

(Continued from Page 7)

his father's death by his former smuggling partner David Chiang, Chen Ping, Chen-Hui-Min. Rated R.

8 (8) You Asked For It
10 (10) Basketball Preview

7:00 PM (2) (2) Faces/Places

4 (4) Legendary Pocket Billiard Stars Tournament
6 (6) The Merv show
8 (8) Entertainment Tonight
10 (10) Business Report
12 (12) Happy Days Again

7:30 PM (2) (2) Family Feud

8 (8) P.M. Magazine
10 (10) MacNeil-Lehrer Report
12 (12) Muppet Show
14 Women's Gymnastics

7:45 PM (3) TBS Evening News

11 Performance/ Versailles

8:00 PM (2) (2) Greatest American Hero Ralph prevents the crippled space shuttle from crashing into earth. (60 min.)

4 (4) ESPN Sports Center
6 (6) Charlie Brown Special She's A Good Skate, Charlie Brown.

8 (8) Real People Tonight's show features a couple who teach horse back riding to cerebral palsy victims, a visit to a beauty pageant for pigeons and a husband/wife team of female/male impersonators. (60 min.)

9 News
10 (10) Great Performances 'Live From Lincoln Center: Itzhak Perlman.' The great violinist joins the New York Philharmonic in Brahms' 'Concerto for Violin and Orchestra in D Major, Opus 77.'

12 (12) MOVIE: 'Cold Turkey' A town takes up a challenge to give up smoking for one month and win \$25,000,000. Dick Van Dyke, Pippa Scott, Bob Newhart. 1971

8:15 PM (1) Program JIP

8:30 PM (6) (6) MOVIE: 'Hooper' A stunt man who claims he can do anything faces some tough challenges. Burt Reynolds, Sally Fields. 1977. Rated PG.

7 (7) [TMC] MOVIE: 'All That Jazz' Despite failing health, a Broadway producer keeps a mad pace choreographing musical numbers, editing a film and trying to manage his personal life. Jessica Lange, Roy Scheider, Ann Reinking. 1980. Rated R.

13 MOVIE: 'The Inglorious Bastards' A band of World War II Allied prisoners face plenty of action as they attempt an escape to Switzerland. Bo Swenson, Fred Williamson. 1978.

8:45 PM (1) MOVIE: 'Stop, You're Killing Me' Beer baron racketeer is persuaded by his wife to go legitimate. Broderick Crawford, Claire Trevor, Virginia Gibson. 1953

9:00 PM (2) (2) The Fall Guy Colt searches for a Special Forces expert. (60 min.)

4 (4) NCAA Basketball: St. John's at Connecticut

6 (6) Facts of Life Jo and Blair decide to split up and Tootie and Natalie follow suit.

10 Saturday Night

11 Burns & Allen

9:30 PM (6) (6) Love, Sidney

11 Jack Benny Show

10:00 PM (2) (2) Dynasty Nick urges Krystle to move out of the Carrington mansion and Alexis sends a poison-pen letter to Blake. (60 min.)

8 (8) Quincy Quincy tries to determine the cause of death of an infant.

9 MOVIE: 'Magic Christian' An eccentric rich British businessman sets out to prove everyone can be corrupted by money. Peter Sellers, Ringo Starr, Raquel Welch. 1970

10 (10) Austin City Limits 'Johnny Lee and Charly McClain.' The new urban cowboy appeal and the bright, contemporary sound is presented by these two performers. (60 min.)

11 I Married Joan
12 (12) News

10:15 PM (13) MOVIE: 'All Night Long' An all-night drugstore manager goes through a mid-life crisis as he is demoted in his job and finds himself falling for a good-natured floozy. Barbra Streisand, Gene Hackman, Diane Ladd. 1981. Rated R.

10:30 PM (7) [TMC] MOVIE: 'Popeye' The cartoon character and his friends come to life in this musical comedy. Robin Williams, Shelley Duvall. 1980. Rated PG.

11 My Little Margie

10:45 PM (3) MOVIE: 'Naked in the Sun' The struggle between the Osceola and Seminole Indians against a crooked U. S. slave trader. James Craig, Lita Milan, Barton MacLane. 1957

11:00 PM (2) (2) (6) (6)

8 (8) News

4 (4) ESPN's SportsWoman

10 (10) Dick Cavett Actress Bianca is the guest.

11 Bachelor Father

12 (12) Benny Hill Show

11:30 PM (2) (2) Nightline

4 (4) ESPN Sports Center

6 (6) MOVIE: 'The Last of the Good Guys' A veteran police officer takes pride in his tyranny. Robert Culp, Dennis Dugan, Larry Hagman.

8 (8) Tonight Show Johnny is joined by Eddie Murphy and Wayne Rogers. (60 min.)

