

THE SKANNER

CHALLENGING PEOPLE TO SHAPE A BETTER FUTURE NOW



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PHOTO BY JULIE KEFFE

HEALTH FEST

Chef Wayne Johnson from Andaluca does a food demonstration at the 9th Annual Kidney Health Fest for African American Families May 7th at Van Asselt Elementary on Beacon Hill. The theme of this years event was "Back to Our Roots: Healthy Eating, Healthy Cooking," and included free health screenings, a private consultation with a doctor, a panel discussion emceed by Angela Russell, KIRO 7 Eyewitness News anchor, fitness demonstrations, entertainment and food. The event has grown from an attendance of under 200 to close to 700 participants. Susan Fried photo

NBA Star Gives Advice

Former all-star James Donaldson shares his secrets to success

By Brian Stimson
Of The Skanner News

Former NBA All-Star James Donaldson wants to share his secrets to success. In his new book, "Standing Above the Crowd," Donaldson opens up about not backing down from a challenge, the importance of mentors and the keys to keep yourself focused during a time when many people are switching careers.

With three different distinct career changes under his belt – professional basketball player, small business owner and candidate for Seattle mayor's office – Donaldson says he knows what it's like keeping on task.

Here, the all-star talks to *The Skanner News* about his awkward and uncertain youth, career transitions and how he fed into an interesting piece of trivia from his days as a pro baller.

The Skanner News: What is your secret to success?

James Donaldson: I credit a lot the success I've had over the years with mentors who have helped me make good decisions and given me a lot of insight and expertise along the way.

TSN: Does that extend to your career in basketball, as well as your business and professional career?

JD: Yes, exactly, it started in basketball of course and helped to get that career underway, but along the way, I was able to meet new mentors and professional mentors that helped keep me going and on the right track.

TSN: Can you share some of the secrets to success from your book?

JD: One of the biggest lessons I learned was from an assistant coach who taught me never to be satisfied. I think nowadays a lot of us get satisfied and complacent, we quit pushing ourselves to excellence. I learned that at an early age, well before I became a professional athlete, that reaching a certain

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Obama Bypasses Bridgeport

All 37 seniors this year plan to attend college or trade school

By Shannon Dininny
The Associated Press

BRIDGEPORT, Wash. (AP) — Students at tiny Bridgeport High School shed some tears Tuesday with news that President Barack Obama won't give the commencement address, but a little ice cream and word that the governor and a cabinet secretary will attend eased the disappointment.

The school that serves 200 students in Eastern Washington's orchard country

was one of three finalists in the Race to the Top challenge. Booker T. Washington High School in Memphis won the honor; High Tech High International in San Diego was the third finalist.

"We weren't on the map, but now everybody says, 'What's up Bridgeport?'" said Carina Ochoa, a senior who will attend Washington State University in the fall. "We're sad, but we're proud of what we accomplished."

Ochoa and four friends who

helped make a video touting their school for the competition waited anxiously with the principal in her office for the call from the White House.

The girls cried in the office as they waited for the student body to file into the gymnasium for the announcement. Two teachers danced a jig, bringing laughs from the students, and teachers handed out small U.S. flags for the students to wave.

Principal Tamra Jackson broke the news, reminding the students that making the final

three was a huge accomplishment.

"Do you know how big this nation is? Do you know how many high schools there are in this nation?" she asked the students. "You guys are amazing, so you need to give yourselves a hand."

The school largely serves the students of farm workers who labor in the neighboring apple and cherry orchards, and 100 percent of the students receive free or reduced lunch. Many are

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Seattle Reporter Arrested in Syria

Dorothy Parvaz's family has no confirmation of her whereabouts

By Barbara Surk
Associated Press

DUBAI, United Arab Emirates (AP) — Syrian officials say their government has sent an Iranian-born Al-Jazeera correspondent, who also has American and Canadian citizenship, to Tehran following her detention last month in Damascus.

Al-Jazeera said Wednesday that Syrian

officials had informed the network of the whereabouts of Dorothy Parvaz, 39.

She was last seen leaving the Qatari capital of Doha on April 29 for Syria to report on the uprising there. On May 4, Al-Jazeera said Syrian authorities confirmed she was detained. A week later, on Tuesday night, Syria said she had not been in the country since May 1, without explaining where she had gone.

There was no immediate comment from officials in Iran, but the apparent jailing of Parvaz highlights the increasing pressures and clampdowns against journalists trying to covering the uprisings against the autocratic regime of President Bashar Assad in Syria and others across the region.

Sending Parvaz to Iran - if true - also

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