



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



# The Voice

August  
2005  
Articles translated  
into six languages

The newspaper of Neighborhood House

## Park Lake students speak out on hunger, African aid



PHOTO BY STACY SCHWANDT

Students from the Neighborhood House youth tutoring program at Park Lake Homes wrote letters to the President last month in support of increasing aid to Africa.

By STACY SCHWANDT  
Voice editor

The students in Neighborhood House's Park Lake youth tutoring program are waiting for mail from the White House.

They're hoping for a response from President Bush to the nearly 20 letters they sent to Washington D.C in early July.

"For Africa," 7-year-old Tewolde Tekle said of the reason he wrote to the President. "Every three seconds a child in Africa dies because they have no food."

"Because he has millions of money and he could help them," added 10-year-old Maika Bui.

"You forgot power," said 8-year-old Senait Tekle. "The power to decide if we should help kids in Africa."

"Yeah, and it isn't just one president it's a whole group of governments," Bui added.

As the Group of Eight industrial nations met in Scotland, the Park Lake students joined thousands in expressing their support for increased aid to African nations.

British Prime Minister Tony Blair had placed that discussion high on the G-8 summit's agenda. By the time the conference was over, G-8 leaders had committed to doubling aid to Africa to \$50 billion by 2010 and reducing the debt owed by 14 African nations.

Because of the class activity, 9-year-old Rahmo Ali watched news reports with interest.

"I saw one, and it was in front of a big gray building, there were lots of people with signs," she said. "One sign said, 'Support Africa.'"

It was this type of engagement that Neighborhood House Youth Tutoring Coordinator Nina Burgess hoped to inspire in her students when she started the project, which she undertook as part of a broader campaign called "ONE."

The ONE campaign was started in April by a coalition of anti-poverty organizations and celebrities to rally Americans to fight global poverty. Nearly a million Americans have signed their names to the ONE declaration, which calls for the U.S. to dedicate one percent of its budget to alleviating poverty.

Burgess said she was moved by the idea that she and her students could do something to help Africa, the continent from where many of her young students still have family members.

"I hope that they understand the power of their voice, and the right we have in this country to use it," she said. "I hope it also develops a sense of compassion, a sense of brotherhood and the idea that every person in this world is from one family."

## Yesler residents want say in redevelopment

City council meeting sets the stage

By STACY SCHWANDT  
Voice editor

Yesler Terrace residents had their first chance to share their perspective on the possible redevelopment of their community with Seattle City Council members last month.

"We used to be happy living in Seattle Housing, but now we are worried," Yesler Terrace resident Ruqiyo Abdi said during a forum in the crowded Council chambers. "We don't want to move anywhere else."

The Seattle Housing Authority has stated its intention to eventually redevelop the 561-unit community that was built in 1939 as the city's first public-housing development.

"That housing is at risk," said SHA Commissioner David Bley. "It was not built to last for 60 years, it is difficult to maintain it and we can no longer count on federal dollars to subsidize it."

Housing authority officials said they will work with residents for at least a year to plan redevelopment. Physical changes will not take place before 2009, they added.

Yesler Terrace residents told council members they want to make sure they're at the table to represent their own issues as the process unfolds.

"I'm here to start to talk about what it means to be real partners with poor people," said Yesler Terrace Community Council President Naomi Finkelstein. "I think people are used to giving lip-service to partnering and then patting us on the head and saying, 'There, there, don't worry, we'll take care of you.'"

Both Yesler Terrace residents and their advocates expressed the desire to see the same number of low-income units on site after redevelopment.

During other SHA redevelopment projects at Holly Park (now NewHolly), Rainier Vista and High Point, some low-income dwellings were replaced with units in other areas of town.

Two of the four council members present at the forum said that they support the residents' demand.

"If we can do projects that work, we should not have any displacement, you should not have any displacement, you should not have any displacement," said one council member. **Please see "Forum" on page 2**

## Immigration reform featured at local forum

By HATE FREE ZONE WASHINGTON

U.S. Senator Patty Murray met with immigrants from across Washington in late July as part of the first-ever immigrant rights hearing in the state.

