



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



The Voice

November
2005
Articles translated
into six languages

The newspaper of Neighborhood House

Get out and vote in city, county elections

Polls open on November 8



PHOTO COURTESY OF RICHARD CONLIN

Seattle City Councilmember Richard Conlin campaigns on a street corner this summer.

By VOICE STAFF

Voting is an essential component of democracy. Many new citizens will be voting for the first time this month, and others will be exercising this important right in another important local election.

It's crucial to go to the polls prepared this year. This means not only knowing who you plan to vote for, but bringing along identification.

Valid identification includes a driver's license or other photo ID, a current utility bill, a bank statement, a government check, a paycheck, a voter registration card or a government document. The document should show your name and your current Washington address.

To find out where your polling site is located, you can call (206) 296-1565 or visit the county's Web site at <https://www.metrokc.gov/elections/pollingplace/birthday.aspx>. Multilingual services are available at some polling sites, check your individual polling place for more information.

The polls are open on election day from 7 a.m. to 8 p.m.

If you vote by absentee ballot, be sure to sign the outside envelope after you cast your votes. Absentee ballots must be signed and postmarked or delivered to the King County Elections Office by Election Day. Voters may return their absentee ballots to

their nearest polling place.

Below is information on the major city and county council races taking place this month and the races for County Executive and Mayor of Seattle.

For a comprehensive list of all offices up for election and all of the voter initiatives on the ballot, check out the voter information packet on-line at <http://www.metrokc.gov/elections>.

This pamphlet was also mailed to all registered voters.

County Councilman runs against Sims

County Executive Ron Sims faces a challenge from County Councilman David Irons in his bid for re-election this month. With the elimination of four seats on the King County Council, the remaining nine districts are far larger. Additionally, there are races for five County Council seats.

Sims, seeking his third full four-year term as county executive, has long supported affordable housing. He was a founding member of the Committee to End Homelessness and is already pursuing initiatives included in the county's 10-Year Plan to End Homelessness. Sims has supported many affordable housing projects in the county over the last decade.

In his campaign literature, Sims touts his efforts to streamline county government

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Weekend of activities around racism a big success

By LYNN SEREDA
Voice reporter

A packed auditorium at Broadway Performance Hall listened to Dr. Joy DeGruy Leary give the keynote address at the third Seattle Race Conference last month, where the theme was "Working Towards Healing."

Leary is an Assistant Professor at Portland State University and holds several degrees including a doctorate in social work research. She also has 18 years of practical experience in the field of social work and drew from this background in her upcoming book, "Post Traumatic Slave Syndrome: America's Legacy of Injury and Healing."

In her talk, Leary gave the clinical definition of post-traumatic stress disorder, which includes symptoms such as numbness, hyper-vigilance, hopelessness and anxiety, and applied it to a wider social context.

She theorizes that among African Americans, the consequences of slavery, the ideological institutions that supported it and the legacy of dehumanization have played out in succeeding generations, resulting in a community disorder.

The key to healing this disorder, she said, lies in understanding the 400-year history of racism and then taking action.

For those who missed Leary's talk, she will be returning to Seattle on Dec. 8, as part of Human Rights Day, sponsored by the Seattle Office of Civil Rights. For more information call (206) 684-4540.

Before Leary's lecture, Mary Flowers



Dr. Joy DeGruy Leary

gave an opening talk and a multi-racial panel led a dialogue on the topic of working towards healing. Resource tables were set up that featured groups such as the Seattle Office of Civil Rights, People's Institute Northwest and the Life Enrichment Bookstore.

At the end of the day, participants were invited to caucuses to discuss what they learned and how to move forward.

L. Charles Jones, the chair of the conference, explained that the first Seattle Race Conference was a response to a 2002 editorial by James Kelly, director of the

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Mistake made in drug benefit packets

Benefit enrollment begins this month

By VOICE STAFF

A handbook sent to all Medicare recipients explaining the new prescription drug benefit includes a mistake about coverage for low-income people.

Enrollment in the new benefit begins on November 15 and coverage begins in January. Before now, the federal health program hasn't paid for most prescription medications.

The handbook gives wrong information

about a program called Extra Help that provides financial assistance to low-income Medicare members.

In a chart at the back, the guide indicates that Extra Help recipients can sign up for any Medicare drug plan and pay no monthly premium for coverage. In fact, they can sign up for only about 40 percent of the plans listed, those with premiums at or below a regional average rate.

