

# CHOICES



## THE HAWAII ISLAND HIV/AIDS NEWSLETTER

### **10 Ways to Have a Better Day Today**

by Geno Stampora

#### **Wake up 30 Minutes Early.**

Get up 30 minutes before the alarm goes off and take the first half hour for yourself. Once you get busy and into the day there never seems to be the time for yourself. Take this time to plan getting the most from the day.

#### **Read, Listen, or Watch Something Uplifting.**

Make this a daily habit. Get out of starting the day with no mental food. A great day does not begin with the news or the paper, it begins with ideas or energy that will propel you through the day. What you first hear will stay with you throughout the day.

#### **Eat a Good Breakfast to Start You Off Right.**

Get something good into your body to wake it up and get it going. Think about the energy you will need to perform. Everyday we run a marathon. What would you need to eat and drink to win it.

#### **Choose Your Winning Attitude.**

There is enough to go wrong without sabotaging yourself. Your attitude is a choice you make. Don't let it come between you and your success. Be careful to keep it positive all day long.

#### **Be Aware of What They are Telling You.**

The people around us have a profound effect on how we get through life. Our closest friends and family are our greatest environmental influences. Make sure you have the best advisors you can find.

#### **Make the Most of What You Do.**

When you get to your work, make it the best place to be. Most people go to work and never think about work while they are there. Focus on your contribution. What would it be like if you were not around. Strive to give a 100% each and every day.



**CHOICES**

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**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.



### **Always Remember that People are Listening.**

Make a point of talking well of others. Wish others the best in life. What goes around does come around. Don't talk negative about anyone. Try to understand their circumstances Practice being a support system to your friends and family. They need you.

### **Be Honest and Fair to Others.**

It does make a difference. What you give to others is usually what you get from others. Practice integrity that people can see and feel. Be aware of what you say. Learn to walk your talk at all times. The more people trust you, the more of their time they will trust with you.

### **Pace Your Energy to Last All Day.**

Be careful of bursts of energy. Pace your energy throughout the day. If you get to crazy early in the day, you will reach a point of exhaustion before the day is over. By planning your entire day before you begin, you will have what you need. You've heard the old saying "look alive."

### **Get in Bed Early and Study for the Future.**

I have a friend who keeps a journal at his bedside. Every night he writes what he learned new on that day. The only way to keep one step above the masses is to learn new ways to do things. Develop the habit of reading a work or personal development book before you go to sleep. Reading for 30 minutes a day is like a year of college. You can't succeed if you don't read. Remember throughout your day that life is what we make it, day by day. Practice having the best day ever. It adds up to a great life.

## **WELCOME SHANNON**

Shannon T. Wantanabe, RN has joined the Keaau Staff as our new Treatment Advocate. A "local" girl, she graduated from Pahoa High and later earned a degree as an RN. She is, therefore, highly qualified for this position and will be a welcome and valuable addition to our team. Her email address is [Shannon@hihaf.org](mailto:Shannon@hihaf.org).

## **LIFE COUNSELING NOW AVAILABLE AT THE EAST SIDE HIHAF OFFICE!**

Struggling with life issues? Need help with your relationship? Questions about sexuality or gender identity? Just need someone to talk to? We now have on staff in East Hawaii a counseling intern enrolled in the Masters program at UH-Hilo. Laura has two years of counseling experience, and is supervised by a licensed clinical psychologist. She is especially well versed in the challenges and issues that are faced by persons who identify as lesbian, gay, bisexual, transgender, or intersex, and is trained in HIV/AIDS counseling as well. All meetings are private and confidential. Fifty minute appointments are presently available on Fridays between 9 am and 3 pm. Call the Keaau office at (808) 982-8800 and leave a message for Laura, and she will contact you to schedule.

## **Mark Reid gets 10 years for infecting partner with HIV**

In what's probably a first in Australia, and [looking more and more](#) like the wave of the future globally, Mark Kenneth Reid [has been convicted](#) of deliberately infecting his gay partner with HIV. Reid, 37, was convicted on a charge of committing a malicious act with intent and [sentenced to more](#) than a decade in prison. The court was told Reid and his unnamed partner began a

live-in sexual relationship in 2003 which spanned several months, during which they didn't practice safe sex. The relationship ended when the partner discovered he was HIV-positive, who told the jury Reid repeatedly reassured him during the relationship that he had been tested and was clear. Reid vehemently denied to police that he had kept his HIV status a secret and said excessive intoxication was to blame. Reid has been HIV positive since 1987.

