

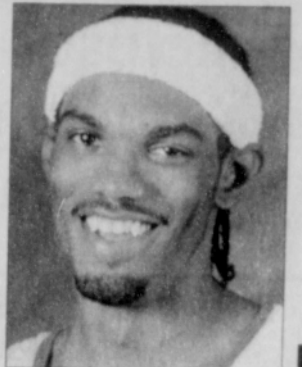
METRO

The Portland Observer

Blazer Investigated for Animal Abuse

Hurt dog abandoned in northeast alley

See Sports inside, page B6



SECTION B

Community Calendar

Hombuying Fair

The African American Alliance for Home Ownership will host a home buying fair on Saturday, Oct. 16 from 11 a.m. to 3 p.m. in the Legacy Emanuel Hospital Atrium, 501 N. Graham. Topics include the home buying process and the importance of personal financial management. There will be children's activities and raffle prizes.

Learn to Swim

Fall Swimming Lessons are available at the Columbia Pool, 7701 N. Chautauqua Blvd and Matt Dishman Pool, 77 N.E. Knott. For information, call the Aquatic Division at 503-823-5130.

Rummage Sale

The Hollywood Loaves and Fishes Center hosts a rummage sale to raise money for the community's Meals-On-Wheels program from 1 to 6 p.m. Oct. 14 and 15 and 9 a.m. to 6 p.m. on Oct. 16 at 1907 N.E. 45th Ave. For more information, call 503-281-8109.

Business Conference

A Governor's Marketplace business conference for minorities and women will be held Thursday, Oct. 21 from 7:30 a.m. to 4:30 p.m. at the Holiday Inn in Wilsonville. Visit www.govmp.org for a full program schedule and on-line registration.

Adoption Seminar

Information on the process of adoption and a variety of adoption opportunities will be shared on Thursday, Oct. 21 from 7 to 8:30 p.m. at the New Hope Community Church, 11731 S.E. Stevens Rd. in Clackamas. For information, call 503-659-5683.

Midwife and Healers Conference

The International Center for Traditional Childbearing has partnered with midwives and healers who will show the connections of current practices with past traditions at the 3rd annual Black Midwives and Healers Conference at PSU's University Place Hotel. For more information, visit www.blackmidwives.org.

Leadership Summit

The National Forum for Black Public Officials is holding its annual Fall Leadership Summit and Marks for Excellence Luncheon from 8 a.m. to 4 p.m. at the Double Tree Lloyd Center. For more information, contact Deena Pierott at dpierott@ci.portland.or.us or Michelle Harper at mharper@ci.portland.or.us.

Aquatic Fitness

Providence has a full schedule of fitness classes including water exercising at the Providence Aquatic Center, 4805 N.E. Glisan. For a schedule, call 503-215-6301.

Women in NAACP

Women in NAACP, a new women's group, meets from 10:30 a.m. to 1 p.m. the first Saturday of each month at the American Red Cross Building, 3131 N. Vancouver. For questions, call 503-249-6263.

Children's Healthy Growth Clinic

A free 40-minute session on Rolfling, a holistic system of soft tissue manipulation and movement to insure health growth and movement patterns, is available for children ages zero to 10 on Saturday, Oct. 23, from 1-5 p.m. at Wild Oats Market, 2nd floor, 3535 N.E. 15th. For questions about this clinic, call 503-753-7653 or email rolfler@earthlink.net.

Safety, Fitness Cheered

They walked. They biked. They talked to their friends along the way. And most importantly, they had fun while being more physically active.

Whether on bike or foot, hundreds of adults and kids took an important step towards establishing a healthier lifestyle by participating in the sixth annual Oregon Walk + Bike to School Day.

