



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



The Voice

November
2008
*Articles translated
into six languages*

The newspaper of Neighborhood House

Congress approves \$700 billion bailout

Public opinion mixed over controversial legislation

BY TYLER ROUSH
The Voice editor

In the midst of what might seem like a financial end-times for consumers and CEOs alike, Congress in October approved legislation providing \$700 billion for the government to purchase the debt compiled by the nation's banks.

Often referred to as a "bailout," the Emergency Economic Stabilization Act of 2008 aims to protect banks and other financial institutions by putting their debt into the hands of the government. Much of that debt is in the form of subprime mortgages and loans that have defaulted.

The Senate passed its version of the bill Oct. 1 by a vote of 74-25. Washington Senator Patty Murray (D) voted yes on the bailout; fellow Washington Senator Maria Cantwell (D) voted no.

The U.S. House of Representatives voted Oct. 3 in favor of the bailout, passing it by a margin of 263-171.

Among Washington representatives, Democrats Brian Baird, Norm Dicks, Rick Larsen and Adam Smith supported the bill. Democrats Jay Inslee and Jim McDermott

Please see "Bailout" on Page 3

Fire safety is a blast



PHOTO COURTESY SEATTLE OFFICE OF EMERGENCY MANAGEMENT

Seattle residents received training in how to use a fire extinguisher at a safety event sponsored by the Seattle Office of Emergency Management in September.

Thanksgiving at a glance

BY CLAIRE MCDANIEL
Seattle Housing Authority

Opportunities for receiving traditional Thanksgiving menu food items from local food banks, receiving a hot Thanksgiving meal from community service organizations, and volunteering to assist at both types of events are available this month.

Local Food Banks

According to Fran Yeatts, executive director at West Seattle Food Bank (www.westseattlefoodbank.org) there will be no hot meal served there, but they will be distributing Thanksgiving food items on the following dates and times:

Monday, Nov. 24, seniors, 9:30 - 11 a.m.
General public, 4 - 7 p.m.

Tuesday, Nov. 25, general public, 10 a.m. - 1 p.m.

West Seattle Food Bank will not be open for general distribution on Wednesday, Nov. 26, but will be distributing to their home deliveries on that day. They will be closed Thursday, Nov. 27 and Friday, Nov. 28. They are located at 3419 SW Morgan St and can be reached by phone at 206-932-9023 or e-mail at wfsb@teleport.com.

According to one of the volunteers at the White Center Food Bank (www.whitecenterfoodbank.org) sign ups for appointments to pick up turkeys, for larger families, or chickens, for smaller families, and larger portions of accompanying side dishes began on Oct. 22. The food bank's hours are 11 a.m. - 1 p.m.

Monday, Wednesday and Friday. This type of distribution will occur for the Christmas holidays also. The White Center Food Bank is located at 10829 8th Ave SW and can be reached by phone at 206-762-2848.

The University District Food Bank (www.udistrictfoodbank.org) serves people living in the 98102, 98103, 98105, 98112, 98115, and 98125 zip codes. During November the University District Food Bank will still be operating on its normal distribution hours:

Monday, Wednesday and Friday, 10 a.m. - 3 p.m.

Tuesday and Thursday, 3 - 8 p.m.

During the week of Nov. 17 through Nov.

21, the food bank will have traditional Thanksgiving canned food items and some type of poultry — either chicken or turkey — available for distribution. UDFC will be closed on Nov. 27 and 28. They are located at 1413 NE 50th St and can be reached at 206-523-7060.

Rainier Valley Food Bank (www.rvfb.org), formerly known as Northwest Community Services Food Bank, is not serving hot meals for Thanksgiving, but they are distributing Thanksgiving food bags. They will be distributed on:

Wednesday, Nov. 19, seniors and disabled, 9 a.m. - 2 p.m.

Please see "Thanksgiving" on Page 5

Vote.
Polls are open Nov. 4.
Don't forget to vote!



Saluting you on Veterans Day

The Voice wishes to honor the men and women who have served our country.

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Quotable

"For all of your herbs, hang your cuttings upside down to dry them for storage."
— Robert Canamar, writing about how to properly store herbs in this month's edition of our series, "Healthy Eating on a Budget." See Page 4.

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Health Notes

A column devoted to your well-being

Substance abuse where we least expect it

BY JESSICA ADAMS

While our nation is focused on the use of street drugs among teenagers, nearly one out of every five seniors struggles with a different kind of substance abuse. Prescription drugs and alcohol are legal, but that doesn't make the addiction any less devastating to older adults and their families.

According to the Healthy Aging Partnership, a coalition of 40 Puget Sound area not-for-profit organizations dedicated to the health and well-being of older adults, substance abuse is often hidden simply because people tend to live less public lives as they grow older. Also, symptoms such as forgetfulness often are attributed to aging, not drug and alcohol abuse.

