



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



# The Voice

October  
2015  
*Articles translated  
into six languages*

The newspaper of Neighborhood House — visit our website at [www.voicenewspaper.org](http://www.voicenewspaper.org)

## Beacon Hill's iconic PacMed building to house new Seattle Central College medical training programs

*Reminder: Turn your clocks back before going to bed Nov. 1*



BY DYLAN KING  
*Seattle Central College*

With a burgeoning number of hospitals, long-term care facilities, research centers and private clinics, Seattle's healthcare industry is a critical component of the Puget Sound economy. In fact, this sector is expected to create nearly 24,000 jobs by 2020, according to the King County Workforce Development Council.

To help meet this demand, Seattle Central College's (SCC) Allied Health Division offers a wide range of programs including dental hygiene, respiratory care, nursing and surgical technology.

Starting in January 2016, SCC will open a new satellite campus in Seattle's iconic Pacific Tower, located atop Beacon Hill.



*Daylight saving time ends Sunday, Nov. 1, so be sure to set your clocks back an hour before going to sleep so you can enjoy an extra hour of shut-eye.*

*It's also a good time to replace the batteries in smoke detectors.*

The Seattle Central Health Education Center will open January 2016 in Pacific Tower.

COURTESY OF SEATTLE CENTRAL COLLEGE

Please see "PacMed" on Page 8

## Local officials tackle affordable housing Reps from SHA, Office of Immigrant and Refugee Affairs and East African communities look for solutions to combat city's steep rental rates

BY JONATHAN LUONG  
*The Voice intern*

Community leaders and concerned citizens gathered in Seattle's Central District in September for what became a lively discussion about a hot-button topic in Seattle: housing affordability for moderate and low-income occupants.

Structured as an interactive panel, the event was hosted by the Multimedia Resources and Training Institute (MMRTI) and Ethio Youth Media TV, two groups whose aim is to bring awareness to the issue, especially as it relates to East African immigrants, who make up a significant and growing segment of Seattle.

"Seattle is the fastest-growing city in America and is also in the midst of a housing crisis, with a shortage of units for low-income and working people," said Assaye Abunie, executive director of MMRTI. "Existing affordable housing stock is being sold off to developers, and fast-rising rents are causing displacement from neighborhoods."



PHOTO BY JONATHAN LUONG

*Yemane Gebrimicael, president of African Diaspora of Washington, discusses housing affordability for immigrants while Renton Councilman Greg Taylor looks on. The two were part of a panel which discussed ways in which residents who live in affordable housing can achieve self-sufficiency.*

Please see "Housing" on Page 2



**King County general elections  
Tuesday, Nov. 3 — register to vote  
now**

The 2015 general election is Tuesday, Nov. 3, but time is running out to register and be eligible to vote.

For most voters, the registration deadline in King County is **Monday, Oct. 5**. Registration for new voters only can be done in-person through **Monday, Oct. 26**.

For more information including how and where to register, visit [www.kingcounty.gov/elections](http://www.kingcounty.gov/elections); call 206-296-VOTE (8683), or email: [elections@kingcounty.gov](mailto:elections@kingcounty.gov).

Already registered? You should be receiving a ballot and voter's guide in the mail the week of Oct. 14. Follow the instructions on your ballot to vote and return it by mail — don't forget a stamp! — **by Nov. 3**. Ballots must be postmarked or returned to a ballot drop box by 8 p.m. that day in order to be counted.

Neighborhood House  
The Weller Building  
1225 S. Weller St. Suite 510  
Seattle, WA 98144

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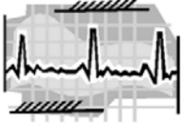
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# Health Notes



## A column devoted to your well-being

### You can help prevent suicide

By NEIGHBORCARE HEALTH

Have you ever been concerned that someone you care about may be sad, depressed or thinking about suicide? There are things you can do to help. Learn what to watch for in those you love.

#### Suicide in the United States

Each year, more than one million people attempt suicide. For every 25 people who attempt suicide, one person dies. Suicide is the 10th leading cause of death in the United States for adults. For youth, it is the second leading cause of death after accidents. Men are three times more likely to die from suicide than women. In 2013, 41,149 people died from suicide — an average of one person every 13 minutes. Family and friends are also affected by suicide. Every year about 4.7 million people know someone who commits suicide.

#### Know the signs

Most people who are considering suicide give signs about what they plan to do. These signs include talking about killing themselves, talking or writing a lot about death and dying, and seeking weapons or drugs that could be used in a suicide attempt. Another important sign that someone may be suicidal is hopelessness. An individual who feels hopeless may say he or she has nothing to look forward to, that the future is dark or that life feels unbearable.

These warning signs are especially concerning if the individual has a history of depression, has previously attempted suicide or has a drug or alcohol addiction. Other warning signs include sudden changes in mood, a change in eating or sleeping habits, lack of bathing or caring about appearance, and lack of interest in daily activities.

#### Helping to prevent suicide

If you notice signs of depression or hopelessness in someone you care about, it can be hard to know what to do. Here are several steps you can take to help:

#### Talk to your loved one about his or her feelings

Talking may be a very hard thing to do. But it may help your loved one feel less alone and isolated. It also gives you an opportunity to offer to help and find treatment for depression.

#### Seek support for anyone who is suicidal and don't promise to keep a secret

Helping someone you care about can be hard. Need support for you or someone else and don't know where to go? One option is to call the King County Crisis Line at 1-888-427-4747.

#### Remove dangerous objects or medications from the person's home

This includes, but is not limited to, guns, knives and large quantities of medications.

## Housing

Continued from Page 1

Attending panelists included Seattle Housing Authority's (SHA) Executive Director Andrew Lofton, Renton City Councilman Greg Taylor, African Diaspora of Washington (ADWA) President Yemane Gebrimicael and representatives from Capitol Hill Housing and the City of Seattle's Office of Housing.

Panelists addressed many topics, though their main concern was the lack of affordable housing options for immigrants. Lofton highlighted the many new redevelopments in the NewHolly, Rainier Vista, and High Point areas created to help showcase and celebrate their ethnic and cultural diversity.

"We've added new homes, more open spaces, set up parks and community gardens, and restored the infrastructure," Lofton said.

He also mentioned new pending policy changes that will help residents, such as ensuring cheaper mandated commercial zones for businesses.

