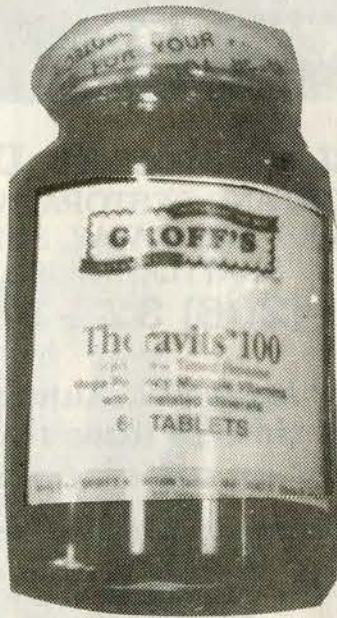


GROFF'S NUTRITION

OUR NEW LOCATION!

COMPLETE LINES OF:

- Vitamins
- Herbs
- Sports Nutrition
- Body Care
- Juicers
- Books



337 Strander Blvd.
Just South Of Southcenter Mall, Near Target
575-3733

RECEIVE
15% off
Any regularly priced merchandise

What we take, what we eat, and how much we eat has a lot to do with how long we can expect to be around.

Alana Garrett Is Sales Associate At Groff's Nutrition



Alana Garrett is a sales associate at Groff's Nutrition located at 337 Strander Blvd. at Southcenter Plaza, just south of Southcenter. Established in 1942 and has been and industry leader in the field of nutrition for over fifty years. They carry complete lines of: vitamins, herbs, sports nutrition, body care, cosmetics, juicers, and books. They also have excellent prices, frequent sales promotions and a knowledgeable staff that is trained to handle questions on any and all health/nutrition subjects.

Alana Garrett is not only one of Groff's Nutrition's most knowledgeable sales associates, she is also owner of her own health/fitness company called: Fitness by Visions. Fitness by Visions offers aerobic conditioning and personal training. Alana has four years of experience at Pacific Nautilus and three years of nutritional experience related to health food. Having competed in bodybuilding competition herself, Alana knows what is necessary to achieve and maintain a tone health physique.

Sponsored by King County Councilman Ron Sims



If he says he'll use one next time, you just tell him you'll see him then.

Getting your man to use condoms can be a hassle. But when it comes down to protecting yourself from AIDS, it's worth it. As Black women, we've got to respect ourselves, which definitely includes making sure we stay alive. Insist on condoms, every time.

Our Community Is Stronger Than AIDS.

AIDS Prevention Project

296-4999

TDD: 296-4843

If you use drugs and share needles, you can get more than just high—you can get AIDS. Right now, there is no cure for this deadly disease.

But there is a way to protect yourself.

Don't share.

The AIDS virus travels in the bloodstream. If you use the rig of some-

one who has AIDS, their blood could get into your blood. That goes for skin-

popping, too. So keep your works to yourself.

Keep your rig clean.

If you borrow or lend a

Don't let bad blood come between you.

rig, cleaning it can reduce the risk of getting the disease. It only takes a minute. All you need is some ordinary bleach, clean water and a glass.

First, pour the bleach



into a glass and fill your works. Squirt out the bleach. Fill it with bleach and squirt it out again. Now pour the

remaining bleach down the sink and fill the glass with clean water. This time, fill your works with water and empty it out. To finish up, fill

it with water one last time and squirt it out. It's that easy.

Anyone can get AIDS.

It doesn't matter what color you are. Fact is, 45% of the people with AIDS in the U.S. are Black, Hispanic, Native American and Asian.

There is no cure for this deadly disease, so play it safe. Keep your works

clean. Or better yet, keep them to yourself.

Find out more.

If you have questions about testing, counseling or anything else, call the AIDS information hotline at (206) 296-4999.

Color is no protection against AIDS. Call today.

National AIDS Hotline
1-800-342-AIDS English
1-800-344-SIDA Spanish

FREE
(WITH THIS COUPON)
STD / AIDS TESTING

Harborview STD Clinic,
3rd Floor South
Referred by POCAAN

People of Color Against AIDS Network
322-7061

For information about appointments call: Charles 999-3013 or Kevin 991-5746

Free bus token or parking validation. Bus Routes #3, #4 or #60 from the South End, #9 from Broadway to Harborview.

Donations Welcomed

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