Abrupt changes in work or volunteer attendance and unusual mood swings are two of the most common signs of a problem, according to the Substance Abuse and Mental Health Services Administration.

Consult with a physician if you suspect an older friend or relative of substance abuse, and remember that it's rare for anyone, young or old, to admit to an addiction voluntarily.

It's up to friends and family to be alert to the warning signs, says the Healthy Aging Partnership, which offers the following tips:

- Older adults may be more likely to develop problems with alcohol or prescription drugs if they suffer from depression, loneliness, boredom, stress or chronic pain. Talking to family or friends about these issues can help head off a problem

before it starts.

- Talk to your loved one about their substance abuse while they are sober, not when he/she has been drinking. The discussion may go more smoothly if led by a trained professional who treats drug and alcohol abuse.

- Having a glass of wine with a meal or a beer with friends and family is fine as long as a doctor has said it is okay to drink. But drinking alcohol or using drugs becomes a problem when it negatively affects the person and others.

- Don't use blame as a tool for persuasion. Alcoholism and addiction is a disease, not a weakness. Discuss the problem with a doctor or plan an intervention if necessary.

- A history of substance abuse certainly increases the risk, but even seniors with no history of abuse can suddenly fall prey to an addiction.

- Signs of an addiction in older adults include mood swings, loss of appetite, complaints of anxiety, problems sleeping and failing memory. Conflicts at work or with family members also are red flags.

Older adults often resist treatment, but usually become model students after treatment begins. They often follow directions more diligently than younger substance abusers and become more successful at kicking the habit.

If you or someone you know has a substance abuse problem, or if you need other information related to life as an older adult, call 1-888-4ELDERS (1-888-435-3377). The free and confidential resource line offers a wealth of information and assistance to seniors and their caregivers.

10th annual Dr. Martin Luther King, Jr. essay contest announced

The King County Civil Rights Commission is sponsoring its Tenth Annual Dr. Martin Luther King, Jr. Writing Essay Contest open to all eighth grade students attending public and private schools in King County. The purpose of the essay contest is to encourage middle and junior high school students to think critically about Dr. King's legacy of peace and justice.

The essay theme is: "Breaking Barriers."

Rules:

The essay must be between 750 and 1,000 words and must be typed and double spaced on white 8.5" by 11" paper.

Contestants must submit one typed original and one typed copy of the essay, by mail.

The name, address, home phone number, e-mail address, school, grade and age

of student author must be submitted on a cover page, accompanying the essay. Do not place your name on any other page.

All essays must be in English and include a bibliography, utilizing at least one book source, but no more than one web site source.

All essays will be judged on the author's: knowledge of Dr. King and his work in the Civil Rights Movement, originality of ideas, development of point of view, insight into the essay theme, clarity of expression, organization, and grammar.

All essays submitted become the property of the Commission and may be displayed on County web pages, in County publications, in local publications, and in the King County Tunnel. Submitted essays will not be returned.

Please see "King" on Page 4

Flu vaccine available now

Vaccines for Children program provides free or low-cost vaccine for kids 6 months to 19 years

BY PUBLIC HEALTH - SEATTLE & KING COUNTY

Special to *The Voice*

Every year in King County, thousands of people get sick from seasonal influenza, also known as the flu. Vaccination is the best way both to prevent the risk of getting sick and to lessen the severity of illness.

"We expect vaccine supply to be plentiful this year, and we strongly encourage all persons for whom it is recommended and anyone who wants it to get vaccinated," said Dr. David Fleming, Director and Health Officer for Public Health - Seattle & King County.

This year, the Centers for Disease Control and Prevention (CDC) expanded its recommendations about who should get the vaccine to include children aged 6 months through 18 years. Young children have high rates of complications from serious influenza infection. All children can carry the virus or get sick and then pass the illness to family members including infants, adults, seniors and to others at high-risk for complications.

The federal- and state-funded Vaccines for Children program (VFC) subsidizes the cost of children's vaccine at most health care clinics. This program now includes funding for flu vaccine for all children aged 6 months through 18 years. Ask your doctor or health care clinic about the VFC program for reduced cost flu vaccine for your child or children.

Influenza, unlike the common cold, has a swift onset of severe symptoms beginning

with two to seven days of fever, headache, muscle aches, extreme fatigue, runny nose and sore throat, and a cough that is often severe and may last seven days or more.

Who should get a flu vaccine?

