

The Mission of **TEN** is to provide educat**10**n & informat**10**n 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.

SUMMER 2014
VOLUME VIII ISSUE III

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SIN Colorado is a Gay Poz Men's Social Network supported by Treatment Educat10**n Network**



www.ontheten.org

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



JOIN OUR TEAM!

Treatment Educat**10**n Network (TEN) is a partner agency in AIDS Walk Colorado, Saturday August 16th. That means funds raised by our team benefit both CAP and TEN. So by participating in our team, you are helping TWO organizations!

Participation couldn't be easier:

Simply register at: www.aidswalkcolorado.org.

1. Click on "Register"
2. Click on "Join a Team"
3. Under "Join an Existing Team," click on the drop-down menu and select "Treatment Educat**10**n Network"
4. Click continue, and create a username and password (or sign in if you've registered in the past).
5. When soliciting pledges, tell people to go to the website and click on "Donate" and choose "Select a Walker." Then they can enter your name and make a donation ...REALLY easy!

Several things to remember:

- This is a well known event with thousands of participants (gay & straight, poz & neg). Therefore, asking for a pledge or donation is really easy, and doesn't imply anything about your status or persuasion.
- Ask friends, relatives, neighbors, co-workers, etc.
- You do not actually have to show up and walk at the park...or you can come for the camaraderie & entertainment & kick-off & activities, but not walk...or you can do it all.

Stop Press:

Ebola Tragedy

As we go to press, and on the heels of the Malaysian Airlines AIDS 2014 Conference tragedy, we sadly learn of the death of an AIDS physician from the Ebola virus, who was stationed in Sierra Leone.

Dr Sheik Humarr Khan, was the physician who had lead Sierra Leone's response to that country's outbreak, and who had also been serving as Medical Officer for the AIDS Healthcare Foundation (AHF). Ebola was first identified in Guinea in December 2013, and has reached epidemic proportion, spreading to Liberia, Sierra Leone, and Nigeria. In addition, according to Australia's ABC News, "More than 60 doctors have already died of Ebola, hampering efforts to control the outbreak."



FOR THE BOYS

by Barry Glass

I first met someone with AIDS on a trip to Los Angeles in 1984. I had flown to California to hook up with Frank, my Hollywood Hills honey, and we soon made plans to have dinner with two of his friends. He told me one of them had AIDS and was dying.

As we drove up to their apartment, I noticed that the sick one couldn't make it down the stairs by himself, and that his weight was being totally supported by the other man who was holding him full around the waist. As they approached, I noticed the numerous splotches of reddish purple sores that covered his hands, neck, and face. Once we got to the restaurant, it took him forever to get out of car and make it to the door. Inside, all the staff called him by name. Kisses were exchanged, and chairs were moved to accommodate his seating. He never took a bite.

When we returned to their home, Frank hugged them both goodbye. I remember that the man with AIDS was wearing a flannel shirt. I also remember that when I hugged him, I made sure that I didn't touch his skin.

A day or so later, I rented a car and drove south on the 5 to San Diego. I was sitting pretty in a baby blue Thunderbird convertible with Florida sunshine plates, riding in style. The Glamorous Life by Sheila E. was all over the radio dial.

Two days later, I called Frank from a phone booth in Pacific Beach. He told me that his friend with AIDS had died the night before. I said I'm on my way.

I made it back to L.A. and Frank and I accompanied Rick, the caregiver friend, while he made the necessary arrangements for cremation. He told me that he was an ex-lover of the guy who died, and when his former partner got too sick to do much of anything for himself, Rick decided to move in. He too had been diagnosed with AIDS.

When I returned to Denver, I joined my friend David for a night of drinking and dancing. Midway through the evening, he asked me to join him in the bar bathroom. He beckoned me into a stall where he then lifted up a pant leg and showed me his very own purple spots. He asked me if I knew what that meant. I told him I did.

We got back to his home, and we got high. I hoped he hadn't seen my hesitation as I put the pipe in my mouth. He asked me to spend the night. Not to have sex, he said. Just for the company. Less than twenty minutes later, I said I was tired, and I left for home.

SAVE the DATE!



2015 date announced for HIV Retreat at Shadowcliff July 9-12, 2015

Shadowcliff Lodge
Grand Lake, Colorado

Please contact us if you would like to make small payments between now and then. We've been told this would help people on limited income.

More information at:
www.OnTheTEN.org/retreat
or 303.777.7208

THANK YOU VOLUNTEERS!

TEN wants to thank all the volunteers who helped pour beer at the Wrangler Charity Beer Bust on PrideFest Sunday June 22. We made \$1590.00!

