



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



The Voice

October
2008
*Articles translated
into six languages*

The newspaper of Neighborhood House

Forum focuses on hunger within the community



PHOTO BY IAN PORTER

SHA Executive Director Tom Tierney (left) provides opening remarks at the Hunger and Food Access Forum, held at SHA's Center Park building Sept. 18.

By IAN PORTER
The Voice

To raise awareness about issues of hunger and food inaccessibility in the Seattle area, a group of Seattle Housing Authority residents spoke at a community listening session about their own experiences with hunger.

The listening session was sparked by a recent study by Congressional Hunger Center Fellow Brad Johnson that found, among seven subsidized housing sites for seniors and people living with disabilities, 55 percent of 188 households surveyed met the federal guidelines for food insecurity. The Congressional Hunger Center is a nonprofit anti-hunger organization affiliated with the U.S. Congress and located in Washington, D.C.

In response to the dismal findings, the Seattle Housing Authority, United Way of King County, Seattle Food Committee, Lifelong AIDS Alliance's Chicken Soup Brigade and Solid Ground sponsored the "The Hunger and Food Access Community Listening Session," which took place Sept. 18 at SHA's Center Park.

The venue allowed "decision-makers from across the city, the county and from nonprofits," to hear directly from residents who experience hunger and food inaccessibility on a daily basis, said Tom Tierney, executive director of Seattle Housing Authority.

"What we hope, today, is to come to a better understanding" of the situation, he said.

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In the midst of the credit crisis, are your bank accounts in jeopardy?

The FDIC ensures that most bank investments are protected

By VOICE STAFF

With news of the subprime mortgage crisis filling the airwaves and major financial institutions being bought out by the government or folding completely, many consumers in America are wondering if the money in their bank accounts might be in jeopardy.

However, thanks to a federal program that dates back to President Roosevelt's Depression-era New Deal, most investors can rest assured that the money in their

savings or checking account is safe.

The Federal Deposit Insurance Corporation (FDIC) was established in 1933, in the wake of a widespread bank failure in the United States that left many Americans penniless.

The FDIC insures all deposits at insured banks, including checking, NOW and savings accounts, money market deposit accounts, and certificates of deposit (CDs), up to the insurance limit.

The FDIC does not protect money that you invest in stocks, bonds, mutual funds, life insurance policies, annuities or municipal securities — including any of those investments that are made through an FDIC insured bank.

The basic insurance amount for FDIC is \$100,000 for each depositor at an insured

bank. If you have less than \$100,000 invested in all of your accounts at any FDIC-insured bank, your money is protected.

Consumers have three options to check whether or not their bank or savings association is insured by the FDIC:

- Call toll free to 877-275-3342 and ask if your bank is FDIC insured
- Go to www.fdic.gov/deposit/index.html and look up your bank in the database
- Ask someone at your bank

Since the FDIC was created, no depositor has lost money from an insured deposit.

Information for this report was compiled from the FDIC Web site, located at www.fdic.gov. For more information, visit their Web site.

Your general election primer

By TYLER ROUSH
The Voice editor

Election Day is Nov. 4, and with a number of federal, state and local elections on the docket, voters have plenty to ponder.

Around the country, voters will take to the polls to vote for the next president of the United States. The Republican Party's ticket includes Arizona Senator John McCain and Alaska Governor Sarah Palin. The Democratic Party's ticket includes Illinois Senator Barack Obama and Delaware Senator Joe Biden.

At the state level, incumbent governor Chris Gregoire, a Democrat, faces a challenge from Republican Dino Rossi. Rossi will appear on the ballot as G.O.P., which is an

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Quotable

"Preparedness is something everyone can do. We will be bringing preparedness to more buildings."
— Dorene Cornwell, of Center Park, a volunteer for Seattle Housing Authority Residents Preparing (SHARP). The group receive a \$12,000 grant from the Seattle Dept. of Neighborhoods. See story on Page 3.

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

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Health Notes

A column devoted to your well-being

Small changes in diet can help prevent breast cancer

BY PAM MCGAFFIN
Special to The Voice

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

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

Lucas is using the platform of Breast Cancer Awareness Month in October to point out the power of diet in cancer prevention and overall health.

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

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

Here are her major recommendations:

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

- Balance blood sugar: Studies have

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

- Speaking of fiber: The recommended daily intake is 30 grams. (A cup of black beans, for example, has 19 grams and a half-cup of broccoli has 4 grams.) Along with drinking plenty of water, fiber helps rid the body of toxins. For a good source of fiber that also helps with hormone balance, add ground flax seed to your diet as well as cruciferous vegetables such as broccoli, cauliflower, cabbage and kale.

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

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

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

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

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American Red Cross Presenter Training Workshops, in partnership with SHARP (Seattle Housing Authority Residents Prepared)

Promote disaster preparedness — practice speaking with your neighbors about preparing for emergencies.

English — October 7 and 9, noon to 4 p.m.

Cantonese — October 14, 15 and 16, 1-4 p.m.

Russian — October 21 and 23, 10 a.m.-2 p.m.

All workshops will be at the American Red Cross at 1900 25th Ave. S. in Seattle, serviced by bus routes 4, 8, 7, 9, 32, 42 and 48.

Contact Cinda Lium to sign up, or for more information, at cindalu@winisp.net or 206-322-3291.

Space is limited.

The Voice

Editor

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

Reporters

Robert Canamar
Sharon Dain
Kristin O’Donnell
Ian Porter
Pam Wilcox

The Voice, the newspaper of Neighborhood House, is published monthly with the support of Seattle Housing Authority and 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.

Caring comes to the fore at United Way event



PHOTO COURTESY UNITED WAY OF KING COUNTY

Spirited volunteers: Five Seattle Housing Authority staff members took part in this year’s Homeless Resource Fair, part of the Day of Caring. From left: Mary Armstrong, Debbie Beasley, Katie Ta, Karmin Hallberg and Courtney Powell.

