



The Portland Observer

Stepping into a new direction of Technology
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7 FOOTER'S HOT DOG STAND
 International Hot Dog Vendor
 "Our Dog's Bark For Themselves"
 OWNER AND OPERATOR
Mr. Gary Thomas
 338 N Mason
 Portland, Oregon 97217
 503-284-7752



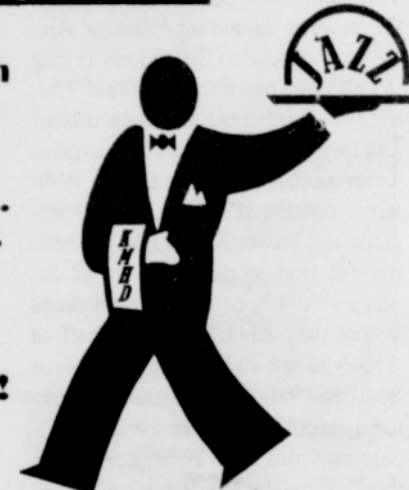
KMHD 89.1 FM
 Mt Hood Community College - Gresham

DINER JAZZ

In the evening from
 6:30 p.m. to
 8:30 p.m.

Fine dining...
 Fine music...
 Fine jazz...

THEY GO TOGETHER!




Michael Allen Harrison
 Aaron Meyer & The
 Metropolitan Youth Symphony
 Featuring music from
 Michael's newest CD!

"Seasons of Peace"
 January 16, 1999
 6:00 pm and 8:30 pm

In Concert at:
 The Living Enrichment Center
 29500 SW Graham Ferry Rd.
 Wilsonville, Oregon
 (503)682-5683

Benefit concert for the Season For Nonviolence
 Tickets \$12.50 through Ticketmaster!



Doris Cafe

Bar & Banquet Room Available For Private Parties

FULL BAR AVAILABLE FOR PRIVATE PARTIES!

Complete with Bartender & You can order Beers of your choice!

Buffet Style Food or a personalized Menu for your party

Can handle parties as small as 10 people and as large as a 100

Or let us Cater your party at your place!
 Call Rosie Dean, Keith or Sam for a quote
 @503-287-9249

Doris Cafe-Located at 325 NE Russell-Portland,OR 97212-(503) 287-0640-Fax



Do You Have Winter Depression?

Qualifications
 To qualify, you must be in good health and not taking any antidepressant medications.
 If you are interested, please call the Sleep and Mood Disorders Laboratory at OHSU:
(503) 494-1402

Research Study Volunteers Needed
 Do you feel down or sad in the winter, but not during the summer? If you experience sadness or other symptoms such as lack of energy/motivation, social withdrawal or changes in your sleep or appetite, you may qualify for a three-week research study treating winter depression with melatonin, which naturally occurs in the body. This is followed up with two weeks of bright light therapy (you will be given a light fixture at the end of the study). The program will involve five visits, with blood draws on three occasions.

OHSU
 Where Healing, Teaching and Discovery Come Together
 An equal opportunity, affirmative action institution.

This project is under the direction of Dr. Alfred J. Lewy.