



October 1, 2010

Volume 1, Issue 12

# Positive Voices of Philadelphia, Inc Let Your Voice Be Heard!

## HAPPY 1 YEAR ANNIVERSARY!

### Positive Voices of Philadelphia

Services:

**HIV/AIDS & STI—**  
Education, Prevention  
Tools, Trainings, and  
Presentations, FREE  
HIV Testing &  
Counseling

**Re-Entry Program—**  
for individuals  
formally incarcerated  
or just getting out

**GED Classes—** for  
individuals who wish  
to obtain their GED

**Parenting Classes—**  
for individuals who  
wish to become better  
parents



Hello P.V. Community! As-Salaamu Alaikum! **Today marks Positive Voices of Philadelphia, Inc. 1 year anniversary!** This year has went so fast and we have done so much in this first year of our existence.

As of **September 7, 2010** we became an official **non-profit** in the city of Philadelphia. We also started a program in **September 2010** called "**Positive Voices of Philadelphia Behind the Walls.**" This is a program run by my husband Larry 'Ali' Watson. It goes for 1/2 hour per day for 16 weeks. At the end of each term the inmates are given a Certificate of Completion from our Program.

We are also looking forward to holding our first **fund raiser** in the **Spring of 2011**. It will be a live stage play titled "**HIV says I Love You**" written by Richard A. Murray, Jr. playwright and President of Positive Writings Publishing, Inc. We have estimated the total number of our readers to be between 25,000 and 30,000 throughout the United States.

We will also begin training new Peer Educators for Positive

Voices of Philadelphia, Inc. beginning on **Monday January 3, 2011**. If you or someone you know would like to take our training please go to our website at [www.positivevoicesphilly.com](http://www.positivevoicesphilly.com) and fill out the Peer Educator Application and send into us.

Our **Re-Entry Program** has been getting a good response and we will have it up and running in full force as of **December 1, 2010!** Also something new-in **February of 2011** Positive Voices of Philadelphia, Inc. will be adding on another newsletter that is **strictly for the Muslim community**. The name will be the same as our regular newsletter but the **tagline will change to "for the Muslim Community."**

We have decided to do this because there is so much knowledge to share with the Muslim community that one column will not do us justice. This does not mean that we are taking **Ilm** out of the regular P.V. newsletter it just means we are expanding **Insha'Allah** (If God wills).

Also, towards the end of **August 2010** P.V. started a clothing drive. We are collecting used clothing of all sorts (casual, business, children, coats, footwear, etc.) for people in need. We will also be giving these clothes to anyone who comes through our Re-Entry Program that may need clothes for job interviews, etc. For more

information on how to donate to our clothing drive please contact us at 215-391-9356. It is getting ready to get cold so coats are really needed for these individuals and/or families. As of **September 2010** Positive Voices of Philadelphia, Inc. went into collaboration with **Liberation Fellowship Community Development Center** run by John E. Churchville and his wife Nancy Wilson. To find out more about our collaboration and what we are doing in the community please email us or call us:

[dawna@positivevoicesphilly.com](mailto:dawna@positivevoicesphilly.com)  
[ali@positivevoicesphilly.com](mailto:ali@positivevoicesphilly.com)

**Positive Voices of Philadelphia, Inc. will also have a table at this years Philadelphia AIDS Walk on Sunday October 17, 2010.** Be sure to stop by and check us out.

Please enjoy this special edition of Positive Voices of Philadelphia, Inc. You can also find P.V. on Face book with more social websites to come!

We thank all of our readers and supporters for their help in our continued success.

We Love You All

Mr. Ali Watson and  
Mrs. Dawna Edwards-Watson

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If you think only women experience the uncomfortable symptoms of menopause, think again.

Experts say erectile dysfunction, tiredness, low sex drive, and even middle-age paunch can be telltale symptoms of male menopause or andropause.

Four million United States men may be affected, according to a study in the New England Journal of Medicine in January.

“There’s probably a lot more than we think,” said Dr. Robert Waldbaum, chairman of the department of urology at North Shore University Hospital in Manhasset. “If we had a good test for the level of active testosterone that works in the body, then we would be able to diagnose a lot more men and help a lot more people through this aging process.”



## Male Menopause



“Testosterone is the major male hormone,” said Dr. Craig Niederberger, chief of the division of andrology at the University of Illinois in Chicago. “It makes guys virile. We call it an androgen or an anabolic steroid, meaning one that builds up the body. It gives them muscle mass, libido, keeps them from becoming depressed, gives them energy and dense bone structure. In a certain odd sense, it’s the male equivalent of estrogen, but it acts opposite. Testosterone makes the guy a guy. Estrogen makes the woman a woman.”

