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The Voice

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Articles translated
into six languages

The newspaper of Neighborhood House

Groundbreaking for Greenbridge redevelopment takes the cake

By CLAUDE IOSSO
King County Housing Authority

WHITE CENTER – As bulldozers rumbled across the actual construction site, elected officials and children from Park Lake Homes clustered around a cake decorated like the hilly terrain of the soon-to-be-redeveloped housing community.

As cameras clicked, they took little green trowels and dug in.

With this, the King County Housing Authority officially “broke ground” on its new mixed-income community Greenbridge last month.

The fanfare was part of a ceremony held in the parking lot of the Wiley Community Center.

Speakers included U.S. Sen. Patty Murray, Congressman Jim McDermott, King County Executive Ron Sims and a Park Lake resident who is a star student at White Center’s Evergreen High School.

A bridge with a green railing, built over a “river” of crushed blue and green glass, symbolized the great step KCHA is taking with the redevelopment.

“This project is more than building homes; it will revitalize a community,” said Sen. Murray, who has battled steadily for housing funding in Washington, D.C. “Greenbridge will ensure that White Center remains strong and vibrant for generations to come.”

County Councilman Dow Constantine said, “This is not just an opportunity to pat ourselves on the back. We’re here to publicly acknowledge that we are on the way to realizing our collective dreams for a new community.”

Guests were invited to share their vi-



Yordanos Fesehaye, a Park Lake resident who spoke at the Greenbridge groundbreaking, takes a moment to smile at the camera during the event.

sions for Greenbridge in notes cast into a whiskey barrel planter painted to look like a wishing pond.

“On behalf of the residents,” said Yordanos Fesehaye, the Evergreen High senior who will attend the University of Washington on a scholarship this fall, “I want to express gratitude to all those who are making Greenbridge possible.”

Greenbridge will replace Park Lake Homes I, the 569-unit sprawl of World War II-era duplexes that was KCHA’s largest and oldest development. Nearly half of the homes at Park Lake I are still standing, not due for demolition until late 2006.

The Wiley Center is also undergoing

renovation.

The development, including both the rental public housing and the array of services offered in the community, has been a boon to poor immigrants striving for a better life in their new country. The \$35 million federal HOPE VI grant KCHA received in 2001 ensured a new future for the community.

Greenbridge will feature 300 low-income rental units, at least 154 low- to moderate-income rental units and up to 475 for-sale units in an array of designs, complemented by parks and trails.

Greenbridge will offer many services
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Chambers packed at city council forum on immigration

By JAMES OWENBY
Seattle Housing Authority

Roughly 200 people gathered in late May for the Seattle City Council’s first forum on immigrant and refugee issues. The crowd, which included East African and Southeast Asian refugees and Latino immigrants, mirrored the changing demographics of Seattle neighborhoods.

The event, called “The Changing Face of Seattle’s Immigrant and Refugee Communities,” was organized by City Councilmember Tom Rasmussen in conjunction with Hate Free Zone Washington, an immigration and civil rights organization.

The nearly two-hour forum was translated live into five languages and was designed to illuminate issues immigrants face in the realms of education, justice, immigration, housing and access to services.

“The crowd here is a crowd we don’t often see in City Hall,” Pramila Jayapal, the founder of Hate Free Zone Washington, told a Seattle Post-Intelligencer reporter. “In Seattle, we pride ourselves in being liberal on issues like the environment. But on (immigration) we are behind.”

Jayapal set the stage by providing recent immigration statistics.

During the 1990s, she said, the U.S. foreign born population grew by 57.4 percent. Between 1990 and 2000, one in two new workers was foreign born and one in five children in the U.S. was the child of an immigrant. Immigration is shifting from European countries to Latin American, Asian, Caribbean and African countries.

“Seattle is no different,” she said, adding that 17 percent of Seattle’s population is made up of immigrants, up 40 percent from the previous decade. Seattle also saw a 320 percent increase in immigrants from Africa between 1990 and 2000, she said.

