



The Portland Observer is proud to present our fourth annual documentary of the life of Dr. Martin Luther King.

A man of peace and a disciple of Gandhi, King sought to eradicate problems that remain today—problems of poverty, racism, injustice. He attempted to bring to his non-violent movement a global perspective—attacking the problems of war and oppression.

He captured the heart and soul of the world as no other because he felt the pain and suffering of humanity.

We still need peace, love and humility in the world. Let us look to Dr. King for inspiration and attempt to make his dream a reality.



HARLEM GLOBETROTTERS

Sunday, 7 P.M.

January 20

MEMORIAL COLISEUM

Tickets on sale at:

G.I. Joes and Memorial Coliseum

Adults: \$9.00, \$7.00

Students through High School: \$7.00, \$5.00



New. The Quick Start Weight Loss Program, the most successful program in the history of Weight Watchers, has now been made even easier with more of the easiest menu plans we've ever offered. So join the millions of people who lost millions of pounds on the Quick Start Program because this year we've made it easier—just for you. Just easier. For your lifestyle. Don't wait—join Weight Watchers today.

THE NEW, IMPROVED QUICK START PROGRAM FROM WEIGHT WATCHERS

(All new and rejoining members please come 20 minutes early)
Join Any Class Anytime

NORTH PORTLAND

Fellowship Baptist Church

4737 N. Lombard Street
Tues. 7:00 p.m.
Thurs. 9:30 a.m.

Northeast

Portland Center

5049 N.E. Sandy Blvd.
Mon. 7:00 p.m.
Tues. 7:00 p.m.
Wed. 9:30 a.m. & 5:00 p.m.
Thurs. 7:00 p.m.
Fri. 9:30 a.m.

NORTHEAST PORTLAND

Maranatha Church

1222 N.E. Skidmore
Sat. 9:30 a.m.

For information call collect (503) 297-1021
Weekdays 8:30 - 5:00 p.m.

Weight Watchers International, Inc. 1985 owner of the Weight Watchers and Quick Start trademarks.