



February 2010 and Beyond

Haitian Cultural Club's (HCC) new decade and new semester continued with a busy February and much to do and look forward to for the rest of the semester. The Laugh for Love event at the Comedy Zone, featuring music, poetry and standup comedy, provided an evening of entertainment and an opportunity to donate much-needed money to earthquake relief and recovery efforts in Haiti. The February 5 General Body Meeting (GBM) was dedicated to a very enthusiastic and informative discussion of various topics relating to Black History Month, such as whether a month dedicated to Black history is needed and appropriate and how Haitian and African-American history and experiences are interrelated. Friday, February 12 was an especially busy evening. Many HCC members attended the opening of an exhibit of Haitian artwork from the personal collection of Joseph Ducasse ("Se Joe") on display in Oglesby Gallery in the FSU Student Union. The evening continued with the HCC Dance Troupe's (DT) annual Valentine's Day General Body Meeting (GBM). DT performed a dance to popular Haitian music, held a contest pairing male and female students to see which gender learned more about their partners, and served cake to those in attendance. The meeting was followed by a party. Noles for Haiti, an umbrella SGA entity to unify all current and future Florida State University agencies, RSOs, and initiatives that raise funds, awareness, and supplies to aid in ongoing earthquake relief efforts in Haiti was formed, with its core leadership from campus organizations and entities that have played key roles in earthquake relief. The February 19 GBM, "BK Takes Over HCC" - featuring a lively discussion on the topic "Can a Woman be a Better Leader than a Man?" and "The Buzz" was hosted by the members of HCC that comprise the group known as BK (Bien Kanpe). Saturday, February 20 brought two opportunities to have fun and help raise money to help Haiti. The FSU Master Craftsman Studio held an iron pour event, in which molten iron is poured from a crucible into block molds - resulting in beautiful and unique pieces of art. The \$15 charged for each scratch block was donated to the Red Cross fund for Haiti earthquake relief and additional donations were accepted at the event. On the same day, YepWeKan Promotions hosted the Haiti Relief Caribbean Festival at the North Florida Fairgrounds. The event featured West Indian (including Haitian) food, music, dancing, activities for children, and a soccer tournament. Proceeds from the event was donated to Haitian relief efforts.

(Continued on Page 3)

From the Editor

Thank you for reading the academic year's fourth issue of the Haitian Star newsletter. We hope to make this a publication that you will find informative and entertaining. This is *your* newsletter and we welcome your input and contributions. We look forward to your news, art, poetry, recipes, opinion pieces, as well as all other contributions, as well as your assistance in producing the newsletter and your input as to what you would like it to include. We also invite you to join the Facebook group HCC Newsletter Committee.

If you have any contributions, questions, or comments, please email them to cwc.hcc@gmail.com or post them to the Newsletter Committee Facebook group.

What's Inside ?

- 2&3 HCC News & Info
- 4 Media News
- 5&6 Haitian Culture
- 7 Poetry
- 8-13 Spring Break Safety
- 14 Motown Maurice Show
- 15 Sports News
- 15-17 Service to Others
- 18&19 Ask the Members
- 20&21 Ask BK & Marie
- 22 Sports News
- 23&24 Puzzles





HAITIAN FACTS & CULTURE



Haitian City Anagrams

Anagrams are words or phrases formed by transposing or reordering the letters of other words or phrases. For example, “berate” and “rebate” are anagrams of “beater”. The anagrams below are cities in Haiti that are also capitals of the departments where they are located. See if you can solve them. The solutions are on Page 24.

Anagrams



- Apace Hint _____
- Rib Left Rot _____
- Vegan So _____
- Chin He _____
- Scale Yes _____
- Enigma Or _____
- Carp Eruption _____
- Apex Tripod _____

Haitian Riddles

See if you can solve these Haitian riddles. The solutions are on Page 24.



Tim Tim (a challenge) - Bwa seche (bring it on):

1. They serve it food, it stands on four feet, but it can't eat.
2. I enter white, I come out mulatto.
3. Three very large men are standing under a single little umbrella but not one of them gets wet. Why?
4. When I sit, I am taller than when I stand.
5. How many coconuts can you put into an empty sack?
6. What has four legs, eats straw, has a single heart and can see just as well in the dark as it does in the day?
7. Why is it that when you lose something it's always found in the very last place you look?

Haitian Proverbs

- Tanbou prete pa janm fè bon dans:
A borrowed drum never makes good dancing
- Ti chen gen fos devan kay met li:
A little dog is really brave in front of his master's house.
- Ti moun fwonte grandi devan baron:
*An impudent child grows up under Baron's eyes.
(Baron Samdi is the guardian of the cemetery in the Vodou religion)*
- Ravet pa janm gen rezon devan poul:
Roaches are never right when facing chickens.
- Sonje lapli ki leve mayi ou:
Remember the rain that made your corn grow.
- Moun pa se dra:
A protector is like a cloak.

- Nan tan grangou patat pa gen po:
In times of famine, sweet potatoes have no skin.
- Ou konn kouri, ou pa konn kache:
You know how to run, but you don't know how to hide.
- Sel pa vante tèt li di li sale:
Salt doesn't boast that it is salted.
- Se bon kè krapo ki fè l san tèt:
It is because the toad is too kindhearted that he has no intelligence.
- Se nan chimen jennen yo kenbe chwal malen:
If you want to catch a wild horse, find a tight corral.
- Piti, piti, zwazo fè nich li.
Little by little the bird builds its nest.



FACTS ABOUT HAITI



- ✪ The official name of Haiti is the 'Republic of Haiti'
- ✪ The capital of Haiti is Port-au-Prince.
- ✪ The official languages of Haiti include French and Haitian Creole.
- ✪ Majority of the people in Haiti are Roman Catholics, followed by Protestants and Voodoo followers.
- ✪ The currency of Haiti is Gourde.
- ✪ Around 95 percent of the population of Haiti comprises of Blacks, while Multiracial, Arabs and Europeans make up the rest 5 percent.
- ✪ Port-au-Prince is the largest city in Haiti, in terms of population.
- ✪ Haiti follows the system of 'Presidential Republic'.
- ✪ Haiti was the first post-colonial independent black-led nation in the world.
- ✪ Haiti is the only nation in the world whose independence was gained as part of a successful slave rebellion.
- ✪ Haiti was the first nation in Latin America to gain its sovereignty
- ✪ Haiti is the only independent Francophone nation in Latin America. All the other French-speaking Latin American nations are overseas departments of France.
- ✪ Haiti shares the island of Hispaniola with the Dominican Republic.
- ✪ Hispaniola, along with Cuba, Jamaica and Puerto Rico, is a part of an island chain known as the Greater Antilles.
- ✪ Hispaniola was visited by Christopher Columbus, in the service of Spain, in 1494.
- ✪ The term 'Haiti' is derived from 'Ayiti', a Taino word that means 'mountainous land'.
- ✪ French rule was established in Haiti in 1790s, when the uprising by slaves brought an end to slavery.
- ✪ Haiti gained independence from France on 1st January 1804, when it was declared a Republic.
- ✪ Haiti annexed Santo Domingo between 1822 and 1844.
- ✪ US troops occupied the Republic of Haiti between 1915 and 1934.
- ✪ Haiti was under the dictatorship of Francois Duvalier, known as Papa Doc, between 1957 and 1971.
- ✪ Jean-Bertrand Aristide became the first democratically elected president of Haiti, in 1990.
- ✪ USA and United Nations imposed sanctions on Haiti in 1991 and 1993, respectively.
- ✪ Haiti is divided into 10 departments - Artibonite, Centre, Grand'Anse, Nippes, Nord, Nord-Est, Nord-Ouest, Oues, Sud-Est and Sud.
- ✪ The 10 departments of Haiti are further divided into 41 arrondissements, and 133 communes.
- ✪ The main industries of Haiti are sugar refining, flour milling, textiles and cement.
- ✪ Decades of violence and instability in Haiti has made it the poorest country in the Americas.
- ✪ The highest point in Haiti is formed by Pic la Selle, at 2,680 meters.