Members of the forum’s presentation panel, including Jasmit Singh, co-founder of Education for the Sikh Coalition Washington and Julio Sanchez, an advocate for

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Seattle museum hosts housing exhibit

SEATTLE HOUSING AUTHORITY

The need to design and build affordable housing in the United States remains urgent, or so demonstrates a traveling exhibit entitled “Affordable Housing: Designing an American Asset” which opened at Seattle’s Museum of History and Industry last month.

The exhibit, organized by the National

Building Museum in Washington, D.C., highlights more than a dozen housing projects from across the United States that embody good architectural and environmental design despite the tight budgets associated with low-cost housing. The exhibit will run through August 28.

MOHAI has also mounted a small exhibition alongside the traveling one that puts

affordable housing into a Seattle context. That exhibit will include photographs of Seattle’s earliest public housing at Yesler Terrace, recent mixed-income developments at New Holly and Rainier Vista, and King County Housing Authority’s new Redmond development, the Village at Overlake Station.

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“I really applaud the courage and tenacity of those who were willing to participate and try to change things for the better.”

Seattle Housing Authority Community Builder Kari-lynn Frank on the immigrants and refugees who took part in a City Council forum on immigrant issues.

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

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Health Notes

A column devoted to your well-being

Start early with good dental care

By **MARTHA MORENO & GENE BECK DDS**
Special to the Voice

Even before we see a baby's first tooth, it is important that we teach good dental care habits. Dental professionals are now urging parents to start caring for children's teeth from the time they are born.

This may be surprising to many parents who still believe that dental care starts at school age or when permanent teeth start to grow, but early care is essential to the development of healthy teeth and habits.

What kind of dental care do young children need?

It is important to start caring for your infant's teeth when they are born. Clean your baby's gums with a soft washcloth or soft infant toothbrush and water.

When their teeth grow in, teach your child that cleaning teeth is necessary, fun and easy. Parents should supervise and help children as they brush until the child reaches age 9 or 10. Before this age, children lack the coordination to properly brush their teeth, so parents really need to help out.

Brushing at least twice a day in a circular motion for two minutes provides the best results.

How does a baby bottle hurt my child's teeth?

Baby bottle tooth decay is a big concern for infants. Children run a higher risk of getting early childhood cavities from using the bottle at night, napping with a bottle or nursing for long periods of time.

Dentists recommend weaning children off the bottle by age one. A good alternative is to use a sippy cup, or cup with a small spout. Encourage your child to use it at meals or when thirsty.

Also, dentists recommend that you only serve your children juice and milk at meals. In between meals, give your children water to drink when they are thirsty.

When should I first take my child to the dentist?

First visit by first birthday is recommended. Your child should see the dentist at age 1 or when their first tooth comes in.

Establishing a "dental home" for your child allows for early intervention and prevention of future dental problems. This

will also teach children early on that the dentist office is not a place to fear.

Some parents wait until the child has severe decay before taking them to the dentist, which can be painful and traumatic for the child.

Establishing a good relationship with your dentist early can make all the difference for your child.

Why is oral health so important?

Poor oral health can lead to many other problems including missing school. More than 50 million school hours are lost every year because of dental disease and treatment. On school surveys, dental pain is a leading reason mentioned for why children miss school.

According to the American Academy of Pediatric Dentistry, preventive dentistry means a healthy smile for your child. Children with healthy mouths chew more easily and gain more nutrients from the foods they eat. They learn to speak more clearly and quickly. They have a better chance of general health, because disease in the mouth can endanger the rest of the body. A healthy mouth is more attractive, giving children confidence in their appearance. Finally, preventive dentistry means less extensive treatment for your child.

What happens during a child's dental visit?

Preventative dentistry aims to protect your child's teeth. The initial visit usually involves a fluoride varnish for the child, dental education on what to expect in the months ahead and some tips to promote healthy habits. This begins a relationship between the dental team and the family.

The dental visit becomes more comprehensive as the child gets older to include x-rays, a more thorough cleaning and placement of sealants to protect against tooth decay.

After this, it's smooth sailing with a check-up and cleaning every six months.

Martha Moreno is the health services coordinator and Dr. Gene Beck is a dentist for High Point Medical and Dental Clinic. High Point Medical and Dental Clinic is part of Puget Sound Neighborhood Health Centers. PSNHC provides medical and dental services at 17 different locations in the Seattle area. You can visit PSNHC on the Internet at <http://www.psnhc.org>.

