

Events & Announcements**SPD 3 on 3**

The Orange Team took on the Purple team in the championship game of the first Three on Three Ballin' for the Community, Community Engagement Tournament co-sponsored by the Seattle Police Department May 13 at Rainier Beach community Center. The teams were made up of youth from the community and SPD officers. The Orange team relying on the basketball skills of two freshmen from Rainier Beach High School went on to win the championship game.

PHOTO BY SUSAN FRIED

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increase accessibility to this healing discipline that helps people with stress reduction, body awareness, self-calming and mental-emotional resilience. The day will also feature information and activity booths, for people to enjoy.

Collaborator Heather Jones of Curvy Yoga says, "There are so many people out there who only view yoga in an Instagram picture or a sexy Nike ad, with the practitioner in a thin, flexible body sweating themselves into a state of exercise euphoria. And quite often, people can't connect to that. They don't see their own body ever moving like that, and assume yoga isn't for them. I am excited to participate in AYD to share this practice with those folks - to show them how yoga can reconnect them to their bodies, to their capabilities, and that there are yoga teachers out there who see them. This is a fantastic group of teachers collaborating to make yoga radically inclusive and I am proud to be part of that."

Schedule:

- 10am - Jill Tuleya - Yoga for Cancer Recovery
 - 11am - Liz Eisman - Yoga for Trauma Recovery
 - 12 - Sandra Gail Pierson - Yoga for Veterans
 - 1pm - Heather Jones - Curvy Yoga
 - 2pm - Zeyah Alicia Rogé - LGBTQ yoga
 - 3pm - Kara Knight - Yoga for Older Adults
 - 4pm - Kate Dessommes - Yoga for Amputees
 - 5pm - Laurie Saunders - Yoga for Nervous System Conditions
 - 6pm - Bonny Chipman - Yoga for Adults with Disabilities
 - 7pm - Karen Gilkison - Chair Yoga for Larger Bodies
- Information and activity booths in back yard (inside, if raining) 10am - 7pm.

If you would like more information about this topic, please contact E.B. Ferdig at unfold: (503) 333-5484 or ebferdig@gmail.com.

Seattle News Briefs**UNCF Seeks Students and Mentors for 2016-2017 UNCF Portfolio Project**

UNCF in partnership with CAN (College Access Now), Leisure Hour Golf Program, YMCA Minority Achievers Program, and YMCA Multi-Cultural Achievers Program will host the 11th annual UNCF Portfolio Project presented by Swedish Health Services. The application deadline for students and mentors is July 8.

The Portfolio Project was designed in 2006 to assist 11th and 12th grade students through the college and scholarship application process. The mission of the Portfolio Project is to increase the number of minori-

ty and low-income college and scholarship applicants from states of Oregon and Washington. Ultimately, the program strives to ensure these students create a portfolio that will support their efforts in getting accepted into college and receiving the necessary financial assistance to become successful college graduates.

This program is at no cost and consists of 11-week Saturday sessions that begin Aug. 27. The sessions are held at four locations: Seattle, Marysville, Portland and Tacoma.

In addition to the sessions, Portfolio Project students will have the opportunity to apply for the Portfolio Project Scholarship and attend the UNCF Black College Fair at the Northwest African American Museum in Seattle on Sunday, October 23rd.

Since 2006, Portfolio Project students have been able to clarify and become confident in post-high school plans and choices.

The mentorship and guidance that has been provided from this program has not only produced a 92% student acceptance rate into a college, but has also helped students procure thousands of dollars to attend college.

Seattle program informational session:

6 p.m. - 7 p.m., June 1
The Northwest African American Museum
2300 S Massachusetts St.

Portland program informational session:

6 p.m. - 7 p.m., June 2
Portland Community College (Cascade Campus)
705 N Killingsworth St

To learn more about the Portfolio Project, visit www.UNCF.org/portfolioproject

Two New Commissioners Appointed to Seattle Housing Authority Board

The Seattle City Council today confirmed Seattle Mayor Ed Murray's appointments of Dr. Paula Houston and David Moseley to at-large positions on the Seattle Housing Authority (SHA) Board of Commissioners.

