



# KCHA NEWS

November  
2008

A resource for King County Housing Authority residents

Story removed per resident request.

## Veteran at Nia remembers service as holiday approaches

By HEATHER MILLER  
King County Housing Authority

In a lot of ways, Nia resident Glenn Ruth feels like he's pretty lucky.

He survived his own birth, though his twin sister died. As a little boy, he overcame a life-threatening childhood disease. And Ruth returned home safely, though injured, from Vietnam, where he served in the Army and saw many of his fellow servicemen fall in the line of duty.



Glenn Ruth

"It's something you never forget," he said. "You keep it with you your whole life."

Originally from Ottawa, Kan., Ruth has tried many different professions throughout his lifetime. He's worked as a machinist, as a railroad worker, as a King County Metro Transit bus driver and in many other fields. But his days as a soldier remain among the most vivid memories in his mind.

"I think that Veterans Day is a day when Americans should reflect on the cost of freedom," Ruth said. "I believe that freedom is never free. It's a constant battle."

## Help prepare your unit for inspection

The regularly scheduled property inspection by the U.S. Department of Housing and Urban Development started last month and will continue at all KCHA public housing properties through Dec. 16. The following is a list of five ways you can partner with KCHA to prepare for this inspection. Please make sure that:

1. Your smoke detector is operating correctly.
2. Your belongings and furniture are at least 6-12 inches from your heaters and that all curtains are 12 inches above heaters.
3. Nothing is blocking the back door of your unit, blocking any windows or blocking your circuit breaker.
4. Your telephone, cable and extension cords are not laying on the floor, potentially causing someone to trip.
5. You call in a work order if any of your sinks are leaking.

If you have any questions or a work order to submit, please contact your property manager.

## Better Budgeting Basics – A KCHA Series

**This month: How to Make a Thanksgiving Dinner Without Breaking the Bank**

- Begin your planning in advance so that you can have everything you want on Thanksgiving. It could help you spread the cost of Thanksgiving throughout the month.

- Many groceries will offer heavy discounts on certain Thanksgiving food items. Watch for discounts on the food items that you will need and begin stocking up. November is when canned green vegetables, canned

applesauce, butter, canned milk, potatoes and chicken go on sale.

- If you're having a smaller gathering, resolve to only fix the amount of food needed to feed everyone, and stick to your resolution. A good rule of thumb is 1 pound per person.

- Consider cooking just a turkey breast, instead of a whole bird. You also can have each person bring a dish, and make sure everyone knows not to go overboard.

- Side dishes are where your budget could be blown. Sides can require a lot of ingredients, some of which you won't need again for some time. You need to decide which sides are cheaper to make – such as rolls or mashed potatoes – and which are cheaper to buy premade – such as stuffing. You also can use canned or frozen vegetables rather than fresh ones.

- A frozen turkey is just as good, and it's less expensive. Experts don't see any difference between a fresh or frozen bird. Your best bet is to watch for the sales and go for the type of turkey that's right for you.

- Plan your leftovers. The meal's good just warmed up for the next night, but after that there's turkey soup, turkey hash and more. For one idea, check out the turkey stock recipe in the sidebar.

### Turkey Stock Recipe

Turkey Carcass  
10 to 12 cups of water  
1/2 cup of carrot slices  
1 celery rib, cut into 1-inch pieces  
1/2 large onion, cut into chunks  
2 cloves garlic

Take the remains of the turkey and break it into pieces that fit in a large soup pot, over medium-high heat. Cover with water by at least an inch. Add carrots, celery, onion and garlic. Cover and bring slowly to a boil. Reduce heat to low and skim any film off the surface. Cover and simmer for about three to four hours.

Remove from heat. Strain to remove smaller particles in the stock. Pour the liquid through a mesh sieve placed over a large pot. Discard the turkey bones, meat and vegetables. Place the stock into containers and refrigerate immediately. Refrigerate soup stock overnight. Skim any congealed fat from the surface in the morning.

The stock will last for about a week in the fridge. You can freeze the stock, and it should last for about three months.

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# GENERATIONS

NEWS FOR SENIOR AND DISABLED RESIDENTS OF KCHA COMMUNITIES

## Gardening works to unify diverse community at Casa Juanita

BY HEATHER MILLER  
King County Housing Authority

At Casa Juanita, where residents hail from across the globe, gardening often acts as an important universal language.

In the two years since residents at the Kirkland property gave new life to their community garden, the 18 garden spaces have become a source of pride, fulfillment and friendship.

"I like knowing that I'm growing something. That has a significance or a value, that you're creating something," Casa Juanita key keeper Terry McLlarky said. "You get to see the fruits of your labor, and there's a camaraderie, a friendship that goes on in there."

Most residents grow vegetables – cabbages, tomatoes, beans and even herbs such as dill. Gardeners from different cultural backgrounds, who ordinarily might shy away from one another, often trade playful jabs about who grew the best vegetables in a given season.

"I'm really struck by the diversity



out here," McLlarky said. "There are only a dozen or so English-speakers. So communicating in our primary language is difficult. I've learned a few words in Russian. ... People get a kick out of being spoken to in their own language."

For resident Petr Grinberg gardening at Casa Juanita reminds him of his childhood growing up in a small village in Moldova, a country that sits between Romania and Ukraine.