MEDIA NEWS



Audio

Check out the new T-Vice single "Nou Pap lage", dedicated to the earthquake victims
Download it from iTunes



Top 10 Songs & Videos

Radio-One 90.1 Top 10 Hits

- 1 - Djakout Music - Bri Sapat
- 2 - Rock Fam - Jodi Pa Demain
- 3 - Top Adlerman & T-Vice - Klorox
- 4 - Barikad Crew - Jwi lavi W
- 5 - Gracia Delva - Jerusalem
- 6 - Nu look - Illusion
- 7 - Zenglen - Jere Sexi A
- 8 - Barikad Crew - Tet fret
- 9 - Zenglen - Mwen Pap Toune
- 10 - Barikad Crew - Pi Cho

Marvel Haiti Top 10 Music Videos

- 1- Jackito - Je l'aime a Mourir
- 2 - T-Vice - Je Suis Innocent
- 3 - Daan Junior - Aye'w
- 4 - Twoubadou - Je Vais
- 5 - Carimi - Kidnappin
- 6 - Nu-look - loving you
- 7 - Djakout - Bizness Pam
- 8 - Elie—Bel Santiment
- 9 - T-Vice - K it-em Viv
- 10 - K-Dans - Chaw

HAITI IS NOT AN ISLAND...

By Lawrence Gonzalez

On the twelfth day on the fifth hour,
we were caught in disbelief.
31 seconds later, the palace fell,
the roof caved in, the floor gave way to tears.
All on the twelfth day.

What followed,
no lights, no sirens,
no immediate aid, no government,
no rescue, no help,
just broken dreams of what seemed to be just another day.

What followed,
angry thoughts,
tears, prayers,
hunger, desperation,
innocent eyes gripping to lifeless bodies,
fears, yells and what seemed to be just another day for some,
was an entire nightmare for others.

No amount of partying can ever bring them back,
doesn't decrease the smell...

No amount of apathy, can ever allow you to escape them.

Escape thousands of lonely children.

And I'm sorry to say
but slapping Haitian relief on an event
might allow you to go on business as usual,
but underneath a rubble right next to hope,
someone else hopes that you are doing your best...

I write this on the second day of the second month,
in hope to say "let's not too soon forget",
in my second text on my second reflex,
reality struck me...

This was just a moment for some,
and an eternity for others.
don't let it fall.

But on the 22nd day, on the tenth hour,
we watched as those who shouldn't have,
couldn't have, and in disbelief would be dead,
lifted from under the rubble, opting to live instead.

I write this because Haiti is not an island,
when you realize that
you will understand why the world comes to our aid...

Haiti is not an island,
those who long since died to allow us the will to live; fought for it,
Haiti is not an island,
but an idea.

Fight for what is not easily given...
Fight for what is right...
Fight for what you believe in against any odds.

Buildings fall but they can be rebuilt,
Families broken but can be mended,
but Haiti doesn't crumble
less we forget...
She falls only because we've fallen into darkness...
fallen into self, instead of falling into each other.

Haiti is not an island but Haiti is a Legacy...
the legacy of 200,000 souls,
added to the 1 billion more.
Haiti is the final resting place of hope,
don't let it fall.

Haiti is not an island, if you remember that, we will never ever be alone.





SAFE SEX GUIDELINES



How Does HIV Spread During Sex?

- ✘ To spread HIV during sex, HIV infection in blood or sexual fluids must be transmitted to someone. Sexual fluids come from a man's penis or from a woman's vagina, before, during, or after orgasm. HIV can be transmitted when infected fluid gets into someone's body.
- ✘ You can't spread HIV if there is no HIV infection. If you and your partners are not infected with HIV, there is no risk. An "undetectable viral load" does *not* mean "no HIV infection." If there is no contact with blood or sexual fluids, there is no risk. HIV needs to get into the body for infection to occur.
- ✘ Safer sex guidelines are ways to reduce the risk of spreading HIV during sexual activity.

Unsafe Activities

- ✘ Unsafe sex has a high risk of spreading HIV. The greatest risk is when blood or sexual fluid touches the soft, moist areas (mucous membrane) inside the rectum, vagina, mouth, nose, or at the tip of the penis. These can be damaged easily, which gives HIV a way to get into the body.
- ✘ Vaginal or rectal intercourse without protection is very unsafe. Sexual fluids enter the body, and wherever a man's penis is inserted, it can cause small tears that make HIV infection more likely. The receptive partner is more likely to be infected, although HIV might be able to enter the penis, especially if it has contact with HIV-infected blood or vaginal fluids for a long time or if it has any open sores.

Safer Activities

- ✘ Most sexual activity carries some risk of spreading HIV. To reduce the risk, make it more difficult for blood or sexual fluid to get into your body.
- ✘ Be aware of your body and your partner's. Cuts, sores, or bleeding gums increase the risk of spreading HIV. Rough physical activity also increases the risk. Even small injuries give HIV a way to get into the body.
- ✘ Use a barrier to prevent contact with blood or sexual fluid. Remember that the body's natural barrier is the skin. If you don't have any cuts or sores, your skin will protect you against infection. However, in rare cases HIV can get into the body through healthy mucous membranes. The risk of infection is much higher if the membranes are damaged. The most common artificial barrier is a condom for men. You can also use a female condom to protect the vagina or rectum during intercourse.
- ✘ Lubricants can increase sexual stimulation. They also reduce the chance that condoms or other barriers will break. Oil-based lubricants like Vaseline, oils, or creams can damage condoms and other latex barriers. Be sure to use water-based lubricants.
- ✘ Oral sex has some risk of transmitting HIV, especially if sexual fluids get in the mouth and if there are bleeding gums or sores in the mouth. Pieces of latex or plastic wrap over the vagina, or condoms over the penis, can be used as barriers during oral sex. Condoms without lubricants are best for oral sex. Most lubricants taste awful.

Safe Activities

- ✘ Safe activities have no risk for spreading HIV. Abstinence is totally safe. Sex with just one partner is safe as long as neither one of you is infected and if neither one of you ever has sex or shares needles with anyone else.
- ✘ Fantasy, masturbation, or hand jobs (where you keep your fluids to yourself), sexy talk, and non-sexual massage are also safe. These activities avoid contact with blood or sexual fluids, so there is no risk of transmitting HIV.
- ✘ To be safe, *assume that your sex partners are infected with HIV*. You can't tell if people are infected by how they look. They could be lying if they tell you they are not infected, especially if they want to have sex with you. Some people got HIV from their steady partners who were unfaithful "just once".