Annette, Bob, Brandon, Doug, Ed, Guy, Jacob, James, Jay, Jeff R, Jeff W, Jim, John J, John R, Keith, Kevin, Kurt, Kurtis, Lee, Luke, Mackie, Mike, Neil, Sam, Scott, Slade, Steve, Storm, Tim, Tino, Tom, Tony, Vince

If you would like to volunteer for the beer bust on Sunday October 19, email retreat.shadowcliff@gmail.com or call 303.777.208

THE DENVER
WRANGLER
17th St and Logan, Downtown Denver, Colorado

My friend David was among the first to be diagnosed with AIDS in Denver. When he died in 1990, he was only 35 years old. When they ask me, if they ask me, I'll tell them I did it for the boys.



a u t u m n

Mountain SIN

w e e k e n d

** a social weekend for gay poz men **

September 18-21 2014

*** Shadowcliff Lodge * Grand Lake Colorado ***

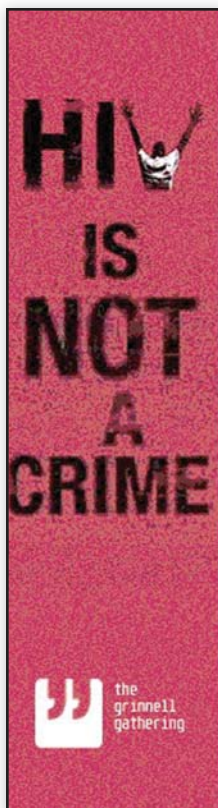
- ❖ Half-day hike in Rocky Mountain National Park
 - ❖ Road excursion on Trail Ridge Road in RMNP
 - ❖ Rocky Mountain Repertory Theatre *"Double Trouble"*
 - ❖ Putt-Putt Golf
 - ❖ Fishing
 - ❖ Bowling
 - ❖ Bicycling
 - ❖ Boating
 - ❖ Horseback Riding
 - ❖ Elk Bugling in RMNP
 - ❖ Campfires
 - ❖ Group games & activities
 - ❖ Hot Sulphur Springs
- (all activities are optional)

The weekend is \$125-175 (includes lodging & all meals)

Arrive Thursday afternoon or early evening, depart Sunday late morning

More info & sign-up link:
www.OnTheTen.org/mountainSIN

Mountain SIN Autumn weekend is organized by Treatment Educat10n Network (TEN) for Strength In Numbers (SIN)



HIV IS NOT A CRIME CONFERENCE

by Barb Cardell

June 2-6, 160 PLHIV advocates and allies from across the United States, Puerto Rico, Canada, and Europe flocked to Grinnell College in Grinnell Iowa for the 1st Annual HIV Is Not a Crime Conference hosted by the Sero Project ...And it was a big deal. The conference was held in Iowa for a very specific reason. For FIVE years, Iowa community organizers fought to rewrite Iowa State law 709c which passed in 1998 and made it a felony for a person living with HIV to have sex, even with a condom. As we gathered for the conference, Iowa Governor Terry Branstad signed a revision into effect which now takes "intent to transmit" and "actual transmission of HIV" into account and removing the "Sex Offender" status applied to all Iowans sentenced under this law. Immediate effects were apparent, and on Wednesday evening in an emotional celebration, GPS

track devices used to locate criminals were cut off the ankles of two men living with HIV who had been convicted under these laws, by an Iowa State Representative on his knees. Not a dry eye in the house as we watched two of our brothers regain a small amount of the dignity that the "system" had taken from them.

As one of the 9 people from Colorado fortunate enough to attend, I can only say that this conference educated us, challenged us to discuss complex issues (disclosure, intentional exposure, personal responsibility) surrounding HIV Criminalization and the advocacy necessary to repeal or modernize existing laws that criminalize people living with HIV.

"There are 32 states and 2 US Territories which have laws on the books that criminalize HIV exposure through sex, shared needles, and in some jurisdictions, through "bodily fluids," including saliva... neither proof of intent to transmit HIV nor actual transmission is required," according to the Positive Justice Project: HIV Criminalization Fact Sheet. Colorado law is better than some and worse than others. Very simply stated, if a person is charged with KNOWLEDGE of their positive HIV status of sex work, soliciting a sex worker or in some cases of sexual assault their sentence is "enhanced," by mandating tripling their sentence.

It has been proven that these laws do not prevent people living with HIV from any of these "banned" behaviors, and are just bad public health policy. The Colorado HIV De-Criminalization Task Force has been meeting for several years to address the injustice of these laws and to call for a repeal of these outdated Colorado Statutes. These laws are a barrier to HIV testing, entering, and/or staying in care. They perpetuate the stigma of HIV and support institutional discrimination of people living with HIV.



Coloradans attending (from Denver, Colorado Springs, & Pueblo) L to R: Keri, John, Arthur, Magalie, Cute guy from CA, George, Michael, Barb, Art

Some of the sessions and break-out sessions included: "Developing Talking Points Against HIV Criminalization," "Creating the Foundation for Support, from the Grassroots to the Grassstops," "If Disclosure Is So Wonderful, Then Why Is It So Hard?," "Criminalization Around the World," "Allies: Creating Change by Putting Like-Minded Folks Behind the Front Lines," "Keeping the Needs of All Members of At-Risk Communities in Mind," "Flash Collective," "You CAN Get There from Here," "Building the Political and Policy Campaign," "Communications: Traditional, New & Social Media," "The State Legislative Process," "The Federal Legislative Process," "Working Together to Achieve Optimal Results," "Talking to Legislators," "Behind the Scenes: What Happened In the Caucus?," and "The Grinnell Plan: Going from Here"

In a footnote, one of the men whose chains were literally removed at the conference, has since been rehired at the job that was forced to let him go due to his sex offender status. These laws unjustly target people living with HIV, they don't work to decrease HIV infections, and we are complicit if we do not do everything in our power to repeal, revise, or modernize these unjust laws.