BY COURTNEY POWELL
Seattle Housing Authority

On Friday, Sept. 12, five Seattle Housing Authority employees set out early to participate in the Homeless Resource Fair, a part of the Day of Caring sponsored by United Way of King County.

The Day of Caring inspired some 8,600 volunteers from 109 companies and organizations to donate a work-day in service to the community. The Homelessness Resource Fair was just one of 417 community service projects underway throughout the county on the Day of Caring.

By the time we arrived at the Qwest Field Events Center, a long line of homeless people had already begun to assemble. Their eyes were sleepy and most were carrying their belongings.

The mood was cheerful. Free coffee was provided. We volunteers were given T-shirts and directed to our assignments for the day. All of us were designated greeters whose jobs would be to identify a person’s needs and direct him or her to appropriate resources. We were told that some people might just want someone to talk to.

The huge hall was full of booths of organizations offering many resources. People could have their feet washed, their hair cut, their portraits taken. People could sign up for benefits with DSHS and housing with local low-income housing providers.

They could get free health screenings and free eyeglasses, and were invited to make free long distance telephone calls.

When the doors opened at 9 a.m., we were ready with our lists of resources and maps. Most of us paired off with someone in need of assistance right away. I struck up an acquaintance with a man named Calvin.

Calvin, a veteran, said he had many carpentry skills but had fallen on hard times. He was living under a freeway and desperately looking for work.

First things first: Calvin and I made a connection with WorkSource and then checked in with the Veterans Administration. After that we made the rounds of other service providers. Calvin got

free eyeglasses, and then we had lunch together.

He said he was grateful to have been connected to community resources he hadn’t even known about.

My four co-workers all had similar experiences. One, Karmin, became acquainted with a young man who was receiving SSI. When they stopped by the Bellevue Community College booth, a representative of the college told the man that if he were to apply for food stamps, he could qualify for full financial aid at any of several community colleges.

The fellow was much encouraged at hearing this, and when Karmin asked whether he wanted to go apply for food stamps, he was delighted that he could do so right then and there. Karmin told us later than it was wonderful to see how the man had changed his outlook for the better in just one morning.

We spent the afternoon much as we’d spent the morning: answering questions, talking to people, directing them to resources.

At the end of the day, volunteers had a chance to share our experiences. One thing that stood out for me and the other volunteers was realizing there wasn’t a whole lot of difference between us and the people we were serving. (“Just a few paychecks,” one volunteer pointed out.)

We were grateful for the opportunity to spend a day assisting such generous and appreciative people.

United Way plans to continue the Day of Caring every year, and its administrators hope that there will be even more volunteers and service projects in the future. For more information on how you can volunteer check out the United Way of King County’s Day of Caring Website at www.uwkc.org/volunteer/dayofcaring/default.asp.

This article was written by Courtney Powell, who with her fellow Day of Caring SHA volunteers works in the Housing Choice Voucher program at the Seattle Housing Authority’s PorchLight Building, in Ballard.



Neighborhood House
Strong Families. Strong Communities. Since 1906.

Two resident groups receive grants



PHOTO COURTESY SEATTLE DEPARTMENT OF NEIGHBORHOODS

Left to right: Kristin O'Donnell, Yesler Terrace; Mayor Greg Nickels; Cinda Liem, Denny Terrace; Dorene Cornwell, Center Park; and Tracy Connelly from the Office of Emergency Preparedness

By KRISTIN O'DONNELL
SHA Resident

Two projects from Seattle Housing Authority resident groups received Seattle Neighborhood Matching Fund grants in September.

The Seattle Housing Authority Residents Preparing (SHARP) grant for \$12,000 will expand a program which teaches people who live in SHA communities to be ready for emergencies and teaches residents to present trainings to others.

"Preparedness is something everyone can do," said project volunteer Dorene Cornwell. "We will be bringing preparedness to more buildings."

The Yesler Terrace Civic Engagement grant for \$9,055 supports resident participation in community planning.

As is written in the grant application "...as our neighborhood plans for profound changes, Yesler Terrace residents who are not fluent

and literate in English are excluded from much of the process. Meetings and hearings that any involved and active city resident would attend and participate in at such a crucial time do not include them."

The grant will pay for interpreters and organizing support that will make it possible for residents to have real participation in planning the future of the neighborhood.

The Neighborhood Matching Fund provides money to Seattle neighborhood groups and organizations for a broad array of neighborhood-initiated improvement, organizing or planning projects. A neighborhood group may be established just to undertake a project — the group does not need to be "incorporated."

Once a project is approved, the community's contribution of volunteer labor, materials, professional services, or cash will be "matched" by cash from the Neighborhood Matching Fund.

Meetings planned to discuss light rail

By SARAH LUTHENS
King County Department of Transportation

King County Metro and Sound Transit invite residents in the southeast Seattle area and southwest King County to offer their thoughts and suggestions early in the planning process regarding changes to bus service in light of the onset of Link light rail service next year.

One way to give advice to the transit agencies is to attend a community discussion in October. The dates, times, and locations of the community discussions in southwest King County are listed below on this page. For information on meetings in southeast Seattle, SHA residents can turn to Page 6 of the SHA News section.

To request an interpreter for ASL or another language for events in Federal Way, SeaTac, and Tukwila, contact Ellen Hansen, King County community relations, at least five business days in advance of the event (ellen.hansen@kingcounty.gov, 206-296-4511).

Completing a survey is another way to offer important feedback to King County

Metro and Sound Transit. Tabloid newsletters and surveys that explain the various options for bus-service changes will be sent to almost all households in southeast Seattle and southwest King County. These materials for the southeast Seattle area materials will be available, upon request, in Chinese, Somali, Spanish, Tagalog, and/or Vietnamese by calling 206-205-9185 or emailing sarah.luthens@kingcounty.gov. The materials for southwest King County will be made available, upon request, in Korean, Russian, Somali, Spanish, and Vietnamese by calling 206-296-4135 or emailing ellen.hansen@kingcounty.gov. The deadline to return completed surveys is Nov. 6.

