



# CHOICES

THE NEWSLETTER OF HAWAII ISLAND HIV/AIDS

December 2005

## Four Days of Action: C2EA Hits

### the Streets

November 7, 2005—“‘Abstinence only’ doesn’t work!” protesters chanted Monday morning as police dragged 12 handcuffed AIDS activists through the Washington, DC lobby of the Family Research Council (FRC), an influential think tank that promotes abstinence-till-marriage programs. “Don’t censor science!” read protesters’ signs. The 12 arrests this morning—followed later in the afternoon by dozens more at the White House—came on the third of the Four Days of Action, a grassroots spectacle of cross-town marches, political rallies and prayer meetings under the banner of the Campaign to End AIDS (C2EA).

It had been a warm, clear weekend in the capital, and pretty much everything had gone off as planned, starting with the convergence Friday of nine caravans from around the country. Riders stepped from their buses Friday evening into an informal meet-and-greet that continued into the night. “I came to C2EA to get more information on how to reach people,” said Harriet Redic, 57, an HIV positive woman who had caravanned from North Carolina. “I want to learn how to get funding and try to prevent this disease from infecting people in the future.”

Saturday morning at 11, several hundred people gathered at RFK Stadium on the outskirts of the city, and a series of HIV positive speakers rose to address the crowd. Some urged attendees to contact their state reps to help pass the Ryan White Care Act, the main source of federal AIDS money, which is still pending approval. Others highlighted HIV’s scourge in Washington, where the infection rate is now 1 in 20—or simply celebrated the accomplishment of getting so many people with HIV all the way to DC. “I have AIDS, and I’m not ashamed of it!” shouted a woman from the Nor’easter Caravan named Fran Sullivan, who jumped onstage to a round of applause.

Shortly after noon, Charles King, co-founder of the New York-based Housing Works, the group behind C2EA, invited people with HIV to hoist the colorful state flags propped against the fence behind them and head out to the street. Pretty soon, marchers were snaking noisily through the low-income town of Anacostia, greeting onlookers who stepped out of their homes to see

**World AIDS Day**  
**December 1st**  
**Hulihee Palace**  
**5:30 pm**



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**for part three**



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## CHOICES

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## Hawai'i Island HIV/AIDS Foundation

### Mission Statement

The Hawaii Island HIV/AIDS Foundation is a non-profit organization dedicated to assisting those affected by HIV/AIDS to maximize their quality of life, and to ending the spread of HIV. We also utilize the lessons learned in the HIV epidemic to care and advocate for others in the fight against related diseases.

### Vision

To build a healthier, stronger, and more sustainable community that supports all its members with a focus on HIV issues.

### Core Values

**Responsiveness:** To people with HIV/AIDS and their families and to the prevention education needs of the community.

**Accountability:** To our consumers, funding sources, and the community at large.

**Integrity:** To provide services to the entire community in a humane, loving, non-judgmental manner.

**Diversity:** To embrace the philosophy of "inclusiveness".

**Collaboration:** To establish and maintain partnerships within the community that maximizes resources and decreases duplication of services.

**Leadership:** To set the highest standards for responsibility to our mission, vision and values, and be recognized as a positive, inspirational role model in our community.

**Advocacy:** A collective public voice to speak on behalf of those affected by HIV/AIDS.

*I am comforted by life's stability, by earth's unchangeableness. What has seemed new and frightening assumes its place in the unfolding of knowledge. It is good to know our universe. What is new is only new to us.*

Pearl S. Buck

what was going on, and later pouring into Anacostia Park, continued on page 3 from front page where drums and R&B music welcomed them for an afternoon rally. Among the speakers were POZ founder Sean Strub, who accused some ASOs and national groups of neglecting their duties by failing to support C2EA. Noticeably absent from the weekend's proceedings, he said, were the Human Rights Campaign and AIDS Action.

