

**Events & Announcements**

PHOTO BY SUSAN FRIED

**Soulful Santa**

A family has their photo taken with Santa by Smile Patrol at the first Holiday Bazaar and Soulful Santa event Dec. 1 at the Esquire Club. The free event included photos with Santa, toys for children, a food giveaway and a variety of vendors selling a variety of things including original art, dolls, jewelry and skin care products.

**Briefs cont'd from pg 4**

Congratulations to each of the fall 2018 grantees:

- 350 PDX
- Human Dignity Coalition
- Bandon Community Radio
- Civil Liberties Defense Center
- Community Alliance of Lane County
- Huerto de la Familia
- Interfaith Movement for Immigrant Justice
- NOWIA Unete Center for Farmworker Advocacy
- KSKQ Radio
- PassinArt: A Theatre Company
- Portland All Nations Canoe Family
- Portland Jobs with Justice
- Uhuru Sa Sa Culture Club

**PSU School of Social Work Holds Suicide Prevention Workshop**

Last week, the Portland State University School of Social Work (SSW) sponsored a suicide prevention training to address the rise in suicide across the U.S. and, more importantly, here in Oregon. According to the CDC, Oregon has seen a 28.2 percent increase in suicides from 1999 to 2016. Over half of those who have died by suicide did not have a known mental health condition.

In Oregon, a person dies from suicide every 11 hours. A person is more likely to die from suicide than homicide, and suicide is the second leading cause of death for adults aged 18 to 34. This is significant for Portland State University, where the average age of students is 26.

The training, Applied Suicide Intervention Skills Training (ASIST), is a two-day interactive workshop that teaches individuals how to spot someone who may be at risk for suicide, and how to appropriately intervene to help keep the person safe. As stated on the LivingWorks Education website, the workshop is "ideal for child welfare, education, counseling, community justice, domestic violence, healthcare, senior services, other social service providers, and concerned citizens who want to know more."

Dean Nissen sponsored the training and made it free for SSW alumni who work within these sectors with an array of individuals. The workshop was facilitated by Monica Parmley, Assistant Professor of Practice and DeShawn Williams, Adjunct Instructor at the SSW, in addition to Paige Hirt of Foundations Counseling and Consultation Services. Parmley also co-teaches a social work elective that offers a modified version of the training, called Suicide TALK, to educate students about suicide prevention skills.

In the future, the School of Social Work hopes to partner with other PSU departments and outside agencies to offer this training across the campus and to the community.

**Resources for Suicide Prevention:**

National Suicide Prevention Lifeline

Call 1-800-273-8255

Available 24 hours every day

Multnomah County Mental Health Call Center  
Call (503) 988-4888

Available 24 hours every day

**Seattle News Briefs****King County Metro Partners with Carpooling Apps to Offer Discounts, Incentives and Mobility Options for Commuters**

As the region prepares to face regional congestion from major public and private construction projects, King County Metro is working with partners to make it more convenient for commuters to travel together.

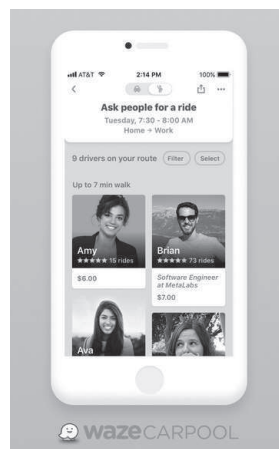
Metro launched a new pilot program Dec. 3 in partnership with carpooling apps Waze Carpool and Scoop. Carpooling is a flexible and longstanding commute option that's made even easier thanks to better technology through available apps. Commuters can choose to be a passenger and join a carpool trip at a discounted rate, or be a driver and offer a ride to earn incentives. The carpooling apps are free to download.

Building on commuter services that Metro currently offers, this program provides county residents and employees with additional mobility options to help reduce congestion, lessen energy consumption and improve equitable access to mobility. The program is available for all trips starting or ending in King County. Service areas and pricing vary across apps.

For commuters heading to or from Seattle, this program creates another travel option to mitigate commute impacts due to the upcoming permanent State Route 99 Alaskan Way Viaduct closure. With expected traffic delays during peak hours, commuters who are unable to telecommute or use vanpools or transit can help reduce their stress by leaving their car at home and sharing rides with others. To learn more about the upcoming closures and how to best prepare, visit the King County Metro Get Ready website.