"We planted a lot of vegetables," he said. "All of my life, I was working as a farmer. My father was also a



PHOTOS BY HEATHER MILLER

Casa Juanita key keeper Terry McLlarky takes a stroll through the community garden at the Kirkland property, also shown above left.

farmer, and I helped him as a boy.

"The garden also helps us because my income is very low," Grinberg said. "It helps me to live and prepare for the winter."

The gardens sit next to Juanita Creek, which provides a scenic,

peaceful place to which residents can retreat.

"People spend hours out here," McLlarky said. "When you sometimes feel like the world is on your shoulders, it's nice to come out here, and let your troubles go."

## Avoid the flu

Whether or not you get a flu shot, you should follow these steps to avoid getting sick with the flu:

- Wash your hands often. One of the most common ways people catch the flu is by rubbing their nose or their eyes after their hands have been contaminated with a virus.

- When you wash your hands, make sure you do it correctly.

1. Wet your hands and apply soap.

2. Rub your hands vigorously together, and scrub all surfaces.

3. Continue for 10 to 15 seconds.

4. Rinse well and dry your hands.

- Avoid using anti-bacterial soap to wash your hands or disinfect other items. Studies have shown anti-bacterial products are no more effective

than regular soap in killing serious germs. Also, scientists are afraid that by exposing bacteria to these antibacterial chemicals regularly, the germs will grow resistant to them.

- Teach your children to turn their heads and cough or sneeze into a disposable tissue or the inside of their elbow, if a tissue is unavailable.

- Cover your mouth and nose with a tissue or your elbow when coughing or sneezing.

- Use disposable tissues to wipe or blow your child's nose.

- Avoid close contact with people when you are sick. Don't go to school, daycare, work, etc., if you are sick with the flu.

- Routinely use soap and water to clean the surfaces of toys and objects that younger children may put in their mouths.

To find out about flu shots, turn to the story on Page 2 in the Local/National section of The Voice.

## Paramount House residents fondly remember departed neighbor

BY CANDACE IVES  
King County Housing Authority

Paramount House resident Donna Mae Eagan was a musician and an artist who possessed great talent for drawing and painting beautiful pictures. She was beloved by those who knew her.



Donna Eagan

Eagan passed away Sept. 18. She was 71.

Eagan lived at Paramount House for eight years and loved her time there. She had two children, and her daughter, Carla James, also lives at

Paramount House.

"My mom loved the other residents," James said. "She loved the location of Paramount House: how close it was to shopping and other amenities. She adored the KCHA staff, but most importantly, this was her home."

Eagan always was fun to be around. She was an active resident who participated in the monthly coffee socials, Bingo games, potlucks, barbecues and other events in the building.

She will be missed greatly by her family, friends and the many residents and KCHA staff whose lives she touched.

### We want to hear from you!

If you live in a KCHA community that houses seniors and individuals with disabilities, you should soon receive a short Resident Satisfaction Survey from the Housing Authority – if you haven't already.

When you receive the survey, please take a moment to fill it out and return it to the drop box at your community or send it back to us in the mail – we'll provide the postage!

We're hoping to receive surveys from as many of you as possible because your feedback is important to us. If you have any questions, please contact your resident services coordinator.

### 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.

## Renovation at Mardi Gras cheers residents, adds three accessible units

By SERGUEI NIKITINE

King County Housing Authority

Perhaps no one is more excited about the conclusion of a major construction project at Mardi Gras than resident Aleksandr Nemtsov.

The finished project means that he's able to move into a new first-floor unit within the Kent building that has been remodeled so that it's fully accessible, according to the Americans with Disabilities Act guidelines.



**Aleksandr Nemtsov**

Nemtsov, who immigrated to the United States from Kazakhstan in 2001, has struggled with a chronic, debilitating disease for many years.

Though it had been in remission, the disease recently came back with five-fold strength – almost robbing Nemtsov of his ability to walk. Although KCHA promptly granted his request to transfer to a more accessible unit, Nemtsov and his wife, Vera, were hesitant to leave Mardi Gras.

The building's community is composed largely of immigrants and refugees from the former Soviet Union.

Finding many neighbors who speak the same language and share the same religious beliefs far away from their native countries has been important to the Nemtsov family. It has eased their transition and integration into a new life in the United States.

So the fact that the recently completed renovation created three ADA compliant units at Mardi Gras has been a true gift for the Nemtsovs.

"More than anything, we appreciate the fact that we did not have to leave Mardi Gras," Aleksandr Nemtsov



PHOTO BY HEATHER MILLER

*Mardi Gras residents chat with one another in their remodeled community room at a recent party to celebrate the end of a major renovation project at the Kent property.*

said. "We are happy that we are staying with our extended family of friends and neighbors, whom we have known for years and whom we can always rely on, with our building activities, our manager and others who have become a significant part of our everyday life."

Mardi Gras is one of eight public housing buildings receiving vital safety improvements and beautifully remodeled community spaces as part of a recent \$25 million financing transaction.

Residents there hosted an "End of Construction Party" recently to celebrate the project's completion.

