

The Mission of **TEN** is to provide education & information 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.

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## INSIDE THIS ISSUE

THE FREEDOM TO FAIL	2
MOUNTAIN SIN 2013	4
IF IT COULD HAPPEN TO ME	6
TEN FROM TEN	8
COLORADO ADAP FORMULARY	9
9TH ANNUAL POZ CRUISE	10
THE SAME CAFE	10
NEW HIV DRUG APPROVED	10
HOWARD DENTAL HAPPENINGS	11
SUPPORT GROUPS	12
LEADING CAUSED BY DEATH	12
ACTG CLINICAL TRAILS	13
WEB RESOURCES	13
EATING ON THE WILD SIDE	14
COMMUNITY RESOURCE FAIR	12
COMMUNITY EDUCAT10NAL FORUMS	15
CALENDAR OF EVENTS	BACK



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



[www.ontheten.org](http://www.ontheten.org)

The Newsletter of Treatment Education Network—TEN



## HIV FOR THE NEGATIVE FRIEND, FAMILY MEMBER, OR PARTNER

by Christian Dolan—September 5, 2013

**H**IV affects people in different ways. For some this means they just continue with their lives as they did before as though nothing has changed. Others (like myself) end up taking the news very hard and go from sane and normal one day to losing the plot, will to live and throwing their sanity out of the window along with all rational thinking. One way or the other, the aim should be to come back to reality and knock it on the head, so that this chronic illness can become a routine part of our daily lives. We don't ignore it, but monitor it and keep on going—a bit like those "Keep Calm" posters, I suppose. Ours could be "Keep Calm, It's Just HIV"—that is how I like to think. I am aware this is a serious condition in terms of what it is and does; however this is not a life threatening illness anymore as long as I take care of myself—and that is how you might want to think also. Don't be ignorant, be aware and be active. What I think some people forget, however, is how it affects other people—your family, friends or even a partner. When I was diagnosed this was one of the first things that crossed my mind—what is everyone going to think or say?

With my family and close friends, I knew HIV was something they only knew of from TV—that is was a killer disease, that only people in third world countries really had it. They were immersed in the stigma that related HIV mainly with Africa. I blame the media for this but part of it is also ignorance. I told the following people, in order, about my diagnosis:

- A couple of close family members
- My partner
- My best friend/housemates

(continued on page 2)

# HIV FOR THE NEGATIVE FRIEND, FAMILY MEMBER, OR PARTNER

(continued from page 1)

I suppose hearing about someone being diagnosed with HIV is similar to cancer on the grounds of “what do you say?” People are afraid to say anything to you as the ground they are treading on is unknown, like we are walking across a room of scattered broken glass blindfolded and we need to be careful where we tread! The balance between giving support and going too far can be tricky to manage, especially with someone you love dearly. Everyone wants to be there for you, but at the same time doesn’t want to make you feel incompetent or to ‘single you out’ as THAT person.

I remember my flatmate said to me “Do you need your own cutlery drawer?” to which my response was to burst out laughing. She was being deadly serious. She didn’t know anything about it and this was all she could come out with. She went back to her parents that weekend and came home that Sunday night with a whole wad of print-outs from the internet with every piece of information Google could throw at her so she could gain a better understanding. I saw the love and concern in her approach, something she done of her own accord and that touched me deeply. I could see she was trying to help me the best way she knew possible. Thank you Katie for that.

Now most people may consider someone who lives in a first world country diagnosed with HIV as being a complete whore to have caught it. Again, this is part of the stigma surround the disease; this is not always the case and even if it is, so what! We all make mistakes in life and we shouldn’t forever be condemned because of them.

A simple slip up in protection, or the protection not working is all it takes, as has been the scenario for many women with regards to unplanned pregnancy. These things happen and the human race is so quick to judge instead of sitting back and pausing before saying or thinking something.

The most important thing your partner can do is go and get tested. As mine at the time did, he discovered he was also HIV-positive. The only good thing to come from that was you were in the same boat so could really support each other. The main thing here is to not point the finger and start blaming. What’s done is done, it can’t be changed so don’t start fighting and arguing, instead embrace, love and support each other. They need it as much as you do!

If you are negative and perhaps your partner is positive, then first and foremost you need to be completely honest with everything. Honesty is key. Nothing can be more loving than a supportive negative partner for someone with HIV.

Telling family members is probably the hardest of the three groups of people mentioned above. They are your family and you want them to be there for you the most, to not judge you and therefore their support is absolutely key.

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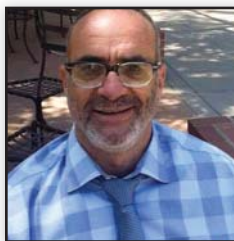


## THE FREEDOM TO FAIL

Mark Olmsted is currently getting his master's degree in Creative Writing at Mount St. Mary's College in LA. Checkout his blog: [www.thetrashwhisperer.blogspot.com](http://www.thetrashwhisperer.blogspot.com)

As anyone who reads me knows, there is nothing I place higher on the spectrum of values than kindness. I try to practice it to the best of my ability as the most universal expression of spirituality that can be found, transcending any and all religions, inclusive to all and exclusive to none.

The line, however, can be thin between kindness and co-dependency. Sometimes when you provide a net, the effect



on he who is perched above is salutary. Freed from the worry of what happens if he falls, he can spread his wings and take flight. Sometimes, however, it breeds complacency or paralysis or both. It can send the completely wrong signal: you will not suffer the consequence of your inaction, of your bad choices, of your unwillingness to make decisions that will cause you loss or discomfort.

I have been on the receiving end of a great deal of help and kindness from my family. In the early days, this was related to the very real material and psychological trauma caused by HIV in my life, and the completely logical expectation that an early death was imminent. This help was initially a good thing, a loving and beautiful thing. It morphed into something less beautiful, because I abused the kindness in the context of my addiction. For a long time, the help protected me from the consequences of my illegal and unhealthy behavior, until I learned the hard way that consequences are spiritual principles. You do a, b, and c, and d tends to happen.

I have extended my support to a close friend for a while now in a way that began as a manifestation of service and kindness, but has become something different. An observer might certainly claim that my generosity has been abused, although that implies an intentionality on his part that I know was never there. Let’s just say that in my desire to give him the freedom to succeed, I also deprived him of the freedom to fail.

I think rich people should be generous—it’s called philanthropy. But I am not rich. My recent “wealth” has been temporary, entirely the result of generous student loans. I am not the right person to subsidize anyone, particularly when its not working.

(continued on page 3)



# National Recovery Month

Prevention Works • Treatment is Effective • People Recover

september 2013

## HIV FOR THE NEGATIVE FRIEND, FAMILY MEMBER, OR PARTNER

(continued from page 2)

Some people are not fortunate enough to have this and it is very sad. If you are negative and you have recently discovered a close family member is positive then what you can do to be there for them is letting them know that you don't think anything different of them as a person. Don't blame them or have a go at them. It is not going to help and they are only going to push you further away.