Your voice is important. Let it be heard!

King County Metro & Sound Transit

Community Discussions

If you would like to ride the bus to these events, the nearby routes are listed. Or you may consult <http://trip-planner.metrokc.gov/> or call 206-553-3000 x 0.

Wednesday, Oct. 22, 6:30-8:30pm, Federal Way City Hall, City Council Chambers, 33325 8th Ave S., Federal Way, Route 903

Thursday, Oct. 30, 1:30-3:30 p.m. and 6:30-8:30 p.m. Note that the locations differ between the afternoon and evening events. The afternoon event will be held at SeaTac City Hall, 4800 S. 188th Street, SeaTac, Routes 180, 194, 574. The evening event will be held at Foster High School, 4242 S. 144th Street, Tukwila, Routes 128, 174

Health notes

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vitamins.

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

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

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



One to grow on

Garden tips for community gardeners

Fall weather means time to plan for 2009

By ANZA MUENCHOW
Special to The Voice

Alas, here is autumn and the end of the summer harvests. Some meteorologists are predicting a cooler than normal fall weather pattern.

Get in all those remaining tomatoes, peppers and summer squashes. Chop and freeze the peppers and squash for future soups and sauces. The tomatoes could continue to ripen in a warm dry area. Or make green tomato chutney and preserve it for a spicy treat during the winter months.

Now is a good time to work on your garden journals. Update that map of your summer garden. You'll need all this information for planning your 2009 garden. Record where the different crops were planted, as well as information about soil improvement (especially adding lime), and your crop successes and crop failures.

This may be the best place to record the varieties of seeds you used and where you got the seed.

As you walk around the garden, notice which perennial weeds you need to remove. Many annual weeds will just die off after a frost, but some will manage to grow enough to set seeds.

Weed around the kale, parsley, Brussels sprouts, beets, chard, choys and arugula plants that will survive during the winter. Weeds will crowd out your future harvests by taking needed light, nutrients and root space.

As the rains have returned and the temperatures are still mild, those fall weeds can get aggressive.

Another way to battle weeds is to plant cover crops during the off season. I choose the ones that are easy to remove in the spring. Our current favorites are vetch and Austrian field peas. Their vines will crowd out weeds.

They manage to improve the soil by fixing nitrogen yet they pull up easily in the spring. The peas won't give fruits but you can snip off the tips of the vines for a spring salad or stir fry. Fava beans are another favorite cover crop because they are edible and also fix nitrogen in the soil (through the bacteria that live on their roots). I have found they don't crowd out weeds, but do tolerate them. Winter rye is a good cover crop if you plan to mechanically till it into the soil in the spring. Rye can really stop a weed problem and add lots of biomass to a depleted soil.

For many of our beds, we pile on leaves and cover them with burlap bags. The leaves rot and worms love it! The burlap keeps the winds from blowing off the leaves. Sometimes the bags blow off, but are easily replaced after a storm. After serving for a couple years (as weed cover and in paths), these bags can be composted.

Just a quick word on getting the dying, diseased plants out of your garden: Do not compost the blighted tomato vines or squash vines with powdery mildew. Put them in yard waste containers for the Seattle/King Co. Solid Waste programs to compost.

A typical garden compost doesn't get hot enough to kill the pathogens, and those build up in a garden patch, making next years garden more susceptible to these diseases.

Congratulate yourself for the bounty your garden gave you and your family. Keep eating your winter greens and planning for the next, even better growing season.

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.

\$30 mil in HOPE VI funding going to SHA, KCHA

The Seattle and King County housing authorities will be receiving nearly \$30.5 million in funding from the HOPE VI housing program to revitalize two public housing developments.

It was announced last month that \$20 million will be allocated to the Park Lake Homes redevelopment project in White Center and nearly \$10.5 million will go to the Lake City Village and House redevelopment in Seattle.

The HOPE VI program, which is funded by the U.S. Department of Housing and Urban Development (HUD), replaces some of the nation's most dilapidated public housing with modern, mixed-income units.

Park Lake II

This funding will go to KCHA to revitalize the Park Lake Homes II public housing development. The revitalization project is comprised of 165 units, all of which will be demolished and replaced with a total of 318 units.

Of this total, there will be 165 public housing/Low-Income Housing Tax Credit (LIHTC) rental units, 12 LIHTC rental units, 12 Project Based Housing Choice Voucher units, 17 Habitat for Humanity affordable homeownership units, and 112 market rate homeownership units.

Of these units, 306 will be on site and 12 will be off site. Community and Supportive Services (CSS) will also be provided

to all impacted families. There will be 6,500 square feet of community center space on the ground floor of a residential building in the center of the site. The space will include a large community room, the Neighborhood Networks Center, office and classroom space for CSS providers, a multi-purpose room, and a satellite office for the King County police.

Lake City Village and House

This funding will go to SHA to revitalize the Lake City public housing development. Lake City Village was comprised of 16 townhouse public housing rental units which were demolished in 2002. Its revitalization plan will create a total of 103 units, including 51 public housing rental units, 35 Low-Income Housing Tax Credit rental units, five affordable homeownership units, and 12 market rate homeownership units.

Of these units, 71 will be on site and 32 will be off site. Additionally, there will be 113 public housing rental units at Lake City House, a high-rise building for seniors and persons with disabilities who are currently undergoing substantial rehabilitation. Community and Supportive Services (CSS) will also be provided to all impacted families.

To aid in the delivery of CSS programs, a 600-square foot Neighborhood Network Center and a 100-square foot CSS office will be constructed on site.

Save big on necessities when sales come around

BY PAM WILCOX
SHA Resident

The fine art of living on a low-income budget takes time to acquire. I used to find myself running out of money midway through the month and then waiting on edge for the first of the month to roll around.

