall enrollment for RUNNING START begins **NOW**. Take the first steps today for a **Running Start** towards your college education.

For more information please call
(206) 587-3820
or come visit us at the address below.
<http://seattlecentral.edu/runstart/>



No appointment necessary • Photo I.D. Required

To place your ad in The Voice
contact classmgr@nwlink.com

CLASSIFIEDS

THE MARKETPLACE OF THE VOICE

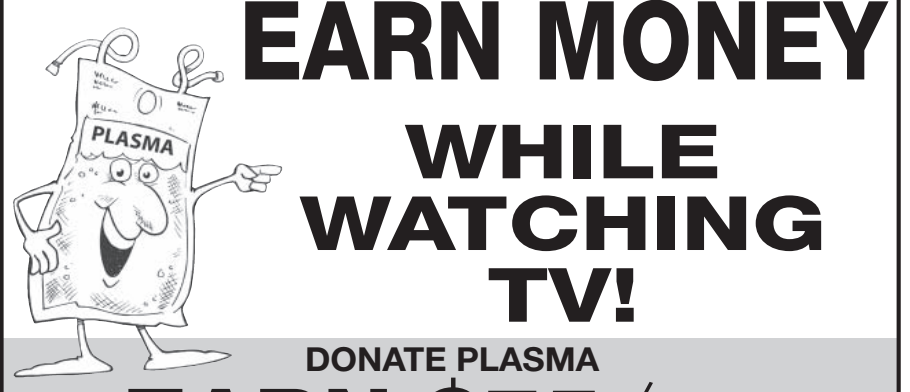


WorkSource Provides

- Job Preparedness Workshops
- One on One Career Guidance
- Weekly Hiring Events

These services are FREE and open to the public. Translation services are available upon request.

Visit our website:
www.worksourceskc.org



EARN MONEY WHILE WATCHING TV!

DONATE PLASMA
EARN \$75 IN 2 VISITS
 Earn an extra \$10.00 with this Ad

We need **NEW DONORS** for plasma/blood donations

CALL BIOMAT
206-782-6675

OR VISIT 7726 15th Ave NW, Seattle
 CROSS STREET OF NW 80TH AND 15TH AVE. NW • BUS ROUTE 15



CLASSIFIEDS

Business Opportunity

Patented from Washington D.C Patent Office Real Attractive Basketball Caps to License Must see to appreciate. Floyd L. Hunter-602 -27th Ave. E. Seattle, WA. 98112 206-325-3742

Free

Free Esperanto Language Lessons. Esperanto is four times easier than English. Speak with your neighbors from around the world. For information 206-600-1178 or seattlesperanto.org.

Hello I am here to help people to enhance their lives! Visual Art Scarf Dancing, Reflexology Massage Sessions for you now! BOE 206 323 8226



Market place coupon

Do you have a couch or other item you want to sell? Take advantage of the free person-to-person classified advertising in The Voice by filling out your 24-word ad below. Remember, write only one word per line and don't forget to include your telephone number in your ad! Mail your ad before the 18th of the month and it will be included in the next month's issue.

Name _____ Address _____
 City _____ State _____ ZIP _____
 Telephone _____ E-mail _____

Write your ad here (one word per line)

Check the classification: Items for sale Autos for sale
 Items wanted Services

Mail to: PPC, 4000 Aurora Ave. N., Seattle, WA 98133 Fax: 206-461-1285
 E-mail: classmgr@nwlinc.com w/subject line "The Voice"

TRANSLATIONS

TRANSLATED ARTICLES FROM THE VOICE

Consider saving money using rebates

Экономьте деньги, используя скидки

Хотите ли вы сэкономить в год столько, сколько вы платите в месяц за квартиру, на предметах первой необходимости?

Каждую неделю аптеки, такие, как Райт Эйд и Волгрин (Rite Aid, Walgreen) публикуют листовки, рекламирующие предметы, на которые даётся скидка, то есть они пошлют вам чек на сумму, равную или частичную той, которую вы заплатили. Листовки, доставляемые по почте по вторникам, публикуются также в воскресной Сиятл Таймс.

Предметы, на которые даётся скидка, включают зубные щётки, зубную пасту, полоскание для рта, мыло, шампунь, бритвы, дезодоранты, лекарства от изжоги и простуды и другие, электрические лампочки, стиральные средства.

Скидки работают следующим образом: просмотрите листовки, отметьте то, что вам нужно, купите и сохраните счёт. Затем в конце каждого месяца представьте счёт вместе со специальной формой скидок (rebate submission form), которую предоставляет каждая аптека. Попросите соседа или друга, владеющего английским, помочь вам заполнить эту форму.

Райт Эйд позволяет вам заполнить форму по электронной почте, внося информацию со счёта. Если вы заполните форму, используя электронную почту, то получите чек через две недели. В другом случае вам придётся подождать четыре-шесть недель.

Никогда не забывайте сделать копию с заполненной формы скидок.

Tixgeli lacag dhaqaaleyn adigpp isticmaalaya rebates

Ma rabtaa inaad lacag kugu filan aad dhaqaalaysato ood u baahan tahay si caadi ah u iibsato si aad u iibsato bil kiradeeda ilaa sannad?

