

Golden Wedding Anniversary Celebration



50th Wedding Anniversary Celebration, (left to right) Josiah Nunn, Rev. Alcena Boozer Bobbie Nunn at St. Philip, The Deacon, at Episcopal Church 12811 NE Rose Parkway, Portland, OR 97230.

Josiah and Bobbie Jean Nunn of Portland celebrated their 50th wedding anniversary Sunday, January 30, 1994 with seventy friends were invited to worship with them at St. Philip, The Deacon, Episcopal Church. Reverend Alcena Boozer officiated.

The Nuns were married in Houston, Texas, January 29, 1944. Josiah

was an Air Force Officer at Fort Swift, Bastrop, Texas and Bobbie Jean was a student at Prairies View College, Hempstead, Texas.

Their children are Darla Nunn, Los Angeles, California, and Joe Darryl Nunn, Portland, Oregon. They have one grandson, Trenton Strickland, San Ramone, California.

Assisting with food preparation, table decorating and photography: Willa Bagley, Myrtle Carr, Cynthia Faust, Julia Fletcher, Margaret Greene, Marian Jacobs, Jan Nunn, Carolyn Stitt, Betty Thompson, Trudy Toliver, Sandi Wagner and Terri Wickliff. Delores Leggroan and Arvol Rae served as ushers.

♥ Be My Valentine ! ♥
Don't Forget Your Valentine
Monday February 14th
♥ ♥ ♥ ♥ ♥

American Indian Scholarships Available From Vollum Fund

The Oregon Community Foundation announces the availability of scholarships for American Indians from the Howard Vollum American Indian Scholarship Fund. Applicants are to be high school graduates or GED recipients who meet the American Indian eligibility criteria as described below, and residents of Multnomah, Clackamas, or Washington Counties in Oregon or Clark County in Washington. Applicants must be enrolled or planning to enroll in a full-time, undergraduate course of study in science, computer science, engineering or mathematics at an eligible institution.

Eligible institutions include any two-or-four-year, public or private, non-profit, post-secondary institution that is eligible to participate in the federal Title IV student financial aid programs. Awards will be made on an

annual basis and applicants must apply and compete every year. Awards may be received for a maximum of fifteen quarters or their equivalent.

All applicants must submit certification of tribal enrollment or Indian ancestry through a photocopy of the tribal enrollment card which includes enrollment number and/or blood quantum, or a photocopy of the Johnson O'Malley student eligibility form, or a photocopy of a letter from the tribe stating blood quantum and/or enrollment number of parent or grandparent.

The Howard Vollum Scholarship Selection Committee shall advise The Oregon Community Foundation regarding the scholarship recipients from a list of eligible students prepared by the Oregon State Scholarship Commission. The Oregon Community Foundation and the Oregon State Scholarship Commission

have established a partnership for the selection of scholarship students and awarding of grants from the many scholarship funds at The Oregon Community Foundation.

Interest persons may apply by completing the "Oregon State Scholarship Commission application for Private Awards and Federal Programs" available through the high school Counseling Office and college Financial Aid Office, or by sending a stamped self-addressed business envelope to The Oregon State Scholarship Commission, Valley River Office Park, 1500 Valley River Drive, Eugene, OR 97401. Applicants should request the 1994-95. Application for Private Awards and Selected Federal Programs. All materials related to the application must be received by the Oregon State Scholarship Commission by March 15, 1994.

Leadership And Multi-Cultural Advancement Conference

A consortium Of People With A Vision For Oregon College Students Of Color

On Friday, the 18th of February between 11:30 and 1:00pm, we are hosting a luncheon of business and civic leaders and professionals in the community. We will provide details of the conference and solicit community support for student internships, and mentoring programs. The luncheon will take place at the Dishman Community Center in Portland. Please RSVP by the 16th of February. We hope you will come prepared to shape this conference and provide internship opportunities for our students. To receive more information, please give us a call.

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The ABCs of nutrition

Free radicals. Carotenoids. Antioxidants. Words like these can give the impression that you have to be a science wizard just to understand nutrition, according to Karen Wilder, registered dietitian and staff nutritionist for Total cereal. While knowing the current nutrition terms won't make you an expert, it can help in making better nutrition choices.

Free radicals—Highly active molecules that bump into and damage other cell components, such as the cell membrane, the nucleus and various enzymes. The ability of free radicals to alter or weaken cells has implicated them in the aging process and in various diseases, such as certain types of cancer, coronary heart disease and cataracts.

Antioxidant—A compound that helps trap, or detoxify, free radicals, making them harmless. Examples of antioxidants include vitamins A, E and C, selenium and beta carotene.

Carotenoids—Substances found in the pigments of dark yellow, orange and red-orange fruits and vegetables as well as dark green leafy vegetables. Of the 500 known carotenoids, about 50—including beta carotene—are known to be converted into vitamin A.

Vitamin E—An antioxidant that may protect cell membranes. Its chemical name is tocopherol, which is what you might see on an ingredient label if vitamin E is added to a product. Sources include green leafy vegetables, wheat germ, nuts and seeds as well as their oils and some fortified cereals.

Vitamin A palmitate—This is the most common form of vitamin A added to food products, such as cereal and milk. It also is a common form of vitamin A in foods like butter and whole milk. Vitamin A contributes to healthy skin, bones, membranes and eyes.

Charlie Turns 107



Charlie Williams on 107th Birthday, January 20, 1994 and his friend Bea Moore.

Charlie Williams celebrated his 107th birthday with friends and residents at Del's Car Center on January 20th, 1994.

Charlie enjoys watching the Trail Blazer basketball games and received a birthday card personally signed by many of the Trail Blazers. Charlie also enjoys playing Bingo and going out for fried Chicken lunches. His friend Bea visits often and they spend many hours visiting and reminiscing.

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