The Portland Observer





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Where History Happened

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was affectionately known by his readers as "The Professor."

Black folks from every walk of life were interviewed by the Cornerstones team: Barbers, nurses, Pullman porters, doctors, football heroes, electricians, teachers, spiritual leaders, and early members of civil rights organizations. Cultural celebrities provided stories behind the local landmarks. The late Clara Peoples, the mother of Portland's Juneteenth Celebration and who also helped establish Meals on Wheels in Oregon is thanked for her contribution to the project.

When Galbraith and her fellow researchers began the process they expected to find close to 150 buildings with historical roots to the black community, and to their great surprise 1,284

The entries in the index are brief, but telling: 6 N. Tillamook St. was home to the African American YWCA and the NAACP, and is now the Billy Webb Elks Lodge, named after an important Jazz musician of his day. Some stories are endearing: the black Tigner family was blessed with the unusual gift of quadruplets and local Alpenrose Dairy gifted them a home in the 1950's after the births. Mrs. M Russell is described as "a splendid cateress and elocutionist" of the 1930's who works at Mammy Shack. Other stories are honest and heartbreaking, such as Clara Edler who cooked for the same family for 74 years, she was a slave to Colonel James Crawford and then worked for his daughter.

After the latest project to document buildings important to Portland's African American history was green lit, 1,000 letters were sent out to

I think of all the buildings that were on Martin Luther King in 1998, there was something like 11 or 12 that were in the index, now we're down to five. A couple were burned in fires, but everything else has been demolished and redeveloped. --Cathy Galbraith, executive director

were still standing. But Burt warned Galbraith shortly before his death that this work would be akin to "documenting destruction," she explained.

"I think of all the buildings that were on Martin Luther King in 1998, there was something like 11 or 12 that were in the index, now we're down to five. A couple were burned in fires, but everything else has been demolished and redeveloped," Galbraith said.

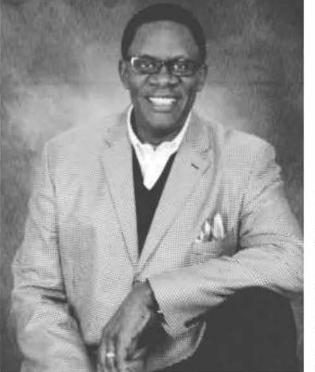
The 225 pages of Cornerstones is a touching time capsule of the men, women and children who migrated to Portland and established the roots of the African American community. It begins with a history of African Americans in Oregon and ends with an index of historic places.

of the Architectural Heritage Center

area home and building owners with the potential to be put on the National Register. Meeting the criteria to go on the registry can be a vital piece to any effort to preserve historic memories and landmarks in the face of gentrification for years to come.

With a grant from the Oregon state Historic Preservation Office, this continuation of Cornerstones will look at the themes, trends and patterns of history related to the African American experience in Portland.

The Architectural Heritage Center welcomes submission of photos, stories or other documentation that may aid in the preservation of Portland's African American history. To share, contact Stephanie



Dr. Billy R. Flowers



An ongoing series of questions and answers about America's natural healing profession.

Part 17. Understanding Pain: Why do you have it? How can you get rid of it?

takes pills. I've tried to convince her to see a Chiropractor. Can you make any suggestions?

: You might try asking Ayour friend this: "If you heard a fire alarm going off in the middle of the night, would you call the Fire Department or would you

Yank the wires out of the wall and calmly go back to sleep?" You see, pain is your nervous system's fire alarm. Pain pills may alleviate the

friend constantly pain but will do nothing to take the stress treated can cause ill-health in other off the spine and nervous system. When the body yells, "Fire!" and you experience pain; it is trying to get your attention that it is being injured. When there is stress in the nervous system, this is a serious problem.

The nervous system controls every other function of the body and left un-

areas of the body as well. Our specialty is finding the cause of your problem and taking care of it, painlessly, without drugs...Just as nature intended. If you suffer from pain, stop pulling the alarm wires from the walls. Together, we can put the fire out... for good!

Flowers' Chiropractic Office

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