Even people who got a negative test result might be infected. They might have been infected after they got tested, or they might have gotten the test too soon after they were exposed to HIV.



CONDOM FACTS



- ⌘ At least 55 million Americans have a sexually transmitted infection-that's 1 in 4 adults.
- ⌘ Oils and most lotions will cause latex to break. Use only water or silicone based lubes with latex.
- ⌘ You can get a number of infections from unprotected oral sex.
- ⌘ 1 in 5 newly infected individuals with HIV in the US has a drug resistant strain of the virus.
- ⌘ Condoms help prevent pregnancy and sexually transmitted diseases. Put on a condom before there is any vaginal, oral or anal contact with the penis.
- ⌘ Make sure there are no air pockets at the top of the fitted condom. This makes them burst very easily. Squeeze any air out before you have intercourse.
- ⌘ Never use oil-based lubricants (petroleum jelly or mineral oil) on latex condoms. Oil and products containing oil, such as most hand and skin lotions, can rapidly damage latex and cause a condom to fail. Always use water-based or silicone lubricants with latex condoms.
- ⌘ Do not use a condom that is old or brittle.
- ⌘ Store condoms in a cool, dry place.
- ⌘ Don't store condoms in wallets, they could get damaged or worn out from the heat of the backside of a person or the pressure from being squished so much
- ⌘ Condoms can be weakened by exposure to heat or sunlight or by age.
- ⌘ Always check the expiration date. Condoms should come with an expiration date.
- ⌘ Always use a condom, going without one puts you and your partner at risk.
- ⌘ It is strongly recommended not to use more than one condom at a time as they can both tear due to friction between them.
- ⌘ In order to prevent the transmission of HIV (the virus that causes AIDS), you **MUST** use a latex condom, NOT a "natural" or animal skin condom. Animal skin condoms have tiny holes that HIV can get through, whereas latex condoms do not.
- ⌘ Always put the condom on before ANY contact with your partner, not just before ejaculation. There are traces of sperm in the "pre-cum" liquid that comes from the erect penis and this too can cause pregnancy or transmit an infection.
- ⌘ To make it feel even better, put a drop or two of lube or warming liquid inside the condom before putting it on and apply a bit to the outside as well (it evaporates like water and doesn't leave a sticky mess).
- ⌘ Always have condoms available. Put one or two condoms in your school bag, pocket or purse. Keep a few near your bed. If the idea of someone seeing them makes you squeamish, use a condom case.
- ⌘ If "using a condom would kill the mood" try putting it on in a sexy way. Besides, it can't be nearly the mood killer a crying baby would be.
- ⌘ If you say things like "I never have used them, and I don't feel the need to start." You probably don't feel the urge to take a big bunch of expensive anti-HIV drugs several times a day either, so use condoms and be safe."
- ⌘ Condom sales in the US are more than 500 million annually.
- ⌘ Women purchase over one-third of all condoms sold in the US.
- ⌘ Worldwide condom production has reached 9 billion annually, but in a world of over 6 billion people, there is still plenty of room for growth in that number.
- ⌘ Every condom sold in the US is electronically tested to ensure it has no holes that even an electron can pass through.
- ⌘ Condoms are an excellent method of birth control. Used properly and consistently, condoms are 98% effective at preventing conception.
- ⌘ Studies have found that even with repeated sexual contact with an infected partner, latex condoms reduce the chance of HIV infection by 99%.

TIPS FOR RESPONSIBLE DRINKING

Guidelines for Responsible Drinking

Problem drinkers can be defined as persons whose use of alcohol has detrimental effects on themselves or their relationships. By using alcohol in a responsible way you can reduce your chances of developing a drinking problem. The following are some guidelines for responsible drinking.

- ✔ Drinking should not be the primary focus of any activity.
- ✔ Recognize another's right to drink or not to drink.
- ✔ Set a limit on how many drinks you are going to have when you drink, and stick to it.
- ✔ Use alcohol cautiously in connection with any medication or other drugs. Example: Antihistamines and alcohol can induce excessive sedation, so it would be best to avoid this combination.
- ✔ Drink slowly - if you sip a drink and do not have more than one drink per hour, the alcohol will not have a chance to build up in your bloodstream. This is due to the natural metabolic functioning of the liver.
- ✔ Eat before you drink. Eating high-protein foods like cheeses and meats, will slow down the absorption rate so that the alcohol will not hit your system all at once.
- ✔ Drinking carbonated beverages with alcohol or carbonated alcohol preparations increases the absorption of alcohol into the bloodstream, while diluting alcohol with water slows absorption.
- ✔ When you go with friends to a party, you might want to have a designated driver - someone who will stay sober and drive the rest home. You can take turns for other parties.
- ✔ If anyone has had too much to drink, see that they get a ride home with someone sober, or find them a place to sleep.
- ✔ If you have concerns and questions about your own drinking habits, a friend's or family members' situation, please seek help.

Tips to Protect Yourself

- ✔ Remember that alcohol is still #1 date rape drug. Persons who drink alcohol are more likely to be sexually assaulted.
- ✔ Never leave a drink unattended, even for just a minute.
- ✔ If you or a friend feel extremely drunk after only a few drinks, get help because you may have been drugged.
- ✔ Other two predator drugs being used are roofies and GHB. Both make you feel drunk after 20-30 minutes. Both can cause amnesia and unconsciousness for three to eight hours.
- ✔ If you go into a room and the person locks the door, leave immediately.
- ✔ Go to a party with your friends and always leave together. If someone you just met wants to walk you home, thank him/her for the offer, but leave with the group you came with. You can always see this person the next day, when you're both sober.

First Aid for the Intoxicated

- ✔ Due to the physiological effects of alcohol consumption, it is important to know how to administer first aid for an intoxicated person. The following are some guidelines if a problem does develop.
- ✔ There is no way to sober up quickly: a cold shower, black coffee, oxygen or exercise only result in a wet, wide awake or tired but intoxicated person. The amount of alcohol in the blood is controlled by the metabolic rate of the liver.

(Continued on Page 13)



VIRGIN DRINK RECIPES



from <http://www.drinks-mixer.com/cat/8/>

Virgin Sex On The Beach

- 1 part orange juice
- 1 part cranberry juice
- 1 oz peach nectar
- 1 tbsp grenadine syrup

Mix equal parts of orange juice and cranberry juice, add nectar, and pour over ice. Sink the grenadine, garnish with a pineapple wedge, and serve. Serve in: Highball Glass

Virgin Raspberry Daiquiri

- 3 oz raspberry puree
- 2 oz pineapple juice
- 1/2 oz lemon juice
- 1 tsp caster sugar
- 1/2 oz raspberry syrup

Blend briefly with half a glassful of crushed ice in a wine goblet. Garnish with raspberries, and serve. Serve in: Wine Goblet

Fuzzless Navel

- 2 oz peach nectar
- 6 oz orange juice

Pour peach nectar and orange juice into a chilled glass filled with ice cubes. Stir well and garnish with a slice of orange. Serve in: Highball Glass