"It's all about identifying the resources necessary for individuals to achieve their aspirations and see where they want to go," Lofton added.

Other panelists spoke on the importance of availability of resources for immigrants and the hardships that many could face.

"Many immigrants come to the United States and face xenophobia right away," said Mohamed Hassan of the City of Seattle's Office of Housing. "But our state has established many programs for them. We have taken extra steps to accommodate them, through ESL and employment assistance programs," he said.

[Xenophobia is defined as a fear or hatred toward foreigners, other cultures or the unknown].

"We need to keep building affordable housing for sure," agreed Councilman Taylor, "but economic inequality is the real issue we need to tackle."

The conversation widened once audience members were invited to participate. Seventeen-year old high school student Feven Mekonenn was concerned about her community becoming gentrified, especially in relation to the construction of The Angeline apartment complex and PCC Natural Markets, both of which cater to higher-income populations in Columbia City. Gentrification often involves wealthy landowners who renovate homes and businesses in poorer urban areas so that property values go up and existing poor and low-income residents and small businesses are forced to move away.

"How can I, as a teenager, make a change in my community?" she asked.

Panel members were more than happy to offer her advice.

"Write a letter to Seattle City Council and contact a councilmember," suggested Taylor. "If you are part of a community, whether it's a city, county or state, you have power. Get involved in your neighborhood and make a difference."

Seattle Mayor Ed Murray has made improving and enhancing the availability of affordable housing a priority, especially for low and moderate-income residents. In September, 2014, he created the Housing Affordability & Livability Advisory Committee, whose goals include exploring innovative ideas to pilot new types of housing and forging new efforts to preserve existing affordable housing.

## Community notes

### Seattle Mayor unveils plan to add 6,000 units of affordable housing

Mayor Ed Murray and Councilmember Mike O'Brien recently introduced legislation that will create 6,000 units of affordable housing throughout Seattle. The proposal comes from the Mayor and City Council's 28-member Housing Affordability and Livability Agenda (HALA) advisory committee. Affordable housing advocates and real estate developers are calling this a "Grand Bargain."

"Seattle is experiencing unprecedented growth, and our challenge is to build fairly and affordably," said Murray. "We want sustainable, socially inclusive and economically diverse neighborhoods that are walkable, close to transit and job centers."

"With this legislation, Seattle – for the first time ever – will require that all new development in the city will pay for affordable housing," he added.

The "Grand Bargain" will be phased in over a number of years. When fully implemented, it will create at least 6,000 new affordable homes over 10 years.

Current monthly market rates for a newer one-bedroom unit range from \$1,399 to \$1,887.

By comparison, the affordable rate (30% of a household's monthly income) for a one bedroom unit for an individual earning 60 percent of the Area Median Income (AMI) is \$1,008.

Under the proposed "Grand Bargain" framework, rents for new affordable housing units would be set at this price or lower.

According to the City of Seattle, some 45,000 households spend more than half their incomes on housing in Seattle.

### Computers for students and low-income families available

Lack of Internet at home is a major contributor to the widening homework gap between low-income children and the rest of the population.

InterConnection, a Seattle-based nonprofit, is trying to change that by providing students and low-income families with access to affordable technology.

Their mission is to bridge the digital divide and close the homework gap, connecting underserved communities and nonprofits around the Puget Sound to the computers and technology they need.

InterConnection is a Microsoft Registered Refurbisher which sells computers through its retail store in Fremont and online, <http://www.interconnection.org>.

Computers and laptops sold at the InterConnection store in Fremont come with Windows 7 and Microsoft Office pre-installed. Students and low-income families can purchase a laptop for \$99 and a desktop package with monitor, mouse and keyboard for \$79.

### Mini Grant applications accepted through Oct. 31

The Safe Routes to School Mini Grant Program provides grants of up to \$1,000 to schools, PTAs, and community groups for education and encouragement programs for walking and biking to school.

All public and private K-12 schools within the City of Seattle, PTAs, and other school-related nonprofit groups are eligible to apply for Mini Grants.

The fall application period is Oct. 1-30. For information, contact Ashley Harris at 206-684-7577 or email [ashley.harris@seattle.gov](mailto:ashley.harris@seattle.gov).

**High Point Community Center**  
Starts on September 2<sup>nd</sup>  
Wednesday Nights

5:30 – 6:00pm (Ages 4-6)  
6:10 – 6:55pm (Ages 5-7)  
7:00 – 7:45pm (Ages 8-10)

Soccer skills classes are an indoor soccer class focusing on coordination, teamwork and fun.  
All coaches are volunteers – call Giovannina Souers at (206) 684-7422 if you would like to be a volunteer coach

**\$7 per player/per month**

To register or for more information call High Point Community Center  
206-684-7422



**Soccer Skills**  
**Xirfada Soccer ka**



**Somali**

Class ka Soccer ku Wuxuu bilaamanayaa  
September 2<sup>nd</sup>  
Habeen nada Arbacada ah wakkhatigu waa

5:30-6:00PM (Dadu waa 4-6)  
6:10-6:55PM (Dadu waa 5-7)  
7:00-7:45PM (Dadu waa 8-10)

Class ka Xirfada soccer ku waxuu ka kooban yahay  
Xirfad barasho ,islashaqayn iyo ciyaar

Coaches koo dhan waxay kushaqeeyan iskawax uqabso ama lagacla'aan so wac Giovannina Souers hadaad rabbit in aad kushaqaysit iska wax uqabso ama bilaash  
**Bishii waa \$7 halkii kunug**

Isqorid ama fahfahin dheerada fadlan so wac number  
kaan  
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The Voice, the newspaper of Neighborhood House, is published monthly with the support of Seattle Housing Authority. 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 or Seattle Housing Authority. We welcome articles and tips from the community and reserve the right to edit all submissions. The Voice is published online at [www.nhwa.org](http://www.nhwa.org) and at [www.seattlehousing.org](http://www.seattlehousing.org).

THE VOICE



COURTESY SEATTLE HOUSING AUTHORITY

## Seattle artist Yeggy Michael to create sculpture for Kebero Court

BY SEATTLE HOUSING AUTHORITY

Following a competitive process, SHA has commissioned Seattle artist Yeggy Michael to design a unique piece of art for the recently completed Kebero Court complex at the northeast corner of Yesler Way and Boren Avenue. The piece will be visibly prominent from multiple directions at this major intersection.

