

Portland Celebrates Juneteenth's 150-year Anniversary

This year marks the 150th anniversary of the end of slavery in America. On Saturday, June 20, 2015, all Portlanders are invited to join a very special celebration of freedom.

Annually, millions of people across the U.S. join the African-American community to recognize "Juneteenth," a commemoration of the liberation of the last slaves on June 19, 1865 in Galveston, Texas. Today in Texas, Juneteenth is a recognized state holiday.

In Portland, on June 20, the day will begin with a com-

munity parade down Martin Luther King, Jr. Boulevard, starting at 11:00 am. From 12 Noon to 6:00 pm, a public festival will be held at Legacy Field on NE Vancouver Avenue at NE Russell Street. The event features musical performances by local artists, a marketplace, delicious foods, and a Kids Fun space with games, crafts and bounce-houses.

Portland is the first and only city in the U.S. to host an Historic Pavilion featuring actors portraying historical figures like Harriet Tubman, who in character,

tell their amazing life stories to adults and children.

This year, organizers are planning the largest program yet thanks to generous sponsors like Wells Fargo Bank, Legacy Health Systems, and *The Skanner News Group* and support from the City of Portland.

The Juneteenth planning group is seeking more volunteers, vendors and sponsors. Please contact us at juneteenthoregon@gmail.com or call 503-381-0056 to join this milestone celebration of freedom.



Portland's unique Juneteenth features renowned actors Wrick Jones (playing Frederick Douglass) and Skeeter Greene (as Beatrice Cannady).



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Legacy Program Trains Lifelong Runners

By Arashi Young
Of *The Skanner News*

Years of a sedentary lifestyle were taking a toll on Kim Lowry. Exercise always seemed to be the last priority in her busy life. But, after a visit to her doctor last year, she found out she was on the verge of becoming diabetic. At that moment, she knew she had to make a lifestyle change.

By chance, she ran across the Legacy Health Couch-to-Starlight 5k Training Program through a Facebook post. Lowry nabbed the last spot and spent the next 8 weeks preparing for her first 5k (3.1 mile) race.

to" into someone who regularly completes 5k runs.

The original regimen involves interval training where the athlete runs a short distance and then walks a short distance. As training progresses and the runners get stronger, they run longer distances and walk less.

The Legacy program is open to those who have never run before, runners who are recovering from an injury and seasoned runners who want to improve their form. The group sessions will be accompanied by physical therapists that are there to give advice and motivation.

Those who participate in the program will

'I didn't think I could do it, but now I can. Anyone can really; it's just getting off the couch and starting'

Training began April 7 for the 2015 Legacy Health Starlight Run. Practice groups meet once a week to participate in group workouts and learn how to run properly. Legacy offers meetings in five locations; Downtown Portland, West Portland, Tualatin, Troutdale and Vancouver, Washington. The end goal is to run the 5k in the 37th annual Legacy Health Starlight Run on May 30. The run takes place on the Starlight Parade route during the Portland Rose Festival.

The Couch-to-Starlight 5k program takes its name from the Couch-to-5k running plan which is a method to transform a non-runner "couch pota-

receive a professional training plan written by the physical therapists. There will also be informational sessions before each group workout where the therapists will go over:

- Shoe analysis
- Dynamic stretching
- Injury prevention
- Strengthening your core
- Proper running form
- Equipment
- Hydration and Nutrition

The cost of the program is \$40 which includes registration in the Legacy Health Starlight Run and an official run T-shirt. Legacy is essentially offering eight coaching sessions for \$10 total.

Read the rest online at www.theskanner.com