In females, estrogen levels drop rapidly, bringing menopausal symptoms, such as vaginal dryness, hot flashes, and mood swings. In men, menopause is more gradual. Testosterone levels start to decline around age 30 and drop at a rate of 1%

year thereafter, said Dr. John Morley, and endocrinologist and chairman of the division of geriatric medicine at Saint Louis University School of Medicine in St. Louis. When testosterone levels drop far enough, it can cause low sex drive, anemia, depression, and emotional, psychological, and behavioral changes.

“Some men age, and their testosterone levels stay the way they were all along. There are men whose testosterone is low who can still produce sperm to fertilize women,” Waldbaum said. “It’s not the clear definition that female menopause is.”

“Many people we see tend to find they don’t do as well in sports,” Morley said. “Their golf game is off. They lose height because of osteoporosis.

They’re not as strong as they were. They’re not thinking well. That’s been shown in controlled studies.”

Here is a **Personal Note** from P.V.

Men we women know that you do not like going to the doctors until you are hurt real bad or get real sick. It is very important to go yearly and get a complete physical. Not just outer but get your prostate checked, your testosterone levels, your eyesight, teeth, etc. If you are 40 or over it is even more important because as you get older your body will go through changes.

We need our men so please take care of yourselves.

Peace



**Prep Time:** 45 minutes  
**Cook Time:** 1 hour 30 minutes  
**Ready In:** 2 hours 15 minutes  
**Servings:** 8

### INGREDIENTS:

- 2 tablespoons olive oil
- 1 large onion, chopped
- 3 cloves garlic, crushed or to taste
- 2 (28 oz) cans diced tomatoes with juice
- 1/2 cup dry white wine
- 1/4 cup chopped fresh parsley

- 1/2 teaspoon dried basil
- 2 teaspoons salt
- 1/2 teaspoon black pepper
- 1 bay leaf
- 1 pound scallops
- 24 little neck clams
- 1 1/2 pound crab legs
- 1 pound unpeeled, large fresh shrimp

### DIRECTIONS:

1. Heat olive oil in a very large heavy pot over medium-high heat
2. Add onion and garlic, and cook until soft, stirring frequently
3. Pour in tomatoes and white wine, then season with parsley, basil, salt, pepper, and the bay leaf
4. Reduce heat to medium-low, and simmer until liquid is

## Healthy Recipe of the Month

- reduced almost completely, about 1 hour.
- 5. Add clams, scallops, crab legs, and shrimp to the pot
- 6. Cover, and cook over medium heat until clams open. Scoop portions into large bowls to serve.

### NOTE:

Toasted Sourdough bread or Garlic bread is also good to go with this dish

**Want to submit a recipe? email it to [dawna@positivevoicesphilly.com](mailto:dawna@positivevoicesphilly.com)**



### Books of the Month

**Fundamentals of the Salafee Methodology** by Imaam Muhammad Naasirud-Deen al-Albaanee  
 and  
**Everybody Gets Tired** by Yvonne Bridges

## *Ilm (Knowledge)*

As-Salaamu Alaikum in our special edition this month **Brother Abu Hajir As-Sudani** submitted an article for our Ilm section titled **“The Ruh (The Soul)”** Anything that you read from this point on that is wrong is from the Shaytan and anything good is from Allah (subhanna wa ta A’la). We at Positive Voices of Philadelphia, Inc. ask Allah (subhanna wa ta A’la) to reward Brother Abu Hajir As-Sudani for his intentions and good deeds and to bless him with heavy scales—Ameen.

### **“The Ruh (The Soul)”**

Praise be to Allah, we praise Him and seek His help and forgiveness. We seek refuge with Allah from the evil of our own selves and from our evil deeds. Whomsoever Allah guides can never be led astray, and whomsoever Allah leaves astray cannot be guided. I bear witness that there is no God but Allah alone, with no partner or associate, and I bear witness that Muhammad (sallallahu alayhi wa salaam) is His slave and Messenger.

There are major questions concerning the Ruh (Soul) that human beings always ask and wonder about. Where did the soul come from? How and when it enters and leaves the body? And where does it go after death?

Abdullah bin Musud said: While I was walking along with the Prophet (sallallahu alayhi wa salaam), some Jews passed by. And so one of them stood up and asked: “O’ Muhammad, what is the Ruh

(Soul)?” The Prophet remained quiet, Abdullah said: “I knew that he was being inspired divinely, so I stayed at my place. When the divine revelation had been revealed, the Prophet said: “And they ask you O’ Muhammad concerning the Ruh (the spirit) say: The Ruh is one of the things, the knowledge of which is only with my Lord. And of knowledge you (mankind) have been given only a little. **17:85**

More than 1400 years after the revelation of the above verse we all agree that this is truly an amazing aspect that mankind has to admit. Even with all of it’s advancements in science, mankind still has very little knowledge. Even concerning its own self and what makes it tick, mankind is in total loss. Very little is known of the workings of the Soul itself. It is recognized that a person is alive when his Ruh (Soul) is connected with his physical body and he dies when his Ruh leaves his physical body.