During the period when he was contemplating various approaches to the design, Yeggy welcomed the opportunity to interact with residents, most of whom had just

moved into their new homes. Being connected to the community helped him gain insight that contributed to the evolution of the work.

“My vision is to provoke questions about natural cycles, provide a sense of place and to reflect on the movement of time,” Yeggy says. “I use mosaic to illustrate the unity and lushness of diversity.”

Originally from Eritrea, Yeggy attended the School of Fine Arts in Addis Ababa, Ethiopia (where he grew up) from 1988 to 1990. He then lived and worked in Kenya in the early 1990s, and won the “Best Artist

of the Year” award there in 1995.

Yeggy is delighted to be able to add to the richness and variety in the physical environment of the transforming Yesler community and to create a work that translates its cultural diversity into three dimensions. He sees his work as capturing a period of significant social and physical change: “Sharing my work with this space of community infrastructure, is a synthesis of a long term relationship and embedded in it will be this very moment in history that prolongs its memory in our minds.”

## Recycling event helps shed light on environmentally-friendly resource

BY LIBAN ALI  
SHA Intern

The Washington State Recycling Association (WSRA) is a non-profit organization that has been committed to supporting reuse, recycling, and composting within Washington state since 1976. WSRA provides different tools, resources and educational classes to advance waste-reduction practices and help create a cleaner environment.

This summer, WSRA organized Light-Recycle Washington at South Seattle College in Georgetown. It was a fun experience for me to attend this event as a Seattle Housing Authority (SHA) summer intern working at Cascadia Consulting Group, an environmental consulting company in Seattle.

Event attendees learned that mercury-containing lamps or tubes, when placed in the garbage, usually break, causing the mercury inside the tubes to be released to the environment. The vapor from this mercury can cause serious health problems, including neurological development issues in children if people stay near the breakage.

Thus, compact fluorescent lights (CFLs) and fluorescent lights are banned from the garbage in the City of Seattle. When your CFLs and fluorescent tubes burn out, you can take up to 10 of them to the local Bartell Drugs or Ace Hardware stores for free. Also, a list of all locations in Seattle that accept CFLs and fluorescent lights for recycling can be found at <http://www.lightrecycle.org/>.

The collected CFLs and fluorescent tubes will then be recycled properly, and the materials from the lights will be used to make new products.

## SHA offers apprenticeships and training for construction jobs

BY SEATTLE HOUSING AUTHORITY

Seattle Housing Authority (SHA) is partnering with local apprenticeship training programs to help prepare residents for careers in the construction industry. The Housing Authority and Seattle Vocational Institute are now recruiting adult students for new pre-apprenticeship training that will take place this fall. This will be an excellent opportunity for residents who are interested in pursuing construction work as a career.

Under the leadership of SHA's Section 3 Coordinator, Sam Pierce, SHA will work with the Seattle Vocational Institute and its partners to recruit and place eligible low-income residents in construction jobs on SHA capital projects.

The Section 3 program offers financial assistance, job training, employment, and contracting opportunities to low and very low-income residents in connection with projects and activities in their neighborhoods.

Pierce says once a Section 3 resident has obtained employment or contracting op-

portunities, the first step toward becoming self-sufficient has been taken.

The HUD Act of 1968 - Section 3 is a means by which the U.S. Department of Housing and Urban Development, or HUD, helps foster local economic development, neighborhood economic improvement, and individual self-sufficiency. Section 3 is the basis for providing jobs for residents in areas receiving certain types of HUD financial assistance.

If you live in government-assisted housing OR if your household income falls below HUD's household income guidelines, you may qualify as a Section 3 Resident.

If you live in SHA housing or in a dwelling supported through the Housing Choice Voucher program, are age 18 or older, and are interested in the construction field and related training, please contact SHA Section 3 Coordinator Sam Pierce at 206-913-9227, or [spierce@seattlehousing.org](mailto:spierce@seattlehousing.org).

For more information on Section 3 visit <http://www.hud.gov/offices/fheo/section3/Section3.pdf>.



## ATTENTION!!



YESLER TERRACE/SHA RESIDENTS

Residents of Yesler Terrace interested in career training opportunities in the CONSTRUCTION INDUSTRY need to contact the Seattle Housing Authority's Yesler Terrace Equal Opportunity Program!

## ARE YOU LOOKING FOR TRAINING OPPORTUNITIES?

WE CAN HELP!



SVI/PACT SEATTLE VOCATIONAL INSTITUTE

The SVI Pre-Apprenticeship Construction Training program is designed to assist adult men and women, especially people of color, to gain the skills to be successful competitors for building and construction trade apprenticeship programs.  
PACT Orientation: Every Friday 11:00 a.m.-12:00 p.m., Room 102/103  
2120 South Jackson St. Seattle, WA 98122

FOR MORE DETAIL INFORMATION ABOUT LOCAL TRAINING PROGRAMS

PLEASE CONTACT  
Samuel Pierce  
SHA Section 3 Coordinator  
(206) 913-9227

# Lessons from the field and a conversation with Seattle Seahawks offensive tackle Garry Gilliam

**Editor's note:** With football season in full swing, *The Voice* wanted to interview Seattle Seahawks budding phenom Garry Gilliam, who plays offensive tackle.

It turns out the 6ft.5, 306-pound 24-year-old has an amazingly inspiring life story we want to share with our readers.

At age seven, he started attending Milton Hershey School (MHS) a free, private residential school for kids from low-income families.

By the time he graduated from MHS, in Hershey, Pa., he had proven himself a force to be reckoned with, both in the classroom and on the field.

He played college football at Pennsylvania State University, where he graduated in 2013 with a double major in Advertising/Public Relations Management.

Just two seasons into his NFL career, he plays offensive tackle, meaning he helps keep defenders away from players with the football, like quarterback Russell Wilson.

Gilliam took time out of his busy schedule to answer questions from Editor Nancy Gardner.



PHOTO COURTESY OF SEATTLE SEAHAWKS

**Q: What were you like as a kid?**

**A:** "I was actually a huge nerd, and honestly, I still am. I was never really into sports. I was more into science and math, stuff like that. You know - building things, like an engineer-type mind. I was usually by myself. I would go outside and play by myself, and just be able to occupy myself doing things. I was very hands-on and always outside."

