



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



# The Voice

January  
2018  
*Articles translated  
into six languages*

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

## Yesler youths in a league of their own

*Area residents get a kick out of showing off their artistic flair*



BY VOICE STAFF

On Nov. 30, 2017, 20 Yesler area children and their parents attended the MLS Western Conference Finals featuring the Seattle Sounders FC and Houston Dynamo.

For some, the highlight of the soccer game was the Sounder's 3-0 victory, but for the youths from Yelser it was their chance to take to the field and show off their mojo.

They've been assisting Artist in Residence George Lee and co-instructor Sumayya Diop in designing artwork to be displayed on the soccer goal posts at Yesler Terrace Park, which opens later this year.

At half-time, the budding team of artisans displayed their creations on the field. Yesler's community partner, the RAVE Foundation, the philanthropic arm of the Sounders, recognized and thanked the kids for their hard work.

PHOTO COURTESY OF SEATTLE SOUNDERS FC

## Lobby days provide a chance to push for change in Olympia

BY KRISTIN O'DONNELL  
*SHA resident*

It's January, and the Washington Legislature is meeting in Olympia, making decisions that will affect the lives of public housing residents — and the lives of people who are waiting for housing.

Your voice can make a difference on advocacy days — it's the faces and the personal stories from their constituents that lawmakers remember. Be part of the action — let legislators know what you want and need. Legislative votes will decide what happens with welfare grants, SNAP, health care, education and public safety.

The lobby days offer workshops on how to talk to our senators and representatives

Please see "Lobby days" on Page 3

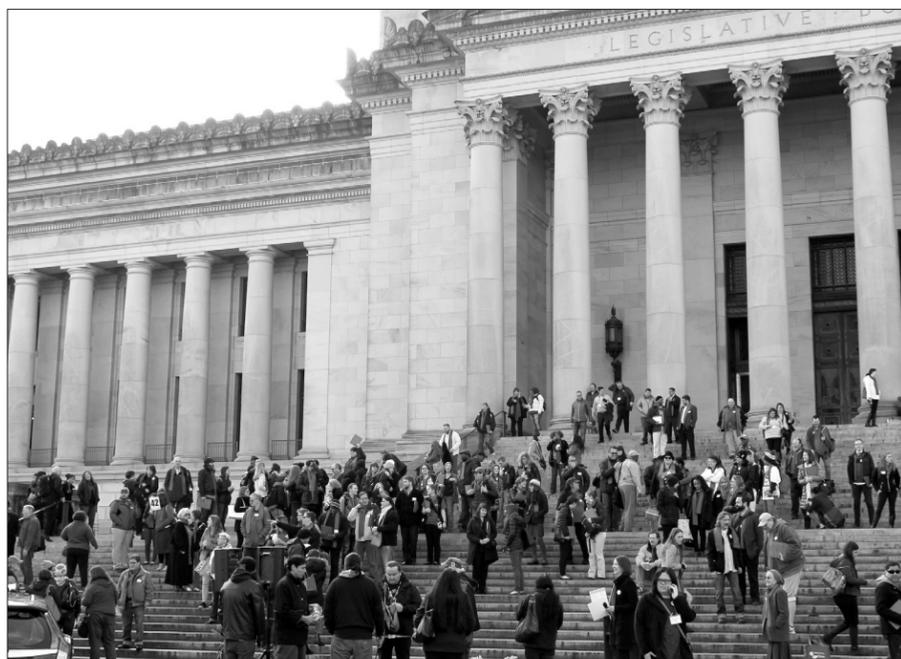


PHOTO BY VIOLET LAVATAI

*Seattle Housing Authority residents, along with people from all over our state, rallied in Olympia last year at Housing and Homelessness Advocacy Day, organized by Washington Low Income Housing Alliance. This year the event takes place Feb. 1.*

### Jan. 10 RAC meeting

Teresa Clark, Director of Organizing at Washington Low Income Housing Alliance, will give attendees of the Jan. 10 Resident Action Council meeting a preview of Washington state's 2018 Legislature's agenda.

All Seattle Housing Authority residents are welcome to attend and join in on the discussion which begins at 1:30 p.m. A light lunch will begin at 1 p.m.

RAC meets the second Wednesday of each month in the Jefferson Terrace Community Room, 800 Jefferson St.

Attendees receive free bus tickets and RAC will reimburse carpool driver's mileage.

Neighborhood House  
The Weller Building  
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Seattle, WA 98144

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# Health Notes

**R** A column devoted to your well-being

## Coping with post-holiday blues

BY NEIGHBORCARE HEALTH

The party's over. The guests have gone home. And it's time to pack away the holiday decorations for another year.

For some of us, the end of the holiday season marks the beginning of a post-holiday slump — when our bodies, brains and moods feel out of balance.

Here are some suggestions to help you get a handle on post-holiday blues.

### Consider the cause

**Body chemistry:** Did you overindulge during the holidays? Did you drink more than usual? Or eat too many sugary treats? It doesn't take much to upset the delicate balance of our body chemistry.

#### Solution:

Nourish your body! Get right back on track as soon as possible. Choose a healthy, balanced diet — packed with lean protein, vegetables and fruits — and drink plenty of water. If you have leftover cookies, candies, cakes and other sweets, give them away or put them away in the freezer to enjoy in moderation later.

Also, make sure you are getting enough sleep. Most adults need seven to nine hours of sleep each night for best health and mental function. Children and teens need even more sleep.

**Environmental:** Is the lack of sunlight getting you down? Once the holiday lights are packed away, the darkness of winter can feel overwhelming. In Seattle, we get just about eight hours, 30 minutes of daylight per day in early January. This decrease in sunlight may disrupt your body's internal clock and lower your melatonin and serotonin levels (substances our bodies make and distribute to regulate sleep and feelings of well-being, respectively).

All of this can disrupt sleep, affect your mood and trigger depression. Additionally, you might skip your outdoor exercise routine when the days are dark and cold.