If you are interested in more information:

Facebook: Colorado HIV De-Criminalization Task Force

Email: COHIVDeCrim@gmail.com

Save the Dates: October 14 Community Educational Forum: "How Iowa's Victory can inform Colorado's Campaign for De-Criminalization"

October 15: Colorado Organizations Responding to AIDS (CORA) HIV De-Criminalization Advocacy Summit



Conference Attendees, Grinnell College, Grinnell Iowa

HIV ACTIVISTS KILLED ON MH17

Six of the 298 passengers killed on Malaysia Airlines Flight 17 were researchers and advocates on their way to Australia for the 2014 IAS Conference. It opened with a minute of silence for those lost in the tragic attack. According to a press release, representatives of the organizations that lost members on MH17 stood on stage during the tribute. "This is a profound collective loss to science, to research, to medicine and to public health," Shaun Mellors, the associate director for Africa at the International HIV and AIDS Alliance told Forbes. "They spent their lives fighting for the lives of others and we pledge to continue their important work."

source: HIV Plus Magazine (Jorge Rodriguez-Jimenez) www.hivplusmag.com



Joep Lange was the former president of the International AIDS Society, and a professor of medicine at the University of Amsterdam. According to NPR, colleagues of Lange

credit him with making breakthroughs in HIV and AIDS treatment accessible to even the poorest patients by working with governments and businesses.



Martine de Schutter had spent time working for the World Health Organization in South America before returning to the Netherlands to fight the international crisis surrounding

sexually transmitted infections. In 2004, de Schutter became a major player of AIDS Action Europe.



Jacqueline van Tongeren is remembered as Lange's partner. In a story written by Han Nefkens, he remembers van Tongeren's sensitive and selfless demeanor. Nefkens remembers her

dedicating her personal life to helping others whether giving her time, attention, or energy, and never asking for anything in return.



Lucie van Mens worked as the director of program development and support for The Female Health Company. Van Mens dedicated her time with the company to promoting condom

usage in Africa through condom programs, according to a statement by The Female Health Company. Van Mens worked with FHC partners in Ghana, Kenya, Malawi, Mozambique, South Africa, Zimbabwe and Zambia.



Pim de Kuijer was a parliamentary lobbyist for Stop AIDS Now!, according to an entry written by a friend for The Guardian. That friend, Nabeelah Shabbir, remembers de Kuijer as

someone whose concerns for others were paramount to his own.



Glenn Thomas was a media officer for the World Health Organization in Geneva. Prior to working for WHO, Thomas was a journalist for the BBC, according to the BBC. The United

Nations held a minute's silence during a press briefing in Geneva in Thomas' honor.

PUT AN END TO THOSE ACHES AND PAINS!

- Natural Pain Relief and Stress Reduction Specialist
- Highly Effective Hands-On Body Therapies
- 30 Minutes FREE for the First 5 New Clients of the Month!
- Available on the Weekends
- Mention *Treatment Educat1On Network (TEN)* and we will donate 10% of your fee to the support of this organization!

The Holistic Center of Colorado Ltd.
4045 Wadsworth Blvd. Suite 270
303-482-2588
Visit Us At: www.holisticcolorado.com

Practitioner Christopher (at the Holistic Center) has been a volunteer at the HIV Retreat at Shadowcliff for over 15 years, providing energy work therapies.

POZ ROMANCE POZ DATING POZ ROMANCE POZ DATING



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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.

TEN THINGS HIV NEGATIVE GUYS REALLY NEED POSITIVE GUYS TO HEAR

by Mark S King

Guys living with HIV aren't the only gay men who are having trouble being heard. When Queerty posted "Ten Things HIV Positive Guys Want Negative Guys to Know" last month, negative men responded with comments ranging from sincere empathy to complete frustration. They also wrote with suggestions by the dozen for their own list. Negative men have just as much at stake in the HIV conversation, and their views matter (check out the short video **NEGATIVE**, a frank look at the sex lives and attitudes of four HIV negative gay men). So, with no further ado, here's ten things HIV negative gay men want their positive buds to know as summarized and compiled by Queerty's Mark S King. Just like the previous list, it can't possibly speak for everyone. Few opinions in our complicated community are universal. Gentleman, start your engines. In no particular order, here they are:



1. We are all living in a world with HIV. Negative gay men face HIV every time they are tested. It is an unavoidable reality for any sexually active negative guy. We have friends with HIV we care about, have seen *The Normal Heart*, make AIDS Walk pledges, and are waiting for a day when HIV is no longer an issue to be debated and fought over. Most of us are as mystified with the apathy that exists around HIV as anybody else. And yes, we're fully aware that we have also taken a lot of the risks our positive friends have, but escaped unscathed, somehow.
2. Living with HIV doesn't trump every argument. Yes, living with HIV isn't always a picnic on Fire Island. But having the virus doesn't automatically bring wisdom and unerring judgment, either. Nothing stops a conversation faster than "you don't know what it's like to have HIV." You're right. We don't. But please don't use it as a trump card to kill the dialogue. Negative guys might actually learn something if people with HIV shared their experiences honestly instead of using their status as a blunt instrument.
3. Fear isn't always based on ignorance. Many of the fears of HIV negative men are well founded. Some of us have buried lovers and can't bear to go through it again,

despite better treatments for the virus. We might have close friends who have tested positive, and we have grieved the results and witnessed their challenges. Maybe we have been lied to by someone who couldn't share their status honestly. We have had nearly two generations of death and mortality. Grief and fear is in our bones, and a few years of good news isn't going to make that all disappear. And please don't equate our fear with promoting HIV stigma. We have our reasons.

