

Christmas Is For Sharing



Newlyweds Allen Durell Wilson and Sophia Rachelle Wilson Celebrate their marriage.

Ms. Queenie Samuel wishes to thank the host of family and friends who shared in the marriage ceremony of her son Allen Durell Wilson to Ms. Sophia Williams of Los Angeles, Cal. And the Christening ceremony of her first grandchild, Nathaniel Earl Wilson II, on Christmas day at her home.

Kahlil Tanner arrived from Los Angeles, only shortly prior to the ceremony to present the newly weds with a ringing solo.

Ms. Cecilia Johnson was another of the outstanding local talents to perform at the ceremonies.

Think Yourself Thin

or any other way you want to become...

BY DEBBIE JOHNSON

I just finished eating two, yes that's two platefuls of seafood pasta drenched in butter sauce. Not only do I not feel guilty in the least, I still feel THIN! "Impossible," you may say... "A fluke, a one-time unheard of occurrence in history." Well, actually, I've been eating all kinds of things, feeling this way for over ten years, and therefore looking just as thin for all 10 years.

I eat whatever I please, whenever I please (which turns out to be very balanced almost always), and I maintain my ideal weight or less. How did I do it? I got control of the controller; the subconscious mind, and you can too!

I was motivated by the fact that I had gained 30 pounds dieting (sound familiar?) over a ten year period. When I was in high school I began to think I was gaining weight because I was simply growing womanly (or my pants had shrunk in the dryer -- I don't know which!) So of course I went on a diet and became prey to the "yo-yo syndrome"...gaining more weight after each successive siege of self-denial.

After 10 years of dieting, fasting and having 30 extra pounds as a reward, I decided that if this was the way God wanted me, so be it! I even began to love and accept my Rubenesque shape, when lo and behold, the light struck! I realized one morning I could use all the visualizing and imagining I had used to get new business contracts, create more money, new relationships, and other things I manifested in my life. Why not this too? I got up, looked in the mirror and said to the image there... "You look a little thinner today." I began to visualize, imagine, dream and even pretend I was thinner every day and over time I became thin. Not only that, but I quit eating compulsively every time I was nervous, anxious, or upset! I

have never gained the weight back in over 10 years never even thinking about what I am eating, only about what I am THINKING.

You see, the subconscious mind controls all the major glands and functions in the body; i.e. the thyroid gland, the apesat, the blood pressure, etc. Get the picture? That's why placebos work...the subconscious makes you well.

How can you control the subconscious without placebos to become your ideal body shape/strength/health?

Here's an exercise:

Because your subconscious stays awake when your body and conscious mind are asleep there are no mental blocks or walls to get in the way. Make a tape for yourself with these words (or any you choose) said over and over again so you listen to them as you fall asleep:


"You are thinner, healthier, stronger, more beautiful today. Tomorrow you will be even thinner, healthier, stronger."

It's important to also use the active imagination. Say something that includes the senses of taste, touch, smell, feel, hear, see. Use your imagination to create a scene at work where everyone compliments you on your new image. Be a little kid and pretend you are just the way you want to be (anyway, why should kids have all the fun?)

Bring your inner kid out to play and become whatever you want to be! Then let your subconscious do the work...while you have fun.

Debbie Johnson gives workshops throughout the U.S. on Think Yourself Thin, and Secrets of Bringing More Love into Your Life.

Debbie is the author of the books "How To Think Yourself Thin," "How To Love Yourself," "So Others Can Love You More" and "How To Make Your Dreams Come True."

ThePrudential 

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TOWN MEETINGS WITH CONGRESSMAN WYDEN

Wednesday

January 15, 1992
7:00 pm - 8:30 pm

St. John's YWCA Main Hall
8010 N. Charleston
Portland

Saturday

January 18, 1992
8:30 am - 10:00 am

Westminster Presbyterian
Church, Fireside Room
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Implementation Of Portland Future Focus Plan Begins With Appointment Of New Chair

Commissioner Gretchen Kafoury will head the implementation phase of Portland's award-winning Strategic Plan as the new Chair of Portland Future Focus. She succeeds Hardy Myers, who chaired the Future focus Policy Committee through all stages of the planning process.

The Future Focus plan was completed in August after 18 months of citizen involvement and recommends over 100 actions to improve Portland's future. The goals given the highest priority were Crime, Diversity, Economy, Education, Education, Managing Regional Growth, and Leadership.

"Implementing the Future Focus Strategic Plan will be exciting and challenging," said Kafoury. "Portland's future can be very bright if we focus on these critical strategies. Many representatives from the public and private sectors will be active during the next phase."

Work is now underway to select committees for the implementation of the action steps outlined in the plan. Committee members will be drawn from both the public and private sectors and will represent a broad spectrum of community interests. The first Steering committee meeting is scheduled for late January, 1992 and the Implementation committees will begin their work in February.

Metro Washington Park Zoo Admission Fees Increase

Admission fees at Metro Washington Park Zoo increased January 6. The new fees were approved by the Metro Council in September to help sustain zoo operations.

Admission will now be \$5 for adults age 12 to 64, \$3.50 for senior citizens 65 and over, and \$3 for children age 3 to 11. Infants age 2 and under are admitted free. Groups of 25 or more are eligible for a 20% discount on both admission and the train ride. Railway fares remain unchanged.

The zoo offers free admission after 3 p.m. on the second Tuesday of each month. In addition, special free days for senior citizens and handicapped citizens are schedule once per year.

Fitzgerald Beaver Leaves Proud Legacy Behind



Fitzgerald Beaver

BY LANITA DUKE

New Year's 1992 ushered the physical end of the father of black journalism in the Pacific Northwest -- Fitzgerald Beaver.

His communication roots were planted in Portland, OR during the late

1950's with the "Eager Beaver Show" and bloomed into *The Facts* in Seattle, WA. Beaver was a die-hard capitalist with his time and money, and laid a foundation for black journalists in the Pacific Northwest. Bernie Foster, the publisher of *The Skanner*, and Chris Bennett of the *Seattle Medium* were both salesmen for *The Facts*. A.L. Henderson consulted Beaver prior to launching *The Portland Observer*.

Fitzgerald Beaver was fiercely independent and an outspoken self made man. He was a trailblazer in the communication field and he leaves a legacy of honor, pride and hard work, loyalty and respect.

He will be missed by his surviving relatives in Portland: Lanita Duke, Laura Ann Beavers and Nia Gray.

Portland will always remember him as "Eager Beaver,"

(Lanita Duke owns and operates *Grassroot News N.W.*, a business communication company, and is the daughter of Fitzgerald Beaver).



LORRAINE HLAVINKA

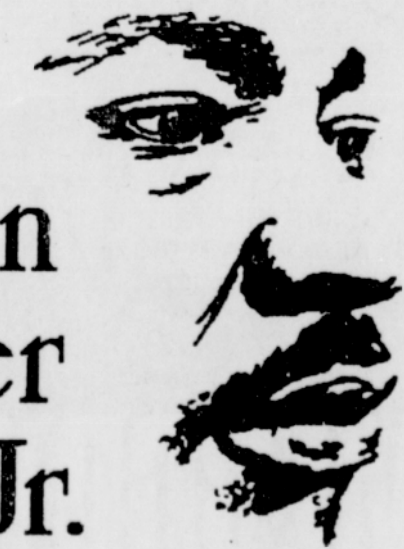
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MARANATHA CHURCH CHOIR
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