Let them know you will be there for them any way they wish. Don't force yourself either; maintaining a balance is key. Offer to go with them to the first few clinic appointments, send them a text or email every day to ask how they are. Remember they are still your brother/sister/cousin/nephew/niece and they need you to realize that more than anything. It is the little things that mean the most. A very close couple of cousins of mine came to my first few hospital visits and sat there taking notes and asking the consultant every question possible, picked up the leaflets and took them away to read. I even got my food shopping done for me a couple of times as a nice treat! It was these tiny gestures which meant the most to me. She was supporting me in the way she knew how to and for that I was forever grateful.

Use your close family members/friends to help tell others. This is you telling other people at your own pace and to your own accord. It is not anyone's business to tell others without your permission first! I used my cousins as support to tell other family members, it was really hard still but a lot easier knowing they were there with me. We left it about six weeks before telling anyone else; to find out all the information we could and discover where I stood with my illness, CD4 count, etc.

Nothing is more frightening than having to break such big news and then not having answers for questions they may ask you. Think of it like revising for an exam. You research and collect all the information necessary so you go in armed and prepared! Des'ree, the music artist, has a song with the lyrics...

"Listen as your day unfolds, challenge what the future holds, try to keep your head up to the sky. Lovers, they may cause you tears. Go ahead release your fears, stand up and be counted. Don't be afraid to cry"

On that note, think of those lyrics in this context—and with that I ask you to keep on smiling.

Treatment Educat10n Network—TEN

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For a good time call ELEMENT 727-382-5900

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Denver, CO 80203

## THE FREEDOM TO FAIL

(continued from page 2)

Every month affords just enough illusion that there is movement on a host of artistic projects--but almost all of that movement is a result of my temporarily taking the reins. Every month rental on a storage unit is a justifiable bite; over a year it becomes a gargantuan burden. Conditions are laid out for my continued help, promises are made, not kept. The road to inaction is paved by sincerity. It is also decorated by inner demons like depression, rage, mania, and grandiosity.

My own inner demons are perhaps less demonic, but hardly healthy. Helping a grown man too much is a form of infantilization. It expresses a lack of faith in his ability to figure things out, to solve his own problems. Unfortunately, changing this dynamic is not very amenable to taking incremental steps backward. We have been dealing with each other in a certain way for such a long time, that each time I try to set healthy boundaries; I end up getting completely sucked in and sucked under. So I've had to instigate a break, though hardly a clean one because it is logistically impossible. When you marry your friends, breaking with them is just as messy as divorce.

"No" is the hardest word for me. But sometimes it's the purest form of affirmation. When I say, "No, I can't fix your life" I am also saying "Yes you can" (fix your life.) Whether he does or not is up to him, but I'm out of the business of playing God. That job is taken.



# PERFECT WEATHER AT MOUNTAIN SIN 2013 (HELD SEPTEMBER 19-22)

Perfect weather and a great group of guys (with no drama) combined to make the 5th annual Mountain SIN weekend an enjoyable 3 day event, probably the best yet.



Small alpine lake above timberline looking east, with Rocky Mountain National Park in background, on the Milner Pass hike a mile from the Alpine Visitors Center.



12,000" in Rocky Mountain National Park Back row: Keith, Chris, Ken, Michael, Doug, Steve, Guy, David, Cid. Front row: Jeff, Tim, Lenny, Bryan, Dan, LEE!



Just crossing timberline, entering the beginning of small trees on Milner Pass trail descent Friday afternoon. Due to floods and closures on the east side, very few people in the park and we had the trail to ourselves.



Happy Hour—Cliffside deck, enjoying snacks, Hop Czar IPA; deep blue skies in the upper 60s. Fabulous fireworks were set off from middle of Grand Lake after dark, making for an amazing show from the lodge.



This time of year the Elk sound as if they're at a 1970's gay bath house with screams of orgasms at twilight and into the night (called "bugling" ...yea, right).



The first course of our Thursday dinner. We invited Karen & Peter Rempel to join us (*Peter is the brother of Scott who died of AIDS in 1989, and the inspiration behind creating the HIV Retreat at Shadowcliff.*)



A bridge over a gushing stream on the East Inlet Trail. One of many very picturesque spots. Michael, Doug, Chris, Lenny, Steve, LEE!, Cid.



The infamous beautiful beaver meadow valley outlook near the beginning of the East Inlet Trail up into RMNP. We went 5.5 miles (11 mi RT) to Lone Pine Lake.



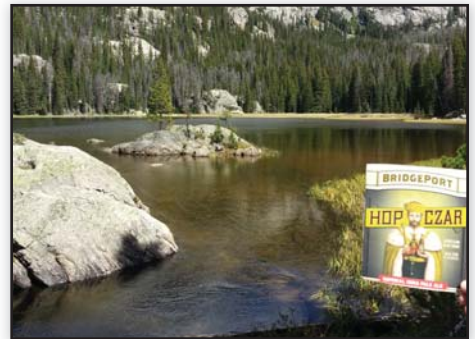
Catching some rays at happy hour on a beautiful and warm Friday evening (Bryan, Doug, Lenny, Ken, Jeff, Steve). Eventually we were all out there shirtless (and then the Elk stopped bugling...go figure).



Finally reached our Lone Pine Lake destination at 9,800' (from 8,500') after 5.5 miles. Awesome nature, small granite rock outcrop with its namesake single pine tree. Deep blue September skies with not a cloud in the sky all day!



Eight guys made it all the way, 2 never tried (*activities are optional*), 2 turned back early for horseback riding, 2 more turned back just cuz, and 1 stopped shy ~3/4 mi before the lake. Chris, Jeff, LEE!, Doug, Steve, Lenny, Cid, Michael.



Even the Hop Czar came with us. His image was placed on the fridge, above the keg, and above each toilet. All weekend we paid homage to him each time we passed, bowing and quietly uttering "Hop Czar!"



As a fund-raiser for Treatment Educat10n Network, everyone agreed there is no better way to raise money! Some of the activities included a 4 mile one-way hike from an alpine setting above timberline down into thick forest; a road trip thru Rocky Mountain National Park; an 11 mile (1300' elevation gain) RT hike to Lone Pine Lake on the East Inlet Trail; happy hour on the deck (with a keg of Hop Czar IPA); delicious 4-course dinners; a performance of "Ring of Fire" at the Rocky Mountain Repertory Theatre; bowling at Grand Lake Lanes; hanging out in the lounge & some games; plus free time for reading, napping, chilling.



Rocky Mountain Repertory Theatre performance of "Ring of Fire" on Friday night, a great show with a very talented cast. "No cameras or photos please" ...naughty naughty Jeff!!!



Culinary Artist LEE! prepares a fabulous "tomato bisque-with-a-bite" using fresh tomatoes from his garden, our first course dinner Saturday night, followed by boneless rib eye steaks on the grill...bon appétit!