The forum, which took place in Seattle, was sponsored by Hate Free Zone Washington, along with a number of other community organizations.

The all-day event featured testimony from immigrants from Africa, Asia and Latin America who have suffered under the current immigration system.

Their powerful stories centered on family reunification and the path to citizenship, justice on the job, human rights and civil liberties.

In his testimony, Somali immigrant

Abdinasir Ali Nur explained that he is still waiting for his citizenship papers three years after passing the test.

"I have visited the offices of the Immigration Services more than six times since I took my examination," he said. "Each time, I have been told that my case was still pending, and no reason for the delay was given."

In 2001, Nur's shop was raided and temporarily shut down by federal agents. They never provided him with an explanation, nor charged him with a crime.

Luis Lopez, a naturalized citizen, described the difficulty his family has faced since his wife was denied residency.

When Claudia Lopez first came to the **See "Immigrants speak..." on page 2**

### In this issue

|                          |        |
|--------------------------|--------|
| Health Notes             | Page 2 |
| CAREFUL SWIMMING         |        |
| One to grow on           | Page 3 |
| ZUCCHINI DREAMS          |        |
| Energy assistance        | Page 3 |
| SEATTLE PUBLIC UTILITIES |        |
| STARTS PILOT PROJECT     |        |
| Translations             | Page 4 |
| AFFORDABLE PHONE SERVICE |        |

### Quotable

"We can't have a safety net for citizens in trouble if the net has holes in it."

Seattle City Council member Jim Compton on the need for the new energy assistance program offered by Seattle Public Utilities.

See story on page 3

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## Health Notes

A column devoted to your well-being

### Stay healthy at beaches and pools this summer

BY PUBLIC HEALTH - SEATTLE & KING COUNTY

As the weather warms up and children and adults head to area beaches and pools to enjoy fun in the sun and physical activity, Public Health - Seattle & King County reminds swimmers to take special steps to remain safe and healthy.

"We have abundant and beautiful beaches and pools throughout King County, which I encourage all of our residents to enjoy safely," said Dr. Alonzo Plough, director of Public Health - Seattle & King County. "Paying attention to water safety and good personal hygiene is essential for the health and well being of the whole community."

#### Recreational water illnesses

Recreational water illnesses are caused by germs that have the potential to infect a person who accidentally swallows or has contact with contaminated water.

Public Health recommends that swimmers do not swallow the water and that parents cover their baby's diapers with tight plastic pants or use diapers designed for swimming.

Do not swim in a pool or lake if you've had a fever, diarrhea, or nausea within the past 24 hours. Remember to take a shower before swimming and take your children on bathroom breaks often.

Public pool operators are required to chemically treat pools to kill harmful germs.

It is the patron's responsibility to follow all posted rules at pools, including showering before use, wearing tight-fitting

plastic pants over diapers and avoiding use when sick.

#### Swimmers' itch

While the water quality of King County beaches is generally good, many ducks and geese share lakes with people.

Swimmers' itch is an itchy skin condition caused when parasites from water fowl burrow into a swimmer's skin and die. While not contagious or long lasting, the parasite may cause itchy red bumps for about a week, and can become infected with excessive scratching.

To avoid swimmers' itch, all lake swimmers and waders should apply a waterproof sunscreen prior to swimming, which may provide some protection.

Briskly dry off with a towel as soon as you come out of the water, including skin under swimsuits. Shower immediately if facilities are available.

#### Water safety

Stay safe this summer at pools, beaches, and rivers by learning how to protect yourself and your family from preventable drowning or near drowning. Drowning is the second leading cause of death for children under the age of 14, so follow these rules and suggestions.

Always provide supervision for children when they are in or near water. Ensure sober adults are present and able to provide immediate rescue to children in need, choose swimming areas where lifeguards are present. Make sure your whole family knows how to swim. Wear a life jacket when swimming or boating in open water where a lifeguard is not present.

## Free swim lessons offered

BY VOICE STAFF

Enjoy the summer weather with free swimming lessons at nine local beaches.

Seattle Parks and Recreation offers free lessons for youth ages 6 and older. Classes are held daily on Monday through Friday from 11:15 to 11:45 a.m.