Saturday evening, there were film screenings and activist trainings, and Sunday there was an interfaith prayer service at the historic, black Metropolitan African Methodist Episcopal (AME) Church, where Bishop Rainey Cheeks and Reverend Dennis Rausch—both HIV positive—led the crowd in songs and prayer, along with a panel of Native-American, Jewish and other spiritual leaders. “We gather here in hopes that all people will one day be free from AIDS,” pronounced Rev. Shana Goodwin of the All Souls Church, Unitarian Universalist. Rev. Cheeks told the crowd, “Welcome to DC!” and elicited shout-outs from San Diego, Miami, the Bronx and dozens of points in between.

C2EA's youth wing ended the weekend with a rally and march—in line with national organizers' emphasis on taking AIDS activism into the future. In Meridian Hill/Malcolm X Park, go-go bands and spoken word artists performed and passed the mike for a round of stories from positive and negative youth alike. Then, as darkness fell, it was time to take to the streets again—this time, for a younger-generation “Don't Keep Us in the Dark” march to the White House. “Wake up! Time's up! End AIDS Now!” about 200 hundred college kids and twenty-somethings chanted while surging up Pennsylvania Avenue with glow sticks and condoms.

Still to come on Tuesday (after organizers get Monday's demonstrators out of jail) is congressional lobbying day. It seems there's a lot of excitement among protesters about letting their elected representatives know what's up with AIDS—especially from people who have traveled far and have a lot to say, like Almetha Williams from Jackson, Mississippi, who's positive and homeless. “You have to have an income to get housing, so I end up sleeping in abandoned buildings,” explained Williams, 34. “Our congressmen are not getting the funds that are

from page 4 changing the way you live your life may require more than just willpower. Ask your doctor, nurse or local case manager for referrals and resources that can assist you with nutrition, exercise and quitting smoking.

#### Heartburn and GERD

- Avoid or cut down on cigarette smoking.
- Avoid or cut down on heartburn and GERD triggering food & drinks (alcohol, chocolate, soft drinks, coffee, black tea, and both spicy and fatty foods).
- Try losing extra pounds—the extra pressure on your stomach squeezes the acid into your esophagus.
- Avoid clothes that are tight around your tummy.

#### Diarrhea

- Avoid foods that are spicy and/or greasy.
- Drink lots of healthy liquids to prevent dehydration (water, herbal teas, soups, fruit juices and smoothies)
- Eat food that will soak up the liquids (flax meal, peeled apples and apple sauce, bananas, rice, oatmeal, oat bran, and barley).

#### Nausea or vomiting

- Eating may be the last thing you think you can do, but try nibbling on a cracker and drinking sips of water.
- The flavors and scents of ginger, lemon peel and peppermint can also keep your tummy calm.

From *POZ Magazine*

### **2005: Biggest Rise Yet in HIV Infections by Staff**

November 21, 2005—Almost 5 million people were infected with HIV this year, according to a UN report released Monday, the highest number of new cases since the virus first appeared in 1981. According to the yearly report, 40.3 million people are now living with HIV around the world, with the fastest rising numbers in sub-Saharan Africa, Eastern Europe and the former Soviet Union.

# What To Do When Your HIV Meds And Tummy Treatments Don't Mix (part 3)

By David Coop

Continued from November Issue

## Tough Choices—But Hope!

Balancing treatments for both your tummy and HIV can seem like a pain sometimes, but it is doable. You and your doc should be able to find a combo that does the job for both HIV and your tummy. This may mean changing your stomach medication, changing your HIV meds or altering dosing schedules so the two types of meds don't interact.

Though Norvir (a PI) is the undisputed king of drug interactions among HIV meds, it actually works just fine with most gastric modifiers. Instead, it's another PI that throws a royal fit when mixed with most GERD drugs.

Dr. Young says, "I have been concerned [about the] reduction in drug exposure of Reyataz when co-administered with some gastric modifiers such as H2 blockers."