I would see things on sale when I was out of money and cringe at the money I could have saved. It occurred to me, I must be doing something wrong!

I said to myself, "If you could buy things on sale instead of paying top dollar, you just might end up with money at the end of the month — maybe even be able to save a little to boot!"

So I embarked on a journey to learn how to live best, on the money I had.

One of the first things I learned was that stores run the same sales periodically. So one of my first challenges was to make sure I did not run out of an item before it went on sale again. This meant I had to stock up, which initially took more money.

I'll use toilet paper as an example. I buy Scott's toilet paper in the 12-roll packages. Instead of buying one package, I initially bought two. This way I did not run out before the next sale. The next time I only had to buy one package.

When it's on sale you can get Scott's 12-roll packages of toilet paper for between \$5.99 and \$6.99. Regular price at QFC is \$12.39. That's a saving of \$5.40 to \$6.40 per package.

You might ask yourself, why Scott's toilet paper? The reason is simple: You get more product for your buck!

The other brands may be cheaper, but they do not last as long, and in the end you pay more for them. And yes, I also calculated how long a product lasts!

I have extras of everything, from mayonnaise, to pepper, to toilet paper. It does take time and money to stock up like this when you are on a limited income, but it can be done.

Another thing I do is save all my receipts. I use a large

Send us your story!

The Voice wants to collect great recipes and stories from residents on how to eat healthy and nutritious foods on a budget. Please send your tips to Tyler Roush at tylerr@nhwa.org, or call 206-461-8430, ext. 227.

binder clip to do this. This way I can go back and check the prices of things so I know when it is best to buy and at what price.

Speaking of receipts — always check your receipts before you leave the store. You would be amazed at how often you get overcharged, especially on sale items.

Quite often you will get charged the regular price instead of the sale price. Every penny counts!

Another investment that ends up saving me money is to subscribe to the Sunday-only newspaper. You do not have to get all seven days of the newspaper.

The Sunday newspaper has the week's sales in it, and the coupons. From the mail, I get Bartell's ads along with the grocery store ads.

Buying in bulk can also save you money. The best place I have found to get bulk items is Madison Market.

It is closest to where I live, but there are many places that offer bulk items throughout the Seattle area.

One of the best money-saving items I get in bulk are spices. The per-pound price is enough to scare you away, but remember, a pound of thyme, for example, could fill a paper bag. I am sure you don't need that much!

Another item I get at Madison Market are my eggs. I do pay more for them because they are stamped "Certified Humane." This means the chickens who lay the eggs I eat are treated humanely.

They are happy chickens, and I've been told the eggs are healthier to eat. I am a vegetarian and animal-rights activist, so happy chickens are important to me. And with the money I save elsewhere, I figure I can pay a little more for my eggs.

Pam's Spinach and Parsley Frittata

1 medium onion (about a cup, chopped)
1 clove garlic
1 large potato
1 1/2 tbsp. olive oil
1 tsp. salt
8-9 eggs
4 tbsp. Parmesan cheese
1 cup chopped flat-leaf parsley (packed)
Fresh-ground pepper
2 1/2 cups chopped spinach (chopped)
1 tsp. cider vinegar

Chop the onion, mince the garlic and scrub the potato and cut it into 1/4-inch cubes. Heat olive oil in a 12-inch skillet, preferably a good non-stick type. Sauté the onion and garlic for a few minutes, then add the diced potato and about 1/2 tsp. of salt, and continue cooking over medium heat, stirring often, for about 10 minutes. The vegetables will start to brown.

Meanwhile, beat the eggs with the Parmesan cheese, parsley, remaining salt, and pepper, then set aside. Add the chopped spinach to the pan, sprinkle it with cider vinegar, and toss it with the other vegetables until it is thoroughly wilted.

Pour the egg mixture into the vegetable mixture and give it a quick stir to make sure everything is more or less evenly distributed. Adjust the heat until it is very low, cover the pan, and let the frittata cook slowly for about 10-15 minutes, or until the eggs are completely set.

Loosen the frittata gently with a spatula until it slides freely in the pan, then invert it onto a flat lid or platter and slide it back into the pan to brown on the other side, just for a minute or two. Serve it on a platter, warm or cool, and cut into wedges. Serves 6-8.

NH Tutoring Center puts teen on the path to success

Liliya Tsyachuk is the 2008 recipient of Neighborhood House's Heart of Oak scholarship

BY PAM MCGAFFIN
Moore Ink

After a late start in American schools, Liliya Tsyachuk is on an education fast track.

At 19, she's in the home stretch of getting her Associate of Arts degree after finishing a challenging summer quarter of math and biology classes at Green River Community College.

Between her studies, working part-time and planning for the future, this year's recipient of the Neighborhood House Heart of Oak scholarship hasn't had the time to rest on her laurels, although she's probably earned the right.

Eleven years ago, Liliya and her family had just arrived from Ukraine. Plunked into an American second-grade classroom where she understood nothing, she struggled to learn and catch up. Her parents were so busy trying to earn a living and improve their own English skills that they were unable to offer much help to her and her five older siblings.

But Liliya made friends. And after school, they would head over to the Neighborhood House Youth Tutoring and Resource Center in the Burndale public housing community where they live.

In a converted four-bedroom apartment, they would be guided by volunteer tutors on their school work, play learning games, do arts and crafts, and socialize.

"I make them do work," says Youth Tutoring Coordinator Terrah Goeden. "But we also make it fun."

While Liliya was getting help, she also

"It was warm and cozy," she says. "If you had nothing to do at home and were tired of watching TV, you could go to the tutoring center. There was always something to do here."

— Liliya Tsyachuk

volunteered her time at the center, serving as a role model for the younger kids, most of them from Ukrainian immigrant families. The Center serves students from preschool to college, but the core group are elementary- to middle-school age.

"This is their home away from home," Terrah says. "That's how they see it."

That was certainly true for Liliya. "It was warm and cozy," she says. "If you had nothing to do at home and were tired of watching TV, you could go to the tutoring center. There was always something to do here."

