



# Caring For Your Community

Volunteer, donate, recycle, compost  
and support your local businesses.



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# WELCOME to "Caring for your Community!"

Newspapers In Education and Bartell Drugs invite you to explore your place in your community with this educational guide. Many school districts, including Seattle Public Schools, require high school students to complete 60 hours of service learning before graduation. That can be a daunting task if you don't know where to start.

We're here to help. On these pages, you'll find a list of volunteer organizations for youth in the Seattle area, stories from student volunteers, and a guide to help you determine the best place for you to donate your time and energy. We hope you enjoy learning about volunteer opportunities and the experience of giving back to your community.



# Be GIVING

## Donation Options

Do you have a teddy bear at home that isn't getting much attention? Give it a new home and give back to the community by donating it to the WARM 106.9 Teddy Bear Patrol. Drop off a new or gently used teddy bear at any Bartell Drugs location in March. If you purchase and donate the official Bartell teddy bear for \$7, the company will match your donation bear for bear. [bartelldrugs.com/teddy-bear-patrol](http://bartelldrugs.com/teddy-bear-patrol)



In August, World Vision hosts a school-supply drive. Students can donate school supplies to SchoolTools or help by handing out backpacks at one of the events. Bartell Drugs partners with World Vision in the drive to collect supplies for the organization's Resource Center, where teachers can get free supplies for disadvantaged students.

[bartelldrugs.com/schooltools](http://bartelldrugs.com/schooltools)

Come holiday season, you can donate new, unwrapped toys to needy families through the Salvation Army Toy Drive, with several locations in the Seattle area, including Bartell Drugs. [salvationarmy.org](http://salvationarmy.org)



## Locally active, globally aware

The first U.S. We Day takes place in Seattle on March 27. The event is tied to a larger movement called We Act, designed to empower youth to bring about change in their local and global communities.

We Act's yearlong program encourages volunteerism by asking student groups and schools to take on local and global actions, thereby earning them a chance to participate in We Day. We Day will bring together 15,000 students at KeyArena to address social issues and prompt an end to apathy.

Learn more at [weday.com](http://weday.com)

The impact on youth who attend We Day is direct and meaningful. Research shows that 97% are empowered to make a meaningful difference.

## Madison Middle School, West Seattle

### Project: Telling Our Westside Stories:

Students in Amy O'Donoghue's seventh-grade social studies/language arts class at Madison Middle School are conducting a three-year community service project. Last fall, the students interviewed 23 residents for a Log House Museum exhibit about life in southwest Seattle called Telling Our Westside Stories.

With help from community historian Judy Bentley, students brainstormed a list of questions to ask residents about their work. The goal was to discover the kinds of work people who live in West Seattle do. The interviews were recorded and will be transcribed and made available to view and hear at [loghousemuseum.info](http://loghousemuseum.info).

"I feel that I helped preserve a piece of history from being lost. I feel good about that, like I am keeping a puzzle piece from being lost—the puzzle could then not be complete." — Henry John

"...it takes a lot of people and different jobs to run a community, like grocers, lunch ladies, etc. I didn't know about that until the interview." — Sonya Chin

"We have a really caring community and it makes me happy that we are showing consideration toward the people who added to making this community better, and listening to their stories." — Tahlia Hammer

"Seattle is a place where neighbors can...look out for each other." — Scarlett Jones

"...doing little things in my community can have a big effect. This could really help with preserving local history in Seattle." — Ryan Nakatani

"When I was doing the interview I was almost honored to hear about the past, and in a way I was so excited that the interview I made will actually be in the museum and benefit the learning of children in the future." — Brynne Hunt



## WORD SEARCH

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- Apple Cider Mix
- Backpacks
- Bars
- Canned
- Cereal
- Chips
- Cleaning Supplies
- Coffee
- Combs
- Conditioner
- Crackers
- Creamer
- Dishes
- Dried Fruits and Nuts
- Event Tickets
- Flip Flops
- Food
- Gift Cards
- Granola
- Hot Cocoa
- Jelly
- Laundry Detergent
- Milk



# VOLUNTEER!

Find the path that's right for you

Take this simple quiz to discover what kind of volunteer opportunities might be a good fit for you.