Reyataz can be taken with H2 blockers—as long as they're taken as far apart as possible. Dr. Wohlfeiler echoes Young's concerns and adds, "PPIs may be even worse than the H2 blockers in terms of reducing drug levels of Reyataz. At one time, it was believed that boosting Reyataz with Norvir may deal with this unwanted interaction but this appears not to be the case. Reyataz is not being broken down precisely because the PPIs are very effective at blocking production of stomach acid at the source."

## Powerful Options

Treating HIV and your tummy problems is possible. "I would think first in terms of drugs such as Kaletra and Lexiva if the patient is known to have serious problems with stomach acid," says Dr. Young. He cited one combination recently studied in a Phase IV clinical trial and found to be safe—the gastric modifier, Nexium, and the protease inhibitor, Lexiva (which also appears to be safe with most H2 blockers). Nexium was found to have no significant effect on blood levels of Lexiva in 48 patients. Dr. Wohlfeiler would consider a range of alternative PIs, except for Reyataz, based on the individual needs and problems of the patient.

Recently, he confronted a dilemma with a patient who really liked Reyataz's one-a-day dosing. "I gave him a choice of staying on Reyataz and switching to taking Zantac twelve hours apart from his PI," he says. "But he was fearful of debilitating heartburn." So he switched the patient to Sustiva.

## Worth the Effort

Smarts and dedication got him through it

Steven Mulholland, who's lived with HIV for twenty years, has managed to tackle both HIV and his GI problems, but found it took some trial and error. He used to take Zantac, and says, "I was seeing a GI specialist who was knowledgeable about possible interactions (with HIV meds), so I think that made a difference in choice of drugs." However, even though Mulholland felt intuitively that he shouldn't take OTC Zantac with his prescription gastric inhibitor, Prevacid, his HIV doc never asked him about it or cautioned him not to. "I really think he should have," he adds.

But Mulholland didn't give up. "I'm on Prevacid [now] because it seems to have the longest-acting effect for me," he says. And he made sure that none of his stomach meds would be, "particularly problematic with my HIV meds. I was on two PIs (Kaletra then Lexiva) that worked well with my stomach pills."

## Practical Do's and Don'ts

Even though HIV drugs may be the primary cause of your heartburn, think about modifying lifestyle factors that could be making it worse. While these tips are common sense, continued on page 3

# A Place at the Table

by Nick Burns

Pull up a chair to our holiday spread—turkey, trimmings and tough talk about the meaning of gratitude for people with HIV. Eat your heart out, Martha

What do we talk about when we talk about gratitude? In the early days of the epidemic, HIVers who found a place at a Thanksgiving table were likely grateful just to be alive. But treatment advances over the years—at least for those fortunate enough to access them—have exploded our previous notions of holiday thanks. Should we be grateful for what we simply deserve? How do we temper the ferocity that has won us medical and civil gains with the enduring grace of a simple thank-you? And should we ever be grateful for the virus itself? POZ feasted on these and less-filling matters by sharing a traditional Thanksgiving menu in a New York City apartment in September. Our five guests represent spectacularly varied experiences with HIV. You'll meet Kwame Banks, 37, the first African-American HIVer to win the American Leatherman title; Annette Lizzul, 44, a POZ cover girl and 20-year veteran and activist; Shirlene Cooper, 43, a community organizer for the New York City AIDS Housing Network and former drug addict; and her daughter, Lamea, 24, who is HIV negative. As POZ founder Sean Strub moderates, they swap fearlessly personal tales of gratitude, family and their most memorable Thanksgivings.

**Sean:** Thank you all so much for coming. Before we eat, I'd like to go around the table and have the four of you introduce yourselves and your journey with HIV.

**Annette:** OK. Well, my name is Annette Lizzul, and I live in New Jersey. Sometimes I think it's just amazing that I got this disease, because I grew up the good Catholic girl, never doing drugs, never sleeping around—I never thought it could happen to me. And then I fell in love with a guy who I had no idea was on [intravenous] drugs. I met him in 1984, and in '86, he was dead.

