



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



The Voice

August
2011
Articles translated
into six languages

The newspaper of Neighborhood House

Transit advocates rally for King County Metro funding

County Council weighs \$20 car-tab fee to plug budget gap; decision expected at Aug. 15 meeting

BY TYLER ROUSH
The Voice editor

With the King County Council expected to vote on a \$20 car-tab fee that would help close a funding shortfall for King County Metro, dozens of transit advocates and supporters turned out to speak at the council's July 25 meeting.

And speak they did, filling hours of public comment with testimony on the significance of maintaining transit service on factors ranging from congestion and pollution to employment and mobility for seniors and persons with disabilities.

But after hearing hours of public comment, the council returned from a 45-minute recess to announce that it would postpone its decision until Aug. 15.

That the council will reach a 5-4 simple majority to send the car-tab fee before voters is considered virtually a foregone conclusion — councilmembers Bob Ferguson, Larry Gossett, Joe McDermott, Julia Patterson and Larry Phillips have indicated they will vote to approve the ordinance.



Jim Flint (center) reads a book while waiting to offer comment in support of the \$20 car-tab fee to fund King County Metro at the county council's July 25 meeting.

But to add a critical sixth vote, which would have to come from among council Republicans Reagan Dunn, Jane Hague, Kathy Lambert and Pete von Reichbauer, would allow the council to pass the ordinance directly.

That's the outcome many transit advocates appear to favor.

There's a financial argument to be made for not putting the ordinance to a vote —

Please see "Metro" on Page 5

Animal, plant or mineral? Homeopathy and natural remedies lower medical costs, improve health

Editor's note: The last names of patients at Mary's Place have been removed to protect their privacy.

BY BRENDA KAY NETH
University House resident

For many members of the low-income and homeless populations, alternative health care has not been available due to high costs. But at Mary's Place in Seattle, and at 10 other locations that have partnered with Bastyr University, the burden of costs are lessened or alleviated, and clients are discovering the benefits of homeopathy and other natural remedies as an alternative to more conventional medicine.

Diane has been receiving naturopathic and homeopathic care at Mary's Place, a day center for homeless women and children located at 314 Bell St. in Seattle. The treatments have saved her hundreds of dollars on medical care, she said.

In a recent interview, Diane spoke about how her medication for Addison's disease has caused side effects, and that the use of naturopathic and homeopathic medications has helped her overcome the side effects of traditional medications like Prednisone.

Diane said Addison's causes an adrenal deficiency, creating a lack of hormones, and the use of supplementation with natural herbs and vitamins has helped her feel better.

"It's a win-win situation. The holistic approach is good for me. It's interesting to be part of the learning. They learn from my rare disease," Diane said.

She also stressed that one doesn't need to be homeless to receive care from Mary's Place.

For Sheila, her struggle with alcoholism, bipolar and schizophrenia has been eased by homeopathy, affording her the ability to remain calm and to use the interpersonal skills she has learned from Mary's Place and from her psychiatrist at Harborview.

"They're the greatest, and I would not be healthy today if it weren't for

Please see "Health" on Page 5

The fall of the "I-Hotel": Historical struggles for affordable housing and lessons we've learned

BY LYNN SEREDA
Section 8 Voucher Holder

Most people think of low-income housing as public housing, often funded by the U.S. Department of Housing and Urban Development (HUD).

But over the years, low-income people have utilized other forms of affordable housing, such as those created and managed by nongovernmental nonprofit organizations.

Another common low-income housing option is a single room in a low-rent residential hotel (SRO), such as those found in the downtown areas of large cities. Seattle

has examples in places like Pioneer Square and the International District.

In the past, these SRO hotels were an important source of housing for low-wage workers, particularly for immigrants who might have faced housing discrimination in other areas of the city. Over the past few decades, as cities redevelop their core neighborhoods and higher-income people return from the suburbs, these hotels are fast being torn down and their residents displaced.

On June 29, two historic struggles to preserve low-rent housing for working-class immigrants were highlighted at a jointly sponsored event by the Tenants Union of

Washington and LELO (Legacy of Equality, Leadership and Organizing).

The event included a screening of the film, "The Fall of the International Hotel," which documents the struggle in the 1960s and '70s to prevent the eviction of Filipino immigrants and subsequent demolition of one such hotel in Manilatown, in the heart of San Francisco.

The decade-long fight for the I-Hotel included legal challenges, public outcry and broad efforts in tenant organizing. Many of the strategies adopted during that time are

Please see "I-Hotel" on Page 4

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Quotable

"There's a crosswalk there, but people routinely drive past not looking for kids."
— Bao Nguyen of Neighborhood House's Be Active Together program. What did Bao and company do to improve safety at the crosswalk? Find out on Page 2.

Community coalition improves crossing safety near White Center school



PHOTO COURTESY OF NEIGHBORHOOD HOUSE

Volunteer crossing guards Spomenka Novakovic and Sivheng Thong display a crossing flag that they use to help pedestrians cross at the intersection of Fourth Avenue Southwest and Southwest 100th Street.

By TYLER ROUSH
The Voice editor

Pedestrians in White Center can tread a little more safely, thanks to the efforts of a group of safety advocates.

The group, comprised of Feet First, King County Department of Transportation and the King County Food and Fitness Initiative, KCHA and Neighborhood House, tasked itself with improving pedestrian safety in the White Center area.