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Jesse Epstein Building
905 Spruce Street
Seattle, WA 98104

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One to grow on

Garden tips for community gardeners

Fall is still a busy time for gardeners

By ANZA MUENCHOW
Special to the Voice

This time of year, much more is happening underground in your gardens than above ground.

The worms and soil microbes are actively feeding, digesting and excreting nutrients into your soil.

There are several ways to encourage this fertility buildup which will ensure a good start next spring. Cover your soil with green manures or rotting leaves. I generally plant green manures like clover, rye or vetch in early October.

For some beds, I prefer to pile on fallen leaves and cover them with burlap sacks. As the leaves decompose they will attract worms. Often, you can find bags of raked leaves in your neighborhood. Just look around and ask your neighbors.

The burlap sacks will keep the leaves from blowing away but allow the rain to filter down through the leaves and encourage decomposition.

In the spring, the burlap can be removed and reused or composted. Burlap bags can be obtained for free from any number of coffee roasters in the Seattle area.

November is a great time to finish planting your bulbs. Get the rest of the garlic cloves planted and consider planting some of the early spring flowers (daffodils, tulips or narcissus) for their spring beauty and for an early source of bee food.

Speaking of bee food, I am considering planting a couple of early-flowering fruit trees this month. The temperature is still warm enough that the trees won't be stressed and there is so much moisture and humidity in the air that the roots will recover quickly.

Now is also the time to take up all your drip hoses for the winter.

This will keep them from filling with algae and prevent you from accidentally sticking your shovel through them in the

spring when you start preparing your beds.

In the coming dark months ahead, spend some time indoors cleaning and prepping your tools for next spring. Sharpening, oiling and controlling rust will extend the life of your favorite tools.

I may paint some of my tool handles a bright color so I'll stop losing them in the garden beds.

Continue to visit your garden frequently during the winter months. On mild days, spend some time weeding out biennial and perennial weeds that wish to become established in your vegetable beds and paths.

I like to keep my paths covered with cardboard and wood chips to prevent weeds and muddy paths. Wood chips are such a pleasant surface to walk and kneel on as the weather gets wetter. Tree pruning companies will often deliver truck loads of wood chips for free. If you get too many, share the wood chips with friends.

With the days so short and temperatures so cool, plants are growing very slowly. But it is not unusual to have some hardy romaine lettuces, arugula, mustards or choy still fresh and available in the garden through the month of November.

Let me give you the recipe of one of my favorite soups this time of year.

Cube some potatoes and boil them in stock or water until they're soft. Add chopped arugula and/or mustards and cook for three to five minutes.

Add cubes of dry or stale bread, drizzle with olive oil and serve. The bread gets quite soft and mushy in this delicious and hardy soup.

It's a real comfort food in our family.

Happy eating! Get cozy and light some candles against the darkness. We have a few more months until the light returns.

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.

Conference

Continued from front page

Seattle Urban League. Kelly pointed out the need to address racism in Seattle, because so many people are unaware of how it functions in a covert way in this city.

Jones said the difficulties of getting home loans and insurance and the perception that the educational system has lower expectations of children of color are examples of covert forms of racism which need a community response.

In its three-year history, the Seattle Race Conference has featured nationally known speakers in its effort to educate people about racism, help them identify and deal with racism by connecting them with already existing organizations and to serve as a tool for these organizations to network and reach more people.

Jones suggested that low-income people form themselves into groups, figure out

how they are impacted by racism and then plug into a network of organizations which can help them gain a stronger voice.

Visiting the conference Web site at <http://www.seattleraceconference.com> for on-going information on what is happening in Seattle is one way low-income people can get plugged into this network, he said.

He made a point to acknowledge the assistance and sponsorship of groups including the Seattle and King County Office of Civil Rights, the Urban League of Seattle, the Eli Lilly Foundation and the Fremont Public Association.

The day after the conference, the first ever conference of White Anti-Racist Organizers of Washington State was held at the University Heights Community Center.

At least 70 organizers from across the state, including four Seattle Housing

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Homework help offered at the Seattle Public Library

By SEATTLE PUBLIC LIBRARY STAFF

School is back in session and Homework Help is in full swing at the Columbia, Delridge, Madrona-Sally Goldmark and Lake City branches of the Seattle Public Library.

Screened and trained volunteers work one-on-one with students—without actually doing their assignments. Volunteers pledge two or more hours per week for the entire school year to provide the kind of help money can't buy.

Real estate agents, school administrators, newspaper reporters and small business owners are just a few of the vocations of the volunteers who work with students enrolled in elementary, junior and high schools and even with some entry-level college students.