#### Solution:

Seek the sunshine! Get outside whenever possible during daylight hours, even if it's cloudy. A 20-minute walk at lunchtime can really boost your mood. Alternatively, you could consider light therapy provided by special lamps that mimic sunlight. (Be sure to consult your health care provider for product recommendations and guidelines for safe use of these devices).

Some people like to leave their holiday lights up throughout winter. While these lights aren't powerful enough to compensate for the lack of sunlight, they can create a feeling of coziness and keep our spirits

bright. And don't despair. Longer days are on their way! We're gaining light every day from now until the summer solstice in June, when we top out at 16 hours.

**Emotional:** Did the holidays fall short of your expectations? Did a family gathering result in conflict and hurt feelings? Did you feel lonely or isolated, unable to be with your loved ones?

Alternatively, were the holidays so enjoyable you just can't bear to see them end?

#### Solution:

Make each month a little merrier. There's no reason we can't spread a little holiday cheer throughout the year. How about making a special date with a friend each month? Consider sending at least one card or letter to a relative each month. If there are hurt feelings, soothe them. Make an effort to connect to family members one-on-one.

If you were alone for the holidays or are missing someone this year, try making new connections in your community. You might visit a local senior center or community center to see what programs are offered. Sign up for a class.

Also, remember that service to others is one of the greatest gifts we can share. If you know of a neighbor who needs help or companionship, reach out. Or find a place where you can volunteer your time and talents. Try volunteering with kids, the elderly or animals. Join a club. Helping others helps us feel good, and it's free.

Think about what makes the holidays special to you, and figure out a way to keep those elements going.

### Consider getting extra help

If these simple tips don't help brighten your mood, you may be feeling something more serious than the blues. Depression is a medical condition, and you might need help from your doctor. Some common symptoms of depression include losing interest in activities you usually enjoy, feelings of intense sadness, anger or guilt, weight gain or loss, and lack of focus.

There are many different kinds of treatment for depression, including medicine and counseling. Talk to your primary medical care provider soon so you can work together to identify the steps that will help you start to feel better in this new year.

*Neighborcare Health is the largest provider of primary medical and dental care in Seattle, for low-income and uninsured families and individuals, serving our community for almost 50 years. More information is available at [www.neighborcare.org](http://www.neighborcare.org).*

# Be Safe

*Here's to a safer neighborhood and a safer you*

BY MINH NGO  
Project Coordinator

Believe it or not, the new year is here! You probably have plenty of excellent ideas about how to be a better you in 2018. Just like last year and the year before.

Seattle Neighborhood Group would like to suggest something a little different this year to spice up your list: widen your scope of interest and include becoming familiar with the neighborhood you live in as well. Getting to know your neighbors and becoming an active member of a community may be a lot more rewarding than you think.

### Why build a community?

#### Personal safety

There's nothing wrong with wanting to mainly keep to yourself. On the other hand, placing too much value on your privacy can also isolate you from your neighborhood. Getting to know your neighbors can make you and your family safer. For example, a vigilant neighbor can protect you by recognizing strangers around the neighborhood and making you aware of a potential problem.

#### Friendships

You may not realize it, but we all need a sense of belonging. Being able to connect to your neighbors is a great way to develop that sense of belonging that contributes to our mental health. They say that good fences make good neighbors, but it's a good idea to have a fence with a gate that can open from either side, allowing for the sharing of valuable news and information.

#### Security

A strong bond with people around you can also make your life significantly easier. Neighbors tend to be much more helpful to people they can relate to, and you never know when you might need a helping hand.



What can make you feel more secure than knowing you have someone right there to watch out for you in the event of an emergency?

### Strength in numbers

Multiple people coming together can have an impact on what goes on in the community. That is to say, a group of people or concerned citizens has more influence or power than one person going it alone. And, studies show that tight-knit communities often create a positive environment which causes crime rates to go down.

### Resolutions that help grow a community

- Say hello and introduce yourself to unfamiliar faces in your community
- Know and support local merchants and businesses
- Assist a neighbor with yard work or carry their shopping bags
- Offer to watch a neighbor's home while they're away
- Bake something for them
- Start or participate in a discussion group or a club of interest
- Gather together to spruce up common areas

Having a positive connection to the community and the people who live around us is an invaluable shared asset. The point is, the better you know your neighbors, the safer the neighborhood becomes. And you can't put a price on trust.

*The mission of Seattle Neighborhood Group is to prevent crime and build community through partnerships with residents, businesses, law enforcement and other organizations. Contact Minh at 206-323-9666 or [minh@nsgi.org](mailto:minh@nsgi.org).*

## FREE PROGRAMS FOR LOW INCOME FAMILIES!



We serve children of all abilities, including those with special needs

### WEEKLY HOME VISITING (prenatal-age 3)

Weekly home visits promote parent-child relationships & understanding of child development. Serving families in:  
Tukwila • SeaTac • Skyway • Burien • West Seattle • Central Seattle • South Seattle • White Center • Des Moines

### FULL DAY TODDLER CLASSROOM (ages 2-3)

Our full day toddler classroom includes meals & snacks for children and family support services. Serving families in:  
Burien • SeaTac • Des Moines • White Center • South Seattle

### TODDLER COMBINATION PROGRAM (ages 2-3)

Families receive monthly home visits with two days/week of class time for children. Families also have access to parent engagement opportunities & family support services. Serving families in:  
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### FULL DAY & HALF DAY PRESCHOOL (ages 3-5)

Our half day classes include both morning and afternoon sessions. Includes meals & snacks for children and family support services. Serving families in:  
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Para español, llame al: 206-816-4421

For more information visit: [www.nhwa.org/earlylearning](http://www.nhwa.org/earlylearning)



### The Voice

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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.voicenewspaper.org](http://www.voicenewspaper.org)

## Seattle Housing Authority gets top award for financial reporting

BY SEATTLE HOUSING AUTHORITY

In November, the Seattle Housing Authority was awarded a Certificate of Achievement for Excellence in Financial Reporting by Chicago-based Government Finance Officers Association of the United States and Canada.