During a walking audit of the area around White Center Heights Elementary in Dec. 2010, organizers identified the intersection at Fourth Avenue Southwest and Southwest 100th Street as a trouble zone.

The intersection lies just two blocks east of the White Center Heights campus and sees ample foot traffic from students walking to school. But the street isn't a

reduced speed school zone, and drivers aren't often aware of pedestrians in the area.

"It basically is a school zone because it's so close," Nguyen said. "There's a crosswalk there, but people routinely drive past not looking for kids."

After discussing options to improve safety at the intersection, the group chose to add crossing flags. They were an appealing option — the flags are inexpensive, easy to use and effective.

They're also a novel solution for the neighborhood.

"I've lived in White Center for 15 years and I've never seen crosswalk flags anywhere," Nguyen said.

For more information on the crossing improvements, KCHA readers may turn to the related article on Page 8 of the KCHA News section.

Health Notes

A column devoted to your well-being

Your children need immunizations

By COMMUNITY HEALTH PLAN OF WASHINGTON



Shots, also known as vaccines or immunizations, help children fight many childhood diseases that could make them very sick. A lot of research has shown that shots are safe for your child to receive.

Please refer to the chart below for the ages when your child should have shots. Also, ask your child's primary care provider when your child may need other shots, such as when they are over 6 years of age.

- DTP protects against the diseases diphtheria, tetanus (lockjaw), and pertussis (whooping cough).
- IPV protects against the disease polio.
- MMR protects against the diseases measles, mumps, and rubella (German measles).
- Hib protects against the disease men-

ingitis, one type of pneumonia, some heart problems, and infections of the blood, bones and joints.

- Varicella protects against chicken pox.
- Hep B protects against a virus that may cause liver disease.
- PCV7 protects against infections such as pneumonia and meningitis.
- Rota protects against rotavirus, an infection which causes severe diarrhea in infants and young children.

And children should have a flu shot every year.

To get more information about immunizations, please talk with your health care provider. For information on how to get quality and affordable health care for you and your family, please call the Community Health Plan customer service team at 1-800-440-1561 or go to www.chpw.org. If you are hearing or speech impaired, please call TTY 7-1-1 (toll free).

Recommended Immunization Schedule for Persons Aged 0 Through 6 Years—United States • 2010
For those who fall behind or start late, see the catch-up schedule

| Vaccine | Age | Birth | 1 month | 2 months | 4 months | 6 months | 12 months | 15 months | 18 months | 19-23 months | 2-3 years | 4-6 years |
|---|-----|-------|---------|----------|----------|------------------|---------------------------|---------------------------|-----------|--------------|-----------|-------------|
| Hepatitis B ¹ | | HepB | | HepB | | | | | | | | |
| Rotavirus ² | | | | RV | RV | RV ² | | | | | | |
| Diphtheria, Tetanus, Pertussis ³ | | | | DTaP | DTaP | DTaP | see footnote ³ | DTaP | | | | DTaP |
| Haemophilus influenzae type b ⁴ | | | | Hib | Hib | Hib ⁴ | | Hib | | | | |
| Pneumococcal ⁵ | | | | PCV | PCV | PCV | | PCV | | | PPSV | |
| Inactivated Poliovirus ⁶ | | | | IPV | IPV | | | IPV | | | | IPV |
| Influenza ⁷ | | | | | | | Influenza (Yearly) | | | | | |
| Measles, Mumps, Rubella ⁸ | | | | | | | MMR | see footnote ⁸ | | | | MMR |
| Varicella ⁹ | | | | | | | Varicella | see footnote ⁹ | | | | Varicella |
| Hepatitis A ¹⁰ | | | | | | | | HepA (2 doses) | | | | HepA Series |
| Meningococcal ¹¹ | | | | | | | | | | | | MCV |

Range of recommended ages for all children except certain high-risk groups

Range of recommended ages for certain high-risk groups

Summertime: Better weather, longer days — in Vancouver, B.C.

By KRISTIN O'DONNELL
Yesler Terrace resident

Time to raid the piggy bank for the long trip. Vancouver, B.C., is the destination.

This was a research trip, mostly — I wanted to see what Canada is doing with Social Housing (their name for public housing). First stop after checking into the Downtown Hostel is the Little Mountain community, which is in a residential neighborhood near Queen Elizabeth Park.

The Province planned a dense mixed-income redevelopment to replace the 196-unit family housing complex. Four years ago most of the tenants were moved out and the apartments were boarded up.

Last winter the bulldozers leveled all but one building, where four families who chose to stay are living. Behind a six-foot chain-link fence, rhubarb, bluebells and mint from the gardens that used to be there mix with the tall grass and weeds.

I talked with Ingrid Steinhausen, one of the residents who stayed. There are plans to develop Little Mountain, she said, but it won't happen soon. I asked her if it had been hard to watch the bulldozers tear the rest of the buildings down.

"Not as hard as seeing all my neighbors move out," she replied.

The city bus trip back to the hostel went along Hastings Street at around 5 p.m. The Downtown Eastside neighborhood doesn't hide its problems — street drug deals, several fights and people passed out or sleeping in doorways. Boarded-up buildings. There's nothing like this in Seattle, not even close.

The next day I walked down the hill from the hostel to the waterfront, and rode the really cute blue foot ferry across to Granville Island, a tourist-oriented public market that is a good place to pick up a picnic lunch.