Toddobaad walba Dukaanka Daawooyinka sida Rite Aid iyo Walgreen waxay soo saran iidhehyo ay ku dhiirigelinayaan in dukaanku dad wax siinaya taas oo la mid ah in lagu soo diraayo JEEK oo dhammaan ama qaar ka mid ahiba lacagta aad bixin lahayd. Waraaqahaasi iidhehda ah waxaa toos u keenay Boostada maalinta Talaada ah waxayna ku jiraan Axada jornaalka soo baxa oo la yiraahdo Sunday Seattle Times.

Alaabtaas waxaa ku jira qalabka ilkaha lagu rumaysto iyo ilko cadayo, dawada ilkaha lagu cadayado, shaambada jirka lagu nadiifisto, gar xiir, midda soo carfaysa oo la marsado kilkish, nal, iyo wixii la midka ah.

Xaashiyahaas baar waxaa ku dhex jira alaabta aad u baahan tahay waana inaad xafidataa warqadda aad wax ku iibsato. Kaddibna u dir waraaqaha aad wax ku iibsaday bil kasta dhammaadkeeda ado raacinayaa xaashida aad ku soo direen taasoo ka timid Dukaanka Daawooyinka. Warso neighbor ama saaxiib yaqaan luqadda Ingiriiska si foomka laguugu buuxiyo.

RiteAid waxay kuu oggolashahay inaad u gudbiso online adigoo qorayo waxii kula xiriira Hadii aad Online ku gudbisid waxaad Jeeggaagi helayaas muddo ku siman laba toddobaad haddii kale oggolow 4 ama 6 toddobaad.

Walgreen wuxuu ku darayaa boqolkiiba toban haddii aad dooroto lacagta inaad u hesho Gift Card waxay qaadanaysaa toddobaadyo.

Mar kast xasuusnow inaad Koobi sa samaysato waxaad dirtay.

HÃY QUAN TÂM ĐẾN VIỆC TIẾT KIỆM TIỀN BẰNG CÁCH DÙNG NHỮNG REBATE- HẠ GIÁ

Quý vị có muốn tiết kiệm tiền qua việc thường mua những đồ thực dụng và dùng số tiền dành dụm trong cả năm đó để trả được một tháng tiền thuê nhà không ?

Cứ mỗi tuần các cửa hàng bán thuốc tây như Rite Aid và Walgreen đều có gửi các giấy quảng cáo flyer để khuyến mãi các mặt hàng có giảm giá –rebate, điều này có nghĩa là họ gửi trả lại cho quý vị chi phiếu với một phần hay trọn cả số tiền mà quý vị đã trả lúc mua món hàng. Các giấy quảng cáo được gửi đến bằng đường bưu điện vào các ngày Thứ Ba hay trong các báo Seattle Times phát hành ngày Chủ Nhật .

Các mặt hàng có rebate-giảm giá gồm có như bàn chải răng, kem đánh răng, nước súc miệng, xà bông tắm, xà bông gội đầu, dao cao râu, thuốc khử mùi, thuốc tiêu hóa, thuốc cảm và các loại thuốc khác, bóng điện và bột giặt.

Việc giảm giá- rebate được hiện thực như sau: hãy xem các giấy quảng cáo flyer, khoanh tròn món hàng quý vị cần mua, rồi mua các món hàng đó , xong rồi giữ lại các hoá đơn- receipt. Mỗi cuối tháng, nộp các hoá đơn cùng với các Mẫu Đơn Giảm Giá – do người hàng xóm hay bạn bè biết tiếng Anh giúp điền vô các mẫu đơn này.

Cửa hàng Rite Aid cho phép quý vị nộp lên các hoá đơn xin giảm giá qua mạng(internet), bằng cách là ghi xuống các thông tin có trên các hoá đơn –receipt. Nếu quý vị nộp qua mạng (internet), quý vị sẽ nhận lại tiền rebate-giảm giá trong vòng 2 tuần lễ. Nếu nộp qua cách khác (qua đường bưu điện,) thì phải chờ từ 4 đến 6 tuần lễ.

Cửa Hàng Walgreen’s sẽ cộng thêm 10 phần trăm của số tiền hạ giá – rebate nếu quý vị chọn cách nhận lại tiền rebate bằng thẻ gift card. Họ sẽ gửi thẻ giảm giá trong vòng 4 tuần lễ.

Hãy luôn nhớ sao (copy) ra các hoá đơn quý vị gửi đi.

የቅናሽ ዋጋን በመጠቀም ገንዘብዎትን ይቆጥቡ!

ሁልጊዜ ከሚገዟቸው እቃዎች ላይ በቂ ገንዘብ አትርፈው ለአንድ ወር የቤት ኪራይ ክፍያ የሚሆን እንደሚያገኙ ያውቃሉ?