4. HIV is awful. So is homophobia and poverty. In the year 2014, we have a lot on our plates. We want gay marriage and an end to starvation and rights for transgender people, to name a few. Isn't it a sign of progress that we can focus on a variety of issues? Devoting ourselves to other important concerns isn't an affront to people with HIV or the epidemic, and it doesn't mean negative guys are not concerned with our sexual health. Besides, negative guys keep hearing how healthy and happy positive guys are, and how they don't want to be defined by their status. Then we hear that HIV is still a crisis and we must all become AIDS activists again. Yes, it is a complex issue. But the messages are so contradictory it makes negative guys wish we could all just make up our minds.
5. Negative guys are not necessarily opposed to sex with positive guys. Maybe it's just you. You might be totally hot and HIV positive and everyone is cool with that. Except you're an asshole. Enough said.
6. Don't force PrEP down our throats. PrEP (pre-exposure prophylaxis, or taking Truvada each day to prevent HIV infection) looks like an exciting new development. Negative guys have read the news reports. We're still considering what works best for us. Yes, there has been some tacky name-calling about negative guys who take it and if they are "Truvada Whores." But most of us are just learning about this and have barely formed an opinion. Taking a daily medication is a big step and you will have to pardon negative men if we aren't all rushing to the pharmacy. A lot of us have witnessed the side effects of HIV drugs with friends and don't like what we have seen. It may take some time for more guys to warm up to the idea, and many of us may never make that choice. And that is going to have to be okay.
7. Don't cry "HIV stigma!" at every turn. HIV stigma is real and it is damaging. We see that and know it is a problem. It's also true that stigma has become a catch-all for every slight or insult HIV positive guys experience. We think you're more resilient than all that. We know you don't all cry foul constantly, but it happens enough to make it damn annoying. In a culture obsessed with age, looks, and dick size, rejection among gay men is commonplace and cruel. We all have our issues and we are all targets for ridicule about some damn thing. It isn't a freaking contest.
8. Taking pride in remaining HIV negative is not an insult to people with HIV. A lot of us are proud of remaining negative. We're not happy you're dealing with HIV. But after managing every sexual choice we make and getting tested every few months, we feel entitled to feel proud of our status—just like the pride that

BOOTS N BOXERS A HUGE SUCCESS

The Boots n Boxers fundraiser was an enormous success! This was the 7th year for this annual event, created and conducted by the Krewe of Chaos, held May 17 at Casselman's. It featured some of the hottest guys modeling some of the hottest underwear. While the guys were modeling, bids were taken by the auctioneer, and the highest bidder took home the prize. When the sale was complete, the model and bidder went behind a screen so the model could remove the underwear and hand it to the new owner, an "added bonus" of winning the bid. In addition, there was a silent auction featuring a wide array of donated items, as well as a grab-bag sale. All in all, the hundreds in attendance had a very enjoyable and festive evening out while raising funds for a good cause.



Treatment Educat10n Network (TEN) was the designated non-profit recipient, and TEN supplied 16 very dedicated and hard-working volunteers who aided the Krewe all evening in a variety of positions, right through to packing everything away and loading cars at the end of the evening. We'd like to express huge thanks and gratitude to these guys for their fabulous help: Brandon, Dana, Guy, Jeff, Kevin, Kurt, Lee, Lenny, Louis, Michael De, Michael Do, Michael R, Michel W, Steve, Tim C, and Tim G.

When all is said and done, the monies TEN received will

- provide financial assistance for low income persons attending the 2015 HIV Retreat
- and-
- pay for other 2015 Retreat expenses
- and-
- fund 2 editions of the quarterly TEN Newsletter
- and-
- provide 2 of our monthly Community Educat10nal Forums
- and-
- fund our website and PO box for 2015

We would like to express our sincere gratitude for the Krewe of Chaos who has made a huge difference for funding TEN's 2015 educational programs for persons living with HIV.

positive guys feel in staying healthy. When we state our status in a profile, it isn't a declaration of war. It's a fact. And yes, we know our status is only as secure as our choices. Give us some credit for staying this way.

9. It is maddening when we know more about HIV than you do. We might be cool about your HIV status and hooking up. And then we ask about your viral load or your meds and we get a blank stare, or you shrug it off with "I'm fine, no problem, let's do it." Not so fast, cowboy. If you are informed about your health, share the details.
10. We have no idea how you do it. Your strength in the face of HIV is amazing. Navigating life and relationships while living with a chronic condition can't be easy. There's no telling how any negative guy would react to becoming infected, and we hope we never have to find out. And that's the point, really. Positive guys know what it is like to be negative and you know what it's like to live with HIV. We can only guess. Please, keep that in mind when you're dealing with our sincere ignorance about what you're going through.

