

The Mission of **TEN** is to provide educat**10n** & informat**10n** for HIV-positive individuals in Colorado. In addition, we strive to empower individuals to be proactive in their mental and physical health and well-being. The newsletter is a peer-based collaborative effort, and we encourage material written and contributed by poz individuals to achieve our goal of being "by the community, for the community." We believe that "knowledge is power" and that individuals have a lot to learn and gain from each other by sharing their experiences and information.

SPRING 2012
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INSIDE THIS ISSUE

HIV RETREAT AT SHADOWCLIFF	4
HIV & TOBACCO HELP FOR SMOKERS	5
POSITIVE WOMEN'S NETWORK	5
TIDBITS FROM THE CROI 2012	6
DATING TIPS	8
Jo Jo's STORY	8
JAIL SERVICES - HIV	9
ACTG CLINICAL TRIALS	10
SUPPORT GROUPS	11
TEN FROM TEN	13
BELOVED RICHARD KEARNS	14
HARM REDUCTION ACTION CENTER	14
COMMUNITY EDUCAT10NAL FORUMS	15
WEB RESOURCES	15
CALENDAR OF EVENTS	BACK



SIN Colorado is a Gay Poz Men's Social Network supported by Treatment Educat10n Network



www.ontheten.org

The Newsletter of Treatment Educat**10n** Network—TEN

WILLIAM M. LEWIS RECEIVES CARL FRAZIER AWARD

TEN (Treatment Educat**10n** Network) and SIN (Strength In Numbers) Colorado have chosen William Lewis to receive the 2012 Carl Frazier Memoriam for excellence in HIV community advocacy.

The local recognition began in 2009 as a response to the untimely loss of one of its members in July 2008. The CFM was created to commemorate Carl, as well as promote a stronger sense of community among Colorado's HIV positive citizens. Previous recipients were Arthur Powers in 2009, Michael Beatty in 2010, and Anthony Stamper in 2011. This award has been a mechanism for the poz community to say *Thank You* to our own. William



is a shining example of consistent community input. The award is presented at the annual Tim Gill Endowment Fund Community Educat**10n**al Forum, held this year on April 10th. Thank you to Bruce Gipson and Imani Latif who wrote accompanying articles honoring William.

WILLIAM LEWIS—"MR" BROTHAS4EVER

by Bruce E Gipson

There is an immensely popular show on the African American cable network TVOne entitled "UnSung" which heralds the music of those Black singers and groups of days gone by who never quite received their well deserved notoriety – if the scope of that series acknowledged the "unsung" efforts of same gender loving Black men in advocating for our brothers in The Mile High City, **William M. Lewis**, recipient of this year's Carl Frazier Commemorative Award from TEN (Treatment Educat**10n** Network) would be at the top of the list.

(continued on page 2)

WILLIAM AND B4E

by Imani Latif

In 2000, as today, African-American gay and bisexual men comprise a disproportionate number of HIV/AIDS cases among gay men throughout the United States and here in Colorado. The Colorado Department of Health and Environment (CDPHE) was concerned about finding a way to address these numbers and provide comprehensive HIV prevention services specifically for African-American same gender loving men. Among Black males living with HIV in the Denver metro area, 53% identify as same gender loving men. That does not include those men who have sex with men but do not identify as gay.

Twelve years ago, CDPHE asked me to coordinate a series of focus groups to determine what type of intervention would work best and what barriers we'd need to address. I had worked with HIV prevention since 1986 and have a long history of developing programming for African-Americans.

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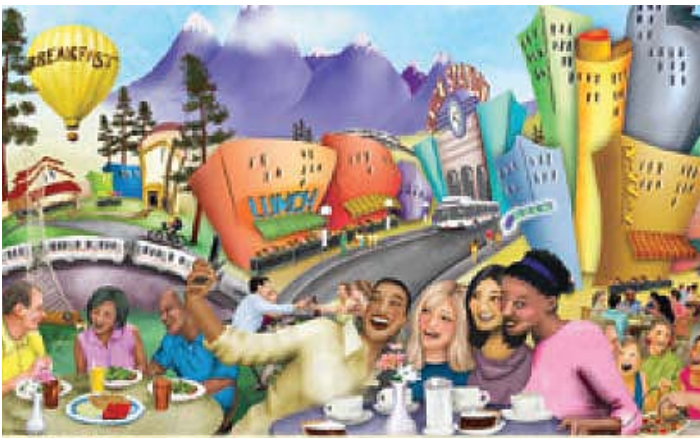


8th Annual Poz Cruise

* October 28 – November 4, 2012 *
A 7-night sailing from Ft Lauderdale
aboard the “Ruby Princess”
calling at St Maarten, St Thomas,
Grand Turk & Bahamas
Rates start at \$698
More info: www.HIVcruise.com

Would you like to contribute to this newsletter?

The *TEN* Newsletter is published quarterly and welcomes submissions on anything HIV-related. All submissions are subject to editing (for length & clarity) and should be 500-600 words or less. Please send articles to rebuiltDenver@yahoo.com (put “newsletter” in subject line).



Dining Out for Life[®] 2012

THURSDAY, APRIL 26TH

BENEFITING



PROJECT
ANGEL HEART

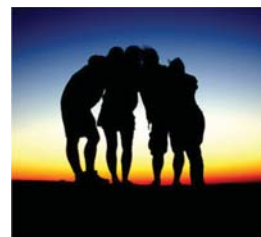
WILLIAM LEWIS “MR” BROTHAS4EVER

(continued from page 1)

I’ve known William for a number of years ever since I took over the role of Program Director of *Brothas4Ever*, which is arguably one of the longest running ongoing gatherings of men who self-identify as gay or bisexual of any color in the state of Colorado or possibly anywhere in the country. Although the target population of *Brothas4Ever* is Black men and much of the program has to do with HIV prevention, men of any race, creed, or color are welcome; and an array of topics having nothing to do with HIV are discussed at the traditional Monday evening meetings conducted at Aurora-based African American nonprofit *It Takes a Village*. *Brothas4Ever* has always attempted to provide a safe space for men to discuss and explore their feelings with men of kindred spirit who may not self identify as gay or bisexual but who have sex with other men. In 2011, *Brothas4Ever* celebrated its 500th consecutive Monday night meeting in over a decade of existence! William, who was the first director of *B4E*, helped me prepare for my role as Program Director a few years ago.

When I sat down with William to learn more about the accomplished man behind *Brothas4Ever*, he told me that he sort of “fell into” this work. Hailing from the small Appalachian city of Bluefield, West Virginia, William’s educational background is in music. In fact, he has been music director at a number of churches in the Denver area. He did undergraduate work at West Virginia Wesleyan College and Centenary College, and graduate work at the Iliff School of Theology. After moving to Denver, William recalls conducting a focus group in November of 1998 where the question, “What do Black gay men in Denver need and want?” was posed. William had been approached to facilitate these focus groups by Imani Latif, Executive Director of *It Takes a Village*. William recalls that 7 men showed up at that first gathering. William related to me with his usual sense of humor that, having grown up in West Virginia, he’d had little exposure to other gay men of color, that he’d “never heard of Patty Labelle,” that he didn’t “know anyone who had more than two pairs of shoes,” and he initially feared that other Black gay men “wouldn’t like the way he talked.” During that same period, William also recalls venturing to the fabled but now gone African American owned Hue-Man Bookstore in Five Points to purchase a copy of Black gay author James Earl Hardy’s book *B-Boy Blues* where he also learned of another gathering of SGL men of color known as the “James Baldwin Reading Circle” as William’s familiarization with Black gay life continued.

(continued on page 3)



THE STONEWALL HUDDLE

Fridays 3pm - 4:30pm.

Meet up at Unit 9 Denver Health Campus
667 Bannock (OBHS)
ground level yellow flag.

Drop in group for support, for information
A fresh approach to healthy living...
Need Info?? 303-436-4981...

