

Harlem, The Village Light Rail Built: Conclusion

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Late in 1904 a dance number called the "Subway Express Two-Step" swept over New York City like a synopated tide of exuberant rhythms. Even the on-rushing rail cars hummed and echoed with the romantic lyrics that went along with the jazzy shuffle.

(Boy) "You were clearly all at sea. As you wildly clutched at me. when around that curve we swung."

(Girl) "Yes, and I thought I'd lost my tongue. I made a hit with you, you must confess."

(Boy) "You won my heart at Harlem." (Girl) "At the Bronx I murmured yes."

Such poignant and ingenious expression of romantic feelings among riders on the tube--or on the not-yet-mean streets of Harlem--should not be surprising, for these were a more gentle time; a kinder urban America. I indicated this last week when I cited the affective urban masterpiece "subway" by Harlem Renaissance painter, Palmer Hayden. He portrayed a group of black and white riders crammed together during rush hour who felt no sense of apprehension. And these were happier, less frenetic times for the cultural crucible of Harlem that was born of the real estate speculations of the subway builders. But other cultural enclaves along the Rapid Transit under ground

routes already bore the name and meaning of the term "ghetto". By 1920, 75 percent of the early Bronx residents had either been born abroad or were children of foreign-born parents. For this generation of Jews, Germans, Irish and others who combined strong group identity with individual striving for a better life, the Bronx was a promised land.

The ancestral lore of one group in particular harbored an earlier significance of the term "ghetto" as the name applied to the deliberately segregated "Jewish section" of the Italian city of Venice in the early Middle Ages. In that other "Promised Land", the Harlem Renaissance was well underway and oblivious to any denigrations such as "ghetto". The touchstones, the wellsprings of the African American soul were caressed and unleashed: Literature, poetry, music, dance, painting, sculpture and theatre arts (see last week).

While it was true that as early as the mid-1920s, Harlem was fast becoming a destination point for a swelling migration of blacks from the south--or a second or third stage for those who had stopped off for a generation in St. Louis or Chicago--certain social traumas had not developed to the point where the literature was describing inner-city life with reference to experiments with rats (E.J. Hall, "The Biochemistry of Crowding

in, "The Hidden Dimension"). And although the AFL trade unions had entered into secret agreements with landlords, banks and builders that there should be no new buildings built for tenant occupancy in "greater Harlem" (only white commercial sites), there nevertheless was some relief from intervention by foundations and government. The "Dunbar apartments" were built in 1926, 10 huge U-shaped buildings financed by John D. Rockefeller Jr.--included the first bank managed and staffed by blacks. The "Harlem River Houses, 151st to 153rd St., were the first federally funded, federally built and owned housing project in New York, 1937.

"Nobody knows My Name" (nobody knows my soul). Of course not only were the building and engineering talents of African Americans hid, stuffed and imprisoned within their protesting brains and bodies (documented in patents and the Congressional Record), but an alienated and articulate black literati established an expatriate colony in Paris. James Baldwin may indeed have written the definitive work that cultures the angst of the black writers who left Harlem for Paris--and returned to write of "namelessness".

The New York Herald Tribune describes his wounded spirituality in terms usually reserved for Sartre and

other Existentialists. "It is the theme of man's primal loneliness, of each man being alone." See James Campbell's, "Exiled In Paris" (Scribner, 1995) for a lively, but serious account of the exiles; from the account of Richard Wright's first meeting with Gertrude Stein, to the experiences of Baldwin, Chester Himes, Ralph Ellison, and many others. He also brings on stage Marlon Brando, Norman Mailer, Amiri Baraka, Camus, Cesaire, et al. I apologize for the limitations of this medium but as promised, in a national publication and in a CD-ROM version I will expound to include more black inventors whose innovations made possible the safe and efficient operation of the world's Subways from the very beginning: The first practical semaphores, the railway telegraph which sent warning and communications signals via a minute electrical current through the rail itself (just as today), the street and subway lighting systems invented by Howard E. Latimer who supervised their installation in America and then all over the world (he was a member of the "Thomas Edison Pioneers").

His patent for manufacturing the carbon filaments that made the light bulb possible was No. 252,386, June 17, 1882. I bet you didn't learn that in school.

WALKING TIPS

BY THE AMERICAN HEART ASSOCIATION

Walking can be an aerobic exercise that conditions your heart and lungs.

It's best to walk with vigorous intensity for 30-60 minutes three to four times a week.

But even at low to moderate intensity, walking can have both short and long term benefits. If done daily, you can help lower your risk of heart disease.

Exercise can help you lose weight, too. You can eat your usual amount of calories, but exercise more.

For example, a 200 pound person who eats the same amount of calories but walks briskly each day for one-and-a-half miles could lose about 14 pounds in one year.

Besides helping you control your weight, walking may help you avoid cigarette smoking, help control blood pressure, raise your HDL, or "good-cholesterol" level.

When you're ready to get started on a regular, vigorous walking program, you may want to see your doctor first.

You should seek medical advice if your doctor says you have a heart condition and recommends only medically supervised physical activity; if during or right after exercise you have pain or pressure in the left or mid-chest area, left side of your neck, shoulder or arm; developed chest pain within the last month; tend to lose consciousness or fall over due to dizziness; feel extremely breathless after mild exertion; your doctor says you have bone or joint problems that could become worse by the proposed physical activity; are middle aged or older, have not been physically active and plan a relatively vigorous exercise program.

In order to maintain your exercise program year-round, choose a place where you can walk during any season. Malls and indoor tracks are great for rainy or cold weather; walking trails, outdoor tracks are fine for sunny and warm weather.

For a free walking brochure, call the American Heart Association at 1-800-242-8721.

