



# KCHA NEWS

August  
2011

A resource for King County Housing Authority residents

## Welcome home

### Residents move into newly built rental homes at Seola Gardens

BY RUTH STOFFEL  
King County Housing Authority

“Nice! Beautiful! All my kids are happy,” exclaimed Amina Mgaza minutes after she got the keys to her new home. Amina, a former Park Lake Homes II resident, returned to the site where she used to live. In its place is a bright and brand new three-bedroom home. “It has three bathrooms,” squealed her daughter, Hamdi. The family is moving from a place that has only one bathroom.

Mgaza and her three children were among 25 families who moved in to Zephyr late last month. Zephyr is the first rental housing development at Seola Gardens in White Center. Burhan Hasan was simply gushing with joy. “Fantastic houses!” said Hasan. “Amazing, totally amazing. Can’t believe how they did it; I love it.”

The 25 homes are the first in a \$76 million redevelopment to transform the site into an attractive mixed-use community. It offers sidewalks, parks with public art, exercise stations, and community pea patches. Abundant educational opportunities for infants to high school students are close by. Recreation opportunities are plentiful with play fields, a swimming center, a lake, a Frisbee golf course, and a park nearby.

Next year, 64 apartment homes for seniors and disabled persons will open along with a new community center. An additional 87 rental units and up to 107 for-sale homes will be constructed starting in 2013. When completely built out, the new community will have up to 300 homes, new roads and utilities, and a community center that will provide a variety of services, including a Head Start early learning program.

The community is being developed by King County Housing Authority using federal HOPE VI funds, state and local funds, and federal low-income housing tax credits. All residents who previously lived in Park Lake Homes II have the first right to come back to the new community.



PHOTO BY RUTH STOFFEL

Amina Mgaza happily accepts keys to her new three-bedroom home at Seola Gardens in White Center.

### New residents move into Sixth Place Apartments at Greenbridge



PHOTO BY RUTH STOFFEL

The Andersons, Paul (left), Nick (middle) and Tricia (right), were among the first families to move into the new Sixth Place Apartments at Greenbridge last month. The 24 additional units feature solar panels and are part of the fifth phase of rental homes built at the White Center community. The project was partially funded with an American Recovery and Reinvestment Act (ARRA) grant and solar tax credits.

## Get ready for REAC

### Checklist of things to look for

BY RUTH STOFFEL  
King County Housing Authority

KCHA is gearing up for the next round of Real Estate Assessment Center (REAC) inspections and we need your help to ensure that KCHA maintains its status as a high-performing housing authority.

In 2008, the average score for KCHA public housing-managed properties was an all-time high of 92 percent, well above the national average of 78.45 percent. This year, we want to do even better: our goal is to achieve a 99 percent average score and we need your help to succeed.

We are asking that you go through the check list below to make sure your unit is in tip-top shape. Remember a good REAC score is a key to maintaining KCHA’s “high performer” status, which enables us to secure more grant money for programs and services that benefit you.

#### Cleanliness and Appearance

- There are no signs of black mold around my windows, bathroom or anywhere in my unit.
- I have no infestations in my units (fruit flies etc)
- I do not have any peeling paint.
- My stove, oven and exhaust fan are clean and have no grease or food particles.
- I have cleaned my unit and have no clutter. I can see my floors and can easily walk around my apartment and get to my doors, patios and windows.
- My carpet has been cleaned to remove any stains.

#### Mechanical

- The rubber seal on my freezer and refrigerator is not torn or damaged.
- My bathroom exhaust fan works properly and has been cleaned of all dust so I have proper ventilation.
- My water faucets (inside and out) are not leaking.
- Smoke detectors are working and nothing is covering them.
- The weather stripping on my doors and windows are in good condition and keeps out the cold air.
- I have not installed any different locks on my doors within my unit.

#### Hazards

- Nothing is blocking my circuit breaker box. No posters or pictures are hung on the door of the box.
- All items are at least six inches away from heaters and all curtains are six inches

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# GENERATIONS

NEWS FOR SENIOR AND DISABLED RESIDENTS OF KCHA COMMUNITIES

## Don't let the bedbugs bite

### *Alert property manager if you suspect bedbugs*

BY KING COUNTY HOUSING AUTHORITY

Anywhere you sleep can become a breeding ground for the nasty little insects known as bedbugs. Roughly the size of a tick, they hide during the day, mainly in mattresses and behind headboards. At night, they come out to feed on you.

Last month, Boulevard Manor, Yardley Arms and Burien Park residents had an opportunity to attend a presentation on preventing and eliminating bedbug infestations given by Senior Resident Services Manager Ruben Rivera-Jackman. These insects occur nearly worldwide and are increasingly becoming a problem within residences of all kinds, including homes, apartments, hotels, cruise ships, dormitories, and shelters.

The favored hiding spaces of bedbugs include bed frames, mattresses

and box springs. Clutter around the room also offers additional sites for these bugs to hide and increases the difficulty in eliminating them once they have become established. Generally, bedbugs are not known to be transmitters of disease, but they can be quite a nuisance.

### **What you can do to prevent bedbugs**

- Don't give bedbugs easy places to hide. Remove clutter from your apartment.
- Do not bring furniture into your unit that you find on the street or in the dumpster.
- Be cautious about allowing guests to bring suitcases or backpacks into your apartment. Give them large plastic bags in which to store their luggage. Sometimes, when people have been traveling around the country or staying in homeless shelters, their backpacks can provide a home to bedbugs.
- If you purchase clothing from secondhand stores, be sure to wash it



PHOTO BY DIANE STIPP

*KCHA's Ruben Rivera-Jackman talks to Yardley Arms residents about what they can do to prevent bedbugs from entering their apartments.*

in hot water or place it in a dryer for at least 20 minutes before bringing it into your residence.

### **What to do if you suspect bedbugs**

If you notice red, itchy spots on your body, look for the cause of them. If you find bedbugs (adult bugs are oval and flat in shape, about the size of an apple seed), be sure to let your property manager know right

away.

If you discover bedbugs, report it to King County Housing Authority staff so they can determine the best way to handle the infestation and prevent bedbugs from migrating to other apartments.

KCHA will continue to work with residents to solve bedbug issues. Please let your property manager know if you suspect you may have bedbugs in your apartment.

## *Protect yourself from the summer heat*

Older adults are vulnerable to the negative effects of summer heat because aging impairs the body's cooling mechanisms. Chronic illness and medications can also make you more sensitive to heat.

Below are ways to help you combat the ill effects of excessive heat:

- Avoid going outside during the hottest times of the day.
- Drink plenty of water even if you're not thirsty. By the time you feel thirsty, you may already be dehydrated. Older adults are less sensitive to the thirst sensation; some medications increase the likelihood of dehydration.
- Pull the drapes or shades, turn off lights and close windows to keep cool air in. As temperatures drop, open your windows to let cool air in.
- Sponge off with cool, damp towels.
- Use a fan or find a cooler place to go such as a nearby public build-

ing or mall. Many KCHA apartments can't have air-conditioning units due to fire code regulations. Get to know your neighbors better by visiting community rooms and other common areas, which can offer cooler environments.

- In some cases, residents are allowed air-conditioning units following approval of a reasonable accommodation due to disability. To find out about reasonable accommodations, contact your property manager.
- Watch for signs of heat-related illness such as hallucinations, headache, weakness, profuse sweating, nausea, fainting, and rapid breathing or heart rate. If you see any of these signs, seek medical attention and take immediate measures to cool off.