Residents, W.G. Clark Construction Co. and KCHA staff worked hard the

past eight months to accomplish this enormous goal. Everyone was happy to see how beautiful the newly renovated building looks.

The lobby was redesigned with new, automatic sliding doors. New floorings and fresh, bright paint rejuvenated the entire building.

All residents have new front doors and bulletin boards for their units. And the air-conditioned community room with a brand new, fully equipped kitchen impressed everyone.

"As much as it was hard to imagine how the whole project would turn out, this place now looks like a first-class hotel," Mardi Gras resident Chuyeshkov Danil said. "Now, it's totally up to us to keep up the building and to pay

particular attention to being considerate and keeping things clean."

There were many emotional and warm words said at the party.

"The construction crew and everyone involved with the project did a great job, and we're very grateful," Mardi Gras resident Tatyana Timoshenko said.

Residents also thanked KCHA housing management and resident services staff, who in turn thanked the residents for their ready cooperation throughout the project.

"I owe it to all of you," Diana Sandusky, Mardi Gras property manager, told the residents. "I couldn't do it without you, your patience and your positive attitudes."

## Medicaid expands benefits to include quit-smoking initiative

By JIM STEVENSON

Washington Department of Social and Health Services

Medicaid clients now can access a new stop-smoking benefit that includes counseling and prescription drugs.

"Quit coaches" are available to support eligible Medicaid clients with free counseling, nicotine patches or gum, and by recommending a prescription medication, if appropriate. The benefit covers these services as well as the cost of recommended prescription medications, if prescribed by the client's own physician or advanced registered nurse practitioner.

"We are continually looking for ways to improve services for our clients, and quitting smoking is one of

the best things people can do to live longer, healthier lives," said Robin Arnold-Williams, secretary of the Washington Department of Social and Health Services (DSHS).

KCHA now has two sites – Northridge I in Shoreline and Plaza 17 in Auburn – that offer residents healthier, non-smoking environments. Meanwhile, the newly constructed Nia Apartments, which opened to residents in September, is entirely smoke-free. No one, including staff members and construction workers, has ever smoked there.

The Centers for Disease Control estimates that, on average, 14 percent of all Medicaid expenditures are related to smoking.

The new benefit represents a partnership between DSHS and the Wash-

ington Department of Health, where the Washington State Tobacco Quit Line will now help link Medicaid clients to their new benefit. The toll-free Quit Line is available to any Washington resident at 1-800-QUIT-NOW (1-800-2NO-FUME in Spanish). Since 2000, more than 100,000 people in Washington have called the quit line for help.

All Washington residents are eligible for some level of free quit support through the Quit Line, with services that range from free information, counseling, a personalized quit plan and local quitting resources to quit kits and a supply of nicotine replacement therapy, if appropriate.

Additional help for smokers is also available at [www.quitline.com](http://www.quitline.com).

### Time to celebrate Thanksgiving at KCHA

All of KCHA's communities for seniors and individuals with disabilities will host a Thanksgiving meal during the month of November.

Most events will take place the week of Thanksgiving, though some will occur the week before or the week after the official holiday. None will be scheduled on the actual Thanksgiving Thursday.

To find out about the time and date of the meal for your building, please contact your resident services coordinator. For information about Thanksgiving food programs in King County, turn to page 4 in the KCHA News section.

# HEALTHY FAMILIES

NEWS FOR FAMILIES LIVING IN KCHA COMMUNITIES

## Lifelong gardeners win first place in Green River yard contest

By HEATHER MILLER  
King County Housing Authority

They've loved growing flowers all of their lives.

And recently, Green River Homes residents Galina Malchevskaya and her husband Nikolay Malchevskiy were recognized for that work.

They won first place in Green River Homes' Yard Beautification Contest, which earned them a certificate and a \$50 Fred Meyer gift card.

"I just like the way it looks – making my home look nice and welcoming," Galina Malchevskaya said, explaining why she likes to garden, with their daughter, Alla Malchevskaya, acting as the interpreter.

"I enjoy planting and love to see it grow,"

Nikolay Malchevskiy said. "I hope that others enjoy seeing it as well."

When the couple first moved to Green River Homes in 1995, one of their first questions to KCHA staff was whether they could plant a garden outside their unit.

"They started from scratch," Alla Malchevskaya said.

It wasn't that hard for the gardeners to adjust to the Northwest climate since it is very similar to their native Ukraine. And they were particularly pleased to find they could grow their favorite flowers – roses.

Still, the whole family was surprised to win the first-place prize this fall.

"I hope that it inspires others to make their own gardens," Nikolay Malchevskiy said.



PHOTO BY HEATHER MILLER

Galina Malchevskaya (right) and her husband Nikolay Malchevskiy pose with their flower garden at Green River Homes in Auburn.

## Local programs offer Thanksgiving meals, food baskets

High food and gas prices and the country's economic uncertainty are taking a toll on all of us and could make for a stressful holiday season. However, many local charities and social service agencies have planned meals and food basket programs to help families in need this Thanksgiving. Below is a list of events and programs throughout King County this November:

### AUBURN

His Ministry

What: A traditional Thanksgiving Meal.

When: 2 p.m. Nov. 26

Where: Grace Community Church, 1320 Auburn Way S.