**Kwame:** I'm Kwame Banks, but some of you know me as "Blackkat" in the leather community and from the August POZ cover profile. It mentioned how this year I was the first black HIVer to win the title of American Leatherman. My journey with HIV has been interesting, because I didn't get sick and have the experience a lot of other people had. I wasn't diagnosed in the hospital; my life wasn't at a standstill; I continued going to work every day. I had to fit HIV in with everything else that was going on. I remember telling my first doctor that I felt weird, because I never cried. She said, "Well, at this point, you probably never will—just do what you have to do." And to this day, I'm still doing what I have to do.

**Shirlene:** I'm Shirlene Cooper. I was diagnosed with HIV in 1997 and was immediately rushed into the hospital. It was extremely hard for me to watch my family deal with this. Every day, I had to make sure that I got those AIDS pills down my throat, instead of all the other [illegal street] drugs I was using at the time. My choice now is to keep myself alive.

**Lamea:** My name is Lamea Cooper, and I'm Shirlene's daughter. I can remember when she sat down to tell me that she had the virus. I heard everything she was saying, but my mind was blank. I was a kid, you know, 16 years old, and I was like, "Oh, my God, I'm not going to have a mother anymore." You can't ever prepare yourself for that. Some of the extended family members she told wanted to isolate her, and it made her uncomfortable.

**Sean:** Family members wanted to isolate her?

**Lamea:** Yeah, it was tough. They didn't want her to eat with the family; they didn't want her to touch their things.

**Sean:** Well, we're delighted to have you all eat with us. But, um, I don't know how to carve a turkey. So let's go ahead and start serving ourselves. And would someone like to say a prayer? I'm not very good at that, either.

**Kwame:** I will.

[Brief silence as everyone joins hands]

**Kwame:** Creator, we thank you for bringing us all together this evening in this space and in your care and in your fold. We pray that as we move forward this evening and to all days and all evenings, you will be with us and guide us, keep us in your care, keep us in your life, keep us in your spirit.

**All:** Amen.

[Everyone starts eating.]

**Sean [to all]:** Do you traditionally pray before you take your meds?

**Annette:** I'm Roman Catholic. We pray for everything.

**Kwame:** All the time. Actually, I pray when I pay for my medicines. [Laughs] My prayers are a lot more than just tradition and more for the moment. It's about me giving thanks each day.

**Sean:** How important is prayer in your life and with HIV?

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**Annette:** Really important. I grew up with a very religious and spiritual family. I broke away from organized religion for a while, but I always remained spiritual. I believe in a higher power, though I'm not sure exactly what she is. [Laughs]

**Kwame:** I'm actually a priest in the Nigerian religion of Ifa, the religion of the Yoruba people. The year I was diagnosed was my first year of priesthood. So when I found out—with the space I was in spiritually, mentally, emotionally, physically—I knew that I could manage, and I was able to move forward. It's not about the religion and the practice—it's about being able to understand that you don't have control over everything, but you do have resources for everything that occurs in your life. I mean, if I'm going to die next week, that's what it is.

**Sean:** Please pass the gravy down here. What is Thanksgiving like for everyone?

**Shirlene:** Thanksgiving Day is one of my favorite holidays, 'cause I was born on Thanksgiving in 1962. My whole family enjoys my cooking, and their friends do, too, so I try not to tell too many people when I'm hosting dinner. Otherwise everyone will come, and each will bring five other people, and I'll end up with an overcrowded apartment.

Annette: I should get your address!

**Shirlene:** It's always amazing and a reason to be thankful. That's what the holiday is intended for, and I'm thankful that I am still alive now. And I'm thankful for my family—especially when they are sitting down and eating—everybody is happy.

Sean: [Looking at Kwame] And when you think of your family, what comes to mind?

**Kwame:** I come from a hard-core country family, and I mix it up with my friends—my other family—during the holidays. I come from one of those houses where all the family members, like for Thanksgiving or Christmas or Easter, come into town. And you can always bring someone, knowing how much my mother cooks.