Innocent Passion

- 4 oz passion-fruit syrup
- 1 dash cranberry juice
- 1 dash lemon juice
- 10 - 12 oz club soda

Add syrup and juices to a Collins Glass. Fill with chilled club soda. Garnish with a cherry and serve with a long straw. Serve in: Collins Glass

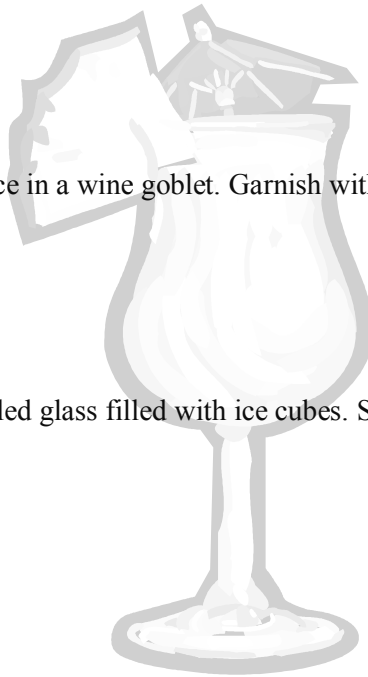
Spring Fever

- 3/4 oz lemon juice
- 3/4 oz mango syrup
- 1 1/2 oz pineapple juice
- 2 oz blood orange juice

Shake well over ice cubes in a shaker, and strain into a Collins Glass half-filled with crushed ice. Serve in: Collins Glass

Afterglow

- 1 part grenadine syrup
- 4 parts orange juice
- 4 parts pineapple juice
- ice





SPRING BREAK SAFETY



The Basics

- ☀ Trust your intuition; it is your best defense.
- ☀ Program the hotel phone number and address in your phone and carry their business cards with you.
- ☀ Protect yourself from date rape drugs by watching your drinks.
- ☀ The 3 D's: Don't drink & swim, drink & drive, or drink & hook-up.
- ☀ Have fun and take care of each other.

Personal Safety

- ☀ Use the buddy system. It might sound old school, but it totally works! Try to have at least three friends with you when you hit the town for the night. Two minds are better than one but a third can usually guarantee a voice of reason. (Also, if one of you does get into trouble, the second one can stay while the third seeks out extra help.)
- ☀ Trust your intuition; it is your best defense. If it doesn't feel right or sound like a good idea, it probably isn't. Listening to your inner voice can save your life.
- ☀ Make sure someone at home has details about your trip including where you are staying, room numbers of hotel room, phone numbers to reach you, who's with you, your flight plans (if any) and times you should arrive to your destination and return home. Set regular check-in times and follow through with them. If any of this information changes, make sure to notify your contact person.
- ☀ Bring emergency contact information, medical cards listing any conditions and/or allergies as well as health insurance information and keep these items with you. No one wants to get sick or hurt on vacation but if you do, at least you will be prepared.
- ☀ Never leave with someone you just met (no matter how gorgeous they are). If your heart is speaking to you and you absolutely must be alone with your new special friend, at the very least tell the friends you came with exactly where you're going and when you will return. We recommend taking it a step further by asking your buddy to program your new "friends" number in their cell phone and while they're at it, take a picture of the happy new couple.
- ☀ If you are robbed, don't resist - give up any money, jewelry, or other valuables. You can always replace material things. Call 911 as soon as you can.
- ☀ Always carry emergency cash and keep phone numbers for local cab companies handy.

Hotel and Motel Safety

- ☀ Always keep your hotel door locked and use the peep hole, that's what it's there for. Do NOT open the door for a stranger.
- ☀ You should always leave the hotel with friends, and never walk alone.
- ☀ Don't leave valuables in your hotel room; in fact don't even bring them on vacation.
- ☀ Don't overcrowd elevators- can cause malfunction which will cause you to get stuck.
- ☀ Do NOT climb balconies or sit on balcony rails. This can result in a fatal injury.



SAFE SEX & DRINKING. CONT.

Safe Sex Guidelines

(Continued From Page 8)

What If Both People Are Already Infected?

- ⌘ Some people who are HIV-infected don't see the need to follow safer sex guidelines when they are sexual with other infected people. However, it still makes sense to "play safe". If you don't, you could be exposed to other sexually transmitted infections such as herpes or syphilis. If you already have HIV, these diseases can be more serious.
- ⌘ Also, you might get "re-infected" with a different strain of HIV. This new version of HIV might not be controlled by the medications you are taking. It might also be resistant to other antiretroviral drugs. There is no way of knowing how risky it is for two HIV-positive people to have unsafe sex. Following the guidelines for safer sex will reduce the risk.

Know What You're Doing

- ⌘ Using alcohol or drugs before or during sex greatly increases the chances that you will not follow safer sex guidelines. Be very careful if you have used any alcohol or drugs.

Set Your Limits

- ⌘ Decide how much risk you are willing to take. Know how much protection you want to use during different kinds of sexual activities. Before you have sex:
 - ⌘ think about safer sex
 - ⌘ set your limits
 - ⌘ get a supply of lubricant and condoms or other barriers, and be sure they are easy to find when you need them
 - ⌘ talk to your partners so they know your limits.
- ⌘ *Stick to your limits. Don't let alcohol or drugs or an attractive partner make you forget to protect yourself.*

The Bottom Line

- ⌘ HIV infection can occur during sexual activity. Sex is safe only if there is no HIV, no blood or sexual fluids, or no way for HIV to get into the body.
- ⌘ You can reduce the risk of infection if you avoid unsafe activities or if you use barriers like condoms. Decide on your limits and stick to them.

Tips on Responsible Drinking

(Continued From Page 10)

First Aid for the Intoxicated (continued)

- ∩ A general rule of thumb: It will take as many hours to sober up as the number of drinks ingested.
- ∩ If a person has had "one too many" and passes out, monitor his/her breathing to make sure it is normal. Roll him/her on his/her side so he/she will not choke in case he/she vomits. If his/her breathing is irregular and he/she doesn't respond, call immediately for medical help; call 9-1-1.
- ∩ If the person is not breathing, proceed with mouth-to-mouth resuscitation and get medical help immediately; call 9-1-1.
- ∩ Familiarize yourself with the signs of alcohol poisoning.

THE MOTOWN MAURICE SHOW

From Information Submitted by Sammeicia L. Bagley, Show Publicist

On Saturday, January 23, 2010, HCC alum Motown Maurice joined the late night talk show race with an old school twist. The 60 minute program unites taste and style from the past emerged with present day excitement to late night like never seen before on television. It's a retro environment in a diverse atmosphere with a high-energy crowd. Every shows intro and closing is uniquely presented and will have viewers and audience members coming back for more. What makes this show different is its ability to reintroduce over three decades of culture through its ambience, interviews, music and dance. One experience will flash you back to the 60s, 70s, and 80s. Many of the guests will be stars who were popular during those decades.

Motown worked his way from obscurity to public access, web casting, and community forums. His show blends his love and appreciation of the old school era and retro styles while offering a lot of the traditional talk show format including monologues, video parodies, celebrity guests, specialty acts and musical guests. Motown anticipates that the Tampa Bay area will be known for the show and that it will attract tourists from all over the world.

