

The PO

**Confidence
Builds Success**
*Equestrian rider
counts on training*
See Metro, page 9



**Community
Art Space**
*Open Door
Gallery opens
at McCoy
Academy*
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The Portland Observer 42

'City of Roses'



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community service

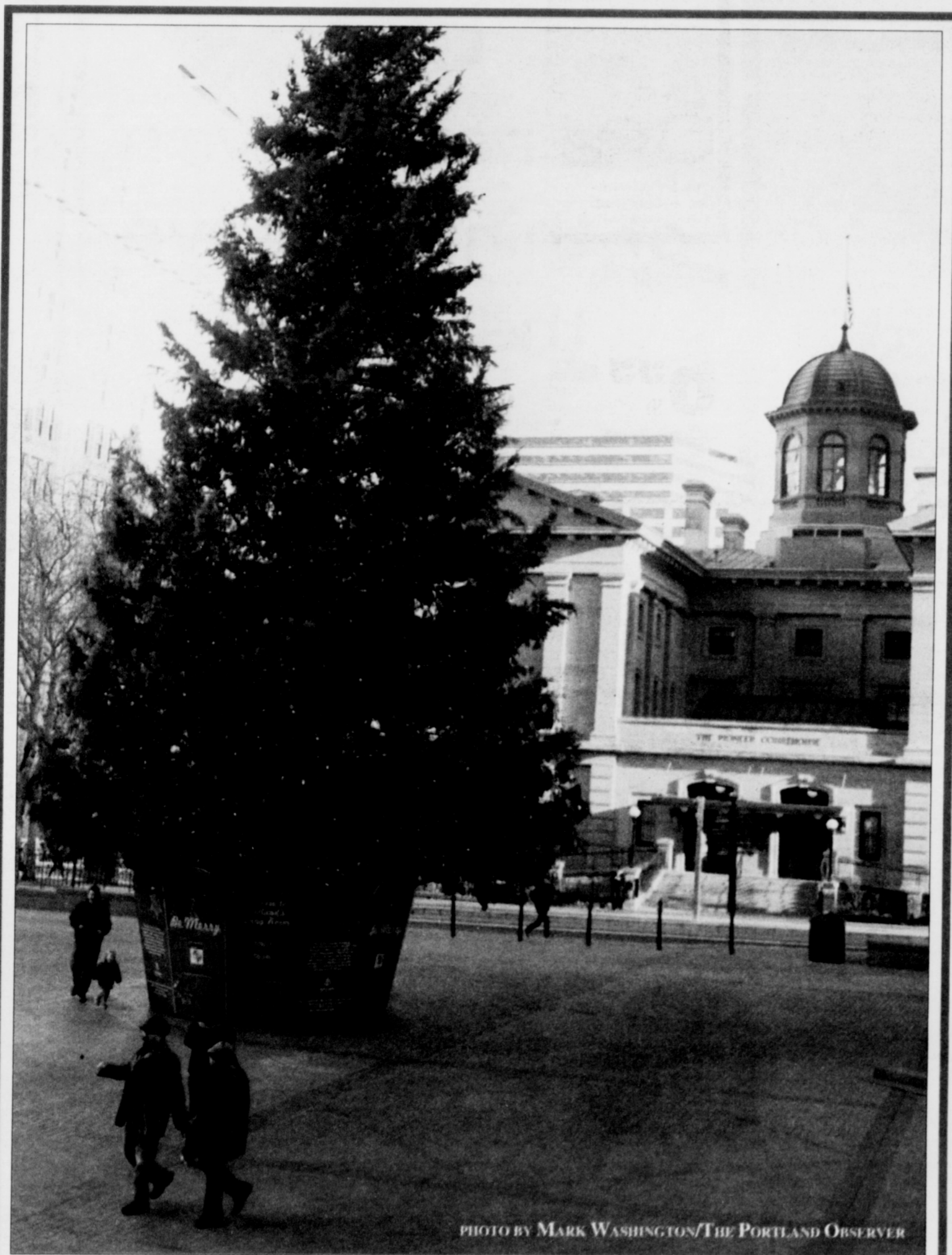


PHOTO BY MARK WASHINGTON/THE PORTLAND OBSERVER

Holiday Festivities Downtown welcomes the season

As a sign that Christmas is near, the Holiday Tree in Pioneer Courthouse Square downtown helps bring in the seasonal festivities and decorates the city this holiday season.