START

Find your perfect volunteer opportunity!

Are you a born leader?

YES

Are you highly organized?

Sort and stock items to help the needy

Do you like public speaking?

Facilitate and lead charity events

Do you enjoy outdoor activities?

YES

Do you enjoy hiking?

Clean up trails in local parks

Do you love to bike?

Learn how to fix bikes and earn one of your own

Do you have a special skill?

YES

Do you like to cook?

Prepare and serve a meal at one of our local shelters

Are you a talented mathematician?

Train to be a certified volunteer tax consultant

Are you a pet lover?

YES

Do you love cats & dogs?

Volunteer with animals

Can you adopt a pet?

Plenty of local shelters have pets that need a loving home

There's more than one path to the finish line. Turn the page to see more volunteer opportunities that get you on the road to success!

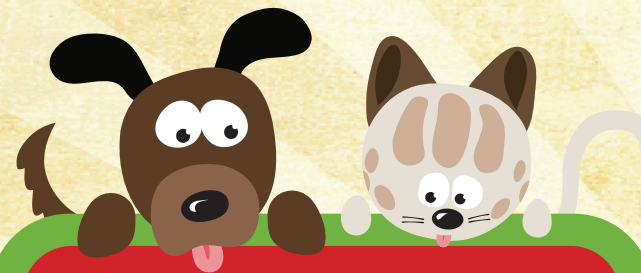


# Be KIND

## Volunteer opportunities

### ■ United Way of King County

The local United Way chapter offers a variety of volunteer opportunities for students 13 years old and up, from tutoring other students to volunteering at a local museum. Take a personality quiz at the organization's website to find the best one for you. United Way's Free Tax Campaign is a popular program; students can serve as interpreters or greeters at local sites that provide free tax assistance, and can receive training to become certified volunteer tax preparers with the IRS. [uwkc.org](http://uwkc.org)



### The Humane Society for Seattle/King County

Volunteer opportunities at Seattle Humane include hosting an animal toy or food drive. If you like crafts, you can make catnip toys or knit blankets for cats. Consider getting your family involved in the fun by fostering a pet. And the organization's Animal Adventures summer camp, for students ages 8-11, features hands-on pet training and guest speakers. [seattlehumane.org](http://seattlehumane.org)

### Seattle Animal Shelter

Groups of students under age 18 can volunteer in the shelter with chaperones with a one-month advance notice. The shelter also offers fostering programs for cats, dogs and other critters. [seattle.gov/animalshelter](http://seattle.gov/animalshelter)

### ■ Washington Trails Association

If you enjoy being outdoors, volunteering with Washington Trails Association is the perfect opportunity for you. Students age 10 or older can participate in a one-day work party rerouting or maintaining trails with their family. [wta.org](http://wta.org)



### ■ Pacific Science Center

Like science and the outdoors? Pacific Science Center offers opportunities for teens to volunteer in a natural setting in summer and school-year programs. Those age 14 or older can volunteer to work at the Pacific Science Center through its Discovery Corps program. [pacificsciencecenter.org](http://pacificsciencecenter.org)

### ■ Earn-A-Bike

Students ages 9-17 can earn their own bike by learning how to repair other bicycles, which are given to community organizations in need. After completing the Earn-A-Bike program, you can earn bicycle parts and accessories or even another bike by logging additional community-service hours. [bikeworks.org/programs\\_earn.php](http://bikeworks.org/programs_earn.php)

### ■ Multi-Service Center

Help local families become self-sufficient by donating clothing or food, or participating in a food-sorting service party on Saturdays. Students under age 16 are welcome to volunteer with an adult family member. [multi-servicecenter.com](http://multi-servicecenter.com)

