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Health & Arts

FREMONT, WA

*The self proclaimed "Center of the Universe" and art
capital of Washington*

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**125 YEARS OF
FREMONT**

WHAT IS FREMONT ALL ABOUT?

by Sierra Young & Charlotte Nozari

Fremont, WA is a neighborhood in Seattle bound by the Lake Washington ship canal to the South, Stone Way North to the East, 8th Ave NW to the West, and North 50th St to the North. This lively neighborhood has experienced several changes in industry since its founding in 1888 by L.H. Griffith and E. Blewett. Starting as a cluster of small industries of railroads and trolleys in the 1930's it quickly transitioned to an art central in the 1960's before undergoing yet another transition with the new coming age of technology in the early 2000's. This burst in tech companies these past few decades has led to a booming economy in Fremont - but higher rates of congestion and inflated rent prices. Fremont has also implemented many community based programs these past few decades to foster a feeling of community in an ever growing neighborhood! These programs include the Fremont Neighborhood Plan that is used to plan and improve the character of the neighborhood, this also includes the Fremont Chamber of Commerce - a local organization which allows small Fremont businesses to post their events. It also promotes local art exhibits and community gatherings!

ART IN FREMONT

by Charlotte Nozari

Peculiar and quirky art exhibits have become a staple of Fremont's character. From pieces by Richard Beyers to the Abbey Arts gallery, there's a niche of art expression for everyone. This unapologetic form of self expression littering the Fremont streets has distinguished the neighborhood as a must-see-stop by tourists and locals alike. For art fanatics - a visit to Fremont is an all day endeavor, which promotes people buying from small local businesses that are scattered throughout the neighborhoods narrow streets. From the Fremont Coffee Company to SWeL Restaurant, there's never a shortage of local businesses in Fremont that benefit from the traffic due to their obscure art exhibits. This increase in traffic has had some negative consequences however - such as congestion and inflated housing prices. The abundance of liberal arts within the neighborhood has also boxed out opportunities for more health facilities to be readily available in the community.

"A peek into some of the things that make Fremont the Center of the Universe."

Fremont Chamber of Commerce

FUN FACT!

There are signs all throughout Fremont that give advice to "set your watch forward five minutes", "set your watch back five minutes", or "throw your whole watch away!"

The unofficial motto of Fremont is "De Libertas Quirkas", which means Freedom to be Peculiar! This appears in brochures and websites about Fremont.

ART HISTORY!

The most popular exhibit of art in Fremont is the - you guessed it - Fremont troll. This is a 18 foot tall statue of a troll under the Aurora bridge crushing a Volkswagen Beetle. The street running under the bridge was actually renamed Troll Ave. in 2005!

HEALTH IN FREMONT

by Sierra Young

The Pacific Northwest is known for superb medical practices and doctors - but the majority of these facilities cannot be found in Fremont. As of now there are no accessible hospitals immediately in the Fremont neighborhood - but there are several in neighboring cities. This means less accessibility to those with disabilities or no vehicular means of transportation. However, there are a few local health clinics available for the community - the most prominent of which being the UW Medical Center. However, this center only has two primary care physicians. This means that many Fremont residents have to find their primary care elsewhere due to the demand put on these two doctors. Thankfully there are many community health centers and pharmacies available all throughout the neighborhood! Such as the Fremont Psychiatric Facility, a community based center specifically geared towards treating mental health ailments by providing integrative counseling services. Every neighborhood in the greater Seattle area has a niche - and being unique is Fremont's! They may not have a large health district - but they are so nearby other neighborhoods that do that it doesn't have as large of an impact as it would in a rural area. This lack of space taken up by already abundant health buildings in the area gives way for Fremont residents to do what they do best, expressing themselves through various forms of art!

WOW MOBILE

The WOW Mobile Health Clinic is a health center on wheels that provides treatment to uninsured patients in the greater Fremont area. They often treat patients with life threatening ailments that would be fatal if left without treatment.



COMMENTS? EMAIL US!