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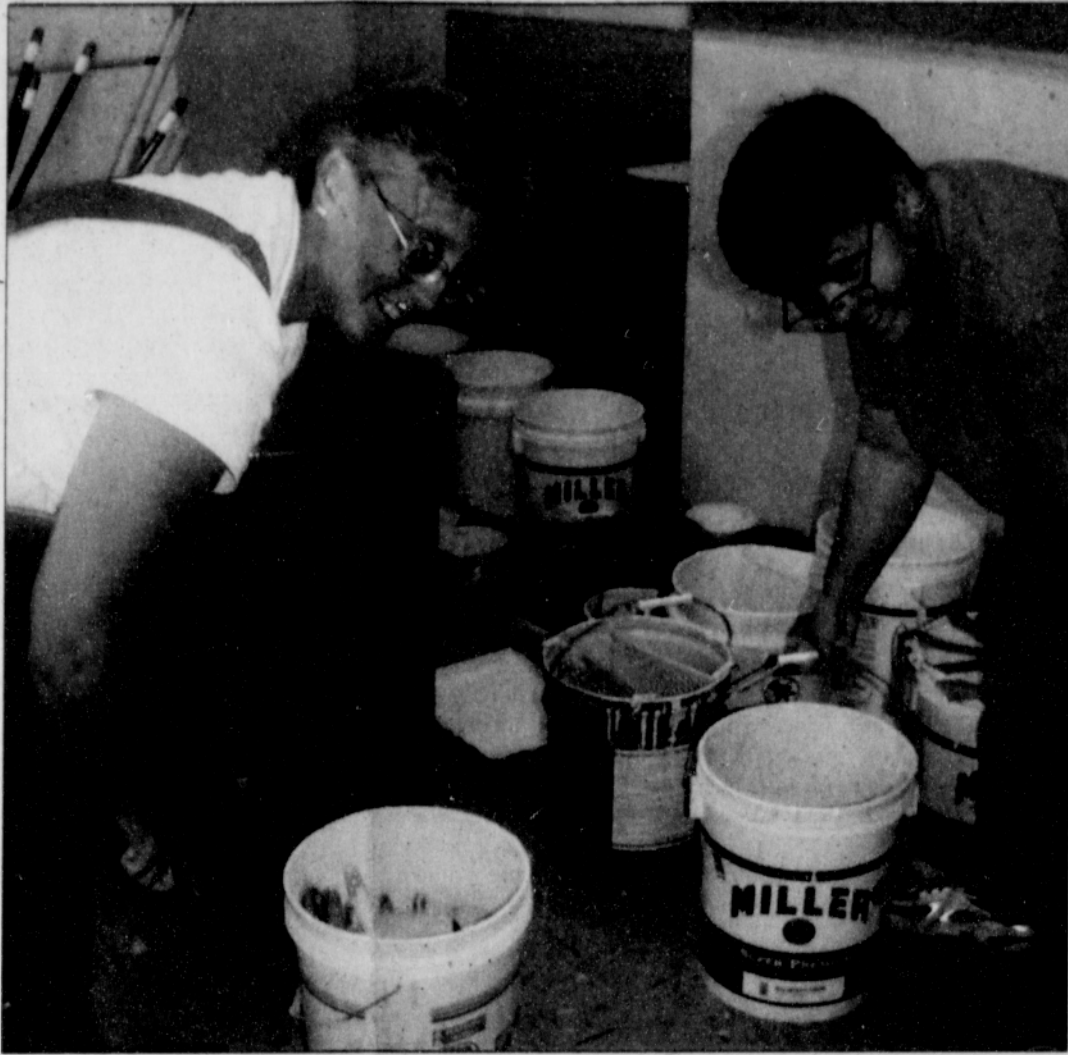
>> So if you're a high school graduate, between 18 and 30, interested in finding out how you can become part of an elite group of proud professionals, call Rose City recruiting station at 503-284-4005 or stop by Rose City recruiting station at 1317 NE Broadway Street. And check out over 200 ways you can become AN ARMY OF ONE.



AN ARMY OF ONE

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Serve-a-thon Spruces Up Schools



More than a thousand volunteers will mobilize on Sept. 6 to plant trees, paint, clean and build at the Hands On Serve-a-thon for Schools.

The event is expected to provide schools with \$43,000 worth of volunteer labor.

Volunteers should meet at Jefferson High School, 5210 N. Kerby, at 9 a.m., with their own tools.

For more information, visit www.handsonportland.org or call 503-916-3104.

King Elementary School Principal Ronda Craemer and Vice Principal Willa Campbell pitch in at a Community Care project to clean up Portland Public Schools.

PHOTO BY MARK WASHINGTON/
THE PORTLAND OBSERVER

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Located at 722 N Summer

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Hermiston Watermelon 12 cents/lb

Local Grown Green Cabbage
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Limit 4 heads per family; Coupon Expires 8/21/03

School Supply Drive Kicks Off

Kaiser Permanente is collecting school supplies for disadvantaged children in Portland and southwest Washington. The public is welcome to participate by bringing school supplies to the administrative office at any Kaiser medical office between 9 a.m. and 5 p.m. Monday through Friday.

Last year, the staff at Kaiser medical centers donated over 165,000 sheets of notebook paper, more than 4,700 pencils, and 32,000 crayons. Kaiser volunteers first coordinated a school supply drive in 1998 to help low-income children at four north Portland schools. The drive has grown to include 25 schools near Kaiser facilities in the Northwest.