Vaccination is recommended to protect people at high-risk for complications from the flu, and anyone who wants one including:

- Children aged 6 months until their 19th birthday
- Pregnant women
- People 50 years of age and older
- People, 6 months or older, with certain chronic medical conditions, such as heart disease, lung disease (including asthma), kidney disease or diabetes
- People who live in nursing homes and other long-term care facilities
- People who live with or care for those at high risk for health complications from flu should be vaccinated as well, including:
 - Household contacts of persons at high risk for complications from the flu
 - Household contacts and out of home caregivers of children less than 6 months of age, who are too young to be vaccinated
- Healthcare workers

More information

For complete information about seasonal influenza, where to get a flu vaccine, and costs, please visit the Flu Season web pages at www.kingcounty.gov/healthservices/health/communicable/immunization/flu-season.aspx or call 206-296-4949.

Bank on Seattle - King County offers low-cost bank accounts

BY DIANA STONE

Washington Appleseed

Open a checking or savings account today and stop paying for your own money. That is the message of the new initiative "Bank on Seattle - King County."

Bank on Seattle - King County is working with 22 banks and credit unions to offer free or low-cost checking and savings accounts to everyone. Bank accounts will help people save money so that they don't have to use check cashers or payday lenders.

"This initiative will help people keep more of what they earn and become financially secure," said Mayor Greg Nickels, in launching the new project on Sept. 22.

This program will allow people to open an account with a starting deposit as low as \$1 (depending on the bank or credit union; none will require more than \$100). Most participating banks and credit unions will offer checking accounts that don't cost anything (but a few will charge \$6 a month or less).

All of them have agreed people can keep an account open even if they spend all their money each month.

Bank on Seattle - King County can even help people with a troubled banking history, such as overdrawing an account or bouncing checks more than six months ago, to open an account.

Most participating banks and credit unions will require repayment of money that is owed, but they'll help people open a second chance account.

Customers will also be able to use a Mexican matricula card as their primary form of identification to open an account. Also, an Individual Tax Identification Number (ITIN)

can be used instead of a Social Security Number to open a savings account.

Why open an account?

- It's convenient
- It won't cost money to cash checks
- You can pay bills with checks and avoid paying for money orders
- It's safer than cash
- You can use a debit card to get cash when you need it

More than 30 nonprofit organizations will help connect their community members to the initiative, and 10 of these organizations also are offering free financial education. To learn more about how you can open an account, or take free money management classes, go to www.EveryonesWelcome.org, or call 2-1-1 (or 206-461-3200).

Participating banks and credit unions include: Bank of America, Banner Bank, BECU, Cathay Bank, City Bank, Columbia Bank, Express Credit Union, Frontier Bank, HomeStreet Bank, KeyBank, International Bank, Plaza Bank, Seattle Metropolitan Credit Union, Seattle Savings Bank, United Commercial Bank, U.S. Bank, Verity Credit Union, Viking Bank, Watermark Credit Union, Wells Fargo Bank, and Woodstone Credit Union.

Start saving money today: Go to any of these banks or credit unions and tell them you want to open a Bank on Seattle - King County account!

Bank on Seattle - King County is sponsored by the City of Seattle, the Seattle - King County Asset Building Collaborative, the Federal Reserve Bank of San Francisco, the Washington State Department of Financial Institutions, and The Seattle Foundation.

The Voice

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The Voice, the newspaper of Neighborhood House, is published monthly with the support of Seattle Housing Authority 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. The Voice is published online at www.nhwa.org and at www.seattlehousing.org.

Be safe

Personal safety checklist, Part II

BY ALLAN DAVIS
Seattle Neighborhood Group

In September, we listed five preventions we all can practice to decrease the risk of being a victim of crime.

The first five are:

1. Call "9-1-1" for emergency help. Reporting crime creates safer communities.

2. Avoid "hotspots" or places which often feel unsafe.

3. Look up and around in public places. Have a plan of action if a threat arises.

4. Give it up — purse, bag, valuables. Your safety is more valuable than your property. But if someone tries to grab you — scream, kick, fight, attract attention.

5. If you carry personal safety devices like pepper spray, train with them to be effective.

This month, here are six more prevention practices:

6. Pay special attention at doors. Building entry doors are "hotspots" — at stake is your personal safety and your building's security. In your apartment or house, practice answering the door without opening it. Positively identify people by looking through your door peephole.

7. Ride safe, ride smart. Report unsafe bus shelters to 9-1-1, METRO Transit, or your METRO driver. Go to the next bus shelter if you feel unsafe. Report any

safety or security problems on the bus to the driver. Protect your valuables and personal items on the bus by holding them close to you.

8. Be a buddy, have a buddy. There is safety in numbers when you are going places. Ask for help from your buddy when you need it. Watch out for your buddy.

9. Listen, understand, and respect. Listen to others with the intention of understanding them. Avoid interrupting. Respect the views of others. Try to resolve conflicts constructively. Walk away from physical confrontations. Honor personal boundaries by abstaining from hurtful gossip and rumor.

10. Be a community builder. Get to know your neighbors. Crime is lower in places where folks know and care for each other. Share your skills. Help create activities with others that make the community safe, healthy, and fulfilling. Join with others to form a Safety Committee, Block Watch, or Resident Council.