Back on the foot ferry, I rode further down the False Creek inlet (great views of Downtown Vancouver, and the tall — and expensive — condo buildings in YaleTown) to the Stamps Landing dock, then walked along the waterfront foot and bike path to the New False Creek neighborhood, where the Olympic Village was built on a former industrial site.

Original plans for the development called for a third of the 1,100 homes to be social housing. Soon after the Olympics the affordable unit count was reduced to 250 (slightly more than the 20 percent that Vancouver — theoretically — requires in new development).

Early this year, developers were exempted from the requirement. There are now 125 low-income apartments in False Creek. No more are planned.

The neighborhood does have some great parks and public art. Fountains. Artificial wetlands. Eight-foot tall statues of English Sparrows.

The community center, an Olympic legacy, is busy and beautiful, though the full parking lot may mean that many of the users don't live in the neighborhood. There is no place in the neighborhood to buy a cup of coffee — or anything except a bottle from the provincial liquor store.

There are lots of windows with signs: "Commercial Space Available," and several real estate offices. There is a busy dog park and an empty playground. Except for the Community Center, there aren't a lot of people.

Most of the neighborhood is five- to seven-story buildings faced with gray or tan stone. On the far side of the street farthest away from the waterfront, two buildings

Please see "Daytripper" on Page 3

Neighborhood House is proud to offer fee-based preschool in current Head Start classrooms

\$450/month including meals

- Developmentally appropriate classroom programming for
- Children 3-5 years of age.
- A culturally diverse classroom.
- Family-style meals.

- Experienced, qualified, and culturally diverse teaching staff.
- Field trips and opportunities for parent involvement.

People who live or work in the Seattle Housing Authority mixed income communities will receive enrollment priority.

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

Be safe

How to effectively report ongoing crime — Contacting the police

BY KELLY MCKINNEY
Seattle Neighborhood Group

I am often asked what a resident should do if they notice ongoing criminal activity. For instance: Residents complain that the police and their building managers do not respond to their complaints; residents often feel that the 911 operators are not taking their calls seriously — they ask too many questions and the police don't respond in a timely manner, and the Community Police Team Officer just tells residents to call 911 for emergency calls.

What is a resident to do? It can be very frustrating living in an area with ongoing crime issues. Crime can be loud and keep residents and their families up at night. It can be scary. Some residents don't want to call 911 because they are scared of retaliation.

Ongoing crime does take patience and perseverance to address. However, if you do not notify the police, they can not address the problem at all.

You do not need to tell anyone that you called 911. You can tell the operator that you want to remain anonymous. You can tell the operator whether or not you want an officer to come to your home. The 911 operator can call you back if the police have more questions.

Do the best you can to describe what you have observed to the operator. Make sure you include information about the date, time and location of the crime you have observed. Do your best to describe the suspects and the vehicles you observed. However, do not put yourself at risk. If you don't know, tell the operator that you don't know.

As you are talking to the operator he or she will type the information into a computer and send it off to a dispatcher, who then contacts the patrol officers over the radio.

Before you hang up, ask for the event number. The event number is different from an incident number. Every 911 call generates an event number whether or not an officer writes a report or not.

The Incident number is only generated when an officer actually writes a report. If the operator does not wish to provide you with the event number, explain to the operator that you are documenting this incident because it is a part of an ongoing crime pattern.

After you have called 911 and reported the crime to the police, write down everything you observed in a log. You can create a log on your computer or you can request a log from Seattle Neighborhood Group. Continue to log the ongoing crime as long as the problem persists.

Contacting the Community Police Team (CPT) Officer for your community is helpful; however, you should contact 911 first. The CPT officer does not respond to 911 calls. It is also a good idea to contact your community manager.

Addressing ongoing crime is sometimes a long process. It will take patience to address the problem. Remember the police and Seattle Housing Authority management cannot take legal action without good cause. They must be able to explain to a court of law why they arrested someone or why they are evicting someone.

Residents can help the police and management do their job by providing the police with objective information about their observations.

Kelly McKinney (206-323-7084) and Allan Davis (206-323-7094) are Community Education Coordinators for Seattle Neighborhood Group. Call Allan or Kelly for crime prevention information or help with your safety and security concerns.

Neighborhood House draws the line between youth and alcohol

BY TYLER ROUSH
The Voice editor

Across Seattle and King County, the line is being drawn between young people and alcohol.

Billboards are reminding drivers of the hazards — and the penalties — of encouraging alcohol use by youth.

They are direct in their messaging: "Providing alcohol to minors can cost you \$5,000 and a year in jail."

The billboards are part of the Let's Draw the Line campaign, a community-based effort in Washington that brings together youth, parents and the leaders of anti-drug and alcohol coalitions from around the state.

"Drug and alcohol education and prevention are efforts in which we must all play a part," said Project HANDLE Supervisor Mike Graham-Squire. "The Let's Draw the Line campaign brings together young people, parents and advocates, all of whom have a stake in prevention efforts."

Neighborhood House is one such partner in the campaign, which includes drug-free coalitions based in King County, Central Seattle and Kent, King County Alcohol and Other Drug Prevention Programs and the Washington State Coalition to Reduce Underage Drinking.