### ■ Compass Housing Alliance

This organization offers a variety of opportunities to volunteer with your family. For example, you can prepare and serve a meal at one of its local shelters, or organize a cleaning, painting or yard-work party. [compasshousingalliance.org](http://compasshousingalliance.org)

### ■ FamilyWorks

If you can commit to volunteering two hours a week with your family, check out FamilyWorks. The organization could use help packing and sorting food to donate, and can also help you set up a food drive with your family. [familyworksseattle.org](http://familyworksseattle.org)



### ■ Page Ahead

Try your hand at hosting a book drive through Page Ahead or writing book reviews for its newsletter. The organization also has volunteer opportunities in office support. [pageahead.org](http://pageahead.org)

### ■ Seattle Children's

Interested in the medical field? Students ages 16 and up can volunteer at Seattle Children's hospital by welcoming and directing visitors, delivering flowers and gifts, working in the gift shop, providing clerical office support or distributing supplies and conducting inventory. [seattlechildrens.org](http://seattlechildrens.org)

### ■ Operation: Sack Lunch

OSL provides nutritious meals to homeless and low-income families in downtown Seattle, as well as to local shelters and youth organizations. You can volunteer to help prepare and serve meals with your family. [oslserves.org](http://oslserves.org)



### ■ Ronald McDonald House

Your local Ronald McDonald House offers a wealth of volunteer opportunities for groups, ranging from helping out in the kitchen to leading movie and activity nights. Students ages 13-15 must volunteer with adults; those 16 and older can volunteer on their own. [rmhcaseattle.org](http://rmhcaseattle.org)

### ■ Food Lifeline

Students age 6 or older can volunteer in groups to feed the hungry at Food Lifeline. High school students can also work to sort and repackage food at the organization's Shoreline Volunteer Repack Center or in its administrative offices. [foodlifeline.org](http://foodlifeline.org)

### ■ Treehouse

Treehouse improves the lives of kids in foster care. You can volunteer either with your family or independently with parent consent. Help out by sorting, stocking or organizing in the Wearhouse, the store where Treehouse families shop. [treehouseforkids.org](http://treehouseforkids.org)

# Be NEIGHBORLY

## Recycle smart

You don't have to shop to help your community. Every time you throw something away, you are making a decision about which products go in landfills, which can get composted and which are recycled. You can keep your neighborhood clean and help the environment by knowing what to put in your compost, recycling and trash bins. Use the following lists as your guide; for more information, visit [your.kingcounty.gov/solidwaste/index.asp](http://your.kingcounty.gov/solidwaste/index.asp)

### Compost

Yard trimmings  
Tree branches and twigs  
Kitchen scraps and leftovers  
Greasy pizza boxes  
Uncoated paper plates and cups  
Napkins, food wrap and bags

### Recycle

Plastic bottles and tubs  
Glass bottles and jars  
Aluminum and tin cans  
Newspapers, magazines and catalogs  
Advertising mail and envelopes  
Juice boxes and milk cartons  
Flattened cardboard boxes

### Trash

Most other items

## Buy local

What does it mean to buy local? Think Local ([thinklocalseattle.org](http://thinklocalseattle.org)) defines it as buying from a business that is locally owned, independently operated and as close to home as possible. When owners have decision-making power over their business, the business is independently operated.

Keep in mind that local does not have to mean in your neighborhood or even in your city. If the product you seek is a city, a county or even a state away, you're still buying the most locally produced product available.

When you buy from local businesses, your money goes back into the community. Many local businesses buy from other local businesses and employ locally. According to Think Local, "every dollar you spend with a local, independent business can generate two to four times more income, wealth and jobs for our community than a dollar spent elsewhere."

In addition, products sold at local businesses often require less transportation to get to their destinations, and thus leave less of a footprint on the environment. With this in mind, think about the local businesses you shop at.