WILLIAM LEWIS "MR" BROTHAS4EVER

(continued from page 2)

William became the de facto founder of *Brothas4Ever* as that name emerged from the metamorphosis of the groups *Out4Life* and *Brothas4Life*, and the physical location of the meetings moved from Brother Jeff's Fard/Cousins Building down Welton Street to "our own space" and drop in center in the heart of Five Points. William established a protocol for the Monday night meetings which continues to this day—quality standards of promptness, respect of one another during the often spirited group discussions, and complimentary nourishment provided to lend a sense of communal "breaking bread together" to the gatherings. William established the tradition of dubbing each meeting with "a sassy title" to attract the curious, and with the reading of a short but borderline erotic story called "*A Moment with Dick*" (written by one of the "brothas") which presents an HIV prevention theme in a popular, sometimes titillating manner.

William also emphasized that the brothas always attempt to express themselves in the form of "I" statements. He also established a "Facilitators Academy"—an intense daylong training session to prepare brothas who desired to facilitate Monday night gatherings by themselves in the intricacies of skillfully leading such discussions. He'd also noticed that brothas were simply not greeting one another at times and he instilled a theme of personally warmly welcoming each new arrival on a Monday night. All this time, *Brothas4Ever* was a "side" endeavor for William as he continued his full-time duties in church music and later as Program Director for Denver Urban Ministries. He also brought in guest speakers of some note who would normally not be expected to speak in a gathering of SGL men of color such as The Reverend Gil Caldwell of Park Hill United Methodist Church. As the scope of the duties expanded to where a full time director was required, William relinquished his position to continue his "day jobs" but he has remained totally supportive of the effort he started over a decade and 500 meetings ago and has continued to willingly consult with us—I am personally grateful for the comprehensive preparation he provided me before I became *Brothas4Ever* Program Director. William's successors at the helm of *B4E*—Michael McLeod, The Reverend Benjamin Reynolds, myself, and MaShawn Moore - have all made every effort to maintain William's unquestionable sense of excellence in this ongoing gathering—a true "gift" to men of color who have sex with men in Denver.

When I spoke with other *Brothas4Ever* participants (some of whom have attended *B4E* regularly since day one) about their impressions of William's leadership style, to a man they responded with complete respect and admiration for this gentleman. A couple of fellows acknowledged that William could be a tad intimidating at times, but they understood that such was needed to keep things moving forward, especially during those fledgling years, and that his affirming inspirational musings delivered in his uniquely clever no-nonsense manner left never a dull moment on those Monday nights.



Boyfriend University

Six Sessions: April 7-May 12

Boyfriend University is a six-session interactive discussion group for gay men who want to increase their capacity to connect with others, explore healthy relationships, and gain confidence in their ability to date. We welcome all men regardless of age, dating experience, or HIV status.

Space is limited, so apply today!

Sessions are scheduled Saturday mornings
A formal application and interview are required.

**More info: boyfrienduniversity@the.denverelement.com
or call Clint or Brent 720.382.5900**



visit www.gravitydenver.com

*"A social network group for
poz folks in their 20s & 30s"*

William told me that his "falling into" this work partially had to do with the first friends he'd lost to HIV—one acquaintance from Centenary College and one through church here in Denver in the '90s—deaths that impacted William profoundly. Unfortunately William himself has also endured a recent medical setback—when I asked him what he thought the future held for him, he told me at this point in any future opportunities he really preferred to be a "deputy" rather than a "chief," and he especially didn't want to deal with anything grief related because of the twists and turns of his life thus far. William Lewis, though, has left his indelible mark on *Brothas4Ever* and the men who have come to the gatherings held each and every night for more than a decade. *For his legacy of advocacy, no one is more deserving of this year's Carl Frazier Memorial Award than William M. Lewis.*



HIV RETREAT AT SHADOWCLIFF REGISTRATION NOW OPEN

Registration for the 2012 HIV Retreat at Shadowcliff is now open. This year the retreat will be held July 5th-8th, 2012. These annual 3-day weekends are held at the Shadowcliff Lodge, built on cliffs adjacent to Rocky Mountain National Park, overlooking a lake, a roaring stream, the mountains, and the Town of Grand Lake (*about two hours by car from Denver*).

The purpose of the retreat is to offer a proactive environment where poz folks can empower themselves with knowledge and skills about health, living, and coping ...in a setting of friendship, safety and acceptance ...by providing an affordable 3-day mountain getaway in an awesome setting with a full agenda of educational, social, and other activities.

The weekend agenda has a full program of educational workshops and interactive seminars, body therapies (*massage, chiropractic, reflexology, energy work, and acupuncture*), discussion groups, and various other sessions & social activities. If needed, transportation is available from Denver through a carpool.



The retreat fee is \$195. The actual per person cost for someone to attend the retreat is \$245, however all HIV+ persons automatically receive a \$50 scholarship, reducing the fee to \$195. In an effort to make the retreat affordable to all, individuals on disability or restricted income (based on federal poverty income levels) are able to apply for a financial assistance scholarship for amounts up to \$115, reducing the fee to as low as \$80. The fee is all inclusive and covers 3 days lodging, all meals, all body therapies, and all activities. The only additional expenses are a gratuity for the summer staff at the Shadowcliff Lodge, and gas money (\$7 or so) for the drivers in the carpool. Scholarship monies are provided by fund-raisers, grants, and generous donations from individuals.

For more info and to register online, visit: www.OnTheTen.org (click on "HIV Retreat.") If you do not have access to the internet, you may register by phone (*leave a message at 303.7777.208*). Space is limited and everyone is encouraged to register as soon as possible. Feel free to contact Michael with additional questions: retreat.shadowcliff@gmail.com or 303.7777.208.

Shadowcliff is an historic, rustic, and beautiful alpine lodge bordering Rocky Mountain National Park, Arapaho Forest, Indian Peaks Wilderness Area, and the roaring North Inlet Stream. Perched on a cliff overlooking Grand Lake Village and the Colorado "Great Lakes" area, Shadowcliff treats its guests to the magnificent grandeur of the majestic Colorado Rocky Mountains. The lodge was built over a 40 year period by volunteers from 30 different countries, on land that is sacred to the Native American community. The retreat was founded in 1990 by Pat & Warren Rempel, to honor their son Scott who died of AIDS in 1989. The Lodge is now owned and operated by a non-profit organization whose mission centers around sustainability education and creating a climate for a restorative world.



**XIX INTERNATIONAL AIDS
CONFERENCE JULY 22 - 27
WASHINGTON DC USA**



Volunteer Information (volunteer applications open 1 April 2012)

Submitted by Penny DeNoble

Roles and Benefits of Volunteers:

- Volunteers will help plan the conference, coordinate program activities, greet visiting delegates, assist with registration, act as guides during the conference, staff various offices and activities, help in the Global Village and perform other crucial tasks.
- Volunteers will have access to conference sessions outside of their shifts, a lunch each day, a volunteer t-shirt, and a Certificate of Appreciation. Shifts will average 6-8 hours/day.
- Volunteers will have the possibility to gain international experience at the world's largest conference on AIDS and to unite in the response to AIDS.
- Join a wonderful team of volunteers!

How to Volunteer:

- The success of the AIDS 2012 depends heavily on the support of between 1500 and 2000 volunteers.
- You must be at least 18 years old as of 22 July 2012.
- To register (after April 1) visit: www.AIDS2012.org and click on "volunteers"
- Registration will close when once the number of volunteers needed is reached.
- Volunteers are responsible for their own accommodation and travel costs.
- If you have any questions, please email: volunteer@aid2012.org.

HIV & TOBACCO HELP FOR SMOKERS

from Howard Dental Center

Tobacco products are hazardous to people who otherwise consider themselves healthy. So imagine the health challenges faced by people living with HIV who are exposed to tobacco.

"The use of tobacco products and second-hand smoke has a greater impact on people living with HIV, compared to the general population", says Hazel Ann Harris, medical case manager at the Howard Dental Center in Denver. "People living with HIV have immune systems that are already comprised due to inflammation," says Harris, who helps patients with emotional and social needs.