There are two August sessions, the first runs from Aug. 1 to 12 and the second runs from Aug. 15 to 26.

The classes will take place at the East Green Lake Beach, 7201 W. Green Lake Dr. N., Madison Beach, 1900 43rd Ave.

E., Madrona Beach, 800 Lake Washington Blvd. S., Magnuson Beach, 9300 51st Ave. N.E., Mt. Baker Beach, 2301 Lake Washington Blvd. S., Pritchard Beach, 8400 56th Ave. S., Seward Beach, 8400 Lake Washington Blvd. S., and West Green Lake Beach at 7312 W. Green Lake Dr. N.

Parents can register their children in person at each location between the hours of 11 a.m. and 7 p.m. No telephone registrations will be accepted.

For more information, contact the Parks Department at (206) 684-4075.

## Forum

Continued from front page

have my commitment to fight for that," said Council member Nick Licata.

Council member Peter Steinbrueck was the other to make that promise.

"It's great to hear from you the residents, yourselves," he said, noting that his father was the project architect for the Yesler Terrace development in the 1930s.

Just as Steinbrueck took pride in his

family's contribution, Yesler residents took the time to point out that they have made a great contribution to their neighborhood.

"We, as the residents of Yesler Terrace, have built beautiful landscapes in our yards and strong relationships in our community," said resident Penny Mills.

"People here are working low-wage jobs and some people here are working two jobs...I beg anybody that's involved with this redevelopment to think about family, to think about children."

## Immigrants speak at forum



PHOTO COURTESY OF HATE FREE ZONE WASHINGTON

Senator Patty Murray speaks with forum participants.

U.S. from Mexico in 2000, an immigration official incorrectly reported that she falsely claimed U.S. citizenship.

"(A) lawyer also told me that, even though the officer misunderstood what Claudia told him, there is no way to appeal the officer's decision in the United States courts," he said.

Falsely claiming U.S. citizenship makes a person ineligible for permanent residency.

The afternoon included a series of workshops for those working to reform the immigration system, including round table lunches, a plenary session and workshops on workers' rights, legislative and immigration issues.

In addition to Senator Murray, Seattle

Mayor Greg Nickels, State Representative Phyllis Gutierrez-Kinney, and U.S. Representative Jim McDermott also spoke.

The hearing also featured a public comment period.

During the public comment period, Pramila Jayapal, executive director of Hate Free Zone, presented a set of principles for Just and Fair Comprehensive Immigration Reform. Representative Gutierrez-Kinney's speech closed the session.

Seattle's communities of color and their allies turned out heavily for the forum, with attendance at the morning hearing estimated at around 800 people.

More than 200 people were present for the afternoon workshops, bringing total attendance to more than 1,000.

## Free class for Seattle-area seniors offers 'a taste of healthy living'

BY JESSICA ADAMS

Healthy Aging Partnership

Low-carb or high-fiber?

Atkins or Weight Watchers? Eat meat or go vegetarian? Heart health, diabetes control, weight loss...who can make heads or tails of what it takes to eat right and still enjoy your meals?

The Healthy Aging Partnership has the answers in a free class on nutrition for adults ages 60 and older.

"A Taste of Healthy Living" is a half-day session to help older adults make wise food choices that will help them live healthier and longer lives.

The session, open to all King County seniors, is scheduled to run from 9 a.m. to 1 p.m. on Wednesday, August 17, at Yesler Community Center, 917 E. Yesler Way in Seattle.

As we age, the effects of nutrition on our bodies, minds and lifestyles change, too. The workshop will cover the basics of nutrition and a healthy diet, while focusing on how to choose easy-to-prepare and tasty meals and snacks.

A cooking demonstration and some information on moving for fun and fitness will round out class activities.

A light breakfast and full lunch are included, along with recipes, door prizes, gifts and health information.

The class will be led by three health professionals, who bring a wealth of experience to their work.

Janet Kapp is a registered dietician who has worked in clinics, schools and com-

munity settings.

Kapp currently works as a nutrition consultant with Public Health - Seattle & King County in the Chronic Disease Prevention and Healthy Aging Division.

She works primarily with older adults who are at risk for or have a chronic disease, and she specializes in diabetes.