Motown Maurice was born and raised in Brooklyn, New York and in 1993 he relocated with his Grenadian mother and Haitian father to Tampa, Florida. His name stems from the presumption that he was born in the wrong era. For most of his life people had trouble figuring out his age because of his maturity. Some say he's a young man with an old school spirit. Motown Maurice says, "If it's not Old then it's not Gold." He received his Bachelor of Science degree in Broadcast Journalism from Florida A&M University. While in college Motown began to develop some of his performance skills by becoming a member of Black on Black Rhyme Poetry Troupe. Between the years of 2001-2002 he served as the president of the Haitian Cultural Club of Tallahassee (HCC) and impacted the organization tremendously by increasing its membership. At the age of 23 he moved back to Tampa and began his career.

In January 2006, Motown Maurice directed and produced the release of his first full feature documentary entitled "Echoes of a Dream the Historical and Spiritual Perspective of the Civil Rights Movement." The documentary focuses on the theme of growing up in various segregated areas in Florida and acknowledges the spiritual influence within the movement. In May 2006, Motown Maurice was appointed by the Haitian-American Alliance to direct and coordinate Tampa's 3rd Annual Haitian Flag Day Festival. The event gathered people throughout Florida and more than tripled the attendance of the previous year.

Motown's previous talk show endeavor was the Wide a Woke Wednesdays talk show series. Its origins started off as an informative discussion forum which transformed into a live interactive talk show. The show helped many people enhance their lives by providing resources to their dreams and ambitions. In November, 2009, the show ended a run of more than two years so that he could concentrate on developing The Motown Maurice Show.

"The Motown Maurice Show" is taped at 7:30 p.m., with a pre-show beginning at 6:45 p.m., on Saturdays at the Cuban Club in Tampa's Ybor City area. Doors open at 5:30 p.m. and close at 6:45 p.m. Tickets are currently priced at \$5.00 for our first season and may be purchased on the day of the show.

Visit www.themotownmauriceshow.com or contact the show at info@themotownmauriceshow.com for information about upcoming tapings, guests, obtaining tickets, etc.



**EACH ONE.
REACH ONE**

**Ways to help others
here and in Haiti**

Agencies Accepting Earthquake Relief Donations

Donate on the Web or Via Text Message

There are many options to donate to earthquake relief on the web and, in some cases, via text message. Here's a list of some of the many trusted organizations. All of them will accept credit card donations through online forms or, when noted via text.

- ★ The Florida Association for Volunteer Action in the Caribbean and the Americas, Inc. (FAVACA) has provided money and technical assistance for emergency room medical equipment, psycho-social assistance for children, and volunteer management. <http://www.favaca.org/>
- ★ The American Red Cross has pledged an initial \$1 million to Haitian earthquake relief, and is soliciting donations through its website at <http://www.redcross.org> or via text "Haiti" to 90999 to donate \$10.
- ★ AmeriCares has pledged \$5 million to Haitian quake relief, and is soliciting donations to a general emergency disaster relief fund to help it accomplish that. You can donate through its website <http://www.americares.org/> or via text "Americares" to 25383 to donate \$10.
- ★ CARE is sending relief workers into the city of Port-au-Prince and needs funds to support its efforts. Suggested donations range from \$50 to \$1,000, but you can name your own one-time or monthly amount if you prefer. <http://www.care.org/>
- ★ Catholic Relief Services has an office in Haiti. The organization is accepting donations of any amount. <http://crs.org/>
- ★ UNICEF, the United Nations Children's Emergency Fund, is accepting one-time and monthly donations. You can donate through its website <http://www.unicefusa.org/> or via text "UNICEF" to 20222 to donate \$10.
- ★ Direct Relief International has committed up to \$1 million in aid through two on-the-ground partners, and is sending containers of medical material aid. <http://www.directrelief.org/EmergencyResponse/2010/EarthquakeHaiti.aspx>
- ★ Oxfam has people on the ground to deal with the crisis, including getting clean water to victims of the quake. You can donate through its website <http://www.oxfam.org/> or via text "Oxfam" to 25383 to donate \$10.
- ★ Yele Haiti is sponsored by prominent Haitian-born musician Wyclef Jean. You can donate through its website <http://www.yele.org/> or via text "Yele" to 501501 to donate \$5 or "Haiti" to the same number to donate \$10.
- ★ Google Support Disaster Relief is a website Google has updated to respond to the crisis. Google has promised \$1 million in support, but the site is also an easy place to donate money to either UNICEF or CARE. It also provides hospital addresses and links to sources for news on the situation. <http://www.google.com/relief/haitiearthquake/>
- ★ Doctors Without Borders (MSF) received Nobel Peace Prize 1999, 87% of donations used to fund operations, 1% to management. <http://www.doctorswithoutborders.org/>
- ★ Clinton Bush Haiti Fund is soliciting donations through its website at <http://clintonbushhaitifund.org/> or via text "QUAKE" to 20222 to donate \$10.
- ★ The American Jewish World Service has set up the Haiti Earthquake Relief Fund to respond to the crisis by supporting a network of organizations it works with. You can donate through its website <http://ajws.org/> or via text "AJWS" to 25383 to donate \$10.



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**Ways to help others
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The Local Red Cross Chapter
Capital Area Chapter, American Red Cross
1115 Easterwood Drive, Tallahassee, FL 32311
Voice: (850) 878-6080, Fax: (850) 878-3441
URL: <http://www.tallyredcross.org>

The American Red Cross
from www.redcross.org



**American
Red Cross**

About The American Red Cross

Since its founding in 1881 by visionary leader Clara Barton, the American Red Cross has been the nation's premier emergency response organization. As part of a worldwide movement that offers neutral humanitarian care to the victims of war, the American Red Cross distinguishes itself by also aiding victims of devastating natural disasters. Over the years, the organization has expanded its services, always with the aim of preventing and relieving suffering. Today, in addition to domestic disaster relief, the American Red Cross offers compassionate services in five other areas: community services that help the needy; support and comfort for military members and their families; the collection, processing and distribution of lifesaving blood and blood products; educational programs that promote health and safety; and international relief and development programs. An average of 92 cents of every dollar the Red Cross spends is invested in humanitarian services and programs. The Red Cross is not a government agency; it relies on donations of time, money, and blood to do its work.

The American Red Cross in Haiti

The American Red Cross has already committed nearly \$78 million to meet the most urgent needs of earthquake survivors, and is working in close coordination with other responding organizations to collaborate on long-term recovery projects in the region. The immediate focus is on providing food, clean drinking water, and distributing shelter items such as tents, tarps, sleeping mats and blankets. Efforts to date include 3 million pre-packaged meals, 4.2 million liters of clean water, and shelter items for thousands of people. In addition, the Red Cross is shipping blood products for Haitian patients, providing family linking services and Creole-speaking volunteers on board the USNS Comfort to help communicate with injured Haitians being treated on the hospital ship.