**Q: Did you get into trouble much?**

**A:** "No, not really. If I was ever in fights it was because I was protecting my family or protecting my brother, something like that. But besides that, I was a pretty good kid, never an instigator or never someone that was popping off at the mouth or anything. I kind of stuck to myself."

**Q: How would your high school classmates remember you?**

**A:** "As a big, smart athlete. I always took school very seriously. School was always important to me, both at the high school and college levels, and my education was my primary focus."

Obviously, I'm a big dude and I played sports so that's probably a big reason why they'd remember me as well, but you know I was a good kid. I always did what I was told and I was never really in trouble."

**Q: What lessons has work life taught you?**

**A:** "You know I've never actually had a job. Going to the boarding school I went to, we had to do chores to earn our allowance and stick to a pretty strict schedule."

"But I learned to just do the little things, and do what you're asked to do. Don't talk back. If you're asked to do something, do it to the best of your ability, and do it great. If you're doing it to the best of your ability and

really putting your all into something, then you're going to get to where you want to be."

**Q: What would you tell youths and families living in Seattle Housing Authority communities who might be reading this and who look up to you?**

**A:** "It's not anything they haven't heard already. Honestly, try and stay out of the house and stay off the streets. Stay in school and get involved in stuff if you're able to."

There are a crazy amount of programs out there that help kids get involved with extra-curricular activities, and provide the resources for them to do these types of things. But yeah, just surround yourself with good people.

"Don't hang around with the wrong crowds. Kids know which are the right and wrong crowds. And just surround yourself with good people."

**Q: Who has been the biggest influence on your life? What lessons did he or she teach you?**

**A:** "My biggest influence would be my mom. She's the one that put me into the boarding school and kind of made that courageous decision to ship her son away to this strange place, so obviously my mom."

And though less of a cliché answer, or more of a cliché if you will - my high school football coach also played an instrumental role. He introduced me to football, as I didn't really play much until high school, and he's the one that kind of let me know, "Garry, you've got an opportunity here if you want to do something great with it with the talent that you have."

"I was never really a sports spectator, or really involved in any type of sport so I didn't even know who was in what conference, because I just didn't even watch

college football. So he kind of brought me around in that way, and he texts me every week asking how practice is going, and stays in touch with me even now, as do a bunch of people from Milton Hershey [high school]."

**Q: What is the most important lesson you've learned in life?**

**A:** "Honestly, always keep God first. Never get too big for your own body. Stay

humble - humility is key. Just stay humble and stay within yourself, because it's always those people that get those big heads and kind-of forget where they come from, or forget who has given them what they've got - that's when they have their fall from grace."

I just always try to stay humble and remember where I came from, and who gave it to me."

**Q: What's on your iPod/MP3 player?**

**A:** "Well, I don't have an iPod, but my music's on my phone. But more of R&B type stuff - really relaxing, slow stuff, like Drake, Trey Songz, real easy stuff."

**Q: In the offseason, how do players like yourself enjoy spending time?**

**A:** "Honestly, I'm working out two or three times a day during the offseason. I usually go down to Manhattan Beach down in southern California, and I'm on a pretty strict nutrition regimen down there."

I usually work out two or three times a day. I try to get to the beach and relax a little bit, but for the most part, I'm down there trying to better myself as an athlete and keep my tools sharp for my task."

*The next Seahawks home games are Monday, Oct. 5 at 5:30 p.m. and Sunday, Oct. 18 at 1:05 at CenturyLink Field.*



PHOTO COURTESY OF SEATTLE SEAHAWKS

*Gilliam as seen catching the touchdown reception on a fake field goal during the 2014 National Football Conference Championship Game versus the Green Bay Packers. The Seahawks advanced to Super Bowl XLIX after winning, but were defeated in the final moments of the game, 28-24 by the New England Patriots.*

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PHOTO COURTESY OF MICHAEL MAGGS / WIKIMEDIA COMMONS

## About The Voice

The Voice is a monthly newspaper published by Neighborhood House with financial support from Seattle Housing Authority. The Voice is developed and edited by Neighborhood House with help from Seattle Housing residents and staff. It strives to provide a forum for objective news and information of interest to low-income people and those living in Seattle Housing Authority communities.

If you'd like to submit an article, or if you have a question about anything you've read in this publication, please contact Editor Nancy Gardner at 206-461-8430, ext. 2051 or by e-mail at nancyg@nhwa.org.

All submissions are subject to editing for accuracy, style and length.



## Money Matters

**If money is stressing you out, a financial counselor can help**

*Editor's note:*

The region's first Financial Empowerment Center (FEC), operated by Neighborhood House at Rainier Vista, opened last April and can help with financial counseling and affordable banking. The main center is located at 4431 Martin Luther King Jr. Way S., and is open Monday through Friday. There are six other FEC satellite centers throughout the city. For locations or more information, call 206-923-6555 or email [FEC@nhwa.org](mailto:FEC@nhwa.org).

**BY JASON CLOPPER**

*Tax program coordinator, FEC*

For folks unable to get a traditional bank account, the only option might be expensive check-cashing or pre-paid debit cards that have lots of attached fees. However, Seattle's Bank-On initiative is helping provide a pathway for people who want affordable checking or savings accounts but do not yet qualify to open one. Enter Neighborhood House's Financial Empowerment Center (FEC), just one of Bank-On's consortium of nonprofits who've teamed up with financial institutions to help consumers achieve monetary independence and savvy.

The Bank-On initiative is a program designed to give anyone turned down for a bank account a pathway to eventually being able to open an account. Participating banks and credit unions which are forced to turn down potential clients due to bad credit, bad banking history or other reasons, can refer them to the FEC to meet with a financial counselor.

Clients who meet with an FEC counselor are able to receive one-on-one financial advice and guidance in the following four

areas: affordable banking, increasing savings, repairing and building credit, and debt management.

A first step in working with clients is explaining the importance of one's credit score, which is based mostly on information gathered from credit bureaus. Like it or not, landlords, banks and credit card companies all use credit scores to evaluate the potential risk posed by lending money or renting apartments to consumers who carry varying degrees of debt. They use our credit scores to determine who qualifies for a loan, at what interest rate, and what credit limits we can handle. The lower one's credit rating, the higher the interest rate will be to get that loan.