Exhibit

Continued from front page

The housing communities featured in the exhibit demonstrate how the country's most gifted architects are designing attractive, efficient homes for low-income families in both urban and rural settings.

By providing facts about the state of affordable housing, the exhibition also provides a context in which viewers understand the importance of well-designed homes for the growing number of low-income Americans.

For example, one display points out that a household with only one member working at minimum wage can't afford a one bedroom apartment in any county in the United States. To afford the median fair-market price of a two-bedroom rental unit in the U.S., a worker would have to earn a wage of \$12.47 per hour, more than 240 percent of the current national minimum wage of \$5.15.

MOHAI is located in the Montlake neighborhood at 2700 24th Ave. E, just off the University exit of SR 520. It is open daily from 10 a.m. to 5 p.m. For more information, call (206) 324-1126.

Immigrants speak out



PHOTO BY JAMES OWENBY

Hundreds gathered to listen to a panel discussion on issues immigrants face in Seattle.

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immigrants and minorities, spoke about efforts to organize new citizens and discussed the challenges faced by immigrant youth in public schools.

"No matter where you stand on the immigration issue, the children of today are going to be the workers of tomorrow," said Singh. "If we impart on them the right tools, they will be contributing members of society. If we fail to do that job, they will be dependent on the Social Security system and all the social systems that we have in place."

Some 25 percent of all students in Seattle's public schools are bilingual, he said, yet test scores for these students lag significantly behind the district average. He suggested the district consider recruiting teachers who reflect the changing student demographic and training them in cross-cultural awareness. He also spoke of the importance of offering parents easier access to interpreters.

Sanchez spoke about the barriers immigrants face to working in the United States.

He advocated for increased support for job training, more funding for ESL classes and the creation of a city department to address immigrant worker issues.

In fact, Sanchez also advocated for the creation of a larger city department of immigrant affairs that would seek to understand local immigration dynamics, increase culture and language sensitivity, create links to mainstream institutions, encourage civic engagement and provide workforce support.

After the presentations, the panel took questions from participants, including several from immigrants and refugees who spoke through translators.

"The active engagement of the community members in this forum sends a strong message about the need to examine how vital services are delivered in Seattle," said Kari-lynn Frank, a High Point community builder representing the Seattle Housing Authority at the forum. "I really applaud the courage and tenacity of those who were willing to participate to try to change things for the better."

Vehicle thefts affect everyone's insurance rates

By **JEFFREY TAYLOR**
State Farm® agent

Whether it's the work of elaborate theft rings or random individual crime, auto theft is big business. On average, a vehicle is stolen every 25 seconds in the United States at a cost of about \$8 billion a year. Insurance for theft is included in the comprehensive part of your auto insurance policy which also covers fire, vandalism and weather-related damage.

The number of insured cars stolen and their cost directly affect insurance premiums.

By taking a few precautions, you can reduce your chances of having your vehicle stolen. Always remove your keys from your parked vehicle. Park with your front wheels turned sharply to the right or left and apply the emergency brake, this will make it difficult for a thief to tow your car.

Consider installing an anti-theft de-

vice or buying a car with an immobilizer system that prevents a thief from driving off with the car. Park your car in a locked garage, patrolled or well-lit area whenever possible.

Unfortunately, carjacking has become a more common method of vehicle theft. Carjacking is the attempted or completed robbery of a vehicle by a stranger that includes the use of a threat or force. You can protect yourself from this crime by refusing to roll down your car window to a suspicious person and keeping your car doors locked and windows rolled up. If a suspicious person is near your parked car, don't approach it. Keep walking and contact area security or police.

Insurance companies work together with the National Insurance Crime Bureau to crack down on criminal operations. If you suspect vehicle theft activity, notify your local police, or call the NICB anonymously at 1-800-TEL-NICB.

The Voice

Editor
Stacy Schwandt
(206) 461-8430 ext. 227
stacys@nhwa.org

Reporters
Lora Cropper
Alyssa Martin

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.