In a statement, GFOA said the Certificate of Achievement for SHA's 2016 Comprehensive Annual Financial Report, "Is the highest form of recognition in the area of governmental accounting and financial reporting, and its attainment represents a significant accomplishment."

To help identify priorities and make informed decisions, Shelly Yapp, SHA's Chief Financial Officer, routinely engages with residents and receives input through online budget priority surveys.

SHA's Report was judged by an impartial panel to have met the high standards of



Shelly Yapp

the GFOA program, including demonstrating a constructive "spirit of full disclosure" to clearly communicate the agency's financial story.

## Lobby days

Continued from Page 1

and set up appointments with legislators from your district.

Most lobby day organizers will arrange bus, van or carpool transportation to Olympia, and some provide meals. Others charge a fee to register, but most will offer a low or no-cost registration if you ask for a scholarship.

Lobby days focus on different issues. Some that are vital to public housing residents include the following:

- **MLK Lobby Day**, Monday, Jan. 15. Focus on poverty issues, including food and housing. For more information or to register, visit [www.povertyaction.org/2018mlkday/](http://www.povertyaction.org/2018mlkday/) or phone 206-694-6794.
- **Housing and Homelessness Advocacy Day**, Thursday, Feb. 1. Deals with housing access and affordability. For more information or to register, visit [www.wliha.org/housing-and-homelessness-advocacy-day](http://www.wliha.org/housing-and-homelessness-advocacy-day) or phone 206-442-9455.
- **Hunger Action Day**, Monday Feb.

5. Focus on food and nutrition. For more information or to register, visit [www.northwestharvest.org/hunger-action-day](http://www.northwestharvest.org/hunger-action-day) or phone 800-722-6924.

- **Interfaith Advocacy Day**, Tuesday, Feb. 20. Focus on housing, food and safety. For more information or to register, email [fan@fanwa.org](mailto:fan@fanwa.org) or phone 206-625-9790.
- **Senior Lobby Day**, Thursday, Feb. 22. Focus on health care, housing and nutrition. To register, email [info@waseniorlobby.org](mailto:info@waseniorlobby.org) or phone 360-754-0207.

## Former RAC president Lee Sutor passes away

BY VOICE STAFF

Lee Sutor, a resident of Four Freedoms House who served as president of Resident Action Council in 2016-2017 died of cancer on Nov. 18, 2017.

Sutor was born in San Francisco and studied music at Union Theological Seminary in New York, from which he received a master's degree in music.

The 75-year-old devoted most of his career to music, composing and arranging as well as conducting and serving as a church organist across the country.



Lee Sutor

While serving as secretary for Stewart Manor Resident Council between 2008 and 2009, he worked with Metro Transit to ensure a bus stop would continue serving the community.

## Seattle Public Schools 2018-19 school year enrollment begins in January

BY SEATTLE PUBLIC SCHOOLS

Now is the time to enroll in Seattle Public Schools. Enrolling early helps SPS get to know your child and your family before school starts and make sure the new school year starts off right!

### Preschool with SPS Head Start program enrollment

- For children who are three- or four-years-old by Aug. 31; must meet income guidelines; no tuition
- Door-to-door transportation available
- Half-day and some full-day (six hours)
- Offered at nine different elementary school locations across Seattle (select locations may have availability for the current 2017-18 school year)
- Call 206-252-0960 or visit [www.seattleschools.org/headstart](http://www.seattleschools.org/headstart)

### Preschool with Seattle Preschool Program enrollment

- Open to all children ages three and four living in Seattle
- Families of three-year-olds must meet income guidelines (sliding scale tuition); no tuition for four-year-olds
- Certified teachers in all classrooms and dual language instruction at some sites
- "SPP Plus" classrooms include children with special needs and have additional staff
- Full-day (six hours), five days/week
- Before and after care available at some sites
- Call 206-386-1050 or visit [www.seattle.gov/education](http://www.seattle.gov/education)

### Kindergarten enrollment

- Children are eligible to enroll in kindergarten if they turn five years of age by Aug. 31
- All classrooms are free and run for a full (six hour) school day; most schools offer before and after school programs (for a fee)
- **Registration for 2018-19 school year starts on Jan. 8**
- Call 206-252-0760 or e-mail [servicecenter@seattleschools.org](mailto:servicecenter@seattleschools.org), or
- Visit John Stanford Center at 2445 3rd Avenue South
- Enroll online at [www.seattleschools.org/admissions/registration](http://www.seattleschools.org/admissions/registration); check this web page for a list of community events where you can ask questions and get help registering

### Kindergarten – 12th grade option school enrollment

- Based on address, children living in Seattle are automatically guaranteed assignment at their neighborhood school (or the school best able to serve their needs)
- **To attend a different school for the 2018-19 school year students must complete a Choice Form Feb. 5-16.** After Feb. 16, no tiebreakers are considered and Choice Forms are placed in the order received and by lottery number. Current students can submit school choice applications through May 31
- Learn about option schools and the School Choice lottery process by attending the Option School Choice Fair on Jan. 20 between 10:00 a.m. - 2:00 p.m. at Mercer International Middle School cafeteria, 1600 S Columbian Way; interpreters available
- Visit [www.seattleschools.org/admissions](http://www.seattleschools.org/admissions) or call 206-252-0760

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206.518.0766 (lab coordinator)  
[www.starofseattle.org](http://www.starofseattle.org) info@starofseattle.org



# Is trying to quit smoking leaving you feeling burned out?

*Plenty of resources are available for those wanting to kick the habit*



By VOICE STAFF

It's a new year, and if you're like many people, you've set some resolutions for yourself. If trying to quit smoking is one of them, we have some resources that can help.

