



The Birth of T-Bone Production Act 1, a musical fashion extravaganza was enjoyed by all who attended Bourbon Street Sunday. The fast paced show moved in and out the audience without missing a beat.

(Photos: Richard J. Brown)

PCC celebrates Black History

By Nathaniel Scott

Ron Herndon, co-chairman of the Black United Front, and other civic and community leaders will speak, read poetry and perform musical numbers Friday, February 13, 9 a.m., to 3 p.m., at Portland Community College, Sylvania campus.

The Black Culture Awareness Day celebration, is in honor and recognition of Black peoples contribution to the history of America and mankind.

Other guests include: Gladys McCoy and Caroline Miller, both County Commissioners; Nyewusi Askari and Nathaniel Scott, poets; Harritte Taylor and Mary Lockridge, Singers; Melaku Lakew, professor of Black Studies, Portland State University; George Rankins, Director of Development and Education, Urban League; and Ken Adair, Margret Carter, and Dr. Carl Parker, Portland Community College counselors.

A panel discussion with panelist Adair, Carter, Parker, Herndon, Rankins, and Lakew, will cover 5 areas of Black concern:

1. Place for Black History in the educational system.
2. Status of Blacks in Oregon.
3. Concerns of Blacks.
4. Black and white relations.
5. Impressions for the future.

Visit PCC, Sylvania campus Friday, February 13, 9 to 3 p.m., and hear and speak with some of your Black leaders, activists, and artists.

"Back what you believe in."

NOTICE

Hi neighbors. You no longer have to ask Ann Landers for answers to your questions. We at the *Portland Observer* will bring you - your very own - "Tell it to Aunt Bea Corner" (Ask Aunt Bea). So lets get together for a chat. Send Aunt Bea your questions to Box 3137, 97208, and look for her advice in next week's *Observer*.

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Go easy on Valentine sweets

The traditional idea of "Sweets for the Sweet" on St. Valentine's Day may have fewer takers this year because both calorie-counters and penny-pinchers are against it.

The raw sugar price in fall, 1980, was 167 percent above the 1979 average, pointed out Carolyn Raab, Oregon State University Extension foods and nutrition specialist. She expects the pressure on price to intensify as U.S. demand for sugar increases and because other nations provide almost half the nation's sugar.

Americans use 130 to 135 pounds of caloric sweeteners per person per year. Of that 95 pounds or more than two-thirds is in the form of table sugar. The rest is honey, corn syrup, molasses and other forms of sugar.

According to surveys, about half the sugar consumed comes from processed, already-prepared foods, Ms. Raab notes. About one-fourth comes from soft drinks, with the remaining fourth purchased for home food preparation.

Nutritionists are concerned about the amount of sugar used because it's an "empty calorie" food. Money spent on sugary products could be spent on more nutritious foods such as fresh fruits and vegetables, whole grain and milk products and on meat and poultry.

"Sugar is a carbohydrate. It's a quick source of energy and is easy to digest, but it supplies only calories. Most of us already get more calories per day than we need," the specialist stresses.

"If one-fourth of the sugar we eat is estimated to come from soft drinks, then that seems a logical place to cut back. Unsweetened fruit juices could be substituted. They add vitamins and minerals to the diet as well as reducing sugar levels."

She also recommends low sugar foods such as fruits canned in water or natural juices and unsweetened cereals.

Other ways of reducing the intake

of sweeteners might be to make smaller cookies, to cut brownies into smaller pieces or to serve cake warm from the oven so it doesn't need frosting.

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