



HAITIAN STAR

SPRING BREAK SPECIAL EDITION



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L'union fait la force

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HCC on the Move

After a busy February, many members of Haitian Cultural Club (HCC) are about to enjoy the week of fun, rest, relaxation, work, and/or service known as spring break. February brought many exciting events and activities, including the February 4 General Body Meeting (GBM) entitled "Haitian in America", which highlighted the challenges that Haitians and Haitian-Americans face in the United States. Friday, February 11 was a busy but fulfilling day. From 10 am to 1 pm, HCC held "Pack Attack" to receive and pack clothing contributed to Haitians in need. That evening, the HCC Dance Troupe held its annual Valentine's Day celebration, with refreshments, games, and lively discussion about dating and relationships. Many members represented HCC in their involvement with other organizations on campus and in the community that are dedicated to improving the lives of Haitians and Haitian-Americans through service, education, fundraising, and a host of other ways.

March and April promise to be busy and exciting months. With events and activities such as GBMs, community service, fundraising (the food at our food sales is authentic and delicious and you can rep HCC for only \$1 with our wrist bands), and our annual Cater to You, Mr. & Ms. HCC Pageant, E-Board elections, and End of the Year Banquet, the semester promises to end on a fantastic note.

While on spring break, don't forget to have fun but to make sure that you come back to Tallahassee healthy and safe. Inside this issue, you will find several articles about safe sex, responsible drinking, and spring break safety. Spring break provides an opportunity to meet new people and have new experiences. Some education, caution, and common sense can help ensure that this Spring Break 2011 won't be your last opportunity to have fun.

Don't forget to keep in touch with HCC at:

Email: haitiancc@gmail.com

Website: haitiancc.weebly.com

Facebook: Join the group Haitian Cultural Club of Tallahassee (Global)

Facebook: Add "Haitian CC" as a Facebook friend

Twitter: Follow "HaitianCC1988"

Phone/Text Message: 239-672-0174

From the Editor

Welcome to this very special edition of the Haitian Star Newsletter. With spring break coming up just after the February 2011 newsletter's release and many exciting activities and events still in the planning stages, this is an interim "Version 4.5" to provide some tips on how to have a fun break, while staying safe and healthy.

Our next issue will be a full version, with all the features that are normally included in our newsletters. We look forward to publishing that issue and hope that this issue will provide you with thought-provoking and useful information.

If you have any submissions, questions, or comments, please email them to:
cwc.hcc@gmail.com.

Claire Cohen

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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".

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SAFE SEX GUIDELINES



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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.

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.





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%.



EACH ONE. REACH ONE

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



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.

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TIPS FOR RESPONSIBLE DRINKING

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Tips to Protect Yourself (Continued)

- ☒ 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.
- ☒ 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.

Signs of Alcohol Poisoning

- ☒ Unresponsive, unable to be awakened
- ☒ Slow, shallow breathing (13 or fewer breaths per minute or time lapses of more than 8 seconds between breaths)
- ☒ Cold, clammy, pale or bluish skin
- ☒ Repeated, uncontrolled vomiting



VIRGIN DRINK RECIPES



from <http://www.drinksmixer.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

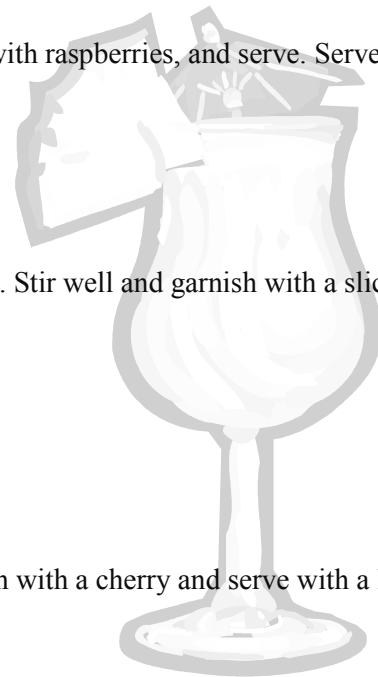
- 3/4 oz lemon juice
- 3/4 oz mango syrup
- 1 1/2 oz pineapple juice
- 2 oz blood orange juice

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

Mix Serve over ice. Serve in: Highball Glass





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.



PUZZLE PAGE

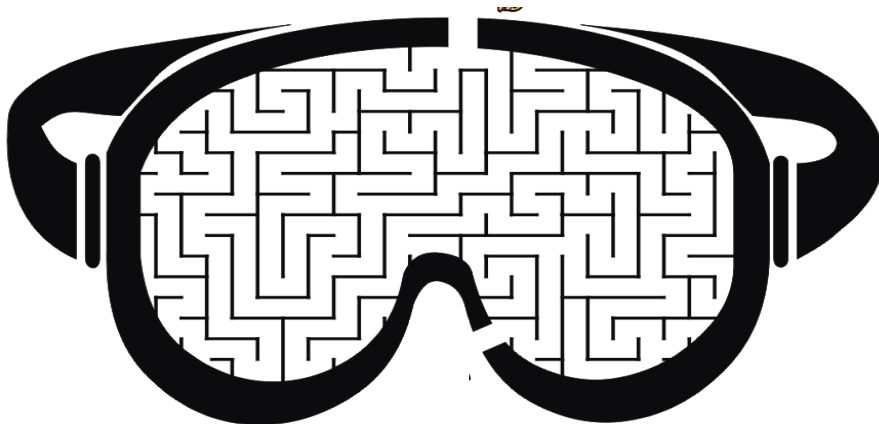


COLD DRINK WORD SEARCH

I T D Z O N I C C U P P A R F K T
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AQUAFRESCA
 BERRYFROST
 COLAFIZZ
 COLDBEER
 FRAPPE
 FRAPPUCCINO
 FRUITFIZZ
 FRUITPUNCH
 HORCHATA
 ICEDCOFFEE
 ICEDTEA
 JUNGLEJUICE
 KOOLAID
 LEMONADE
 MILKSHAKE
 MINTJULEP
 PINACOLADA
 PUNCH
 SANGRIA
 SLUSH
 SMOOTHIE
 SODAPOP

DIVER'S MASK MAZE



Free HIV/AIDS Testing

Big Bend CARES
 2201 South Monroe Street
 850-656-2437

OraQuick (results in 20 minutes)
 Tuesday & Thursday - 9:30-4:30
 By Appointment Only

OraSure (results in 2 weeks)
 Monday-Friday - 9:30-4:30
 Walk-Ins Welcomed