Howard Dental, which has been serving the dental and oral health needs of patients living with HIV/AIDS since 1994, performs more than 11,000 dental procedures annually. With already-compromised immune systems, people living with HIV who are exposed to tobacco have a discouragingly long list of potential dental, oral, and overall health issues, more than the general population:

- Tooth and bone loss
- Oral malignancies
- Dry mouth (also caused by some HIV medication and chemotherapy)
- Slower healing
- Kidney and heart diseases
- Stroke
- Respiratory infections

In addition, the toxicity of chemicals in tobacco products and some HIV medications can impact the oral health of people living with HIV/AIDS.

Why people continue to use tobacco products, even when they know they are hazardous to their health, has been well documented, but remains complicated. Stress reduction and socialization are two of the most common reasons. "Most of our patients who use tobacco products are aware of the health risks and higher medical costs, but often they are not ready to quit," says Harris. For instance, people who use or abuse drugs or alcohol are frequently tempted to smoke, too. In addition, old habits typically die hard and can be complicated by mental or emotional challenges people carry around with them. For Harris and the Howard Dental staff, helping patients quit tobacco for good may seem like a daunting task, but they have developed systems and resources that do much to achieve successful—and, most important, healthy—outcomes.

"Howard Dental offers universal Screening, Brief Intervention, and Referral to Treatment (SBIRT) to all patients," Harris says. "Patients volunteer to be screened, which allows the screeners to provide more education about health risks due to smoking." In 2011, 459 Howard Dental patients participated in SBIRT. Of those, 213 reported that they use tobacco products. Howard Dental staff use motivational interviewing techniques to assess a patient's readiness to quit. Staff also helps patients focus on harm reduction and refer them to the Colorado QuitLine and local support groups. "We provide patients with information about Chantix and encourage them to consult with their health care providers..." about successful quitting strategies, says Harris. "We also recommend hypnosis and acupuncture, but only a couple of patients have reported using these complementary therapies." Still, every screening and strategy at Howard Dental – however modest or long-term – is a step in a healthier direction for all concerned.



POSITIVE WOMEN'S NETWORK NEW COLORADO CHAPTER

by Barb Cardell

In June 2008, the US Positive Women's Network (PWN) was formed. It was a project of WORLD (Women Organized to Respond to Life-Threatening Disease), and was convened by 25 HIV+ women advocates. PWN challenges systems and governments that do not recognize our worth. We seize and create opportunities for ourselves and for the betterment of all women. PWN advocates on an international and national stage, and now reaches down to state and regional levels, striving to achieve policies and programs that better serve the needs of women living with and at risk for HIV.



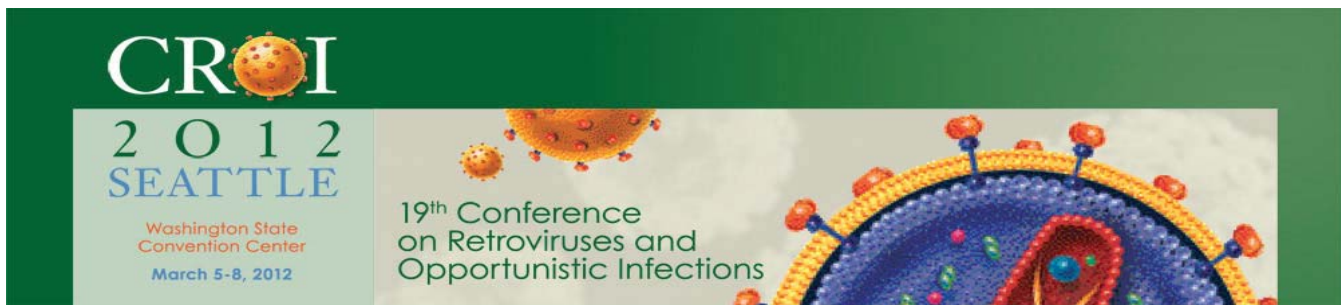
On January 2nd, 2012 a new chapter of the PWN started in Colorado. We would love to have you at an upcoming meeting. If

you are interested in attending meetings, being involved in the future, or have questions, please contact **Barb Cardell** at 303.946.2529 or b-cardell@earthlink.net

Changes in Top 15 Causes of Death

Homicide is no longer in the top 15 causes of death for the first time since 1965.

1. Heart Disease
2. Cancer
3. Lower respiratory diseases
4. Stroke and related CVD diseases
5. Accidents (unintentional injuries)
6. Alzheimer's Disease
7. Diabetes
8. Kidney Disease
9. Influenza and pneumonia
10. Suicide
11. Septicemia
12. Liver Disease and Cirrhosis
13. Hypertension and related Renal Disease
14. Parkinson's Disease
15. Pneumonitis due to solids and liquids (inflammation of the lungs caused by medications or other exposures, such as breathing something harmful over time).



Tidbits from the 2012 CROI

by Michael Dorsch

CROI is the large annual HIV conference that was held March 5-8, 2012 in Seattle: 4209 attendees from 83 different countries (47% international), 320 Young Investigators, 41 Int'l Scholarships, 33 Community Educators; 8 Plenaries, 9 Symposia, 18 Themed Discussions, 1046 Abstracts (out of 1717 submitted), 30 Late-Breakers (out of 179 submitted). Sessions were held from 8am til 6pm for 4, with a huge amount of data, reports, and findings from a plethora of research.. Here are a few tidbits from the conference (which was the 19th CROI):

- The "quad" pill is now looking really good and better than many of us thought. The combo pill consists of elvitegravir (a new integrase inhibitor similar to raltegravir (Isentress) + Truvada (tenofovir + FTC) + cobisistat (a new booster similar to ritonavir (Norvir). Note: elvitegravir needs boosting. This combo tablet should be approved at the end of August. It will be marketed as an alternative to Atripla. There are two differences between Atripla and the "quad pill". Atripla contains efavirenz (Sustiva) and "quad" has substituted efavirenz with elvitegravir; -and- the "quad" contains the necessary "booster" drug. (Both drugs contain Truvada.) It appears from the clinical trials that the "quad" pill has very few side effects and is very efficacious in controlling the virus. Atripla has some annoying neuro side effects for some people. However, the good news is that there will now be 2 options for a combo-drug pill, one pill once a day, -and- both very potent for controlling the virus and achieving and remaining undetectable. For many reasons, choices are good.
- Work has progressed over the last year on the Prodrug of tenofovir (brand name Viread). This is the "new and improved" version of the drug. Remember when they used to do that for products like laundry detergents? So this is the *New & Improved!* version of a very widely used drug (mostly as part of Atripla and Truvada and Complera). It appears that this new version becomes the active form of the drug in our bodies quicker and with less steps. In addition, it reaches higher potency when active and apparently is more effective; while at the same time resulting in less toxicity (kind of an oxymoron). Nevertheless, it is moving forward and if it continues to do well, it will probably replace the current version both alone (as Viread) or as part of Atripla or part of the new "quad". Hmmmm ... I have to wonder ... do you think our prescription bottles will have *New & Improved!* printed on them?
- Many of us are taking raltegravir (Isentress), and some of us will be taking elvitegravir (as part of "quad") later this year. However, there is a 3rd integrase inhibitor call dolutegravir (which I reported last year). Since raltegravir and elvitegravir are cross-resistant -(i.e. you can't switch from one to the other if you develop resistance)- dolutegravir is "second generation" and apparently not cross-resistant with either. Therefore, development of dolutegravir is both exciting and important as an option for someone failing current drugs in that class. So the development, efficacy, side-effect profile, etc, all look really good to date and I anticipate this moving forward without any hurdles or hitches.
- Very early work on a new target for inhibiting viral replication called LEDGF is moving forward. Although a long way off, much of the preliminary work has been done, to now begin compound development. Although similar to integrase inhibition, it is somewhat unique, and new targets/classes are always a good thing for future treatment options.
- There were a number of cure research presentations including: an excellent overview of the field (see viewing recommendations below); the pharmacogenetics/dynamics of this new frontier; using non-human primates (monkeys) for much of the early work that should not be done on humans to start; and a more detailed summary of some of the work already being done or planned. Much of this new field of research is not only very exciting, but also very challenging. Clinical trials in cure research will have little, if any, personal benefit to us. So our participation will be almost 100% altruistic at first. These trials could be difficult to enroll, but I am confident that with proper safety guidelines in place, our poz-community will rally and participate.
- Shorter LTL (leukocyte telomere length) on the end of our chromosomes, is associated with aging. Although HIV may marginally affect LTL length, smoking (oxidative stress) plays a more important role in LTL maintenance and the cellular aging process. The take home message is that smoking is much more a factor for premature aging than HIV or meds.