And as a bonus, here's #11. There's so much going on so fast these days—PrEP, undetectable viral loads, better medications—that we can literally see a day coming when none of us are defined by our HIV status. We're looking forward to it as much as you are, but we could prepare for it now by strengthening our bond. The first step is for us all to actually listen to the concerns we have. Thanks for listening to ours.



"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!

THE UNTOLD STORY

by Salim Bakari Nga'z, Eldoret, Kenya

Editor's Note: Salim is a colleague of mine in the Global Community Advisory Board (GCAB) of the AIDS Clinical Trials Group (ACTG). He told "The Untold Story" at one of our GCAB sessions at the ACTG June meeting in Washington DC

Friendship is like a bee hive. In it you can get stung many times but you can still get a jar of precious honey... I remembered the task I heard as I wanted to disclose my HIV status. Will I get honey? Or will I get stung? She sat still, waiting for the untold story.

After all the sad stories and moments about being left, discriminated, stigmatized, and abandoned by her in despair, I just kept in mind that in the boarding of my flight, my language should only contain the best sour vinous. The bad and sad moments of stigma and denial, grief and anger, with questions of "Why me?" How? Where?" ...was to be left aside at the garbage. Because the duration of my flight is unknown and my next stopover will be a positive life of love, joy, harmony, good health and well-being, then peace will be my field to graze my mind. And the fuel for all these destinations is adherence to my meds. I looked





into myself, listened to my inner strength, and I knew I could make it and I am going to make it, positive or not positive. I've got a life to live, a girl to protect from the infection, a home to make with children playing in my field ground, not forgetting my own health to take care of. This was what I wanted; this was what I dreamt about: DISCLOSURE.

Every time I came to think about starting a friendship or relationship, I got concerned of my status, will she accept me? Leave me and walk away? Will it be the entry point for stigma? Will she disclose my status to other people? Will I infect her? Can it work? It was all in the heart and mind of caring for the people I love. And friendship is all about standing up for the people you love every time. These include preventing her from contracting HIV. I kept looking for the person who will accommodate me fully despite the size of my condition.

For I to get the strength and courage to tell her, to tell my best close friend, to speak to the world for them to understand me, to protect them, to let the world know that HIV is real and its within us, I had to look for *Correct Information*, I had to be knowledgeable enough to respond and tackle every challenge that comes with HIV disclosure. I looked for this until I found it, step by step, little by little, I kept moving until I was ready to disclose.

"When I got home from a foreign country I was prepared to tell her, whatever the cost. I was ready even for the worst. That night I served dinner and went to bed early, I woke up very early to birds singing. I didn't want to waste even a minute of my courage, so down the hill to plain field was I. I held her hand and said "I've got something to tell you." She was very anxious, quietly disturbed, thinking and wondering what I was going to say. Again I observed her eyes keenly.

10th Annual Poz Cruise * 1-8 November, 2014
 A 7-night sailing from San Juan aboard "Celebrity Summit"
 calling at Barbados, St Lucia, Antigua, St Maarten, St Thomas
 Rates start at \$625 * More info: www.HIVcruise.com

How do I sign-up?
 Visit www.HIVcruise.com and click on *Reservations*, then complete form and pay deposit. Once booked, you will receive confirmation and booking number. You will also join a yahoo group set up for everyone going on the cruise with updates, questions, excursion information, etc. up until the cruise.

How much will this actually cost me?
 1- Cabins start at \$625 (per person, no balcony).
 2- You have to get from Denver to San Juan Puerto Rico. United, American, Southwest, Delta, Jet Blue & Spirit all compete, so fares can range from \$400-\$500 (maybe more, maybe less, depending on a number of factors).
 3- Because it is "too close to risk", you need to go the night before and pay for lodging. Sometimes guys share a room by connecting on the poz-cruise yahoo group. Plan on spending at least \$75 (if sharing). Also factor in ground transportation (\$10-20), dinner & breakfast, and an organized van to the dock in the morning (about \$10). On return, ship to airport is ~ \$10 if sharing a taxi.
Note: the ship docks early so it is easy to fly back the same day.
 4- Excursions are optional, but something you will probably want to do. The poz group has its own exclusive excursions, or you can sign-up for one offered by the cruise line. They will range between \$50 and \$125.
 5- There is a \$12/day gratuity added to your bill (\$84 total).
 6- Everything on board is included EXCEPT drinks, gambling, shopping, and spa services. You could end up spending a lot, or nothing at all. You are allowed to bring one bottle of wine, but no other alcohol.
(Note: mouthwash & shampoo bottles hold all sorts of liquids ;-)

I don't know anyone going and don't want to pay the single room surcharge (50% of cabin rate additional). What are my options?
 The poz cruise organizer matches roommates based on a questionnaire of personal habits, which generally works out well. Remember cabins are very small, and about the only thing you do in them is sleep, shower, and change clothes.

I don't know anyone going and I'm shy. Will I have fun or be miserable?
 Many guys go alone, the guys are open and friendly, and everyone is in the same boat (pun intended). In other words, **NOT AN ISSUE**. Also remember this is a group of 200+ aboard a ship with 2,000 passengers. In addition to all the activities offered by the ship, our group has its own parties & events ... i.e. the best of both worlds.