The tutoring she received helped Liliya so much she started earning A's in school and reading the classics. *Pride and Prejudice* is a favorite.

In her junior year of high school, she began attending classes at Green River through Running Start, a program that gives qualifying high school juniors and seniors the option of starting college early. That explains why Liliya is getting her AA degree on the heels of graduating with a 3.5 grade-point-average from Auburn Mountainview High School. She had planned to transfer to the University of Washington

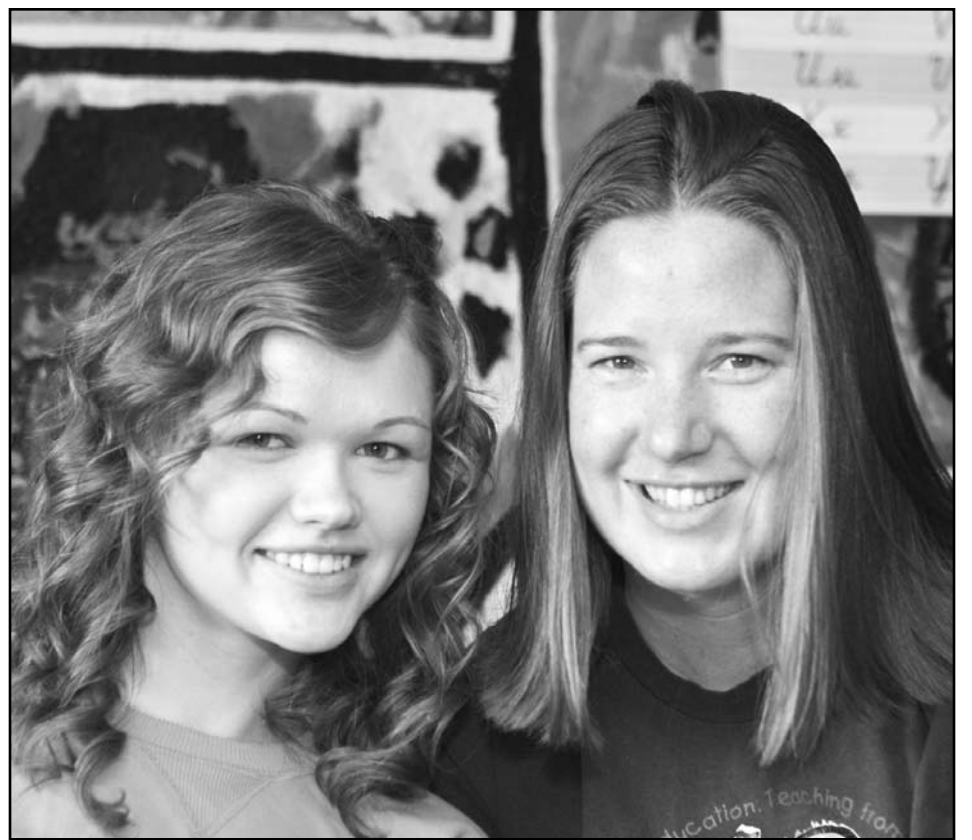


PHOTO BY MIKE MOORE

Liliya Tsyachuk (left), the 2008 recipient of Neighborhood House's Heart of Oak scholarship, jump-started her education at the Neighborhood House Youth Tutoring and Resource Center in Burndale, with help from Youth Tutoring Coordinator Terrah Goeden.

this fall.

"(Liliya) is a kind, responsible, intelligent and driven young woman who deserves the opportunity to further her education," wrote Terrah in a letter recommending the teen for the Heart of Oak scholarship, given annually to a student who might not otherwise have the opportunity for a higher education. Liliya will receive \$2,500 each year for the next two years.

In a personal statement for the scholarship, Liliya describes the barriers she and

her family have overcome. While she was in school, her parents also attended classes, learned English and secured stable jobs. Her siblings have left home to start lives of their own.

"Life goes by so fast," she wrote. "It feels like I was in elementary school mixing up my B's and D's and I blinked, and now I'm a senior about to graduate... I am very excited about my future wherever it may take me."

A first-time voter looks forward to the election

By SCOTT FREUTEL
AND THANH V. NGUYEN

As voters, each of us thinks about candidates and issues in our own way. For this reason, it's impossible to say that all voters who share Characteristic X will vote a certain way but voters who share Characteristic Y will not.

Still, first-time voters, people who haven't been motivated until now to exercise their right to vote, and especially new citizens who have recently gained that right, can be said to have one important thing in common: They're excited about this election, and they're following it pretty closely.

Here's a brief profile of one first-time voter selected nearly at random from one of our communities.

Name: Truyen Thi Le

Age: 67

Residence: Gamelin House, Rainier Vista

Birthplace: Vietnam

Family: Ky Van Le, husband; no children

Came to USA: 1993

Citizen since: 2001

Occupation: Retired; worked at Sears



PHOTO BY SCOTT FREUTEL

Mrs. Truyen Thi Le, resident of Gamelin House, Rainier Vista, is an excited first-time voter.

until 2001

Polling place: Rainier Vista, but may vote an absentee ballot

Issues: Most important issue: the economy. Others: health care, especially health care for the elderly, and security for the United States.

Interest level: Follows political news on TV; watched the conventions; encourages friends and fellow residents of Rainier Vista to be sure to exercise their hard-won right to vote.

Election

Continued from front page

alternate name for the Republican Party.

Washington voters will not vote for a U.S. senator this election cycle — Senator Patty Murray's seat will be up for election in 2010, while Senator Maria Cantwell's seat will be up for election in 2012.

In Washington's U.S. House races, incumbent Democrat Jay Inslee faces Republican Larry Ishmael in the First District; incumbent Democrat Rick Larsen faces Republican Rick Bart in the Second District; incumbent Democrat Jim McDermott faces Republican Steve Beren in the Seventh District; incumbent Republican Dave Reichert faces Democrat Darcy Burner in the Eighth District; and incumbent Democrat Adam Smith faces Republican James Postma in the Ninth District.