- Statins that are used for cholesterol and triglyceride reduction, have now been shown to be effective in reducing malignancies and major clinical events such as heart disease, kidney disease, liver disease, non-AIDS cancer, diabetes, and death. There is also an association with reducing inflammation.
- Research has progressed on using the Zoster Vaccine (shingles) in HIV+ persons to prevent future episodes. It was shown to be safe and produced the necessary antibodies. Still not known if it will work, so keep tuned.
- Life expectancy for HIV+ persons continues to rise and improve for persons who take antiretroviral drugs.
- Since treatment as prevention is such a hot topic right now, getting people tested and into care is now more crucial than it has ever been. There were some interesting presentations on new and novel efforts to achieve this. All a good thing!
- A few tidbits from a session on Complications:
 - * There are new data suggesting that heart disease risks may be no different for HIV+ than HIV-, and an aging population (poz or neg) may factor more.
 - * There are concerns regarding benefit vs harm of additional screening tests and treatments for non-HIV health issues, "poly-pharmacy", and "over-treatment"; and that it may be best for providers to assess individualized risk of each patient, and prioritize care for those aging with HIV.
 - * Bone loss density is common among us, and fragility fractures are increasing as the HIV population ages.
 - * HAND (HIV-associated neurocognitive deficit) is prevalent even in well-treated undetectable persons. Persons should be evaluated by care providers. Diagnosis and treatment is an area that has ongoing clinical trials and research.
- Last, a lot of data on all the new and exciting Hepatitis C treatments ... too much for this article. Watch for an article on this subject in the next TEN Newsletter.

Want more from the Conference?

Watch videos of presentations and read abstracts and posters on line at: www.retroconference.org

To watch video presentations:

- Click "View Webcasts and Podcasts"
- Choose how you want to search
- You can search by session, title, speaker, or organization

To read abstracts and posters:

- Click "Search Abstracts & Browse Program"
- Then you can search by Title, keywords, Paper #, Author, Session # etc,
- using different criteria
- (similar to an online library search)

Recommendations (in order of preference):

Listed by "Speaker name" (easiest to search).
Best to watch as "Play Podium Video & Slides"

1. Lewin "Pathways...Viral Latency & Reservoirs"
2. Dedes "Treatment As Prevention"
(includes my 7 seconds of fame)
3. El-Sadr "ART for Prevention: Science & Art"
4. Currier "Complications of HIV Disease & ART"
5. Stein "CVD Risk: Are Patients w/HIV Different"
6. Wright "Neurocognitive Deficit"
7. Justice "Aging"
8. Yin "Bone Loss"
9. Mellors "HIV Reservoirs and Cure Research"

"UB2" SIN Happy Hour



**Second Friday
of every month
6-7pm**

Meet *upstairs* at
**The Skylark Lounge
140 S Broadway**

SE corner of S Broadway & Maple Ave

First drink is free if you have never attended before!



please visit
www.ontheten.org

Thank You !

The Denver Cycle Sluts raised
\$1021 for TEN (HIV Retreats)
at the February Bingo.
You sluts are sooo appreciated!



DATING TIPS

by Nelson Vergel

Being HIV positive complicates the dating game. Disclosing your status can be stressful since there is always a good possibility that you can get rejected. I think taking medications daily is not as big of an issue as is dating while being HIV positive. That is what I tell HIV-negative young people who think that HIV is a chronic manageable disease and do not see what the big deal is about wearing condoms. I tell them that taking pills is the easiest thing, but dating can be terribly complicated and stressful after you find out you are HIV positive.

Luckily, many people are meeting online and can disclose early during email exchanges, before emotional ties are established and more headaches can occur. But many



choose not to disclose and put themselves in awkward situations in which they wait too long to tell the person they have been dating for weeks, which can potentially result in resentment from those people. However we choose to meet a

potential person to date, we know one requirement has to be met first: that person has to be HIV friendly and educated about HIV. But how do you meet people that have a better chance at meeting that requirement?

I tell my single friends that there is no better way to meet other poz people to date than to volunteer in nonprofit organizations, fund-raisers, AIDS rides or walks, or to serve on Boards of Directors of AIDS organizations and other community-related work. In my 18 years of nonprofit work, I have met many a single man with a great heart and a desire to help others, which are two of the things I find the most attractive. Also, these people tend to be more HIV friendly (regardless of their HIV status). If you volunteer for a group or event, chances are that you will be seeing those people frequently. That can give you a great opportunity to get to know them better before you even ask them out on a date. Take a look at this listing of organizations.

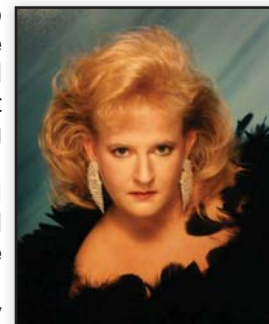
Another very good way to meet other poz people is to go on retreats and trips that cater to HIV-positive people. I usually go to the yearly Poz Cruise in October, where 300 or so men and women hang out for a week of fun and relaxation. We have dinner together every night and get to know each other. And we have a rare opportunity to hang out with someone for seven days! Many couples have met on that cruise. For more information go to: www.HIVcruise.com You can also post your profile online on the different websites created for HIV-positive people to meet each other:

Poz Singles
HIVPoz.net
GayHIVPoz.com
PozMatch.com

Jo Jo's STORY

by Joan Seigal

My name is Joan "Jo Jo" Seigal. I am partly deaf and I married a *hard of hearing* man in 1984. In 1986, he got very sick and went to the hospital where he stayed for a month. The doctors ran tests and we found out he had AIDS. During this time, I recalled thinking about Rock Hudson and his AIDS diagnosis. So then the doctor wanted me to take a blood test to determine if I had also contracted the virus. I didn't understand why they were asking me to do this, but I did it anyway. Two weeks later I found out that I had HIV, and was probably infected in 1985. I was confused about the difference between HIV and AIDS, so I went to the Red Cross and they explained it to me.



Jo Jo—the early years

Boy, I was verrrry upset and angry about how my husband contracted the virus, so I went to the hospital to see him and ask him! He finally admitted that he was a bisexual man, and knew it, but didn't tell me. We called his old lover in



Jo Jo—today

California, but his ex's mother told us he was sick and dying. Initially she wouldn't tell us what he was dying from, but eventually did. My husband's health continued to decline. He lost a lot of weight, became blind in both eyes, and eventually died in 1989.

In 1995, I developed AIDS and had soooooo many health problems. I became blind in my left eye from CMV, lost a lot of weight, and so forth. I became a Christian in 2003, but I wasn't physically strong enough nor did I understand much until 2005, when my life changed.

I believe that God can heal us. God did heal my ears one time, but I was in a car accident and then lost my hearing again. I realized that God is alive and He is there for me. God did heal me of my diabetes for 6 to 9 months and then it came back. Do you believe in healing? I do!

I AM HEALED and I BELIEVE IT. I LOVE YOU ALL and GOD BLESS YOU ALL! DON'T GIVE UP!

Last but not least, meeting new people through your friends and network gives you a unique opportunity to meet someone after you can get some input from others about that person. I know there is nothing worse than when a friend tries to set you up with someone who is not a match for you, but at least you get to meet people with some prior background information before meeting them.

