

# Local News

## 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](http://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](http://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 HS 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](mailto: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.



## COMMUNITY CALENDAR

# PORTLAND MARCH 2011

## BULLETIN BOARD

**THE SKANNER.com**

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](mailto:info@theskanner.com)

### Friday March 25

**WOMEN'S HEALTH DAY!** The Walgreens vehicle will be here for women to have free screenings for cholesterol levels, glucose level, bone density and more. Walgreens Drug Store 6116 NE MLK, Jr. Blvd. 11 a.m. – 5 p.m.

**STUMPTOWN RELEASE PARTY WITH GREG RUCKA AND MATT SOUTHWORTH:** Bridge City Comics is proud to announce their Stumptown Release Party. 6 – 8 p.m. 3725 N. Mississippi Ave. This event is free to the public.

### Saturday March 26

**MEN'S HEALTH PROJECT HEALTH FAIR!** The Men's Health Project is partnering with the Urban League of Portland to present a health fair to reach males and females of all ages in an effort

to raise awareness of health disparities and inequities. 10 a.m. – 4 p.m. Rosa Parks School 8960 N. Woolsey Ave.

### Sunday March 27

**SING YOUR HEART OUT!** This is a kid's karaoke party. For just \$6 guests will have unlimited karaoke fun for 3 whole hours: Parents are invited to sing along. Noon – 3 p.m. Voicebox Karaoke Lounge 2112 NE Hoyt St.

### Wednesday March 30

**DIVERSITY EMPLOYMENT DAY CAREER FAIR!** This is where you want to be on Diversity Employment Day! This event is open to the public and admission is free. Business attire is required, and be sure to bring plenty of resumes! 11 a.m. – 3 p.m. Ambridge Events Center, 1333 NE MLK, Jr. Blvd.

**CURIOS ABOUT SOCIALISM? WHAT ABOUT COMMUNISM?** Come hear from speakers who grew up under socialism and communism. Share your views. 7 – 9 p.m. Portland State University – Smith (SMSU) Room 294.

### Sunday April 3

**THE UNIVERSITY OF PORTLAND'S 17TH ANNUAL READING FAIR!** The fair's theme is "Reading Around the World". It is designed to be a multicultural approach to literacy. The event is free and open to the public. 11 a.m. – 3 p.m. in the Chiles Center, 5000 N. Willamette Blvd.

## Black Press Week



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.

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