

METRO

The Portland Observer

**Blazers to retire
Lionel Hollins'**
No. 14

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37
years of
community service

SECTION **B**

Community Calendar

Antique Appraisal Fair

Thursday, April 12, from 12:30 p.m. to 3 p.m., the Holladay Park Plaza Retirement Community invites the public to attend this free event similar to Antiques Roadshow. For more information, call: 503-280-2216.

Vancouver Outdoors Market

Saturdays and Sundays, thru Oct. 27, the Vancouver Outdoor Market will feature fresh produce, food, and arts and crafts. Hours are from 9 a.m. to 3 p.m. on Saturdays and 10 a.m. to 3 p.m. on Sundays.

Defunding War

Saturday, April 14, from 3 p.m. to 5:30 p.m., the War Resisters League will host a public forum at U.S. Bank Room at the Main Library, Southwest 10th and Taylor, to discuss options for defunding the war efforts. For more information, call 503-244-2292.

Nursing Scholarship

The Black United Fund is seeking applications for the Linfield School of Nursing Scholarship. Email cjenkins@bufor.org or visit bufor.org for application packets.

Elephantastic

Saturday and Sunday, April 14 & 15, the Oregon Zoo invites guest to celebrate Packy the elephant's 45th birthday; activities include special performances by Packy's pachyderm-pals, with cake for everyone at 2 p.m. on Saturday. Free with zoo admission.

African American Council

You're invited on the third Tuesday of each month from 5:30 p.m. to 6:30 p.m. when the African American Advisory Council meets at the King Facility, 4815 N.E. Seventh Ave. Call 503-823-0000 for more information.

Financial Aid Workshop

Saturday, April 21, from 9 a.m. to 1 p.m., the Mt. Hood Community College Office of Financial Aid will host financial aid workshops in the College Library, Room 3333. The seminars begin at 9:30 a.m. and continue each half hour throughout the day. Call 503-491-7262 for more information.

Annual Autism Walk-A-Thon

Sunday, April 22, from 9 a.m. to noon, the Autism Society of Oregon, launch the 5th annual fundraising walk-a-thon from Oak Park near the east end of the Sellwood Bridge. For registration forms visit autismwalkathon.com.

Party for the Planet

Sunday, April 22, from noon to 4 p.m., the Oregon Zoo, 4001 S.W. Canyon Rd., will host an Earth Day event. For more information visit: oregonzoo.org or call 503-226-1561.

Earth Day: Pinot Pedal

Sunday, April 22, Urban Wineworks and Bishop Creek Cellars, host the 20-mile inner city bike ride. The ride will kick off at noon, from Urban Wineworks, 407 N.W. 16th Ave., with lots of fun, food and exercise. For more information visit orbike.com.

Neighborhood Clean Up

Saturday, April 21, the North Portland-Earth Day clean-up project invites residents to drop off unwanted recyclable goods to 4340 N. Lombard. For more drop off sites and information on how you can help clean up the neighborhood, call 503-823-4099.

Urban Scavenger Hunt

Saturdays and Sundays, April 21-22 and April 28-29, the Give a Buck for Buckman Association will host an architectural urban scavenger hunt to help raise awareness to preserve the historical neighborhood. Join the fun, learn something new and make a difference. Visit pyung.com/dev or call 503-236-2214.

Earth Day: Spiffin' Up

April 28, from 9 a.m. to 12 p.m., the community is needed to join together in pride to clean up litter and graffiti along Martin Luther King Jr. Boulevard. Volunteers will meet at 3117 N.E. MLK Blvd. at 8 a.m. To volunteer, visit solv.org.

SOLV-IT Challenge

Saturday, April 28, from 9 a.m. to 1 p.m., Portland General Electric presents the SOLV-IT Challenge, the largest Earth Day clean up event in the metropolitan area. Volunteers are needed. Visit solv.org or call 503-844-9571.