Suddenly I didn't know how to open my mouth but I had to let her know what I had to say, the truth, and I calmly said "I am HIV positive." She didn't seem to be annoyed by my words; instead she asked me softly "Why say that?" I avoided her question. "I got it through mother- to-child-transmission, I have lived with it for 21 years now, and I want you to know now before we go too far, I love you a lot, that's why I am telling you this."

I left her to go and think since I knew I was not going to respond to her questions. As I left the park I felt I had branded my back HIV+, but my heart was relieved, so I walked majestically without wondering what will come from her. On reaching home, I went straight to take a cold shower, suddenly my phone rang. It was a message. I picked up and opened slowly because I didn't know what to expect. It was her and she was responding to our conversation. She said, "Hey Dear- thank you very much for trusting and believing in me, your action drew me nearer to you than ever before. Just wanted to let you know that you can count on me for anything, Thank you and love you still..." I smiled as I heard this and then knew that nothing was impossible. What they think doesn't matter, but what we think does. I came to realize the benefit of disclosing early. It laid a foundation for understanding, prevention, and reducing anger, grief, and blame. It takes courage and wisdom to disclose. It's our time as young people to speak the unspoken, to protect the people we love. I found support, love, and care from disclosing ...you can too! Take your chances and disclose.

FROM CORN FIELDS TO DANCE FLOORS

by Jeff Reinhard

Once upon a lifetime lived a lad on a farm in Northwest Ohio, pulling weeds, baling hay, stacking firewood, gathering eggs and bottle feeding calves. On a lucky day, one might sneak away to stroll thru my parents 150 acres of woods, corn, beans, clover and alfalfa hay in search of mushrooms, or simply play with my best friend Lucy (a blue heeler/Australian Shepherd cattle dog). T'was a good life in many ways, but life revolved around milking the cows and trying to survive amidst harsh, clay soil best suited for growing the American thistle. Work, work, work, sunup till sundown, 6 days a week or risk the wrath of dad's leather belt, or his strong fingers wrenching one's ears!

Only on Sunday, the day of rest, could we at leisure spend time with friends or spark up a game of "PIG" at the hoop mounted on our shed. But even on Sunday, the chores still needed to be done, morning and evening, so it was seldom that we would venture more than an hour or two from home to visit family or friends. I recall dreaming of the ocean, mountains, or flying thru the sky, or...? I knew that Reagan was President, and recall hearing about the Gulf War, but life revolved around the farm and church with minimal contact with the "heathen" outside world. Dad would religiously turn on the radio to hear the weather forecast each day, and religiously turn it off again when politics or music would commence. He was a bit fond of Paul Harvey, and I was enthralled with "The Rest of the Story."

Generally only church tho would alter the daily routine, midweek services on Wednesday night and services Sunday morning and afternoon. I was lucky enough to attend public school, but going out with friends, extracurricular activities, and even bringing homework home was taboo and considered a waste of time since there was WORK to do! I distinctly recall wondering, as I entered my teens, why the guys were attracted to the gals! P.E. was a nightmare, and I tried to avoid the showers like the plague. I was the smallest guy in my class, a late bloomer, never owned brand name or "stylish" clothes and genuinely hated myself trapped in dorky, scrawny me! I recall being incredibly jealous of bigger, muscular, and fit guys, and oddly somewhat attracted. My general lack of interest in girls/dating was compounded by my certainty that there would never be a soul interested in dating, or God forbid wanting to marry me anyway. In my late teens I succumbed to the will of the church, family, etc. and became a part of the church, making it even easier to remain single and disregard any feelings or thoughts of sex, dating, or marriage. In many ways I personified the perfect young single Christian guy since I seemed to have mastered the ability to overcome the main temptation of WOMEN... and being single is considered the highest & most honorable condition to be less distracted by the affairs of life and able to focus on serving God.

This status quo continued into my late 20's until a neighbor gal developed a HUGE crush on me and shattered the illusion that I was "unlovable," and also forced me to think about my sexuality and why I had ZERO interest in her. I found myself on occasion in porn shops, consistently enthralled by the male physique, and increasingly curious

about my own self. A war raged between the excitement of knowing that I had a penis and the thought of it having multiple uses versus the teachings of the church about homosexuality and abstinence until marriage. Even the thought of porn or sex would rain guilt.

Finally after 33 years, enough was enough, and I simply had to face my fears and start being true with myself and my world. Church had become a routine and my life had become a culmination of the expectations of others, rather than an expression of me. In fact, I really had no idea of who I was, much less a clue about the world I lived in and those about me. My curiosity and new found freedom began with a harsh dose of reality... and an introduction to the world of STD's. After some exploration with a couple random guys (both of which I thought were safe/protected) my weewee became enflamed and felt like I was discharging fire... aka gonorrhea. This was a rude awakening and began a journey of education & awareness... and temporarily quenched my sex drive. However a couple of weeks later I developed a cough, which lingered and would not go away. This was unusual for a normally healthy, active me, so after three weeks I decided to get checked out again. April 6, 2011 is a day I shall never forget.