Many students return day after day, and the volunteers monitor and encourage students along the way.

But what if students need help at a time when there is no homework help at the library? This year, the library offers a new program aimed at reaching more people. It's Online Homework Help and is available to anyone with a Seattle Public Library card, an up-to-date computer and Internet access.

Seven days a week, from 3 to 10 p.m.,

students may log on to Online Homework Help through the Library's Web site at <http://www.spl.org> to get help from professional tutors who have subject specialties.

Online Homework Help also is offered in Spanish from 3 to 7 p.m. daily.

Students choose their grade level and subject and are connected with a tutor. The tutors, who are paid staff members of Tutor.com, have an expertise in their subject areas that is hard to replicate with volunteers.

Tutors send appropriate Web sites to the students to help them get more information about each assignment. A printout of the session is available. As with the volunteer helpers, each tutor is skilled in helping—not doing—the assignment.

The following branches of the Seattle Public Library offer in-person homework help: Columbia Branch from 5 to 7 p.m. Monday, Tuesday and Wednesday, (206) 386-1908, the Delridge Branch from 5 to 7 p.m. Monday, Tuesday and Wednesday, (206) 733-9125, the Lake City Branch from 6 to 8 p.m. Monday, Tuesday and Wednesday, (206) 684-7518, and the Madrona-Sally Goldmark Branch from 6:30 to 8 p.m. on Monday, from 3 to 7 p.m. on Tuesday and from 6 to 8 p.m. on Wednesday, (206) 684-4705.

Cambodian youth spread message about HIV/AIDS

By PAM MCGAFFIN
Special to the Voice

Navy Kheav is well aware of the dangers of being young and Cambodian-American. She has seen enough of her friends veer off in "the wrong direction."

But the 18-year-old daughter of Cambodian refugees didn't follow them.

She graduated from high school, steering clear of the alcohol and drugs, gangs and early sex that have detoured so many of her peers.

"In Cambodian society, there's definitely a lot of kids taking the wrong direction because of people they've been exposed to," said Kheav, one of 22 peer educators trained through an HIV/AIDS prevention program called Project HANDLE.

The program, made possible by \$1.5 million in federal grants, is being administered by Neighborhood House to Cambodian families in the Rainier Vista, High Point and Park Lake communities.

By blending education and prevention classes, dance and music, parenting training and job-skills preparation, the program aims to help youth and families avoid unhealthy behaviors.

Later this month, the peer educators and University of Washington students will co-teach classes for teens on HIV and substance abuse prevention. They also plan to spread the word via a play, videotapes and possibly a Web site.

Eventually, peer educators will work one-on-one with other teens, serving as positive role models in a community that desperately needs them.

Many of Cambodia's social ills stem from its long history of war and civil unrest. The country remains one of the poorest developed nations in the world with an HIV rate that is one of the highest in Asia.

Warya Pothan, director of Project HANDLE, says many Cambodian-refugee parents were children during the violent



Navy Kheav

Khmer Rouge regime and bring those experiences with them.

"We're seeing kids who are experiencing a lot of violence in their families," she said. "That contributes to youth substance abuse," which in turn contributes to lowered inhibitions and poor choices.

Project HANDLE, which also offers a five-week series of classes for parents, hopes to eventually reach 130 young people and 80 parents in Seattle and King County, which has one of the largest populations of Cambodian refugees in the United States.

The reason for peer education is twofold.

"Kids listen to kids," Pothan said, noting that young people who preach healthy behaviors are more likely to practice them.

That's never been a problem for Kheav, who says she's lucky to have a mother who motivates her to do well.

What Project HANDLE did give her was more confidence.

"You learn to believe in yourself," said Kheav, who started classes this fall at the University of Washington. "Like if you know that something is wrong, you have the right to raise your voice and be loyal to yourself."

Pam McGaffin is a consultant working for Neighborhood House.

The Voice

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

Reporters
Sara Farinelli
Lynn Sereida

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.

Election

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to limit budget deficits while preserving key human services and maintaining his commitment to environmental protection and health care.

Irons, who represented the recently eliminated 12th District for five years, promises to provide better leadership.

A Republican from Sammamish, Irons blames Sims for county elections foul-ups and poor leadership on transit and transportation issues.

A third candidate, Gentry Lange of Shoreline is running for county executive for the Green Party.

Five races for County Council seats

There are five races for seats on the King County Council. The September primary featured high-profile battles between incumbents after the council was trimmed from 13 to nine seats.