A variety of state officials, including state Representatives and Senators, are up for election. In addition, several state and local measures appear on the ballot.

Consult the voter's pamphlet or visit www.kingcounty.gov/elections for more details.

Voter's pamphlets will be mailed by Oct. 13, according to the King County elections Web site.

The deadline to register to vote online is Oct. 4. New Washington residents may

register in person at the King County Elections Office, 919 SW Grady Way, Renton, WA 98057

You can check your registration status, find your polling place and review the candidates on your ballot by going to www.kingcounty.gov/elections, or by calling 206-296-8683 weekdays from 8:30 a.m.-4:30 p.m.

Find my polling place!

Need to know where to go to vote on Nov. 4? If you are registered to vote in King County, all you need to do is go to www.kingcounty.gov/elections and input your name and date of birth in the "Your Voter Guide" section on the right-hand corner of your screen.

You can also call 206-296-8683 for more information.

It's not too late to register!

The last day to register to vote online at www.kingcounty.gov/elections is Oct. 4.

However, if you are a new resident of Washington, you can still register in person at the King County elections office until 6 p.m. Oct. 20.

The elections office is located at 919 SW Grady Way, Renton, WA 98057.

It's not too late to get involved this election year

By MICHAEL KELLY
Special to *The Voice*

With less than 50 days to go until one of the most important elections in United States history it is vital for everyone to get involved.

It might seem like time is too short and that it is too difficult to be involved unless you are part of a political campaign, but this couldn't be further from the truth. There is still plenty of time to get involved in the election this year!

There are thirty-five days (as of press time) to volunteer to get your friends, family, and neighbors talking, educated, and out to the polls on Nov. 4.

During October, Washington Low Income Housing Alliance and our partners, as well as other organizations such as Poverty Action and others, will be hosting debate-viewing parties, election discussions and candidate forums to inform voters about

their choices and vital role to play in this election.

You can be a part of this historic election simply by helping to get your community engaged. The Alliance is seeking volunteers for Get Out the Vote efforts throughout Seattle. Contact Michael at Vote@wliha.org for more information.

One of our most important efforts at outreach this year will be to get people to vote "down ballot."

"Down ballot" means not only choosing a presidential candidate but also voting on all of the contests on the ballot.

There are a lot of local and statewide races, and in many ways, the winners of these races will have a greater impact on us than our president. Governors, state senators, and initiatives impact us very directly.

Unfortunately, a lot of our neighbors don't realize this. They become excited by the presidential race and are eager to

Important dates

Election Day

Nov. 4, polls open 7 a.m.-8 p.m. (go to www.wliha.org/vote to find your polling place)

Presidential Debates

All debates begin at 9 p.m. Eastern Time, 6 p.m. on the West Coast.

Sept. 26: Presidential Debate – Foreign policy focus

Oct. 2: Vice Presidential Debate

Oct. 7: Presidential Debate – town hall

format

Oct. 15: Presidential Debate – Domestic policy focus

Wash. Gubernatorial Debates

Sept. 20 – read about the debate – www.seattlepi.com

Sept. 25 – read about the debate – www.seattletimes.com

Oct. 1 – 7 p.m.

Oct. 9 – time TBD (check www.wliha.org/vote for more information)

Oct. 15 – time TBD (check www.wliha.org/vote for more information)

choose, but often won't vote for local and state races because they feel uninformed about them.

We need your help! It's simple to get informed and involved. To educate yourself and your neighbors, study the online voter guide at PovertyAction.org.

Find out who represents you with the League of Women Voters (lwvwa.org). Host a pot luck on the night of a Presidential or Gubernatorial Debate, drive your neighbors to their polling locations, have

a "ballot party" to discuss the ballots and remind people to vote.

Talk to your friends, talk to your family. Don't let your community forget to vote.

Please visit www.wliha.org/vote and email vote@wliha.org for more information.

Keep an eye out at community bulletin boards and community centers for postings and fliers about Housing Alliance voter education in your neighborhood.

Forum

Continued from front page

The residents spoke for more than an hour about the struggle of finding food when public assistance such as food stamps run out, sometimes halfway through the month; chronic disability prohibits some residents from going to food banks regularly.

They painted a picture of multiple and compounding obstacles that prevent them from acquiring sufficient amounts of food on a regular basis.

Janet Meyer, an SHA resident, described a common situation that might result in her inability to get food for a period of time.

"I use a walker a lot of the time when I am out of the building," she said. "If it's icy out, I can't necessarily go (to the store). My caregiver has to drive me to the store, but she only works two days a week."

She said the obstacles to obtaining food

are so difficult to overcome for some individuals, especially when the person suffers from a chronic illness, that he or she often doesn't feel up to going out.

Another SHA resident, Arron McLauchlan, agreed with Meyer.

"When I was able to walk, I could go to about two or three or four food banks," he said. "But when my doctor said I could not walk that distance and was put in a motorized chair, it makes it even harder to go to these food banks," he said.

The location of some food banks required him to take two or three buses, he added.

To make matters worse, said Vickie Foster, another SHA resident, if other residents try to assist those with disabilities by purchasing food for them at the store, they are unable, because food stamps can only be used by the individual to whom they are issued.

When food stamps run out — which many of the residents in attendance said

was a common occurrence — they turn to food banks to provide sustenance. But, they said, food banks bring with them a host of new obstacles.

The major concerns voiced by residents about food banks included the lack of nutritional quality of the food they received from a food bank. Although fruits and vegetables are highly nutritious foods, they are also perishable, which keeps them out of stock at food banks, one resident said.

Maintaining a strict nutritional diet becomes even more important, as well as more difficult, for individuals who suffer from diabetes.

In addition to nutritional concerns, at least two residents said they had been given expired or partially rotten food by a food bank.