More hot weather safety tips are available at [www.kingcounty.gov/health/BeatTheHeat](http://www.kingcounty.gov/health/BeatTheHeat).

## Senior Housing Options website announced

*Reprinted with permission from the Woodinville Weekly*

A Regional Coalition for Housing (ARCH) in collaboration with local senior commissions and a student team from the Continuing Education Project Management Program at the University of Washington, announced the availability of Senior Housing Options last month.

It's a new tool to inform seniors, caregivers and their families of housing choices for seniors in East King County. Senior Housing Options guides users through issues related to aging in place or transitioning out of their current home to a new home. It allows seniors to evaluate their values and needs, and discover the

many housing and service options in East King County.

An overview of the full range of housing choices for seniors is provided; it also helps them find their way through a maze of information by focusing on issues related to housing needs and resources and housing specifically in East King County. While ARCH generally focuses on affordable housing needs in the community, the senior housing options information is targeted to all seniors regardless of income. You can access this tool at [www.archhousing.org/current-residents/senior-housing.html](http://www.archhousing.org/current-residents/senior-housing.html). Printed copies are also available at local senior centers in East King County.

### *Residents with disabilities can seek Reasonable Accommodations*

The King County Housing Authority is committed to providing accommodations to persons with disabilities so that their living arrangements are, as a whole, comparable to that of other applicants and residents.

Requests must be medically necessary and sufficiently tied to the individual's disability. To request a reasonable accommodation, please talk to your property manager or resident services coordinator. Also, a copy of the reasonable accommodation request form for public housing applicants and residents is available on the KCHA website at [www.kcha.org/currentresidents/sh\\_reasonable.aspx](http://www.kcha.org/currentresidents/sh_reasonable.aspx).

### *Larger type, better access*

The stories in the Generations section are printed in a larger typeface than the standard font size, to help make the articles easier to read for the visually impaired.

# Pop quiz on scams

## Test your knowledge and protect your cash

Reprinted from the April 2011 issue of the AARP Bulletin. Article by Sid Kirchheimer. Copyright 2011 AARP.

You weren't born yesterday. But how savvy are you really at avoiding scams? Take this quiz and find out.

1. A message flashes on your computer screen: "Warning! Your system requires immediate anti-virus scan." It offers a free scan. What do you do?

A. Click "No thanks" or the corner symbol to close the pop-up message.

B. On a PC, hold down the Ctrl and Alt keys and hit "Delete." Under the Applications tab, choose "End Task," then do a full scan with your existing antivirus software.

C. Click "OK" to run the free scan.

2. Your wallet is lost or stolen. Should you file a report with the police?

A. No. The police are unlikely to have time to investigate.

B. Yes. Sending copies of the report to card issuers and credit bureaus will help clear up any ID theft.

3. The phone rings and a recorded voice tells you to call a number concerning an undeliverable package. Which area codes suggest it's a scam?

A. 284, 649, 809, or 876

B. 473, 664 or 784

C. All of the above.

4. You receive a \$4,850 check and a letter saying it's a partial payment of a lottery win. You're told to

deposit the check and wire some or all of the money to the prize authority for insurance or other fees to get the full jackpot. You should:

A. Trash the check.

B. Deposit it and send the requested fee.

C. Deposit it but don't send the fees.

5. When getting cash at an ATM, how can you protect your debit card data from scammers?

A. Wiggle the ATM's card slot to see if it's secure.

B. On newer ATM's, look for a bright or flashing light at the slot.

C. Cover the keypad as you enter your PIN.

D. All of the above.

### Answer 1: B

Clicking anywhere in the on-screen alert can give your computer a virus.

### Answer 2: B

Also alert issuers of other missing cards — driver's license, Medicare card, etc.

### Answer 3: C

All are Caribbean codes. Scammers hope to run up your bill by \$50 or more per call.

### Answer 4: A

You never have to pay to collect a contest prize. If the check is fake, your bank will hound you for any money you withdraw.

### Answer 5: D

A and B test for "skimming" devices that steal card data. C blocks prying eyes or cameras.

*Results: 1-2 correct: There's a bull's-eye on your back; 3-4 correct: So-so; 5 correct: Congratulations!*

clear of papers, candy wrappers and drink containers, children's toys, and cigarette butts. Animal feces must be disposed of daily.

### Dates and locations of inspections in August:

Aug. 5, Southridge House

Aug. 10, 11, Ballinger Homes

Aug. 19, Youngs Lake, Juanita Court

Aug. 22, Paramount House, Casa Juanita, Kings Court

Aug. 23, Kings Court, Lake House, Boulevard Manor, Riverton Terrace

Aug. 24, Riverton Terrace, Casa Madrona

Aug. 25, Northridge House

Aug. 26, Firwood Circle

Aug. 31, Mardi Gras

If you need help with repairs or if something isn't working, call your property manager right away. All inspections are expected to be completed by early to mid-October. Thank you for your cooperation.

REAC's mission is to ensure that housing subsidized by the U.S. Department of Housing and Urban Development (HUD) remains decent, safe and sanitary.

## REAC

### Continued from Page 1

above heaters **\*\*EVEN IF THE HEAT IS NOT TURNED ON\*\***

□ No items are stored near the hot water tank.

□ I have nothing blocking the back door of my unit or blocking any windows in my unit. In case of a fire, I may exit quickly.

□ My telephone, cable and extension cords are not lying exposed on the floor causing someone to trip. They are secured above the doors or I have placed a rug over them.

### Outdoors

□ All patios must be cleaned. Items allowed on the patio are barbecue grills, lawn furniture, children's bikes, and some potted plants. All other items must be stored elsewhere.

□ I am not using my deck for storage.

□ All flower beds must be weeded and plants must be 10 inches away from the building.

□ Keep the exterior of your apartment

# Be water-wise this summer

By THERESA MCCARTNEY

King County Housing Authority

Although the Pacific Northwest has a reputation for being wet, parts of King County average barely more than one inch of rain in the month of August. Water is a precious resource, even here.

Use these tips to reduce your water needs indoors and outdoors this summer:

**Water wisely.** When watering indoor or outdoor plants use your finger to test the soil two inches below the surface; if it is damp, watering is not needed.

**Water early or late, so it won't evaporate.** Watering plants between the hours of 8 p.m. and 8 a.m., when temperatures are cooler, allows the water to infiltrate the soil. Avoid

watering when it is windy or during the heat of the day.

**Take shorter showers.** Make a goal of taking showers in five minutes or less. Running the shower not only uses significant amounts of water, it takes more energy to heat the water. Cutting your showers by a minute or more will make a serious dent in your resource use.

### Run only full loads.

Use your washing machine only when you have full loads. If necessary, use the small or medium load options on your machine so an

appropriate amount of water will be used for smaller loads.

**Turn off the tap.** Run a faucet only when necessary. For example, keep the tap off while you brush your teeth and turn it on only when it's time to rinse.



## Simple Delights – Recipes to help you eat well on a budget

### This month: Summer Vegetable Spaghetti

While a healthy diet is the cornerstone to good health, meeting that goal can be a challenge. The recipe below conforms to the recommendations contained in the Dietary Guidelines for Americans. We hope you find it easy, tasty, and economical.

### Summer Vegetable Spaghetti

This lively, vegetarian pasta dish is delicious hot or cold.

Serves 9. Serving size is 1 cup of the spaghetti and 3/4 cup of the sauce with vegetables.