These races spiced up the primary, but in both cases, the contenders varied little on their positions on many issues. The general election features five races with lesser-known challengers whose positions differ more from incumbents.

District 1: Bob Ferguson of North Seattle faces Republican Steven Pyeatt of Bothell in the race to represent a district that includes northeast Seattle and the northern suburban cities.

Ferguson says he supports fast, reliable and cost-effective solutions to gridlock as well as critical human services. He has proposed creating transitional housing. Pyeatt also says he supports responsible and cost-effective transportation solutions, but he emphasizes a need for change, asserting that "mismanagement is crippling our region." Pyeatt organized opposition to tent city homeless camps.

District 2: Democratic incumbent Larry Gossett takes on Republican challenger Brian Thomas for the district representing much of the eastern half of Seattle. In his campaign statement, Gossett said he led a campaign to reduce jail expenditures and expand support for health and human services programs. He said he supports keeping housing affordable. Thomas, a landscape designer, believes the current council is an out-of-touch bureaucracy and says he will make it more responsive.

District 5: The new District 5 includes Des Moines, SeaTac and most of Kent. Democrat Julia Patterson of SeaTac, who represented the eliminated District 13, takes on Republican challenger Orin Wells of Kent.

Patterson pledges to "stand up for South King County," and notes in her campaign statement that she succeeded in securing better bus service in the suburbs. Wells has no political experience, but he says in his campaign literature that he is "the only candidate who can and will bring a change to the council."

District 7: Republican Pete von Reichbauer of Federal Way faces Democratic challenger Geni Hawkins of Auburn for the seat representing southwestern King County. "I have worked to increase and improve senior services for South King County, while fighting for improved parks and recreational facilities," von Reichbauer said in his campaign statement. Hawkins, the network systems manager for the Highline School District, promises to bring technological know-how to the council and keep good-paying jobs in the county.

District 9: Republican Reagan Dunn of Newcastle was appointed just last year, but the son of former Congresswoman Jennifer Dunn has instant name recognition. Dunn, in his campaign statement, says there is waste throughout county government and complains about zoning laws. Dunn's opponent is Democrat Shirley A. Gaunt-Smith of Renton. Gaunt has said that as a first-time candidate, her fresh perspective

will be a positive factor.

Mayor faces independent scholar

Seattle Mayor Greg Nickels is being challenged by Al Runte, a former University of Washington professor.

Runte supports rebuilding the Alaskan Way viaduct rather than building a tunnel. To ensure a strong stock of affordable housing in Seattle, Runte advocates lessening incentives for developers and encouraging the voters to continue support for the housing levy. Nickels is a champion of the redevelopment of South Lake Union. To ensure affordable housing, he supported the renewal of the housing Levy, residential development downtown and a multi-family tax credit for builders.

Three races for City Council seats

Three races for seats on the Seattle City Council will be decided on Nov. 8.

Position 2: Incumbent Richard Conlin faces Port of Seattle Commissioner Paige Miller in the race for Position 2.

Since he was elected in 1997, Conlin has pushed to have neighborhood leaders involved in decision-making. He has supported neighborhood parks as well as bicycle and pedestrian improvements to local streets.

Miller is running as a candidate that can get things done. During her time on the Port Commission, she pushed for a third runway at Seattle-Tacoma International Airport and developed a job-training program aimed at minorities and women.

Position 4: Incumbent Jan Drago is running against Mayor Nickels' former communications director Casey Corr.

Drago is the council president and is seeking her fourth term. During her time in office, she pushed the council to restore cuts to human services programs during the city's lean years, championed the cause of Seattle's downtown and supported Paul Allen's plans for developing South Lake Union.

Corr has advocated for a stronger council and has taken credit for reworking the mayor's Families and Education levy before submitting it to voters. He said that the city should work creatively to help families find the money to buy their first homes.

Position 8: Incumbent Richard McIver faces former King County Councilmember Dwight Pelz in the race for Position 8.

McIver has sat on the council for nine years. Previously, he worked with many organizations in the field of housing and community development. He is known for his expertise on the city budget and for his focus on Southeast Seattle. He spearheaded the creation of the Rainier Valley Community Development Fund.

Pelz is known as a straight talker who supports light rail, school and growth management. Pelz also served on the state Senate and helped found Washington Fair Share, a statewide organization now known as Washington Citizen Action.

Medicare

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If Extra Help recipients select more expensive plans—60 percent of those listed—they'll be responsible for paying the difference between the higher premium and the regional average. That could run to more than \$30 a month according to some estimates.