Give and Get Involved

You can help save someone's life by performing CPR because you've been certified. Or enjoy going to the beach without fear of drowning because you took Red Cross swimming lessons. Getting involved with the Red Cross leads to many possibilities. Here are some ways to give and get involved with the Red Cross:

- + **Donate:** You have the power to make a difference in someone's life. All you have to do is make a contribution. Every donation helps provide services to those in need. When disaster strikes, your contributions can help bring comfort to those in distress. See below for information on donating to earthquake relief and recovery efforts in Haiti.
- + **Volunteer:** Whether you are interested in community services, international services, disaster services or any of the other lines of services in the Red Cross, you'll find something that fits your niche.
- + **Give Blood:** You can help prevent life-threatening reactions of patients. Donor blood must be compatible with the recipient's blood, and it is very likely that a donor within the same racial/ethnic group will be a better match.
- + **Become an Employee:** You can make a difference every day. No matter what your interests are, you'll find something that you enjoy at the Red Cross. Become an employee and see firsthand how we work together to provide relief and help save lives.

Donate to the American Red Cross Haiti Relief and Development Program

- + **Donate by Text Message** by texting "HAITI" to 9099: A \$10 donation made through mobile giving would provide a first aid kit equipped with enough ointment and bandages for a Red Cross responder to treat 15-20 injured earthquake survivors. Alternatively, \$10 can provide a family with two water cans to store clean drinking water, basic first aid supplies or a blanket appropriate to the climate.
- + **Donate Online** by going to www.redcross.org and click on "Donate Now!" You can specify that your donation goes to their Haiti Relief and Development program.



**EACH ONE.
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**Ways to help others
here and in Haiti**

Big Bend Cares
from www.bigbendcares.org

About Big Bend Cares

Big Bend Cares is a 501(c)(3) agency that serves Area 2B, a Florida Department of Health designated eight-county area including Tallahassee, the capital of Florida. Area 2B is a portion of the "Big Bend" that stretches across Florida's panhandle. Big Bend Cares is the only HIV/AIDS organization to provide case management services, and is the primary AIDS service organization providing HIV/AIDS education in this mainly rural region. Big Bend Cares exists to provide education and comprehensive support to people infected with or affected by HIV/AIDS.

Big Bend Cares Volunteers

Big Bend Cares could not function without its volunteers. People living with HIV/AIDS come from all ethnic, cultural and lifestyle backgrounds. Therefore, volunteers are needed from all segments of the community. Listed below are the ways in which you can get involved as a volunteer:

- ✂ **Board of Directors** - You can apply to become a member of the Big Bend Cares Board of Directors. Board members must prepare for and attend monthly board meetings, serve on one committee, engage in fund raising for the organization, be a good community representative for the agency, and more.
- ✂ **Social Services** - Volunteers in the Social Services Program provide practical support services to clients such as transportation, assistance at home, and hospital visits or food bag delivery.
- ✂ **Speakers Bureau** - Big Bend Cares offers a variety of speakers, from people living with HIV to local community members. Education sessions can be tailored to any audience.
- ✂ **Education/Prevention** - Providing prevention outreach to the community through health fairs, public speaking, and training, the Education volunteer is able to reach people of all ages and walks of life.
- ✂ **Special Events** - Each year, Big Bend Cares sponsors fund-raising events. Special Events volunteers assist with the planning and implementation of these exciting programs.
- ✂ **Office Support** - Office Support volunteers are able to utilize their organizational and clerical skills to provide much needed assistance with daily operations.
- ✂ **YouthCorps** - The Big Bend Cares YouthCorps is an opportunity for youth ages 13 to 24 to educate their peers on HIV/AIDS and related topics such as sexually transmitted diseases (STDs), Teen Pregnancy and Abstinence. Our Mission Statement: To provide HIV/AIDS education and awareness to the youth of Leon County and surrounding areas, through the direction and leadership of their peers. Youth are able to gain community service hours, meet new people and learn valuable information about the growing HIV/AIDS epidemic.

Volunteer Preparation

Depending on your level of volunteer participation, you may be required to attend some volunteer training. Training can consist of a one hour orientation, an AIDS 104 class, and a full-day training. AIDS 104 will provide you with basic HIV and AIDS information and enable you to begin volunteer service. For more information about becoming a volunteer, please call Diana Slater at 850-656-2437, ext. 301, or e-mail dslater@bigbendcares.org.

Contact Information:

Big Bend Cares
2201 South Monroe Street
Tallahassee, FL 32301
Phone: 850-656-AIDS (2437)
Fax: 850-942-6402
Email: general@bigbendcares.org
Website: www.bigbendcares.org



I AM PROUD TO BE A ...

Seminole

We have pride and strive for success day in and day out, rain or shine, Seminoles are striving to reach their goals and dreams.

Karen Louis, Sophomore, Family and Child Science with a minor in Criminology, Florida State University, Miami, Florida

I feel like there are so many resources to advance my career choice. I also feel that around the world Florida State University is recognized as one of the top universities in reference o academia. When I go into a board room I feel confident in saying that Florida State is my alma mater.

Dariana Vertis, Senior, English (Creative Writing), Florida State University, Vero Beach, Florida

Rattler

Because of the struggle we've overcome and how it matches my struggle as well. I love FAMU.

Anonymous

I am proud to be a Rattler. FAMU is slowly but surely growing on me. I honestly couldn't see myself doing my undergrad anywhere else. The atmosphere on campus is very interesting...J In all actuality, I love Florida Agricultural & Mechanical University. (to some extent ! j/k) GO RATTLERS !

Nicole Pierre, Sophomore, Business/Marketing, Florida A&M University, Miami, Florida

TCC Eagle

The teachers there really helped me out with my work outside of class. I took a three year break from school and it's been kind of hard getting back into the "school" thing but they have been understanding.

Melodie Colas, Freshman, Biology, Tallahassee Community College, Lakeland, Florida

It is a small school and the student body is able to do more.

Anonymous, Nursing, Tallahassee Community College





SPRING BREAK PLANS



My plans for spring break are as follows: I'm going to court in Madison County for a ticket for \$251 ☹ and then my "gal friends" and I are going to take a road trip to North Carolina for a Church conference ☺

Dariana Vertis, Senior, English (Creative Writing), Florida State University, Vero Beach, Florida

My plan for Spring Break is to Party! Party! Party! and get wasted. Just kidding J

Anonymous, Sophomore, Miami, Florida

I want to go to Haiti; haven't found my way yet. Other than that, planning to enjoy my better half so that I can be my best.

Kedna Tanis, Biology – Pre-Med and Spanish, Florida A&M University, Ft. Lauderdale, Florida

My plan for Spring break is to SHOP ! I'll be spending spring break in Miami; celebrating my birthday. S/N: March 7th, 2010 encrypt it into your brain. Very Important Day! *Jesus Loves You*

Nicole Pierre, Sophomore, Business/Marketing, Florida A&M University, Miami, Florida

Going on a cruise with my family and some friends would be my wish; hopefully I can make it my plans very soon.

Vladimir Gachelin, Senior, M.I.S., Florida State University, Orlando, Florida

My plans include staying in Tallahassee, FL for spring break.

Anonymous

I wish I was going to Haiti for Spring Break. Though I have no medical background, I can translate for the doctors or help distribute food. Since I have no money to do that I really miss my family so I want to go home and spend time with them by day and party at night !! :-P

Andremene "Angie" Jacques, Social Work, Florida A&M University, Palm Beach County/Lake Worth, Florida

I'm probably going back home to Polk County the first half and the second half, I would like to head down to Miami (If my money's right).