To support the health and wellness of all Seattle Housing Authority residents, the Agency adopted and implemented a No Smoking Policy in February 2012 specifying that smoking is prohibited inside apartment units, common areas and within 25 feet of building entrances. This is consistent with federal public housing policy, Washington state law and public health best practices.

**Here are some tools to help you snuff out those smokes:**

**Washington State Tobacco Quitline.** Offers telephone-based counseling, print materials and nicotine replacement therapy for eligible callers. Translation services available. Call 1-800-QUIT NOW or 1-800-784-8669.

**Asian-Language Quitline.** Telephone counseling services available in the following languages: Chinese (Cantonese/Mandarin) 1-800-838-8917; Korean 1-800-556-5564; Vietnamese 1-800-778-8440.

**National Cancer Institute Nationwide Quitline.** Smokefree.gov provides free information on quitting, along with free support via chat room or phone. Features an interactive website, text program, smartphone apps, phone-based counseling and print materials. Call 1-877-44U-QUIT (1-877-448-7848) or visit [www.smokefree.gov](http://www.smokefree.gov). Teen-specific program, [teen.smokefree.gov](http://teen.smokefree.gov); women-specific program, [women.smokefree.gov](http://women.smokefree.gov).

**Washington Recovery Help Line.** An anonymous and confidential help line that provides crisis intervention and referral services for Washington state residents. Professionally trained volunteers and staff are available to provide emotional support 24-hours a day, and offer local treatment resources for substance abuse, problem gambling and mental health, as well as other community services. The Recovery Help Line is a service of Crisis Clinic. Call 866-789-1511 or visit [www.warecoveryhelpline.org](http://www.warecoveryhelpline.org).

**Become an EX.** Free online quit smoking program that helps you re-learn your life

without cigarettes. Before you actually stop smoking, you will learn how to deal with things that trip you up. The EX plan prepares you to quit and stay quit. Visit [www.becomeanex.org](http://www.becomeanex.org).

**MyLastDip.** Offers unique research-tested, self-help programs designed specifically to help chewing and smokeless tobacco users quit for good. Developed by researchers with over 40 years' experience in helping chewers quit tobacco, these programs have been funded by research grants from the National Cancer Institute. Visit [www.mylastdip.com](http://www.mylastdip.com).

**Pfizer Helpful Answers.** Medication assistance programs for people who have no insurance, or who do not have enough insurance and need help getting their Pfizer medicines. Call 1-866-706-2400 or visit <http://www.pfizerhelpfulanswers.com>.

**Partnership for Prescription Assistance.** Helps qualifying patients without prescription drug coverage get the medicines they need through the program that is right for them. Many will get their medications free or nearly free. Visit <http://www.pparx.org>.

**Quit Tobacco – Make Everyone Proud.** An educational campaign for the U.S. military, sponsored by the U.S. Department of Defense. The mission is to help U.S. service members and veterans quit tobacco – for themselves and for the people they love. Online support is available at: <http://www.ucanquit2.org>.

**Seattle Counseling Services.** A number of tobacco cessation groups available. These groups are open to the public and there is no financial eligibility requirement to attend. Seattle Counseling specializes in LGBTQ, but anyone is welcome. Contact Shane at 206-323-1768 x203 for information and registration.

**Sea Mar.** Tobacco cessation counseling and follow up. Need not be a patient to participate. Services are free and available in Spanish. Offices are located in South Park & Burien. Visit <http://www.seamarchc.org> or call 206-762-3730.

## SCHOOL BREAKFAST EAT. SMILE. LEARN.

Breakfast does more than fill your belly. It fills your brain. When kids eat breakfast, they have better focus in school and better attendance. Your child's school offers a delicious, healthy breakfast every morning and we encourage you to take part.

If you haven't already, please apply for Free & Reduced Meals in your school district to see if your family qualifies for free or reduced-price school breakfasts.

Forms are available at [uwkc.org/SchoolBreakfast](http://uwkc.org/SchoolBreakfast)

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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 SHA 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 email at [nancyg@nhwa.org](mailto:nancyg@nhwa.org).

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

# TRiO Educational Opportunity Center is turning college into a reality for underserved students

By JOHN PHILLIPS  
South Seattle College

Well-paying jobs are important for families in Seattle and King County. Our cost of living is on the rise. Today's workers need specialized knowledge and skills to be competitive for the jobs that pay well enough to pay for the cost of living. Education and training programs provide those skills.

The TRiO Educational Opportunity Center at South Seattle College provides access to the education and training programs that lead to better employment opportunities.

The EOC at South Seattle College works with adults in the community who are interested in pursuing additional education in a college or training program. Different from programs that assist high school students with the college admissions process, TRiO EOC is focused on working with adults who are entering a program at a different stage of life.

EOC staff focus on assisting program participants explore the training opportunities at our local community and technical colleges. The State Board of Community and Technical Colleges is made up of 34 colleges in Washington state. Ten of them are here in King County. With so many options available, EOC staff work with participants to explore different campuses, programs and course offerings.

One of the unique opportunities for adult learners is to decide whether they would like to further develop existing skills and return to a familiar line of work or choose an entirely new industry and skill set to explore.



A TRiO staff member assists a client in enrolling at the Educational Opportunity Center, located on the main campus of South Seattle College.

PHOTO BY MAC WRITT

Whichever path someone chooses, EOC staff encourage everyone to look at the employment outlook in the field or skill set they are considering. For example, aerospace, construction and manufacturing are all industries to consider locally.

There are a variety of education tracks to consider when choosing a program. Short-term training programs can be the

best way to skill-up for the job market and get back to work quickly. Apprenticeship programs provide an income while students are learning skills required for a particular trade. Certificate programs provide focused instruction in a technical skill. Two- and four-year degree programs give students exposure to a wide range of subjects for career exploration and development.

Although each college has its own enrollment process, there are several steps that are common to most institutions. Future students will need to apply to the school they are interested in attending, pursue the funding method they will be using to pay for school and register for the particular class or program they are interested in attending.