By piloting carpool incentives, King County Metro will learn more about how to better serve commuters in the county. The project initially will last through the Viaduct closure period and depending on the results of the early phases, Metro might make adjustments to the program and consider whether to make it a longer term initiative and how it could evolve over time.

Metro provides bus service that is the backbone of the transit network across King County and also is a

**Community Calendar 2018**

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the women sing excerpts from Benjamin Britten's beloved Ceremony of Carols. Together, the choristers ring their tuned wine glasses in the ethereal piece Stars by Eriks Esenvalds. Student tickets \$10. 4 p.m., First United Methodist Church, 1838 SW Jefferson St.

A CHRISTMAS CAROL SING: A community event for all! Gather at the St. Johns Plaza around the Christmas tree, 2 p.m. - 4 p.m.

**WEDNESDAY, DECEMBER 12**

MUSIC & THE AGING BRAIN: Our brains undergo numerous changes that affect memory, motor, and sensory functions as we age. Could music limit the effects of aging and neurodegenerative diseases? At this Science on Tap concert & discussion, you'll learn how listening, practicing, and performing music influence the brain, and how these activities could impact brain aging and disease. Doors at 6 p.m., Kiggins Theatre, 1011 Main Street, Vancouver

**THURSDAY, DECEMBER 13**

OUTSIDE THE FRAME AT CITY HALL: Offices of the Mayor Ted Wheeler, Commissioner Nick Fish and Commissioner Chloe Eudaly Invite you to a screening of acclaimed films produced by Outside the Frame, followed by a Q&A with youth who are experiencing homelessness. From 6 - 7:30 p.m., Portland City Hall, 1221 SW 4th Ave.

**Seattle Metro****THURSDAY, DECEMBER 6**

SEATTLE HUMAN RIGHTS DAY: On Seattle Human Rights Day, enjoy a performance by the young talents of Totem Star and a panel discussion with Washington Immigrant Solidarity Network's Monserrat Padilla and Organization for Prostitution Survivors' Alisa Bernard. Free, 5:30 - 8 p.m., Bill & Melinda Gates Foundation Discovery Center, 440 Fifth Ave. N.

CAPITOL HILL HOLIDAY MOVIE NIGHT: 'Tis the season to watch classic holiday movie favorites! Stop by the lounge, cozy up by our 98" TV with a hot cup of coffee and enjoy holiday classics. Every Thursday will feature a different movie, and your first cup of coffee is free. From 4:30 - 6:30 p.m., The Lounge, 800 E. Thomas St.

GENERATION PRICED OUT WITH RANDY SHAW: The lack of affordable housing for low- and middle-income people will not stop being a hot subject while homeownership is limited by race and class lines. Randy Shaw, the director of San Francisco's Tenderloin Housing Clinic, will present his book about the housing crisis, Generation Priced Out. Tickets \$5, 7:30 p.m. at The Summit, 420 E. Pike St.

**SUNDAY, DECEMBER 9**

'I AM EVIDENCE' DOCUMENTARY WATCH PARTY: In 2015, after a legislative tour revealed that evidence rooms across the country were filled with untested rape kits, the Washington Association of Sheriffs and Police Chiefs found 6,000 unprocessed and unsubmitted rape kits in their custody. Learn more at this screening of the documentary I Am Evidence, followed by a discussion with Washington State Representative Tina Orwall, Washington State Attorney General's Office Senior Investigator Lindsay Wade, and Leah Griffin of the Washington State Sexual Assault Forensic Examination Task Force. Free, 3 p.m., Northwest Film Forum, 1515 12th Ave.

full-service mobility provider - with services such as vanpools, new on-demand shuttle service to transit called Ride2, and innovative transportation solutions that fill gaps where riders need help making connections. Metro programs work to find solutions for people to support better mobility across the region.

For more information, visit <https://kingcounty.gov/depts/transportation/metro/travel-options/ride-share/programs/carpool.aspx>.

**HireLive Hosts Job Fair Dec. 6**

HireLive will host a job fair from 9 a.m. to 12:30 p.m. Dec. 6 at DoubleTree Suites by Hilton, 16500 Southcenter Parkway. Parking is free. Registered employers include Aramark Uniform Service, Essex Property Trust, ADT Security, PepsiCo, Windstar Cruise Line, CarMax, Habitat for Humanity; Seattle-King County and more.

Participants should bring 10 to 15 copies of their resume and dress business professional. This is a free event for job seekers.