10 (10) Captioned ABC News

11 Life of Riley

12 (12) Best of Saturday Night Live

11:45 PM (9) Nightbeat

13 MOVIE: 'Friday the 13th' A camp haunted by a death curse finds itself again under rampage by a killer. Betsy Palmer, Adrienne King. 1979. Rated R.

12:00 AM (2) (2) Love Boat Isaac yearns for show biz, Julie has a bittersweet reunion and a man who is afraid of water takes the cruise. (R) (60 min.)

4 (4) ESPN Sportsforum

11 Burns & Allen

12:15 AM (9) MOVIE: 'Hold That Hypnotist' Scoffing at regression, one of the Boys submits to being hypnotized and lands back in the year 1683. The Bowery Boys. 1957

12:30 AM (3) MOVIE: 'Guadalcanal Diary' Marines struggle to gain a foothold in the Pacific. William Bendix, Lloyd Nolan, Anthony Quinn. 1943

4 (4) 1982 Canadian Invitational Tennis Tournament from Toronto

6 (6) [TMC] MOVIE: 'Melvin and Howard' The alleged

story of the gas station attendant who rescued Howard Hughes from the desert. Jason Robards, Mary Steenburgen, Paul LeMat. 1981. Rated R.

8 (8) Late Night with David Letterman

11 Jack Benny Show

12 (12) Room 222

1:00 AM (2) (2) Three Stooges

11 I Married Joan

12 (12) Independent

Network News

1:15 AM (13) SRO: Evening at Moulin Rouge Highlights include Claudia and her trained dolphin, juggler Ernest Monteg and Watsi, the sensuous Brazilian nightclub star. Hosted by George Hamilton.

1:30 AM (8) (8) News

11 My Little Margie

1:45 AM (6) (6) MOVIE: 'Big Jim Mclean' A special agent is assigned to the investigation of a world-wide terror ring

headquartered in Hawaii. John Wayne, Nancy Olson, James Arness, Hans Conrad. 1952

2:15 AM (14) MOVIE: 'Return'

2:30 AM (3) World/Large

7 (7) [TMC] MOVIE: 'The Black Stallion' A mystical relationship is formed between a boy and a horse when they are shipwrecked on a deserted island. Kelly Reno, Mickey Rooney, Teri Garr. 1979. Rated G.

9 Mike Douglas Entertain-

ment Hour

3:00 AM (3) CNN News

3:15 AM (9) News

3:30 AM (9) Faith 20

3:45 AM (14) MOVIE: 'Elephant Man'

4:00 AM (3) Super Station Funtime

4 ESPN Sports Center

9 Top/Morning

4:30 AM (7) [TMC] MOVIE: 'Funhouse'

9 Bullwinkle

TAKE CHARGE!



THE ULTIMATE RESPONSIBILITY FOR YOUR OWN HEALTH RESTS WITH YOU. AN INTENSIVE NEW PROGRAM CAN TEACH YOU HOW TO IMPROVE HOW YOU FEEL.

Gresham Community Hospital's high level health program was developed in conjunction with the Sun Valley Health Institute. This program consists of 3 major phases of education to enable you to take charge of your own good health.

PHASE I: WHAT'S YOUR H.Q.? (Health Quotient) Everybody has an I.Q. — did you also know that you have an H.Q.? In order to establish a Take Charge Program for you, it is necessary to determine your body weight, percent of body fat, concentration of lipids (fats) in your blood, resting heart rate, exercise heart rate and a number of other factors that will provide you with a profile of your H.Q. Phase I of the High Level Health Program will accomplish profiling your Health Quotient.

PHASE II: This Phase is a series of four three-hour classes designed to cover 24 areas, including physical fitness, selecting an exercise program, nutrition basics, weight control, stress management and relaxation training, coronary health factors, cancer prevention, drug use and abuse and communication in relationships. This is the part of the High Level Health Program that will allow you to learn how to Take Charge of your own good health.

PHASE III: THE FOLLOW UP: After you have completed Phases I and II of the Take Charge Program, it's your turn to actually Take Charge. Through continued followup with the Community Education Department and through using the techniques you learned in Phase II of the program, you will be able to see how Taking Charge has demonstrable effects upon your H.Q.

Gresham Community Hospital has a continuing commitment to Community Education programs. We want to see a healthier East Multnomah and North-Central Clackamas county area. One of the first steps toward Taking Charge is contacting the Community Education Department at 661-9287.

SIGN UP NOW FOR HIGH LEVEL HEALTH SESSIONS BEGINNING FEB. 9



Gresham Community Hospital

• YOUR HEALTH RESOURCE CENTER FOR THE EAST MULTNOMAH AND NORTH-CENTRAL CLACKAMAS COUNTY AREAS

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