More information: 253-315-9570

### BELLEVUE

Bellevue Parks and Community Services

What: A free holiday meal for Bellevue families in need. Includes children's arts and crafts.

When: Nov. 25

Where: Crossroads Community Center, 16000 N.E. 10th St.

More information: 425-452-4874

### Salvation Army

What: Thanksgiving food baskets are provided for eligible East and North King County households.

When: Walk in to apply through Nov. 14

Where: Social Services Department – East King, 911 164th Ave. N.E.

More information: 425-452-7300

### BOTHELL

Hopelink – Northshore

What: Select holiday food items are offered for low-income Northshore School District residents.

When: Must register before Nov. 12

Where: 18220 96th Ave. N.E.

More information: 425-485-6521

### DES MOINES & FEDERAL WAY

Salvation Army

What: A limited number of Thanksgiving food vouchers are provided for eligible low-income families with children of Federal Way and Des Moines south of 216th.

When: Walk in to register through Nov. 25

Where: Social Services Department, 26419 16th Ave. S., Des Moines

More information: 253-946-7933

### FEDERAL WAY

Multi-Service Center

What: Thanksgiving food bags are provided for eligible low-income Federal Way School District residents.

When: Walk in to register between 10 a.m. and 2 p.m. Mondays, Wednesdays and Fridays through Nov. 21.

Where: 1200 S. 336th St.

More information: 253-838-6810

### KENT

Kent Food Bank and Emergency Services

What: Thanksgiving boxes are provided for residents of the Kent School District.

When: Walk in to register by Nov. 19

Where: 515 W. Harrison St., Ste. 107, Kent

More information: 253-520-3550



PHOTO BY HEATHER MILLER

Construction workers prepare to install new, more energy efficient windows in a unit at Plaza 17 – a KCHA community for seniors and individuals with disabilities in Auburn.

## Protect the environment by lowering winter energy use

By ANGELA WALLIS & JOEL GREGORY  
King County Housing Authority

Rather than turning up her thermostat in the winter, Plaza 17 resident Robin Kerekes just bundles up with sweats, sweaters and blankets.

Teresa Tradewell, who also lives at Plaza 17, shuts off lights whenever she leaves a room and keeps her thermostat at a steady 68 degrees.

"I think it's important to conserve energy for the rest of the world," Tradewell said. "I try to be green."

We want to help you limit your impact on the environment – particularly as winter weather arrives – by conserving energy wherever possible. Below is a list of tips that we hope can help you do just that.

- Turn down the heat. Set your thermostat as low as is comfortable when you're at home, typically 68 or 69 degrees. When you're leaving your home for a few hours or going to bed at night, lower the thermostat a few degrees.

- Bundle up. Dress in warm layered clothing, including socks, slippers and sweaters. In rooms that are colder than others, cover up beneath wool quilts or lap blankets rather than cranking up the thermostat.

- Keep your doors and windows closed as much as possible.

- Get some sun. Open your window shades and drapes on sunny days to let the sun's natural warmth in during the day. At night, close them to help keep the warmth inside.

- Avoid using plug-in, portable heaters. Those devices use a lot of energy and pose a fire hazard.

- Check your home for cold air drafts. You can submit a maintenance work order to have door sweeps or weather stripping installed.

- As always, turn off unnecessary lights and unplug electronics when you're not using them.

- If your refrigerator has coils under or behind it, make sure to clean them with a dusting wand or soft rag or vacuum.

# Neighborhood Networks grant connects families to computers, Internet

By KCHA STAFF

More than 2,000 KCHA residents who live in Kent will have greater access to computers and the Internet thanks to a \$250,000 Neighborhood Networks grant from the U.S. Department of Housing and Urban Development.

The grant applies to computer centers at three KCHA public housing developments: Cascade Apartments, Valli Kee Homes and the former Springwood Apartments (now known as Birch Creek). About half of the residents who live in those communities are between the ages of 7 and 20 – many

of whom are students in K-12 schools and community colleges.

“It’s great because you can do your homework there,” said Mohamed Abdullahi, a 15-year-old who uses the youth center at Birch Creek. “There are always people to help you out not just with your school work but also if you’re not great at using a computer.”

Two-thirds of the residents in the three KCHA communities come from countries other than the United States. Children can practice their growing English skills at the computer lab, receive additional assistance learning to read and understanding their

homework assignments and use the computers to complete their lessons successfully.

“Some kids who come here don’t have computers at home,” said Ebony Patterson, a 17-year-old who also uses the youth center at Birch Creek. “They can come here and look up the information they need, and there are computer classes to help people learn how to look things up.”

This grant will:

- Expand on-site literacy assistance for children, youth and adults
- Continue and expand upon opportunities for youth and adults to learn basic computer skills
- Continue and expand access to computers through the addition of six new computers and updated literacy software
- Continue home assistance to children and youth in an effort to help them succeed in school
- Add distance learning for General Educational Development (GED) test

preparation with the installation of two computers and online Renton Technical College instruction

• Expand parental involvement with their children in learning about the Internet and how to use it effectively and safely

KCHA will contract with Kent Youth and Family Services – a nonprofit, community-based social services agency – to provide the extended services in the greater Kent area provided for through the Neighborhood Networks grant.