Here are several examples involving FEC clients who visited us after being turned down by other traditional banking institutions:

A veteran on disability hoping to eventually move and buy a home was able to set up a payment plan on his debt and remove several errors on his credit report. In a matter of months he was able to reduce his debt by over 70 percent, or about \$1500.

After a client's first visit, she did not have enough credit information to establish a credit score and did not fully understand how credit scores and reports worked. After acting on the advice of one of our counselors, the client returned several months later and was able to establish a credit score of 700 (which is a very strong score).

A client was referred to the FEC after being denied a home equity loan, which he needed in order to help pay for some major home repairs. After working with a counselor and discovering negative items on his credit report, the items in question were disputed and quickly removed. This bumped

his credit score up by over 35 points in the same time period, which has helped him obtain a better credit rating and save money.

We assisted a client by showing her what steps she could take to tackle her debt and within a year reduced her outstanding debts by over \$1,000. Consequently, her credit score increased by over 70 points.

If you can relate to having been turned down at the bank like these clients were, or if you or someone you know is paying high fees and interest rates to use check cashing services, payday loans, or pre-paid debit cards instead of traditional banks or credit unions, visit a financial counselor at the Financial Empowerment Center.

We promise you you're not alone. According to the Federal Deposit Insurance Corp., more than a quarter of U.S. households rely on alternative financial services to manage their money. Of these 30 million households, nine million are "unbanked," meaning they don't have a checking or a savings account. The remaining 21 million are "underbanked," - they may have an account but still use alternative, expensive financial services like check-cashing outlets. In Seattle, 5.8 percent of households are "unbanked," and 18 percent are "underbanked."

We can help you access much more affordable banking options through community banks and credit union partners in the area. On top of all of this, we'll help you build your credit and manage your debt. Appointments can be made at [nhwa.fullslate.com](http://nhwa.fullslate.com) or by calling 206-923-6555.



## Library wants public feedback Oct. 8 at NewHolly campus

The Seattle Public Library wants to know how it can better serve children and families and are inviting community members to give suggestions at NewHolly Gathering Hall Thursday, Oct. 8 from 6 -8 p.m.

A light hot supper and beverages will be served at 6 p.m. The conversation, led by City Librarian Marcellus Turner, will begin at 6:30 p.m. Children will be invited to take part in fun activities at the adjacent NewHolly Branch during the meeting.

Library staff members will be available to interpret for people who speak Chinese, Vietnamese, Spanish, and Somali.

The Seattle Housing Authority, which re-developed NewHolly into a mixed-income community, is co-sponsoring the meeting along with Seattle Public Schools.

The Library, SHA and the school district were among a number of community partners to recently receive a grant to improve educational outcomes for NewHolly-area students who attend Aki Kurose Middle School, Dunlap Elementary, Rainier Beach High School, Wing Luke Elementary and Van Asselt Elementary.

This event at NewHolly will focus on youth and family learning. Future conversations will be devoted to other priorities - technology and access; community engagement; Seattle culture and history; and re-imagined spaces.

The NewHolly Gathering Hall is located at 7054 32nd Ave. S. For more information call the library at 206-386-4636.

## 'StoryCorps' program invites residents to tell their stories

*Locals share and record passions with National Public Radio*



PHOTOS COURTESY OF KUOW



*NewHolly residents and mother and daughter, Bau Le and Thu-Van Tran, record their conversation inside the mobile StoryCorps StoryBooth.*



*David Pelletier, a veteran and resident of Plymouth Housing Group, with Courtney Powell, an SHA community builder. "This experience was healing because for many years i wanted to tell a small piece of my life's journey," said Pelletier.*

This summer, StoryCorps, a program heard on National Public Radio (NPR), set up its 'MobileBooth,' pictured above, with NewHolly residents Sandy Tabor, Thu-Van Tran and her mother, Bau Le, who stopped by to record their life stories. A goal, said NPR, was to provide people of all backgrounds and beliefs the chance to share and preserve stories. Several dozen Seattle Housing Authority and area residents took part in the Seattle leg of StoryCorps's recent tour. To listen to their stories and those recorded elsewhere around the country, visit <https://storycorps.org>.

### Content guide

Don't see your neighborhood section? Consult the guide below to find the logos that correspond to your community.

-  High Point Herald
-  NewHolly Notes
-  Rainier Vista News
-  Yesler Happenings

# COMMUNITY RESOURCES



Photos © Auston James

## SEATTLE/KING COUNTY CLINIC

October 22-25, 2015

at Seattle Center

*Helping to create a community of  
compassionate care*

The community is coming together to produce the Seattle/King County Clinic Oct. 22 – 25 in KeyArena at Seattle Center. This giant health clinic offers a full range of free dental, vision and medical care to underserved and vulnerable populations. The effort, involving months of preparation and thousands of volunteers, transforms KeyArena into the largest clinic of its kind in Washington State. As many as 4,000 patients are served by over 1,600 healthcare professional and general support volunteers, providing more than \$2.5 million in healthcare services. **Learn more: [seattlecenter.org/skcclinic](http://seattlecenter.org/skcclinic)**

# TRANSLATIONS

TRANSLATED ARTICLES FROM THE VOICE

## Las elecciones del condado de King serán el martes 3 de noviembre- regístrese para votar ya/By Leahla Contreras

Las elecciones generales de 2015 serán el martes, 3 de noviembre, pero muy pronto será demasiado tarde para registrarse y hacerse elegible para votar. Para registrarse para votar en el estado de Washington, hay que ser:

- Ciudadano de los Estados Unidos;
  - Residente legal del estado de Washington durante los 30 días antes del día de las elecciones;
  - Mayor de 18 años en el día de las elecciones;
  - No bajo de la autoridad del Departamento de Corrección;
  - No descalificado para votar por orden judicial.
- Para la mayoría de los votadores, la fecha límite para registrarse en el condado de King es el lunes 5 de octubre. Este es el último día para registrarse en

línea, mandar por correo un formulario de registro de votador, o poner al día sus datos personales. Las boletas electorales y los panfletos de votación se mandarán el 14 de octubre, así que ¡éste pendiente de su buzón!

El 26 de octubre es el último día para que los nuevos votadores de Washington se registren en persona.