Strikes & gutter balls at GL Lanes Sat eve. Jeff cruised local Sean (next lane) to the dismay of his girlfriend cuz he liked it...AND he was HOT! LEE!, Tim, unknown, Sean, Lenny, girlfriend, Ken, Guy, David, Steve.



Aspens just beginning their glory on the East Inlet Trail...breathtaking! This year was the greenest yet, as the golden colors were delayed by all the late season rainfall.



The infamous overlook where many hikers have been on the hike at the HIV Retreat at Shadowcliff. Back row: Keith, Lenny, Guy, Steve, Ken; Front row: LEE! Doug, Chris, Jeff, Bryan, Cid, Tim.



The Rocky Mountains at their finest on the Milner Pass hike. This photo defines why we live in Colorado (and one of the reasons for Mountain SIN).

Mountain SIN is a social weekend for gay poz men. The event is a fund-raiser for Treatment Educat10 Network, striving to raise money while providing a very low-cost weekend. The \$165 cost this year included lodging and all meals for 3 days. Tentative date for next year is September 18–21. Space is limited and preference is given to non-judgmental, drama-free men. Watch for postings in this newsletter. For more info visit: [www.ontheten.org/mountainsin](http://www.ontheten.org/mountainsin)



If you are interested in joining the Council, please contact us so we can talk to you about it. People living with HIV and people of color are strongly encouraged to apply. Contact Maria Lopez (720) 865-5503. To apply, you will complete and submit an application and have an interview, currently being scheduled for October 7, 14, and 21. Members are appointed to three-year terms by the

Mayor of the City and County of Denver. Council members are not paid for their services. However, reimbursement of certain expenses is available if you are a person living with HIV serving on the Council. Council members must:

- Complete on-line new member orientation
- Serve on at least one Council committee or workgroup
- Participate in the Council meetings



# "If It Could Happen to Me, It Could Happen to Anyone"

by Stephanie

By the time I was 13, I was "turned out." Pimping got a hold on me from the ages of 13-17. I was a runaway teen who had gotten into prostitution, and what enticed me were not drugs, but the glamour and glitz of living a "ghetto-rich" game. I wanted the money, nice things, and the 1st class lifestyle through prostitution. It was a billion dollar business and it was all around me; grown men pimping teenage girls.

That being said, I've never gone to a high school dance, don't know anything about proms, and haven't even seen the inside of a high school. All I learned was how to please a man, from my pimps to johns in the street, and that was a turnoff for sex. Believe it or not, in all my years of prostituting I had only been burned once—a single episode of Chlamydia. Somehow I had avoided STDs and HIV. All that missed me...and the johns on the streets didn't give me Chlamydia...it was from a fucking pimp!

By the time I was 18, I got out of that lifestyle, but I never got my mind back to where I knew how to enjoy healthy, normal sex, so I stayed away from it. Eventually my body yearned for sexual healing and intimacy, and after about 2 or 3 years I began going to women for my sexual release, because I didn't know how to enjoy sex with a man. In fact, I went 13 years without sex with a man. And not because men didn't pursue me, it was because I didn't know how to enjoy sex with them so I stayed away from it.

And then...after 13 years, I let a man come into my life after pursuing me for about 6 months. He became my homeboy and we engaged in illegal business together (again that's me needing material things to feel good about myself). Going into business with him was very intriguing and very lucrative. Finally after about 6 months of him pursuing me, I finally gave in and slept with him. And boy did he rock my world!!! I was lost in the money and everything appeared to be going fine (I was actually living in denial because he was cheating on me, lying to me, but I was hypnotized and mesmerized by the money).

About a year into the relationship, I thought I had a bad chest cold and I went to the doctor. The doctor diagnosed me with pneumonia and gave me a shot, an antibiotic and told me to come back in 3 days for another shot. So I got better and didn't think any more about it. But as I think back, I remember my man being in the bathroom sick; he would be bleeding from his rectum and often not feeling well. I don't remember what I thought, but trust me, HIV was nowhere in my mind or vocabulary.

(continued on page 7)

## 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](mailto:rebuiltdenver@yahoo.com) (put "newsletter" in subject line).

## 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](http://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



## "UB2" SIN Happy Hour



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

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

**SE corner of S Broadway & Maple Ave**

**First drink is free if you have never attended before!**



# "If It Could Happen to Me, It Could Happen to Anyone"

(continued from page 6)

About a year later, everything came to an end when we were arrested, made bond, and went through the legal process. It was another year later that I was sentenced to 4 years in the Department of Corrections. Upon entering DOC, everyone must have blood work done and you're isolated until your blood work is cleared. I can remember my cell door opening, a woman walking in saying "Hey get up! Wake up! You're HIV positive," then walked out. My reaction was: *Did that bitch just say that to me? What did she say? Where did she go?* I went to the door to talk to someone but no one was there. I thought: *That bitch couldn't have just said what I think she said, because I don't sleep around.* I sat back on the bed and was in awe....I didn't know what to think... *I think the lady just said I have HIV/AIDS.* It seemed like a couple of days passed before I was taken to the doctor's office (I really don't know, because I was in shock!) There was someone from the health department and that scared me. He educated me on what I had- HIV (not AIDS) ...and he wanted know who I had been sleeping with. I told him the history of one man for 18 months, then the woman 13 years prior. He said "No, no, no, this did not come from a woman. This came from a direct hit to the bloodstream; either a needle or a dick!" I gave him the name of my man but by that time he had jumped bail and disappeared.

I was told to be in the med line 3 times a day, and then I was released into general population with the other women. It felt like I was released into general population with a black cloud over my head and a ton of bricks on my shoulders. I felt ashamed, shame, alone, and living with the biggest secret in the world with no one to talk to. I walked around prison for 14 months, concealing and trying to hide, making sure no one saw what medications I was receiving. I put up a front like everything was OK. I was known as *Ms. Stephanie* in prison. Whatever a person needed or wanted, I was able to give it to them and provide a listening ear to whoever needed it. I was known as *Mother*, but little did they know, I was dying inside; devastated because I was giving so much, but had no one to share my pain and secrets with. I have never been back to prison again, because that broke me; living that lie and having to conceal that disease in prison.

Eventually I was released and went through emotions of wanting to die, thinking I was dying, using for the 1st time in my life (40 years old and using...!) God blessed me with a wonderful doctor that broke it down and kept it real with me. She shared a lot of things with me and broke HIV down and got my attention. She had a lot to say, but what stuck with me was this, "Either you're going to live with this or you're going to die with this. Either way you've got this!" That was my turning point. I started educating myself, and most importantly I found a support group. When I saw there were other women hurting, confused and sick like me...and then I saw women who were strong, healthy, powerful, and blessed, and they were living with HIV...it was both...I needed to grieve my loss, I needed to be heard and hugged, and then I needed to look up and see that there was life after...!

Nationally Ranked. Locally Trusted.