Together, the partners have contributed \$47,000 to the billboard campaign,

which targets high-traffic locations in the Puget Sound region. Clear Channel Outdoor partnered in the campaign by donating space on its billboards, and local graphic designer Lisa Dentz contributed her time in creating the signage. Through its Project HANDLE program, Neighborhood House has organized local youth, including those living in Seattle Housing Authority communities such as High Point, NewHolly, Rainier Vista and Yesler Terrace, to do outreach work in support of the campaign.

Earlier this spring, youth from the High Point neighborhood's Teens Against Drugs and Alcohol and YELS programs decorated the statues along the West Seattle Bridge with a Let's Draw the Line banner and T-shirts.

The High Point youth also designed "I Draw the Line" wristbands, which were so popular the State and King County contributed money to produce 14,000 wrist bands and distributed them statewide. Youth volunteers and Neighborhood House staff have also stressed the importance of reducing underage drinking and drug use at community health fairs.

"We have an active and highly-motivated group of youth volunteers," Graham-Squire said. "We're proud of the work they've done."



One to grow on

Garden tips for community gardeners

Getting at those weeds

Editor's Note: This column originally appeared in the August 2009 issue of The Voice.

BY ANZA MUENCHOW
Special to The Voice

Why does it seem that the weeds grow faster than the desired row crops we plant? How much weeding can one gardener accomplish in a single summer?

The organic gardener (who doesn't even consider using herbicides) has many strategies for managing the weeds. The weeds would win because of their sheer number alone, except that the organic farmer can plan ahead. Using your knowledge of the natural sciences will keep you the gardener on top of the game.

One of the first things I learned about farming, especially in a new area that has great weed pressure, is to start the plants in trays in a greenhouse and then transplant seedlings into a carefully prepared (and weed-free) bed. At least the seedlings have a chance to grow before the multitude of weed seeds germinate.

Set the seedlings much closer than the seed package recommends and this will crowd out weeds, especially for lettuces and Brassicas. You can eat some of the little plants as you thin them, leaving some to grow larger.

Use lots of weed-free mulches wherever you can get them. Aged manure or some llama doo will add some nitrogen to your garden as well. Mostly, gardeners try to collect free mulch and recycle organic products.

I usually have some leaf mold around from raking up all those fall leaves. I keep the leaves covered or in plastic leaf bags during the offseason. The certified organic Cedar Grove Compost is a good product, always weed free. A three-inch layer of this will stop many of the pesky annual weeds.

If your garden weeds are perennials, very tough in nature and invasive, consider covering with cardboard or several thicknesses of newspaper before layering on the compost. This is called "sheet mulching". If you plan to start gardening anew area next year, try sheet mulching the ground now. By next spring the soil will have fewer weeds and be much richer.

As for other methods of weed control, let's look at the mechanical removal of different weeds. Many gardeners till the soil, which works for most annual weeds but can cause problems with perennial weeds that propagate by their roots.

Tilling Canada thistle or crab grass is not advised. Forging these out is the best plan. You can explore the many different hand removal techniques.

There are wheel hoes (for between long rows) and hand hoes. I use my Japanese style hori hori, which looks like a long thick knife. It can scrape the surface with the toothed side and yet it can dig deep to get the dock or dandelion roots out. The hori hori never breaks.

There are some annual weeds and grasses you can scrape off the surface of the soil and there are those that need to get more of the roots out, too. You'll learn the major weeds in your area. Be sure to remove annual weeds before they set seed, which is happening now.

So get up early, before the day gets hot, take a strong cup of coffee to fortify you and get at those weeds.

Start in a relaxing way, then build up speed and proficiency, training your body into the physical routine. You'll be done before you know it, for that bed anyway.

Some organic gardeners use flaming to control weeds. I've only used the "dragon" technique in stone paths or patios. One carrot farmer described how she uses flaming because carrot seed germinates so slowly in the spring.

If you time it just right, you can flame the early weed sprouts before the carrot seed comes up. That early carrot weeding is so tough, I am tempted to try it sometime.

The main strategy is to keep your soil covered, with mulch or with plants. Try your best to not water the weeds. Using a drip system (not overhead sprinklers) can allow you to put the water just where you want it, not in the paths. Prevent the weeds from getting any light or water and you'll stay ahead of the game.

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

Daytripper

Continued from Page 2

stand out. One has neon green panels, which look like plastic but may be metal. The other has paneling in bright, glowing orange. I thought they were probably the Social Housing buildings. They are.

Research over, I used my \$7 B.C. Transit day pass to see more of the city, ending the day on Commercial Drive, where restaurants are plentiful and far less expensive than downtown or the West End. The next day was more transit and skytrain touring, with multiple stops at Vancouver's truly excellent thrift stores.

Getting to and staying in Vancouver. To get into and out of Canada you must have a passport or an enhanced driver's license/State ID card. Passports are expensive and take a while to get. Washington State enhanced cards are \$15 more than a regular license or ID card, and take about three

weeks to process.

It is possible and inexpensive to take public transit to Vancouver. It is not easy — a 12-hour-plus trip that includes a 1 1/2 mile walk between bus stops at the border.

The train takes four hours instead of twelve, and includes great scenery — most of the route is along the beach. The morning Amtrak Cascades train leaves Seattle at 7:30 a.m. and gets into Vancouver in time for lunch. The train back to Seattle leaves at 5:45 p.m. and gets into the King Street Station at a little past 10 p.m.