**Sean:** And you, Annette?

Annette: My family's pretty basic: Italian and dysfunctional. My sister comes in from Philadelphia, and we all have dinner together. Usually, Italians have a huge dinner: the antipasti, lasagna and then comes the turkey and after that—I don't even know what comes after that. It just goes on and on.

**Sean:** What was your most memorable Thanksgiving?

**Kwame:** One year, my leather daddy drove up from DC to see me, and it was the only Thanksgiving I ever ate in a restaurant. My oven broke the day before. It was incredible to spend Thanksgiving with one person and to focus on them and to have them focus on you. It was one of the most powerful experiences I have ever had in my life. I can't even describe the way my heart felt.

**Annette:** Every year is memorable with my crazy family. One year my mother had just had surgery, so she couldn't cook. My sister and I took over. We Italian girls had no idea how to cook a turkey—we called the Butterball hot line.

**Sean:** The Butterball hot line?

**Annette:** [Laughs] Yes. We called the 800 number from the Butterball turkey company and were on the line while they told us what to do. We finally figured it out—and we basted the turkey with Courvoisier cognac. It was the most delicious thing.

**Sean:** Thanksgiving is particularly a holiday for families. But when HIV becomes a part of the American family, how does that change them and how they see you?

**Shirlene:** Well, I think we mean just as much to them as they do to us. I know my family would rather have me sitting with them at the table than have to put me in a box and bury me. My family is grateful that I'm still here. And at the New York City AIDS Housing Network, where I work, I actually cook for anyone there or any of the people we serve who don't have a family or a home. If they aren't accepted at a Thanksgiving table, then I accept them.

**Annette:** I actually think it's about how you fit in the "family of the world." And I think people with HIV and AIDS are the ugly stepchildren. I don't think that we're accepted now in the U.S. This country still can't step back and have a normal conversation about these issues. We still have a long, long way to go—at least until the next election. [Laughter around the table] We need someone to pay more attention and to get these issues out there. You know, I'm sorry, but we really should have a cure by now. Right now people with HIV and AIDS fit in only as either a subject of pity or scorn or disgust—but never acceptance.

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**Sean:** We might find acceptance in our own circles. In a broader sense, we're still the "others." And that broader otherness isn't just people with AIDS. It's people who are addicted; it's people who are poor; it's people who are homeless.

**Kwame:** That idea can be overwhelming on a holiday. I've gone to homeless shelters on Thanksgiving, and it's been incredible to witness what some people have gone through and are still going through, whether they are positive or not. I think about homelessness, poverty—so many other issues. You know, it's nice that every grocery store wants to give away 5,000 turkeys for one day. But people are not going to eat 5,000 turkeys in one day—people need to eat every day, and people need to be able to bathe every day and use soap and have clean underwear every day.

**Sean:** There's a huge division between the rich and poor, but there's a growing division between the "well" and the "unwell." Poverty is a huge part of it, but it's beyond that. And you can see it in the experience of Hurricane Katrina. There's a spectrum out there, and sometimes I see the well people—at least well in terms of their health or in terms of their affluence or whatever—and I often feel an expectation from them that we ought to be grateful to them. I'm grateful to everyone, but sometimes I feel like there's something the well could learn from us, that there's something that we have, an experience we have, a perspective we have. An honesty and truth about what the world is really like for hundreds of millions of people, that they could pay a little closer attention to and learn from us.

**Kwame:** There are also folks living with HIV who see themselves as the well. There are the people who don't have it, but then there is our own community, and we've gotten to a point where there's an affluent group of folks with HIV, then there are the poor people with HIV—and they are the ones who need all the help and all the services. Those are the challenging conversations that people don't want to put on the table, but they have a real impact on how we are and how we're living.

**Sean:** In every kind of group in America, whenever you start dividing people, you are going to find contradictions within that. I mean there are—whatever it is—gays who divide themselves from other gays, "Well, I'm gay, but I'm not promiscuous," or "I'm this, and I'm not that."