## The Faces of Recovery


at Denver Health

Ray Simeon Moore

Ray's recovery is:

- Support
- Love
- Alive

"I thank God I am still alive to correct my mistakes and start doing positive things with my life."



When I started using, I was 13 years old and living on the street in Harlem. My life focused on using, and selling, drugs. I was hoping to die.

In recovery, I love my life. I feel blessed, thankful, and motivated.

Now, I'm using my energy to help others and to serve as a role model for my family. When I was using, my five kids were following in my footsteps. Now, all of my kids are clean and making their way in life.

As long as my kids see me doing the right thing, they are okay.

Ray Simeon Moore lives in Denver with his wife, Sherry. They enjoy jogging, mountain biking, and spending time with their family.

DENVER HEALTH  
Better. Together. Care. For All.

### POZ ROMANCE POZ DATING POZ ROMANCE POZ DATING

www.voltage.com

www.personals.poz.com

www.hivdatingonline.com

www.positivesingles.com

www.hivdatingservice.com

www.positivesingles.com

www.positivesdating.com

www.positivelove.com

www.gaylife.about.com

www.thepositiveconnection.com




Disclaimer: TEN is not endorsing or recommending these websites, nor have we vetted any of them for credibility and legitimacy. As with any dating site, common sense caution should be exercised.

So again, I say, if it could happen to me, it could happen to anyone. I was disease-free when I left the world of prostitution. Then after waiting 13 years, I contracted the virus from one partner. Don't think it can't happen to you. The other thing I want to impart is to learn to love yourself. When you love yourself you will make sure you're taking your medicine and you'll want to be empowered to help others. There's really nothing you can do once you're positive but to help educate others.



# TEN *from* TEN

**1** A Pennsylvania school board won't let a student born female, who identifies as male, to run for Homecoming King. Instead the senior student will remain on the ballot for Homecoming Queen.

Meanwhile ... here in Colorado, Kaiser Permanente will now cover services for transgender Coloradans. KP joins Colorado HealthOP cooperative insurance plan as the only insurers covering transgender health care.

**2** In new guidelines, the World Health Organization has said that younger children and certain others should be started on ARV medications as soon as they are diagnosed. The advice will have the most impact in Africa where nearly 70% of people with HIV live.

**3** A mother and father who prayed instead of seeking medical help as their daughter died were properly convicted of homicide as ruled by the Wisconsin Supreme Court. The ruling dramatically limits legal immunity for parents who turn to God rather than science to heal their children. Most states created exemptions from child abuse charges for prayer-healing parents in the 1970s to meet federal requirements.

**4** Eating red meat -any amount and any type- appears to significantly increase the risk of premature death, according to a long range study that examined the eating habits and health of more than 110,000 adults for more than 20 years. Adding just a 3 oz serving of unprocessed red meat (*the size of a deck of cards*) was associated with 13% greater chance of dying. Even worse, adding an additional daily serving of processed red meat, such as a hot dog or 2 slices of bacon, was linked to a 20% higher risk of death. "Any red meat you eat contributes to the risk" said a postdoctoral fellow at the Harvard School of Public Health.

Meanwhile .... A man dining at the *Heart Attack Grill* in Las Vegas had exactly what was on the menu: a heart attack. The diner was eating a "Triple By-Pass Burger" which includes 1.5 lbs of beef and 12 bacon slices, when he began complaining of chest pains. Paramedics quickly arrived and treated him, and he is now recovering.

**5** The National Institutes of Health (NIH) plans to end most use of chimpanzees in government medical research, saying humans' closest relatives "deserve special respect". It announced it would retire ~310 government owned chimps in the next few years and keep only 50 others, essentially on retainer, available if needed for crucial medical studies that could be performed no other way.

**6** Sex is safe for most heart patients. If you're healthy enough to walk up 2 flights of stairs without chest pain or gasping for air, you can have a love life. This recommendation comes from the American Heart Association who says that having sex only slightly raises the chance for a heart attack. And that's true for people with and without heart disease. Surprisingly, despite the higher risk for heart patients to have a second attack, there is no evidence that they have more sex-related heart attacks than people without cardiac disease.

**7** Under a proposed rule change, new Army recruits would not be allowed tattoos visible below the elbow or knee or above the neckline. Current soldiers would be allowed to keep any tattoos not deemed racist, sexist, or extremist.

Meanwhile ... the Pentagon saluted gays in the military this summer, marking gay pride month just as it marks other celebrations honoring racial or ethnic groups. It was the first ever event recognizing gay and lesbian troops.

**8** The month you are born could have a negative impact on your health. Scientists say newborns' immune-system development are linked to their birth month. Babies born in May had significantly lower levels of vitamin D than babies born in November. They also had double the levels of harmful T-cells. Because the mothers were pregnant during gloomier winter months, the May babies absorbed less sunlight in utero, resulting in lower vitamin D levels.

**9** NASA's planet-hunting telescope has discovered 2 planets that seem like ideal places for some sort of life to flourish. They are just the right size and in just the right place near their star. These two are the best candidates for habitable planets that astronomers have found so far. Kepler-62-e is a bit toasty, like Hawaii; and Kepler-62-f is a bit nippy, like Alaska. They are 1200 light years away circling a star that is 7 billion years old (2.5 billion years older than our sun).

**10** According to the Onion, as debate continues over funding the ACA, sources confirmed Thursday that 39-year-old Daniel, a man who understands a total of 8% of the ACA, offered a vehement defense of the legislation to 41-year-old Alex, who understands 5% of it. If asked, neither man would actually be able to correctly define the term "HMO" or coherently explain what a health care exchange actually is and how such a thing would actually work on a regional basis. At press time, both men's understanding of *Obamacare* had dropped to 3 percent as a result of the debate.



# COLORADO ADAP FORMULARY (AIDS DRUG ASSISTANCE PROGRAM)

Availability of certain drugs may depend on program administration, and some drugs may require prior authorization. This list is only for general information.