In addition, Renton Technical College – which is providing a match of in-kind direct services with English Language Learner classes and online distance instruction – and the Center for Career Alternatives are partners in this effort.

This Neighborhood Networks grant will allow KCHA and its partners to provide the tools to help families achieve success in school and employment as they strive for self-sufficiency.



PHOTO BY HEATHER MILLER

Children and teenagers use the computer lab at the Springwood Youth Center in Kent to complete their school homework assignments. The lab is one of three at KCHA public housing developments that will benefit from a new Neighborhood Network grant.

## Outreach Program in Kent supports children, youth, families

Kent Youth & Family Services’ Outreach Program provides a variety of social services, recreational and educational programs for youth and their families living in three KCHA communities in Kent’s East Hill neighborhood: Birch Creek Apartments, Cascade Apartments and Valli Kee Homes.

After-school programming includes recreation and education activities and a computer lab program in the community recreation centers. This program helps reduce juvenile crime by providing youth with alternatives for their free-time and the support of positive adult role models. Individual, family and group counseling also is available.

KCHA, the Kent Police Department and the King County Sheriff’s Office support this program.

### Education, recreation activities

The Outreach Program provides activities for resident youth in first grade through age 19. Youth enjoy arts and crafts, cooking classes, tournaments, intramural leagues, teen nights, field trips, focus groups, career exploration, homework assistance and leadership groups. Program highlights include a yearly Talent Show in February and a Three-on-Three Basketball Tournament in April. Youth are encouraged to take part in program planning and to set goals for trips that have included camping and a trip to California.

### Computer lab

Computers are available for use by residents at all three recreation centers.

Adult students taking English as a Second Language classes use the computers to help them learn the language and acquire word-processing skills. Youth use the computers for research, homework, games and workshops with the guidance from adults. Other workshops have included building and maintenance of computers, networking, Microsoft Office classes, Internet usage, Web page development and typing.

### Outreach sites and schedules:

Cascade Youth Center  
20500 106th Ave. S.E.  
253-859-2378  
Open from 2 to 7 p.m. Tuesday through Friday

Springwood Youth Center (in the community now known as Birch Creek Apartments)  
12910 S.E. 273rd St.  
253-638-0473  
Open from 2 to 7 p.m. Tuesday and Thursday, from 2 to 9 p.m. Wednesday and Friday

Valli Kee Youth Center  
23401 104th Ave. S.E.  
253-859-2281  
Open from 2 to 7 p.m. Tuesday through Friday

For more information, please contact Kent Youth & Family Services at 253-859-0300.

## Ban the Bug

By EDEN BOSSOM

King County Housing Authority

In partnership with you, KCHA is raising awareness about cockroaches so that everyone may live without these uninvited houseguests. They are hungry creatures, seeking out their next free meal. They also need water; so it is very important to report leaking faucets as soon as a leak appears. By making some simple changes, you could prevent cockroaches from seeking your unit as their new home. Additionally, if you make these changes, then you may avoid having your home treated with pesticides.

In August, we shared some basic tips with you about how to reduce the likelihood of an infestation, such as by washing dishes immediately after meals, storing food in sealed containers and eating in a designated dining area in the unit rather than eating in different rooms. This month, we’re expanding on that list with additional ways that you can avoid tempting cockroaches into your home.

• Vacuum and sweep your home regularly to help remove bits of food. Use the narrow, crevice attachment that comes with your vacuum cleaner to suck food from under your refrigerator and stove, from cupboards and off furniture.

• Hard-to-clean areas can be main sources of cockroach infestations, and they need monthly attention. If possible, pull

out refrigerators, stoves and freezers, and clean behind, beside and under them.

• Regularly clean the inside of your oven and the air vent above your stove to remove grease.

• Wipe any grease off the stove top and burners every night.

• Clean up all food spills promptly, especially on carpets and furniture.

• Try to keep cupboards as tidy as possible, without a lot of clutter, so cockroaches don’t have narrow, dark places in which to hide.

• If you need to soak a pot overnight, make sure it’s filled with hot, soapy water.

• Don’t stuff paper bags in the space between your refrigerator and a kitchen cupboard. Store them in a cupboard or drawer away from the kitchen or bathroom.

• Avoid storing items in cardboard boxes – cockroaches thrive in cardboard.

• Regularly check water faucets and plumbing for leaks in the kitchen or bathroom sink. If you discover leaks, promptly contact your property manager.

• If your bathroom has a fan, use it after every bath or shower to reduce humidity.

• Don’t attempt to treat your unit yourself with over-the-counter foggers. Many of these products have chemicals in them that actually can make roaches resistant to the products that professional technicians apply.

If you practice these suggestions, cockroaches are much less likely to infest your home.

## Construction progress made at Birch Creek Apartments



PHOTO BY HEATHER MILLER

Construction workers are making steady progress on a major redevelopment project at Birch Creek Apartments in Kent. The buildings that are furthest along already have new roofs and windows, fresh siding and their first base coats of paint. The first redeveloped buildings are expected to open to residents in early 2009.



