LIFE IN THE PORTLAND METROPOLITAN AREA The Portland Observer

"AZUSA and Pastor Wendell H. Wallace, Sr.

ZUSA-means blessed miracle-an Indian derivative. Organized in Los Angeles, CA on Azusa street in a horse barn in 1902 by a black group.

The new Azusa will be renewed here in Portland under the guidance and direction of Pastor Wendell H. Wallace. This is not the first for Pastor Wallace. Maranatha, a well known existing body was also initiated by Pastor Wallace in 1967. God gave him that vision and ministry, and now He has given him another. Azusa! One of the focuses for this vision is "equipping the believer for their ministry"."Not give me a fish, but give me a fishing pole; no handouts-just a hand."

Pastor Wallace is planning for a 'Saturday Academy', which will train our young people how to gain employment, and how to prepare for and work in their chosen field. Pastor Wallace says "there's a real need to engrain in our youngster the crucial exercise of giving back to the community.

There are three P's that will encompass the learning process in the academy.(1) Passion, (2) Personality, and (3) Personal gifts. To get an interpretation of this dynamic trio, you must hear Pastor Wallace himself.

Pastor Wallace functioned as a Evangelist for the major part of his ministry which began in 1954. His attention is now focused on being in a pastoral position, involving hands on experience and training for those who are entering into the world of ministry. Pastor says, "This is a new role for me, and God is really teaching me. I now know how pastors feel when an evangelist comes and goes. As an evangelist you can stir up things and leave. Now I have to stay and take the heat. I have complications of people and their personalities. Some things that I've been taught, I have re-learned. I am the first to keep learning, therefore the ability to teach effectively. I will be passing the mantle on."



"This is a new role for me, and God is really teaching me. I now know how pastors feel when an evangelist comes and goes. As an eyangelist you can stir up things and leave. Now I have to stay and take the heat. I have learned how to hear and really understand the complications of people and their personalities. Some things that I've been taught, I have re-learned. I am the first to keep learning, therefore the ability to teach effectively. I will be passing the mantle on."

Please note: The New **AZUSA Center has** aquired the building at 44 NE Morris (the old St Vincent DePaul Building) for thier services.

learned how to hear and really understand the age of 69, and expects to keep on fighting for January 31, 1993. Look for future meeting the souls that so badly need God's protection. places and times here in the Observer. You He is a warrior like David of old. Goliath may also hear this information on the "Wendell doesn't stand a chance.

Travel Lodge/Coliseum, at NE 2nd & Weilder, midnight.

Pastor Wallace has reached the nice young in the Horizon Ballroom, at 10:30 am Sunday, Wallace Presents" radio program aired on You are invited to attend services at the KPDQ 93.7 FM-800 AM at 10:30 pm to 12

VICTORIA JOHNSON'S AT

Victoria Johnson's

Your

Outlook

Atop African-American fitness professional shares her own inspirational story along with her high-energy, innovative workout techniques.

Anyone who thinks there is no such thing as a perpetual motion machine has never met Victoria Johnson. A certified aerobics instructor for seventeen years and a new spokesperson to LA Gear, Johnson has fourteen nationally distributed aerobic videos to her credit and has gained fitness fans around the world. Victoria Johnson's Attitude is not just another exercise book. It is a book about self-esteem and self-empowerment. It is an inspirational guide to redefining your body, your health, and your outlook. Victoria Johnson's Attitude was published as a Penguin paperback original on January 12, 1993, priced at \$14.00.