### Ingredients:

2 cups small yellow onions, cut into eighths

2 cups ripe tomatoes, peeled and chopped

2 cups yellow and green squash, thinly sliced

1 1/2 cups of fresh green beans, cut

2/3 cup of water

2 Tbsp. fresh parsley, minced

1 clove garlic, minced

1/2 tsp. chili powder

1/4 tsp. salt

Black pepper

6 oz. can of tomato paste

1 pound of spaghetti, uncooked

1/2 cup Parmesan cheese, grated

### Directions:

1. Combine the onions, tomatoes, squash, green beans, water, parsley, garlic, chili powder, salt, and pepper in a large saucepan. Cook for 10 minutes, then stir in tomato paste. Cover and cook on medium-low heat for 15 minutes, stirring occasionally, until the vegetables are tender.

2. Cook the spaghetti in unsalted water, according to the package directions.

3. Spoon the sauce over drained hot spaghetti and sprinkle Parmesan cheese on top.

### Nutritional facts per serving

Calories: 271

Total fat: 3 grams

Saturated fat: 1 gram

Cholesterol: 4 milligrams

Sodium: 328 milligrams

## WIN Rent Meetings

KCHA is hosting WIN Rent trainings around the county this month. Please attend the meetings to learn more about new rent policies. The WIN Rent program took effect June 1 for work-able adults and working families. If you are an EASY rent household, WIN rent does not apply to you.

Aug. 4, 5:30 – 7:30 p.m. – Boys & Girls Club at Firwood Circle,

313 S.E. 37th St., Auburn

Aug. 17, 5:30 – 7:30 p.m. – Birch Creek Family Center, 13111 S.E. 274th St., Kent

Aug. 18, 5:30 – 7:30 p.m. – Kirkwood Terrace Community Center, 11925 N.E. 81st Circle, Kirkland

Aug. 24, 5:30 – 7:30 p.m. – Kings Court, South 333rd Street and 22nd Lane South, Federal Way

Interpreters will be present at all meetings.

# HEALTHY FAMILIES

NEWS FOR FAMILIES LIVING IN KCHA COMMUNITIES

## Field day at Birch Creek Apts

By RUTH STOFFEL  
King County Housing Authority

The question of the day was: what's the secret ingredient in that delicious smoothie? It tasted like banana so it obviously contained banana. The secret ingredient turned out to be ... spinach! The smoothies were a big hit at Field Day at Birch Creek.

It's one of several events in the Fourth Annual Cruzin' Passport Summer Health Challenge, aimed at keeping children healthy and active throughout the summer. The Kent School District handed out "passports" to each of its elementary students back in June. Students get these passports stamped as they attend various events this summer.

At Birch Creek on July 13, children of all ages took part in various relays, a marble and spoon race, and a game of dodgeball. Once they settled down, Pam Clark, city of Kent liaison for Kent4Health, explained ways they could "Eat Smart, Play Hard & Learn." A representative of MultiCare Health System said it's okay to eat junk food and ice cream – but not too often. She called these the "sometimes" foods.

Here are some upcoming Passport Challenge events:

- Aug. 13 – The Cruzin' Passport "Walk and Roll" 10 a.m. - 1 p.m. Kohl's (Covington location) parking lot, free one-mile fun run/walk, bike rodeo, games, prizes. Fun Run/Walk registration opens at 9:30 a.m.

- Sept. 18 - One-mile Junior Run, 5K Run/Walk, 10K Run, Kentwood High School. Registration required.

Call 253-856-4968 or visit [www.cruzin-passport.com](http://www.cruzin-passport.com) for a complete list of activities and participating schools and sites.

Elementary schools with the highest participation will receive the following:

- First place – \$1,000 health/P.E. equipment
- Second place – \$750 health/P.E. equipment
- Third place – P.E. class floor hockey set from Seattle Thunderbirds

### Ongoing Ways to Eat Smart, Play Hard and Learn all Summer:

- Open Basketball Kent Commons: Tuesdays, Wednesdays, Thursdays, 11:30



PHOTO BY RUTH STOFFEL

*Waiting patiently for another smoothie helping, a better choice over sodas and some fruit juices, which can contain up to 25 grams of sugar per serving. 32 grams is the recommended daily intake, based on a 2,000 calorie per day diet.*

a.m. – 1:30 p.m.

- Swim at Lake Meridian – Lifeguards are on duty through Sept. 5, 11 a.m. – 7 p.m.

- Support/Learn from other athletes: Watch athletic events at Russell Road Sports Complex, Service Club Ball fields, Wilson Playfields and/or Basketball at the Kent Commons. Pick up a few tips and then try it out yourself.

- Go Fishing at Lake Meridian, Lake Fenwick, Three Friend Park, or the Old Fishing Hole — then prepare a healthy dinner for your family.

- Play Tennis at courts throughout Kent's parks.

- Visit the Covington Aquatic Center every Friday through Aug. 26 from 6 – 7 p.m. Bring in your passport to be stamped and get \$1 off your admission.

- Riverbend Miniature Golf – Up to three children FREE with paying adult through Aug. 31.

- Summer Playgrounds 2011 – FREE sack lunch and offerings of games, arts, crafts, sports, and special events. Monday through Thursday through Aug. 18, 10:30 a.m. – 4:30 p.m. at each of these sites:

- West Fenwick Park, 3824 Reith Rd.
- Kiwanis Tot Lot #1, South First Avenue and West Crow Street

- Morrill Meadows Park, 10600 S.E. 248th St.

- Chestnut Ridge Park, 9901 S. 203rd St.

- Kiwanis Tot Lot #2, North Second Avenue and West Cloudy Street



PHOTO BY RUTH STOFFEL

Birch Creek kids play a game of dodgeball with "Super B" – the banana.

## Celebrating sunny futures



PHOTO BY RUTH STOFFEL

Left to right: Shuib Ali, Ibrahim Abdirizak, Zienab Al-Mohanawy, Hani Mohamed, and Sumaya Mohamed

By KCHA STAFF

"Among us, who knows, may be the next president of the United States of America!" A crowd gathered at Birch Creek cheered as Kent Mayor Suzette Cooke made those comments last month.

The event was the first organized by KCHA and Kent Youth and Family Services to celebrate high school graduates from three of its housing complexes in Kent: Birch Creek, Valli Kee and Cascade Apartments. KCHA's Resident Services Manager Linda Hughes told the graduates, "You are a role model for all the other kids that are here. You've worked hard, you stayed in school and you graduated even though the road was not always easy." Hughes hopes this will be an annual event.

The graduates got a chance to get up on stage and meet Mayor Cooke as well

as other community leaders. In addition, each student received a gift certificate to Barnes & Noble and a T-shirt designed by KCHA staff.

Each graduate also offered advice to younger students. Birch Creek resident and Kent-Meridian High School graduate Ibrahim Abdirizak told them, "Turn in all your work on time."

After the ceremony, the graduates and other attendees were invited to share in cake, refreshments and enjoy live jazz music by Frank "Stainless" Steele. Hughes ended the program with a quote from comedian Tina Fey's book, "Bossypants." "Be true to yourself and try to be your best self, whatever that means."

Congratulations to Ibrahim Abdirizak, Zienab Al-Mohanawy, Shuib Ali, Shukri Isse, Ayan Isse, Hani Mohamed, and Sumaya Mohamed.

## August is National Immunization Awareness Month

With August inspiring the back-to-school mindset, it is the perfect time for National Immunization Awareness Month. Remind family, friends and co-workers to get caught up on their shots. Immunizations (or vaccinations) aren't just for babies and young kids. We all need shots to help protect us from serious diseases and illness.

