



Del's Care Center's Third Annual Parade

Kids of all ages joined in Del's Care Center's 3rd annual neighborhood parade on Saturday May 20, to help celebrate National Nursing Home Week 1995 - a week of activities to celebrate the lives of care center residents and those who care for them every day.

AFRICA INSIGHT Ebola Virus Not From Africa

BY PROMISE KING

Africa is in the news again and it's about the Ebola virus originating from that continent. But whether that is correct is what I choose to address.

It's baffling that whenever western scientists fail to diagnose a mysterious disease, it's origin is quickly blamed on Africa. And that immediately transmogrifies the continent in the minds of the ignorant as a den of death and diseases. This is unfortunate.

Some reports says Ebola is an animal disease found mostly in green monkeys that inhabit the Kikwit region of Zaire and that contact with these monkeys provoked the disease epidemic. What an absurd thought. Monkeys of all shades and colors have been in Africa for as long as creation.

The report did not mention that



researchers from Sweden were in the Kikwit region experimenting with monkeys and other animals. It also did not say that even though you have abundance of animals of all species, there has not been any report of an African kissing or having intimacy with animals. How are viruses spread?

It's true that to every region in the world whether in Samaria or in Switzerland and even in this country there is an occasional outbreak of a contagious disease. And what is funny is the phenomenon of looking elsewhere for it's origin and that the scape-goat place is always the Afri-

can continent. One may wonder why? It's the simple fact that life begins in Africa. And the fact that Africa needs much of what the western medical community considers basic health care delivery. And so what? Years before now, Africans relied on herbs to cure diseases cause by viruses. Even today western doctors rely on African herbs for their research.

AIDS, Ebola and other diseases are not from Africa, creation is.

The question is, do viruses have the alchemy to play themselves mysteriously only in Africa? Or are other continents immune from these contagious disease? Or where does cancer, tuberculosis and influenza comes from? I need an answer.

Let it be known that infectious disease has always plagued humanity and many disease more familiar to America than Ebola are also more threatening. That is the truth folks.

Did You Know?

(NAPS)—A great variation on lasagna includes three cheeses and smoked salmon in red clam sauce.

Local bookstores now carry *Phenomenal Woman* (Random House \$10) a book of poetry by Maya Angelou.

There's a kit to help you get junk mail distributors to remove your name from their lists. Called The Junk Mail Extermination Kit, it costs \$6 and can be ordered from InfoWarehouse, Llc.: 1-800-RID-JUNK (743-5865).

On Sunday, May 28, public television will carry the National Memorial Day Concert, with General Colin Powell, Jason Robards, Ossie Davis,



Marilyn McCoo and more. Every Shedd's Spread Country Crock purchase give you Country Fresh Taste...Guaranteed.

Local bookstores now carry *Chic Simple Cooking* and other books in the *Chic Simple* line, designed to help simplify your life.

For information about Aqua-Check Pool & Spa Test Strips, contact a pool and spa dealer.

Duffy Waldorf, PGA Tour top-finisher, represents Miller Brewing Co.'s Sharp's, a leading non-alcohol brew and advises golfers that in Golf, as in many of life's other pursuits, a positive but realistic attitude can be your strongest advantage.

If private corporations attempted to provide postal service, they would have to raise rates dramatically, says the American Postal Workers Union.

FATHER'S DAY IDEAS

Give The Gift Of Helping

(NAPS)—This year, give Dad a gift that he can really use and one that the kids can afford—the gift of helping.

Bill Stuart, developer of CleanTools™ car care products including the absorber, recommends starting with a basic task like washing the car.

"Kids can be involved at any age," said Stuart. "The trick is to teach them how to do it and make it fun."

"The neat thing about cars," Stuart adds, "is that when your kids are done, they'll be able to see the results."

In addition to helping Dad, they also learn responsibility and pride in a job well done.

Start with a basic car care routine, after all, kids love to play in the water. Attached are some helpful tips you can cut out and save.

As you get your kids involved there are a couple of things to remember. They'll be interested as long as you show interest in them, so work with your children as you show them the ropes. Take extra time to explain each step. Demonstrate and be patient.

As a special gift, give Dad the absorber to dry the car, then show him you really care by putting it to work for him.



Helping dad around the house is a great gift for Father's Day.

Automotive specialty stores, such as AutoZone, CarQuest, Pep Boys, and TrakAuto carry the absorber; hardware stores including Ace, Coast-to-Coast, HWI and True Value; or the automotive section of Kmart, Target and Wal-Mart.

For more information on the absorber or CleanTools products, call (800) 654-3933.

Finding Help In The Midst Of Loss

(NAPS)—Are you grieving a loss of some kind? Perhaps you have lost a loved one to the experience we call death. Perhaps a pet has died. Perhaps a relationship you treasure has ended. Or your company has told you your job is being phased out.



Loss always hurts. Sometimes the pain feels as if it will never end. But life always goes on. James Dillet Freeman, writer and poet laureate for Unity School of Christianity, compares life to a road "that winds among the hills of time." People, says Freeman, are travelers on that road.

"Some pass quickly beyond the bend in the road...some walk beside us all the way," he writes. "Some seem to creep along, and some pass as swiftly as runners. But life cannot be measured in terms of time, only in terms of living."

It is springtime in the northern hemisphere. New plants are pushing through the soil; birds are returning from their winter homes. What appeared to be a loss last November is returning as new life this spring. Author Richard Bach has written: "What the caterpillar calls the end of the world, the master calls a butterfly."

For a free pamphlet on how to deal with loss, call 1-800-669-0282 and ask for "Another Dawn."

To prop up a sad and discouraged mind is better than to conquer a kingdom.

—Martin Luther

Truck Of The Future Now Being Built



(NAPS)—All new from ground up and designed to bring new quality to the rough and ready world of working trucks is this Ford Louisville. The truck will be manufactured at the mammoth Ford Kentucky Truck Plant—the world's largest commercial truck production facility, with the equivalent of almost 100 football fields under one room. The truck was designed with input from more than 5,000 trucking professionals, which resulted in a roomier cab, increased driver comfort, more ease of serviceability and attention to underhood detail.

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HIV Mental Health Services

County HIV Vouchers Accepted

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Insurance & New Sliding Scale Fees

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The Secured VISA CARD



You can now get your own VISA CARD

Even if you have had:

- BAD CREDIT
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How to Apply:

1. Complete, sign and mail the Application/Agreement below to:

American State Bank
2737 NE Martin Luther King Blvd.
Portland, Oregon 97212

2. Be sure to include your money order or personal check in U.S. dollars for \$625.00 or more (in increments of \$600) made payable to American State Bank. Receipt of funds opens a savings account in your name. Each increment of \$600.00 deposited in your savings account establishes a \$500 line of credit for you.

3. Your new VISA card will arrive within three weeks. If your request is denied for any reason, you will receive all your money back, including the \$25.00 application fee.

Any Questions:

Call our Bankcard Department
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CREDIT DISCLOSURES: Application Fee \$25; Annual Percentage Rate 18%; Late Payment Fee \$15; Annual Membership Fee \$45; Cash Advance Fee \$3 or 2% whichever is greater; Over The Limit Fee \$15; Grace Period 25 days; We use the average daily balance method to compute the balance.

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Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: (____) _____ Work Phone: (____) _____

Social Security Number: _____ Birthdate: _____

Name of Employer: _____

My check of (not less than \$625.00) _____ is enclosed.
Yes, I want to open a VISA account. I understand that the interest savings account at American State Bank will serve as collateral for my Secured VISA account and is fully insured by FDIC.

Signature: _____ Date: _____

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