In some instances, future students will also need to take a placement test, provide transcripts from previous education experiences or attend an orientation. EOC staff research all of the steps to enroll for a particular program and then assist participants in navigating each step.

Once an EOC participant has completed the enrollment process, the EOC team is available to refer the new student to many different campus resources that support the success of students during their time in school.

These include tutoring centers, counselors, disability support services, student activity programs and many others. Campus jobs and the Work Study program are also excellent ways for students to further their education while increasing job skills.

TRiO is the name used for a variety of programs that began with the passing of the Higher Education Act of 1965 and are intended to increase college access and completion by low-income students and students who are the first in their families to go to college. The TRiO programs are funded by the U.S. Department of Education in Washington, D.C.

EOC staff are available to meet with interested community members Monday through Friday from 8:00 a.m. until 4:30 p.m. at the main campus of South Seattle College in West Seattle. To learn more, email [trio-eoc@seattlecolleges.edu](mailto:trio-eoc@seattlecolleges.edu) or call 206-934-5208.



**Do you want to work?**

**Do you need to learn English?**

**FREE Ready to Work**

**ESOL 3-4 Program**

**for Seattle Residents**




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3200 NE 125th St.  
Seattle, WA 98125  
(Lake City)

# COMMUNITY RESOURCES

## *Crisis Clinic offers lifelines and resources for those in physical, mental or financial distress*

BY MELISSA BUTLER  
Crisis Clinic

Do you know where to turn if you're facing hardship? Times are certainly tough, but you don't have to do it alone.

Folks from all over King County have been reaching out to Crisis Clinic for assistance and support since 1964. We are recognized nationally as a leader in behavioral health, crisis intervention and suicide prevention, and we also provide King County residents a connection to information and referrals to a wide range of health and human services through the 2-1-1 program.

Consider what one of our callers said:

"I almost lost my housing last month because I couldn't pay my rent and electric bill. I was fortunate to get all the help I needed because of you. I'm so thankful 2-1-1 was there to connect me to the right place."

No matter the background of the caller and whether or not they have insurance, we help everyone.

2-1-1's network of resources is a comprehensive, one-stop shop where our information and referral specialists can connect callers to agencies that can help with their specific needs. Our experts can connect King County residents to available food, shelters and housing, as well as financial and government assistance programs, healthcare, and education and employment programs that would otherwise be difficult to find due to overwhelming amounts of information.

Many human services agencies have eligibility requirements; however, our specialists can advise callers on the best way to present their situation to an agency that may be able to help them. We can also help problem-solve when services are not available.

Emotional support is often important for self-care during stressful times, and we know that a listening ear can make the difference for our family, friends and neighbors in our community in empowering them to find solutions that work for them.

Crisis Clinic offers four additional programs to support our community:

The **24-Hour Crisis Line** is a free, confidential help line offering immediate, judgment-free and compassionate assistance to anyone experiencing emotional crisis. It's also a first step for those who need emergency mental health services.

Our 24-Hour crisis line is accredited by Contact USA and is operated by professionally trained volunteers who listen to callers' concerns, help callers explore coping strategies and make appropriate referrals for further assistance. The Crisis Line is open 24 hours a day, every day, including holidays.

Our **Washington Recovery Line** is a statewide resource for those struggling with substance use disorders, gambling or mental health conditions. Available 24/7/365, our staff and volunteers offer emotional support and information and referrals to treatment services in their local commu-

nity that are individualized for the caller's specific needs. We also support the friends and families of those struggling with substance use disorders and can guide them to resources for their loved ones or even self-care resources as they cope with these mental health challenges as well.

The **Washington Warm Line** is a peer-to-peer support helpline for those living with mental health conditions as well.

Calls are answered by volunteers who have mental health conditions and are successfully living in recovery. Their experience and training gives them the opportunity to meet callers who can give them hope for the future.

Finally, **Teen Link**, similar to the Washington Warm Line, is a peer-to-peer support line serving youth.

No matter your circumstances, we are here for you. Our passion is caring and listening; empowering people to make positive life changes. We do this through connections between people and critical resources. In 2016, we answered over 230,000 calls, and our goal is to reduce distress for individuals and families experiencing any kind of crisis.

Our staff and volunteers are neighbors, friends and family in the area. When members of our community are down or struggling in difficult times, we're here to build the community up through empathetic, compassionate communication, and engaging callers in a safe conversation focused on finding solutions. There is always hope. Give us a call.



### To reach Crisis Clinic services:

**24-Hour Crisis Line:** 1-866-4CRISIS (427-4747)

**King County 2-1-1:** 2-1-1 or 1-800-621-4636

**Washington Recovery Line:** 1-866-789-1511

**Washington Warm Line:** 1-877-500-WARM (500-9276)

**Teen Link:** 1-866-TEENLINK (833-6546)

Bring your:  
Green card  
Washington state ID  
Social Security Card  
Proof of income: pay stubs, food stamps letter, or Section 8

## Citizenship Class



### Greenbridge

9800 8th Ave SW

Seattle WA 98106

Tuesdays & Thursdays

Intermediate: 12-2pm

**Starting January 11th**

### BIRCH CREEK

13111 SE 274th St

Kent, WA 98030

Mondays & Wednesdays

Beginner: 12p-230pm

Intermediate:

4:30-6:30pm

**Starting January 10th**

### High Point

6400 SW Sylvan Way

Seattle, WA 98126

Tuesdays & Thursdays

Class-500-6:30pm

**Starting January 9th**



Questions? Call Marissa Graff. (206) 734-0366

## Community Notes

### Mayor Durkan tells Trump's Department of Justice: Seattle will not be bullied

BY CITY OF SEATTLE

Mayor Jenny A. Durkan and City Attorney Pete Holmes sent a strong response to the Department of Justice regarding their November letter threatening to withhold federal law enforcement aid.