Effective September 15, 2013

Brand Name	Generic Name	Brand Name	Generic Name
<b>ANTIRETROVIRAL COMBINATION</b>		<b>BLOOD SUGAR DIAGNOSTICS</b>	
Atripla		glucometer	
efavirenz, tenofovir, emtricitabine		glucose strips	
Complera	rilpivirine, tenofovir, emtricitabine	<b>CONTRACEPTIVES</b>	
Stribild	elvitegravir, cobicistat, tenofovir, emtricitabine	Allesse	aviane and generics
Epzicom	abacavir, lamivudine	OrthoNovum 1/35	necon 1/35 and generics
Truvada	tenofovir, emtricitabine	NuvaRing	vaginal ring
Combivir	zidovudine, lamivudine	Alternative contraceptives	various
Trizivir	abacavir, zidovudine, lamivudine	<b>GASTROINTESTINAL MEDICATIONS</b>	
<b>ANTIRETROVIRAL - NRTI</b>		Zantac	ranitidine
Ziagen	abacavir	Nexium	esomeprazole
Videx	didanosine (ddl)	<b>HEPATITIS C TREATMENT</b>	
Emtriva	emtricitabine (FTC)	Procrit, Epogen	epoetin alfa/erythropoietin
EpiVir	lamivudine (3TC)	Neupogen	filgrastim
Zerit	stavudine (d4T)	<b>INSULINS</b>	
Viread	tenofovir	various	insulin
Retrovir	zidovudine (AZT)	<b>LANCETS</b>	
<b>ANTIRETROVIRAL - NNRTI</b>		lancets	lancets
Rescriptor	delaviradine	<b>LEUKOCYTE (WBC) STIMULANTS</b>	
Sustiva	efavirenz	Neulasta	pegfilgrastim
Intelence	etravirine	<b>LIPOTROPICS</b>	
Viramune	nevirapine	Tricor	fenofibrate
Viramune XR	nevirapine	Lopid	gemfibrozil
Edurant	rilpivirine	<b>OPPORTUNISTIC INFECTION MEDICATIONS</b>	
<b>ANTIRETROVIRAL - PI</b>		Zovirax	acyclovir
Reyataz	atazanavir	Fungizone	amphotericin injection
Prezista	darunavir	Zithromax	azithromycin
Levixa	fosamprenavir	Vistide	cidofovir
Crixivan	indinavir	Biaxin	clarithromycin
Kaletra	lopinavir, ritonavir	Cleocin	clindamycin
Viracept	nelfinavir	Dapsone	dapsone
Norvir	ritonavir	Famvir	famciclovir
Invirase	saquinavir	Diflucan	fluconazole
Aptivus	tipranavir	Foscavir	foscarnet
<b>ANTIRETROVIRAL - II</b>		Cytovene	gancyclovir
Isentress	raltegravir	Myambutol	ethambutol
Tivicay	dolutegravir	Sporanox	itraconazole
<b>ANTIRETROVIRAL - EI</b>		Leucovorin	leucovorin
Fuzeon	enfuvirtide (T-20)	Nebupent	pentamidine, aerosol
Selzentry	maraviroc	Daraprim	pyrimethamine
<b>ANDROGENIC AGENTS</b>		Mycobutin	rifabutin
various	testosterone	Sulfadiazine	sulfadiazine
<b>ANTICONVULSANTS</b>		Septra, Bactrim	sulfamethoxazole/trimethoprim
Depakote	divalproex sodium	Valtrex	valacyclovir
Neurontin	gabapentin	Valcyte	valganciclovir
Keppra	levetiracetam	Copegus, Rebetol	ribavirin
<b>ANTIDEPRESSANT</b>		Zovirax	acyclovir
Wellbutrin	bupropion	Fungizone	amphotericin Injection
Effexor	venlafaxine	Pegasys	peginterferon alfa-2a
<b>ANTIDIARRHEALS</b>		Peg-Intron	peginterferon alfa-2b
Lomotil	diphenoxylate and atropine	<b>ORAL RINSE FOR TREATMENT OF GINGIVITIS</b>	
Imodium A-D	loperamide	Peridex	chlorhexidine rinse
<b>ANTIFUNGAL AGENTS</b>		<b>PENICILLINS</b>	
Mycelex	clotrimazole	Amoxil	amoxicillin
Vfend	voriconazole	Veetids	penicillin
<b>ANTIFUNGAL ANTIBIOTICS</b>		<b>PSYCHOTROPIC MEDICATIONS</b>	
Nystatin	nystatin suspension	Abilify	Aripiprazole
<b>ANTIHYPERGLYCEMIC</b>		Celexa	citalopram
Micronase	glyburide	Remeron	mirtazapine
Glucophage	metformin	Zyprexa	olanzapine
Glucovance	metformin w/ glyburide	Seroquel	quetiapine
Lipitor	atorvastatin	Risperdal	risperidone
Crestor	rosuvastatin	Zoloft	sertraline
<b>ANTIHYPERTENSIVES</b>		Geodon	ziprasidone
Zestril	lisinopril	Abilify	aripiprazole
Zestoretic	lisinopril w/ HCTZ	<b>SMOKING DETERRENT</b>	
Cozaar	losartan	Chantix	varenicline
<b>ANTIPROTOZOAL DRUGS, MISCELLANEOUS</b>		<b>THIAZIDE AND RELATED DIURETICS</b>	
Mepron	atovaquone	Hydrodiuril	hydrochlorothiazide (HCTZ)
Flagyl	metronidazole	<b>ARANESP Darbepoetin alfa HEPATITIS C TREATMENT</b>	
Alinia	nitazoxanide		
<b>BETA-ADRENERGIC BLOCKING AGENTS</b>			
Hepsera	adefovir		
Tenormin	atenolol		
Lopressor	metoprolol		
Hepsera	adefovir		
Tenormin	atenolol		



please visit  
[www.ontheten.org](http://www.ontheten.org)



## THE SAME CAFE

by John R

**T**he SAME Cafe ("So All May Eat") is a non-profit community cafe located at 2023 E Colfax Ave in Denver. Brad & Libby Birky invested \$30,000 to open the restaurant in October 2006, inspired by their background



in community service. Their motto is: "Making healthy, organic food available to all." I discovered this oasis of a cafe about 4 years ago and immediately fell in love with all it has to offer! It is only open for lunch from 11am–2pm Monday to Saturday (closed Sundays). I feel so much part of SAME. They offer a blackboard menu with 2 types of soup, 2 types of salad, and 2 types of pizza by the slice.

**BUT HERE'S THE KICKER**, there are no prices, you simply pay what you can...nothing is too little and nothing is too much, they just ask you to be fair. If you have no money, no problem, they just ask that you contribute some of your time, but don't worry, it's nothing too big. The menu is always the same, yet always different as the soups, salads and pizzas vary each day.

Now, if you're looking for that everyday salad with iceberg lettuce, this is not for you. Some of the ingredients are feta, bleu cheese, Gorgonzola, chicken, bacon, pepperoni, elk, fresh roasted veggies, orzo, quinoa, couscous, whole wheat flour, every type of greens you can imagine and so much more. A typical menu might be green chili, cold fruit soup, couscous with feta, olives & red onion, arugula with roasted veggies, bacon, & bleu cheese pizza (*one of my favorites*) and cranberry Brie & nut pizza.

Before their expansion in 2008, they averaged 40-50 meals a day with 7 tables, but hey now serve 75-100 meals a day. The deal is, you never know what Libby & Brad (the wonderful couple who conceived this idea for a cafe) are going to come up with next for everyone to eat & enjoy!! Ingredients are organic and local as much as possible, and the cafe is powered by wind-generated electricity. Last, the cafe is operated by an all volunteer staff with 2 shifts: 10am to 2:30pm and 12:30 to 3pm. The way everything gets done is really like a well oiled machine with common sense as its lube.

