

Frank and Nebo

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Frank (left) and Nebo (right) live in George Compound, a small crowded urban community on the fringes of Lusaka, Zambia's largest city.

Nebo is a volunteer caregiver who makes door-to-door rounds visiting 15 patients per day. With the power of his new bicycle, Nebo has chosen to take on caregiving as his full-time livelihood. "It helps us to go further, faster," he says. His ever-present, dazzling yellow hat is perfect metaphor for his delightful care-giving manner.



In March of this year, Nebo learned that his fellow community member, Frank, was no longer able to work as a taxi driver due to rapid weight and energy loss. An emergency ambulance ride to the clinic on the crossbar of Nebo's bicycle gave access to testing, which found Frank positive: he has AIDS. Because of the clinic visit, he was prescribed ARV drugs.



Only three short months later, Frank is putting on weight and an occasional smile due to Nebo's regular, upbeat care and medication monitoring. Frank plans to find full time work as a driver when he is fully recovered.

How to help: Just \$109 purchases a complete bicycle, spare parts, and support, and any donation amount helps provide the power of bicycles. Instructions for contribution by credit card, check or wire transfer are available at www.worldbicyclerelief.org.