Plan your taxes for more retirement

If you're retired and dreading tax season, you're not alone. Taxes can now take a big bite out of even the moderate incomes of many retirees who are receiving Social Security. That's why it's important to use strategic planning in order to minimize your tax burden. And tax planning that includes a charitable contribution to fight cancer does a lot of good at the same time as helping to lower your taxes.

If you have a moderate income in addition to your Social Security benefits, current tax laws could reduce that income considerably by taxing as much as 85 percent of your 1996 Social Security benefits. And if those extra taxes mean you need to generate additional income by selling appreciated property, such as stocks or real estate, you could find yourself facing a harsh capital gains tax, and possibly an even higher tax on your Social Security benefits.

How can you minimize taxes and increase your own personal financial security?

A free booklet, Tax Strategies to Increase Your Retirement Income, can help you keep more of your retirement income this year and future years. The booklet covers important areas where you may be able to minimize your taxes, including Social Security benefits, itemized deductions, and IRAs. It also offers tips on keeping gains on your personal residence, and avoiding a capital gains tax.

Informative and easy-to-read, Tax Strategies to Increase Your Retirement Income, write the American Institute for Cancer Research, Dept. TXS-PR, Washington, DC 20069; or call toll-free 1-800-843-8114, ext. 754, weekdays, 9 a.m. to 5 p.m. Eastern time.

FREE THINGS TO SEND FOR

(NAPS)—For healthy eating tips and recipes, call the Butter Buds® Hotline at 1-800-231-1123.

For a free copy of a list of colleges and universities that promote the development of character write to: The John Templeton Honor Roll, 3 Radnor Corporate Center S-230, 100 Matsonford Road, Radnor, PA 19087.

An informative catalog of new landscaping tools is available free by writing to: V&B Manufacturing Company, P.O. Box 268, Walnut Ridge, AR 72476.

Practicing attorneys are joining law students in the classroom, such as those at The Center for Legal Advocacy, for intense trial skills training. For free information write Hofstra University School of Law, Office of External Affairs, 121 Hofstra University, Room 244, Hempstead, NY 11550.

For free information about preparing seafood, call the Golden Dipt/OLD BAY hotline at 1-800-632-5847.

*** The world's favorite season is the spring. All things seem possible in May.

—Edwin Way Teale

Western Seminary's Institute for Church Health presents Maximum Music 1997

The subject of relevant worship continues to challenge us in today's rapid change and societal self-centeredness. The Maximum Music Seminar for 1997 brings clarity and maturity in worship to our God. AT this seminar, we don't just talk about worship, we experience it. Three sessions, using different styles of worship, are set aside to concentrate on the Lord and His greatness.

The line-up of workshops and faculty is the most expansive ever. The program is designed for pastors, worship teams, keyboardists,

soloists, ensemble singers, choir members and directors, drama teams and leaders, children's choir directors, elders, deacons, and laymen. Our key note speaker, Dr. Marva Dawn, a theologian, author, and teacher provides a fresh approach to worship into the 21st century. Dr. Gordon Borror, renown musician and professor of music and worship at Western Seminary is the seminar host.

Maximum Music 1997 will be January 31 from 8:30 a.m. to 9:15 p.m. at Western Seminary. Come for all day or part of the day, as your

schedule allows. Western Seminary's Institute for Church Health offers this one day seminary at the lowest possible cost at \$45 all day (includes lunch) for one person.

Discounts will be given for multiple attendees from the same church. Paid registration before January 24 receives a 10% reduction. Registration at the door is possible. For a detailed brochure contact Carole Willadsen at Western Seminary 503-233-8561 ext. 378 or fax 503-239-4216.

Paul Missal captured Portland in 1948

Pacific Northwest College of Art Instructor Paul Missal has captured Portland in 1948 on a mural for the Management Compensation Group Northwest Inc.

The mural is a composite of images and places representing the lively and historical aspects of Portland in the post World War II era. Missal has taken portions of Southwest Broadway and Yamhill and created a boulevard ripe with activity including the trolley that ended its run in 1949. Commissioned by Wayne Schuh

of Management Compensation Group Northwest, the mural measures 8 feet and appears inside the executive offices at 205 S.E. Spokane St.

Missal designed the mural and painted it with the help of Philip Simmerling and William Owen. Looking at the mural may conjure old memories and a few familiar faces for many long-time Portland residents.

Missal, who is a professional painter as well as an art instructor, is part of what makes Pacific Northwest

College of Art a high quality fine arts college. PNCA is unique in that faculty members also are professional working artists. Missal has taught at PNCA since 1972.

Pacific Northwest College of Art is an independent accredited college offering the Bachelor of Fine Arts degree, certificate programs and continuing education classes. It is accredited by the Northwest Association of Schools of Art and Design. For more information about PNCA, please call (503) 226-4391.

The Roofing Recycling Center open

The Roofing Recycling Center (a division of Wood Waste Reclamation, Inc.) has opened their used asphalt roofing shingles recycling yard. They accept used (tear off) asphalt roofing shingles for the purpose of recycling. The Roofing Recycling Center is the first and only approved recycler of used asphalt roofing shingles/roofing felt in the Portland, Oregon Metro area. This adds the 5th largest percentage of construction waste (Roofing) to the list of items that can now be recycled in the Portland Metro-

politan Region.

Now, everyone can recycle used asphalt roofing shingles and roofing felt, plus do it for less money than normal disposal. Everyone wins by going to The Roofing Recycling Center. The roofing doesn't go to a landfill, it's recycled and businesses and residents save money by recycling. This is one time when recycling does pay, in "real" dollars.

The Roofing Recycling Center is located at, 6637 S.E. 100th Ave., Portland, Oregon 97266. Call (503) 774-6939; fax: (503) 774-7037

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