NH Neighborhood House

Fresh vegetables still available at local gardens

By MICHELLE JONES
Special to the Voice

The growing season is well underway, and the Cultivating Communities program is still looking for households interested in buying weekly bags of organic produce.

The produce is grown by Seattle Housing Authority residents who are participating in community supported agriculture enterprises in the Rainier Vista, NewHolly, and High Point communities.

Who are the farmers?

The farmers are recent immigrants from Southeast Asia. Most have been involved with the garden for one to four years and have farming experience from their native country.

What is community supported agriculture and what is the benefit of subscribing?

Community supported agriculture is a marketing technique where local farmers provide fresh produce to paying subscribers. The subscriber receives a bag of seasonal produce each week.

By purchasing a subscription, you get to see where and how your food is grown, and you are guaranteed fresh, organic produce. You help provide an income for local farmers and give them the opportunity to practice English-speaking skills with their customers. You also provide yourself the opportunity to sample unfamiliar produce and try new recipes.

What kinds of produce do I receive and how much do I get?

Produce will include traditional vegetables and herbs of the American diet such as lettuce, onions, peas, basil and carrots, as well as Asian vegetables like bok choy, and mustard greens. Each week you will

receive one to two grocery bags of seasonal produce that feeds three to six adults. Many households find that they cannot consume all of the produce in a week and choose to share it with one or two other households. We also have half-shares available.

What does it cost?

A full share costs \$450 for 22 weeks of produce, but some of those weeks have already passed. The program is offering a prorated rate to those who sign up now. Payment installment plans are available.

Where do I pick it up?

Pick up is underway at the Rainier Vista Sunrise Garden at the intersection of 33rd Avenue South and South Oregon Street on Thursdays from 5 to 7 p.m. until Oct. 20.

Subscriptions are also available at the NewHolly Most Abundant Garden, just north of the intersection of South Myrtle and 37th Avenue South, on Thursdays from 5 to 7 p.m. until Oct. 20.

St. Andrews Episcopal Church at 111 N.E. 80th St. also has a program with pick up on Saturdays from 10 a.m. to dusk. It runs until Oct. 22.

St. Therese Catholic Church at 3416 E. Marion Street has pick ups on Sundays from 10 a.m. to noon until Oct. 23.

Finally, pickup is on at the High Point Market Garden on Wednesdays from 5 to 7 p.m. until Oct. 19. The garden is located at the intersection of 32nd Avenue Southwest and Southwest Juneau Street.

How do I subscribe?

Those interested can subscribe by contacting Michelle Jones at (206) 723-0678 or by e-mail at michellej58@hotmail.com.

Michelle Jones is the CSA subscriber coordinator for Cultivating Communities, a collaboration of the Friends of P-Patch, City of Seattle and SHA.

Library makes summer reading fun, exciting



PHOTO COURTESY OF SEATTLE PUBLIC LIBRARY

Reading brings two friends together at the International District branch opening.

By VOICE STAFF

Encourage your children to read this summer by placing them in your nearest library's summer reading program.

Programs are free and geared toward children of all ages.

Reading books is at the center of the programs, which also include fun events for every member of the family.

Librarians help participants keep track of each book they've read, and those who read ten over the course of the summer can choose a brand new book to take home.

Parents are encouraged to enroll their youngest children in the program—reading a book to them counts toward the reward.

Seattle Public Library officials said the

program is important because research shows children who stop reading during the summer months often lag behind when they return to school in the fall.

To make sure families are drawn back to the library again and again, the summer reading program includes a number of fun events, including nature programs, puppet shows and musical performances.

Events for teenagers, including spoken word poetry events and movie nights, are also scheduled. To find out more about enrolling in the reading program or for a calendar of events, contact your local library branch. To locate the branch closest to you, call (206) 386-4636 in Seattle or 1-800-462-9600 in King County.



One to grow on

Garden tips for community gardeners

Keeping aphids out of your garden

By ANZA MUENCHOW
Special to the Voice

Summer is here.

The days are long and the plants are loving the light. The warm temperatures are good for maximum plant growth. But the third element for plant growth is moisture and this is the problem.