(continued on page 10)



SIN Sunday Social
First Sunday of Every Month
3 pm



Moontower Tacos * 609 Grant St

(north side of 6th Ave just east of Speer- shared parking lot with Wendys)

... casual conversation
with other gay poz guys, have a delicious
taco for a mid-afternoon snack ...

(this is not a support group or heavy discussion group)



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: "Men2Men Poz Talk" (closed group, sign-up required)
DCAP * 2490 W 26th Ave 3rd floor * Denver 80211 * More info: Muni 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

Every Wednesday 3-5pm: TransAction Group for transgender women (drop-in)
It Takes a Village * 1475 Lima St * Aurora 80010 * More info: Nevaeh at 303.367.4747

Every Wednesday 6-8:30pm: "4 to Thrive!" (starts Feb 19)(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

Third Wednesdays 5-7pm: "The 411: HIV Information" (dinner served) -all HIV+ are invited (drop-in)
Denver Health * 605 Bannock St Room 245 * More info: Philip 303.602.3696

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: Lana 303.320.1989 x225

Every Friday 9am-3pm: Women's Acupuncture Services Project (sign-up req'd)
Empowerment * 1600 York St * Denver 80206 * More info: Nicole 303.320.1989 x221 (or Brady x204)

Last Friday of every month 2:30-4pm: Women's Support Group (drop-in)
Empowerment * 1600 York St * Denver 80206 * More info: Liza 303.320.1989 x226

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

New group for women in 2013 at Rocky Mountain CARES * More info: Rica: 303.951.3694
Ongoing Spiritual Exploration & Gestalt-oriented Process Group (sign-up/assessment req'd)
DCAP * 2490 W 26th Ave 3rd floor * Denver 80211 * More info: Muni 303.837.1501 x490

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

FROM CORN FIELDS TO DANCE FLOORS

(continued from page 9)

Shock, uncertainty, fear, ...which compelled me to buy a plane ticket to spend Easter weekend with my family in Michigan to share my story and new found place in life: gay, poz, and uncertain about the religious teachings of my childhood. As the youngest of 8 children, I simply did not have the time or energy to explain my situation to 50-plus people via phone or email.

After a tough and far less than pleasant weekend, I returned home to CO to continue my journey and face some tough decisions. Meds? Most of my life I'd considered meds more a potion of the devil than anything, and docs the witch to dispense. Watching my life dissipate before my eyes persuaded me to concede to counsel and start on meds. I shall also be eternally grateful for a support group thru those early days, meeting those that had been on the journey for

decades, and establishing kinship within my new found world. Decisions, decisions... Do I live angry and bitter? Or embrace the reality, as crappy as it might be, knowing the clock cannot be unwound, choosing to live each day with gratitude and hope, accepting the gift it has always been. Crap happens to everyone, and who am I to live above it, or bury my head in the sand in defeat? Life DOES go on... and I will never be the same. I have learned to love, to break free from the chains of judgment without projecting the presumptions of my past. I o'er flow with gratitude for so much sunshine in my life, yet shadowed by a cloud of sympathy and sadness for so many yet consumed by doctrines of intolerance, discrimination, and yes, sometimes hate. I have learned that each soul has a value, a purpose, a story waiting to be told, a tapestry beautifully knit together by life's journey, longing to be loved, known and accepted by others. I've learned that life is precious and full of choices. I choose to let go and embrace the beauty within and about us. I choose to live, love, and let live. Now...Let's Dance!

Clinical Trials Now Enrolling

University of Colorado Denver, E 17th Ave & Quentin St, Aurora
Contact: Graham Ray : 303.724.0712 : graham.ray@ucdenver.edu

ACTG= AIDS Clinical Trials Group network

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

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

Naïve = never taken HIV meds; **Experienced** = have taken HIV medications



Older HIV+ Adults: A5322: Long-term Follow-up of Older HIV-infected Adults: Addressing Aging, HIV Infection & Inflammation

- 334 weeks (~7 years); 40 years or older
- All kinds of clinical assessments (various lab work, physical, body measurements, medication & medical history, neuro, family history, questionnaires) done at entry, and then every 6 months

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)

- 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

Inflammation: A5331: Aspirin for Chronic Inflammation

- Randomized to: placebo -OR- 100mg aspirin daily -OR- 300 mg aspirin daily
- CANNOT use aspirin or ibuprofen during study (acetaminophen okay)
- On ART for >48 weeks (no change in last 12 weeks); VL<50; >17 yrs old
- 16 weeks; study visits: weeks 2, 6, 11, 12, 16
- certain medical exclusions

Inflammation: A5314: Effect of Low Dose Methotrexate on Inflammatory Markers and Endothelial Function (ACTG)

- Low dose methotrexate or placebo for 24 weeks followed by 12 weeks observation
- Taking ARV with VL <400 for >24 weeks; CD4 >400
- 40 yrs or older
- You must have documented coronary risk (moderate or high)

Inflammation: A5317: Effect of Telmisartan to reduce AIDS-related Fibrotic and Inflammatory Contributors (ACTG)

