

VA Facts

Q -- What is the interest rate on a GI home loan?

A -- Currently, the interest rate is 11.5 percent. Interest rates vary from time to time. However, once a loan is closed, the interest rate remains in effect until the loan is paid in full.

Q -- How may a veteran determine what adaptive equipment has been approved by the Veterans Administration?

A -- Information on VA approved adaptive equipment may be obtained by visiting or calling the nearest VA medical center or outpatient clinic, or by writing directly to the VA Prosthetic Center: 151 Seventh Ave., New York, N.Y.

Q -- I served eight years of active, military service before being honorably discharged. Do I still have reemployment rights at my former job?

A -- No. To be entitled to these rights a veteran must not have served for more than four years after August 1, 1961. A one year additional voluntary extension of active duty is permitted if it is at the request of and for the convenience of the government.

VA

American housewives knew it all along, but now comes the Veterans Administration to prove them right: you can do the wash just as well with cool water and save money to boot.

With burgeoning energy costs boosting the amount VA (and the taxpayers) must pay to provide clean linens for the nation's largest health care system, officials sought ways of trimming the bill.

The problem was to reduce energy usage but assure that VA laundries were still able to produce hygienically clean linens.

To solve it the agency's Building Management Service turned to the VA Medical Center in Wilkes-Barre, Pa., and the Val Chemical Co., of nearby Sayre.

Sensors were installed in the laundry's water heater to control the temperature at 85 degrees Fahrenheit, and a Val Chemical technician set up special washing formulas and supervised the training of VA employees in their use.

Some minor problems cropped up, but were soon solved. Grease-type stains, for example, were found to need warmer water, so linens from the hospital kitchen were washed the first load in the morning at 115 degrees.

The results have been dramatic. During the first six months, BTU requirements have been reduced 40 percent -- 250,000 BTU's weekly.

The test data also shows that the cost of washing supplies for a 400 pound load has been reduced from \$2.09 to \$1.71 when using the cooler water.

And VA engineers now calculate that the new washing techniques will result in a VA wide savings of two billion BTU's annually.

In addition, fabric tensile strength and whiteness retention have been "excellent" under the cool water procedure and the Wilkes Barre hospital's bacteriologist reports that cultures revealed no pathogens present and that the linens are hygienically clean and conform to current bacteriological standards.

In all, VA officials calculate that savings could reach more than \$2 million in Fiscal Year 1981 and could increase annually after that if energy costs continue to rise.



The candlenut of the tropics can be lighted and used as a candle.

VOICE Editorials



Education Is Power

By:
Thomas E. Wilson

INDEPENDENCE, SELF-RELIANCE AND SELF-HELP

Independence is the ability to live one's own life by governing and disciplining oneself, with subservience to others. Self-reliance is confidence in oneself, one's own efforts and powers, and self-help is knowing how to provide for oneself without the aid of others.

The test of whether a person is really adult is whether he is actually able to take care of himself in an independent and self-reliant way. No amount of book learning or of himself in an independent and self-reliant

of habit training will take the place of the simple ability to take charge of one's own life. Without it, anyone is still a child, regardless of his/her age.

Our chief job as parents is, of course, to help our children reach a full, useful and happy maturity. In doing so they will become more and more independent of us, until they are at last able to start our entirely on their own.

Training in independence and self-reliance should begin while a child is still a baby. This is not unkind, but kind. Babies long to do things for themselves; they grab at the spoon when you feed them, at their shoes when you dress them. Allow them to try helping them-

selves, and as soon as possible show them how.

It takes patience to let the clumsy, dawdling two-year-old button his own coat, hold his cup, or turn on the water faucet for his own drink of water. But we must restrain ourselves. We must let him do what he can. That does not mean only what he can do well. He will make many mistakes as part of the process of learning. But we must let him try, and encourage him.

The mother who likes to do everything for her children and wants "to keep them babies" is in reality selfish. She cares more for her own importance to the child than for his development.

A child wants to be active, to tackle the problems that come his way; but sometimes they are too much for him. Then he needs to know that you are not only for him in his efforts, but willing to assist with suggestions or a helping hand when necessary. Whenever possible let your help be the kind that assists him to find his own solution, rather than the kind that takes the whole problem off his hands.

As children grow older, they can be trusted in more and more ways to direct themselves. They have learned more about what is safe, possible, and socially permissible. Don't forbid their "crazy ideas" unless they are actually dangerous. Let them learn by trying. Let them use many kinds of tools and learn to do all sorts of things. "handy hands" give one a feeling of competence.

Let the children explore on their own. Show your faith in them by leaving them, more and more, as they grow, to make their own decisions and learn to accept the consequences. Only so can they become self-reliant, independent adults able to cope with life on their own.

HEAT EXHAUSTION!: Do You Know The Symptoms?

Thousands of people have been stricken by heat exhaustion during the worst heat wave in the country's history. Many victims could have been spared this physical trauma, however, if they had followed a few simple precautions.

Who's most affected by heat? Although people who work outdoors, such as construction workers, city service employees, firemen, window washers, painters and gardeners are primary victims -- anyone who undergoes physical exertion when the temperature soars above 90 degrees F. is susceptible -- this includes joggers, bikers and even sun bathers.

Of course, the elderly must observe every precaution for heat exhaustion.

According to researchers at Wagner Thirst Quencher, the most common warning signs of which everyone should be aware are:

- *clammy skin
- *profuse perspiration
- *tiredness, weakness
- *headaches, cramps
- *nausea, dizziness (possible vomiting)
- *fainting (the victim will regain consciousness when he falls down and blood rushes to his head)

If you or a passerby experience such symptoms, the following corrective measures can be taken for relief:

- * Give the victim sips of salt water (1 tsp. of salt per 8 oz. glass, half a glass every 15 minutes, over the period of one hour) or the favorite drink of physically active people, Wagner Thirst Quencher. Thirst Quencher is specially formulated with potassium, magnesium, sodium, carbohydrates and phosphorus to revitalize and stabilize body fluids.

It provides more than twice the body minerals of any other product on the market.

- * Have the victim lie down and raise his feet off the ground 8 to 12 inches.
- * Rest in a shady or air-conditioned area and loosen clothing.
- * Apply cool, wet cloths and fan the victim.
- * If the victim vomits, do not give him any more fluids. As soon as possible, take him to a hospital where he can be given intravenous salt solution. People seriously afflicted with heat exhaustion should rest for several days and avoid exposure to abnormally warm temperatures.

Keeping your body properly hydrated is as important year-round as it is during the summer. Balanced and adequate body fluids are crucial to good health and well-being, especially while working and exercising. During strenuous exercise, the ingredients in Wagner Thirst Quencher not only stimulate muscular activity for quick energy, but make it easier to maintain a plateau of energy in case you need it.

WALT'S CHEVRON

We Stock

**Rebuilt Generators,
Alternators, Regulators,
Starters, Brake Shoes**

648-9823 648-8342

1500 W. BONANZA