Para mayor información acerca de este tema, incluso el cómo y dónde registrarse, visite [www.kingcounty.gov/elections](http://www.kingcounty.gov/elections); llame al 206-296-VOTE (8683), o mande un email al: [elections@kingcounty.gov](mailto:elections@kingcounty.gov).

Las boletas con sellos de correo después de las 8 p.m. del 3 de noviembre no serán contadas.

## ናይ ኪንግ ካውንቲ ምርጫ ሰሉስ ሕዳር 3 እዩ። — እሞ ክትመርጹ ሕጂ ተመዝገቡ /By Habte Negash

ናይ 2015 ሓፈሻዊ ምርጫ ሰሉስ ሕዳር 3 እዩ። ግዜ ግና ቀልጢፉ ይሓልፍ ኣሎ እሞ ምምራጽ ምእንቲ ክትክእሉ ቀልጢፍኩም ተመዝገቡ። ኣብ ዋሺንግተን ስተይት ንምምራጽ ክትመዝገቡ እዚ ዝስዕብ ክተማልኡ የድሊ።

ሲትዘን ናይ ዩናይትድ ስተይትስ ምዃን፡

ብውሕዱ ቅድሚ ምርጫ 30 መዓልታት ኣብ ዋሺንግተን ስተይት ሕጋዊ ነባሪ ዝኾነ፡

ኣብ ዕለተ ምርጫ ዕድሜኡ እንተወሓደ 18 ዓመት ዝኾነ፡

ኣብ ትሕቲ ምቁጽጻር ናይ ክፍሊ መኣረምታ (Department of Corrections) ዝኾነ፡

ናይ ምምራጽ መሰሉ ብትእዛዝ ቤት ፍርዲ ዘይተገፈ (ዘይተኸልኸለ)፡

ኣብ ኪንግ ካውንቲ፡ ንመብዛሕትኦም መረጽቲ መወዳእታ መዓልቲ ናይ ናይ ምምራጽ ምዝገባ ስነይ ጥቅምቲ እዩ።

ጥቅምቲ 5 መጨረሻ ናይ ምዝገባ መዓልቲ እዩ። ብድሕሪኡ ብመይል ኦንላይን ምምዝጋብ ወይ ዝኾነ ለውጢ ምግባር ኣይከኣልንዩ። 14 ጥቅምቲ ናይ ምርጫ መግለጺታት ብቡስጣ ቤት ክልኣኹ ስለዝኾነ ተኸታተሉ። ኣብ ዋሺንግተን ስተይት ሓደስቲ መረጽቲ መረጽቲ ብኣካል ክምዝገቡ ዝኸኣሉ ናይ መጨረሻ ዕለት ጥቅምቲ 26 እዩ።

ኣብ ዓይን ብከመይን ምምዝጋብ ክምዝኸኣል ክምኡውን ተወሳኺ ሓበሬታ ንምርካብ ኣብ [www.kingcounty.gov/elections](http://www.kingcounty.gov/elections) ተመልከቱ ወይ ድማ ኣብ 206-296-VOTE (8683 ደውሉ ) ክምኡውን ብኢመይል [elections@kingcounty.gov](mailto:elections@kingcounty.gov) ክትጥቀሙ ትኸኣሉ።

ናይ ምርጫ ወረቓቅቲ ምእንቲ ኪቁጽጹ 3 ሕዳር ናይ ምሸት ሰዓት 8 (8 p.m.) ክምዘዕገኑ ኪግበር እዩ።

## День голосования в округе Кинг назначен на вторник, 3 ноября - внесите свое имя в списки избирателей сегодня!/ By Irina Vodonos

Всеобщий день голосования состоится во вторник, 3 ноября, но зарегистрироваться, чтобы голосовать, нужно заранее. Для того, чтобы иметь право зарегистрироваться голосовать в штате Вашингтон, необходимо:

- Быть гражданином Соединенных Штатов Америки
  - Легально проживать в штате Вашингтон как минимум 30 дней на момент голосования
  - Быть не моложе 18 лет на момент голосования
  - Не отбывать в данный момент тюремный срок (реальный или условный)
  - Не быть лишенным права голоса по решению суда
- Большинство избирателей в округе Кинг должны зарегистрироваться не позднее понедельника, 5 октября. 5 октября - последний день, когда можно внести свое имя в списки избирателей по интернету, отправить заполненный регистрационный

бланк по почте или обновить свою информацию в регистрационной системе. Бюллетени и брошюры для избирателей будут разосланы 14 октября - не забудьте проверить почтовый ящик!

26 октября - последний день, когда те, кто раньше не голосовал в штате Вашингтон, могут зарегистрироваться лично.

За дополнительной информацией о том, как и где зарегистрироваться, чтобы голосовать, заходите на сайт [www.kingcounty.gov/elections](http://www.kingcounty.gov/elections), звоните по телефону 206-296-VOTE (8683) или пишите на электронный адрес [elections@kingcounty.gov](mailto:elections@kingcounty.gov).

Для того, чтобы ваш голос был учтен, конверт с вашим бюллетенем должен быть промаркирован почтовым штемпелем не позднее 8 часов вечера 3 ноября.

## የኪንግ ካውንቲ ምርጫ ማክሰኞ ኖቬምበር 3 ነው - ካሁኑ ተመዝገቡ/By Assaye Abunie

የ2015 የአጠቃላይ ምርጫ ማክሰኞ ኖቬምበር 3 ቢሆንም ኣሁን ለመመዝገብና ለመምረጥ ጊዜው በጣም አጭር ነው።

በዋሺንግተን ተመዝግቦ ለመመረጥ መሆን ያለብዎ ግዴታ፡

- የአሜሪካ ዜጋ
- ከምርጫው ቀን በፊት ቢያንስ ከሰዓት ቀን በፊት የዋሺንግተን እስቴት ኗሪ መሆን ያስፈልጋል
- በምርጫው ቀን እድሜው ቢያንስ 18 ዓመት የሆነው
- በእርማት ሰጪ መስሪያ ቤት ባለስልጣን ሥር ያልሆነ
- በህግ ቤት መምረጥ እንዳይቻል የሚያደርገው ትዕዛዝ ካለ