The Pacific Northwest typically has a summer drought. For most plants, gardeners must add two to three inches of water per week to their soil. The best time to water is in the morning, which allows the plants to be fully hydrated before the heat of the day and allows the water to evaporate off the leaves before evening.

We have many plant pathogens that thrive on wet leaves at night so it's best to keep water off the leaves in the evening. If you cannot water during the morning, take care to water only the soil, not the plants. I recommend using drip irrigation. It uses less water and applies it at the root zone. Soaker hoses are easily purchased at the local hardware or lawn and garden store. They work for many years and are often made of recycled products.

After planting the vegetable bed, lay out your drip system around the base of the plants and check the soil regularly to see how often to run it. The soil must be damp but not soggy to about two inches down.

When plants are stressed for water, a common problem is aphid infestation.

Aphids are small, soft-bodied gray or green insects that suck the juices from your plants. Some have wings, but mostly they just cluster tightly on the growing tips of plants. They carry disease and exude a sticky substance that causes black sooty mold to grow on the plants.

The best organic method of controlling aphids is a good spray of water to knock

them off the leaves. Repeat this several days in a row.

For stronger control, add a few drops of mild soap in a spray bottle of water sprayed directly on the infected area. However some plants (especially fuchsia) are sensitive to soap so try with just water first.

A healthy population of natural predators is the best guard against aphids. The primary predator for aphids is lady bugs. Learn to recognize the lady bug larvae because it is at this stage that they eat the most aphids. The larva is a tiny black or gray alligator-looking bug that sometimes has irregular orange spots.

Other predators include spiders, syrphid fly and wasps. There's a tiny wasp, called trychagamma, that lays its eggs on the soft bodied "host" aphid where they hatch and eat out the inside of the aphid. The carcass is easily identified by its goldish brown color. Leave these empty aphid carcasses on your plant so all the baby wasps will emerge and protect your garden.

The Northwest berries are coming into the markets now. Raspberries and blueberries are simple to grow and best eaten fresh.

If you have a sunny site with adequate water, consider planting this perennial. You'll be happy next year when they start bearing fruit.

Berry cobblers and pies are traditional summer treats. If you have a surplus of fruit, making jams and jellies is fun and last for snacking all winter long. It is fast and easy to freeze a tray of berries and then pour them into a freezer bag to be used in the coming months.

Enjoy your summer harvest!

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

Greenbridge

Continued from front page

and shopping opportunities on Eighth Avenue Southwest, with a new elementary school and branch library near the village plaza.

Greenbridge will be designed to mesh better with the surrounding unincorporated White Center neighborhood, and several speakers mentioned the development's potential for improving the area beyond its borders.

"White Center has a storied history as

a first community for wave after wave of immigrants," Constantine said. "Greenbridge will make it better for all of White Center because those immigrants' sons and daughters who were raised in White Center will now have an opportunity to invest in Greenbridge and call White Center their home, not just for a decade but for generations."

As one person who scribbled a note for the wishing pond described this connection, "May Greenbridge be a source of pride and delight for the White Center locale!"

Community notes

Disaster preparedness information now available in Russian, Spanish, and Vietnamese

Russian-, Spanish-, and Vietnamese-speaking individuals can now access important disaster preparedness information in their native languages on the Internet at <http://www.metrokc.gov/prepare/preparerespond/prepared.aspx>.

The King County Office of Emergency Management has recognized the importance of reaching native speakers of three of the most frequently spoken languages in King County.

In response, the office is now providing translated safety tips and resources in hopes of reaching more members of our diverse regional community.

This material highlights practical tips on putting together an emergency

preparedness plan and a disaster supplies kit, and a how-to guide for sheltering-in-place.

Resources also include a selection on emergency preparedness and links to public health information currently available on the Internet in Russian, Vietnamese, and Spanish.

Teachers and contacts within the Russian, Vietnamese, and Spanish communities can also find the material in English, along with additional helpful preparedness tips, checklists, links and tools to teach safety information to children.

Additional links for other languages can also be found on the Personal Preparedness Multilingual page, which can be found on the Internet at <http://www.metrokc.gov/prepare/preparerespond/multilingual.aspx>.