Melodie Colas, Freshman, Biology, Tallahassee Community College, Lakeland, Florida

Going home to Miami.

Eraine, Freshman, Nursing, Tallahassee Community College, Miami, Florida





ASK TON BK AND SR. MARIE



? *Why do guys continue to chase u after you've repeatedly told them you are not interested ? How do you get it into their heads without destroying the friendship ?*

♂ **Ton BK:** Guys chase only if you are giving them something to chase. If you don't like this individual, stand firm on "I'm not interested." It's even harder if you're friends with the guys. If you two were close and share certain thoughts, ambitions, and quality time with each other. It's hard to distinguish that fine line between we're friend and nothing more is going to happen. Play your cards right.

♀ **Sr. Marie:** Best way is to say "I'm not interested in you." Removing them as your friend on Facebook, blocking their number, or avoiding them is not clear enough for some. But if they are a real friend be nice. Meet them in person. You should be alone, but this might work best if you are in a public place. Explain exactly why you do not want to be with him romantically. And somewhere near the end say, "It's me; I'm just not ready for someone as nice as you." Give him time. Because he's going to want to say something. Repeat everything you just said again. If that doesn't work...restraining order.

? *Sr. Marie: Why is it so hard to find love with the right person ?*

♀ **Sr. Marie:** Finding love is a process. If you cheat the process you will remain alone:

1—Me, Myself, & I

This special stage gives you the opportunity to focus solely on yourself. You can ask and answer the internal questions that will help you choose your relationship goals. Work on appearance and self esteem. Take a trip to the gym (Men Dance troupe needs you). It takes a healthy mindset to build on a relationship.

2 - Search and Find

*Since now you know what you want...you can go find it. Be social and learn how to spot good potential because you aren't perfect so don't expect them to be either. Look for people that you have shared interest but don't keep away from those that you can learn from. 75% of face to face communication (NOT JUST Face-Book, Text, or the phone) is body language. What you say isn't as important as how you say it. This includes what you wear. Your clothing DOES send out signals. Make sure they are the right ones. Good Signals: Eye contact, (playing shy is playing dumb...no games), gestures, closeness, touching, etc. Hint: Guys if you are taking a walk with a lady ALWAYS walk on the side closest to traffic...show her that you can be protective.

3 - Dating Game

Go OUT on a date. This means that you should NOT be CHILLIN at anyone's house. Bring the person OUT in PUBLIC. Get to know your date and share some things about yourself. But DO NOT QUIZ them all afternoon/night. And date more than one person at a time. This is DATING not COURTING. Dating will help you figure out EXACTLY what you like.

*Asking someone out...be specific about time and location (shows that you are prepared) but be flexible (people are busy...be willing to make changes to your plan to accommodate). SN: Movies are BAD 1st dates. Go somewhere where you can communicate with the other...parks/beach, museums, pool, go-karts, golf, picnic, basketball/football game, or bowling. Avoid restaurants! If you want to eat grab something small like smoothies or ice cream (keeps the breath nice and you don't have to worry about talking with mouth full). Plus it's CHEAP!

4 - Make a Choice

You connected emotionally, conversationally, and romantically. This is the person you should be spending your time with. If you were DATING anyone else, time to let them go. In this stage you choose a relationship partner and start building a bond. This is where commitment starts. Make sure it's mutual. Do not force your feelings just because someone is NICE. Make a clear choice. So sideline **** allowed! You should also be meeting their friends. Right person will like to include you in more aspects of their life. Often connections that seemed natural and uplifting during the dating stage become complicated and challenging during the relationship stage. Falling in love can be scary, exciting, satisfying, and a dozen other powerful emotions. In this stage address the many questions surrounding falling in love. A - "Is your money right?" money will block a lot of things. Are you saving for your future, and making proper investments? B - "Where do you see this going?" If you're on the same page, sharing the same relationship goals, fantastic! If not, you need to know sooner rather than later so you can decide if you want to stick around or cut your losses and move on.

(Continued on Page 21)



ASK TON BK AND SR. MARIE



(Continued From Page 20)

? With the onset of new technology, we see the onset of new games occurring from both male and female. For instance, the "text game". I know that this guy I'm interested in texted me, but by the rules of the game, I've got to wait at least 45 minutes—1 hour to reply. When will we as mature adults set aside the games and just say "I like you, you like me !" LOL ?

♂ **Ton BK:** If you feel like he is playing games, why do you continue to entertain him? DO THE MATH!

? Why don't guys know what they want ?

♂ **Ton BK:** You may think guys are indecisive. I call it "not being ready." We want to have our cake and eat too! To be honest guys know what girls suite them the best, they just choose string them along. You rarely find guys that think with logic and emotion. DO THE MATH!

? Is chivalry dead ?

♂ **Ton BK:** Chivalry is not dead, it's just rare in modern day society.

♀ **Sr. Marie:** If men and women truly are equal then is chivalry is dead. New age women may be to blame. You have to let a man be a man and a women be a women in a relationship. As a single individual, you should do for yourself, be independent. But as one half of a relationship, you are/should be dependent of that person. You should notice and appreciate your partner and their actions. This includes others that may be seeking your romantic attention. SN: Chivalry has no dollar amount, stop looking in the wallet!

? Should a lady approach a guy if she is interested ? How and why ?

♀ **Sr. Marie:** Lady should always approach a guy if she is interested. Unless you want to continue to be mad at the SCRUBS that approach you or like hearing "Oh you are so pretty, how can you be single?" or "You are so busy and intimidating, how can you be single?" It's hard for guys to approach women, they with rejection much more then you think. Easiest way to approach a guy is to go and introduce yourself. "Hey I'm Can I ask, are you single? ... I think you should ask me out!" (With a great smile at the end)

? What do you think about long distance relationships ? Should you date other people while in one to weigh your options ?

♀ **Sr. Marie:** Out of site out of mind! I do not believe in long distance relationships. Find someone that it has worked for!

? Why do men get nervous around the women they want to talk to ? Is it embarrassing for them ? Afraid to get shutdown ? Because life is part of growing up so shut up.

♀ **Sr. Marie:** Women are scary and mean. Not all of them, but most of them. Check your friends you know exactly what I'm writing to be true. Talking to women is like a big test. It sucks up a lot of brain functions. What is the common name for methoxybenzene? This is what men are thinking about when approaching women. And MOST of the time, they have the answer wrong. Men deal with rejection much more often than women. For some it makes them better at approaching women. For a lot, it makes it that much harder. So be nice!

? Why are females nowadays so promiscuous - one night stands, overtly sexual acts - what's the consequence ?

♂ **Ton BK:** Females that are promiscuous are like wearing the latest denim. It's the new FAD! It's either you conform or you don't. LOL

♀ **Sr. Marie:** H*** are in every area code. Good ladies/men are hard to find. Promiscuous women are not seen in equal light to men that may be acting exactly the same. Women think that sex makes them submissive to men. As part of the independent movement, women feel a need to compete with men- including sexually. But do not understand that men (that want long term relationships) value a woman's sexual restraint. Women are majority. When men want to have sex, they will because it may not be often. (Women have the power in sex). If women show men that they are honest (not lying about the # of partner), loyal, and sexually responsible, then she will have the most power in attracting a partner. *(More questions and answers to follow in April)*



SPORTS NEWS



Super Bowl's Big Winner: Haitian Relief

from nwitimes.com

No matter what happened on the field in Miami at Super Bowl XLIV, Haiti already won.