**Young children:**

Children under age 6 get a series of shots to protect against measles, polio, chicken pox, and hepatitis.

**Preteens:**

All 11- and 12-year-olds need shots to help protect against tetanus, diphtheria, whooping cough, and meningitis.

Doctors recommend girls also get the HPV (human papillomavirus) vaccine to protect against the most common cause of cervical cancer.

**Adults:**

All adults need a tetanus shot every 10 years.

Adults age 50 and older need a flu shot every year.

People age 65 need a one-time pneumonia shot.

Talk to your doctor or nurse about which shots you and your family need.

\*Information from the Centers for Disease Control and Prevention

## Battling childhood obesity

KCHA is kicking off a pilot program at Greenbridge and Birch Creek Apartments to promote better nutrition for children and head off obesity. Family child cares at these locations have been meeting with Resident Services staff and learning how to increase the amount of healthy foods when serving a meal. For the first six weeks, family child care providers will be getting Community Supported Agriculture (CSA) boxes from local farms—so they can serve fresh produce to children.

This is all part of the Puget Sound Food Network's (PSFN) Farm to Table project which began one year ago to make fresh,

healthy foods accessible to seniors. Now the project is expanding to bring nutritious food to children at low-income child care centers.

If the KCHA pilot program is successful, policy and systems changes may take place for all family child care centers located in KCHA housing properties.

PSFN was funded by a Communities Putting Prevention to Work (CPPW) grant through the Healthy Eating/Active Living (HEAL) Community Grant Program of City of Seattle-King County Public Health.



## Digital Connectors graduation



PHOTO BY EVAN CHEN

Back row, left to right: Fadumo Abdirahman, Trimeka Heller, Hani Mohamed, Nyajuok Jock, Cyoon McBride, Deepeka Taya, Zakariya Mohamed, Artur Kozub, Mustafa Mohamed, and Ibrahim Abdirizak.  
Front row, left to right: Sumaya Mohamed's brother accepting on his sister's behalf, Taras Shevchik, Nasonavo Nguyen, Vy Tran, and Nick Dzhuga.

BY EVAN CHEN  
King County Housing Authority  
AmeriCorps

On June 30, Kent Youth and Family Services (KYFS), in partnership with One Economy, hosted a graduation ceremony for the 14 youth – eight of whom are Birch Creek residents — who successfully completed One Economy's Digital Connectors Program.

The nine-month long curriculum challenged students to learn computer skills while engaging in community service. As a group, the students taught 200 hours of digital literacy to more than 600 community members. Topics included cyberbullying, how to use Skype and tips on purchasing computers.

Balancing schoolwork and committing

to Digital Connectors two evenings every week was not always easy.

"There were many moments when we wanted to give up," said Deepeka Taya. "But in the end we got through it together."

Above all, the students expressed a deep appreciation for their teacher and KYFS Outreach Manager, Cyoon McBride.

"He taught us how to carry ourselves in a professional manner," said Hani Mohamed who also thanked McBride for bearing with their outrageous outbursts.

"Teaching the class was challenging, but it was rewarding to watch them learn something and apply it to their presentations and community service," said McBride. "I'm very proud of them."

Each graduate of the 2011 Digital Connectors Program got a new Acer laptop and a \$500 educational award. Congratulations!

## Getting college dollars

BY TAMARA BRECKENRIDGE  
Washington College Access Network

Many students who aspire to go to college end up not attending because they, or their families, think they can't afford it. But with proper planning, preparation and participation, there are several ways to get college money.

Here are some of the things you can do:

**Plan** to contact your high school counselor and other knowledgeable person as soon as you return to school in the fall.

**Prepare** to apply to the financial aid programs mentioned in this article by gathering necessary documents and information.

**Participate** in all college planning and financial aid programs offered by your school or community-based programs this coming school year.

There are numerous federal and state financial aid programs for Washington state high school seniors based on financial need and other eligibility criteria. Most of these programs, such as the Pell Grant, the Supplemental Educational Opportunity Grant and the State Need Grant, provide funds that families are not required to pay back. Free money! But many do not apply because they believe they are not eligible or think the application is too difficult.

Other programs offer loans and opportunities to work while in college or after college. There are also endless private scholarship programs offering a wide range of financial assistance from a few hundred dollars to thousands.

The one thing all of these financial aid

programs have in common (with the exception of some private scholarship programs) is the Free Application for Federal Student Aid (FAFSA). FAFSA is a free application filed online with the Department of Education each year. The key is to file early – as soon after January 1 of each year as possible — to ensure you receive the maximum award for which you qualify.

### Additional Resources

[www.federalstudentaid.ed.gov](http://www.federalstudentaid.ed.gov) – Information on the FAFSA and other federal aid programs.

[www.fafsa4caster.ed.gov](http://www.fafsa4caster.ed.gov) – See how much federal money you could get.

[www.hecb.wa.gov/paying/waaidprgm/waaidprgmindex.asp](http://www.hecb.wa.gov/paying/waaidprgm/waaidprgmindex.asp) – Washington state web site with information on state aid programs, including the College Bound Scholarship Program.

<http://www.nela.net/Centers/Pages/washingtoncenter.aspx> – Full-service, walk-in resource for college planning, preparation and funding.

[www.thewashboard.org](http://www.thewashboard.org) – Washington state scholarship site that matches you to scholarships for which you are eligible.

[www.wcan.org](http://www.wcan.org) – Washington College Access Network web site. Learn about financial aid workshops and college planning support events throughout the 2011-12 school year.

### SAVE THE DATE

#### FREE "Bridging the Gap" Resource Fair

More than 60 exhibitors/presenters from nonprofit, government and private businesses will help you access and

understand a wide variety of services such as housing, employment, education, child care, public benefits, health, financial, consumer rights, etc. Join us on Saturday, Oct. 1 from 10 a.m. to 2 p.m. at the Renton Pavilion Event Center, 233 Burnett Ave. S. in Renton.

## Raising environmental awareness



PHOTO BY TONI McOMBER, CENTER FOR HUMAN SERVICES

Left to right: Husna Hanga, Feruza Ghias and Kevin Nguyen help deliver vegetable starts to families at Ballinger Homes.

BY FERUZA GHIAS, BALLINGER RESIDENT  
Special to The Voice

My name is Feruza Ghias. I am an intern with the Center for Human Services (CHS) Sustainability Program working on organic gardening and environmental awareness with residents of Ballinger Homes. I've lived at Ballinger for the past three years and this gardening project, which began last year, has many families excited, including my own. The families have built the garden

from scratch – planting fruits, vegetables and herbs.

So far, we've distributed a medium-sized garden plot to every family that requested one. We also held an educational workshop about organic gardening and composting, and gave families gardening tools as well as seeds and plants. During our first workshop, families learned about the environment, global warming, recycling, and gardening. My role in the workshop was to teach the basics of composting. We provided personal

compost bins and I explained what food items could and could not be composted to provide a wonderful fertilizer for the garden.

Another aspect of the CHS Sustainability Program is educational field trips for kids and teens. Four more interns were hired from Ballinger Homes – Naty Weldetsae, Kevin Nguyen, Vlad Gaburak, and Husna Hanga – to help plan these trips. In April, we took a group of 25 Ballinger youth and their chaperones on a field trip to the Duwamish River and Duwamish Greenbelt in Seattle. On a ferry tour, the Duwamish River Cleanup Coalition taught us about river pollution and the animals that live along the river. We were very surprised to see a junkyard – that puts the health and lives of animals at risk – right next to the river. We then travelled to the Duwamish Greenbelt and planted 29 trees with the help of the Nature Consortium.

