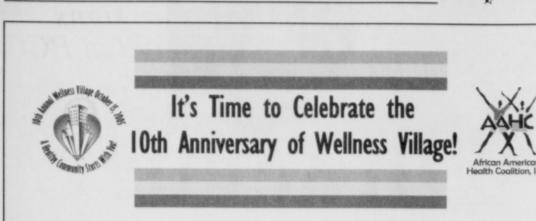
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The Portland Observer

October 5, 2005



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

We salute Portland's nunority owned blight as

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 multiracial, sometimes inequitable society organized along lines Rita. Some even question whether may come up with something of color and class.

Now the city's native sons and



Tamyra 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.

it will survive at all.

daughters, spread nationwide, are I don't know that you're going to became so manifest during the speculating on how that culture be able to capture the past," said hurricane, and that might be to will change in the wake of the Arnold Hirsch, a historian at the the good. But it wouldn't be the flooding wrought by Katrina and University of New Orleans."You historical New Orleans."

new, you might be able to help "Once you scatter the people, the poverty and the problems that

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 net-

work 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 be- An artist's rendering of the African burial ground tween lower Manhattan memorial in New York that will honor the 20.000 high-rise buildings, near 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 fiveacre 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 adulthood without a weight prob-

only Loan that Pays *You* Back.

we couldn't get any fatter, a new study that followed Americans for A third of those women and a quarthree decades suggests that over ter of the men became obese. the long haul, 9 out of 10 men and 7 out of 10 women will become cent, because you are at risk of

overweight. few who made it to middle age with- ate professor of medicine at Boston out getting fat, don't congratulate University and the study's lead yourself - keep watching that author. waistline.

study who had made it well into their weight.

lemultimately became overweight.

"You cannot become complabecoming overweight," said Even if you are one of the lucky Ramachandran Vasan, an associ-

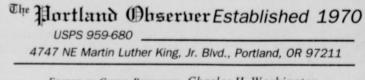
The findings also re-emphasize Half of the men and women in the that people must continually watch

Army Short on New Recruits

the books on one of the leanest current 1 million - in order to recruiting years since it became meet its many overseas coman all-volunteer service three mitments, including the wars in decades ago, missing its enlist- Iraq and Afghanistan. The Army ment target by the largest margin already is on a path to add 30,000 since 1979 and raising questions soldiers, but even that will be about its plans for growth.

Army needs to get bigger - per- the service.

(AP) — The Army is closing haps by 50,000 soldiers over its hard to achieve if recruiters Many in Congress believe the cannot persuade more to join



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