11. Take care of yourself. Eat well, get enough sleep, and keep in touch. We all deserve to be well and feel safe.

Please contact us with your safety and prevention practices or call us with your comments. Thank you.

Allan Davis (206-323-7094) and Kelly McKinney (206-323-7084) at Seattle Neighborhood Group.

Day-trip destination No. 1: MOHAI

This is the first in an occasional series about rewarding and inexpensive day trips in and near Seattle. Do you have a suggestion for the series? If so, call Tyler Roush, Voice editor, at 206-461-843, ext. 227.

Day Destination: The Museum of History and Industry (MOHAI)

Location: McCurdy Park (Montlake), 2700 24th Avenue East, Seattle

Accessibility: Most of the building is fully accessible, and it has accessible restrooms.

Getting there: MOHAI is located south of Husky Stadium, just off State Route 520 south of the Montlake Bridge. By bus, take the No. 25, 43, 48 or any Metro bus that stops near the museum at Montlake Station. From Interstate 5, take State Route 520 (exit 168B); exit at Montlake Boulevard; go straight at the stoplight and continue one block to 24th Avenue East. Turn left into the museum's driveway and follow road to parking lot. Parking is free.

Hours: Daily 10 a.m. to 5 p.m.; free Thursday (the first Thursday of every month), 10 a.m. to 8 p.m. Closes early at 3 p.m. Christmas Eve and New Year's Eve. Closed Thanksgiving Day and Christmas Day.

Suitable for kids? Yes, always. And on the free-admission first Thursday of every month, MOHAI educators offer a variety of activities for kids, including games, stories, scavenger hunts and crafts to take home and share. Themes range from pioneer life to trains, inventions, the Seattle World's Fair, Native art, and much more.

Admission charges: Admission on the first Thursday of every month is free; this month, that's November 6. Admission is also free to veterans and active-duty service members on Veterans Day, Tuesday, Nov. 11. Regular admission: adult (ages 18-61), \$8; senior (ages 62+),

\$7; student and military with current ID \$7; youth (ages 5-17), \$6; preschool (ages 4 & under), free. With advance reservations, groups of 15 or more receive a special group rate. Call 206-324-1126 for reservations.

Telephone: 206-324-1126

Web site: www.seattlehistory.org

E-mail: information@seattlehistory.org

What you'll see

• Through January 18, a special exhibit: "From the Home Front and the Front Lines: Veterans History Project Collections of the Library of Congress," which brings together original materials such as correspondence, diaries, photos, maps, military papers and oral histories from the two World Wars, the Korean War, the Vietnam War and the Persian Gulf War. Note: Veterans and active-duty service members will not have to pay admission to see this on Veterans Day, Tuesday, November 11. Admission to the museum is also free on the first Thursday of every month, which falls, this month, on November 6.

• The permanent main exhibit, "Essential Seattle," uses images, artifacts, films and oral histories to let visitors experience more than 150 years of Seattle history, since Captain George Vancouver sailed into Elliott Bay in 1792. Visitors learn about people such as Manuel Lopes, a sailor and the first African American man to live in Seattle, and Aki Kurose, a Seattle Japanese-American teacher who devoted her life to peace after she was interned during World War II. Featured: exhibits on the city's 1880 boomtown, the Great Seattle Fire of 1889, and the history of the city's once prominent fishing industry. Visitors can add their own perspectives to the exhibit by contributing what they believe to be key events of the last 20 years to a historical timeline.



One to grow on

Garden tips for community gardeners

As growing season draws to a close, wrap up this year's harvest and prepare for the next

BY ANZA MUENCHOW
Special to The Voice

The 2008 growing season is coming to an end. The mild, dry September allowed for many more tomatoes, peppers and squash to ripen.

October was a bit colder than usual, but the winter months are predicted to be fairly normal for the Pacific Northwest. Not much freezing weather, just the usual grey drizzle we have all, hopefully, grown to love.

I hope you were able to plant during August some of the wintering over crops, like kales, arugula, chard and purple broccoli. I hesitate to say they will actually grow in the winter months, but they stay alive in the garden and can be harvested on any frost-free day for a dinner full of vitamin A.

There is still time to plant your garlic. Select some healthy looking bulbs and carefully separate them into cloves. Be sure to plant only the largest cloves in order to grow the biggest bulbs and just eat the small cloves.

You'll be happy you planted them next July and August when you harvest. Garlic is such a pest-free crop, as long as you rotate the planting into an area that hasn't had any onions or garlic during the last four years. Deer don't eat garlic, nor do most rabbits.

You will need to fertilize the garlic in March and April when they begin to really put on the new growth, and again in May if the leaves have a yellow tinge to them.