Amtrak has frequent sales that are posted on the Amtrak.com website every Tuesday (round-trip was \$50 last month). Staying in the Vancouver hostel costs \$35 a night in the summer. Staying in a hostel gets you a locker and a bed in a room with two to eight bunk beds (and yes, you can specify a lower bunk). There's usually a free breakfast and a kitchen where you can prepare food.

Get your summer entertainment fix by going to an outdoor movie or concert

Concerts at the Mural lead summer music calendar

BY VOICE STAFF

The 2011 Concerts at the Mural series, presented by KEXP 90.3 and Seattle Center, runs for five dates in August, and features artists such as Fool's Gold, Black Mountain and local favorites The Maldives.

The concert series, now in its fourth year, includes four Friday night shows and the annual KEXP BBQ from 3 – 9 p.m. Saturday, Aug. 6, all at the Mural Amphitheatre at Seattle. Admission is free and seating is on a first-come basis. Folding chairs and blankets are allowed. Large bags, large coolers, umbrellas and video and audio recorders are not permitted.

Concert lineup:

Aug. 5, 6 p.m., The Maldives, Hey Marseilles, Black Whales

Aug. 6, 3 p.m. - 9 p.m., KEXP BBQ, Fool's Gold, Rainbow Arabia, Capsula, Virgin Islands, and Mad Rad

Aug. 12, 6 p.m., Seapony, Gold Leaves, Math and Physics Club

Aug. 19, 6 p.m., Black Mountain, My Goodness, and Whalebones

Aug. 26, 6 p.m., No Depression Night: Special Guests, Ravenna Woods, Pickwick, Drew Grow & the Pastors' Wives

For more information, visit www.kexp.org or www.seattlecenter.com or call 206-684-7200.

Other outdoor concerts in the area

Outdoor concerts, many of which are free or low-cost, are a great way to get out and enjoy the sun, listen to good music and socialize with friends. There are a number of options in the area — a few are listed below.

Assume outdoor concerts are weather-permitting, and call ahead if you're in doubt.

Seattle's "Out to Lunch" concerts

Free; noon Wednesday and Fridays at various locations in Seattle. For more information call 206-684-7710

Aug. 5: Wheedle's Groove, Westlake Park, 401 Pine St.

Aug. 10: Pearl Django with Greta Matassa, Two Union Square, 601 Union St.

Aug. 12: The Dusty 45s, Harbor Steps, 1221 First Ave.

Aug. 17: Vicci Martinez, Two Union Square

Aug. 19: The Harters, Harbor Steps

Aug. 24: Portland Cello Project, Two Union Square

Aug. 26: Clinton Fearon & Boogie Brown Band, Harbor Steps

Aug. 31: Orchestra Zarabanda, Bank of

America plaza, 800 Fifth Ave.

Sept. 2: LeRoy Bell & His Only Friends, Harbor Steps

Seattle Presents Lunchtime concerts

Free; noon Thursdays at the City Hall Plaza 600 Fourth Ave. For more information, visit www.seattle.gov/seattlepresents.

Aug. 4: Curtains for You, retro pop

Aug. 11: Kore Ionz, reggae

Aug. 18: Show Brazil Samba de Carnaval

Aug. 25: Dr. Funk, soul horn band

Summer Concerts at the Locks

Free; Saturdays and Sundays at 2 p.m. unless otherwise noted, at the Ballard Locks, 3015 N.W. 54th St. For more information, call 206-783-7059 or visit blog.friendsoftheballardlocks.org.

Aug. 6: Batucada Yemanja, Brazilian samba

Aug. 7: Ballard Sedentary Sousa Band

Aug. 13: Dukes and Diva, a cappella quintet

Aug. 14: The Tempos

Aug. 20: Microsoft Jazz Band

Aug. 21: TBD

Aug. 27: Lynnwood Community Band

Aug. 28: Horseless Carriages Car Show, 9 a.m. – 4 p.m.

Sept. 3: Patria Band, country gospel music

Sept. 4: Music Ambassadors

Monday, Sept. 5: Michael Clune & Sleep till Noon Band, 2 – 3 p.m.

Kent Summer Concert Series

Free; concerts at various times and locations in Kent — Take-out Tuesdays, noon – 1 p.m. at Kent Station Plaza, 417 Ramsay Way; Wednesdays for Kids, noon – 1 p.m. at Town Square Plaza, Second and Harrison; Thursdays at the Lake, 7 – 8:30 p.m. at Lake Meridian Park, 14800 S.E. 272nd St. For more information, visit www.kentarts.com.

Aug. 2: Take-out Tuesdays — singer-songwriter Kris Orlovski

Aug. 3: Wednesdays for Kids — The Misadventures of Cap'n Arrr

Aug. 4: Thursdays at the Lake — folk duo Cascada de Flores

Aug. 9: Take-out Tuesdays — blues/folk rock quartet Quarter Past 8

Aug. 10: Wednesdays for Kids — Recess Monkey

Aug. 11: Thursdays at the Lake — Ryan Shupe & the Rubberband

Aug. 16: Take-out Tuesdays — Latin jazz trumpeter Bobby Medina's "Samba to Soul"

The struggle to prevent the eviction of the I-Hotel tenants, however, has left a legacy of Asian-American community organizing.

At the height of the anti-eviction struggle, many community organizations allied with the mostly elderly tenants of the I-Hotel. Students organized work parties to renovate the hotel's interior to prevent it from being condemned; some also organized recreational activities and assisted tenants in forming a tenant association. A few even rented rooms in the hotel.

