



REACH

Racial & Ethnic Approaches to Community Health
A program of the African American Health Coalition, Inc.
Sponsored by the CDC (Centers for Disease Control and Prevention)

Wellness Within REACH: Mind, Body, and Soul Activity Calendar

	Mon	Tues	Wed	Thurs	Fri	Sat
Matt Dishman 77 NE Knott					Old School Dance 6:00-7:00pm Kenrick	African Dance 10:00-11:00am Adole
Salvation Army 5325 N Williams		Water Aerobics 2:00 - 3:00pm Hampton		Water Aerobics 2:00 - 3:00pm Hampton		
Nature's 3535 NE 15th		Yoga 7:30-8:30 pm O'Rourke				Body Conditioning 9:30-10:30am Nickerson
Peninsula Park 700 N Portland		Walking Group 6:00-7:00 pm Nickerson (Meet inside the Lloyd Center in front of Sears)	Aerobics 7:30-8:30pm Keller			Aerobics 9:00-10:00am Keller Walking Group 12:30 pm Nickerson
Mallory Avenue Christian Church (Gym) 126 NE Alberta	Aerobics 6:30-7:30pm Nickerson		Aerobics 6:30-7:30pm Nickerson		Aerobics 6:30-7:30pm Nickerson	
Highland United Church of Christ 4635 NE 9th Ave.	Aerobics 6:00-7:00am Pierce		Aerobics 6:00-7:00am Pierce			

**Must be 21 or older to participate. Please check with AAHC before showing up to the first class 503-413-1850. Please receive approval from your doctor before beginning exercise class. All classes are free of charge!



African American Health Coalition, Inc.

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Black History Month

Ku Klux Klan Foraged Deep Roots in Oregon

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protection at their place of business and employment during the day, we humbly pray your honor to prevent in our state, and organization and public demonstration of the said [KKK] under any pretext whatsoever."

When a large group of black Portlanders picked a committee to go before the city mayor in protest of a KKK parade in downtown Portland they faced threats from Klan members. A black minister, Reverend Moses Riley who was on the committee was threatened by Portland Klansmen because white people also attended his church and were seen going in and out of his home.

Continued threats rained upon any African American who tried to move into a white neighborhood. However, as Elizabeth McLagan states in her book Peculiar Paradise, "...the black community was armed and prepared for the Klan, and protected individuals whose property was threatened."

A controversy arose in 1921 in regards to a YWCA that was proposed on the corner of Williams and Tillamook streets. After being in a portable building for five years the city council finally allowed a permanent building to be built.

But plans for the YWCA to serve both blacks and whites as a segregated facility proved controversial, fueled further by rumors that the Klux Klan was strong and the number of blacks was small. In larger towns such as Salem and Portland African Americans had the advantage of larger populations, churches and other organizations that held them together.

While states surrounding Oregon, such as California and Washington had laws banning Klan members from wearing hoods, in the late 19th and early 20th centuries, Oregon had not. Throughout the early half of the 20th century, Oregon K.K.K. members still had the legal right to cover their heads and conceal their true identity.

building was funded by the Ku Klux Klan.

In 1926, a Portland African American newspaper, The Advocate, printed a scathing article accusing the Catholic Church of being racist. The article titled "K.K.K. and the Catholics" pointed out that the church was segregated at the time. Black children applying to get in Catholic schools in Vancouver and Portland were denied access. Rumors of a K.K.K. and Catholic connection began circulating.

Some of the most extreme cases of racial prejudice were found in small communities such as Coos Bay and Medford where the Ku

ceal their true identity.

Slowly Oregon began to let go of its Klan affiliations. Portland removed racist exclusionary laws from their books and cleaned up some of the prejudicial language in city codes, laws and other areas.

Though things have greatly improved over the last century, there will always be room for improvement. Small white supremacy groups still attempt to thrive in small corners of our nation.

However, they are now facing a new problem. Asians, Hispanics, and other populations have joined minority blacks. The Hispanic population has recently outgrown that of African Americans. The 30-plus year growth of the Asian population continues to rise.

Many believe that in the next 100 to 200 years, the white population could find itself in a minority situation.

Try as they may, organizations like the Ku Klux Klan and the Knights of the Golden Circle will most likely get smaller and smaller until they are snuffed out like small candles in the tumultuous winds of peace, love and harmony.

The more diverse this nation becomes, the more the nation is held responsible for allowing those of all races, creeds and colors the same advantages whites have always had.

As our founding documentation so boldly points out, "All men (and women) are created equal."

The black community was armed and prepared for the Klan and protected individuals whose property was threatened.

—Elizabeth McLagan, in her book Peculiar Paradise

Dr. Ben Carson is the world-renowned director of pediatric neurosurgery at The Johns Hopkins Medical Institutions in Baltimore, Maryland. He has pioneered techniques for separating conjoined twins and for stopping intractable seizures. • As NASA's first African American female astronaut, Dr. Mae Jemison helped conduct life science experiments aboard the Space Shuttle Endeavour that were designed to help prepare humans for long-term space ventures. • In 1998, Dr. David Satcher became only the second person in history to hold simultaneously the positions of U.S. Surgeon General and Assistant Secretary for Health. • Dr. Samuel L. Kountz, Jr., developed a crucial technique for detecting and treating the body's rejection of transplanted kidneys. • A pioneer in cardiac surgery, Dr. Daniel Hale Williams performed the first open-heart surgery in 1893 when he removed a knife from the heart of a stabbing victim. He also helped found a training school for nurses. • Dr. Louis T. Wright gained national acclaim as both a premier surgeon and a champion of equal rights. In 1919, he became the

BLACK HISTORY MONTH

We salute the countless contributions that African Americans have made toward healthier lives for us all.

first African American doctor appointed to the staff of a municipal hospital in New York City.

• Dr. Charles R. Drew's pioneering work in blood plasma research and in blood banking was responsible for saving innumerable lives during World War II. • Dr. Alexia Irene Canada became the first African American woman to be certified by the American Board of Neurological Surgery. She has taught at several distinguished institutions. • One of America's most eminent biologists of the 20th century, Dr. Ernest E. Just wrote a book titled "The Biology of the Cell Surface" that contributed important insights into germ cells....



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