With more and more information coming out about nutritional problems for our children, let me suggest you plan a vegetable garden with some children next year. Access to fresh vegetables makes a big difference when kids are making food choices.

When the children show an interest, they can bring that enthusiasm home and hopefully impact the parents' food choices,

too. There is so much to teach in a garden including biology, entomology, observation skills, chemistry, engineering, food preparation, meteorology, as well as sharing, physical exercise, respect for the earth, peaceful focus and much more.

Really, hanging out in a garden with children can be the most pleasant of spring and summer activities. What do kids like to do in a garden? They like to notice things that grow there, plants and animals. They like to eat fresh picked fruits and veggies.

It is important that all organic methods be used when gardening with kids. They like to share their knowledge about food traditions in their families.

They like to design both plantings and landscape elements like benches and paths. They love to water, but watch out if they grab a hose and start spraying; perhaps watering cans are the best for youngsters in a garden.

Children also love worms and love planting seeds. Be sure to have them label what they have planted because it can be easy to forget what went where.

Plan for success by having experienced gardeners help advise with the garden. Use tools that are easy for kids to handle.

Have an adequate adult/child ratio, maybe 1:4 for little folks and 1:8 for older kids. Involve the children in planning (let them get creative!) and in all possible activities. This allows for them to feel ownership of the garden.

Keep a good chatter going about what the plants like or don't like, what the soil must be doing now and what the compost likes, too. A gardening class with kids is like planting seeds. They'll grow up to love the activity as well as the nutritious foods.

Anza Muenchow is a farmer and a volunteer with P-Patch. You can reach her by e-mail at mahafarm@whidbey.com or on the Internet at www.mahafarm.com.

Bailout

Continued from front page

and Republicans Doc Hastings, Cathy McMorris Rodgers and Dave Reichert opposed the bill.

The House initially had rejected a proposed bailout Sept. 29 by a vote of 228-205.

The flagging U.S. economy and the \$700 billion bailout package became central themes of the presidential campaigns of Republican Senator John McCain and Democratic Senator Barack Obama, as both candidates argued in nationally televised debates and at campaign stops about what to do with the bailout money — or, at times, merely argued.

Whether referred to as a "bailout," "rescue package" or "economic stabilization plan," public opinion on the plan tended to vary.

In a September poll conducted by the Pew Research Center, by a margin of 57 percent to 30 percent, respondents supported a plan to "secure" financial institutions and markets. But respondents opposed the plan by a margin of 55 percent to 31 percent in a similar poll conducted by the Los Angeles Times. That poll asked about a plan to "rescue ailing private financial firms."

In both cases, the terms in which the bailout package was framed seemed to influence public opinion.

Opinion at the recent meeting of the Voice Resident Advisory Committee was

not nearly so divided. For the purpose of this article, the group engaged in a brief but lively conversation about the ramifications of the \$700 billion bailout, which at the time of the discussion had not yet been approved by Congress.

"Using government funds to bail out private industry is a big no-no," Robert Canamar said. "There's something called 'accountability and responsibility.'"

Cinda Lium said that the bailout needed to be done, and posited that the funds could "trickle down" to others. But she also said that the failed economic policies that led to this current crisis were not sustainable and needed to be changed.

"What we need to do is do something different," she said.

Jim Bush was quite succinct in voicing his opinion on the bailout.

"I have one word," he said, "for this whole mess: fraud."

Bush's concerns about the appropriation of bailout funds seems to be well-founded — just days after American International Group (AIG) received \$85 billion to stave off bankruptcy, the lending giant spent \$440,000 to send its executives on a spa retreat.

That scenario recalled another comment by Jim Bush, made just days before the bailout package was approved by Congress and money distributed to financial institutions.

"They get the gold mine, we're getting the shaft," he said.

A garden meal

By ROBERT CANAMAR
SHA Resident

Now that summer is over, gardeners all over are finding that there is a large amount of tomatoes, oregano, chives, and other fresh food that must be taken care of before it all rots.

This year is especially hard for gardeners, due to the fact that we did not get enough sunlight for many of our food crops to mature. Some of the fruits of our labor, such as tomatoes, can be brought inside to ripen.

There are two ways to get your tomatoes to ripen indoors. One way is to cut the entire plant, rinse any bugs off of the plant, and hang the plant up-side down. Another way is to pick the fruit and put them into a sealed brown paper bag, and put them on a window sill for a few days.

This can take up to a week for them to mature, or only a couple of days, depending on the stage of maturity at picking. In either case, whatever plant material that you have left over, chop up, and turn it under. Bury them in your garden.

By springtime you will find a layer of very black material that you can mix up that will help feed your spring plantings.

Another method for disposal of these plants would be to compost them in a composting container. This may be a trash barrel that you would have to mix up, add water, and a little soil, or it may be a wooden box that you would use a pitchfork to turn the compost with, or you can spend the money, and get a fancy compost tumbler that is easier to use.