Mary Podrabsky has served as the associate director of nutrition projects for Senior Services of Seattle/King County since 1980.

Programs she helps to run include a nutrition program that serves approximately 125,000 people annually and operates in 30 locations, Meals on Wheels which delivers 500,000 meals to 3,000 homebound seniors annually and a mobile market, which is a home-delivered grocery program.

Eva Montee has more than 30 years of experience in the fitness industry. She holds a BA from Washington State University and is currently employed by Mountain View Hospital in Madras, Oregon coordinating wellness and community education programs.

There is no charge for the class, but space is limited. Participants must sign up for the event in advance. The deadline for registration is Aug. 10. For more information or to make a reservation, call (206) 721-9540 ext. 2.

For information on transportation options, call the Healthy Aging Partnership at 1-888-4ELDERS (1-888-435-3377). The organization is a coalition of more than 40 Puget Sound organizations dedicated to the health and well-being of older adults.

### The Voice

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

# Seattle Public Utilities starts assistance program

*Pilot program will assist eligible customers with their water bill*

By CITY OF SEATTLE

Low-income people who face an immediate water service shut-off may qualify for an emergency assistance pilot project that could cover half of their utility bill.

At the direction of Mayor Greg Nickels and the City Council, Seattle Public Utilities will run the pilot program through December 2005. The program's aim is to help citizens in need and gather data to shape a long-term strategy for helping SPU customers who are at risk of having their water shut off.

"This pilot program will allow us to start helping people with their water bill immediately, and will help us build a strong program for the future," Mayor Nickels said.

The program is available to residential customers who have incomes at 125 percent of the poverty level and who live within city limits.

For example, a family of three with an income of \$1,676 per month, or \$20,115 per year, is at 125 percent of the poverty level. Households accepted into the program may receive an emergency credit of up to half of their delinquent bill, with a maximum credit of \$200.

"Until this fund was created, people have had no place to turn for help to pay for the most basic requirement of life," said Council member Tom Rasmussen, who initiated a review of SPU assistance programs last fall as part of the Council's budget process. "Now, Seattle will be able to help disabled people, senior citizens and families who have fallen on hard times and

who are struggling to make ends meet."

"We can't have a safety net for citizens in trouble if the net has holes in it. This measure shows we are willing to make sure that both of Seattle's large utilities can help those in economic distress," said Council member Jim Compton.

SPU's Residential Services Team will review each applicant's eligibility, and applications for this program will require income verification.

Interested individuals may call SPU at (206) 684-5800. Households that already qualify for low-income energy assistance programs may also qualify for this pilot program.

"Most of these families struggle each month to make a mortgage or rental payment and are already tapping into other public benefit programs in order to survive," said Patricia McInturff, director of the Seattle Human Services Department. "Seattle Public Utilities' pilot project will provide tremendous help to many families who are facing the loss of services due to financial crises."

Customers in financial crisis must currently rely on friends, families and non-profit agencies for help with their water and sewage bills.

The fund for the pilot totals \$50,000. Once funding for this pilot program is exhausted, no additional funds are available until decisions are made for a long-term solution.

SPU anticipates the implementation of a permanent financial assistance program in 2006.

## Kids pitch in to add art and life to Yesler Terrace basketball court



PHOTO BY LINDSAY ANDERSON

Students involved in *The Nature Consortium* program at the Yesler Terrace Community Center have been painting murals that will be hung on the fence surrounding the community's outdoor basketball court. The court is being renovated by AmeriCorps volunteer Lindsay Anderson. In May, Anderson led a team of residents and volunteers as they painted lines on the court and distributed flyers to residents to inform them of the project. *The Nature Consortium* is a nonprofit organization that aims to teach children environmental lessons through creative arts projects.



## One to grow on

*Garden tips for community gardeners*

### Savoring squash and zucchini

By ANZA MUENCHOW

*Special to the Voice*

Now that you've harvested all your peas and spring lettuce, you'll have lots of space in your garden for your fall and winter crops.

A fall planting of spinach is especially nice because it doesn't have as many pests, like leaf miners, as spring spinach does.