This intergenerational form of organizing benefited both the elderly, whose living situations were improved, and the young people, who learned about their cultural history and identity.

After years of struggle to keep tenants in the building, the I-Hotel effort culminated with a human blockade of 3,000 people who encircled the hotel on the night of August 3, 1977. Early the following morning, 250

Outdoor movies abound in Seattle, King County

BY VOICE STAFF

What better way to enjoy a movie than outdoors on a warm summer evening, a roof of stars overhead (recent weather conditions excepted)?

Several local organizations and cities sponsor outdoor movie nights — many are free or ask for a small donation or ticket price. Attending is like going to an old-fashioned Drive-In Movie Theatre, but without all the cars. The following is a list of some of the many local outdoor movie series with showtimes in August. Most are free; admission information is provided with each entry.

Assume all outdoor movie screenings are weather-permitting. When in doubt, call ahead or visit the event's website for more details.

Seattle

Center City Cinema

Free; Saturdays at sunset at Hing Hay Park, 423 Maynard Ave. S., or Kobe Terrace Park, 221 Sixth Ave. S.

For more information call 206-684-2489 or visit www.seattle.gov/parks/downtown.

Aug. 13: "Akira Kurosawa's Dreams" (PG), English subtitles, Kobe Terrace Park

Aug. 20: "Newsies" (PG), at Hing Hay Park

Aug. 27: "The Karate Kid" (2010) (PG), Hing Hay Park

Sept. 10: "Howl's Moving Castle" (PG), English subtitles, Kobe Terrace Park

Sept. 17: "Three Seasons" (PG-13), English subtitles, at 12th Avenue and South King Street, Seattle

Fremont Outdoor Movies

\$5 suggested donation; Saturdays unless otherwise noted, showtimes vary, at Fremont Studios, 3501 Phinney Ave. N.

For more information visit www.fremont-outdoormovies.com.

Friday, Aug. 5: "A Clockwork Orange" (R), 9 p.m.

Aug. 6: "Pulp Fiction" (R), 9 p.m.

Aug. 13: "Tron" (PG), 8:30 p.m.

Aug. 20: "Twilight" (PG-13)

Aug. 27: "The Big Lebowski" (R), 7 p.m.

Movies at the Mural

Free; Saturdays at 9 p.m. unless otherwise noted, at the Mural Amphitheatre, Seattle Center.

For more information, call 206-684-7200 or visit www.seattlecenter.com.

Aug. 13: "Inception" (PG-13)

Aug. 20: "Raiders of the Lost Ark" (PG)

Aug. 27: "The Incredibles" (PG)

Sunday, Aug. 28: "O Brother, Where Art Thou?" (PG-13)

Three Dollar Bill Outdoor Cinema

Free; Saturdays at sunset at Cal Anderson Park, 11th Avenue and East Pine Street. Presented by the Seattle Gay & Lesbian Film Festival.

For more information call 206-323-4274 or visit www.threedollarbillcinema.org.

Aug. 5: "Labyrinth" (PG)

Aug. 12: "The Apple" (PG)

Aug. 19: "Footloose" (PG)

West Seattle Movies On the Wall

Free; Saturdays at dusk, admission begins at 6:30 p.m., at 4410 California Ave. S.W.

For more information visit www.westseattlemovies.blogspot.com.

Aug. 6: "Despicable Me" (PG)

Aug. 13: "Jurassic Park" (PG-13)

Aug. 20: "Toy Story 3" (G)

Around King County

Auburn Summer Sounds and Cinema

Free; Fridays at dusk, family-friendly music before movie at 7 p.m., at various locations in Auburn.

For more information call 253-931-3043 or visit www.auburnwa.gov.

Aug. 5: "How to Train Your Dragon" (PG), Sunset Park, 1306 69th St. S.E.

Aug. 12: "Big" (PG), Les Gove Park, 910 Ninth St.

Aug. 19: "Megamind" (PG), Les Gove Park

Kent Summer Nights and the Silver Screen

Free; Fridays, showtimes vary, at Town Square Plaza, Second Avenue and Harrison Street in Kent.

For more information call 253-856-5050 or www.kentarts.com.

Aug. 12: "Pirates of the Caribbean" (PG-13), 9:15 p.m.

Aug. 19: "School of Rock" (PG-13), 9 p.m.

Aug. 26: "Grease" (PG), 8:45 p.m.

Tukwila Summer Outdoor Cinema Series

Free, donations for Tukwila Food Pantry accepted; Fridays at dusk, admission begins at 7:30 p.m., at Tukwila Community Center, 12424 42nd Ave. S., Tukwila.

For more information call 206-768-2822.

Aug. 5: "Tangled" (PG)

Aug. 12: "Yogi Bear" (PG)

Aug. 19: "Alpha and Omega" (PG)

I-Hotel

Continued from Page 1

still in use today.

After the screening, Dr. Estella Habal, who helped organize the former tenants of the I-Hotel in the 1980s, and Emil de Guzman, a former tenant of the I-Hotel and housing justice advocate, participated in a panel discussion about the historic struggle to save the I-Hotel. Bob Santos, a former HUD regional director and organizer in Seattle's International District, joined them on the panel.