## **New California bill would limit gay panic defense**

Assemblywoman Sally J. Lieber has authored [Assembly Bill 1160](#), a bill which limits the use of the 'gay panic defense.' It passed the [Assembly Committee on Public Safety](#) along party lines too so it's moving forward. The defense strategy that has long been employed by some murder defendants

who argue that they did not intentionally kill their victim - he or she just flew into such a rage upon learning that the victim was gay or transgender that the killing was actually the lesser offense of manslaughter. A.B. 1160 declares that it is against public policy for a defendant to play upon the bias of the jury, or for a jury to allow bias against the victim to enter into its decision-making.

## **Homophobic San Francisco police video results in suspensions**

San Francisco police officials [aren't amused](#) by racist, sexist, homophobic videos made by a group of officers. Police Chief Heather Fong has said that the content "ranges from immature and vulgar to sexist, racist and homophobic. This is a dark day, an extremely dark day, in the his-

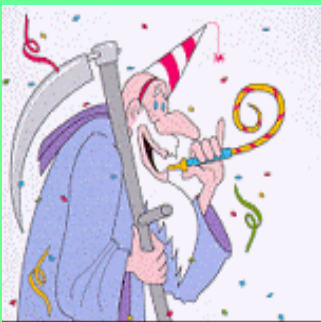
tory of the San Francisco Police Department for me as a chief to have to stand here and share with you such egregious, shameful and despicable acts by members of the San Francisco Police Department." In one video a police officer is mockingly dressed as a transgender person as well. About 20 San Francisco police officers will be suspended over their alleged involvement in the videos.



# HAPPY NEW YEAR



**HAPPY NEW  
YEAR  
FROM  
ALL OF US AT  
HIHAF**



## New Year Cheer

At the sound of the tolling midnight bell,  
a brand new year will begin.

Let's raise our hopes in a confident toast,  
to the promise it ushers in.

May your battles be few,  
your pleasure many,

your wishes and dreams fulfilled.

May your confidence stand in the face of loss  
and give you the strength to rebuild.

May peace of heart fill all your days  
may serenity grace your soul.

May tranquil moments bless your life  
and keep your spirit whole.

## Free and Anonymous HIV Testing Locations and Dates

Free and anonymous HIV testing and counseling is available to the public on a regular, on-going basis. The testing is confidential and totally needle free.

### **Hilo/Kea'au**

Hawaii Island HIV/AIDS Foundation  
Shipman Business Park – 16-204  
Melekahiwa Place, Suite 1  
Monday-Thursday,  
8:30am-3:30pm

### **Pahoa**

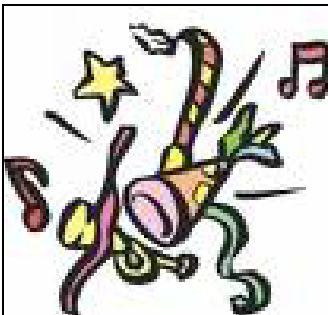
Pahoa Family Health Center, Pahoa Village  
Every 2nd and 4th Tuesday of month,  
9:00am-12:00pm

### **Kona/West Side**

Hawaii Island HIV/AIDS Foundation –  
Kona Office  
75-240 Nani Kailua Drive, Suite 5  
In the Pines Plaza , Kailua-Kona  
Tuesday and Thursday,  
8:30am-4:00pm

West Hawaii Community Health Clinic  
Every Friday from  
1:00pm-3:00pm

Ka'u Family Health Center  
Na'alehu every 2nd and 4th Wednesday of each  
month.



## **Don't Argue—Discuss!**

by Dr. John C. Maxwell

Discussions can be healthy, since they have the potential to build relationships and result in a "win" for everyone. On the other hand, arguments are rarely good. Why? They are forceful attempts to change another person's point of view, and thus result in a "winner" and a "loser."

Arguments always cause some damage, even if you "win." The next time you find yourself involved in a conflict of opinion, use these guidelines to make it a DISCUSSION—resolving the issue while building the relationship.

**Welcome the Disagreement.** The other person may have a perspective you haven't considered, so be thankful for it. Maybe this is your chance to be corrected before making a mistake.

**Distrust Your First Inclination to Defend Yourself.** Defensiveness is often a natural reaction. But be careful—when you justify yourself, it's hard to change your position later. Plus, you'll miss the benefit of the other person's ideas.

**Control Your Temper.** Getting angry always makes communication harder, not easier. So simmer down before you blow your top.

**Listen First.** Give your "opponent" a chance to talk. Don't defend or debate. Build bridges of understanding, not barriers of misunderstanding.