The seven-member SHA Board of Commissioners includes five at-large positions and two resident positions. The commissioners are appointed to four-year terms by the mayor and confirmed by the City Council.

The board has oversight on SHA policies and approves the agency's annual budget. Commissioners are also responsible for hiring the executive director, a position currently held by Andrew J. Lofton.

Dr. Paula L. Houston is the CEO of Sound Generations in Seattle, prior to that she was the Executive Director for the Meredith Mathews East Madison YMCA.

She has broad experience in public health and community health administration and owned her own fitness and wellness center.

Community Calendar 2016

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Seattle Metro**THURSDAY, MAY 26**

LIBRARY BOOK SALE: Free to attend, books are \$2 per pound unless otherwise marked. Come early for best selection. 8 a.m. - 9 p.m., North Seattle College Library, 9600 College Way N.

MONDAY, MAY 30

MEMORIAL DAY CEREMONY: Take a moment to reflect on those veterans who are no longer with us. The Annual West Seattle Memorial Day Ceremony which will be conducted by the American Legion Post 160 of West Seattle. 2 p.m. - 3 p.m., West Seattle, 6701 30th Ave. SW.

HERB AND FOOD FAIR: The 17th Annual Herb and Food Fair offers edible, medicinal, decorative, and experiential takes on herbs. Live music, craft sale, foot soaks and facials and much more. Free entry. 10 a.m. - 5 p.m., Bastyr University, 14500 Juanita Dr. NE, Kenmore.

THURSDAY, JUNE 2

DROP IN ART AT THE MAGNOLIA BRANCH LIBRARY: Come to the Magnolia Branch Library for free drop-in art activities led by teens. 4 p.m. - 5:30 p.m., Magnolia Library, 2801 34th Ave. W.

SATURDAY, JUNE 4

WASHINGTON STATE PARKS OFFERS FREE DAY! National Trails Day. Visitors will not have to display a Discovery Pass for day use parks on this free day. All Washington State Parks day use parks.

AFRICAN AMERICAN FILM SERIES: BEBE'S KIDS: The first mainstream animated feature film directly aimed at African American audiences. 1 p.m. - 3 p.m. Seattle Public Library, 1000 Fourth Ave. Free for all to attend.

Houston is a member of several nonprofit boards and served two terms on the Seattle Women's Commission. Moseley is semi-retired. Previously he was the Assistant Secretary to the Washington State Department of Transportation Ferries Division, Vice President of Institute for Community Change, and he has held extensive civic positions throughout his career. He currently serves on numerous nonprofit boards and committees including Pioneer Human Services and the Housing Affordability and Livability Advisory Committee.

Houston and Moseley are replacing Nora Gibson and Kollin Min, whose terms expired in 2016. They will join current board members, Deborah Canavan Thiele (chair), Emily Abbey, Aser Ashkir, Zachary Pullin and Jermaine Smiley.

Port of Seattle and the NWSA begin Public Comment Period

The Port of Seattle and the Northwest Seaport Alliance are proposing modifications to marine cargo facilities at Terminal 5. The Port of Seattle, as lead agency under the State Environmental Protection Act (SEPA), is preparing an Environmental Impact Statement (EIS) on the project, which includes berth deepening, dock strengthening, and power upgrades to handle larger cranes.

The Northwest Seaport Alliance (NWSA) is a marine cargo operating partnership of the ports of Seattle and Tacoma governed jointly by the commissions of the two ports.

The environmental review will evaluate potential impacts to earth, air, water, plants, animals, energy and natural resources, environmental health, noise, aesthetics (including light and glare), historic and cultural resources, transportation and public services.

Public comments on the Draft EIS will be accepted from May 23 to June 21, will be included in the SEPA record and may result in corrections, additions or clarification to the Draft EIS.

For tips on commenting, visit the Washington State Department of Ecology's Citizen's Guide to SEPA Review and Commenting at: <http://www.ecy.wa.gov/programs/sea/sepa/citizensguide/citizensguide.htm>

For more information on the proposed improvements and to comment online, visit <http://5e.is.publicmeeting.info>.