



SPECIAL MLK EVENTS:

Students Write About Their Dreams For A Better Future

Nationwide Essay Contest Honors Living Legacy of Dr. Martin Luther King, Jr.

Family Trip to Washington D.C., Cash and Music CD's Among Prizes; Contest Supports World Premiere Movie On the Life and Work of Dr. Martin Luther King, Jr.

In celebration of Martin Luther King Day (January 18) and Black History Month (February), Lawry's Foods, Inc. announces a children's essay contest with prizes that include a one-of-a-kind family trip to Washington, D.C., the site of Dr. King's famous "I have A Dream" speech. Lawry's "I Have A Dream, Too" essay contest supports the debut of "Our Friend, Martin," an inspiring new feature-length film about two boys who magically travel back in time and meet Dr. King at various points of his life. Presented by CBS/FOX, Twentieth Century Fox Home Entertainment and DIC Entertainment, in association with the family of Dr. Martin Luther King, Jr., "Our Friend, Martin" premiered exclusively on home video January 12.

"I Have A Dream, Too" Essay Contest

Official contest entry forms are available on Lawry's Seasoned Salt displays in supermarkets nationwide. Kids, ages eight to 13 can submit an essay of between 100-150 words addressing the theme, "I Have A Dream, Too." Essays will be judged on originality, creativity and relevance to theme. First prize is a trip for three people to Washington, D.C. plus \$1,000 spending money and a Lawry's gift basket. One hundred "Our Friend, Martin" music CDs featuring classic Motown tunes will also be awarded. To enter, submit the essay along with Lawry's official entry form or a 3X5 card with the child's name, complete address, date of birth and parent's/legal guardian's name and signature to: Lawry's/Fox "I have A Dream, Too" Essay Contest, PO Box 8836, Maple Plain, MN 5593-8836. Entries must be received by April 8, 1999.

Supermarket Rebate

Shoppers who purchase Lawry's Seasoned Salt (8 oz or 16 oz.) and the "Our Friend, Martin" video will receive a \$2.00 rebate from Lawry's. Seasoned Salt displays in-store.

Our Friend, Martin

The first only animated movie of its kind, "Our Friend, Martin" mixes colorful animation with actual footage of Dr. King's life, and features an all-star cast of vocal talent, including Ed Asner, Angela Bassett, Lucas Black, Levar Burton, Danny Glover, Whoopi Goldberg, Samuel L. Jackson, James Earl Jones, Ashley Judd, Dexter King, Yolanda King, Robert Richard, Susan Sarandon, John Travolta, Jaleel White and Oprah Winfrey. The video retails for \$14.98 (suggested price) and is available at supermarkets and video stores nationwide.

Lawry's Foods, Inc. is one of the oldest and most respected food companies in the United States, marketing more than 100 products nationally. Lawry's Seasoned Salt has become America's largest-selling spice blend with more than 10 million units sold annually.

Recognizing and Reducing oppressive behavior

The Metropolitan Human



Rights Center will present Dynamic Differences — a community-based anti bigotry training — on Wednesday, January 20, 6:30 p.m. — 9:00 p.m. in the Mid County Community Room, 16026 SE Stark. This workshop is free and open to the public.

Dynamic Differences fosters a concept that there is "goodness" in all people — that human behavior is based on conditioning and does not affect human worth. The goal of Dynamic Differences is to increase understanding and mutual respect among all people. Participants will receive a basic overview of various forms of prejudice and oppression — past and present. There will be an opportunity to share personal experiences and exchange ideas that help to build

partnerships across cultural differences.

Pre-registration and confirmation are required, as workshop space is limited — contact Linda Hunter at 823-5136 (Voice/TTY). If you are a person with a disability and need accommodation, please call at least 48 hours in advance. Dynamic Differences is not designed to fulfill training needs mandated by the court system or employers.

Season for Nonviolence

Invited guest include: Arun Gandhi, Rev. Mary Manin Morrissey, Sr. Minister Living Enrichment Center, Governor John Kitzhaber, Mayor Vera Katz, Rabbi Emanuel Rose,

Sharif Abdullah, Tony Hobson, and Rep. Ryan Deckert. February 13th at 1:00 at Living Enrichment Center, located at 29500 SW Grahams Ferry Road, Wilsonville, Oregon, or call 682-5683.

The topic of the forum is Being the Solution. The basic idea is that we can all take a step toward peace in the world, and it can be one that is seemingly small. The ripple effect that, that step has is enormous. This will be a discussion rather than a bunch of speeches. I think it will be really wonderful and informative. We're also inviting several other people to be our expert audience, those potential invitees are Sen. Avel Gordly, Chief Charles Moose, Norma Paulus, and Superintendent Ben Canada.

Czaba's Bar-B-Q

\$1.00 off coupon

- ~Tasting Is Believing!
- ~5907 North Lombard
- ~240-0615
- ~Beef Ribs - Pork Ribs - Chicken
- ~Pan Fried Catfish - Hot Links
- ~Dine-In -Take-Out Catering
- ~240-0615
- ~Coupon good for purchase over

\$4.95

2 miles west of I-5 on N. Lombard

We Honor and salute the Life & Legacy of Dr. Martin Luther King Jr.

As We Celebrate Service To Our Community, We Honor Dr. Martin Luther King, Jr. And The Hope He Brought To People!

"...the dream of a country where every man will respect the dignity and worth of all human personality..."



Local Sites: Delaunty Family of Services
5129 N Lombard Street

Northeast Mental Health Services
4950 NE MLK Blvd.

THE WEATHERMAN SAID NOT TO GO OUT UNLESS IT WAS ABSOLUTELY NECESSARY. IT WAS.

At Pacific Power, we've been supplying and delivering safe, reliable electricity for more than 85 years. We know the job. We know the area. And we know there are some things you'd rather not have to think about. The reliability of your electric service is one of them. That's where we come in — no matter what the weather's like.

PACIFIC POWER

Put Them On



The Right Path.

It's a fact.

The more you get involved in the lives of children, the less likely they are to use alcohol, tobacco, and illicit drugs.

Positive, healthy activities help kids build skills, self-discipline, and confidence.

Get into the act. Call 1.800.729.6686. Se habla español.

Your Time. Their Future. Let's Keep Our Kids Drug Free.

TDD 1.800.487.4889. <http://www.health.org>



U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES
Substance Abuse and Mental Health Services Administration
Center for Substance Abuse Prevention