Salad greens like lettuce, mizuna and mache (corn salad) can be replanted in August since they also do well in the cool fall temperatures.

Plant some cilantro now to go with your late September tomato and pepper salsas. It is less likely to bolt as the days are shorter and cooler.

My favorite over-wintering crop is purple sprouting broccoli. Plant it in July or August and it will stay a compact plant all through the fall and early winter.

In the late winter and early spring the broccoli plant will get much larger and shoot up the most beautiful little florets. A well cared for plant will offer pounds of product. Cook these purple stocks and they will turn a rich green for serving.

I hope you're enjoying your summer squash. Be sure to pick the fruit often, and don't let them get too large on the vine. This will encourage the plant to continue producing all season.

Zucchini is wonderful in a stir-fry or just sliced lengthwise, coated in olive oil and salt, and roasted in a hot oven (400 degrees

for 15 minutes).

For those larger zucchini, consider a stuffed zucchini recipe. My favorite method is to slice my large zucchinis in half and microwave them for several minutes. Then scoop out the inside of the squash and sauté with onions, garlic, tomatoes, pine nuts and your favorite herbs.

Mix the sauté with breadcrumbs and then spoon it back into the zucchini shells. Sprinkle some parmesan cheese on the top and bake it until tender (at 375 degrees for about 20 minutes).

When the nights become cool and damp, your zucchini leaves may show signs of powdery mildew. Cut out and remove this diseased material from your garden to slow further infection. However, by the end of the season all your squash will eventually die of powdery mildew.

During the hot dry month of August your plants would love deep, rich mulch over their roots to keep them cool and moist. Cedar Grove compost is a good mulch, or make your own by using grass clippings and dried leaves. This mulch will also reduce weeds and supply the nutrient rich organic matter your plants need to grow next year.

Keep watering regularly and harvesting from your plants. Eat well and enjoy the fruits of your labor!

*Anza Muenchow is a P-Patch volunteer and an avid gardener. If you have questions or comments, send her an e-mail at mahafarm@whidbey.net.*

### Community notes

#### Theater to present "sweet" musical

The Langston Hughes Performing Arts Center will bring Roald Dahl's beloved children's novel "Charlie and the Chocolate Factory" from page to stage this month in a fun-filled musical production.

As the final production of the center's Summer Youth Theater Program, "Uncle Willy's Chocolate Factory" will be performed from Aug. 23 to 28.

Matinee performances are Tuesday through Saturday at 1 p.m., and evening shows are Tuesday through Saturday at 7 p.m. The production closes on Sunday with a 3 p.m. performance.

All performances take place at the Seattle Repertory Theater, located on the Seattle Center campus at 155 Mercer St.

Admission is only \$2 for the 1 p.m. matinee performances and \$5 for the 3 p.m. and 7 p.m. evening performances. Tickets are available at the theater box office Monday through Friday from 10 a.m. to 6 p.m., by calling the box office at (206) 443-2222 or online at <http://www.seattlerep.org>.

Now in its ninth year, the popular Summer Youth Theater provides Seattle teens with professional training in theater, music and dance. The performing arts center has served as a primary artistic and cultural gathering place for Seattle's Central District.

#### Job fair for older workers

Are you a mature worker looking for a job? Do you want to network?

Please come to the Hire Experience: 50+ Job Fair on Wednesday, September 14 from 10 a.m. to 2 p.m. at the Seattle Center's Center House.

Many local employers will be there to discuss job opportunities. Join the 1,500 to 2,000 other job seekers who will be on hand to gather information. Several workshops are scheduled at this free event.

Don't miss this chance to move your job search forward to success. Bring your resume and dress for success.

For questions or accommodations, please call National Asian Pacific Center on Aging at (206) 838-8163.

#### Resource fair planned

The Church and Community Building Initiative resource fair will take place on Saturday, August 13 from 11 a.m. to 7 p.m. on 24th Avenue between East Spruce Street and Yesler Way.

The fair will be a multicultural celebration of children, youth and families.

Books, parenting tools, school supplies, backpacks and clothing will be distributed.

Learn about remarkable organizations and enjoy an afternoon of food, arts and crafts, farmers market booths and children's activities.