Humboldt Back to School Party

Local gospel singers will join Obo Addy, a world-class African rhythm musician, for the Humboldt Back to School Celebration on Sunday, Aug. 24 from 2 p.m. to 8 p.m. on the front lawn of the Portland Community College Cascade Campus. The event at 705 N. Killingsworth will also feature a marketplace to showcase the Humboldt neighborhood's diversity. Community service displays will offer fun opportunities to win prizes with raffles, carnival games and a dunk tank. For more information, call 503-998-5121.

THANK YOU TO EVERYONE WHO HAS SUPPORTED US!

- Our Biggest Sale Ever
- Recycled Art Show
- Demonstrations
- Live Music
- Raffle
- Munchies
- Games
- Fun

5 Year ANNIVERSARY CELEBRATION
AUGUST 23, 2003 10am-5pm
The ReBuilding Center 3625 N. Mississippi Ave. For information call: 503.331.1877

The Portland Observer

Local Marine has Adventures Abroad

Combat battalion member served in South Asia

By SHANNON MORELL
Portland's Anthony W. Bates and 400 of his fellow Marines of the Combat Assault Battalion force recently returned home from participating in the ninth annual Corporation Afloat Readiness and Training exercise in Southeast Asia. The assault battalion left earlier this summer to enhance regional cooperation and promote understanding of operational military readi-

ness in Thailand, Brunei, Singapore and Malaysia. The battalion is made up of a variety of Marine Corps units. The training Landing Force, which is task-organized, based on exercise training requirements. The landing force is established annually in Okinawa, Japan. Marine Pfc. Bates, the 22-year-old of Portland, is a motor-transportation operator with the force.

"My role in this exercise is to drive food, ammo and Marines to where they are needed," said Bates, a 2000 graduate of Grant High School.

Many bilateral evolutions were conducted with each nation during training.

Seminars were scheduled, as

were social events that gave training participants a chance to develop personal relationships that are critical to combined operations.

Bates and fellow Marines executed drills and training skills in such areas as at-sea maneuvering; communications; force protection/anti-terrorism airborne maritime patrol; medical concepts and explosive ordnance disposal. Bates was also involved in command and control development, diving and salvage exercises, plus landing force activities at sea and ashore. Bates feels that it is important to participate in exercises like those he learned in training.

"This exercise gives me a chance to do my job in the field in different country and learn other countries'



Anthony W. Bates

military exercises," said the one-year Marine Corps veteran.

While conducting such vigorous and demanding drills, the Marines and Sailors also found time to lend a helping hand.

They interacted with local residents while participating in community service and civic action project in Thailand and throughout each phase to the exercises.

Being part of the Marine Corps has allowed Bates to experience and perform jobs others will never get the opportunity to experience.

Training Offered for Hospice Care

A team of local medical providers are providing free training to recruit hospice volunteers to help people facing terminal illnesses.

The courses will be held at the Kaiser Permanente Town Hall at 3704 N. Interstate Avenue, from 9:30 a.m. to noon, on Tuesdays and Thursdays, from Sept. 25 through Oct. 28.

The instruction covers basic principles of hospice, understanding special needs of patients and their families, effective communi-

cations, patient care, pain and symptom management, spiritual care giving and understanding grief and loss.

Volunteers must be at least 18 years old. No hospice experience is required. Following training, volunteers are asked to commit no more than four hours a week for a year. Volunteers can choose to focus on respite care, bereavement, children's grief support and oncology.

The effort is part of the Hospice Volunteer Training Coalition, com-

prised of Providence Portland Hospice, Providence St. Vincent Hospice, Kaiser Permanente Hospice, Legacy VNA Hospice and Hopewell Hospice.

Pre-registration is required. For more information call Karen Arnold, Providence Portland Hospice volunteer coordinator at 503-215-4944, Juanita Oliver, Kaiser Permanente's hospice volunteer coordinator at 503-449-5285 or Mary Anne Nance, Providence St. Vincent Hospice volunteer coordinator at 503-574-9498.

Health Cuts Boost Emergency Visits

(AP)-The number of uninsured patients making emergency visits to OHSU Hospital has increased since cuts to the Oregon Health Plan took effect this spring.

Results from the OHSU pilot study found a 17 percent increase in emergency visits by uninsured patients this spring, compared with a year earlier.

Researchers aren't sure how much of the increase is due to job

layoffs and how much to recent cutbacks in the Health Plan.

The study used billing information to compare patients treated at OHSU Hospital's emergency department in March, April and May of last year with those treated during the same months this year.

On March 1, about 100,000 Health Plan members lost coverage of outpatient mental health, dental care

and addiction treatment.

"Uninsurance is clearly on the rise in Oregon," said Dr. Bruce Goldberg, head of the Office for Oregon Health Policy and Research, which advises the governor and the Legislature on Health Plan issues. "The growing number of uninsured patients showing up in hospital emergency departments is a stress on an already fragile system."

AALHC African American Health Coalition, Inc.

1st Annual

Wellness Within REACH Walk



September 6, 2003

What

Join us for the 1st Annual Wellness Within REACH Walk Sat. September 6, 2003! Walk the 1.5 or 4-mile course.

When

The walk begins at 9:00 a.m. Other event activities begin at 8:00 a.m.

For more information

For more information about participation or to volunteer contact the African American Health Coalition, Inc. at 503-413-1850, wbeamer@aahc-portland.org or mold@aahc-portland.org

Where

Start and finish at Dawson Park, located at N. Vancouver and Stanton in Portland, OR.

Why

The purpose of the walk is to celebrate our community's health and sustain ongoing free physical activity classes for African Americans in the Portland metro area.

Entry

Entry fee is \$15 per person.

REACH
Racial & Ethnic Approaches to Community Health
A program of the American Heart Association