በየሳምንቱ አንዳንድ መደብሮች እንደራይት ኤድና ዋልግሪን የመሳሰሉት ለሚያቀርቧቸው ቁሳቁሶች የ ዋጋ ቅናሻቸውን በማስታወቂያ ያወጣሉ። ይህም ማለት መጀመሪያ ለክፍሉባቸው ሁሉ ወይም ለክፍሉ ቸክ ይመልሱልዎታል ማለት ነው። እነዚህ የሚላኩት ማስታወቂያዎች ዘወትር ማክሰኛ የሚላኩ ሲሆን በእሁድ የሲያትል ታይምስ ጋዜጣ ላይ ይወጣሉ።

የቅናሽ ቁሳቁሶቹ እንደጥርስ ቡርሽ ሳሙና፣ የአፍ ማጠቢያ ፣ የሰውነት ማጠቢያ፣ ሻምቡ፣ የፀጉር መቁረጫ፣ የሰውነት ሽታ፣ የአሲድ መከላከያ፣ የብርድ መድከኛዎች፣ የመብራት አምፖሎች፣ የልብስ ማጠቢያ ሳሙኖችና የመሳሰሉ ናቸው።

የሚሰጠውን የእቃ ቅናሽ ማስታወቂያ ለመጠቀም እንደሚከተለው ማድረግ ይጠቅማል። የሚላኩትን ጋዜጣና ማስታወቂያ በማየት የሚፈልጓቸውን ነገሮች ክብ አድርገው ይፃፉበት። የሚፈልጉትን እቃ ከገዙ በኋላ ደረሰኙን ያስቀምጡ። በወሩ መጨረሻ ደረሰኙን መደብሩ ካመጣው የቅናሽ ማስታወቂያ ኩፕን ጋር አብረው ይመልሱ። እንግሊዘኛ የሚናገር ጓደኛ ወይም ጎረቤት ካለ ፎርምን እንዲሞላልዎ ይጠይቁ።

ራይት ኤድ ቅናሽ የተደረገበትን ፎርም በኢንተርኔት ላይ ሞልተው እንዲመልሱ እድል ይሰጥዎታል። በኢንተርኔት ከሞሉ, በሁለት ሳምንት ውስጥ ቸክ ያገኛሉ። ካለበዚያ ግን ከአራት እስከ ስድስት ሳምንት ይወስዳል።

ወልግሪን ደግሞ 10 ፐርሰንት ቦነስ ወይም ቅናሽ በማድረግ ገንዘቡ በስጦታ ወይም በሱቁ ጊፍት ካርድ ከመረጡ ይሰጥዎታል። ይህን የቅናሽ ቸክ ለመላክ አራት ሳምንት ይወስዳል።

ሁልጊዜ የሚልጓቸውን ሁሉ ኮፒ ያድርጉ።

ገንዘብ ንምቕጣብ ርብትስ ተጠቅም

አብቲ ዕለታዊ እትገዛ ነገራት ገንዘብ ብምትራፍ ናይ ሓደ ወርሒ ገዛ ክራይ አብ ዓመት ክትከፍል የኽእለካ።

አብ ነብሲ ወክፍ ሰሙን አብ ዱካናት ከም በዓል ራይት ኤድን ዎልግሪን ርክላም አዳልዮም ርብትስ የቕርቡ ማለት ቸክ ይሰዱልካ ካብቲ ዝገዛእካዮ ነገራት ክፍሊት እዚ ርክላማት እዚ ብፖስታ ቤት ንግዛውትኹም ይልክኹ ሰሉስ ሰሉስ ወይድማ ብጋዜጣ ስያትል ታይምስ ናይ ሰንበት ሕታም።

ርብት ካብዞም ዝሰዕቡ ነገራት ክትረክብ ትኽእል ቱዝብራሽ,ማውዝ ዋሽ, ሻሙና ስወነት,ሻምፖ, መላጽዬ ላማ ዲኦኦራንት.እንቲ አሲድስ, ናይ ጉንፋዕ መድሃኒት ሉቸ አምፑል መሕጸቢ ክዳን ስሙና

ርብትስ ብኸምዚ ዝሰዕብ ክትጥቀሙ ትኽእል ነቲ ርክላም አንብብ ዘድልዩካ ብርሳስ ኣኸብቦ ግዚእካ ርሲት ኣቀምጦ አብ መጨረሻ ናይ ነብሲ ወክፍ ወርሒ ድማ ካብቲ ስቶርስ ፎርም መሊእካ ምስ ርሲት ኣተሓሓዝካ ትልእኮ እንግሊዘኛ ዘይተንብብ ምስትከውን ጎረብብትኻ ኣቲ ፎርም ክመልኡልካ ሕተቶም።

ራይት ኤድ ርብትካ እን ላይን ሓብራታ ካብ ርሲትካ ብምምልእክ ክትልእከሎም ትኽእል ድሕሪ ክልተሰሙን ድማ ቸክ ይልእኩልካ ውይድማ ኣአብ ውሽጢ 6 ሰሙን ይልእኩልካ።

ዎልግሪን 10% ሞቕሽሽ ወሲኹ ይልእከልኩም ጊፍት ሰሪፊክት ምስትጠልቡዎም ክልተ ሰሙን ይውስድ ክበጽሓኩም።

ኩሉ ግዜ ናቲ እትልእከዎ ቸዳሕ ኮፒ ኣትርፉ።

