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It Takes More Than

Each World AIDS Day, many of us wonder, "What makes this day special? Why do we have a day specifically to remember an epidemic that is curable? Wearing a red ribbon enough? What difference can I make anyway?"

Unfortunately, after twenty years of AIDS, it still isn't over. AIDS is a global pandemic of immense proportions that threatens lives and the stability of populations from the US to China. In the last twenty years, over 21 million people worldwide have died in the epidemic. The Centers for Disease Control and Prevention (CDC) even estimates that one out of every 250 people in the US are infected and many don't even know their status. How can we say the AIDS epidemic is even close to being over? And how can we say that just one day, World AIDS Day, is enough to change the world that AIDS is not over?

ICARE's mission is to enrich the quality of life for persons living with and affected by HIV / AIDS. Through the distribution of information and services, we aim to foster the self-empowerment necessary to live productively and positively in the face of HIV / AIDS.

Also In This Issue...

Johnson County Teens Are Feeling
MasquerAIDS Ball: Silent Auction
MasquerAIDS Ball Poster
Youth and AIDS: Prevention. Interview
MasquerAIDS Ball Ticket Information

The "HEAT" at ICARE

ts monthly to discuss
ning and initiatives, such as
ons, fundraising, and methods of
, including drama and creative
ons. Members are currently
for their first educational
at North Cedar High School.



Members work together to create
HIV prevention programs.
Members are preparing to work
teens throughout SE Iowa .

Members have also committed to
on the MasquerAIDS Ball to help
s for ICARE's programming,
their own. HEAT members have
ting masks to be sold at the
AIDS Ball for anyone who does
a costume. The suggested
for each mask is \$5. HEAT
will also be working at the ball
kets, taking coats and checking
auction winners.

still openings on the HEAT
r more information or for a
application, contact ICARE.
Involved, become educated,
tool for stopping HIV—HEAT

-Sam López & Joseph Dobbert

What is PCM? Welcome Aboard

A service offered by
the Johnson County
Department of Public
Health and ICARE,
Prevention Case
Management (PCM)
provides a chance for
anyone concerned
about HIV to discuss
issues with program
staff in a safe,
nonjudgmental, and
confidential setting.

If you have ever
asked yourself "Am I
at risk for HIV?" or "I
want to change what
I'm doing, but I don't
know where to start",
Prevention Case
Management may be
a way for you to deal
with your concerns
and questions. Staff
works around
individual needs to
develop a plan to
negotiate safer
behavior and reduce
your risk for
contracting HIV.

If you or someone
you know has
questions and would
like to talk about HIV
infection and methods
for prevention, please
contact Ruth
Beyerhelm at
319-338-2135.

-Sam López

ICARE is pleased to
announce the newest
addition to our HIV
prevention staff, Tony
Leo.

Tony is a recent
graduate of the
University of Iowa
with a Bachelor's
degree in Social work.

Tony first became
involved with ICARE
last winter when he
completed his
practicum with us. As
a practicum student,
Tony was
instrumental in
beginning the HEAT
Program (see page 2
for details on HEAT).



Tony Leo

Tony has taken a
position as the Lead
Facilitator for the
HEAT Program.
Welcome aboard
Tony, we're glad
you're here!

World AIDS Day 200

While it is true that we cannot live
lives forever looking behind us,
worrying about the next disease or
thing that can happen to us, we can
make ourselves more aware of fac
risks, and information that can hel
live a better, richer life. **You can m
difference just by being informe
educated.**

The global theme for World AIDS
this year is, "I Care... Do You?" T
issue of the ICARE News is dedic
those people affected by and living
HIV disease and AIDS; World AID
Day is a time to consider the facts,
consider the realities, and wonder,
Care... Do You?"

-Sam

ICARE M

Yes, I care. I will be atten
Ball on Friday, November

Please reserve:

- ___ individual ticke
- ___ tables at \$150 p
- Each table seats e*

Please send my tickets to:

M. _____
Address _____

Your enclosed check
You may also pay by M

Return this form to IC

vention. Education.

ment, were a necessary target
for HIV education:

were sexually active (ages 13-21)
believed they may be at risk for
exposure
had been tested for HIV
state they began to make
ons about sex at the average age
5

summary of Youth Focus Groups in
e of Iowa, many youth indicated
t a great deal of fear and insecurity
eir own sexual behavior and the
l for HIV exposure; several stated
t a lack of support from friends,
religious institutions, and the
nity, and that peer pressure to have
n other youth was remarkably
Some felt that there was too much
a about HIV/ AIDS, and that they
have all the facts to make
d decisions about having intimate
ships.

indicates a deep need to address
f prevention and education with
an youth. While not every young
will be sexually active or engage
risk behavior (injecting drugs, not
ndoms correctly, having multiple
, etc.), every young person should
ated about the potential risk of
posure or exposure to a host of
y-transmitted diseases.

has taken the initiative with
programs targeting at-risk youth,
ng the HIV Education Awareness
HEAT), a peer-education group,
Home Run curriculum targeting
n detention, alternative schools,
ce abuse facilities, and shelters. As

continued on page 7

Thank You:

Thank you to the 2001
MasquerAIDS Ball
Planning Committee:

Jean Bott
Vicki Finkstein
Laurie Haag
Leigh Holden
Don Ross
Abby Stach
Clare Sullivan

You've all worked very
hard for the last six
months to make this
benefit a success. We
can't thank you enough
for your hard work.

It's Breakfast Time Again!

The planning
committee for the 15th
Annual New Pioneer
Coop / ICARE Pancake
Breakfast will begin
meeting again late in
January. Anyone
interested in
participating in the
planning of this
important community
event should contact
David Packard at
ICARE. In the
meantime, keep
checking our website
(www.icare-ia.org) for
details and meeting
dates as they are set.

*A special
thank you
goes out to
the Kenneth
Kinseth
Foundation
and Lensing
Funeral &
Cremation
Service for
their gener-
ous finan-
cial support
of the First
Annual
MasquerAIDS
Ball.*

ICARE MASQUERAIDS BALL SILENT AUCTION ITEMS (AS OF NOVEMBER 1ST)

The following items have been
added to the MasquerAIDS Ball on November 1st.
updated list...

Dinner Around Town Package •
Mondo's Tomato Pie, Atlas World

Health Club Memberships (2) •

Health Club Membership • one

Luggage Set • a two piece rolling
set of Public Health

Landscape Design Package • a \$
Landscapeing

Handcrafted end table • a hand c

Numerous art pieces from local

Penny Parks Andri
Barbara Doty
Mary Lee Kruse &
Karen Kubby
Marcia Wegman
Justine Zimmer / S

Many more items are on their
way. If you are interested in
bidding on any of the items men-
tioned off at the MasquerAIDS
Ball, please contact David Packard
at david-packard@icare-ia.org



MASQUERADE AIDS BALL

November 30, 2001

IMU Richey Ballroom

a fundraiser
for the
Iowa Center

PLEASE JOIN US IN OBSERVING WORLD AIDS DAY