It is not easy to meet other poz or poz-friendly people to date, especially if you live in a small town. Luckily, the online world has brought many people together that would not have met otherwise due to their worlds being so far apart.

JAIL SERVICES - HIV

by Katie Donovan

Case Coordinator ID Jail Services, Denver Public Health

More people in the United States are now incarcerated in jails and prisons than have ever been in the history of humanity. People who are HIV positive are much more likely to be incarcerated than people who are HIV negative: one in five poz people will pass through a correctional facility their lifetime.



There are many complicated reasons for this. Some reasons for the higher incarceration rate are completely beyond a person's control: racism in the US, not having the money to pay bond during criminal proceedings. There are also people who are incarcerated because of the addictions they struggle with or untreated mental health issues. I see all of these people in my work in the Denver jails. It's important for people with HIV to know that if you are incarcerated, there are

people who care about your well being and want you to get the medical care you need.

There is a difference between jails and prisons. Jails are run by county governments, and hold several types of people: those not yet convicted of a crime in the midst of court proceedings; and people who have been convicted of a crime but sentenced to a year or less. Prisons are run by the state or federal government and are only for people who have been convicted of a crime and sentenced to a year or more. Because jails are short term facilities, there are fewer programs available for the people there. That is one of the things that makes Denver Health's Infectious Disease Jail Services Program so unique; we offer services for people who are incarcerated as little as two weeks or are in jail for longer.

Each jail does medical care a little differently. In the two Denver jails, if a person is on HIV medication when they enter, they can continue on HIV medication while incarcerated. There is also a doctor who visits the jails weekly, specifically seeing everyone with HIV. If someone has fallen out of medical care prior to incarceration, we can get the ball rolling while still in jail to re-connect to medical care



in the community. If someone wants their medical provider to know they are incarcerated, that can happen too. Many times these people are dealing with a lot of other difficult issues. The jail services program can work with them while in jail and after release, to connect to important resources in addition to HIV care: housing programs, food banks, substance abuse treatment and mental health services.

Not only are jails and prisons incredibly difficult places to be, but getting out can be terrifying as well. For someone who has been in a highly structured environment for years, it can be completely overwhelming to suddenly have to worry about food, clothes and housing. Those on HIV medication in Colorado's Department of Corrections will be released with ten days of meds (as of August 2011). However, it is almost impossible to get screened for medical benefits, see a doctor and get medications in just 2 weeks. So Denver Health ID Clinic also has a linkage program, specifically for people coming out of DOC, to provide information about where they can get medical care and to set up appointments pre-release. People who are both positive and in a jail or prison face many challenges. Knowledge is power, and it's important for people who are HIV+ and in jail or prison to know that there are people "on the outside" that care about them and want them to be well.

The Yoga Group - for **pozitive** people

Tuesdays: 4:30-6pm * 2670 S Gilpin St
(call Claudia for info: 303.744.3407)

Wednesdays: 5:15-6:45pm Sundays: 10:15-11:30am

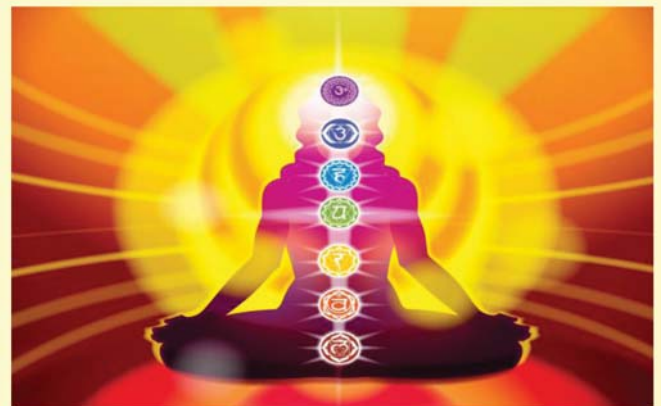
Iyengar Yoga Center * 770 S Broadway
(more info: 303.575.1673 * www.yogagroup.org)

Join us. No reservations necessary!
Wear loose-fitting clothes

Since 1989, the Yoga Group has provided free classes for people with HIV in a friendly, relaxed environment. We have found yoga helpful in maintaining health, relieving drug side-effects, and providing emotional support.

Yoga Group classes are free for all positive people regardless of current health condition, or previous yoga experience. Your partner is welcome to join us for a nominal fee of \$5 (free on Saturday).

Yoga is also available in Colorado Springs every Saturday 10:30a-12:30p at Pikes Peak MCC, 1102 S 21st St



Clinical Trials Now Enrolling

UC = University of Colorado Denver, Anschutz Medical Campus, E 17th Ave & Quentin St, Aurora

Contact: Graham Ray : 303.724.0712 : graham.ray@ucdenver.edu

DH = Denver Health ID Clinic, 6th & Bannock St, Denver

Contact: Julia Weise : 303.602.8742 : julia.weise@dhha.org

ACTG= AIDS Clinical Trials Group network; INSIGHT= INSIGHT network

AMC= AIDS Malignancy Consortium

> = greater than < = less than; CD4 = T-cells; VL = viral load

ART = HIV medications (i.e. antiretroviral treatment/therapy)

Naïve = never taken any HIV medications

Experienced = have taken HIV medications



ART Naïve: START: "Strategic Timing of Anti-Retroviral Treatment" (INSIGHT)

A study to determine whether immediate initiation of ART is superior to waiting until the CD4 falls below 350

- Conducted at DH only
- CD4 = > 500
- Receiving medical care in the Denver Metro area (Denver Health, University, or any other provider)
- HIV medications provided for course of study (about 5 years)

Randomly assigned to either Early or Deferred Group:

- Early Group begins ART immediately
- Deferred Group waits and starts ART when CD4 declines to < 350

ART Experienced: A5251: Randomized Trial of Enhanced Nursing Telephone Support to Improve Medication Self-Management and Viral Outcomes of ART-Experienced Patients

- Conducted at DH only
- Enhanced nursing telephone support versus usual ACTG site care
- 72 weeks (48 weeks of intervention/control and 24 weeks of follow-up)
- History of prior non-adherence to ART; experienced virologic failure on combination ART

ART Experienced: A5258: Exploratory study to see if chloroquine can reduce immune activation (ACTG)

- Conducted at UC only (24-week study)
- Currently on ART
- Undetectable VL for >2 years; CD4= <350

ART Experienced: A5275: Pilot study to determine the effect of atorvastatin on "markers" of inflammation (ACTG)

- Conducted at UC and DH
- ART regimen must include a boosted Protease Inhibitor (at least 6 months with no plans to change)
- Undetectable VL for >2 years
- LDL <130; Fasting Glucose <110; fasting triglycerides <400
- No active Hepatitis B or C. No known inflammatory conditions.

ART Experienced: A5293: ER niacin vs fenofibrate for lipids and inflammation in HIV+ with low HDL (ACTG)

- Conducted at UC only
- CD4= >100
- HDL = <40; Triglycerides = 200-800

ART Naïve: A5292: Compare effects of ART vs statins on endothelial function and inflammation (ACTG)

- Conducted at UC only (24-week study) For people with elevated cardiac risk.
- CD4= >500; VL >2000
- Either pravastatin alone for 24 weeks -OR- Atripla alone for 12 weeks then pravastatin added for another 12 weeks

ART Naïve: A5303: Bone, neurocognitive, & immunological effects of an ART regimen that includes maraviroc (Selzentry) (ACTG)

- Conducted at UC only (48-week study)
- VL = >2000 (virus must be R5 tropic, which is most people)
- HIV medications provided; study includes DEXA scans
- Placebo-controlled (and double blinded)

ART Naïve: A5296: Sevelamer for reducing endotoxemia and immune activation (ACTG)

- Conducted at UC only (16 weeks: 8 weeks on drug and 8 weeks off drug)
- Not taking any ART (either naïve or haven't taken ART for 24 weeks)
- CD4 = >400

ART Naïve: Pfizer1095: Randomized, double-blind, comparative trial of maraviroc + boosted darunavir versus tenofovir/FTC + boosted darunavir in people with CCR5-tropic virus

- Conducted at UC only
- Never taken ART

Vaccine for HIV+: A5281: Cytokine HIV MAG pDNA Vaccine Delivered via IM/EP or IM Injection

This is a phase I clinical trial to evaluate the safety and immunogenicity of the Profectus HIV-1 multi-antigen (HIV MAG) plasmid deoxyribonucleic acid (pDNA) vaccine.