One broad theme that remained throughout the entire discussion was the issue of communication, or lack thereof, among SHA residents, and between residents and the agencies that serve them.

McLauchlan said inefficient communication often results in underserved residents and services that go unused.

"With all the knowledge these agencies have, sometimes they should be able to share with other (agencies)," he said. "They should say, 'We can't help you, but we know where we can send you.'"

"A lot of agencies don't do this, and that's a shame, because there are a lot of us out there that truly need help. We need to help ourselves, if we know something we should share with others ... We should spread the word," he said.

Among the decision makers in attendance were city, state and federal legislators as well as representatives from all of the agencies that sponsored the event.

Nathan Buck, Family and Social Services Manager for Neighborhood House, said he wanted to thank the residents "for their honesty and their comments that help us design and refine our programs to make sure that we are serving all of you."

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Name _____ Address _____
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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@nwlink.com w/subject line "The Voice"

TRANSLATIONS

TRANSLATED ARTICLES FROM THE VOICE

Great deals abound at the super market and food bank

Xaraash iyo xoolo jaban oo ka jira suuqa weyn iyo bunuugta cuntada

Sicir bararka shidaalka iyo guud ahaan dhaqaalo darrida na soo food saartay ayaa sababtay in ay cuntadii noqotay wax aan la goyn Karin, taasoo sababtay in ay adkaato la soo bixidda qutulyoonka.

Waxaan dukaamada cuntada (grocery stores) ka helaa maalinta talaadada waraaqaha xaraashka cuntada iyo alaabta kale, xaraashkuna wuxuu dhacaa maalinta Arbacada.

Waligay masoo gadan waxyaabaha ay ka mid yihiin rootiga, basasha, bariiska, digirta, yaanyada gasacadaysan,; sababtoo ah labo jeer todobaadkiiba ayaan aadaa bangiga cunta (food Bank).

Matalan, haddii aad soo qaadata basal aadna ku aragto in ay meelo bolol ka tahay, ka fiiq dubka kore, afafkana ka jar, si fiicana u dhaq, qalaji oo kadib ku xafid faranjierka qaybtiisa daboorka yarka ah

leh, muddo ayey oolikartaaye.

Biyo raaci dhamaan qudaartaada; tusaale ahaan tayda waxaan ku ridaa sinkiga jikada maraan dhaqayo. Markey qalallaanna wax ku duub oo bac geli.

Ka hor iyo kadibba, marakaan qudaar ama hilib ku jar-jarro miiska jikada waxaan ku dhaqaa warankiilo yar biyo badan. Isku dar warankiilo qiyaasteedu le'eg tahay afar meelood meel qaadada shaaha iyo labo koob oo biyo ah, kadibna ku shubo dhalooyinka caaga ah ee biifleeya.

Haddii aad hesho wargeyka axadlaha ah. Meel dhigo boonooyinka ee la socda, saasbaan anigu kolayba cuntada aan xaraashka ahayn. Midda kale, Bangiga cuntadu wuxuu ku fiican yahay dhinaca miraha la cuno iyo qudaarta marka xiligooda la joogo. Miraha sifican u bislaada waxaa laga samayn karaa cuntooyinka ay ka mid yihiin canjeero (laxoox), waffles, rooti, iyo doolshe. Doolshaha kaligiis ayaa casumaad gala.

Great deals abound at the super market and food bank

NHỮNG MÓN HỒI Ở CHỢ THỰC PHẨM VÀ Ở CÁC NƠI PHÁT THỰC PHẨM (FOOD BANKS)

Vì giá xăng dầu lên cao và do nền kinh tế của chúng ta (yếu kém), nên giá cả thực phẩm càng lúc càng mắc thêm. Khó mà sống nổi. Tôi thường nhận các giấy (quảng cáo) hạ giá vào mỗi Thứ Ba từ các chợ thực phẩm, và cuộc hạ giá bắt đầu vào các ngày Thứ Tư.

Tôi không bao giờ mua bánh mì, hành tây, gạo, đậu và cà chua đóng hộp, thay vào đó, tôi đi đến các food bank 2 lần mỗi tuần. Nếu lãnh được cũ hành tây mà thấy nó co đóm, hãy lột các lớp vỏ ra, cắt bỏ các rễ nó đi. Rồi rửa sạch

nó, để nó ráo thật ráo rồi đựng vào rổ. Nó sẽ không hư trong thời gian dài.

Hãy rửa và để ráo các loại rau xanh. Tôi để nó vào cái rổ đựng chén đĩa. Khi chúng khô ráo rồi, thì gói chúng vào khăn giấy ẩm và để vô tủi.

Trước và sau khi cắt rau cải hay xắt thịt, hãy rửa các kệ (thớt) với dung dịch thuốc tẩy pha với nước lạnh. Hãy pha 1 phần tư muỗng cà phê thuốc tẩy với 2 cup nước đựng vô chai xịt.

Nếu quý vị có đọc báo ngày Chủ Nhật, hãy giữ lại các coupon. Đó là cách mà tôi dùng để mua các loại thực phẩm không hạ giá. Cũng thế, ở các foodbanks có cho nhiều rau cải trong mùa. Trái cây chín mùi thì để làm bánh, bánh xốp, bánh mì hay bánh bông lan muffin. Bánh muffin ăn chơi rất ngon.

Great deals abound at the super market and food bank

Íslöð: Kakaþingisráðgjafi hefur gefið tilvísunir um hvernig best er að nota matvæðingisráðgjafið

Þessi matvæðingisráðgjafi hefur verið settur upp til að hjálpa fólki að tryggja matvæðingisráðgjafið og tryggja matvæðingisráðgjafið. Þetta er matvæðingisráðgjafið sem er notað til að tryggja matvæðingisráðgjafið og tryggja matvæðingisráðgjafið. Þetta er matvæðingisráðgjafið sem er notað til að tryggja matvæðingisráðgjafið og tryggja matvæðingisráðgjafið.