## Project: YMCA Earth Service Corps

West Seattle High School student Michiko Yoshino has contributed to her community by participating in Earth Service Corps, a YMCA-sponsored club that has created a functioning school compost program, a rain garden and an expanded edibles garden.

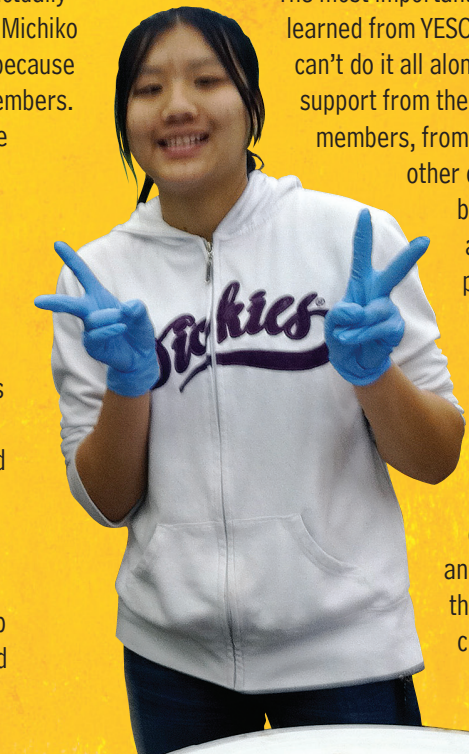
"When I first joined YESC, I had no idea what I was actually getting myself into," Michiko says. "I joined only because I knew its former members. Four years later, here I am with a group of students trying to change our school culture. We're not just a club playing games; we're a club making huge impacts on the school. WSHS YESC has contributed a great deal to make West Seattle more sustainable."

"Everyone in the club is close, and we bond

## West Seattle High School

together like family. Having that close connection with everyone helps motivate me to keep the club running even after my fellow seniors and I leave. I want to know that YESC is in good hands and that our adviser will contribute to maintaining current projects and starting new ones.

"The most important thing I've learned from YESC is that you can't do it all alone. Having the support from the Y, from our club members, from our school and other community members, we've been able to accomplish a lot. When I graduate, I'll support YESC any way I can, as a way to give back to my community and to keep this cherished club alive."







# Be CARING



**Bartell Drugs' B Caring Card is a fundraising tool for local schools, athletic groups, churches and other qualifying nonprofits to earn money for their organizations.**

By simply shopping at one of our 58 stores, up to 4 percent of your purchase amount will be contributed to qualifying organizations of your choice. Participating customer cardholders may designate up to three schools/nonprofit organizations to receive contributions.

The B Caring Card is not a gift card, so no purchase is required up front. Once you've registered, just have the cashier swipe your card at checkout or type in your 10-digit phone number, and a percentage of your total bill will be allocated to your designated nonprofit organization. By choosing "The Literacy Fund - NIE" as the designated nonprofit, your dollars will benefit Newspapers In Education.

For more information or to register, ask any Bartell Drugs employee associate or visit [bartelldrugs.com/b-caring-card](http://bartelldrugs.com/b-caring-card).

## "Be Caring" Pledge

Complete and sign the "Be Caring" pledge form below and place it on your family's fridge or bulletin board.

I pledge to get involved in my community by volunteering at \_\_\_\_\_

Name: \_\_\_\_\_

Signature: \_\_\_\_\_

"I like volunteering because it is helpful to others. I enjoyed this project, because it helps others get food. Volunteering makes me feel that I have helped a person."  
— Connor Coate

"It is fun helping with special events in student council. I enjoy this project because the food gets sent to the food bank and people can get it. Volunteering makes me feel that I am making other people feel good."  
— Andrew Brotherton

### Shoultes Elementary School, Marysville

### Student Council Food Drive

Students at Shoultes Elementary School in Marysville hosted a food drive. Their goal was to collect 1,000 cans of food for the Marysville Food Bank. All the classrooms at the school participated, while the student council promoted and picked up the cans and checked them in. This program has been helping needy families for about 3 years.