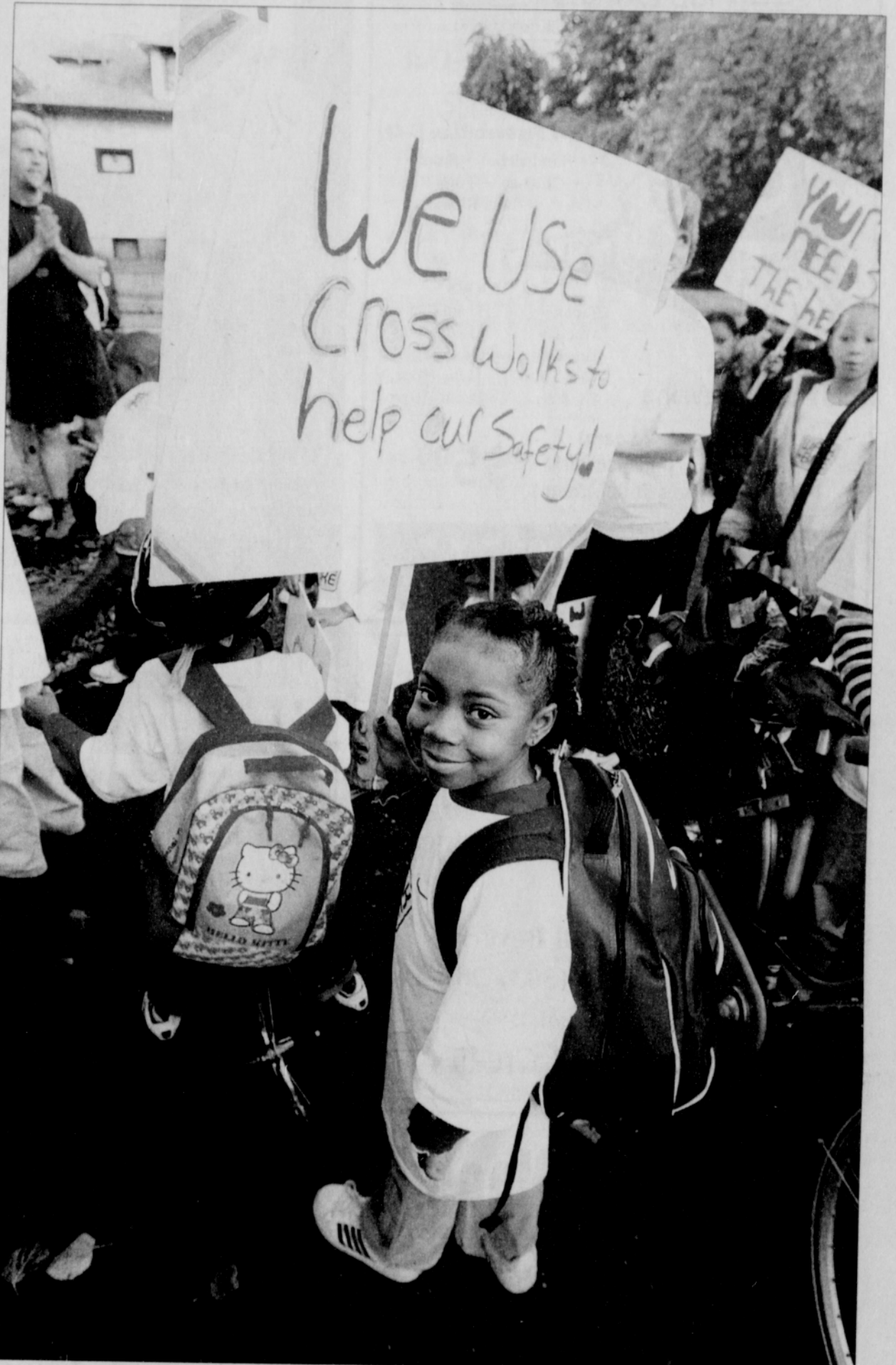
The Oct. 6 event coincided with International Walk to School Day and was organized by the Bicycle Transportation Alliance and the Willamette Pedestrian Coalition with the support of NikeGO, the community service program to "get kids moving and give them the means to do it."

The long-term health and well-being of America's youth has been called into question in recent years

At Boise-Eliot Elementary School in north Portland, a walk and bike group of neighborhood kids and adults was led by local dignitaries including honorary co-chairs for the event, Oregonian columnist and Cycle Oregon President Jonathan Nicholas and Andy Carson from Fox-12's Good Day Oregon; Dr. Mel Kohn, Oregon state epidemiologist; Sen. Margaret Carter; Assistant Police Chief Stan Grubbs; Mark Parker, president of Nike Brand; Alberto Salazar, two-time Olympian and marathon legend; Molly White, director of Nike U.S. Community Affairs; and Julia Brim-Edwards, co-chair of the Portland School District Board.

The long-term health and well-being of America's youth has been called into question in recent years due to numerous studies showing an alarming decrease in physical activity, along with an increase in childhood obesity and associated risk factors for a wide range of health problems including diabetes, heart disease, asthma, and emotional and mental health problems.

In August, U.S. Surgeon General Dr. Richard Carmona visited Portland to encourage Oregonians to walk and bike to school on Oct. 6th as a means of becoming more physically fit and active.



Paris Lowe, a third-grader at Boise-Eliot Elementary School in north Portland, joins her classmates in the 6th annual Oregon Walk and Bike to School Day. The event sponsored by NikeGo and its commitment to get kids more physically active, also raised awareness about traffic safety and being safe when crossing the street.

Wu Admits Behavior Against Ex

(AP) — U.S. Rep. David Wu, who represents Oregon west of the Willamette River to the Oregon Coast in Congress, and who is in a tight re-election race admitted Tuesday that while he was a college student 28 years ago, he was disciplined by school officials for "inexcusable behavior" toward an ex-girlfriend.



U.S. Rep. David Wu, D-Ore.

The admission by the Portland Democrat, came immediately after a report published in The Oregonian newspaper saying a former girlfriend from college once claimed Wu tried to force her into having sex. The lengthy report said

the woman, whom the newspaper did not identify, declined to comment.

In a statement, Wu said he had a "two-year romantic relationship that ended with inexcusable behavior on my part."

"I take full responsibility for my actions and I am very sorry," Wu said. "I was disciplined by Stanford University for my behavior, and I worked with a counselor. This single event forever changed my life and the person I have become."

He didn't elaborate on what he had done or what school officials did to discipline him. Current Stanford officials would not discuss what happened.



Activists say 'No Discrimination'

Alisa Simmons (from left), Keith Edwards, Antoinette Edwards and Anne Sweet campaign against Measure 36, the same-sex marriage ban, calling it an attempt to put discrimination in the Constitution. The community activists urged local residents to vote 'no' when they stopped Saturday at Geneva's Shear Perfection and other barber and beauty salons serving the African-American community.