

dignity equality leader
respect dream hero justice
honor freedom race leader
M.L.K.
civil diversity humanity
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Martin Luther King Jr. paved the way for many Americans to fulfill their dreams and led America down the path to diversity. Let's honor him and continue the journey.



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The sweltering summer of the Negro's legitimate discontent will not pass until there is an invigorating autumn of freedom and equality.

—Rev. Martin Luther King Jr. from his "I Have a Dream" speech, Aug. 28, 1963

The Life of Dr. Martin Luther King Jr.

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• **May 1963**

When school children join the protests, Police Commissioner Bull Conner orders the use of police dogs and fire hoses to stop protests. The photographs of police brutality shock the nation.

• **Aug. 28, 1963**

250,000 people demonstrate in Washington, D.C., in support of civil rights. Martin Luther King Jr. organizes the March on Washington where he delivers his "I Have a Dream" speech.

• **Nov. 22, 1963**

President John F. Kennedy is assassinated in Dallas, Texas. Upon assuming office, President Johnson urges the speedy passage of Kennedy's civil rights bill as a fitting tribute to the murdered president.

• **December 1964**

Martin Luther King Jr. receives the Nobel Peace Prize, becoming the third black and the youngest person ever to receive the award.

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January 17, 2005

"Life's most persistent and urgent question is, what are you doing for others?"

—Dr. Martin Luther King Jr.

In that spirit of service, we celebrate Martin Luther King Jr. Day. On that day, our doctors, dentists, and staff will help the Oregon Food Bank process food collected during the Kaiser Permanente Martin Luther King Jr. Day Food Drive.

We're happy to play a small part in helping Oregon and Southwest Washington thrive.

For information about the national day of service, visit www.mlkday.org.

KAISER PERMANENTE **thrive**

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Mid-K Beauty Supply Salutes Dr. Martin Luther King's 76th Birthday!



"All progress is precarious, and the solution of one problem brings us face to face with another problem,"

—Dr. Martin L. King Jr.

Strength To Love

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