Our second trip took us snowshoeing at the Nisqually Glacier at Mount Rainier National Park. A park ranger spoke to us about climate change and global warming. It was an enjoyable and educational trip. I had never been to Mount Rainier before and learned a great deal about wildlife, the mountain itself and the life-sustaining water that flows from its glaciers.

I have now been promoted to lead intern and am continuing to build my leadership and employment skills. I hope the internship will continue to be funded by the Environmental Protection Agency. I want to increase my knowledge of the environment and pass it on to other families at Ballinger.

## Keeping our communities clean

BY THERESA MCCARTNEY  
King County Housing Authority

Summer is a wonderful time to be living in a KCHA community. Residents' flowers are in full-bloom and KCHA maintenance staff is working hard to keep the grounds beautiful and free of litter. Unfortunately, many of our communities have ongoing issues with illegal dumping—the dumping of garbage by people who do not live in the community. This includes bags of household waste, waste from private businesses, even large furniture items such as mattresses and couches. This problem causes unsightly conditions that require unnecessary cost and extra staff time to resolve.

Please help us prevent illegal dumping in your neighborhood. If you see a person or vehicle that is not part of the KCHA community leaving waste on the property, please contact your property manager, maintenance staff or call the King County Illegal Dumping Hotline at 206-296-SITE (7483). Illegal dumping is against the law and penalties range from \$150 to thousands of dollars. Please do your part to keep your neighborhood clean and safe.

# TRANSLATIONS

TRANSLATED ARTICLES FOR OUR FAMILIES

Alert property manager if you suspect bedbugs

በመኖሪያ ቤትዎ ትጳን ይኖራል ብለው ከተጠራጠሩ የቤቱን ማናጀር ያሳውቁ።

በብሎባርድ ማኖር እና በደርድሌይ አርምስ አካባቢ ለሚገኙ ኗሪዎች በኪንግ ካውንቲ የቤቶች አስተዳደር የሚሰጠውን ስለቤት ትጳን መከላከልና እንዴት አድርጎ ማጥፋት እንደሚቻል በኪንግ ካውንቲ ፍብን ሪቨራ የሚሰጠውን ገለጻ ለመውሰድ እድል ይሰጣቸዋል።

ከዚህ ቀጥሎ የተጠቀሱትን የትጳን መከላከያ ዘዴዎች መጠቀም ይችላሉ፡ ለትጳኖች ጥሩ የመደበቂያ ቦታ አትሰጧቸው፡ የተመሰቃቀሉ ነገሮችን ከአፓርትመንትዎ ውስጥ ያውጡ።

በመንገድ ላይ ወይም ከሌላ አፓርትመንት ያገኛቸውን ቁሳቁሶች ወደክፍልዎ አያስገቡ።

ወደአፓርትመንትዎ እንግዶች ሻንግ ወይም ቦርሳ ይዘው እንዲመጡ አይፍቀዱ። ትልቅ የፓላስቲክ ባግ ቁሳቁሳቸውን እንዲያስቀምጡበት መስጠት ይገባል። አንዳንድ ጊዜ ሰዎች

ከአገር አገር ሲዞሩ ወይም ከመገገም ቤቶች ሲያርፉ፤ ቦርሳቸው ምናልባት ትጳን ሊያመጣ ይችላል።

ለሁለተኛ ጊዜ ተለብሰው ከሚሸጥባቸው ሱቅ የሚገዙ ከሆነ፤ በሞቃት ውኃ ማጠብን ወይም ቢያንስ ለሃያ ደቂቃ ያህል በማድረቂያ ውስጥ በማቆየት ቤትዎ ውስጥ ከማምጣትዎ በፊት ያቆዩ።

ትጳን መኖሩን ከተጠራጠሩ መደረግ ያለበት

የሚያሳክክና ቀይ ምልክት ሰውነትዎ ላይ ካዩ ምን እንዳስነሳው ይረዱ። (ተለቅ ያሉት ትጳኖች ክብ ነገር ሆነ ጠፍጣፋነት ያላቸውና የአፐርል የፍሬ መጠንን ያክላሉ) የቤትዎን ማናጀር ለመንገር ይሞክሩ።

ትጳን ካገኙ ለኪንግ ካውንቲ የቤቶች አስተዳደር ሰራተኛ ያሳውቁ፡ እነሱ ይህን ጉዳይ የተሻለ መንገድ በመፈለግ የተሰበሰቡ ቦታ ወደሌላ አፓርትመንቶች እንዳይሄድ ይወስናሉ፡

KCHA ከኗሪዎች ጋር በመሆን ይህን የትጳን ችግር ለማስወገድ ይሞክራል፡ እባክዎ ትጳን መኖሩን ከተጠራጠሩ ለአፓርትመንትዎ ማናጀር ያሳውቁ።

Avísele al administrador de su vivienda si sospecha que hay chinches en su hogar

Este mes de julio, los vecinos de Boulevard Manor y Yardley Arms tuvieron la oportunidad de participar en una presentación sobre la prevención y la eliminación de las infestaciones de chinches dada por Rubén Rivera-Jackman de KCHA.

Aquí hay algunas cosas que usted puede hacer para prevenir chinches:

No le dé a las chinches lugares fáciles donde esconderse. Deshágase del desorden y papeles innecesarios de su apartamento. Mantenga todo limpio y en orden.

No traiga muebles a su vivienda que se encuentre en la calle o en el tiradero de basura.

Tenga cuidado con las maletas o mochilas que sus visitas traigan a su apartamento. Déle a sus visitas bolsas grandes de plástico para guardar su equipaje. A veces, cuando la gente viene de algún viaje largo o provienen de refugios para desamparados sus mochilas son un ambiente perfecto

para que las chinches se escondan y reproduzcan.

Si compra ropa en tiendas de segunda mano, asegúrese de lavar todo con agua muy caliente o colóquela en la secadora por un mínimo de 20 minutos antes de usarla en su vivienda.

¿Qué hacer si sospecha que hay chinches en su vivienda?

Si nota manchas rojas y picazón en el cuerpo, investigue el motivo. Si encuentra chinches (los insectos maduros son de forma ovalada y planos, del tamaño de una semilla de manzana), asegúrese de informarle a su administrador de vivienda.

Si descubre chinches, informe al personal de King County Housing Authority inmediatamente para determinen la mejor manera de manejar la infestación y prevenir la migración de chinches a otros departamentos.

KCHA continuará trabajando con los vecinos para resolver el problema de las chinches. Por favor, avísele al administrador de su vivienda si sospecha que tiene chinches en su apartamento.

## HÃY BÁO ĐỘNG CHO BAN QUẢN LÝ BIẾT NẾU NGHI NGỜ NHÀ CÓ RỆP

Vào tháng Bảy, cư dân ở cao ốc Boulevard Manor và Yardley Arms có dịp tham dự cuộc trình bày về cách ngăn ngừa và tiêu diệt rệp, do nhân viên Ruben Rivera-Jackman thuộc nha cấp phát gia cư quận King - KCHA

Đây là các phương cách quý vị có thể làm để phòng ngừa bị rệp

Đừng tạo cho rệp chỗ để dãi để ẩn núp, hãy dọn dẹp các đồ bề bộn

Đừng mang vào nhà những giường nệm tìm thấy ngoài đường hay nơi bãi bỏ rác

Hãy cẩn thận khi khách khứa mang vali, túi xách vào nhà. Hãy đưa cho họ túi nhựa thật to để chứa các túi xách. Đôi khi, người du lịch vòng quanh thế giới, người cư ngụ trong những nơi ở tạm, thường túi xách của họ có thể là nơi ẩn của loài rệp.