On the March 9, 2009 NBC Nightly News broadcast, Brian Williams singled out the SAME Cafe for recognition in the "Make a Difference" segment. This place is full of LOVE... both in the food and all the people who take part in the concept: owners, volunteers, and customers.

**POSITIVE LITE.com**  
Canada's Online HIV Magazine

## NEW HIV DRUG APPROVED

**T**he FDA has approved dolutegravir (brand name *Tivicay*), a once-a-day integrase inhibitor from ViiV Healthcare, for the treatment of HIV. As a new drug in that class, this brings the number of approved integrase inhibitors to three—the other two being *raltegravir* (brand name *Isentress*) and *elvitegravir* which is currently available only as part of the combination drug *Stribild* (*elvitegravir*, *Truvada*, and a boosting agent called *cobisistat*). In clinical trials, dolutegravir was found to be just as efficacious (and possibly more so) than the other two drugs in the class. However, all 3 drugs are potent and efficacious in the treatment of HIV with minimal side effects, so treatment decisions are generally based on other factors. *Raltegravir* and *elvitegravir* are cross-resistant, meaning you if you fail one, you probably cannot switch to the other one. However, dolutegravir is not cross-resistant with the other two for most people. Therefore, community advocates are very pleased that there is now a switch option for highly experienced patients with multi-resistant virus (or anyone else) who fails *raltegravir* or *elvitegravir*.

It is believed that ViiV Healthcare will produce a combination tablet combining dolutegravir (*Tivicay*) with *Epzicom* (*abacavir* or *Ziagen* and *lamivudine* or *3TC*). As with all previous newly-approved HIV drugs, it was quickly added to the Colorado ADAP Formulary.



### 9<sup>th</sup> Annual Poz Cruise

\* November 2–9, 2013 \*

A 7–night sailing from Miami  
aboard the "Carnival"  
calling at Cozumel, Belize,  
Honduras, & Cayman Islands

Rates start at \$578

More info: [www.HIVcruise.com](http://www.HIVcruise.com)



## HDC HAPPENINGS

by Ernie Duff, Director

**A**t Howard Dental Center (HDC), we have been going through some small and not-so-small changes. First and foremost, we have our Integrated Care Initiative, supported by a local health foundation, which is providing a specialized, focused, and holistic approach to addressing multiple barriers to success, building on our core service – oral healthcare – and “wrapping around” the core to achieve better outcomes in overall health and well-being! If you would like to know more, please contact Hazel or Stuart.



Secondly, we have a lot going on in the business development department. Specifically, we have two house parties in September; one on the 12th, hosted by our VP Steve Gilman, and the other on the 28th, hosted by our former Board President Dr. Christopher Ott MD. These are high power, visible events, designed to really create a much larger and continuous donor base for our organization. To learn more about these, go to our website:

**www.howarddental.org or to: www.givingfirst.org**

Lastly, on December 14th we will be hosting our first Annual Art Auction! Through the generosity of one of our board members, we are able to have an auction that will include performance art, works from Europe circa-WWII, African art, and a lot of donated surprises from many different circles. This will be close to a black-tie kind of event, and promises to help us move ahead. Please stay tuned to our website for more information.

What is behind all of this? The acute desire to ramp up our capability to meet ongoing needs and to ensure this work for the future. Please be on the lookout for our new video!



### 2014 HIV Retreat at Shadowcliff June 26-29

Shadowcliff Lodge  
Grand Lake, Colorado

A 3-day weekend retreat in the mountains.

More information and registration at:

[www.OnTheTEN.org/retreat](http://www.OnTheTEN.org/retreat)  
or 303.7777.208

## LIFE RECLAIMED!

A community discussion for gay and bisexual men on how to improve our lives, become more empowered, and connect better with others

**SATURDAY, OCTOBER 5, 2013 @ DAZZLE**  
**930 LINCOLN STREET, DENVER**  
**9AM-3PM (Registration begins at 8am)**

**THIS IS A FREE EVENT &  
OPEN TO GAY AND BISEXUAL MEN**

(Breakfast & Lunch provided)

Presentations and discussions featuring  
medical professionals, motivational speakers, treatment providers,  
and community leaders

8:00AM-9:00AM	CHECK IN / BREAKFAST
9:00AM-11:30AM	MORNING PRESENTATIONS
11:30AM-12:30PM	LUNCH
12:30PM-2:00PM	MOTIVATIONAL SPEAKERS
2:00PM-3:00PM	AFTERNOON PRESENTATIONS



Space is limited  
to 80 participants

RSVP by Thursday, October 3rd  
to [info@TheDenverElement.com](mailto:info@TheDenverElement.com)  
or 303.825.8113 x31

Sponsored by:



## VOLUNTEERS NEEDED SUNDAY OCTOBER 20

Volunteers are needed to only fill pitchers at  
the Wrangler Charity Beer Bust on 10-20-13.

Proceeds will benefit

Treatment Educat10n Network (TEN) programs  
(including the Retreat at Shadowcliff)

Please volunteer by email or phone:

[retreat.shadowcliff@gmail.com](mailto:retreat.shadowcliff@gmail.com)

or call 303.7777.208

**THE DENVER  
WRANGLER**

17th St and Logan, Downtown Denver, Colorado





# S U P P O R T   G R O U P S

Every Monday 7pm: "Brothas4Ever" group for African-American gay/bi men (drop-in)

It Takes a Village \* 1475 Lima St \* Aurora 80010 \* More info: Calvin 303.367.5021

Every Tuesday 4:30-6pm: "Let's Chat" (closed group, sign-up required)

CAP \* 2490 W 26th Ave 3rd floor \* Denver 80211 \* More info: Brian 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: Hassan 303.367.4747

10 week group on Wednesdays several times per year 6-8:30pm: "4 to Thrive" (closed group, sign-up req'd)

Rocky Mountain CARES \* 4545 E 9th Ave Suite 110 \* Denver 80220 \* More info: Rica 303.951.3694

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 Wednesday, Thursday, & Friday 11am-noon: Substance Abuse Treatment Groups for HIV+ (drop-in)

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

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 1-2:30pm: "HIV+ Women's Group" (closed group, sign-up required)

DCAP \* 2490 W 26<sup>th</sup> Ave 3<sup>rd</sup> floor \* Denver 80211 \* More info: Brian 303-837-1501 ext 490

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

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

New group for women in 2013 at Rocky Mountain CARES \* More info: Rica: 303.951.3694