- Currently on ART; CD4= >500; VL = >200

HEP C: A5277: Safety and activity of HCV entry inhibitor ITX5061 in mono-infected adults (ACTG)

- Conducted at UC only
- HIV negative
- HCV treatment naïve

Lung Microbiome Study: Alterations in Lung Microbiome in Acute and Chronic HIV Infection

This study plans to learn more about pulmonary complications of HIV.

- Conducted at UC only

HIV Negative: Vaccine Study (for prevention) (*"Stand Up For Love" in various publications*)

- Conducted at UC only
- Sexually active men who have sex with men 18-50m years old (must meet certain lab criteria)
- Must be circumcised
- CANNOT get HIV from vaccine

COMING SOON

HPV Prevention: A5298: HPV vaccine to prevent anal HPV infection in HIV-infected men (placebo controlled & blinded) 

- Conducted at UC and DH (followed for 3-4 years)
- Age = >27 yrs
- Receptive anal sex (penile or oral) within one-year of study entry

HPV: AMC 076: Infrared coagulator (IRC) ablation vs expectant management of HGAIN (high-grade anal intraepithelial neoplasia) (AMC)

- Conducted at DH only (2 year study)
- CD4 = >200; Men and women
- No history of anal cancer and no prior treatment of HGAIN
- Biopsy-proven AIN 2 or 3

HEP C: A5294: Trial of Boceprevir, Interferon Alfa 2b and Ribavirin in HCV/HIV Coinfected Persons (ACTG)

- Conducted at UC and DH

HEP C: A5309: Pharmacokinetics and Drug Interaction Potential of Boceprevir in HIV/HCV Co-Infected Persons (ACTG)

- Conducted at UC only

Tuberculosis: A5279: Ultra short-course rifapentine / isoniazid for prevention of active TB in HIV+ persons with latent TB (ACTG)

- Conducted at UC and DH
- 3-4 year study (10 visits in 1st year, 4 visits each year after that); \$10 gift card per visit
- On or off ART within certain parameters
- Includes DEXA scans



SUPPORT GROUPS

Every Tuesday 5:30-7pm: "Positive Support" (closed group, sign-up required)

CAP * 2490 W 26th Ave 3rd floor * Denver 80211 * More info: Mary Ann 303.837.1501 x490

Every Tuesday 11am-12:30pm: "Healing Ourselves: Addressing HIV, Trauma & Addiction" (drop-in)

It Takes a Village * 1475 Lima St * Aurora 80010 * More info: Crystal 303.367.4747

Every Wednesday 6:30-8:30pm: "Going Strong" (closed group, sign-up required)

9th & Sherman * Denver 80203 * More info: Paul or Ryan 303.399.9988

Every Thursday 7-9pm: "Compas" group for Spanish-speaking men (drop-in)

Denver Health * 6th Ave & Bannock St * Denver 80204 * More info: Marshall 303.602.3619

Every Thursday 3-5pm: "Vision!" substance abuse treatment group for women

Empowerment * 1600 York St * Denver 80206 * More info & sign-up: Aleesa 303.320.1989 x226

Every Friday 2-3pm: Women's Support Group (drop-in)

Empowerment * 1600 York St * Denver 80206 * More info: Liza 303.320.1989 x220

Fourth Tuesday of the Month 5:30-7pm: HIV & Hep-C Co-Infected Group (drop-in)

Meet in lobby 1735 York St * Denver 80206 * More info: Ugur 720.335.5403

First Wednesday of the month 6-8pm: Group for Poz & their partners (drop-in with potluck dinner)

SCAP * 1301 S 8th St Ste 200 * Colorado Springs 80905 * More info: 719.578.9092 / 800.241.5468

Third Wednesday of the month 6-8pm: Poz only Group (drop-in with dinner provided)

SCAP * 1301 S 8th St Ste 200 * Colorado Springs 80905 * More info: 719.578.9092 / 800.241.5468

Second & Fourth Friday 2:30-3:30pm: "Stay Out of Jail Free" for formerly incarcerated (drop-in)

It Takes a Village * 1475 Lima St * Aurora 80010 * More info: 303.367.4747

If you would like to list your group, please leave a message for Michael at 303.7777.208

WILLIAM AND B4E

(continued from page 1)

Being a woman, I asked my good friend William Lewis to facilitate the focus groups. William and I had worked together at Colorado AIDS Project for a number of years but had both gone on to new endeavors. We had several discussions over the years about there being a serious lack of culturally specific services to address the myriad of issues impacting Black men. Homophobia within the Black community, coupled with racism even from white gay men, was contributing to the disproportionate numbers. William, being an African-American gay man with a direct, witty way of speaking and a deep understanding of the needs of his people, did a stellar job with the focus groups.

We banded with an African-American organization called *Out4Life*, found CDPHE funding and began a program called *Brothas4Life*. After *Out4Life* disbanded, the program came under the auspices of a new organization I founded called *It Takes a Village*, and changed its name to *Brothas4Ever*. In 2011, *Brothas4Ever* celebrated its tenth year of providing support, outreach, groups and advocacy for African-American men who have sex with men. Men from throughout the state of Colorado attend, and those who fly in for vacation or to move here, find their way to the drop in center as well. *Brothas4Ever* also celebrated holding its 500th Monday night group in 2011! It may just be the longest running HIV prevention program for gay men in Colorado. In 2012, the program embarked on continuing its outreach through social networks of men from throughout the spectrum of African-American men who have sex with men, including those who do not identify as gay. *Brothas4Ever* is affirming to all men who participate regardless of where they are in the coming out process. They will also be conducting several HIV prevention retreats in and out of town, along with regular Monday night groups.

The logo for Brothas4Ever, featuring the word "Brothas" in a stylized font and "Ever" in a red box.

William Lewis led the group for its first critical years, developing ground rules, mission statement, and community awareness. *Brothas4Ever* has always had a committed advisory board, which saw the program through its year when there was no funding. Under William's direction, the program grew, groups were held each and every Monday night, community activities flourished, and within the first three years, hundreds of men were reached. Over the past eleven years, more than 3,000 men have been reached. A study by HIV Prevention researchers Diaz, Morales, Bein, Eugene, and Rodriguez (1999) states that factors such as acculturation level, degree of participation in ethnic traditions and celebrations, and association with other members of the same ethnic group influence personal norms regarding safer sex.

People often ask why there needs to be a separate program for Black gay men. Colorado is a very different environment for gay Black men than it is for gay White men. It has been almost two decades since the passage of Amendment 2, with which Colorado became the first state to limit civil rights for its GLBT citizens. The gay, predominantly white community in the Denver metro area was empowered as a result of the battle against Amendment 2 even while having

experienced marginalization after it was passed. However, the experience of oppression as severe as the aftermath of Amendment 2 was a rude awakening for many gay, white men. For many African-American gay men, Amendment 2 was simply an extension of the marginalization they had felt their whole lives. For others who attempted to become involved in the fight against Amendment 2, racism was encountered even among the ranks of those engaged in the fight.

To this day, racism exists even within the community of gay men who claim to be activists on behalf of the LGBT community. Thus, as William Lewis says, "As black men, there's a rhythm about us, and as black men who love and want to be in some type of relationship with black men, there's a rhythm, there's a spirit, there's an interaction, a kinship that you get going. *Brothas4Ever* is a sacred space where we can share our truths without explanation." As health and social issues in the African-American community are rooted in our history and culture, so are the solutions. That does not mean that we cannot have allies or friends. It simply means that the answers to the community's problems, HIV and others, will be solved by understanding, affirming and addressing our unique experiences. For further information about *Brothas4Ever* or its activities, contact Program Director Mashawn Moore at 303.367.5021.