"Seattle will not be bullied – we will protect our residents. We have both the law and justice on our side. The Department of Justice's interpretation is unconstitutional, and it couldn't be more clear that this is a last ditch effort by this President to impose his will on cities," said Mayor Durkan. "I am proud that our city will fight for DREAMers, immigrants and refugees, and these organizations will continue to assist DACA recipients."

"Regardless of what happens in D.C., Seattle will continue to lead the way, protecting the liberty of our undocumented neighbors. The organizations that are receiving City of Seattle DACA funding are on the front lines of protecting immigrant communities from the Trump administration. Their joint efforts are essential to keeping all of Seattle protected," said King County Executive Dow Constantine.

"Our city is united in opposition to these unethical policies. I stand firm in my conviction to challenge President Trump and the Department of Justice on their unconstitutional interpretation of the federal law and their selective misrepresentation of our municipal law. I stand ready to see them in court again when needed," said City Attorney Pete Holmes.

"Our immigrant and refugee community is an essential part of the fabric of our city. We must protect anyone living and working in Seattle from this administration's repeated and unsolicited attacks. When we do so, we, in turn, strengthen our entire community," said Councilmember M. Lorena González (Position 9, Citywide) who is the Chair of the Safe Communities Committee.

Following September's announcement by the Trump Administration that they would end the Deferred Action for Childhood Arrivals program in March 2018, the City of Seattle's Office of Immigrant and Refugee Affairs quickly convened a roundtable of organizations, and the City announced a one-time \$150,000 award for education and outreach support effort for the immigrant community.

# TRANSLATIONS

TRANSLATED ARTICLES FROM THE VOICE

## 3 de Febrero 2018 - Asistencia de Ciudadanía Gratuita/By Jonny Fernandez

La Oficina de Asuntos de Inmigrantes y Refugiados de Seattle organizará su tercer taller de Ciudadanía anual el sábado 3 de febrero de 10 am hasta las 2 pm en el Salón de Exhibición -Seattle Center (301 Mercer St. Seattle, WA 98109).

Un equipo de abogados voluntarios, asistentes legales e intérpretes ayudarán a los residentes permanentes legales (también conocidos como "titulares de la tarjeta verde") con sus solicitudes de ciudadanía y ofrecerán otras formas de asistencia legal de inmigración. Es GRATIS para todos los

inmigrantes y refugiados elegibles.

Cuando venga al evento, debe traer: su tarjeta verde, TODOS sus documentos de inmigración, comprobante de la declaración de impuestos de ingresos 2017, talones de pago recientes y cartas de beneficios públicos (SNAP, Apple Health o SSI); y su historial completo de domicilio, empleo / historial escolar y fechas de viaje fuera de EE. UU. durante los últimos 5 años.

Para más información llame al (206) 386-9090 o visítenos en [www.newcitizencampaign.org](http://www.newcitizencampaign.org).

## Бесплатная помощь в получении гражданства 3 февраля/ By Irina Vodonos

Управление по делам иммигрантов и беженцев города Сиэтла проводит третью ежегодную сессию для желающих получить гражданство в субботу, 3 февраля 2018 г., с 10:00 до 14:00, в здании Выставочного центра (Exhibition Hall) на территории Сиэтл-центра (301 Мерсер-стрит, Сиэтл).

Волонтеры, среди которых будут адвокаты и их ассистенты, а также переводчики, помогут легальным постоянным жителям США (обладателям грин-карт) заполнить документы на получение гражданства и окажут юридическую помощь по другим иммиграционным вопросам. Все услуги предоставляются БЕСПЛАТНО.

При себе нужно будет иметь следующие документы: грин-карту; ВСЕ иммиграционные документы; документы, подтверждающие ваш доход (налоговая декларация за 2017 г.); квитанции от зарплаты, выданные за последние недели/месяцы; и корреспонденцию, касающуюся социальных выплат (SNAP, Apple Health, SSI). Кроме того, понадобится следующая информация за последние 5 лет: ваши адреса, места учебы/работы и даты поездок за пределы США.

За дополнительной информацией обращайтесь по телефону (206) 386-9090 или заходите на сайт [www.newcitizencampaign.org](http://www.newcitizencampaign.org).

## ለካቲት 3 ናጻ ናይ ዜግነት ሓገዝ ኪግበር እዩ፡ /By Habte Negash

አብ ስያትል ዝርከብ ቤት ጽሕፈት ጉዳይ ስደተኛታትን ቀዳም፡ 3 ለካቲት 2018 ካብ ሰዓት 10 ቅቀ. ክሳብ ሰዓት 2 ድቀ ኣብ ዘሎ ግዜ ንዜግነት ዝምልከት ሳልሳይ ዓመታዊ ኣኼባ ኣብ ኣደራሽ ስያትል ሰንተር (301 Mercer St, Seattle, WA 98109) ከካይድ እዩ።

አብዚ ተጠቂሱ ዘሎ ዕለት፡ ቀዋሚ ናይ መንበሪ ፍቓድ (ግሪን ካርድ) ዘለዎም ናይ ዜግነት ቅጥዒ (citizenship applications) ኪመልኡ ንዝደልዩ ኩላቶም ሕጋዊ-ን ነበርቲ ብናጻ ዝሕግዙ ናይ ሕጊ ሰብ ሞያን ተርጓሚታትን ክህልው እዮም፡ ኣብዚ ዕለት እዚ ነቶም ሕጋዊ-ን ስደተኛታት ዝግበር ሓገዝ ኩሉ ብናጻ እዩ።

እምበኣር ናብቲ ዝግበር ኣኼባ ክትመጽኡ ከለኹም፡ ግሪን ካርድ ይኹን ካልእ ሕጋዊ ሰነዳት ሓዘኹም ምጽኡ። ከምኡ-ውን ናይ ኣታዊታትኩም መረጋገጺ