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



## 3MVM Many Men Many Voices

AN EMPOWERING SERIES OF WORKSHOPS FOR BLACK GAY MEN



**TOP or Bottom? Love UNITY Family**  
**RELATIONSHIPS SEX Identity**  
**Trade BOUNDARIES TRUST**

**Bringing Black Men who Love Men  
Together for Real Talk**

**October 26 & 27**  
**Saturday & Sunday**  
**9:00am - 4:00pm**

**RSVP: 303-367-5021 or**  
**Brothas4evercolorado**  
**@gmail.com**

**\$50.00 VISA CARD**  
**and meals for all**  
**participants!**

**It Takes A Village**  
**1475 Lima Street**  
**Aurora, CO 80010**



## LEADING CAUSES OF DEATH IN US

1. Heart Disease
2. Cancer
3. Lower Respiratory Diseases
4. Stroke and related CVD
5. Accidents
6. Alzheimer's Disease
7. Diabetes
8. Kidney Diseases
9. Flu & Pneumonia
10. Suicide
11. Septicemia
12. Liver Disease
13. Hypertension/renal
14. Parkinson's Disease
15. Pneumonitis

## Clinical Trials Now Enrolling

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

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

DH = Denver Health ID Clinic, 6<sup>th</sup> & 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 (Elite Suppressors):** A5308: Evaluate effect of Complera (emtricitabine + rilpivirine + tenofovir disoproxil fumarate) on CD4 count & T-cell activation, markers of inflammation, and viral reservoirs in "Elite Controllers" (ACTG)

- Conducted at UC only (study length 14 months - 2 years)
- CD4 = any; VL < 500 for the past 2 years
- Complera provided; participants given the option to: stop medication and leave study at 14 months, stop medication and be followed up for 1 year, continue medication and be followed up for 1 year
- all patients will receive study drug from week 12 to week 60 and then an option to receive another 48 weeks of treatment

**ART Naïve:** Gilead-0111: Cobisistat + elvitegravir + emtricitabine + tenofovir (current TDF version) aka Stribild vs cobisistat + elvitegravir + emtricitabine + tenofovir (new TAF pro-drug version); i.e. comparing Stribild using TAF instead of TDF

- Conducted at UC only
- CD4 = >200
- VL = >1000

**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; 35 years old and over
- 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

**Kidney Problems:** Gilead-0112: Open label study of elvitegravir + cobisistat + emtricitabine + TAF single tablet regimen in people with mild to moderate kidney disease

- Conducted UC only
- ART experienced or naïve
- Creatinine clearance 30-69
- All participants get study drugs for at least 96 weeks

**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
- ART naïve (never taken HIV meds)
- Includes DEXA scans

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

- Conducted at UC and DH
- Must have HCV genotype 1 – can be treatment naïve or experienced
- Must be on stable ART
- Must have CD4 > 200, VL < 50,000

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

- Conducted DH only (followed for 3-4 years)
- Age = >27 yrs
- Women only (with HGAIN)

**ACTGACTGACTGACTGACTGACTGACTGACTGACTGACTG**

**WEB RESOURCES WEB RESOURCES WEB RESOURCES WEB RESOURCES WEB RESOURCES**

- \* [www.thebody.com](http://www.thebody.com) \* [www.aidsinfonet.org](http://www.aidsinfonet.org) \* [www.poz.com](http://www.poz.com) \* [www.tpan.com](http://www.tpan.com) \*
- \* [www.aidsmeds.org](http://www.aidsmeds.org) \* [www.treatmentactiongroup.org](http://www.treatmentactiongroup.org) \* [www.projectinform.org](http://www.projectinform.org) \*
- \* [www.beonecity.com](http://www.beonecity.com) \* [www.wix.com/poziam/poziam](http://www.wix.com/poziam/poziam) \* [www.lifelube.blogspot.com](http://www.lifelube.blogspot.com) \*

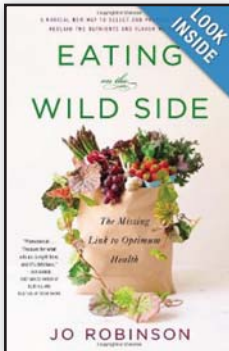
**WEB RESOURCES WEB RESOURCES WEB RESOURCES WEB RESOURCES WEB RESOURCES**



# EATING ON THE WILD SIDE

by Tom Mooney

There is a new book on nutrition and health out called *Eating on the Wild Side: The Missing Link to Optimum Health* by Jo Robinson (it has a 4.8 rating out of five on Amazon). I read it and have chosen some highlights to pass on to people living with HIV.



The best reason for picking better foods is simply so that we feel better today, to have more energy and no pain, and this is regardless of one's family history with heart disease and the inflammatory diseases of arthritis, cancer, and Alzheimer's.

A major theme is that the fruits and veggies that are in today's markets have been hybridized over thousands of years not for nutrition and health, but to make them "easier to grow and

harvest." Consequently their nutritional content can pale compared to their more wild varieties, "...most of our man-made varieties are markedly lower in vitamins, minerals, and essential fatty acids." Ancestral corn was high in protein and low in sugar, today's varieties can be as much as 40% sugar.

To maximize one's immune system "we need good advice on which fruits and vegetables to eat." More wild plants have far more antioxidants and nutrients which "can enhance athletic performance, reduce the risk of infection, fight the flu, lower blood pressure, lower LDL cholesterol, speed up weight loss, protect the aging brain, improve mood, and boost immunity." This book is packed with information on how to choose, store, and cook food to get the maximum nutrition available because how you do these actions can either lower or increase the food's nutrients.

Some foods are healthier raw, some cooked, some fresh, some canned. One of the new rules states that we should "shop by color, selecting varieties that are red, orange, purple, dark green, and yellow" and of course there are some exceptions to this rule. Darker yellow corn has 58 times more carotenoids than white corn. Most berries increase their nutrients when you cook them and simmering your tomato sauce for half an hour like your mom did can double their lycopene content, and simmer it for hours and you can triple it. Smaller tomatoes are more nutritious than larger ones and surprisingly canned ones are both more nutritious and flavorful than fresh ones; it helps that they are picked ripe at the height of their flavor and then processed immediately.

Beans and lentils are super foods high in protein and fiber, while green peas and green beans are some of the least nutritious veggies. "One serving of cooked pinto beans has more antioxidant activity than six cups of cooked cauliflower or twelve cups of cooked carrots," dark red kidney beans have even more, and black beans even more, and lentils even more. The quality of the protein varies, according to [www.nutritiondata.com](http://www.nutritiondata.com) pinto beans have an Amino Acid Score (protein) of 96. Anything over 99 is

**ADMIT ONE**

**DROP IN BE HEARD BE SEEN FIND OUT**

# *Gab*

**GOOD HEALTH GREAT LIFE**

## *Gab!* coffee and snacks friday lunch time meet up

*we're not gossiping we're networking*

**FRIDAYS 11:30AM - 12:30PM**  
Meet up at Unit 9 Denver Health Campus  
**667 BANNOCK (OBHS) SECOND FLOOR**

**A FRESH APPROACH TO HEALTHY LIVING**  
Drop in group for support & for information  
**CALL FOR MORE INFO 303-436-4981**

### 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 [rebuilt-denver@yahoo.com](mailto:rebuilt-denver@yahoo.com) (put "newsletter" in subject line).

considered complete and as good as protein from meat, fish, and eggs. Black bean's AAS comes in at 103. There is a cool click to get protein complements for any food under 100. **Bon appétit!**



# COMMUNITY EDUCAT10NAL FORUMS

*"BY THE COMMUNITY ... FOR THE COMMUNITY"*

Tuesday, October 8: "The ACA (Affordable Care Act) and  
the Evolving HIV Landscape" *(Part 1)*

Kristin Keglovitz Baker, PA-C, AAHIVM,  
Associate Medical Director, Howard Brown Heath Center, Chicago Illinois

Tuesday, November 12: "Stigma & HIV: It's still rampant!"

