



THE SKANNER

CHALLENGING PEOPLE TO SHAPE A BETTER FUTURE NOW



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Free Diabetes Tests

National Expo travels to Portland with info, activities, services

By Bruce Poinsette
Special To *The Skanner News*

The American Diabetes Association holds an Expo at the Oregon Convention Center, which will offer hearing screenings, lifestyle demonstrations, a speaker series and other resources to attendees, Feb. 11 from 9 a.m. to 4 p.m.

"It's all free," says Associate Manager Danielle Yoder.

Yoder says the goal of the event is to raise awareness of the relationship between diabetes and hearing loss.

According to a 2008 study funded by the National Institute of Health (NIH), hearing loss is twice as common in adults with diabetes as it is for those that don't have it. The study also says that adults with pre-diabetes, which is characterized by high blood glucose that isn't high enough for a diabetes diagnosis, are 30 percent more likely to suffer from hearing loss than those with normal blood sugar.

Researchers suggest that diabetes leads to hearing loss by damaging nerves and blood vessels in the inner ear.

According to the American Diabetes Association, diabetes affects nearly 26 million people in the United States. In addition, NIH says pre-diabetes affects 54 million. Up to 95 percent of diabetes cases in the US are Type 2; 313,703 Oregonians are living with diabetes and 592,000 have pre-diabetes.

The disease has a disproportionate effect on the Black community.

According to the American Diabetes Association, 3.7 million or 14.7 percent of all blacks aged 20 years or older have diabetes.

"African-Americans are 1.6 times more likely than non Hispanic whites to have Type 2 diabetes," says Yoder.

Overall, Blacks are 1.8 times as likely to have diabetes as non Hispanic whites. 25 percent of blacks between the ages of 65

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INVESTING



PHOTO BY JIDAN LEIF

In his address, keynote speaker Mike Green announced the formation of a new group to explore what can be done in Portland: the Portland Urban Innovation Roundtable.

Locked Out? Then Make a Key

The Skanner Foundation's 26th Martin Luther King Jr. Breakfast

By Helen Silvis
Of *The Skanner News*

Black Americans need and deserve real economic change. And the way forward must be through investment in entrepreneurship and technology. That was part of the powerful message delivered Jan 16, by Mike Green, the Keynote speaker at The Skanner Foundation's 26th Annual Martin Luther King Jr. Breakfast.

"Dr. King envisioned a time

when America would invest in Americans of all races," Green said. "When all races would be empowered to work together to create a strong nation that is not only economically strong, but also strong in its character, exemplified in the dignity it extended to all its citizens."

In his address, Green announced the formation of a new group to explore what can be done in Portland: the Portland Urban Innovation Roundtable. And he called for

leaders to take on that challenge.

"The Portland UIR needs committed leaders across the spectrum of the established economic ecosystem and those from the economically disconnected sectors, to work together and with The America21 Project to create a culture of urban innovation that produces exponential economic impact in disconnected communities across Portland."

About 1000 diverse Port-

landers packed into the Oregon Ballroom in the Convention Center to celebrate Dr. King's life and achievements, and to hear Green speak in his honor about wealth creation.

Bobbie Foster, the Skanner's executive editor was the emcee for the event. Les Femmes, the Urban league's Young Professionals and many others volunteered to make the event a success.

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Washington Moves Ahead on Pot Plan

Olympia plans a hearing this week on medical marijuana future

By Jonathan Martin
The Seattle Times

SEATTLE (AP) — Chris Cody tries to be a good neighbor in White Center, joining in a Christmas toy drive and local art walks, and keeping the window of his medical-marijuana dispensary as discreet as possible.

He maintains a low profile in part because

his shop, Herban Legends, is a block outside the marijuana-friendly Seattle city limits. Inside Seattle, marijuana dispensaries flourish. Outside Seattle, there is no protective regulation.

"It's definitely tricky, causing for more than a little anxiety," said Cody, a 31-year-old carpenter.

Eight months after Gov. Chris Gregoire gutted the state medical-marijuana law with

a partial veto, dispensaries have feasted or starved based on the real-estate axiom: location, location, location.

Seattle, Tacoma and a handful of other cities recognize storefront shops as resources for medical-marijuana patients. Most don't, though, citing a muddled state law or the federal marijuana prohibition.

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