: ናይ 2017 ዓ.ም ታክስ ሪተርን፡ ፕይ ስታብ ( pay stubs) ይኹን ወይ ናይ ሶሻል ሰኩሪቲ ኣታዊታትኩም መረጋገጺ፡ ከምኡ-ውን ካልእ ዝግበረልኩም ናይ መግቢ ሓገዝ መግቢ ወረቓቕቲ ይኹን ንናይ ሕክምና ኢንሹራንስ ዝምልከት ወረቓቕቲ (SNAP, Apple Health) ድማ ሓዘኹም ምጽኡ። ብተዋሳኺ ናይ መንበሪ ገዛኹም ኣድራሻ፡ ናይ ሕጂ ይኹን ናይ ቅድም። ብዘይካ እዚ ናይ ስራሕኩም ኮነ ናይ ቤት ትምህርትኩም ታሪኽ ዝምልከት ሰነዳት። ኣብዚ ዝሓለፈ 5 ዓመታት ካብ ኣመሪካ ወጻኢ ናይ ዝገበርኩም ኩሉ መገሻታት ዕለት ዝምልከት መረጋገጺ ሰነዳት ሓዘኹም ምምጻእ ኣድላይ እዩ።

ንተወሳኺ ሓበሬታ ኣብ ተሌፎን ቁጽሪ ደውሉ (206) 386-9090 ወይ ድማ ኣብ [www.newcitizencampaign.org](http://www.newcitizencampaign.org).

## ነጻ የዜግነት ኣገልግሎት የካቲት 3 /By Abdu Gobeni

በሲያትል የዜግነትና የተፈናቃዮች ጉዳይ ጽ/ቤት ሶስተኛውን አመታዊ የዜግነት አወደጥናት የካቲት 3 ከቀኑ 10 a.m. እስከ 2 p.m. በሲያትል ማዕከል የኤግዚብሽ አዳርሽ (301 Mercer St, Seattle, WA 98109) የሚያካሄድ ይሆናል።

የነጻ ኣገልግሎት የሚሰጡ የጠበቃዎች፣ የህግ አማካሪዎች እና የአስተርጓሚዎች ቡድን የግሪን ካርድ ያላቸውን ሀጋዊና ቋሚ ነዋሪዎችን የዜግነት ማመልከቻ በ መ ሙ ላ ት ና በ ሌ ሎ ች ም የኢሚግሬሽን ጉዳዮች ላይ የህግ ኣገልግሎት ይሰጣሉ። መስፈርቱን ለሚያሟሉ ስደተኞችና ተፈናቃዮች የነጻ ኣገልግሎት ይሰጣቸዋል። ወደ ዝግጅቱ በምትመጡበት

ግዜ ግሪን ካርድ፣ የኢሚግሬሽን ጉዳይ ጽ/ቤት ሶስተኛውን አመታዊ የዜግነት አወደጥናት የካቲት 3 ከቀኑ 10 a.m. እስከ 2 p.m. በሲያትል ማዕከል የኤግዚብሽ አዳርሽ (301 Mercer St, Seattle, WA 98109) የሚያካሄድ ይሆናል። የመንግስት ድጋፍ ያገኛችሁበት ደብዳቤ (የገንዘብና የምግብ ድጋፍ፣ አገልግሎት ሕጋዊ ሰነዳት ድጋፍ) ፣ የመኖሪያ አድራሻችሁን ሙሉ መረጃ፣ የትምህርትና የስራ መረጃ እና ላለፉት 5 አመታት ከአሜሪካ ወጭ የተጓዘችሁበት ቀናት የሚያሳይ መረጃዎችን ይዘችሁ መምጣት አለባችሁ።

ለተጨማሪ መረጃ በስልክ ቁጥር (206) 386-9090 ይደውሉ ወይም ይህንን ድህረገጽ ይጎብኙ [www.newcitizencampaign.org](http://www.newcitizencampaign.org).

## NGÀY 3 THÁNG 2 GIÚP NHẬP QUỐC TỊCH MIỄN PHÍ/ By Long Luu

Văn phòng Phục Vụ Di Dân và Tị Nạn Seattle sẽ tổ chức ngày giúp nhập quốc tịch miễn phí lần thứ ba thường niên, vào ngày Thứ Bảy 3 tháng 2, từ 10 giờ sáng đến 2 giờ chiều tại hội trường Exhibition Hall ở Seattle Center ( 301 đường Mercer Street, Seattle WA 98109 )

Đội nhân viên thiện nguyện gồm các luật sư, nhân viên pháp lý, thông dịch viên sẽ giúp các thường trú nhân (người có thẻ xanh) để nộp đơn nhập quốc tịch và sẽ trợ giúp pháp lý cho người điền những mẫu đơn khác. MIỄN PHÍ dành cho những người di dân và người tị nạn nào hợp lệ.

Khi quý vị đến trong ngày này, quý vị phải mang theo: thẻ xanh, mọi giấy tờ di trú, chứng từ lợi tức, giấy khai thuế 2017, giấy trả lương mới nhất, giấy nhận lợi tức (SNAP-nhận phiếu thực phẩm, giấy nhận y tế Apple Health hoặc giấy chứng nhận lãnh SSI, và lược trình các địa chỉ đã cư ngụ, nơi làm việc/hoặc trường học và những ngày đã đi khỏi nước Mỹ trong 5 năm qua.

Muốn biết thêm thông tin, xin hãy gọi cho số 206-386-9090 hoặc vào trang mạng [www.newcitizencampaign.org](http://www.newcitizencampaign.org)

## Caawinaada Muwaadinimada Bilaashka ah Febraayo 3 /By Saido Alinur

Xafiiska Soogalida iyo Qaxootiga ee Seattle wuxuu martigelin doonaa munaasabada Sannadkii Saddexaad ee muwaadinimada oo ah Sabtida, Febraayo 3 laga bilaabo 10-ka subaxnimo illaa 2-da duhurnimo. Halka Exhibition Hall ee Xarunta Seattle (301 Mercer St, Seattle, WA 98109).