Nếu quý vị mua quần áo từ tiệm bán đồ cũ, hãy giặt bằng nước nóng, hoặc bỏ vào máy xấy 20 phút trước khi đem tồn trữ vào nhà.

## PHẢI LÀM GÌ KHI NGHI NGỜ NHÀ BỊ RỆP

Nếu quý vị thấy ngứa với đốm đỏ trên cơ thể, hãy tìm xem nguyên nhân. Nếu quý vị thấy rệp (con rệp lớn có hình bầu dục- dẹp, có cờ bằng hột trái táo) hãy báo cho ban quản lý biết.

Nếu thấy có rệp, hãy báo cho nhân viên của cơ quan cấp phát gia cư KCHA để họ định ra phương cách hay nhất để ngăn ngừa và tiêu diệt rệp không cho lan qua các căn hộ khác.

Nha cấp phát gia cư quận King - KCHA sẽ tiếp tục làm việc với cư dân để giải quyết nạn rệp. Xin vui lòng cho ban quản lý biết nếu quý vị nghi ngờ nhà có rệp.

## GAARSII MAAMULAHA HAFI- ISKA HADII AAD KA SHAKISO DHIQLE JIRO

Bishii Lulyo deegaanka Boulevard Manor iyo Yardly Arms waxay ku guulesteen in eey bixiyaan warbixin sidii loo baabinlahaa dhiqlaha in uu fidin uu soo jeediyay KCHA Ruben Rivera-Jackman.

Waxaad sameen kartaa waxyaabahaan si aad u joojiso dhiqlaha iyo cayayaanka kale.

- Ha siinin fursad dhiqlaha meela uu ku dhuuman karo. Ka qaad waxyaaba qolka is dhex daadsan.
- Aqalka ha la imaanin alaabada aad ka soo qaadata dariiqa ama meesha lagu daadiyo qashinka.
- Iska ilaali martida boorsay-aaha ee la imaadaan aqlka. Waxaad siisa balastig eey ku xirin karaan boorsadooda. mararka qaarkood dadka safarka ah amaba ku noolaa meelaha hoy laaweyaasha waxaey wadan

karaan alaabadooda dhiqle.

- Hadii aad ka soo gadato dhar meelaha mustacmalka markiiba soo dhaq oo qalaji ugu yaraan 20 daqiiqa-ood inti aadan keenin aqalka.

Maxaad sameen kartaa hadii aad arakto dhiqle

- Hadii aad arakto meel cas jirkaada, amaba jirka ku cuncunaya raadi sababta. Hadii aad aragto dhiqle (Dhiqlaha qaangaarka waa sida qaabka ukunta fidsan, una eg miraha tufaaxa) Markiiba gaarsi maamulaha xafiiska.
- Hadii aad aragto dhiqle gaarsii maamulayaasha guryaha ee king county si eey u joojiyaan in eenan gaarin guryaha kale.
- KCHA waxay la shqheen doonaan deeganada sidii looga hortagi lahaa xaaladaha dhiqlaha. Fadlan garsii maamulaha degaanka hadii aad ka shakiso in aqalkaaga uu leeyahay dhiqle.

Предупредите домоуправляющего, если подозреваете наличие клопов

Жители Бульвард Майнор и Ярдлей Армс имели возможность в июле посетить презентацию, которую проводил работник ЖУОК Рубен Ривера-Джекман, как предупредить и ликвидировать нашествие клопов.

Как предупредить появление клопов

Не создавайте клопам укромных мест. Ликвидируйте загромождения в своей квартире.

Не приносите в дом мебель, найденную на улице или в мусорном ящике.

Будьте осторожны с багажом своих гостей.

Давайте им большие пластиковые мешки, чтобы они туда положили свой багаж. Иногда, когда люди путешествуют по стране или бывают в приютах для бездомных, их багаж становится местом обитания клопов.

Если вы купили одежду в магазине подержанных вещей, обязательно выстирайте её в горячей воде или прокрутите не менее 20 минут в сушилке, прежде чем принести её в дом.

Что делать, если вы подозреваете, что у вас есть клопы

Если вы заметите красные зудящие пятна на теле, определите их причину. Если вы обнаружите клопов (взрослые клопы имеют

плоскую овальную форму, величиной с яблочное семечко), обязательно сообщите об этом домоуправляющему.

Если вы обнаружите клопов, сообщите работникам Жилуправления, чтобы они избрали лучший способ предотвращения распространения клопов как в вашей квартире, так и в соседних.

ЖУОК будет продолжать работу с жителями, чтобы решить вопрос с клопами. Пожалуйста, сообщите своему домоуправляющему о своих подозрениях о наличии клопов в вашей квартире.

# TRANSLATIONS

TRANSLATED ARTICLES FOR OUR SENIOR AND DISABLED RESIDENTS

Protect yourself from the summer heat  
ራስዎን ከበጋው ሙቀት ይከላከሉ

በእድሜያቸው የገፉ ሰዎች ይህን የበጋ ሙቀት መቋቋም አይችሉም። ምክንያቱም ሰውነታችን ለማቀዝቀዝ የሚጠቀሙበት መካኒዝም ስለማይሰራ ነው። ክሮኒክ በሽታ ወይም መድኃኒት ለሚወስዱም ይህን ሙቀት ለመቋቋም ይከብዳል። ከዚህ በታች ያሉት ነጥቦች ይህን ከመጠን ያለፈ ሙቀት ለመቋቋም ምን ማረጋገጥ እንዳለበት ያስረዳል።

ሙቀት ኃይለኛ በሚሆንበት ሰዓት ከቤት አይወጡ።

በቀን ውስጥ ብዙ ውሃ ይጠጡ። ባይጠማዎትም ዝም ብለው ይጠጡ። እስኪጠማዎት ከጠበቁ ብዙ ሰዓት ሰውነትዎ ያለውን ውኃ ጨርሷል ማለት ነው። በተለይ ሽማግሌዎች በቀላሉ የውኃውንም ያጠቃቸዋል። አንዳንድ መድኃኒቶችም የውሃ ጥምን ሊያመጡ ይችላሉ።

መጋረጃዎችን መጋረጃ፣ መብራቶችን ማጥፋትና መስኮቶችን በመዝጋት ከውስጥ ያለው ቀዝቃዛ አየር እንዳይወጣ ማረጋገጥ የውጭው አየር ሲቀዘቅዝ መስኮት ከፍቶ ቀዝቃዛውን

አየር ማስገባት።

ቀዝቃዛ እስፖንጅ የራስ ፎጣ ፋን መጠቀም ወይም ባቅራቢያ ወደሚገኝ የህዝብ ህንፃ ወይም ሞል መሄድ። አብዛኛው የኪንግ ካውንቲ የቤቶች አስተዳደር አፓርትመንት የአየር መቆጣጠሪያ ዩኒት ሊኖራቸው ያልቻለው በፋየር ኮድ ሬጎሌሽን ምክንያት ነው።