Jack Degnan, BMS  
San Diego California

Tuesday, December 10: "The ACA (Affordable Care Act) and  
the Evolving HIV Landscape in Colorado" *(Part 2)*

Todd Grove and Bob Bongiovanni  
Colorado Department of Health, HIV Care and ADAP

\* FREE DINNER 6 PM \*

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

COMMUNITY ROOM AT OUR SAVIORS

9<sup>TH</sup> & EMERSON (LOWER LEVEL, ENTER ON THE SIDE FROM EMERSON ST)

SPONSORED BY

TEN (TREATMENT EDUCAT10N NETWORK)

WWW.ONTHE10N.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)

DONATE \$ CONTRIBUTE \$ DONATE \$ CONTRIBUTE \$ DONATE \$ CONTRIBUTE \$ DONATE \$ CONTRIBUTE \$ DONATE \$ CONTRIBUTE

Treatment Educat10n Network is a small grassroots non-profit organization.

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

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

No amount is too small or too big.

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](http://www.OnTheTen.org)

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# CALENDAR of EVENTS

## October

- 2 (Wed) 6-8pm: Issue of Blood Outreach "Voices of Women" Educational Forum (d)
- 3 (Thu) CANCELLED: 5pm: DHRPC Meeting: 1437 Bannock St Rm 389
- 5 (Sat) 9am-3pm: "Life Reclaimed!" *see notice pg 11*
- 5 (Sat) free day: Denver Art Museum (13th & Broadway)
- 6 (Sun) free day: Museum of Nature and Science (17th & Colorado Blvd)
- 7 (Mon) free day: Denver Botanic Gardens
- 8 (Tue) 6pm: Community Educational Forum (a) *see pg 15*
- 9 (Wed) free day: Hudson Gardens (6115 S Santa Fe Dr Littleton)
- 11 (Fri) 6pm: SIN Happy Hour upstairs at the Skylark (S Broadway & Maple) *see pg 6*
- 11 (Fri) free day: Hudson Gardens (6115 S Santa Fe Dr Littleton)
- 15 (Tue) free day: Hudson Gardens (6115 S Santa Fe Dr Littleton)
- 17 (Thu) 11am: DHRPC Rebuilt+ (PLWH) Committee: 200 W 14th Ave 3rd fl conf room
- 20 (Sun) 4-8pm: Wrangler Beer Bust (benefits TEN) *see volunteer notice pg 11*
- 23 (Wed) 5:30pm: Denver Health CAB (b)
- 25 (Fri) 11:30am: University of Colorado CAB (c)
- 26 & 27 (Sat & Sun) 9am-4pm: "3MV: Many Men Many Voices" *see notice pg 12*
- 28 (Mon) free day: Hudson Gardens (6115 S Santa Fe Dr Littleton)



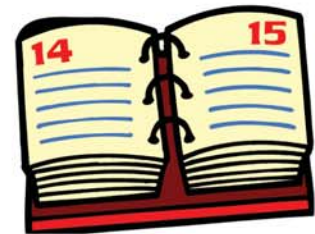
## November

- 1 (Fri) free day: Chatfield Botanic Gardens
- 2 (Sat) free day: Denver Botanic Gardens
- 2 (Sat) free day: Clyfford Still Museum (13th & Bannock)
- 2 (Sat) free day: Denver Art Museum (13th & Broadway)
- 2-9 (Sat-Sat): 9th Annual Poz Cruise (out of Miami) *see ad pg 10*
- 4 (Mon) free day: Denver Zoo
- 5 (Tue) all day: Election Day
- 7 (Thu) 5pm: DHRPC Meeting: 1437 Bannock St Rm 389
- 8 (Fri) 6pm: SIN Happy Hour at Skylark (S Broadway & Maple) *see pg 6*
- 8 (Fri) free day: Hudson Gardens (6115 S Santa Fe Dr Littleton)
- 12 (Tue) 6pm: Community Educational Forum (a) *see pg 15*
- 13 (Wed) free day: Hudson Gardens (6115 S Santa Fe Dr Littleton)
- 15 (Fri) free day: Denver Zoo
- 19 (Tue) free day: Hudson Gardens (6115 S Santa Fe Dr Littleton)
- 20 (Wed) 5:30pm: Denver Health CAB (b)
- 21 (Thu) 11am: DHRPC Rebuilt+ (PLWH) Committee: 200 W 14th Ave 3rd fl conf room
- 21 (Thu) free day: Denver Zoo
- 22 (Fri) 11:30am: University of Colorado CAB (c)
- 25 (Mon) free day: Hudson Gardens (6115 S Santa Fe Dr Littleton)
- 28 (Thu) Happy Thanksgiving!



## December

- 5 (Thu) 5pm: DHRPC Meeting: 1437 Bannock St Rm 389
- 7 (Sat) free day: Denver Art Museum (13th & Broadway)
- 9 (Mon) free day: Museum of Nature and Science (17th & Colorado Blvd)
- 10 (Tue) 6pm: Community Educational Forum (a) *see pg 15*
- 11 (Wed) free day: Hudson Gardens (6115 S Santa Fe Dr Littleton)
- 13 (Fri) 6pm: SIN Happy Hour at Skylark (S Broadway & Maple) *see pg 6*
- 17 (Tue) free day: Hudson Gardens (6115 S Santa Fe Dr Littleton)
- 18 (Wed) 5:30pm: Denver Health CAB (b)
- 19 (Thu) 11am: DHRPC Rebuilt+ (PLWH) Committee: 200 W 14th Ave 3rd fl conf room
- 20 (Fri) 11:30am: University of Colorado CAB (c)
- 23 (Mon) free day: Hudson Gardens (6115 S Santa Fe Dr Littleton)
- 31 (Tue) Happy New Year!



CAB = Community Advisory Board      SIN = Strength In Numbers Colorado  
 DHRPC = Denver HIV Resources Planning Council (Ryan White funded services)  
 (a) Our Saviors Community Room 9th & Emerson (enter on the side from Emerson)  
 (b) Denver Health 6th & Bannock Rm 245 (Diane 303.602.8736)  
 (c) U of C 12401 E 17th Rm 360 (nr Colfax & Peoria) (303.724.0797)  
 (d) The Council 655 Broadway Suite 200 (more info & RSVP: Penny 303.523.1500)

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