It's hard to believe that Johnson, now a svelte 110 pounds, once carried an outstanding 170 pounds on her 5'3" frame. The daughter of migrant farm workers, Johnson spent her child hood in migrant labor camps in Washington's Yakima valley. The farm diet she ate (high on fat--low on nutrition) made her plump at an early age. When her parents moved the family to Washington

state in search of a better education for their 11 children, it was not the fact that Victoria was the only black kid in an all-white school that made her feel different, but rather that she was the only one with a weight problem. She began her first diet at age seven, and over the following years Victoria suffered from bulimia, obesity, and borderline diabetes. She spent her adolescent years binging and purging-gaining and losing. The former captain of the high school

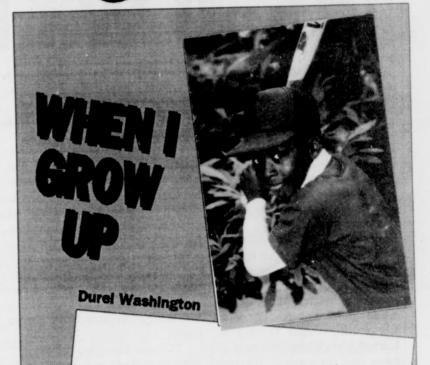
cheerleading team found herself teaching aerobics classes for heavy women like herself while binging on candy bars and downing diet pills.

Today, those candy bars have been replaced by barbells. In her book, Victoria shares her inspirational story and shows others how they, too, can break unhealthy patterns to live a more vital and energetic life. Three workout sections give step-bystep instructions for aerobic and body shaping programs for people of all leveis. "The New Step Workout" highlights the popular fitness craze--step aerobics; "Dance Training Technifunk Series" combines the funky moves of inner-city dance with low-impact aerobics to put some fun into your workout;' and "Definition Body Sculpting" discusses the muscular system, body types, and how to design a workout using light weights and other easily accessible tools in order to help you attain your ideal body shape.

Exercise has always been a positive force in Victoria's life. Through all the physical movement, the sweat and the laughter that accompanied her workouts as well as her teaching, she gained confidence, renewed energy, and ultimately inner

strength and peace. Victoria Johnson's Attitude" An Inspirational Guide to Redefining Your Body, Your Health, and Your outlook, gives concrete steps toward the goals of good health and fitness. From eating and food shopping to general fitness

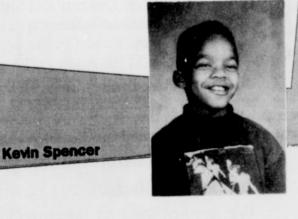
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I want to be a basketball player or a baseball player and hit home runs. I am going to try my best to get good grades in school so I can reach my goal in the future. If I don't make it in one of these professional fields I would like to become a computer specialist after I graduate from college.

When I am 22 I would like to buy a boat and a nice house and have a nice car, maybe two or three in the colors of red and blue. This may happen in the year

Right now I am 9 years old and I attend Vernon Grade School. I also play basketball for the Vernon Mad Dogs. Our basketball team is five and 'O'. I hope Terry Potter, Scotti Pipen and Michael Jordan are still playing in the NBA when I play because they encourage me a lot.



In the year 2000 I'm going to Bonson. I'm going to play basketball. By the time I'm 16 I oll probably have a car if I have good grader. I'm going to try hard on it. I'm going to try hard to make the basketball team and if I don't make it the first time I will try again like Michael Jordan. I'm going to put extra credit into it. I really want to be a basketball player that's why I'm trying so hard.

I have about five idols that I look up to. Some of my favorite basketball players are Micafel Jordan Clyde Drexter. & J. armstrong Rod Strickland and Torry Porter. I hope that all these players that I listed will still be playing in the year 2000 and also other players like Shaquille O'Neal. Todd Day, and Lee Maybory.

I hope these guys can play for a long time like Karrem abdul Japar. He played for 21 years. If they are still playing I can play them and so can my brother. He is going to be a rookie in the year 2000. He is in high school. He plays basketball for Bonsonl He is 15 now.

I am 9 years old and I go to Vernon and I play for a basketball team for Vernon I play guard and I score 6 or 8 points a game. In the year 2000 I will still be playing guard and I hope I will score 14 points in a game. I practice a lot now. I play my brother in basketball to get used to playing big people so I can get better.