Any way that you choose, it is wise to compost.

For all of your herbs, hang your cuttings upside down to dry them for storage. Use a piece of string to tie around the herbs, and tie a loop in the other end to hang up your herbs.

If your cuttings are small you can just use a thumb tack pushed into your kitchen wall to hang them. If you are like me, then you will have a lot of herbs to dry, so you

Winter squash soup

1 or 2 small winter squash
1 or 2 tablespoons of chives
2 cloves of garlic
2 12 oz. cans of condensed milk
Black pepper (to taste)
2 liters of water
2 cups of cooked fish, shrimp, or mussels.

Preheat oven to 350 degrees. Cut squash and remove seeds. (Save seeds for next years planting.) Place squash in an ovenproof container with a lid. Add water. Cover and bake for 45 minutes to 1 hour. Squash might be grainy at this point. Remove the skin and put the mashed meat of the squash into a crock pot.

With the flat of a broad blade knife, mash the garlic, and mince it before adding into pot. Add the rest of the ingredients, including any water that may be left over from baking, and cook in the crock pot for 6 to 8 hours.

The consistency of the soup should be like a tomato bisque. Add seafood during the last half hour. When done, let stand for 15 minutes. When you serve it add parsley or watercress as a garnish. Serves six hungry people.

may need something more substantial.

I took a wall mount for keys, and mounted that to my kitchen wall, and use that to hang all of my herbs. Chives you need to cut while fresh, and dry them in a brown paper bag.

One method for getting your produce to last you for a long period of time is to can them. You do not need a lot of fancy equipment for canning. All that you need is a good size stew pot, and the glass jars that you get from the store when you buy things like jams, jellies, tomato sauce, etc.

Cook items like squash in an oven, or boil them before putting into jars. Put the jars (after washing with a capful of bleach)



PHOTO BY ROBERT CANAMAR

Fresh vegetables, such as these from Robert Canamar's garden, make for a delicious and nutritious meal.

into the stew pot, add enough water to cover, and boil. When the water begins to boil, use tongs to remove jars, and put your product into the jar.

Freezing is a lot easier, especially with the freezer bags that are available today. Unfortunately, freezing in your freezer is not a deep freeze, so there is a time limit as to how long before there is freezer burn on your food. If freezer burn develops, throw it out.

Remember to cook your food before you freeze it, and it will last longer.

Do not freeze tomatoes. To enjoy your tomatoes through the winter, parboil them before canning. Parboil means that you put them into rapidly boiling water for just 30 or 40 seconds.

This will loosen the skin and kill any germs on the surface of the skin. Then put into your hot jars and seal tight.

At this point let me say something about food safety. Wash all produce, whether you get it from the store or grow it yourself. There are all kinds of bugs out there that can make you sick.

Wash produce in a mix of water and white vinegar. No soap, just a quarter cup of vinegar to one gallon of water.

Meats can be frozen in the package they came in, but it is better to use freezer bags over that, and wash your hands every time you touch any kind of meat. (This is why you use the soap.)

Cook meats well to kill off any bacteria. Oven and stove safety involves getting your young children out of the kitchen. Too many children go to the hospital due to burns received in the kitchen. Have someone watch them for you.

When you pull anything out of the oven, remember to use pot holders, and handle carefully. Keep the handles of pots and pans off to the side, so they will not be knocked off by children, pets, or even yourself.

If something overflows, stop long enough to clean it up then. Not only will it clean up easier, it will not set off the smoke alarm, making your neighbors speak badly about you for making them go outside just over burnt food.

Always clean your oven right after cooking. You will find that it will be easier to clean, and the next time that you use it there will be no smoke that makes your eyes water.

Washington Youth Academy can help at-risk youth

By WASHINGTON YOUTH ACADEMY

In January 2009, at-risk youth of Washington state will be filling the Washington Youth Academy (WYA) classrooms, running in formation, climbing over obstacles (physically and mentally) and setting goals for life success.

WYA is a new, free residential program that empowers youth to improve their lives. During the residential course, students 16-19 years old may earn up to eight high school credits, a high school diploma, or earn their GED Plus.

Boys and girls in Washington ages 16-19 are eligible for the program. To enroll, applicants must meet the following requirements:

- Unemployed or underemployed
- Not currently on parole or probation for anything other than juvenile offenses
- No felony adjudications
- Drug free upon enrollment
- Physically and mentally capable of completing the program

The course curriculum includes a number of components, among them:

- Academic Excellence
- Leadership and Followership
- Life Coping Skills
- Job Skills
- Service to the Community

- Responsible Citizenship
- Health and Hygiene
- Physical Fitness

The program is free to participants. There is a \$100 deposit in case a cadet causes any damages during the program. That deposit is refundable.

