

## Benson Grad Works for Kerry

Jared Spencer, 20, a former Benson High School student, leads the Kerry-Edwards field operations in north and northeast Portland. Spencer is urging Kerry for President supporters to call him at 503-239-6001 to get involved in the campaign. The election is Tuesday, Nov. 2 with vote-by-mail ballots already in the mail.



PHOTO BY MARK WASHINGTON/THE PORTLAND OBSERVER  
Denise Wood (left) and Tracie Reid discuss health and technology at the African American Health Coalition's annual Wellness Village.

## Protect Ballot by Mail, in Person

Oregon Secretary of State Bill Bradbury urges all Oregonians to protect their ballots to ensure that their votes count.

"Treat your ballot like you would treat your mortgage or your rent check," said Bradbury. "Don't hand it over to strangers,

hand it in yourself."

There are no official door-to-door ballot collectors, and the Secretary of State is asking voters not to give their ballot to anyone. Instead, voters should mail their ballots or drop them off at an official county dropsite. Ballots must be

received by county elections offices by 8 p.m. on Tuesday, Nov. 2. Postmarks do not count.

Official county dropsites are listed at <http://www.OregonVotes.org> or call toll-free 1-866-ORE-VOTES (1-866-673-8683).

## Celebrating Wellness

The 9th annual African American Wellness Village was a hit last weekend at the Blazers Boys and Girls Club on Northeast Martin Luther King Jr. Boulevard.

More than 500 people attended and exhibitors engaged participants in health-related resources.

"We had twice as many people

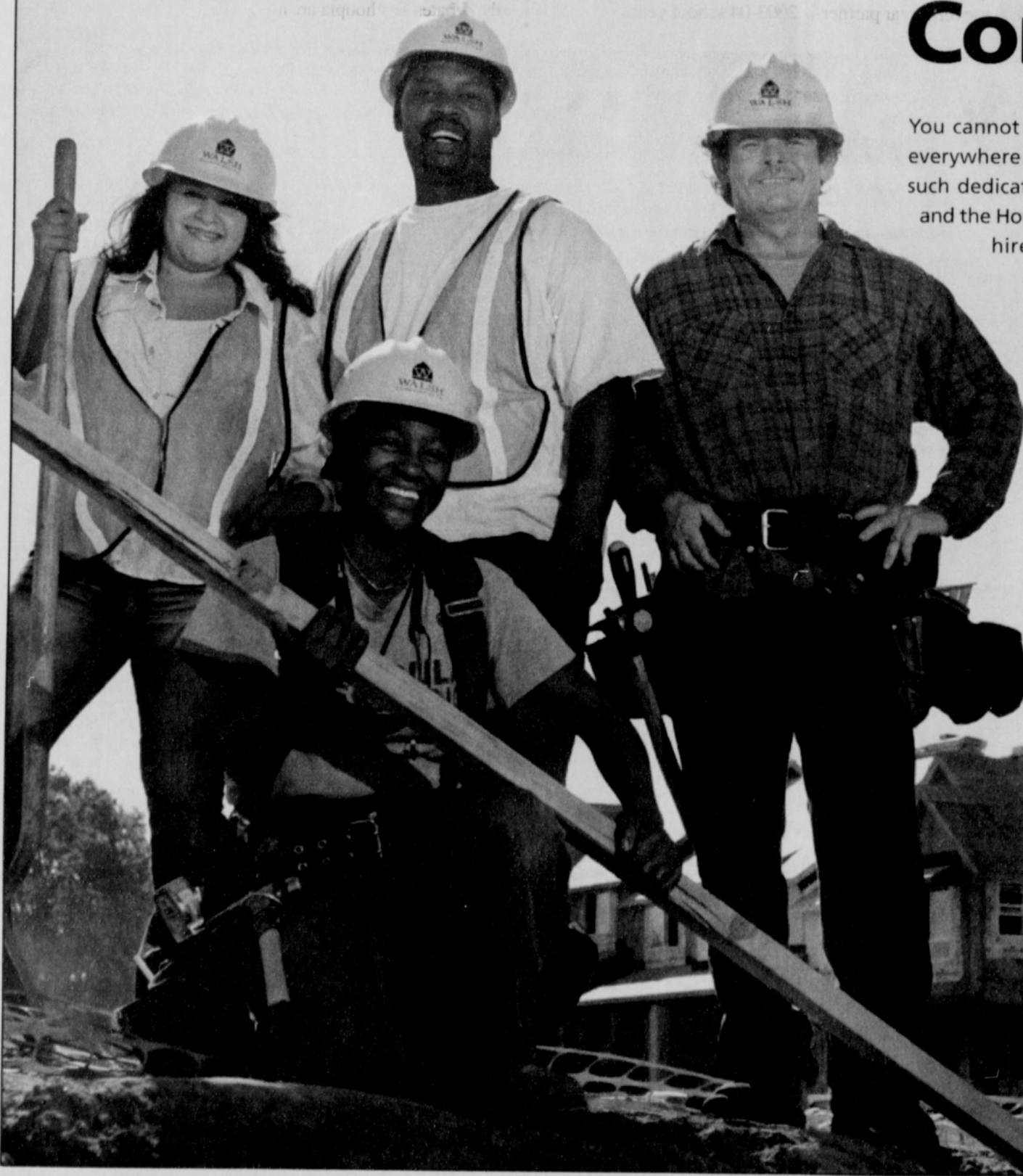
as last year sign up to become bone marrow donors with the American Red Cross," said Bill Beamer, special programs coordinator with the African American Health Coalition, the group that organized the annual event. "That is definitely a successful outcome."

Other community members

took advantage of the free medical screenings, including blood glucose tests, blood pressure readings, glaucoma tests, blood lead tests and massage therapy.

The healthcare providers were participating in the event as a way to help people manage their health and celebrate African American Wellness Week.

# Building Businesses. Building Communities.

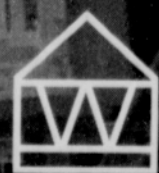


You cannot mistake pride in a job well done. It can be seen everywhere you look at the New Columbia project. But then, such dedication is to be expected. Walsh Construction Co./OR and the Housing Authority of Portland helped subcontractors hire trades people from ETAP, the Evening Trades Apprenticeship Preparation program, and from the community.

This is the final bid opportunity for the project. **Come join our team.** For further information, call Carolyn Wilson at **503-222-4375** or visit our website at **[www.walshconstructionco.com](http://www.walshconstructionco.com)**.

**Pre-bid Meeting for  
New Columbia Phase II Housing**  
**November 9, 9-11 a.m.**  
or  
**November 12, 9:30-11:30 a.m.**

Both pre-bid meetings to be held at  
Oregon Association of  
Minority Entrepreneurs (OAME)  
4134 N. Vancouver Avenue, Portland



**WALSH**  
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STAFF

EDITOR-IN-CHIEF/PUBLISHER

Charles H. Washington

EDITOR

Michael Leighton

DISTRIBUTION MANAGER

Mark Washington

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