# TRANSLATIONS

TRANSLATED ARTICLES FOR OUR SENIOR AND DISABLED RESIDENTS

## HÃY TRÁNH ĐỪNG ĐỀ MẮC BỆNH CÚM

Dù quý vị đã có chích ngừa hay không, thì sau đây là những phương cách cần làm để giúp cho quý vị và những người trong gia đình tránh bị bệnh cúm:

- Rửa tay thường xuyên. Một trong những cách thông thường để bị nhiễm bệnh cúm là do xoa tay vào mũi, mắt sau khi bàn tay đã dính siêu vi khuẩn bệnh cúm
- Khi rửa tay, hãy làm chắc mình rửa đúng cách
- Xả nước vào bàn tay, rồi xoa xà bông vào
- Xoa hai bàn tay vào nhau thật mạnh và chà xát mọi nơi trên 2 bàn tay
- Tiếp tục làm như thế từ 10 đến 15 giây. Chính nhờ vào xà bông cùng với việc xoa mạnh hai bàn tay làm cho vi khuẩn trôi đi.
- Xả nước sạch và lau khô tay
- Hãy dạy cho con em phải xoay đầu (mặt) khi ho hoặc khi nhảy mũi vào giấy lau chùi hoặc chúi vào khuỷu tay khi không có giấy lau chùi.
- Hãy che miệng khi ho hay khi nhảy mũi
- Hãy dùng giấy lau để chùi hay để hỉ mũi cho trẻ em
- Tránh đừng đụng chạm người khác khi mình bị bệnh. Đừng đi học, gửi con em vào nhà trẻ, đi làm việc... nếu bị bệnh cúm.
- Thường xuyên dùng xà bông để rửa đồ chơi hay các vật dụng mà trẻ em hay cho vào miệng của chúng.

Để biết thêm về việc chích ngừa cúm, hãy mở trang 8, trong mục Local/National section của tờ báo Voice.

Iska ilaali hargabka

Ama halgu talaalo ama yaan lagu talaaline, waa inaad raacdo talaabooy-inkaan si ay adiga iyo qoyskaagaba idinka caawiyaan ka hortagga cudurka.

- Markasta dhaq gacmahaaga. Waxyaabaha ugu daran ee lagu kala qaado cudurka waa marka gacmo jeermiskii wata lagu tab-taabto sanko iyo indhaha.
- Markaad dhaqayso gacmaha hubso inaad si fiican udhaqdo
- Qoo marka hore kadibna saabuun ku mayr.
- Si fiican u xoq gacmahaaga, adigoo xoqe ku xoqaya
- Ku wad xoqidda iyo saabuunta 10-15 daqiiqo. Waa labadooda oo laysku daray waxa jeermiska dilaya.
- Biyo raaci gacmahaaga kadibna qalajii
- Bar carruurtaada in ay ku qufacaan ama ku hindhisaan santir ama suxullaabkooda hadaysan haysan tissue
- Daboolo afkaaga iyo gacantaada markaad qufacaysid
- Isticmaal tishuu markaad ilmahaaga duufka ka tirayso
- Ka fagow dadka markaad hargabsan tahay, hana aadin iskuul, shaqo iyo xannon iwm.
- Markasta biyo iyo saabuun ku dhaq waxyaabaha ay carruurta ku cayaaraan afkan gashan karaan.

Si aad u ogaanto talaalka hargabka, fiiri bogga 8aad qaybta wararka dalka ee wargeyskaan Voice.

**Avoid the flu**  
**Evazavazak**  
 1. Wash your hands often with soap and water. If you are in a public place, use hand sanitizer. Wash your hands for at least 20 seconds. Dry your hands with a clean towel or paper towel.

2. Avoid touching your eyes, nose, and mouth. Germs can spread from these areas to your face.

3. Avoid close contact with people who are sick. Stay home if you are sick to avoid spreading germs to others.

4. Cover your mouth and nose with a tissue when you cough or sneeze. If you do not have a tissue, cough or sneeze into your elbow.

5. Avoid sharing personal items like cups, glasses, and utensils with someone who is sick.

6. Clean and disinfect frequently touched objects and surfaces using a bleach solution or other disinfectant.

7. Get a flu vaccine every year. It can help reduce the risk of getting the flu and spreading it to others.

8. Stay healthy by eating a balanced diet, getting enough sleep, and exercising regularly.

**Avoid the flu**  
**Избегайте гриппа**  
 1. Wash your hands often with soap and water. If you are in a public place, use hand sanitizer. Wash your hands for at least 20 seconds. Dry your hands with a clean towel or paper towel.

2. Avoid touching your eyes, nose, and mouth. Germs can spread from these areas to your face.

3. Avoid close contact with people who are sick. Stay home if you are sick to avoid spreading germs to others.

4. Cover your mouth and nose with a tissue when you cough or sneeze. If you do not have a tissue, cough or sneeze into your elbow.