This is a National Guard-sponsored program, but it is not a military school or boot camp. Cadets are under no military commitment upon graduation. The WYA program does create a highly disciplined environment for cadets, which is adopted from the structure and values of the military.

Cadets will maintain a strict schedule of activities, will do daily physical training, will learn drills and marches, and will be required to wear a uniform.

Each cadet is assigned a mentor. During the program, "cadets" set goals and write a detailed plan to reach them. Their mentors support them during the residential phase, which is 5.5 months long, and after graduation in their home communities across Washington for 12 months. The duration of the program is 17.5 months.

This is a voluntary program. Applications are online at <http://ngycp.org/site/state/wa/> or by calling 877-228-8947.

Classes begin Jan. 18, 2009, at the Bremerton Readiness Center, located at 1207 Carver St. in Bremerton.

A Resident Services drug alert for parents

KCHA's Resident Services Department would like to warn residents with children about a new drug known as "strawberry quick."

That's a type of crystal meth going around schools right now that looks like strawberry pop rocks (the candy that sizzles and pops in your mouth). It also smells like strawberry and is being handed out to kids in school yards.

Kids are ingesting the "strawberry quick" or "strawberry meth" thinking that it's candy and then being rushed off to the hospital in dire condition. It also comes in chocolate, peanut butter, cola, cherry, grape and orange.

Please instruct your children not to accept candy from strangers and even not to accept candy that looks like it could be this new type of meth, even if it is from a friend. Also, tell your children to take any substance that seems like it could be this new drug to a teacher, principal or other school staff member immediately.

King

Continued from Page 2

Prizes:

First Prize: \$100.00, Second Prize: \$75.00, Third Prize: \$50.00.

Deadline:

All essays must be postmarked by Friday, November 28, 2008, and mailed to: King County Civil Rights Commission, 400 Yesler

Way, Room 260, Seattle, WA 98104. Essays postmarked after that date will not be considered, nor returned.

Notification of Winners:

Winners will be notified by mail. Awards will be presented to the winners at the 22nd Annual King County Dr. Martin Luther King Jr. Day Celebration in January 2009, held in downtown Seattle.

Understanding evictions

Resident Leadership Team hosts training Oct. 18

BY CINDA LIUM
SHA Resident

On Oct. 18 the Resident Leadership Team hosted a training event at Center Park on "Understanding Evictions, What do Resident Leaders Need to Know about Evictions."

The training focused on educating resident leaders of their rights and responsibilities in lease enforcement and the eviction process. It also helped them understand how to work with SHA and Community Police Team Officers (CPT) when there is a perceived criminal activity in the building, and how to report it.

All of the speakers stressed the importance of willingness to go on record, since written documentation is so important for building a case. The Resident Leadership Development Team works to develop and present trainings for resident community leaders throughout SHA for the purpose of enhancing their leadership skills.

They work with community building staff, and the trainings are funded with Resident Participation Funds.

Frankie Johnson, one of the speakers and also a Property Manager in SHA, said that SHA provides many human services that other housing authorities do not.

The Community Police Team officer can meet with you if you want to report criminal activity. SHA puts every effort into helping the resident maintain their housing, but it also requires some effort from the resident.

A training participant asked her, "What does a resident do if they smell pot daily in a neighbor's apartment and it bothers them?"

Frankie answered that it was not "black and white" and it is important to report this information to the management office so they can check it out.

The resident may have a prescription for medical marijuana, and the manager can't disclose that due to privacy issues, but they can say it is "an ADA case."

Allyson O'Malley-Jones, the speaker from the Northwest Justice Project (NWJP) stated that the NWJP should be your first call if you get an eviction notice.

Once you are in housing, work real hard to keep it, since it is so hard to get back into public housing once you are evicted.



PHOTO BY ROBERT CANAMAR

SHA Community Builder Marcia Johnson distributes printed materials to Mahfooz Junejo (center) and Gina Owens (right) at the Understanding Evictions training session Oct. 18.

To be evicted, you must see a paper that has been signed by a judge, and it must have a complaint number on it. Eric McDonald attended the training and said he was interested in hearing about the Northwest Justice Project.

He's glad to know about the services they offer at no cost. He said he was going to use the Community Information phone line 2-1-1 to get community information and legal referrals at no cost to low-income people.

Linda Brosell, an SHA attorney, said mental health issues can make a lot of otherwise serious offenses acceptable. She represents housing interests, and reminded us of the importance of documenting everything.

Call the police or your CPT officer with any complaints of criminal activity. She stated that a 10-day notice was

not an eviction, but a call to look at a lease violation and make a change.

Doug Morrison, President of Resident Action Council (RAC) thought the workshop was well-presented and worth the time. He said he would recommend it to others.