**Shirlene:** I don't care how you look at it, how you divide it. Once you face death as closely as I did—I don't care if it's HIV-related or not—you don't take life for granted. I don't take one moment, one hour for granted. Everything is precious to me—this cornbread that I'm holding in my hand is precious to me. I'm not taking anything else for granted, and it took HIV to get me to start thinking like that.

**Sean:** Shirlene, it sounds like it took this virus to get you from point A to point B, and point B is a better place for you than point A was. Is there something you're grateful to this virus for? There's always this kind of weird thing that people say—"AIDS is the best thing that ever happened to me," or whatever. But I sort of understand what people are talking about, because it gives you a clarity of purpose about your life. Having the near-death experience that you had made your life more meaningful to you, and I think for your daughter. What do you think? I mean it's weird to say we're grateful to a virus, but since it's Thanksgiving, a time when talk turns to gratitude, is there at least something that HIV has brought to your life that's good?

**Shirlene:** Obviously, I wouldn't say it was the best thing that happened to me. But I could certainly say it was a blessing in disguise. It woke me up and made me be a mother to my daughter, which I wasn't doing because I was using drugs. It also stopped me from using drugs. It woke me up in so many different ways. It gave me my life back. I got my life back. I got me back. I got Shirlene back.

**Sean:** It wasn't the virus in and of itself, but it was how you reacted to it, how whatever it was that pulled the trigger in you—that's what you certainly needed. And how about you Kwame?

**Kwame:** Since I was diagnosed with HIV, I can talk about a lot of other stuff now. I guess courage manifested in me in a very different way. It helped me in terms of deciding to go after what I wanted and not feel like this couldn't happen or I couldn't get that. That's what HIV did for me. Now on the flip side, there's a lot of stuff I don't like about HIV. Some days it's a pain, so I don't know if I would jump up and down with the pom-poms and say that it was the best thing, but it probably ranks in the top three of my life-changing moments.

**Annette:** It was the kick in the ass that I needed. I was always assertive, I was always an outspoken person. I was never afraid of speaking my mind, to be the one to stand out in the crowd saying what I thought was wrong. For me, it just made me even more of a pain in the ass and move forward with my life. Though it has taken a while—I can't deny that.

**Lamea:** I'm grateful for the fact that it changed my mother—it physically changed her. She stopped abusing drugs; she became more active in my life and wanted to be a mother to me.

**Sean:** Would you want your old mom back—when she didn't have HIV?

**Lamea:** Oh, no.

**Sean:** You think she's better with HIV than without?

**Lamea:** Yes. She's a whole different person than I can remember. There were times that my mother promised me, before she was HIV positive, that she was going to change, she was going to stop doing drugs, she was going to get a place for us, and it was just going to be me and her. And you know, kids believe that. And I believed that, and it was a disappointment for me each time she didn't do it. It was definitely hard, and when she told me for the final time that she was going to do it, in my head I thought, "She's told me this a hundred times. I don't believe it." But she finally did do it. And I'm very happy that she got up and took action.

**Sean:** If only we could find the magic switch that could enable people to do the things that they want to do. 'Cause each of us has those things in our life, even today—I don't think anyone at this table claims to be perfect. How do we find the something else out there that will slap us upside the head and make us go to the gym or stop smoking or—or do whatever it is we need to do.

**Kwame:** I don't think that there's just one thing. I think all the things have to come together. I do believe that the Creator has given us things in our life, and they are lessons that we are supposed to experience. It's weird to call it a blessing, but at the end of the day, anything that enhances your life experience is a blessing.

**Sean:** HIV is a lousy thing, and we don't want anybody to get it, but to the extent that it has brought about change in our lives or brought about greater fulfillment in our lives, greater purpose in our lives—that's something to be grateful for.