Save the Date !

Mountain SIN

autumn weekend
September 13-16

* Shadowcliff Lodge *

* Grand Lake Colorado *

- ❖ Half-day hike in Rocky Mtn National Park
- ❖ Road excursion on Trail Ridge Road in RMNP
- ❖ Rocky Mtn Repertory Theatre "Almost Heaven"
- ❖ Bowling, Putt-Putt Golf
- ❖ Fishing, Bicycling
- ❖ Elk Bugling in RMNP
- ❖ Campfires
- ❖ Group games & activities
- ❖ Hot Sulphur Springs

(all activities are optional)

Arrive Thursday afternoon/evening, depart Sunday late morning

More info: www.ontheten.org/mountainSIN



TEN from TEN

1 A recent CDC report states that 38 million Americans binge drink 4 times a month. It is more common among younger people, but older people (65 and older) binge drink more often (5-6 times). Alcohol binge drinking was defined as 4+ drinks for women and 5+ drinks for men on one occasion. Men & women 18-24 were the group with the most binge drinkers.

2 A report to a Saudi Arabian advisory group claims that allowing women to drive in the kingdom could encourage premarital sex. The ultraconservative stance increases pressure on King Abdullah to retain the male-only driving rules despite international criticism.

3 A recent study concludes that antibiotics are not the best treatment for sinus and other infections. It is now felt that the best course of action is to simply "wait it out". Antibiotic overuse and subsequent resistance development is a growing public-health problem. 166 adults in the study were given either amoxicillin or placebo, and neither group got better faster.

4 As for heart (cardiovascular) health
1. Sex is safe for heart patients, if they are able to walk up 2 flights of stairs without chest pain or gasping for breath, which is also true for other people.
2. Eating red meat -any amount and any kind- appears to significantly increase the risk of premature death. A study examined the eating habits and health of more than 110,000 adults for more than 20 years. Adding just one 3oz portion of unprocessed meat was associated with a 13% chance of dying during the course of the study, and worse, adding an extra serving of processed meat, such as a hot dog or bacon was linked to a 20% increase of death.
3. A man was eating a "Triple By-pass Burger" at Las Vegas restaurant named *Heart Attack Grill* when he actually had a heart attack. Paramedics were called when he started having chest pains, and he is now recovering.
4. The amount of trans fat in the American bloodstream fell by more than half after the FDA required food to be labeled with the amounts. Trans fat declined 58% from 2000 to 2008 (the labeling requirement started in 2003).

5 Aspirin, the 3-cent painkiller whose origins can be traced back to Hippocrates, reduces the chances of developing or dying from cancer earlier than previously thought, and also prevents tumors from spreading. People who took a daily dose had a 24% lower rate of developing cancer after 3 years and were 37% less likely to die from the disease after 5 years than those who didn't, according to a study published in *The Lancet*. The rate was similar between men and women.

6 A man trying to quit smoking was puffing on an electronic cigarette when a faulty battery caused it to explode, taking out some of his front teeth and a chunk of his tongue, and severely burning his face.

7 More people in the United States now die from hepatitis C each year than from AIDS, according to the CDC. Data on more than 22 million deaths and their causes found that Hep C death rates increased to almost 5 per 100,000 in 2007 from fewer than 3 per 100,000 in 1999. Over the same period, the HIV death rate declined to a little more than 4 per 100,000 from more than 6 per 100,000. There were 15,106 deaths due to hepatitis C in 2007, almost 75 percent of them among people ages 45 to 64.

8 Toddlers receiving anti-HIV drugs have higher cholesterol levels, on average, than do their peers who do not have HIV, according to researchers at the NIH. Cholesterol levels tended to be highest among children who took protease inhibitors. 10.8 percent of HIV+ toddlers had levels above 200 mg/dL, which is considered borderline high risk.
Speaking of children
HIV+ children older than 1 yr who were treated after showing moderate HIV-related symptoms did not experience greater cognitive or behavior problems compared to peers treated when signs of their infection were still mild. However both groups of HIV-positive children lagged behind HIV-negative children in these areas, suggesting that the first year of life may present a critical treatment window for minimizing impairments in brain development due to HIV.
And last ... according to the Onion, a new study has found that within seconds, newborns infants can tell whether or not their parents are total losers.

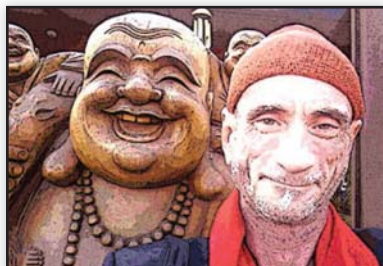
9 About 20% of American adults suffer some sort of mental illness, and 5% experience a serious disorder that disrupts work, family, or social life, according to a report. Mental illness is most prevalent in women, young adults, the unemployed, and people with low incomes. Drug & alcohol abuse is more than twice as common in those with mental illness, and about 4% of adults contemplate suicide each year.

10 A state senator in Oklahoma has proposed a bill banning the use of aborted human fetuses in food, prompted by internet info. The FDA said it's unaware of such a concern. It would ban manufacture or sale of any food where aborted fetuses were used in development of any of the ingredients.

OUR BELOVED RICHARD KEARNS

Richard Kearns, 60, of Los Angeles, long-time AIDS survivor, poet journalist, and medical cannabis activist, passed peacefully, on January 12, 2012, with loved-ones at his side.

Mr. Kearns, a native of Chicago, was born May 26, 1951. He received his BA in Journalism from Roosevelt University in Chicago in 1972, and completed additional coursework at Michigan State University and Cornell



College in Iowa. Richard worked as a writer, reporter, editor, and graphic designer for many publications such as *Chicago Today*, *Gallery Magazine*, and the *Bulletin of the Science Fiction Writers of America*. He was also a consultant in

professional desktop publishing and taught Journalism at Loyola Marymount University in Los Angeles.

A *Nebula Award* nominee and graduate of the Clarion Writers' Workshop, Richard published numerous short stories including *Grave Angels* which placed in the 1987 *Locus Poll Award for Best Novelette*, nominated for the *Theodore Sturgeon Memorial Short Story Award*, and appears in *Terry Carr's Best Science Fiction and Fantasy of the Year*. He was also a certified group exercise instructor, personal trainer and Qigong teacher.

Richard was diagnosed as HIV positive in 1987 and considered himself a long-term survivor. His political cultural activism and medical cannabis advocacy

were as much a part of his AIDS treatment as was big pharma. Mr. Kearns was the founder and publisher of aids-write.org and AIDSoverSIXTY.org, both journals on HIV/AIDS positive living, LGBT political & cultural activism, art, poetry, and social justice. He served as a founding director of Patient Advocacy Network, a charitable organization advocating for safe medical cannabis laws and patients' rights. His full bio is available at <http://aidsoversixty.wordpress.com/about-rk/>.

Richard Kearns is survived by activists, poets, and social justice advocates around the world. A Memorial Event, Poetry Reading & Celebration of the Life of Richard Kearns was held on Saturday, February 11 at Kings Road Park in West Hollywood, CA. Attendees wore red, Richard's favorite color and, per Richard's request, participated in poetry reading and storytelling.

*i shoulda died
longtime ago so
everything troublewise
i conjur is pure
gravy
AIDSwise in dog years
(mad in the noonday)
that's alotta sauce
even for me....
—rk*

HARM REDUCTION ACTION CENTER NEW LOCATION

The Harm Reduction Action Center educates, empowers, and advocates for the health and dignity of Denver's injection drug users and their sexual partners, in accordance with harm reduction principles. The Harm Reduction Action Center now offers a syringe access program on Mondays, Wednesdays, and Fridays from 9 am–Noon. Syringe access provides clean syringes, as well as a place to safely dispose of used syringes. In addition, we offer two injection drug user-specific health education classes, safer shooting materials, agency referrals, community outreach, an active IDU Advisory Committee, voter registration specifically for former felons/homeless, and substance abuse treatment referrals. We are now located at 733 Santa Fe Drive, Denver, CO 80204. For more information about us please visit: www.harmreductionactioncenter.org



VOLUNTEERS NEEDED! Sunday May 27th

Volunteers are needed to pour beer at the Wrangler Charity Beer Bust on Sunday May 27.