በጎረቤት ያሉ መዝናኛዎችና የኮሚኒቲ ክፍሎች እና ሌላ የጋራ ቦታዎችን በመጎብኘት ቀዝቃዛ አየር ያለበትን መፈለግ።

ባንዳንድ ምክንያት ነዋሪዎች ባለባቸው የአካል ጉዳት (ዲሴቢሊቲ) የአየር ኮንዲሽነር ዩኒት እንዲያስገቡ ይፈቀድላቸዋል። ይህን ለማረጋገጥ መቻል አለመቻልዎን ለማወቅ የአፓርትመንቱን ማኔጅር ያማክሩ።

በሙቀት ከሚመጡ በሽታዎችን ይጠንቀቁ። በሽታዎቹ ቅዠት፣ የራስ ምታት፣ ድካም፣ ከመጠን ያለፈ ማላብ፣ የማቅለሽለሽ ስሜትና ቶሎ ቶሎ መተንፈስንና የልብ ትርታ ፍጥነቱን ይጨምራል። እነዚህን ህመሞች ከተሰሞት ቶሎ ወደሃኪም ሄደው ይረዱ። ቶሎ የሚቀዘቅዙበትን ዘዴ ይፈልጉ።

Protégese del calor del verano

Las personas mayores, particularmente los ancianos están más propensos a los efectos negativos del calor de verano porque con la edad se atrofian los mecanismos naturales del cuerpo para enfriarse y refrescarse. Además, las enfermedades crónicas y los medicamentos pueden hacernos más sensibles al calor. Algunas maneras de protegerse contra los daños del calor excesivo son:

Evite exponerse al sol durante las horas de más calor.

Tome suficiente agua aunque no tenga sed. Cuando uno siente sed es posible que ya esté deshidratado(a). Las personas de la tercera edad son menos sensible a la sensación de la sed, y algunos medicamentos aumentan las probabilidades de que la gente se deshidrate.

Cierre las cortinas o los protectores de luz de las ventanas, apague las luces y cierre las ventanas para mantener el fresco adentro. Cuando empiece a refrescar afuera, abra las ventanas para que entre el aire frío.

Refréscuese con toallas húmedas y frescas.

Use un ventilador o vaya lugares cercanos con refrigeración como edificios públicos o centros comerciales. Muchos apartamentos de KCHA no pueden tienen refrigeración por ordenes del Código de Incendios. Socialice con sus vecinos frecuentando las áreas comunes de su edificio y salones comunitarios, generalmente estas áreas cuentan con refrigeración o con ambientes más frescos.

En algunos casos, se permite que algunos vecinos tengan viviendas con refrigeración si es que se les aprueba una solicitud de ajuste razonable por motivo de discapacidad (reasonable accommodation application, en inglés). Para más información sobre estas solicitudes contacte al administrador de su vivienda.

Manténgase alerta a los síntomas de enfermedades causadas por las altas temperaturas como alucinaciones, dolor de cabeza, cansancio, sudor, náusea, desmayo, y aceleración de la respiración o del ritmo cardiaco. Si nota alguno de esos síntomas, busque atención médica y tome las medidas necesarias para enfriarse inmediatamente.

Naftaada ka dhowr kuleylka jiilaalka

Waayeelka qaangaanaarka waxay Qatar u yihiin kulelka jiilaalka sababta dada oo dhib u geysanaayo jirka qabooyintiiisa. Xanuunka waqti dheer ku haya iyo dawooyinka waxay sababi karaan in aad kuleelka u jilicsanaato. Hoosta waxaa ku qoran sidaad uga badbaadi kaartid kulelka siyaadada ah.

• Iska ilaali in aad dibabda u baxdid xiliga kuleylaha siyaado yihiin

• Cab biyo badan xataa hadii aadan oomaneyn. Markaad oonto waxaa laga yaabaa in jirgaaga biyihii ka dhamaadeen. Waayeelka waxaa maraca qaarkooda ka taga dareenka oonka, dawoonka qaarkood waxay ku siyaadiyaan in aad caqdo.

• Hoos u soo daji daahyada ama wixii aad uga harsan kartid, dami nalalka oo dhan daaqaadahan xir si aad ugu dhowrtid dabeesha qaboow gudaha. Markuu jawiga hoos u dhaco, fur daaqa-

daha si eey hawada qabow u soo gasho.

• Isku masax tuwaal ama isbuunyo qoyan.

• Isticmaal marwaxad amaba tag moolka ama daaraha shacabka si aad qaboobsato. Guryaha KCHA badanaa malaha qabooyiyo sabata oo ah sharciyada xeerka dabka ayaa u diidaya. Baro dariska adiiiga soo siyaarankaro xafiisyada bulshada si aad qabow u hesho.

• Mararka qaarkood waxaa loo fasaxaa guryaha qaar in eey gashadaan qabooyiye iyadoo loo eego xaalada qofka. si aad uu ogaato la xiriir maamulaha xafiiska guryaha.

• La soco calaamadaha la gartoo xanuunka keeno kuleelka dhid badan, dhanateed, madax xanuun, tab ardaro, lalabo, wareer, wadnahoo aad u garaaca, Hadii aad calaamadahaas oo kale aad isku arakto markiiba is qabooyi amaba la xiriir dhaqtar.

HÃY TỰ BẢO VỆ MÌNH ĐỂ TRÁNH BỊ NÓNG BỨC TRONG MÙA HÈ

Người cao tuổi thường dễ bị ảnh hưởng bất lợi do sự nóng bức trong mùa hè, bởi vì sự lão hóa làm suy yếu khả năng điều hòa thân nhiệt. Các chứng bệnh kinh niên hay do thuốc uống có thể làm cho quý vị nhạy cảm với sự nóng bức. Dưới đây là những cách giúp chống lại những bệnh do ảnh hưởng của sự nóng bức.

Tránh không đi ra ngoài trong khoảng thời gian nóng nức trong ngày

Uống nhiều nước, cho dù mình không khát. Đợi đến lúc biết mình khát nước, thì có thể lúc đó cơ thể mình đã bị thiếu nước rồi. Người già cả thường kém nhạy bén để biết mình khát nước, có vài loại thuốc uống làm cơ thể tăng lên việc thiếu nước.

Kéo các màn cửa xuống, tắt đèn, và đóng cửa sổ lại để giữ khí lạnh bên trong nhà. Khi nào nhiệt độ bên ngoài thấp xuống (mát xuống) thì lúc đó hãy

mở cửa sổ ra để khí mát vào.

Lau mình với khăn mát

Dùng máy quạt hoặc đi tới những nơi công cộng, hay các thương xá. Nhiều cao ốc của KCHA- Nhà Cấp Phát Gia Cư Quận King- không thể gắn máy lạnh được do luật phòng chống hỏa hoạn. Hãy đến thăm viếng các phòng họp cộng đồng, dịp để quen biết người hàng xóm, có thể nơi đó có máy lạnh.

Trong số trường hợp, cư dân được phép có máy lạnh trong nhà, được chấp thuận vì lý do bệnh tật. Muốn biết lý do sức khỏe này, xin liên lạc nhân viên quản lý.

Hãy để ý tới triệu chứng các chứng bệnh do sự nóng bức gây ra, như chứng ảo giác, nhức đầu, suy nhược, ra mồ hôi, buồn nôn, ngất xỉu, nhịp thở mạnh. Nếu quý vị nhận thấy triệu chứng này, hãy lo chữa trị ngay, và hãy thực hiện ngay việc cần làm cho mình cảm thấy mát mẻ lại.