**Annette:** Well, I'm probably most grateful for my very wonderful, loyal—and as I've already said a couple of times—dysfunctional family. Really. I've heard horror stories about all kinds of people who are ostracized and turned out of their homes when they disclose. From the beginning when I told my family, they just wrapped their arms around me. My mother is now 82, so at the time, for her to even find out that I had had premarital sex was something that she had to get over. But they embraced me, and they never wavered.

**Shirlene:** You know that expression, "God works in mysterious ways"? Well, I'm just grateful for tonight, for instance. My daughter and I were having some problems recently, and we weren't even speaking. Then someone from POZ called and asked us to come to this dinner. It brought me and my daughter together. So I'm grateful to you guys. I'm sitting here with my daughter, whom I love very dearly, and right now I have so much love for all of you—you're my family, and I really feel like this is a real Thanksgiving.

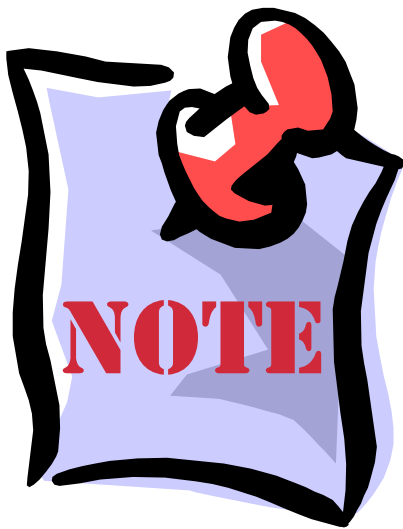
**Sean:** Wow. This is a pretty amazing group. I can't decide [pointing to Shirlene and her daughter] which one of you I admire more.

**Shirlene:** Thank you. We have our moments where we're at each other's throats, but at the end of the day, we look out for each other.

**Sean:** And Kwame, let's hear from you.

**Kwame:** This has probably been the most phenomenal year in my life. There's not just one thing that I'm grateful for. It's everything. For example, I don't know how much people know about the leather community, but I thought my parents would freak out when I told them I was interested in competing for the title of American Leatherman. But they said, "Well, if you want to do this, then it must be really important." I'm grateful that I was able to see what unconditional love and support really is. That's a beautiful thing.

**Sean:** Indeed. Yesterday was 20 years since I tested positive, and I was probably infected several years before that, when I was 20 or 21 years old. It's an obvious milestone, and just survival is clearly something to be grateful for. But this conversation reminds me how lucky and inspired and nourished I've been by so many other people who have struggled with this virus and struggled with struggle. I certainly didn't grow up aware of the privilege that I was given in life, and it's been a journey for me—probably one of the most important ones of my life—recognizing and being grateful for the privileges I've been given and trying to be as responsible with them. And that's been brought about by meeting others who struggle, others like you tonight. We should probably have one final expression of gratitude—to everyone who put this evening together. It's been amazing. Thank you. Now who wants a piece of pie?



As  
always, we have  
purified water available. Bring  
your own  
container



Just a quick note from Cindy....

Hope all is well with everyone. For those of you receiving rental subsidy assistance through the Neighbor Island Housing Program please remember to keep me informed about any changes to your household income, family size or any changes made to your lease agreements.




This information must be kept updated at all times. Your cooperation with this matter is greatly appreciated. Please feel free to call me in the Hilo office should you have any questions or concerns. Have a great day!

**The Hawai'i Island  
HIV/AIDS  
Foundation offices  
will be closed  
Friday  
December 9  
From noon on  
And  
Monday  
December 26**

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# December 2005

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				World AIDS Day Kona Hulihee Palace	2	3 Anuenue Potluck
4	5	6	7	Hilo- U of H & Liliuokalani Park	9 <b>Closed from noon</b>	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25 	26 <b>closed</b>	27	28	29	30	31 

# January 2006

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 <b>closed</b>	3	4	5	6	7 Anuenue Potluck
8	9	10	11	12	13	14
15	16 <b>closed</b>	17	18	19	20	21
22	23	24 <small>Support group HILO 6:00 pm</small>	25	26	27	28
29	30	31				