This is the Sunday before Memorial Day, so we anticipate needing a lot of volunteers.

Proceeds will benefit the Retreat at Shadowcliff and other *TEN* programs.

Save the Date & Mark your Calendars!

volunteer by email or phone:

retreat.shadowcliff@gmail.com -or- 303.7777.208

**THE DENVER
WRANGLER**

17th St and Logan, Downtown Denver, Colorado

Mr. Kearns requested memorial donations be made to The American Foundation for AIDS Research at <http://www.amfar.org/donate/>; Being Alive at <http://www.beingalivela.org/>; and Patient Advocacy Network at <http://cannabissaveslives.org/>.

Special thanks to West Hollywood Council member Jeffrey Prang, the City of West Hollywood, Los Angeles City Councilmember Bill Rosendahl, 29th Congressional District Candidate David Hernandez, Rev. Patrick Duff, Dr. Linda Bannister of Loyola Marymount University Department of English, Degé Coutee of Patient Advocacy Network, Tere Joyce of Hollywood Hemp Press Hour, The Candy Factory of North Hollywood, Wellness Caregivers of Tarzana and La Brea Collective.



COMMUNITY EDUCAT10NAL FORUMS

"BY THE COMMUNITY ... FOR THE COMMUNITY"

Tuesday, April 10: "HIV & Liver Disease: The Silent Peril"

Kenneth Sherman MD, University of Cincinnati

Annual Tim Gill Endowment Educational Forum at Hamburger Mary's

RSVP required: Visit www.ontheten.org/forums for RSVP information on the flyer.

Tuesday, May 15: tentatively either Inflammation or Central Nervous System

Jason Hindman

(usual location, see below)

Tuesday, June 12: tentatively HIV Resistance

speaker tbd

(usual location, see below)

* FREE DINNER 6 PM *

* FORUM 6:30 PM (NO RSVP REQUIRED) *

COMMUNITY ROOM AT OUR SAVIORS

9TH & EMERSON (LOWER LEVEL, ENTER ON THE SIDE FROM EMERSON ST)

SPONSORED BY

TEN (TREATMENT EDUCAT10N NETWORK)

WWW.ONTHETEN.ORG

(IF YOU HAVE MEAT, WHEAT, OR OTHER FOOD ISSUES AND PLAN TO ATTEND, PLEASE LET US KNOW BY EMAIL TO: FORUMS.COLORADO@GMAIL.COM)

WEB RESOURCES WEB RESOURCES WEB RESOURCES WEB RESOURCES WEB RESOURCES

* www.thebody.com * www.aidsinfonet.org * www.poz.com * www.tpan.com *

* www.aidsmeds.org * www.treatmentactiongroup.org * www.projectinform.org *

* www.beonecity.com * www.wix.com/poziam/poziam * www.lifelube.blogspot.com *

WEB RESOURCES WEB RESOURCES WEB RESOURCES WEB RESOURCES WEB RESOURCES

CALENDAR of EVENTS

April

- 1 (Sun) 11am: SIN Brunch at Barracudas (1076 Ogden)
- 5 (Thu) 5pm: DHRPC Meeting: 1437 Bannock St Rm 389
- 6 (Fri) free day: Chatfield Botanic Gardens
- 7 (Sat) free day: Denver Art Museum (13th & Broadway)
- 7 (Sat) morning: Boyfriend University begins (see ad in this issue)
- 10 (Tue) 6pm: Community Educational Forum (*special Tim Gill forum, RSVP req'd*)
- 13 (Fri) 6pm: SIN Happy Hour upstairs at the Skylark (S Broadway & Maple)
- 19 (Thu) 11am: DHRPC Rebuilt+ (PLWH) Committee: 200 W 14th Ave 3rd fl conf room
- 22 (Sun) free day: Denver Botanic Gardens
- 22 (Sun) free day: Museum of Nature and Science (17th & Colorado Blvd)
- 25 (Wed) 5:30pm: Denver Health CAB (b)
- 26 (Thu) Dining Out For Life (certain metro restaurants: breakfast, lunch, dinner) benefits Project Angel Heart
- 27 (Fri) 11:30am: University of Colorado CAB (d)
- 29 (Sun) free day: Denver Art Museum (13th & Broadway) *Dia de los Ninos*



May

- 3 (Thu) 5pm: DHRPC Meeting: 1437 Bannock St Rm 389
- 5 (Sat) free day: Denver Art Museum (13th & Broadway)
- 6 (Sun) 11am: SIN Brunch at Barracuda's (1076 Ogden)
- 6 (Sun) free day: Museum of Nature and Science (17th & Colorado Blvd)
- 11 (Fri) 6pm: SIN Happy Hour at Skylark (S Broadway & Maple)
- 15 (Tue) 6pm: Community Educational Forum (a)
- 17 (Thu) 11am: DHRPC Rebuilt+ (PLWH) Committee: 200 W 14th Ave 3rd fl conf room
- 23 (Wed) 5:30pm: Denver Health CAB (b)
- 25 (Fri) 11:30am: University of Colorado CAB (d)
- 27 (Sun) 4-8pm: Beer Bust at the Wrangler (benefits TEN Retreats) *volunteers needed*



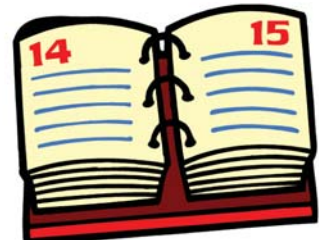
June

- 1 (Fri) free day: Chatfield Botanic Gardens
- 2 (Sat) free day: Denver Art Museum (13th & Broadway)
- 3 (Sun) 11am: SIN Brunch at Barracudas (1076 Ogden)
- 7 (Thu) 5pm: DHRPC Meeting: 1437 Bannock St Rm 389
- 8 (Fri) 6pm: SIN Happy Hour at Skylark (S Broadway & Maple)
- 9 (Sat) all day: Baker Neighborhood Yard Sale
- 12 (Tue) 6pm: Community Educational Forum (a)
- 17 (Sun) free day: Museum of Nature and Science (17th & Colorado Blvd)
- 21 (Thu) 11am: DHRPC Rebuilt+ (PLWH) Committee: 200 W 14th Ave 3rd fl conf room
- 27 (Wed) 5:30pm: Denver Health CAB (b)
- 29 (Fri) 11:30am: University of Colorado CAB (d)

Colorado Springs:

Tai Chi class every Friday Apr 13-May 25 5:30pm (Pikes Peak MCC 1102 S 21st St)
 AIDS Living Quilt Class April 14 & 28 Noon (Pikes Peak MCC 1102 S 21st St)
 Yoga: Saturdays 10:30am & Thursdays 5:30pm (Pikes Peak MCC 1102 S 21st St)

CAB = Community Advisory Board SIN = Strength In Numbers Colorado
 DHRPC = Denver HIV Resources Planning Council (Ryan White funded services) www.dhrpc.org
 (a) Our Saviors Community Room 9th & Emerson (enter on the side from Emerson)
 (b) Denver Health 6th & Bannock Rm 245 (Julia 303.602.8742)
 (c) U of C 12401 E 17th Rm 360 (nr Colfax & Peoria) (303.724.0797)



If you have an event for the calendar, send to: michael@OnTheTen.org or leave a message at 303.7777.208

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With no paid staff, all of our resources go directly to fund our programs.

Please consider supporting TEN with a fully tax-deductable donation.

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Checks can be sent to: TEN * Box 9153 * Denver CO 80209-0153
 -OR- you can click on our PayPal "Donate" button at www.OnTheTen.org

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