ለአብዛኞቹ በኪንግ ካውንቲ መራጭ ለሆኑ የመጨረሻው ቀን ሰኞ አክቶበር 5 ነው። በኢንተርኔት፣

በፖስታ ፎርም ሞልቶ ለመመዝገብ ወይም የተመዘገቡትን ለማደስ ይህቀን የመጨረሻው ነው። ና የመራጮች ወረቀት አክቶበር 14 ስለሚላክ የፖስታ ሳጥንዎን ይመልከቱ።

ለአዲስ የዋሺንግተን መራጮች በግል ሂደ ለመመዝገብ አክቶበር 26 የመጨረሻው ቀን ነው።

ለተጨማሪ መረጃ ለማግኘት የትና እንዴት ለመመዝገብ ቢያስፈልግ [www.kingcounty.gov/elections](http://www.kingcounty.gov/elections) ድረ ገጽ ገብተው ይመልከቱ ወይም በስልክ ቁጥር 206-296-VOTE (8683), or ወይም: [elections@kingcounty.gov](mailto:elections@kingcounty.gov) ኢሜል ያድርጉ።

የምርጫው ካርድ ኖቬምበር 3 ከስምንት ሰዓት በፊት ማህተም ተደርጎ መላክ አለበት።

## CUỘC BẦU CỬ Ở QUẬN KING vào Ngày 3 Tháng 11 – hãy ghi tên bầu cử ngay từ bây giờ/By Long Luu

Cuộc phổ thông bầu phiếu cho năm 2015 là Thứ Ba , 03 tháng 11, nhưng sắp hết thời hạn để ghi danh bầu cử, và để hợp lệ cho cuộc bầu cử. Để ghi tên bầu cử trong tiểu bang Washington, quý vị phải là:

- Công dân Hoa Kỳ
- Phải chính thức cư ngụ trong tiểu bang Washington 30 ngày trước khi có cuộc bầu phiếu
- Ít nhất là 18 tuổi vào ngày có cuộc bầu phiếu
- Không bị quản chế bởi bộ Chính lý
- Không bị tòa truất quyền bầu cử
- Đối với số đông cử tri, hạn chót cuộc ghi tên bầu phiếu sẽ vào ngày Thứ Hai 5 tháng 10. Đây là ngày chót để ghi tên qua trang mạng, bằng thư

tín, hoặc cập nhật thông tin về việc ghi tên. Các lá phiếu và tờ thông tin sẽ được gửi ra (bằng đường bưu điện) vào ngày 14 Tháng 10, hãy để ý nhận từ thùng thư của quý vị!

Ngày 26 Tháng 10 là hạn chót cho các cử tri mới để ghi tên bầu cử ở các phòng bầu phiếu.

Để biết thêm thông tin gồm có từ việc làm thế nào và ghi tên nơi đâu để bầu phiếu, hãy vào trang mạng [www.kingcounty.gov/elections](http://www.kingcounty.gov/elections), hoặc hãy gọi cho số 206-296-VOTE (8683), hoặc gửi điện thư e-mail: [elections@kingcounty.gov](mailto:elections@kingcounty.gov)

Các lá phiếu phải được bưu điện đóng dấu vào thời hạn 8 giờ tối ngày 3 tháng 11 để được đếm vào.

## Doorashooyinkii King County waa Talaado, 3da bisha Vovember – is diiwaan geli si aad u codayso/By Mahamoud Gaayte

Doorashooyinka guud ee sanadka 2015ku waa talaadada, 3da bisha November, hase ahaatee waqtigii isdiiwaan gelintu waa ordayaa, si u qofku u codynkaro. Si aad isugu diiwan gelinkarto codaynta gobolka Washington waa in aad tahay:

- Muwaadin haysta dhalashada Dalka Mareykanka;
- Qof si sharci ah ku deganaa gobolka Washington ugu yaraan 30 beri ka hor in aan doorashadu dhicin;
- Uguyaraan 18 jir maalinta doorashada;
- In aadan markaas gacanta ugu jirin qaybta dhaqan celinta iyo xabsiyada;
- In aaney maxkamadi kuu diidin codaynta
- Badanaa dadka codaynaya, waxa isdiiwaan gelintu kaga egtahay Isniin,

5ta bisha October. Waa maalinta ugu dambaysa isdiiwaangelinta barah internetka (Online), boshqadaha codaynta ee boosta lasoo dhigo, amaba waxka bedelida maclumadka codayaha. Boshqadihii codaynta waxaa boosta la soo dhigayaa 14ka October, Isha ku hay snduuqa boostadaada!

26ka October waa kama dambaystii codayaha cusub uu iska diiwaan gelinlahaa goobaha diiwaan gelinta.

Faahfaahindheeraad oo kusaabsan sida iyo goobaha isdiiwaangelinta, booqo [www.kingcounty.gov/elections](http://www.kingcounty.gov/elections); ama wac 206-296- Vote(8683) ama email u dir: [elections@kingcounty.gov](mailto:elections@kingcounty.gov).

Boshqadaha codaynta waa in boostadu shaabadaysaa kama dambayn 8 fiidnimo bisha November 3deeda, si codkaagu tirade u gelikaro.

# OUR COMMUNITIES

STORIES FROM OUR FRIENDS AND NEIGHBORS

## Finding hope through life's challenges

*Resident finds resilience and gains skills through community resources*



*Teresita Cabasag has gained new skills by taking a number of free classes. Cooking, computing and citizenship classes are just a few of the ways she gets the most out of life.*

PHOTO BY NANCY GARDNER

BY NANCY GARDNER  
The Voice editor

When Teresita Cabasag moved here with her husband and son from the Philippines four years ago, she knew they would be faced with numerous challenges, but continuing to be full-time caregivers for their son, Jan Michael, who has Down syndrome, has been one of the toughest things they've ever experienced.

The couple's 26-year-old son, who needs round-the-clock care, has the functionality of a 3-year-old and needs help with almost everything, so they share this responsibility as much as possible, but neither parents had ever had formal caregiver training.

That changed earlier this year, however, when Teresita sought assistance from Neighborhood House which helped her get in contact with the many community resources for the taking. Teresita says one need only reach out and grab hold of them.

Through the 'Powerful Tools' training for caregivers class, Teresita has learned how to take better care of both herself and Jan Michael by examining the difficulties, hardships and burdens that caregivers face, while understanding how to conquer them.

