

YOUR BEAT EYES ON THE STREET

Urban League Wellness Tour Offers Free Health Screenings

The National Urban League and Walgreens are partnering with the Urban League of Portland to host the 2011 Wellness Tour's health education and screening vehicle here in the Portland area through March 26.

The Wellness Tour vehicle will be providing free screening services (for adults 18 and over) for cholesterol levels, blood pressure, glucose, bone density, body mass index and waist circumference. There will also be other community organizations to provide referrals to free clinics in the Portland area to follow-up with.

The Wellness Tour's goal is to promote health to the African American community and the greater Portland metro area. For dates, details and locations please visit www.ulpdx.org/wellnesstour or call 503-280-2600



Somali Community Hosts Colored Pencil Art & Culture Night

On March 25, the Somali-American Council of Oregon will co-host the monthly Colored Pencils cultural event. This month's art and culture night – "From Ancient Kingdoms to Contemporary America" — celebrates Portland's new Somali neighbors.

With performance art by African, Asian, Arab, Native and settled Americans at 6:30 p.m. and music by Somali artists IFTIN at 8

p.m., stationary art and culinary favorites from Somalia by Jaziira Café.

The event begins at 6 p.m. at Multnomah Arts Center, 7688 SW Capitol Hwy in Portland. For directions and more info visit www.coloredpencilsart.com. The event is free, but a suggested donation of \$10 is appreciated. No one is turned away.

Safe Routes to School Spring Kick-Off Saturday, April 2

The Portland Safe Routes to School program is celebrating families and active transportation at a free first annual Spring Kick-Off. The celebration includes activities for all ages, Saturday, April 2 from 10 a.m. to 2 p.m. at Beach School, 1710 N Humboldt St, near Interstate and N Alberta.

The event starts with registration and welcome; free bike repair at 10:30 a.m.; adult workshops and kids' activities at 12:15am.

Also featured are a healthy lunch, bike helmet fitting and giveaway, more bike repair, bike and walk art activities.

At 1:15p.m. a community bike ride takes off, bikes and helmets are available to borrow.

For more info go to <http://pdx.be/kickoff>, or call 503-823-4998.

Al Forthan Memorial Scholarship for College-Bound High School Seniors

The Al Forthan Memorial Recovery Scholarship was set up to honor Al's legacy and phenomenal impact. This scholarship is given annually to Oregon high school seniors who have been affected by addiction in their communities and families.

This year we will be awarding over \$30,000, including one worth \$4,000; others will be awarded in various amounts.

Application deadline is April 4. For more information call Kristin Yates at 503-802-0299 or email kyates@voaor.org.

MHCC Planetarium Show Offers 'Guide to the Spring Sky'

Mt. Hood Community College (MHCC) will present a planetarium show April 4 on "Guide to the Spring Sky." "Springtime is galaxy time," notes Pat Hanrahan, MHCC planetarium director. "Learn about marvels of the spring sky that are visible to the naked eye or through ordinary binoculars

and find where they reside."

The program is appropriate for all ages and uses science, history and sky lore to link the audience with the spring skies.

Presentations are at 7 and 8:15 p.m. in the MHCC Planetarium Sky Theater, located near the library on the Gresham campus, 26000 SE Stark St. Visitors are encouraged to ask questions during each 45 minute program. Children are welcome. General public admission is \$2 and free for MHCC students.