Koox ka kooban qareeno iskaa wax u qabso ah, barbaariyaal, iyo turjubaano ayaa ka caawin doona dadka sharciga degaanka ee sharciga joogtada ah (aka "kuwa haysta kaarka cagaaran") sida codsiyada muwaadinimada waxayna ku siin doonaan noocyo kale oo ah kaalmada sharci ee socdaalka. Waa u

bilaash dhammaan dadka soogalootiga iyo qaxootiga ah.

Markaad timaaddo goobta, waa inaad keentaa: kaarkaaga cagaaran, DHAMMAAN dokumantiyadaada socdaalka, caddaynta mushaharkaa-ga, canshuur celinta-2017, warqadaha faa'iidooyinka dadweynaha (SNAP, Apple Health ama SSI); iyo taariikhda cinwaanka gurigaaga, shaqada, iskuulkaaga oo buuxda iyo taariikhaha safarkaad kaga baxday Maraykanka shantii sano ee ugu dambeysay.

Wixii akhbaar ah wac (206) 386-9090 or booqo [www.newcitizencampaign.org](http://www.newcitizencampaign.org).

# OUR COMMUNITIES

STORIES FROM OUR FRIENDS AND NEIGHBORS



## FREE CITIZENSHIP ASSISTANCE

Brought to you by:

**SEATTLE**  
*United*  
FOR IMMIGRANTS  
AND REFUGEES

**Saturday**  
**February 3, 2018**  
**10 AM - 2 PM**

**Exhibition Hall**  
**at Seattle Center**  
*301 Mercer Street*  
*Seattle, WA 98109*



### Free Citizenship Assistance

**Our attorneys and experts can help you with your citizenship application.**

**Have other immigration questions? Free legal consultation available at the workshop.**

**For more information call (206) 386-9090.**

### Assistance Gratuite pour la Naturalisation

Nos avocats et nos experts peuvent vous aider avec votre application de naturalisation.

Avez-vous d'autres questions relatives à l'immigration? Une consultation juridique gratuite est disponible à l'atelier.

*Pour plus d'informations, appelez au (206) 386-9090.*

### Caawinta Bilaashka ah ee Muwaadinnimada

Qareenadeena iyo qubarayaasheena waxay kugu caawin karaan codsigaaga muwaadinnimada.

Ma qabtaa su'aalo kale ee socdaalka ah? La talinta sharciga bilaashka ah waxaa laga heli karaa aqoon iswedaarsiga.

*Wixii warbixin dheeraad ah soo wac (206) 386-9090.*

### Asistencia gratuita para la ciudadanía

Nuestros abogados y expertos pueden ayudarle con su solicitud para obtener la ciudadanía.

¿Tiene otras preguntas sobre inmigración? Habrá asesoramiento legal gratuito en el evento.

*Para obtener más información, comuníquese por teléfono al: (206) 386-9090.*

### Hỗ Trợ Nhập Tịch Miễn Phí

Các luật sư và chuyên viên của chúng tôi có thể giúp đỡ quý vị làm hồ sơ nhập tịch.

Quý vị có các câu hỏi khác về vấn đề nhập cư? Dịch vụ tư vấn pháp lý có sẵn miễn phí tại hội thảo.

*Để biết thêm thông tin, hãy gọi: (206) 386-9090.*

### Deegarsa Lammummaa Bilisaa

Abukaatoowwaniifi oggeessoon keenya iyyata lammummaa keessaniin isiin gargaaru danda'u

Gaaffiiwwan kolugaltummaa kan biraa qabduu? Bakkee hojii keenyatti gorsi seeraa bilisaa ni argama.

*Odeeffannoo dabalataatiif bilbilaa (206) 386-9090.*

### ዜግነት ለማግኘት የሚደረግ ነጻ እርዳታ

ጠበቃዎቻን በሙያቸው የላቁ እና በዜግነት ማመልከቻዎ ላይ በደንብ ሊያግዙዎ ይችላሉ።

ሌላ የኪሚግሬሽን ጥያቄ አልዎት? በወርክሾፕ የነጻ የህግ ምክር አገልግሎት ይገኛል።

*ለተጨማሪ መረጃ በስልክ ቁጥር (206) 386-9090 ይደውሉ።*

### ናጻ ናይ ዜግነት ሓገዝ ዘለውና ናይ

ዘለውና ናይ ሕገ ኣማኸርትን ኸኢላታትን ብዛዕባ ናይ ዜግነት መስርሕካ ክሕግዙ ይኸኢኡ ኣኖም።

ካልእ ንስደተኛታት ዝምልከት ሕቶ እንተሃልዩኩም፡ ኣብቲ ዚግበር ምርክሻኻ ናጻ ሓገዊ ናይ ምኽሪ ኣገልግሎት ኣሎ። ንዝያድ ሓበሬታ ኣብ

*(206) 386-9090 ደውሉ።*

### 免費公民身份申請服務

我們的律師和專家會幫助您申請公民身份。

有其他移民問題? 研討會可提供免費法律諮詢服務。

如需瞭解更多資訊, 請致電: (206) 386-9090

### 무료 시민권 신청 지원

변호사와 전문가가 여러분의 시민권 신청을 도와드릴 수 있습니다.

다른 이민 관련 질문이 있으십니까? 워크숍에서 무료 상담해 드립니다.

자세한 정보는 전화하십시오: (206) 386-9090

### To be able to apply for U.S. citizenship, you must:

- Be at least 18 years old.
- Have had your green card for 5 years (or 3 years if you are married to a U.S. citizen).

Come prepared! More details at [newcitizencampaign.org](http://newcitizencampaign.org).

Walk-ins are welcome or sign up for a time slot at [www.bit.ly/seattleunited2018](http://www.bit.ly/seattleunited2018).

### When you come to the event, you must bring:

- Your green card.
- ALL your immigration documents:
  - Proof of income: 2017 tax return, recent pay stubs, public benefits letters (SNAP, Apple Health or SSI).
  - Complete home address history, employment/school history, and travel dates outside the U.S. for the last 5 years.