5. Avoid sharing personal items like cups, glasses, and utensils with someone who is sick.

6. Clean and disinfect frequently touched objects and surfaces using a bleach solution or other disinfectant.

7. Get a flu vaccine every year. It can help reduce the risk of getting the flu and spreading it to others.

8. Stay healthy by eating a balanced diet, getting enough sleep, and exercising regularly.

**7-7-777 መከላከል**  
**የ7-7-7 መከላከያ ክትባት ቢከተቡም ሆነ ባይከተቡ ከዚህ በታች የተጠቀሱትን ነጥቦች በመጠቀም እራስዎንም ሆነ ቤተሰብዎን ከፍሉ መከላከል ይችላሉ።**

- ቶሎ ቶሎ እጅዎን ይታጠቡ። አንዱና ዋናው የፍሉ ቫይረስ የሚረባው አፍንጫን ወይም አይንን በማሻሻት በእጅ አማካኝነት በቀላሉ ቫይረሱ ሊጋባ ይችላል።
- እጅዎን በሚታጠቡበት ጊዜ በትክክል መታጠብን እርግጠኛ መሆን።
- በመጀመሪያ በውሃ አርሰው ሳሙና ይጠቀሙ።
- ሁለቱን እጅዎን በደምብ እሽት አርገው ታጠቡ።
- ከ10 እስከ 15 ሰከንድ በሳሙና በደንብ አሸተው ከታጠቡ ጀርመን ከእጅዎ ላይ ማስወገድ ይችላሉ።
- እጅዎን በደምብ አለቅልቀው ያድርጉት።
- ልጆች ሲያስነጥሱ ሆነ ሲሰሉ ዞር ብለው ቲሹ ፔፐር እንዲጠቀሙ ያድርጉ ይህ ካልተቻለ እጃቸውን በማጠፍ በክንዳቸው ውስጥ በመከለል እንዲጠቀሙ ማስተማር።
- በሚሰሉበት ወይም በሚያስነጥሱበት ጊዜ አፍ መሸፈን።
- የልደምን አፍንጫ ለመጥረግም ሆነ ለማናፈጥ ቲሹ ወረቀት ተጠቅመው መጣል።
- በታመሙ ጊዜ ከሰዎች አለመገናኘት። ትምህርት ቤት፣ ደይኬር፣ ስራ ወይም ሌላ ቦታ አለመሄድ።
- የሀገሪቱን መጫወቻቸውንም ሆነ አንዳንድ እቃዎችን ባፋቸው ስለሚነኩ እነዚህን ነገሮች ዘወትር በውሃና በሳሙና ማጠብ።

ስለፍሉ በይበልጥ ለማወቅ በገፅ 8 በሚገኘው የቮይስ የሎካልና የናሽናል ገፅ ይመልከቱ።

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**ፍሉ 7-7-6 ተከላከሉ።**  
**ናይ ፍሉ ክታብት ዝተከተቡኩምን ዘይተከተቡኩምን ኣዞም ዝሰዕቡ ነጥብታት ንስኹምን ስድራኹምን ብፍሉ ንክይትጥቅዑ ይሕግዝኹም።**

- ኩሉግዜ ኣኢድኩም ተሓጸቡ ፍሉ ዝመሓላለፉ ምክንያት ሰባት ዓይኖም ኢዶን ምስዝተንክፉ ኣቶም ቫይረስ ብኡ ኣቢሎም ይተሓላለፉ።
- ኣዳዎም ብስርዓት ጌርኩም ትሕጸብዎም።
- ኣዳዎኩም ኣጽቢቕኩም ማዘዎም ሕጸብዎን ።
- ካብ 19 ክሳብ 15 ደቓይቕ ሳብናን ምምዋዝን ብምግባር ንቶም ጀርምስ ክትጸርግዎም ትከክሉ።
- ኣኣዳዎም ኣኣዝፊፍኩም ኣንቅጽዎ
- ደቅኩም ቲሹ ክጥቅሙ ኣምህርዎም ውይይማ ኢዶም እጅጌ ተጠቐሞም
- ክትሰዕልን ህንጥሾ ክትብል ከሎካ እፍካ ዕበሶ
- ኣፍንጫ ደቕኹ ክትጸርግ ኣንከሎኹ ቲሹ ተጠቀም።
- ፍሉ ምስዝሕዘካ ካብ ካልኣት ሰባት ረሓቕ ቤትምህርቲ ኣኣይትኹድ ደይከር ስራሕ ው.ዘ.ተ
- ሳብናን ማይን ብምጥቃም መጽቲ ቆልዑ ኣጸርይዎ ኣብ ኣሮም ዘእትዉዎ።

ብዛዕባ ፍሉ ዝበለጸ ኣፍልጦ ክትቐሰሙ ኣብ ገጽ 8 ኣንብቡ ናይ ከባብን ሃገራዊ ክፍሊ ናይ ቮይስ ጋዜጣ።

# WHITE CENTER SCENE

NEWS ABOUT THE GREENBRIDGE AND PARK LAKE II COMMUNITIES

## Center focused on early learning breaks ground at Greenbridge

BY HEATHER MILLER  
King County Housing Authority

Parent Cynthia Engel thinks a new Educare Learning Center at Greenbridge is a much-needed facility that will improve the lives of the White Center area's youngest children.

"I think the idea of a community center for little, little kids is a great one, especially if there's an equal opportunity for everyone," said Engel, who lives in White Center and has a 4-year-old and a 2-month-old.

The new, 30,000-square-foot center broke ground in October and will replace the existing Head Start facility in White Center.

KCHA is very excited to have the Educare Learning Center at Greenbridge and is contributing land and New Markets Tax Credit financing for the project.