The earthquake-devastated nation's relief efforts received a boost every time Colts receiver Pierre Garcon and Saints linebacker Jonathan Vilma spoke during the week leading up to Super Bowl XLIV.

After Garcon caught a 19-yard touchdown pass with 36 seconds left in the first quarter Sunday night, many of the 350,000-plus Haitians living in the Miami area had to be cheering. And it wasn't just because the Colts tied a Super Bowl record for touchdown drive yardage at 96.

After all, Garcon and Vilma quickly became the most notable Haitian spokespersons for the relief efforts in their country outside of the Red Cross' 90999 texting campaign.

Garcon's parents were born in Haiti, and he was born in upstate New York. He was a sixth-round draft pick out of Mount Union College and had just four catches in 2008. This season he gradually grew into a strong weapon, capping his rise with 11 receptions for 151 yards and the go-ahead touchdown in the AFC championship.

"It's been a good ride," Garcon said earlier this week. "It's been sad to deal with the stuff that's going on in Haiti. To do well on the field, it kind of makes those people over there a little happier - gives them a little joy and smile. It's been tough to deal with, but I am trying to see the positive side of the thing and trying to have people see you can do something. There can be something good coming out of this earthquake."

When Garcon caught a pass over the middle earlier in the quarter, he was met by Vilma. A former standout with the New York Jets, Vilma began raising funds with a "Department of Homeland Defense" T-shirt - his own idea and design - being sold for relief money.

Vilma and Garcon aren't the only NFL players of Haitian descent, but they had the world's stage all week. Neither lost a family member to the damage, but the land of their ancestors suffered an as-of-yet immeasurable number of lives.

"We feel like it isn't enough to just go out and play on Sundays," Vilma said earlier this week. "It's more than just the football game, especially down in New Orleans. We want to help as much as we can."

"This is really about trying to be a champion, trying to bring back something not only to myself but to everyone in the Haitian community."

Garcon, who speaks Creole in addition to English, plans to go to the country - where more than 500,000 people remain homeless - very soon now that the season has ended.

"In general, my intentions are to go down there and be productive," Garcon said. "You hear a lot of people just going down and saying, 'Look at the devastation,' and that's what they're reporting back. Well, that's a given".

"That's obvious. I want to go down there and help, whether it be to clear out the devastation, try to help build homes, whatever it is I want to go down and not just look around and say it's a sad situation. We all know it's a sad situation. What can do I do to help the situation?"

PUZZLE PAGE

St. Patrick's Day Mix Up



Color the
shamrock!

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13

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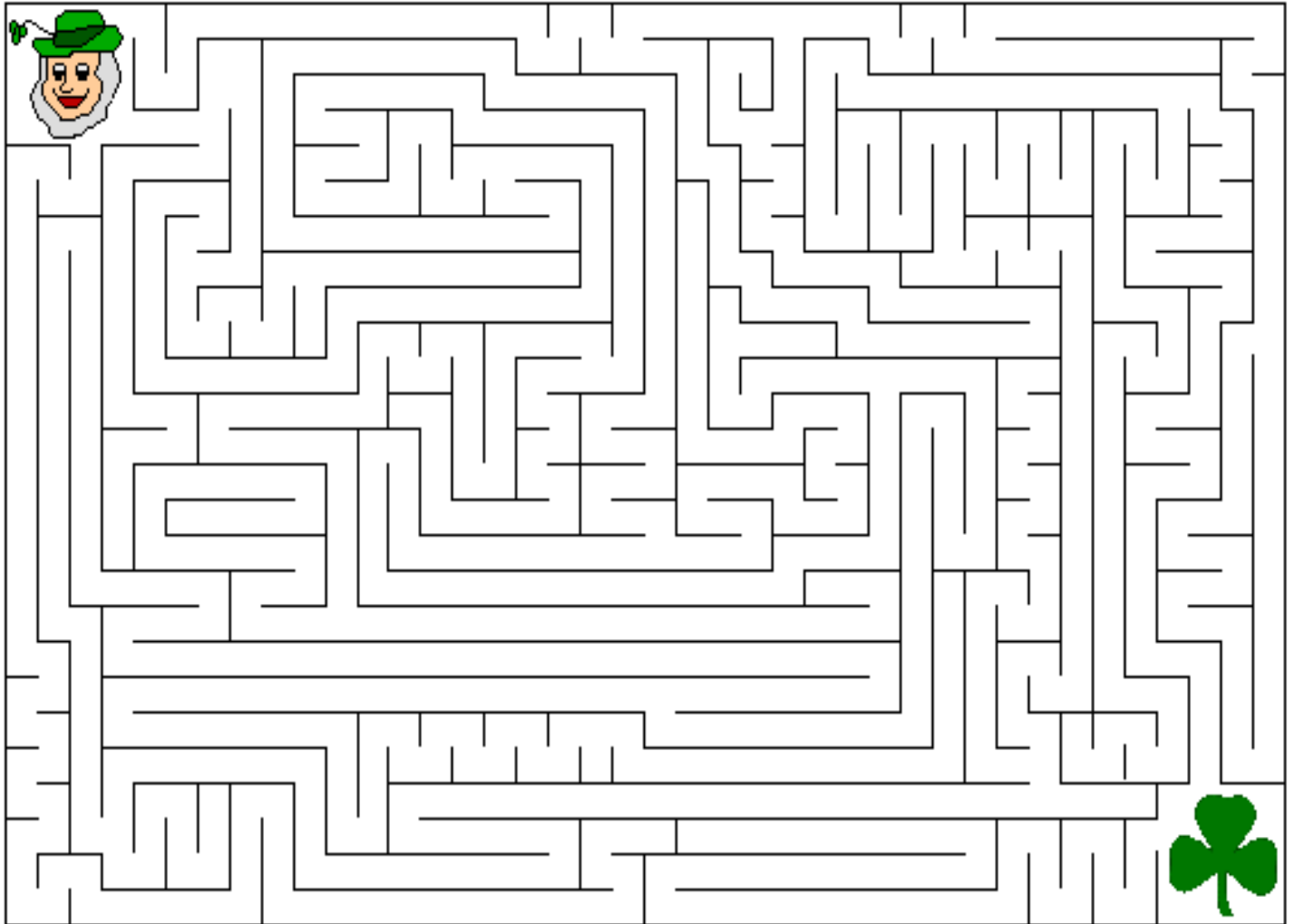
14	15	5

!



PUZZLE PAGE

Happy Saint Patrick's Day!



Anagram Solutions from Page 5

Apace Hint = Cap-Haïtien
Rib Left Rot = Fort-Liberté
Vegan So = Gonaïves
Chin He = Hinche
Scale Yes = Les Cayes
Enigma Or = Miragoâne
Carp Eruption = Port-au-Prince
Apex Tripod = Port-de-Paix

Riddle Answers from Page 5

Ou bwa seche? (You give up?) The answers are:

1. A table.
2. Bread.
3. It's not raining.
4. A dog.
5. Only one. After that the sack's not empty.
6. A blind donkey.
7. Because after you find it you quit looking.