- Telmisartan 40mg daily for 4 weeks followed by 80mg daily for 44 weeks -OR- no treatment (comparator group)
- Taking ARV for >48 weeks; VL <200; any CD4
- Study includes 2 fat and lymph node biopsies (with \$150 reimbursement)

Cure Research: A5326: Evaluate effect of anti-PD-L1 antibody to reduce latent (or hidden/resting) HIV (ACTG)

- **YOU WILL NOT BE CURED OF HIV.** Your participation will only advance and contribute to cure research science
- One dose of PD-L1 ab -or- placebo given IV, followed by various tests for analysis of effect
- VL <50; CD4 >350; on stable ART for >90 days

Cure Research: A5315: Single dose Romidepsin to Assess Safety, Tolerability and Activation of HIV-1 Expression (ACTG)

- **YOU WILL NOT BE CURED OF HIV.** Your participation will only advance and contribute to cure research science
- One dose of romidepsin -or- placebo followed by various tests for analysis of effect
- Taking ARV with VL <50; CD4 >300
- Must have either efavirenz (Sustiva, Atripla) -OR- raltegravir (Isentress) as part of your current HIV regimen
- Study involves 3 leukopheresis procedures

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

- 3-4 year study (10 visits in 1st year, 4 visits each year after that);
- ART naïve (never taken HIV meds) or on Sustiva or Nevirapine

HEP C: A5327: Sofosbuvir + ribavirin **without** interferon in acute HCV co-infected with HIV (SWIFT-C) (ACTG)

- Either acute HCV infection in the last 6 months or recent re-infection
- CD4= >200 (>500 if not on ART); VL=<40
- Either not on ART -OR- on stable ART at least 8 weeks. If on ART, it will be continued during study
- Cannot have active infections or other serious medical conditions; and women must use birth control to prevent pregnancy
- Either 8 weeks or 12 weeks of therapy, followed by 24 weeks of follow-up

Smoking/COPD: NIH-study for HIV poz & neg, smokers & non-smokers, to learn more about pulmonary complications of HIV.

- Group 1: poz & neg, >18 yrs old, smokers & non, if poz- ART naïve or off meds for >6 months; up to 24 weeks (3 visits)
- Group 2: poz & neg, with or w/o COPD diagnosis, 30-70 yrs old; if poz- viral load >1,000; up to 1 month (2 visits)
- VL <50; CD4 >350; on stable ART for >90 days

COMING SOON

HEP C: A5329 Treatment for persons coinfectd with HIV & HCV (genotype 1) (Abbvie 004-ABT-450/Rtv/ABT-267 and ABT-333)

- HCV treatment naïve or experienced; HIV treatment must be either boosted atazanavir (Reyataz) -OR- raltegravir (Isentress)



COMMUNITY EDUCAT¹⁰NAL FORUMS

"BY THE COMMUNITY ... FOR THE COMMUNITY"

Tuesday, September 9 6pm: "HIV & Diabetes"

Deanna Merrill, PharmD, MBA, Regional Medical Scientist Field Manager with ViiV Healthcare

- * What is Diabetes? * Two types of Diabetes * Risk factors for Diabetes
- * Signs & Symptoms of Diabetes * How Diabetes affects your body

* 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

C A L E N D A R of E V E N T S

August

- 6 (Sun) 3pm: SIN Social at MoonTower Tacos (7th & Grant) (see pg 9)
- 7 (Thu) free day: Clyfford Still Museum (1250 Bannock St)
- 7 (Thu) 5pm: DHRPC Meeting: 1437 Bannock St Rm 389
- 8 (Fri) 6pm: SIN Happy Hour upstairs at the Skylark (S Broadway & Maple Ave) (see pg 7)
- 12 (Tue) 6pm: Community Pot Luck BBQ
- 13 (Wed) free day: Clyfford Still Museum (1250 Bannock St)
- 21 (Thu) 11am: DHRPC Rebuilt+/POC (PLWH) Committee: 200 W 14th Ave 3rd fl conf rm
- 27 (Wed) free day: Clyfford Still Museum (1250 Bannock St)
- 29 (Fri) 11:30am: University of Colorado CAB (b)



September

- 1 (Sun) 3pm: SIN Social at MoonTower Tacos (6th & Grant) (see pg 9)
- 4 (Thu) 5pm: DHRPC Meeting: 1437 Bannock St Rm 389
- 6 (Sat) free day: Denver Art Museum (13th & Broadway)
- 8 (Mon) free day: Museum of Nature and Science (17th & Colorado Blvd)
- 9 (Tue) 6pm: Community Educat¹⁰nal Forum (a) (see pg 12)
- 10 (Wed) free day: Hudson Gardens (6115 S Santa Fe Dr Littleton)
- 12 (Fri) 6pm: SIN Happy Hour at Skylark (S Broadway & Maple Ave) (see pg 7)
- 18 (Thu) 11am: DHRPC Rebuilt+/POC (PLWH) Comm: 200 W 14th Ave 3rd fl conf room
- 26 (Fri) 11:30am: University of Colorado CAB (b)
- 28 (Sun) free day: Museum of Nature and Science (17th & Colorado Blvd)



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) U of C 12401 E 17th Rm 360 (nr Colfax & Peoria) (303.724.0797)

(c) For more info contact Penny 303.523.1500

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