A thank you to the following people who helped in the planning and coordination of the training and helping the day of the training: Doug Morrison and Robert Canamar set up the sound system and Robert Canamar was the emcee; Judy Peterson, Alex Lepillhin, Gina Owens, Linda Gose, Cinda Lium and Glenn Slemmer, Marion Settegren and Lori Lakshas did most of the room and food set up and clean up; Mahfooz Junejo and Lois Gruber did registration.

Thanksgiving

Continued from front page

Saturday, Nov. 22, general public, 9 a.m. - 2 p.m.

They have no ZIP code qualifiers. RVFB is located at 4205 Rainier Avenue South and can be reached by phone at 206-723-4105 or by e-mail at info@rvfb.org.

Community Service Organizations

Sharon Thomas-Hearns, director of public relations at Seattle's Union Gospel Mission (www.ugm.org) says that they offer Thanksgiving meals at their Men's Shelter on Thanksgiving Day, Nov. 27. The Men's Shelter is located in the Pioneer Square area at 318 2nd Avenue Extension South.

For more information please call the shelter at 206-622-5177; visit the main office, located at 3800 South Othello Street

at 206-723-0767; or e-mail at ugmissn@ugm.org.

In celebration of Thanksgiving, CityTeam Ministries (<http://cityteam.org/seattle>) in Seattle is hosting a special dinner for the poor and homeless. On Sunday, Nov. 23 they will be serving up a warm Thanksgiving dinner to each homeless person who comes through their doors at 5 p.m., 6 p.m. and 7 p.m.

If you are interested in volunteering for this event please contact Steve Randle at 206-352-1300 or at srandle@cityteam.org.

CityTeam Ministries is located at 904 Elliott Ave West. Their main e-mail address is seattle@cityteam.org.

If you are interested in volunteering for any of these organizations, call their main phone number, express your desire to help out and ask for the volunteer coordinator.

Pay what you can for theatre tickets

BY VOICE STAFF

Many theatres in the Puget Sound region offer Pay-What-You-Can nights, where patrons are invited to pay whatever they are able to attend a performance.

One such venue is Taproot Theatre, in Seattle. "We believe it's important to serve the community by taking down the barriers that keep many people from enjoying live theatre," said Daytona Strong, communications manager at Taproot Theatre. "Pay-What-You-Can performances allow us to open our doors and make the joy of this art form accessible to everyone — no matter how much they can afford to pay."

Below, The Voice lists three area theatres that offer Pay-What-You-Can nights. Call your local theatre to ask if they offer a Pay-What-You-Can night.

Taproot Theatre, 204 N. 85th St. in Seattle

Ticket information is available by calling the Taproot Theatre box office at 206-781-9707.

The Christmas Foundling, Nov. 26 - Dec. 27, with previews Nov. 21 and 22

Pay-What-You-Can: Nov. 26

No performances on Thanksgiving (Nov. 27), Christmas Eve (Dec. 24) or Christmas Day (Dec. 25).

The gold rush is on and a tight-knit group of rough-and-tumble miners fill their days chasing fortunes and their nights with story and song. When an orphaned infant is thrust into their lives on Christmas Eve, their carefree existence is turned

topsy-turvy and they discover that the greatest wealth sometimes comes in surprising packages.

Seattle Repertory Theatre, 155 Mercer St.

The Seattle Rep features two upcoming performances with Pay-What-You-Can nights. For ticket information, call 206-443-2222.

You Can't Take It With You, Nov. 28, 2008 - Jan. 3, 2009

Pay-What-You-Can: Dec. 1

The Road To Mecca, Jan. 15 - Feb. 14, 2009

Pay-What-You-Can: Jan. 19

Burien Little Theatre, 437 S.W. 144th St., Burien

For ticket information for the Burien Little Theatre, call 206-242-5180.

Jacob Marley's Christmas Carol, Nov. 28 - Dec. 21

Pay-What-You-Can: Dec. 5

The "real" story behind Dickens' "A Christmas Carol," this zany tale follows Jacob Marley's heroic behind-the-scenes efforts to save old Scrooge's soul — and redeem his own.

The Lady's Not for Burning, Feb. 13 - March 8, 2009

Pay-What-You-Can: Feb. 20

A hilarious comedy about unexpected love and a small 14th century town in an uproar over a reluctant bride, a falsely accused witch and a soldier determined to be hanged.

Organizations like Union Gospel Mission offer a meal to those in need, and an opportunity to volunteer during the holidays.



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Office of the Education Ombudsman



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SERVICES

International Community Health Services in partnership with the Seattle Public Library is offering the Thursday Q&A workshops: What is "Western Medicine?" Dec. 4; "Why Do People Smoke?" Dec. 11; and "What is Hepatitis?" Dec. 18; 4 p.m. - 5:30 p.m. at NewHolly branch library, 7058 32nd Ave. S. To register, please call NewHolly librarians Sang Le or Daniel Tilton at 206-386-1946. Open to the community. Free.

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