While the International District today remains the hub of Seattle's Asian-American community, Manilatown in San Francisco no longer exists. Large office high-rises, including the Transamerica Pyramid, have since replaced the SRO hotels and businesses that comprised the heart of San Francisco's Filipino community.

police in riot gear crashed through the line with nightsticks and forcibly evicted the remaining elderly tenants.

After this tragic night, the hotel was torn down, and the vacant lot remained a sad reminder of this event for nearly 30 years. The site was finally developed in 2005, and is now home to a 104-unit senior housing building called "International Hotel Senior Housing." A crowd of 700 attended the ribbon cutting.

The new building commemorates the struggle for housing justice and the I-Hotel with a learning center sponsored by the Manilatown Heritage Foundation. The walls of the center exhibit photos of the many tenants of the old I-Hotel.

Although most of the original I-Hotel residents are now deceased and the rest dispersed, low-income seniors now have a place to live in their community.

Despite the I-Hotel's demise, leaders like

Dr. Habal and de Guzman never gave up their fight for housing justice. Both became involved in nonprofit organizations devoted to creating affordable housing.

The organizing strategies learned during the I-Hotel struggle left their imprint on efforts to prevent displacement in Seattle's International District. Santos spoke of a similar hotel—the Milwaukee—formerly on Seventh and King. With the building slated for demolition, community organizers worked to prevent evictions, and mobilized to get agreements from developers to invest in projects to improve the community.

New affordable housing was subsequently created in the neighborhood, so that tenants of the Milwaukee could at least relocate within the community.

To this day, our International District still is a vibrant neighborhood, where Asian-American cultural identities can be proudly expressed.

Health

Continued from Page 1

(Bastyr),” Sheila said.

Renee has had PTSD for the past 15 years, and for the past three years has used homeopathic medications and naturopathic care to keep her from using pharmaceuticals like Zoloft or Prozac for help.

She said that she also uses massage and Reiki, a type of touch therapy, to help her remain calm and to avoid anger-provoking situations.

She also keeps her blood pressure readings low and receives nutritional counseling through Bastyr.

Even Sheila’s dog, Buster, has benefited from her weekly visits to Mary’s Place. Buster received witch’s weed for a rash that soon disappeared after the salve was applied.

For these three clients, Bastyr’s teaching clinic at Mary’s Place has provided free supplements and weekly advice and support.

Supervising Doctor Christine Honda and a group of fourth-year residents from Bastyr University provide services to at least 12 patients per week. Some need regular care, while others come periodically.

Honda, who specializes in homeopathy, has also worked with the homeless at Tent City 3, and through UCLA’s Nursing Program at Skid Row.

Homeopathy is the use of small increments of natural-based elements that work on the whole person — physical, mental and emotional, Honda explained.

The dosage of medication depends on the type of injury or ailment, and whether it is an acute or chronic ailment, such as depression or diabetes.

Bach flower remedies are an alternative medicine used for specific emotional and physical ailments. Honda explained that the remedies are derived from the essences of



PHOTO BY BRENDA NETI

Resident interns and Dr. Christine Honda (third from right) of Bastyr University provide homeopathic and naturopathic care at no cost to patients at Mary’s Place, a day center for homeless women and children in Seattle. Bastyr hosts similar clinics at locations throughout the city.

flowers and trees.

As an example, she described Rescue Remedy, which treats shock or trauma. Within the liquid remedy, the essence of the flowers crabapple, impatiens, clematis, star of Bethlehem, rock rose, and cherry plum can be found.

Each helps in treating the shock, fear, and anger that come from experiencing trauma.

Honda stated that the Bach flower remedies can be used separately or combined, and that it can be a quicker remedy to use than homeopathy because of the length of time it takes to get to know the patient’s case when using homeopathy.

Homeopathy requires more lengthy interviewing of a patient’s condition, and the elements of homeopathy also come from insects, animals and minerals, as well as

plants and trees.

As an example, the remedy Apis, which is used for allergic reactions, is derived from bees. Other remedies might come from the milk of an animal, such as dog’s milk, or from marine life, such as oyster shell.

Honda mentioned that she tries to use just one remedy, rather than combining different homeopathic remedies, when treating patients. Unlike Bach flower remedies, homeopathic medicine come in small white pellets, and between three to five pellets are taken for each dosage.

For acute conditions, such as an earache, the remedy would be specific for that illness, rather than a general or constitutional use.

Honda herself has taken homeopathy, and shared a moment when she saw how

it had helped a client that she was having difficulty with. While interning with the supervising naturopathic doctor at Mary’s Place in 2005, Honda was affected by the coarse and angry reactions one client was having.

She took a remedy that helped her handle her startled reactions to loud noises. When she returned in 2008, the same client had been transformed through counseling at Mary’s Place, and through the use of naturopathic and homeopathic remedies.

“She became this peaceful person reaching out. She was no longer homeless. It was nice to see she had more ease in her life.” Honda said.

Honda stressed that she and her interns co-manage with other doctors, referring to specialists or to the hospital if it is necessary.

“Patients are the ones doing the personal growth. We’re just providing support,” Honda said. “It’s like teamwork — it’s not just the doctor telling the patient what to do. We’re here to support personal health and growth.”

She added that homeopathy can help when the use of traditional medicine has brought no solutions, and that homeopathy and Bach flower remedies are cost-effective.

Honda mentioned that Seattle’s Tent City 3 also has a supervising naturopath who specializes in homeopathy.

She added that she has volunteered as part of the Alternative Health Care Access Campaign, which promotes free and low-cost alternative healthcare.