At the groundbreaking event, KCHA Executive Director Stephen Norman explained how White Center serves as a gateway community for immigrant families who speak several dozen languages and have moved to the United States from all corners of the globe.

"The heart of Greenbridge is about building people's lives and futures," said Norman, whose own father grew up in a non-English-speaking household and learned

English through the public school system. "I know that there's nothing more important to families building new lives in this country than the education of their children."

The state-of-the-art center will:

- Expand the existing Head Start program to include services for infants and toddlers. Those infants and toddlers would remain with the same teaching team until they transition to preschool.

- Offer small class sizes, with a maximum of 17 children per preschool class and a maximum of eight children per infant/toddler class.

- Provide training on children's social-emotional development and language/literacy for parents, teachers and family support staff.

- Launch a new nurse home-visiting program and expand other home-based supportive programs such as prenatal care.

- Provide new training opportunities for child care staff throughout the region in an effort to improve the quality of services by licensed childcare programs in centers and family childcare settings.

"We're not just teaching kids, we're changing their lives," Sen. Patty Murray, D-Washington, said at the groundbreaking event.

The new facility also will serve as the hub



PHOTO BY HEATHER MILLER

(From left to right) Sen. Patty Murray, D-Washington, Bob Watt, board vice-president for Thrive by Five, KCHA Executive Director Stephen Norman, William H. Gates Sr., co-chair of the Bill and Melinda Gates Foundation and co-chair of Thrive by Five, and Dan Pedersen, president of the Buffett Early Childhood Fund, break ground on the new Educare Learning Center at Greenbridge. They received some help from children in the Learning Way School and Day Care in White Center.

for services provided by the White Center Early Learning Initiative.

WCELI is a partnership of community members and public and private organizations and is funded by grants from Thrive by Five Washington and the Bill & Melinda Gates Foundation. It is coordinated by the

Puget Sound Educational Service District and cooperatively administered through partnerships with Child Care Resources, Public Health - Seattle & King County and Highline Public Schools.

The center will be constructed adjacent to White Center Heights Elementary.

## YWCA, new library branch open at Greenbridge

A grand opening celebration for the new YWCA Learning Center at Greenbridge is scheduled for November.

The event, which is open to the entire community, is at 11 a.m. Nov. 5 at the center, 9720 Eighth Ave. S.W., Seattle. It will include a variety of musical and children's events followed by a ribbon-cutting ceremony.

The new 10,000-square-foot YWCA Learning Center at Greenbridge includes classrooms, a state-of-the-art computer learning lab and a King County library branch. It also houses the YWCA's Greenbridge Career Development Center and the GirlsFirst leadership program, both formerly operating in temporary locations.

The new 2,300-square-foot library branch specializes in services to children and includes



PHOTO COURTESY OF KING COUNTY LIBRARY SYSTEM

The new YWCA Learning Center at Greenbridge includes classrooms, a state-of-the-art computer learning lab and a King County library branch.

a World Languages Collection. It also features public computers, and a meeting room is available for non-commercial purposes.

The new building meets Built Green™ standards. It also offers ample parking and access to nearby community facilities.

## Energy festival raises awareness about conservation

More than 250 volunteers took to the streets of White Center in September, tasked with sharing information with some 7,800 households about how they could conserve energy and reduce their carbon footprint.

Those volunteers distributed eco-bags filled with compact fluorescent light bulbs, low-flow showerheads and timers and reusable shopping bags - simple items that can help us all become more eco-friendly.

"It's important to help educate and inform residents who come from so many diverse places and perspectives to see their impact on the world, to understand how even simple energy-reducing activities can save money, improve their neighborhood and impact the next gen-

eration of children," said Aileen Balahadia, executive director of the White Center Community Development Association.

The event was sponsored by the Moon-town Foundation, White Center Community Development Association, Got Green Project, Climate Action Now, Climate Solutions, Community Coalition for Environmental Justice, EnviroSpeakTV and Green For All.

### Learn more

To find out how you can conserve energy in your home, please turn to Page 5 in the KCHA News section.



PHOTO BY HEATHER MILLER

Volunteers Carmen Visan (left) and Dennis Adams (right) share information with a White Center resident about ways he could conserve energy at home and save money, during a national day of action in September.

## News Notes

### Highline Public Schools School calendar

- Nov. 5: Students in grades K-12 will be released early from school.
- Nov. 11: All Highline schools will be closed for Veterans Day.
- Nov. 24-26: All Highline elementary schools will be closed for conferences.
- Nov. 27-28: All Highline schools will be closed for Thanksgiving Break.

### White Center Library

- Family Story Time: 11:30 a.m. Nov. 6, 13 and 20. Stories, songs, finger plays and fun for families to enjoy together.

- World Language Story Time: 6 p.m. Nov. 25. Join us for Vietnamese stories, songs, rhymes, dances and more.

- Game On!: 2:30 p.m. Nov. 5, 12, 19 and 26. A program for teenagers in middle and high school. Teens can play their favorite multi-player video games on GameCube, Xbox 360 and the Wii.

The White Center Library is at 11220 16th S.W., Seattle. It is open from 11 a.m. to 9 p.m. Monday through Thursday and from 11 a.m. to 5 p.m. Friday and Saturday. For more information, please call 206-243-0233.