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Great deals abound at the super market and food bank

Хорошие сделки изобилуют в магазинах и фудбанках В следствии повышения цен на горючее и общей экономической ситуации продукты значительно подорожали. Очень трудно свести концы с концами. Я беру листовки или объявления о распродажах в продуктовых магазинах каждый вторник, а распродажи начинаются в среду.

Я никогда не покупаю хлеб, лук, рис, фасоль или консервированные помидоры, вместо этого я хожу в фудбанк дважды в неделю.

Если вы взяли лук и обнаружили пятна на нём, очистите лук от шелухи и обрежьте негодные части. Вымойте его хорошенько, высушите и храните в контейнере. Он сохранится гораздо дольше.

Вымойте всю зелень; я кладу свою на сушку для посуды.

Когда она высохнет, оберните её влажным бумажным полотенцем и положите в пластиковый мешок.

Перед и после обработки овощей или мяса я всегда использую слабый раствор хлорной извести для моих кухонных столов.

Разведите четверть чайной ложки хлорной извести в двух стаканах воды и храните в пластмассовом пульверизаторе.

Если у вас есть воскресная газете, сохраняйте купоны. Так я покупаю продукты, которые не на распродаже. Фудбанки также очень помогают с фруктами и овощами, когда они в сезоне.

Из спелых фруктов получаются замечательные блины, вафли, хлеб или булки. Булки прекрасное и полезное угощение.

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ከትልልቅ ሱቆችና የምግብ ማከማቻ ቦታዎች በብዛት ይገኛሉ። በጊዜው የጋዛ ዋጋ ጭመራና በኢኮኖሚው ምክንያት ምግብ በጣም ተወደል። ፍላጎትን ለሚሟላት አስቸጋሪ ነው። የማስታወቂያ ወረቀቶች ዘወትር ማክሰኞ በየሱቆች ሲገኝ ሺያጩ የሚጀምረው ረቡዕ ነው። ዳቦ፣ ሽንኩርት፣ ሩዝ፣ ባቁላና የታሸጉ ቶማቶ አልገዛም፤ ወደ ምግብ ባንክ በሳምንት ሁለቱ እሄዳለሁ። ሽንኩርት ገዛታችሁ በሽፋኑ ነጠብጣቦች ካገኛችሁ ሽፋኑን አንስታችሁ ስሩን ቆረጥ አድርጋችሁ በደምብ እጠቡት። ያድርቁትም ጎሳም ጥሩ ቦታ ያስቀምጡት። እንደዛ ካደረጉ ብዙ ጊዜ ምግቦችን ሊያስቀምጡ ይችላሉ።

ቅጠላ ቅጠሎችን ወይም ስጋ ከማጠባና ከመቁረጫ በፊት፤ ብሊትና ውሃ አቀላቅዶ ከኬችኔ ውስጥ እጠቀማለሁ። አንድ አራተኛ ማንኪያ ብሊት ከሁለት ስኒ ውሃ ጋር አቀላቅለው በፕላስቲክ ስፕራይ ውስጥ ያስቀምጡ። የእሁድ ጋዜጣ ካገኙ ኩፕኖችን ያስቀምጡ። ለቅናሽ ያለው ምግቦችን የምገዛው በዚህ ዓይነት መንገድ ነው። በተለይ ፍራፍሬና አትክልቶችን ወራታቸው ሲደርስ የምግብ ባንኮች በጣም ይረዳል። የተበተኑ ፍራፍሬዎች፣ ፓንኬክ፣ ዋፍል፣ ዳቦ፣ ወይም መፍን መሆን ይችላሉ። መፍን በዛ ያለ ሰው ያስተናግዳል።

ዓቢ መክሰብ አብ ሱፐር ማርከትን ፋድ ባንክን።

ብመሰረት ናህሪ ዋጋ ነዳዲን ቅልውላው ቅጠባናን ብሓፈሻ መግቢ ብጣዕሚ ኸቢሩ ይርከብ ሽግር ድማ የስዕብ አሎ አብ መነባሮ ብዙሓት ድኻታት ስድራ ቤታት።

ካብ ግሮሰሪ ስቶርስ ናይ ኩፐን ወረቆት የመጸኒ ነብሲ ወከፍ ስነይ ሮቡዕ ድማ እቲ ሰል ይጀምር ባኒሩዝ ሽጉርቲቢንስ ሳልሳ አይግዝእን እየ ካብ ፋድ ባንክ እየ ዘምጽእ አብ ሰሙን ክልተ ግዜ ። ቁሩብ ዝተበላሸው ሽጉርቲ ላዕለዋይ ቐለጥካ ሱሩ ቕሪጽካ ብምሕጻብ አንቅጸ ንብዙሕ ግዜ አቀሚጥካ ክትጥቀመሎም ድማ ትክእል።

ሓምሊ ሕጸቦ አብ ናይ ፓስታ ምዝፈፊ ጌርካ ምስ ዘፈፈ ድማ ብዝጠልቀየ ፐፐር ታውል ጠቕሊልካ አብ ፐፐር ባግ ተቐምጦ።

ቕድሚን ድሕሪ መምተሪ ንምምታር ሓምልን ስጋን ምጥቃመይ ኩሉ ግዜ ሕዋስ ማይ ብብሊት ዝተሓውሶ ይሓጸቦ አብ ክሸነይ ርብዒ ማንካ ሽኮር አብ ክልተ ኩባያ ዝሓዘ መዓቅኒ ስፕረይ ቦትል ብምሕዋስ መሕጸቢ ይጥቀሙሉ።

ናይ ሰንበት ጋዜጣ ኩፐን ተጠቐሙ አነ ንሱ እየ ዝጥቐም ፋድ ባንክ ብዙሕ አዮም ዝሕግዙ ፍሩታን አሕምልትን ብምቅራብ ዝብሰሰ ፈሩታ ፓንከክ ዋፍል ባኒ ማፍን ንምድላው ይጠቐሙ።