For more information on free and low-cost health care, visit the AHAC website at www.ahacseattle.org. A list of community clinics operated by Bastyr University is also available at www.bastyr.edu/public. Select “Community Clinics” from the list. Some sites require a physician’s referral.

Metro

Continued from Page 1

putting the car-tab fee on the ballot would cost an estimated \$800,000.

Josh Kavanagh, the director of transportation services at the University of Washington, urged the “councilmatic” passage of the ordinance — via a two-thirds supermajority of the council.

“Transit is a basic service, clearly the domain of the council,” Kavanagh said during the comment period. He added that to send the ordinance to voters would send the message that funding transit is a choice, and therefore make it acceptable to deny users a basic service.

“I’m not prepared to say that, and I hope you’re not, either,” he said.

With the vote now delayed, action on the ordinance is expected by Aug. 15 — the deadline to place the car-tab fee on the November ballot would be the following day.

Dip in sales tax revenue compounds Metro funding woes

Since the repeal of the motor-vehicle excise tax in 1999, Metro’s primary revenue source has come from a sales tax in King County, which has been at the maximum level of 0.9 percent since 2006.

But the ongoing recession has led to a decline in consumer spending within the county, and with it a significant drop in Metro’s sales tax base.

The proposed \$20 car-tab fee would collect some \$50 million in revenue, enough for Metro to largely maintain its current level of service. The fee would expire after two years.

Should the tab fee not be enacted, Metro stands to reduce service by about 17 percent. Those cuts would impact about 80 percent of Metro riders, according to



PHOTO BY TYLER ROUSH

Metro buses pass the King County Courthouse building on Third Avenue in downtown Seattle.

Andrew Austin, field director for the Transportation Choices Coalition, a statewide coalition supporting transit reform.

Reducing Metro service by that amount would be the equivalent of cutting all weekend bus service or all routes that serve the Eastside, according to Austin.

“It means more time waiting for your buses, it means overcrowded buses, late buses, and sometimes eliminated buses,” Austin said.

According to Austin, it also means an estimated 15,000 additional cars on King County roads each day.

Even with added revenue from the tab fee, the longterm outlook for Metro funding is grim. Metro is anticipating its revenue will dip \$315 million below projections for the 2012-13 and 2014-15 budget cycles, according to information on Metro’s website.

Widespread support expressed for Metro funding

Public support for the car-tab fee has been strong. About 700 people attended a public hearing in the council chambers July 12, with supporters lining up around the block to offer comment. About 350 people turned out for a similar hearing in Burien

a week later. The Transportation Choices Coalition collected 12,000 signatures and e-mails in support of the ordinance, according to Austin.

Support for the car-tab fee was nearly unanimous among those who attended the meeting. Significantly, several car owners indicated their support for it.

Gene Hess, a car owner who commutes by bus to his job downtown, gave a checklist of reasons for why he supports the \$20 fee.

“I felt like besides the fact we don’t want to have the downtown more congested, we don’t want it more polluted, and we don’t want to prevent people from getting where they need to go if they don’t have a car — if those reasons aren’t enough, anyone who owns a car and rides the bus is going to be heavily penalized,” he said, speaking to a reporter prior to the meeting. “It’s going to cost them a lot more if this doesn’t pass” — particularly in gas money and parking fees, he added.

Hess was not the only car owner at the meeting who opts to use transit whenever possible.

“I mainly use the bus because I believe it’s the right thing to do,” said Jim Flint, also speaking before the meeting. “To develop better cities, we have to have better public transportation.”

The retiree owns a car but says he rides the bus three or four times a week.

“The car stays in the driveway most days — Prius at that,” he said.

Jessica Brand, also a car owner, said she supports the tab fee. She’s not a regular bus rider, though — she rides light-rail.

That doesn’t seem to affect her opinion on the importance of maintaining bus service.

“Fundamentally, not having access to buses is a big deal,” she said before the

meeting.

The concern that struck her most personally, however, was the environmental cost associated with cutting back on bus service.

“My life would change because more cars would be on the road, which means more runoff into the Sound,” said Brand, who added that air pollution would also increase with more cars on the road.

“This is about a quality-of-life issue that people don’t seem to be talking about,” she said.

Adam Drake was one of four deaf-blind who together offered comment at the meeting. All indicated that cuts to Metro would disproportionately affect persons with disabilities, who rely on bus service for virtually all of their transportation needs.

“Unlike other people, we can’t drive,” Drake said through an ASL interpreter. “The cuts that are proposed would be very damaging to us.”

Mark Landrenau, who works for Light-house for the Blind, said through an interpreter that those who are visually-impaired and hearing-impaired are “hugely dependent on the bus transit system.”

Other speakers also framed the debate as a social justice issue. Estela Ortega, executive director of El Centro de la Raza, urged the council to consider the communities, largely low-income, that rely on bus service to get to work each day.

“Let today be about adding confidence to peoples’ lives so they can be assured everyday that they can get to work, or get to an interview for a precious job,” she said.

Instead, the council chose that day to continue to weigh its options. Though not precisely the conclusion that many Metro supporters desired, the decision renews hope that the council may yet reach agreement on passage of the car-tab fee.

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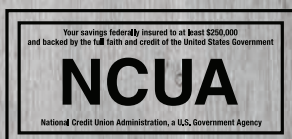


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