



It's Time to Celebrate the 10th Anniversary of Wellness Village!



The annual African American Wellness Village has brought free health services, information, and fun activities to the community since 1995. Join us for two great events this year!

Friday Oct. 14th, 11 a.m.-5 p.m.

Health Disparities Conference: We Can Make a Difference
Downtown Embassy Suites Hotel
319 SW Pine Street

An event for community members, health care providers, and local and state officials to come together and generate solutions to health disparities in Oregon. **Featured keynote speaker Dr. Brian Gibbs of the Harvard School of Public Health.**

- 11:00 a.m.-12:45 p.m. Lunch (\$50)
- 12:45 p.m.-5:00 p.m. 2 Workshops "Culturally Competent Health Care" and "Health Disparities: What Can We Do?" Workshops are free to first 240 community members (Please contact the AAHC at 503-413-1850).

Saturday Oct. 15th, 9 a.m.-4 p.m.

10th Annual Wellness Village
at The Blazers Boys & Girls Club
5250 NE Martin Luther King Jr. Blvd.

Free health services and activities at this year's Wellness Village include:

Health Screenings & Services

- Flu shots
- Dental
- Vision
- Hearing
- Diabetes
- Massage therapy
- HIV & STD screenings
- And more

Activities & Exhibits

- African drumming by Chatta Addy
- Cooking demo & tastings
- Gospel choir
- Children's activities
- Fire safety by Portland Fire & Rescue
- 3-on-3 basketball sponsored by Portland Trail Blazers
- Raffle prizes

For more information contact the AAHC at 503-413-1850 or visit www.aahc-portland.org

New Orleans' Black Culture at Risk

Scattered survivors may lead to change

(AP) — As black New Orleanians regroup and put down roots elsewhere — some temporary, some not — many wonder: What will become of one of the nation's most complex African-American cultures?

Pre-Katrina New Orleans was a majority black city. It also was a poor one, and most of the people hardest hit by the storm were both, as early images showed.

But broad descriptions miss the subtleties of race and economics in a place where French, Spanish, Indians and West Africans mixed as far back as the 18th century. This resulted in a rich cultural heritage — think jazz, for starters — and a multi-racial, sometimes inequitable society organized along lines of color and class.

Now the city's native sons and daughters, spread nationwide, are speculating on how that culture will change in the wake of the flooding wrought by Katrina and



Tamara Baccas and her son Terrell, 11, salvage family keepsakes from their home in the Ninth Ward section of New Orleans on Saturday. As New Orleans fights its way back to normal, many are pondering the future of black culture there.

Rita. Some even question whether it will survive at all.

"Once you scatter the people, I don't know that you're going to be able to capture the past," said Arnold Hirsch, a historian at the University of New Orleans. "You

may come up with something new, you might be able to help the poverty and the problems that became so manifest during the hurricane, and that might be to the good. But it wouldn't be the historical New Orleans."

Builders of New York Celebrated

As many as 20,000 slaves and free blacks who helped build New York's economy from docks to warehouses will be honored with a memorial near their burial ground.

"These people were part of a worldwide network of slavery, and they helped the New York economy run and thrive," said Rodney Leon, the architect of the \$3 million monument.

The colonial-era cemetery where the slaves were buried is nestled between lower Manhattan high-rise buildings, near



An artist's rendering of the African burial ground memorial in New York that will honor the 20,000 slaves and free blacks who helped build the city.

City Hall and adjoining the building that houses the New York offices of the FBI.

Closed in 1794, the five-acre burial ground was forgotten as a construction landfill eventually buried it 20 feet underground. When the cemetery was rediscovered during construction of a federal office tower in 1991, community pressure prompted the government to abandon the project.

More than 400 sets of remains were discovered, buried in coffins, wrapped in white shrouds.

Americans Likely to Become Fat

(AP) — Just when we thought we couldn't get any fatter, a new study that followed Americans for three decades suggests that over the long haul, 9 out of 10 men and 7 out of 10 women will become overweight.

Even if you are one of the lucky few who made it to middle age without getting fat, don't congratulate yourself — keep watching that waistline.

Half of the men and women in the study who had made it well into

adulthood without a weight problem ultimately became overweight. A third of those women and a quarter of the men became obese.

"You cannot become complacent, because you are at risk of becoming overweight," said Ramachandran Vasani, an associate professor of medicine at Boston University and the study's lead author.

The findings also re-emphasize that people must continually watch their weight.

Army Short on New Recruits

(AP) — The Army is closing the books on one of the leanest recruiting years since it became an all-volunteer service three decades ago, missing its enlistment target by the largest margin since 1979 and raising questions about its plans for growth.

Many in Congress believe the Army needs to get bigger - per-

haps by 50,000 soldiers over its current 1 million - in order to meet its many overseas commitments, including the wars in Iraq and Afghanistan. The Army already is on a path to add 30,000 soldiers, but even that will be hard to achieve if recruiters cannot persuade more to join the service.

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