The Medicare Web site at <http://www.medicare.gov> has up-to-date information available. An information session on the new benefit will take place at the Columbia branch of Seattle Public Library on Nov. 12 from 2:30 to 4:30 p.m. The library is located at 4721 Rainier Ave. S. For more information, call (206) 386-1889.

Nationally, about 14 million Medicare members are expected to qualify for Extra Help. To be eligible, a single person has to earn less than \$11,500 a year and a married couple less than \$23,000.



Health Notes

A column devoted to your well-being

Classes on diabetes offered in eight languages



PHOTO COURTESY OF PUBLIC HEALTH-SEATTLE & KING COUNTY

A nutrition class is taught by a diabetes educator from the Sea Mar Community Health Center for Spanish-speaking clients as part of the REACH program.

BY PUBLIC HEALTH STAFF

The incidence of diabetes is rising at an alarming rate.

Growth in the prevalence of diabetes has been classified as an epidemic by the Centers for Disease Control and Prevention, with an estimated 18.2 million Americans living with diabetes today—one-third of whom are undiagnosed.

Diabetes is the nation's sixth leading cause of death. Worldwide, an estimated 170 million people have diabetes.

Diabetes is a serious, complex and costly disease. If not well-managed, diabetes can seriously impact a person's quality of life. Complications, many of which are preventable, include heart disease, stroke, blindness, kidney failure, foot or leg amputations, nerve damage and complications of pregnancy. The total U.S. annual economic cost of diabetes in 2002 was estimated to be \$132 billion, or one out of every 10 health care dollars spent in the United States.

While diabetes can strike anyone, those at higher risk are certain racial and ethnic groups. Compared with white adults, American Indians/Alaska Natives are 2.3 times, African Americans are 1.6 times and Hispanic/Latinos are 1.5 times more likely to have diagnosed diabetes. It is also well known that diabetes prevalence increases with age. Approximately half of all diabetes cases occur in people older than 55, and 18 percent of the population over age 60 has diabetes.

If you can answer "yes" to any of the following questions, you may have a higher risk of developing diabetes, and should talk to your doctor about being tested.

- Does your family have a history of diabetes?
- Is your blood pressure at or above 130/85?

- Are you African-American, American Indian/Native Alaskan, Asian, Hispanic/Latino or Pacific Islander?

- Did you have diabetes during a pregnancy?

- Did you have a baby weighing more than nine pounds at birth?

- Are you overweight?

- Are you under 65 years of age and get little or no exercise?

- Are you 65 years of age or older?

Since 2000, the Public Health - Seattle & King County REACH 2010 Coalition (Racial and Ethnic Approaches to Community Health) has worked strategically with community agencies to provide multicultural and multilingual classes to communities of color in diabetes education, self-management and support groups.

These classes are provided in eight languages—Khmer, Chinese (Cantonese and Mandarin), English, Tagalog, Korean, Spanish and Vietnamese. Cultural relevance is assured through bilingual and bicultural staff, interpreters and materials.

Community partners and the populations they serve include the Center for Multi-cultural Health (African American), International Community Health Services (Asian and Pacific Islander), Sea Mar Community Health Centers (Hispanic/Latino), City of Seattle Aging & Disability Services and Harborview Medical Center.

For more information about the REACH 2010 Coalition and their services, please visit the Web at <http://www.metrokc.gov/health/reach> or call Public Health - Seattle & King County at (206)296-7621.

The REACH Web site addresses common questions about diabetes, diabetes meal planning and provides a schedule of diabetes classes, locations and telephone numbers.

Organizing

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Authority resident leaders gathered for the event.

There were dozens of workshops on topics such as doing anti-racist work within social service organizations, addressing other forms of oppression, dealing with guilt and white privilege, using the arts to organize and building a regional and national network of white people doing anti-racist work.

Conference co-organizer Joan Wimet said the conference exceeded her expectations. Another organizer, Gillian Buringham said this type of work is very important for low-income people to be

aware of. She added that if racism didn't keep perpetuating itself, poor white people would be better able to work with people of color on social justice issues, and a more powerful movement against poverty would likely emerge.

I am involved with the Coalition of Anti-Racist Whites and suggest this group as a good beginning for people interested in doing anti-racist work.

Visit their Web site at <http://www.carw.org> or attend the general monthly meeting at Cascade People's Center, 309 Pontius Ave. N.

Meetings are held on the third Wednesday of each month with a potluck at 6 p.m. and the meeting from 6:30 to 8:30 p.m. Free childcare is available by calling (206) 903-1441.