Black Press Week

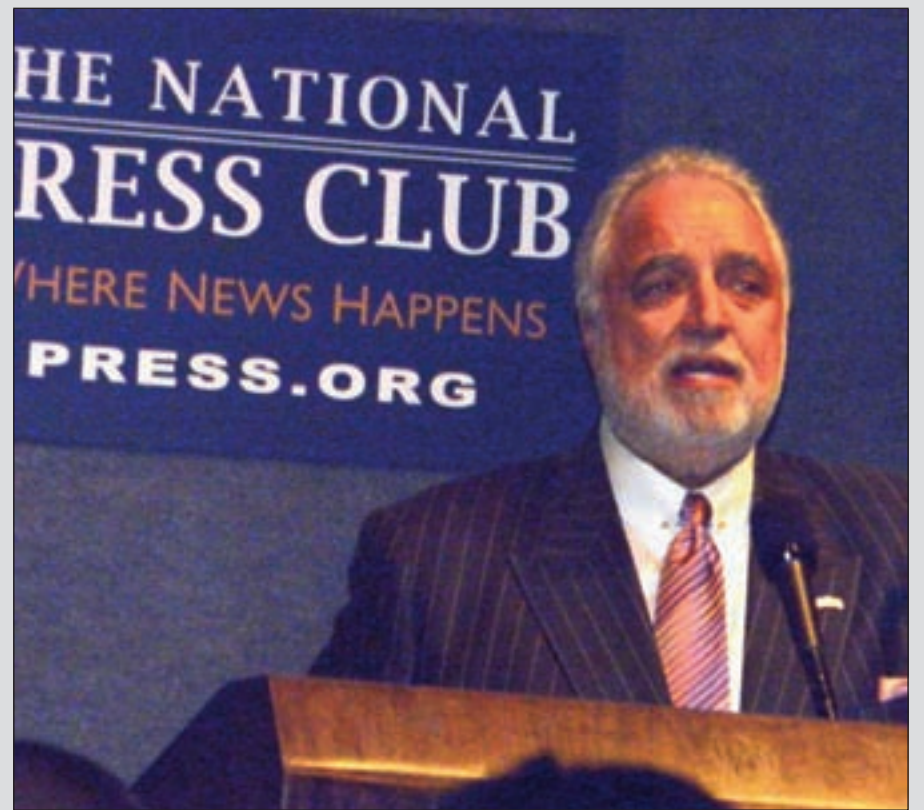


PHOTO BY BOBBIE DORE FOSTER

Danny J. Bakewell, Sr., Chair of the National Newspaper Publishers Association, addressed the annual Black Press Week gathering held at the National Press Club in Washington DC, March 16-18.

COMMUNITY CALENDAR

SEATTLE MARCH 2011

BULLETIN BOARD



If you have an event you want to share with the community, email it two weeks in advance to *The Skanner* at info@theskanner.com

Thursday March 24

MARCH MADNESS AT HIAWATHA! The teen advisory Council honors teens by hosting a special 3-on-3 tourney with free food, prizes, music and much more. This is a free event. 2:30 – 4:30 p.m. Hiawatha Community Center 2700 California Ave. SW.

Saturday March 26

IRS TO HOLD OPEN HOUSE! Taxpayers who may have difficulty scheduling a visit to an IRS Taxpayer Assistant Center during normal workday business hours can visit IRS Offices located in Seattle, Everett, Bellevue and Tacoma between the hours of 9 a.m. and 2 p.m.

LEIF-TOLEIF 5K FUN RUN/WALK. The race begins at the lodge with a marked course to the Leif Erikson Statue at the Shilshole Marina and return. All participants get a flag and a waffle. All are welcome. Adults \$10 and children. \$5 8:30 – 10 a.m. Leif Erikson Lodge 2245 NW 57th St.

Friday April 1

FIRST FRIDAY NIGHT FREE. The First Friday night of every month is free at Kidsquest Children's Museum. Come explore, play and learn with us. 5 – 8 p.m. 4091 Factoria Mall SE. Bellevue

Friday thru Sunday April 1 thru 3

SEATTLE CHERRY BLOSSOM & JAPANESE CULTURAL FESTIVAL 2011! Celebrate arts and culture of Japan. 10 a.m. Center House 305 Harrison St.

Saturday April 2

FREE KIDS CONCERT AT MCCAOW HALL: For the 12th year in a row the Seattle Men's Chorus and Seattle Women's Chorus will present a free concert for Seattle-area children and their family. 2 p.m. Village Theatre's Kidstage. 321 Mercer St. Call or go online to request free tickets 206-388-1400 or <http://www.flyinghouse.org.smc/childrens/>

Sunday April 3

STARTING AGAIN! STORIES OF REFUGEE YOUTH! The lives and challenges of immigrants and refugee's is the focus of Starting Again, which chronicles the lives of refugee youth in Washington State. There is limited seating. Please contact Katie@phinneycenter.org 3 – 5 p.m. 6532 Phinney Ave. N. Phinney Neighborhood Center.