## Hepatitis C

### What is it?

Hepatitis C is a disease caused by a virus that infects the liver. The virus, called hepatitis C virus (HCV), can cause lifelong infection, cirrhosis (scarring) of the liver, liver cancer, liver failure, and death. Nearly 4 million people are infected with HCV in the United States and between 8,000 and 10,000 people die of hepatitis C in this country every year. Worldwide, there are estimated to be 170-200 million people infected with HCV! Fortunately, much progress has been made in terms of treating people who have hepatitis C, including people who are infected with both HIV and HCV.

HCV is a common infection among people living with HIV. It can cause liver disease faster in people who are also infected with HIV and can make it more difficult to treat HIV correctly. This is why hepatitis C is considered an AIDS-related opportunistic infection, at least in the eyes of the United States Public Health Service and the Infectious Disease Society of America.

It is important for people infected with HIV and HCV to work closely with their health-care providers in order to safely and effectively treat both infections.

### Who is at risk for hepatitis C? How is HCV transmitted?

Hepatitis C is common in people living with HIV. Between one-quarter (25%) and one-third (33%) of all HIV-positive people in the United States are infected with HCV. This means that approximately 350,000 Ameri-

cans are living with both HIV infection and hepatitis C.

Injection drug users (IDUs), if they share needles with other people, are at the highest risk of being infected with HCV – between 50% and 90% of all IDUs who are infected with HIV are also infected with HCV. This is because both viruses can be spread easily through blood and blood products.

To cause a new infection, HCV must pass from the blood of an infected person into the blood of an uninfected (susceptible) person. In other words, HCV is most easily spread through direct blood-to-blood contact, such as:

- Sharing needles and other equipment (paraphernalia) used to inject drugs.
- Needle-stick injuries and exposure of open wounds or mucous membranes to infected blood. (*Note: The risk of transmission in the healthcare setting is actually quite low – 4% to 10% risk through a needle-stick injury involving a needle previously used in someone infected with HCV.*)
- Blood or blood-product transfusion (especially prior to 1992).

Unlike HIV, it is generally believed that HCV cannot be transmitted through semen or other genital fluids, unless blood is present. Thus, the risk of becoming infected with HCV through unprotected sexual intercourse is low – but it is still possible. As a result, experts recommend that people infected with HCV practice safer sex using a protective barrier (e.g., condoms), especially during intercourse, to protect their partners.

Continued on page 8

Women who are infected with HCV have a less than 10% chance of passing the virus along to their babies during pregnancy or delivery, although the risk increases if the woman's HCV viral load (the amount of HCV in a measurement of blood) is high. It is unlikely that HCV can be transmitted through breastfeeding or breast milk.

You may be at risk for hepatitis C and should contact your healthcare provider for a blood test if you:

- Were notified that you received blood from a donor who later tested positive for hepatitis C.
- Have ever injected illegal drugs, even if

you experimented a few times many years ago.

- Received a blood transfusion or solid-organ transplant before July, 1992.
- Received a blood product for clotting problems before 1987.
- Have ever been on long-term kidney dialysis.
- Have evidence of liver disease (e.g., persistently abnormal liver function tests).
- Have had multiple sexual partners, or sexual contact with an HCV+ person.
- Have an HCV+ mother.

**HEPATITIS "C" SCREENING IS NOW AVAILABLE AT THE HIHAF OFFICES. PLEASE CALL FOR AN APPOINTMENT IF YOU'D LIKE TO USE THIS FREE AND ANONYMOUS SERVICE.**

**KONA: 331-8177**

**KEA'AU: 982-8800**

Continued from page 6

***Look for Areas of Agreement.*** Dwell on areas where you agree. This establishes common ground, helping you find a solution good for both of you.

***Be Honest.*** Look for areas where you can admit error, then do it. This disarms others and reduces their defensiveness.

***Promise to Think Over Their Ideas.*** Tell the person that you will consider his point of view, and actually do it. He may be right, after all.

***Thank Them Sincerely for Their Desire to Help.*** Most people who take time to disagree with you are interested in positive results, the same as you are. Welcome that.

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need be, suggest another meeting. To prepare, ask yourself some hard questions about your "side," and focus on a mutually beneficial solution.

***Be Willing to Agree to Disagree.*** Sometimes you may need to accept your difference of opinion and move on. Be flexible whenever possible. Follow Thomas Jefferson's advice: "In matters of principle, stand like a rock; in matters of taste, swim with the current."