And while she's been taking computer classes at Wiley Center Neighborhood House in order to catch up with technology, Teresita admits that while she owns a cell phone, she isn't completely sure of how to use it. Yet.

The 66-year-old has also impressed her husband, a cook, by way of her own culinary skills developed through the healthy cooking classes taught at Yesler Community Center.

"My husband is so happy that I've learned to cook healthy foods and focus on vegetables, while learning all about saturated fats," she says.

But it's her love of history—particularly American history—that has led her to pursue citizenship classes, also taught through Neighborhood House. After 24 years of waiting to come to the United States, her dream of becoming a U.S. citizen will be realized next year, after she takes the U.S. Citizenship Test.

She adds, "You must first be resourceful and always think positively. Blessings won't come to you if don't make an effort to learn and try on your own."

Sage advice for all.

### Community classes and resources

Are the darker, damp days of fall beginning to get you down? Do you want to learn a new skill, explore a hobby or just have fun? Why not take advantage of the resources right out in your community. There are many free and low-cost opportunities for the taking.

The YWCA Career Development Center offers job training, job search help, and career development services for residents of Greenbridge, Seola Gardens, and the White Center area. This service is also available to people who do not live in KCHA housing, including families with Section 8 vouchers. Phone 206-763-6922 or visit <http://www.kcha.org/residents/services/#check>.

A new "Powerful Tools" seminar will be offered in spring 2016. For more information, please contact Long Luu, senior and disabled services supervisor at Neighborhood House, 206-641-5167.

Solid Ground's "Cooking Matters" is a series of six-week classes for low-income individuals at over 55 locations throughout the Puget Sound. Classes include healthy cooking skills, nutrition education and food budgeting. Find out more at <http://www.solid-ground.org>, email [cooking@solid-ground.org](mailto:cooking@solid-ground.org), or call 206-694-6700.

Seattle Parks and Recreation offers a litany of affordable classes through community centers around the city. Check out <http://www.seattle.gov/parks/brochures/> or call 206-684-CITY (2489).

Wallingford Community Senior Center offers community cooking, meals and nutrition classes. Hot lunches are served Wednesdays and Fridays. Phone 206-461-7825 or email [register@wallingfordseniors.org](mailto:register@wallingfordseniors.org).

## PacMed

Continued from Page 1

The Seattle Central Health Education Center, as it will be called, will house many of SCC's healthcare training programs. The Center will occupy five floors in the tower and provide students with new medical and computer labs and state-of-the-art equipment in order to train with the latest medical technology.

One of the strengths of this campus is the potential for students to collaborate with health-focused organizations located within the tower. For example, Neighborcare Health will open a community dental clinic in the Health Education Center, enabling dental hygiene students to practice skills learned in the classroom.

"Central Supply Processing and "Certified Nursing Assistant" give those with no experience in healthcare the opportunity to earn certificates and launch careers relatively quickly. And many of Seattle Central's programs include day, night and online classes that provide those with work and family commitments the opportunity to advance their education.

Additionally, SCC's Workforce Services programs provide required tuition, fees, books and transportation to qualifying students. Academic planning, job placement assistance and emergency financial assistance is also available.

Workforce Education programs include Basic Food Employment & Training Program (BFET); WorkFirst for students receiving Temporary Assistance for Needy Families (TANF); Worker Retraining for students who receive or have exhausted unemployment benefits, are "displaced homemakers," veterans, or formerly self-employed; and Opportunity Grant available to low-income adults pursuing an approved program.

To learn more about healthcare programs and career opportunities visit: [seattlecentral.edu/career/healthcare](http://seattlecentral.edu/career/healthcare) or call 206-934-4347.

Additional information about funding for career training is available at: [seattlecentral.edu/workforce/](http://seattlecentral.edu/workforce/) or call 206-934-3854.




## HealthCare Career Pathways

Looking for support with:  
Navigating college? Tuition? Exam and Licensing Fees?  
Resume and Interview Preparation? Job Placement?

The program is available at no cost to eligible participants. Eligibility requirements include:

- Be low-income (BFET eligible)
- College Ready/ESL 5
- No criminal background
- No previous degree
- City of Seattle resident

Students enrolled in our program can get help with:

- College and career navigation
- Books and Supplies
- Tuition
- Exam and Licensing Fees
- Resume and Interview

Questions? Call or Email Us.

Ashley Rodgers (206) 788-6951 [ashleyr@nhwa.org](mailto:ashleyr@nhwa.org) - North Seattle College

Cindy Holland (206) 422-4701 [cindyh@nhwa.org](mailto:cindyh@nhwa.org) - Seattle Central - South Seattle College

Tiffany Lamoreaux (206) 832-9639 [tiffanyl@nhwa.org](mailto:tiffanyl@nhwa.org) - Seattle Vocational Institute

### High Point Community Center

*Vietnamese*  
Bắt đầu vào ngày 2 tháng 9  
Đêm thứ Tư

5:30-6:00pm (4-6 tuổi)  
6:10-6:55pm (5-7 tuổi)  
7:00-7:45pm (8-10 tuổi)

Lớp dạy kỹ năng bóng đá là một lớp bóng đá trong nhà tập trung vào việc phối hợp và làm việc theo nhóm.  
Tất cả các huấn luyện viên làm tình nguyện viên-xin gọi  
Giovannina Souers tại  
(206-684-7422) nếu bạn muốn làm tình nguyện viên

\$7 mỗi cầu thủ/ tháng

Đăng ký hoặc muốn biết thêm chi tiết xin gọi:  
Trung Tâm Cộng Đồng  
High Point  
(206)684-7422



## Soccer Skills

### Kỹ Năng Bóng Đá

### Aprenda futbol



Spanish

**Inicia el 2 de Septiembre**  
Miercoles en las noches

Para registrarse or para mas informacion llame al  
206-684-7422

5:30 - 6:00pm (Edades 4-6)  
6:10 - 6:55pm (Edades 5-7)  
7:00 - 7:45pm (Edades 8-10)

"Aprenda Futbol" son clases en el gimnasio enfocadas en coordinacion, equipos y diversion. Los entrenadores son voluntarios- Llame a Giovannina Souers al (206) 684-7422 para ser entrenador voluntario.

\$7 por jugador/al mes  
Para registro o mas informacion llame al High Point Community Center  
206-684-7422

