



Rev. James Richardson and the Stars and Stripes Drill Team.

Photo by Richard J. Brown

Fund Raiser For Drill Team

Parents of the Stars and Stripes Drill Team will be sponsoring a B-B-Q chicken dinner this Saturday, March 28, 1987, from the home of Mrs. Audrey Henry, 307 N.E. Stanton, Portland, OR, from 11 a.m. to 6 p.m. A donation of \$3.50

per dinner is being asked. All proceeds will be used to help defray operational costs and purchase material for uniforms. All uniforms are made by Mrs. Gloria Richardson. If you would like to make a donation to this program, make

your check out to Stars and Stripes Drill Team, 5648 N.E. Killingsworth, Portland, OR 97218.

The menu will include: Bar-B-Que chicken, greens, potatoe salad, cornbread and dessert. Call 288-1751 for orders.

Gospel Musical

As a benefit for The Sickle Cell Anemia Foundation, there will be a benefit Gospel Musical Saturday, April 4, at 5:30 p.m., at Maranatha Church, 4222 N.E. 12th.

Come lift up your voices and shout for joy with: Inspirational Sounds from Eugene, Foursquare, Terry Mitchell, Davis Sisters from Seattle, Morning Star Baptist, Maranatha Mass Choir, Christ Temple from Tacoma, The Psalms, PNW Sickle Cell Anemia Choir, Goldie Irby, and Corner Stone UPC.

Bud Clark will also be speaking at this event.

Bring your friends. A free will offering will be taken. All proceeds go to benefit the Portland Sickle Cell Anemia Foundation.

"Spirit of Portland Awards"

Caring about your neighborhood feels good.....and caring means sharing.

If you know someone in your neighborhood.....or a group project.....whose volunteer energy has made a difference, now is the time for you to nominate one of them for the Mayor's "Spirit of Portland Award."

Ten finalists will be chosen by a city-wide committee for the awards.

Nomination forms can be obtained from the office of Neighborhood Associations in City Hall, or at any of the local neighborhood district offices.

Deadline is April 6.

So hurry.....nominate your neighbor for a "Spirit of Portland Award".....today.

For more information, please call: 248-4519.

North Portland Bible College Presents

North Portland Bible College presents "Spring Rally", April 3 at 7:30 p.m. at New Hope Missionary Baptist Church, 3725 N. Gatenben.

The guest speaker will be Rev. Phillip S. Nelson, Pastor of Allen Temple CME Church. There will also be student testimonies, slides, and special music by the New Hope Young Adult Choir.

HEALTH WATCH

by Steven Bailey, N.D.



As AIDS continues to spread throughout the U.S., the importance of preventive education becomes even greater. We are recognizing a maturing of our media in that we are finally permitting frank discussions about safe sex, condoms and I.V. use of drugs. Whether this openness is too little and too late remains to be seen, but we must now do everything in our power to get the word out.

This past weekend a friend who works with the Black United Front asked that I devote an article to the association between I.V. drug use and the chance of contacting AIDS. I.V. drug use is certainly not something that is restricted to the Black community, but it is prevalent and of a concern to most of the community leaders with whom I've spoken. If you have a friend or an acquaintance who might be using I.V. drugs, please clip this article and give it to them.

AIDS is not a homosexual disease! The fact that the homosexual community included members who were among the first to have AIDS in the U.S. is indeed true. There is no requirement that you have to be homosexual or have contact with a homosexual person to get AIDS. This disease does not discriminate. One of the earliest recognized groups with high incidences of AIDS are I.V. drug users.

The use of drugs intervenously may help set up an environment that leads to the full development of AIDS condition, but the primary concern of I.V. drug users is

sharing of needles. You cannot get AIDS from a sterile needle, but if you use a needle that has been used by someone else, and that person has been exposed to AIDS, you may in fact get AIDS from the use of that needle. It is not necessary that the other person knows that they have AIDS. In fact most people don't know they have AIDS until years after they have been contagious.

I am not going to moralize on the dangers of using drugs. Certainly the use of many street drugs has been associated with weakening the immune system, and there is really little other than negative comments that can honestly be given for I.V. drug use. But people are going to continue to use drugs. I know this, and I think most people agree that without major social changes we will not be a drug-free nation in the near future. What has to be said is that **sharing needles could kill you.** Do not underestimate the severity of AIDS nor the importance of preventing its spread. If you use drugs, make certain that you use a sterile needle (this means one that has never been used, or has been sterilized by methods not available to the general public).

You can always decide to become drug free. It may be hard work, but it is possible to end drug dependency. It is not possible to reverse your exposure to AIDS, so be smart and look out for your own best interests: **Don't share needles!**

Free Clinic

A free diabetes screening clinic is being offered at Meridian Park Hospital, Tualatin. The clinic will be open from 9-9:30 a.m. on Monday, May 4.

Pre-registration is required. For additional information, contact the community education office at the hospital, 692-2656.

Requests Up; Contributions Down Says St. Vincent De Paul

Don Seep, general manager, stores and workshop, St. Vincent de Paul, reports that the social service agency is receiving 4,000 requests for assistance each month, while contributions of reusable furniture are down 43% from December donations.

According to Seep, "Approximately 100 families are on a waiting list for donated mattresses and many others need clothing, dressers, washers, dryers and kitchen ranges."

Pickups of reusable household items may be arranged by calling 234-0594 or they may be dropped off at any St. Vincent de Paul store.

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