PHOTO BY NIA DIYG/THE PORTLAND OBSERVER

Dr. King's Legacy Remembered

Mayor Tom Potter reflects on the legacy of Dr. Martin Luther King Jr. on the 39th anniversary of the civil rights leader's assassination. The April 4 ceremony at Waterfront Park drew several members of the community, including David Leslie of Ecumenical Ministries of Oregon (far left), Kameka Thompson and her son Marlon Thompson II (right) and the King Elementary School Choir (on stage). The choir will travel to Washington, D.C. in June to perform with the White House Drum Corps. CDs of their performances are on sale to raise donations to pay for the trip. To help, contact the school at 503-916-6155.



Debra Porta



Lisa Hummel



Taibat Morakinyo



Nicole Hurtado



Emily Harris



Carmen Hilda

Portland Community College Scholars Honored

Six local students are among a group of community college student scholars to be honored April 23 by Gov. Ted Kulongoski during a ceremony at the State Capitol in Salem.

The event will shine a spotlight on the community college excellence in Oregon and give the honored students eligibility for a \$1,000 scholarship from one of 19 public and private Oregon universities and colleges.

The honored PCC student are Lisa Hummel, 40, of southeast Portland, who is

a gerontology major with a 3.9 grade point average. The Phi Theta Kappa honor society named Hummel as one of its national New Century Scholars for 2006-2007 and the only such scholar in Oregon.

Debra Lynn Porta, 40, of north Portland is a sociology major with 3.78 GPA. She has served in student government as a legislative affairs director and made the President and National Dean's lists.

Nicole Hurtado, 34, of Beaverton is a history major with a 3.91 GPA. She has made the President's List and plans to

transfer to Portland State University. She is an active member in the Women's Resource Center and volunteers in a literacy program.

Carmen Hilda, 22, of Beaverton majors in chemistry. She sports a 3.6 GPA and is currently an Oregon Leadership Institute mentor and is active in student government.

Emily Harris, 29, of southwest Portland is a psychology and business major who plans to transfer to Portland State. She carries a 3.82 GPA and is co-

chapter president for Phi Theta Kappa and is a volunteer for the Portland Farmers' Market.

Taibat Morakinyo, 33, of southeast Portland is majoring in computer information science and has a 4.0 GPA. She is originally from Nigeria and plans to transfer to PSU. She was a volunteer for PCC's international day last November.

Portland Community College is the largest post-secondary institution in Oregon, serving approximately 88,200 full- and part-time students.

Nurse Practitioner Opens Community Clinic

Mission is accessible, sustainable health

Hands On Medicine, a locally run, community-based primary care clinic, owned and operated by Licensed Family Nurse Practitioner and northeast Portland resident Shelda Holmes, has opened and is now serving patients at 5311 N. Vancouver, just south of Killingsworth.

The clinic accepts all major insurance carriers and also accepts cash payment from those without insurance.

Holmes' family nurse practitioner experience is deeply rooted in the community. She practiced for four years at the Native American Rehabilitation Association, providing primary care to children, adults and elders. Prior to that, she worked



Shelda Holmes

for Neighborhood Health Clinics and served as a nurse in the Oregon Health Sciences University Oncology Unit.

She lives in the Piedmont neighborhood of north Portland, where she is active in the neighborhood association and in a host of other community-related activities.

"My mission is to make high quality health care accessible and sustainable for families living in north and northeast Portland," said Holmes. "This clinic is the culmination of my dream of empowering the people of my community with the knowledge, service and support they need to live healthier and to improve their quality of life."

Holmes added that her experiences growing up with a family doctor that provided care to three generations of her family has helped shape her vision of the type of

personal care she hopes to provide and relationships she hopes to build with her patients.

Hands On Medicine offers primary care and treatment based upon an integrated medicine philosophy, which takes into account best practices from various modalities of traditional medicine, western allopathic medicine and naturopathic medicine. The clinic offers the full range of primary care services including well-child checks and immunizations, health screenings, women's exams and family planning, chronic disease management, and physical examinations. It also offers massage services through a licensed massage therapist.

For more information, call Holmes at 503-281-0308 or visit the web at handsmedicine.net.