Предохраняйте себя от летней жары

Пожилые люди подвержены отрицательному влиянию летней жары, так как по мере старения уменьшается способность тела охлаждаться. Хронические болезни и лекарства также могут делать вас более чувствительными к жаре. Ниже приводятся советы, как бороться с отрицательными эффектами чрезмерной жары.

Избегайте выходить на улицу во время самого жаркого времени дня.

Пейте побольше воды, даже если вы не чувствуете жажды. До того, как вы почувствуете жажду, ваше тело уже может быть обезвожено. Пожилые люди менее чувствительны к жажде; некоторые лекарства повышают вероятность

обезвоживания.

Задёргивайте занавески или закрывайте жалюзи, выключайте свет и закрывайте окна, чтобы сохранить прохладный воздух внутри. Как только спадёт жара, открывайте окна, чтобы впустить внутрь прохладный воздух.

Обтирайтесь влажными, прохладными полотенцами.

Используйте вентилятор или пойдите туда, где прохладнее, например, в ближайшее публичное место или в торговый центр. Многие квартиры ЖУОК не могут иметь кондиционеров по соображениям пожарной безопасности. У вас есть возможность поближе познакомиться с соседями, проводя время в вестибюлях и в общественных комнатах

вашего дома, где, как правило, прохладнее.

В некоторых случаях жителям позволяется установка кондиционеров в квартирах, для чего требуется разрешение на установку в связи с инвалидностью. Для того, чтобы определить возможность установки кондиционера, свяжитесь с управляющим своего дома.

Обращайте внимание на болезненные проявления перегрева, такие, как галлюцинации, головная боль, слабость, повышенное потоотделение, тошнота, обморок и учащённое дыхание или сердцебиение. Если вы почувствуете какие-либо из этих симптомов, обратитесь за медицинской помощью и примите немедленные меры для охлаждения.

# WHITE CENTER SCENE

NEWS ABOUT THE GREENBRIDGE AND SEOLA GARDENS COMMUNITIES

## Flags placed at dangerous intersection

By RUTH STOFFEL  
King County Housing Authority

It was a fun activity with a serious message. A group of volunteers from the Greenbridge Community Action Team, Neighborhood House, King County Housing Authority, the King County Food and Fitness Initiative of WSU King County Extension, and Feet First gathered on June 24 for a pizza party at the intersection of Fourth Avenue Southwest and Southwest 100th Street in White Center.

A walking audit last year identified that intersection as one of the most dangerous in the area around Greenbridge. Bao Nguyen of Neighborhood House said the speed limit along Fourth Avenue Southwest is 30 miles

per hour, but cars travel much faster than that. Last year, a child walking home from school was injured after being hit by a car.

It's an ongoing problem that residents have been complaining about — cars going too fast and not stopping for pedestrians. At the pizza party, neighborhood children drew pictures urging cars to slow down and decorated flags with reflective tape. Those flags were then placed in buckets installed on poles at the intersection so that anyone can use them.

Organizers plan to hold a similar event in the fall when school starts.

"There are a lot of kids who walk here and not a lot of lights, so it's really dark in the winter," said Nguyen.

A volunteer makes sure it's safe for this woman and child to cross the street.

PHOTO BY RUTH STOFFEL



## The truth about tobacco

By TIFFANY NGO

"For every five smokers who die from smoking, one non-smoker will die from exposure to secondhand smoke." That was one of many startling facts Paul Zeeman shared about smoking. The King County public health official spoke to residents at last month's Greenbridge Community Council meeting.

Zeeman said there is no safe level of exposure to secondhand smoke, especially for kids. Since children are still growing and developing, they are more sensitive to secondhand smoke than adults are.

Being exposed to even a small amount of secondhand smoke can trigger asthma, emphysema and Attention Deficit Hyperactivity Disorder (ADHD) in children, among other things.

About 20 percent of adults use tobacco or tobacco products. That ends up costing \$3,600 a year for a one-pack-a-day habit. An even bigger cost is the loss of 15 years off your life.

Zeeman says cost and health are the main reasons people quit smoking. It's not easy and Zeeman says it often takes multiple attempts to quit successfully.

Greenbridge will soon be designated

as non-smoking. Fourteen other KCHA properties are currently non-smoking or smoke-free.

### Washington State Tobacco Quit Line

1-800-Quit-Now (1-800-784-8669) or [www.quitline.com](http://www.quitline.com)

### Asian Quit Line

Hours of operation are Monday – Friday 9 a.m. to 9 p.m., with 24-hour voicemail available. <http://www.apicat.org/index.php/asian-quitline/>

Chinese (Cantonese/Mandarin): 1-800-838-8917 (華州免費電話戒煙輔助專線)

Korean: 1-800-556-5564

Vietnamese: 1-800-778-8440 (Đường Dãy Cai Thuốc Lá Miễn Phí)

## YWCA providing opportunities for success

By MARLYNE CARRILLO  
YWCA

Have you been laid off? Are you currently looking for work? The YWCA Greenbridge Learning Center in White Center offers employment services to qualified job seekers.

Come and learn about the variety of services the YWCA offers. We have been servicing low-income families since 1894 with shelter, housing, domestic violence support, employment services, job training, and youth programs.

The YWCA Greenbridge Employment Services branch offers ESL (English as a Second Language) classes at levels 1-4 and the I-Best (Integrated Basic Education and Skills Training) certificate, a 15-credit program connected with Highline Community College.

We help the unemployed update their resumes and cover letters, and fill out online job applications. We are able to assist those who speak Somali, Ukrainian, Russian, Vietnamese, and Spanish.

All services are free and available to King County Section 8 residents, food stamp recipients, and all residents of Greenbridge.

The hours at YWCA Greenbridge are 9 a.m. – 5:30 p.m. Monday through Thursday and 9 a.m. – 4:30 p.m. on Fridays. We are located at 9720 Eighth Ave. S.W. You can also call us at 206-336-7000.

The YWCA Greenbridge Learning Center is hosting a Job and Resource Fair on Wednesday, Aug. 31st from 10 a.m. to 1 p.m.

Prepare yourself by attending job readiness classes on Fridays from noon to 3 p.m. Dress appropriately and bring your resumé to meet, network and interview with employers.

## Torch Club provides sack lunches to the homeless

By DAMON MARTINEZ  
& ELANYA DELACRUZ  
Southwest Boys & Girls Club

The Southwest Torch Club, a group of Boys & Girls Club members aged 11 to 13, spent one of their weekends in June handing out sack lunches to the homeless.

Two Greenbridge residents were among 13 Torch Club members who bought food and prepared more than 90 sack lunches with money raised from a dance in April. They had barely arrived at their destination at Fourth and Yesler in downtown Seattle on June 16 when they were greeted by many happy and grateful faces. The kids personally handed out lunches to people all over the park and left lunches for those who were sleeping.

The group met many interesting people, including a homeless teenager living on the streets with his parents. The kids were very emotional after handing out all the lunches; there was no shortage of hungry people that day. On the way back, the team members tossed around ideas for another fundraiser and food handout.

"More next time!" they said. One of the ideas was a clothing drive for homeless kids



PHOTO BY DAMON MARTINEZ

Torch Club members pose for a photo after handing out meals to the homeless.

and teens, and collecting blankets and warm clothing for next winter.

The Boys & Girls Club recognizes that younger adolescents need positive group experiences to help them cultivate good

character and effective leadership skills. Torch Club members learn to work together to plan and implement activities in four areas: service to Club and community, education, health and fitness, and social recreation.