Healthy Food Around Every Corner

*Local markets enlisted
in health campaign*

BY MINDY COOPER
THE PORTLAND OBSERVER

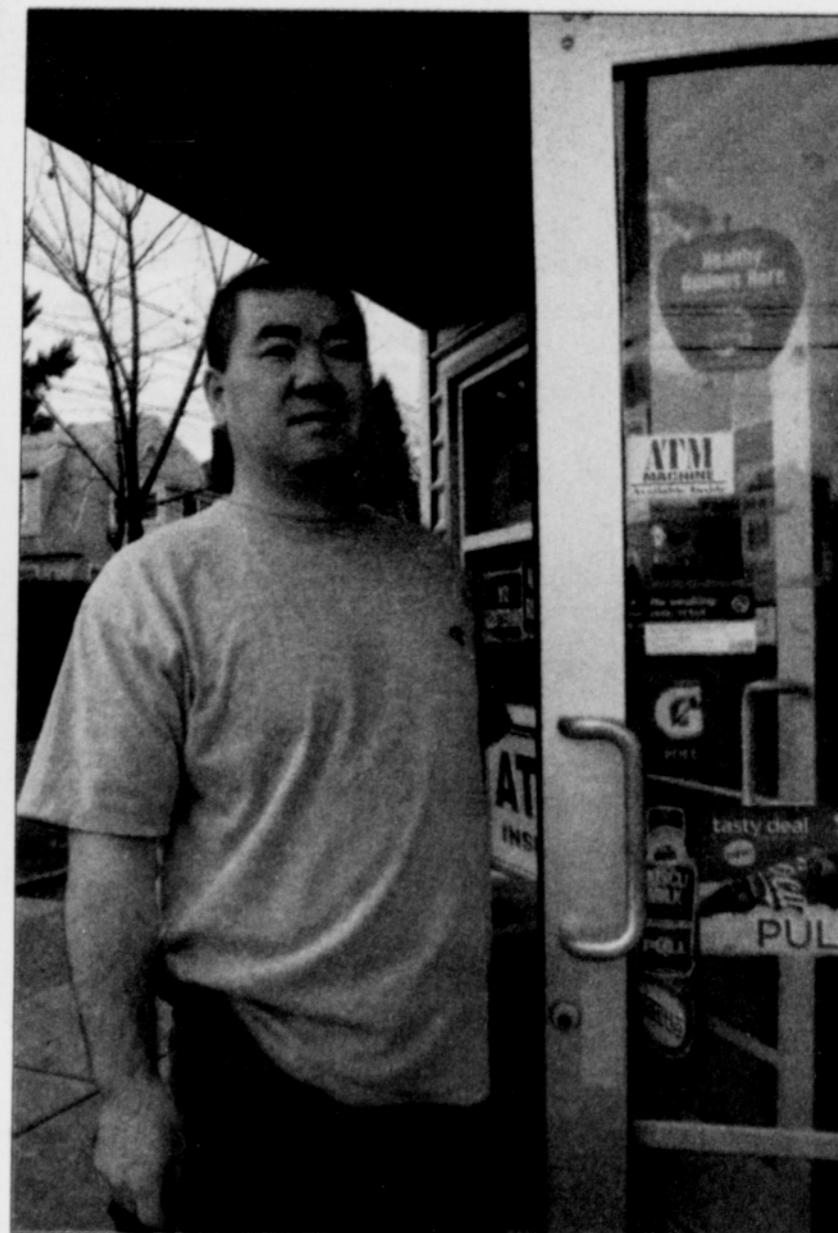
In an effort to increase access to healthy, affordable food options within local neighborhoods, a Multnomah County program is working to provide assistance to small retail markets to carry and promote healthy food choices.

Inside Selam Market in northeast Portland, for example, customers now run into "Healthy Options Start Here," signage, as part of the Healthy Retail Initiative to help customers more easily recognize where the healthiest products are located within the store's walls.

"We want people to be able to make healthy choices exactly where they are," said Rachael Banks, program supervisor for the county.

A grant application process determines how much sup-

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Chris Chun of Alberta Street Market displays signage from Multnomah County's "Healthy Options Start Here" campaign.