No one knows if the Ruh is a physical entity or an accident. However, Ahlus-Sunna Wal-Jama’ah (The Scholars of Islam) are all agreed that the Ruh (Soul) is a being created, fashioned, controlled, and nourished by Allah (subhanna wa ta A’la). *So what does Islam teach us about the Ruh?*

Our beloved Messenger Muhammad (sallallahu alayhi wa salaam) the true and truly inspired, said: “As regards your creation, every one of you is collected in the womb

of his mother for the first forty days, and then he becomes a clot for another forty days, and then a piece of flesh for another forty days. Then Allah (subhanna wa ta A’la) sends an Angel to write four words: he writes his deeds, time of death, means of his livelihood, and wheather he will be wretched or blessed in the hereafter. Then the Ruh (Soul) is breathed into his body.

### **Hadith 4/3332 Al-Bukhari**

The vast majority of Scholars and Commentators of Hadith understand this Hadith to mean that the three (3) stages of the fetus: Nutfa (mixed drops of male and female sexual discharge), Alaqah (a clot or a piece of thick coagulated blood), Mudhghah ( a little lump of flesh) **Quran 22:5** take place over a period of 120 days (40+40+40). This led them to the conclusion that the Ruh is breathed into the womb after that period (4 months).

However, we must understand that the beginning of a new creation starts after the male sperm enters the woman’s body with force and drive and then must travel sometime before it reaches the place where the egg is. The two are brought together by the will of Allah (subhanna wa ta A’la). In fact about 400 sperms each reach the egg. Once the sperm unites with the egg and discharge its genetic material stored in the head, the egg builds a thick wall that will not allow further sperms to penetrate. It is clear that one sperm out of millions and probably

billions is chosen for the fertilization of the egg. Similarly one egg is chosen to mature out of thousands that will eventually die monthly in every cycle. No doubt it is Allah (subhanna wa ta A’la) The Creator who made this semen into a perfect human being, then breathed the Ruh (Soul) into his or her body after 4 months.

There are (4) abodes of the Soul, and each abode is bigger and greater than the previous one.

The **first abode** of the Soul is the womb of the mother, where there is confinement, compression, seclusion, and three (3) layers of darkness.

The **second abode** for the Soul is its earthly habitat where it grows, does good and evil. There are three (3) stages of the development of the human soul on its earthly habitat:

1. **Nafs Ammarah:** The Self (Soul) that is inclined to evil **Qur’an 12:53**
2. **Nafs Lawwamah:** The Self (Soul) reproaching person which feels conscious of evil, and tries to amend its hopes to reach salvation **Qur’an 75:2**
3. **Nafs Mutma’innah:** The Self (Soul) that in complete rest and satisfaction. This is the highest stage of all, when it achieves full rest and satisfaction. **Qur’an 89:27**

The **third abode** of the Soul is the abode of ‘Barzakh’ (the intervening state between death and the last day) and this will take place when the

## *Ilm (Knowledge)-continued*

soul is completely detached from the body when death occurs. When a believing slave is reaching the end of his term in the life of this world and the beginning of his term in the Hereafter, a group of Angels, whose faces are white and as radiant as the sun, will descend onto him from heaven. They will carry with them white shroud from paradise, and fragrance for enshrouding from paradise.

They will sit as far from him as the sight goes. Then, the Angel of Death, will come until he sits right next to the head, saying "O' good and pure soul. Depart (your body) to Allah's forgiveness and pleasure." So the Soul flows (out of its body) just as the drop flows out from the tip of a jug. And the Angel of Death captures it. When he captures the Soul, they (the group of Angels) will not leave it with him for more than an instance, and they will seize it and wrap it in that shroud, and in that fragrance. A most pleasant musk scent ever found on the earth, will flow out of the soul, and the Angels will ascend it (to heaven).

They will not pass by, but they will say, "Whose is this Tayyib (good) Soul?" The Angels who are ascending the soul will reply, "such person, the son of such and such person" calling him by the best names that he used to be called in the world. They will reach the lower heaven and will ask that its door be opened for him. And it will be opened for him. The best residents of every heaven will then see him to the next heaven, until he is brought

to the seventh heaven. Allah, The Exalted and Ever High, will say, "List my servants record in Illiyyin and send him back to earth, for I have created them from it, and into it I shall return them, and from it I shall bring them out once again."

The soul will be joined with its body, and two Angels will come to him, sit him up and ask him, "Who is your Lord?" He will say, "Allah is my Lord." They will ask him, "What is your Religion?" He will say, "My Religion is Islam." They will say to him, "What do you say about this man (Prophet Muhammad) who was sent to you?" He will say, "He is the Messenger of Allah." They will ask him, "And what proof do you have about it?" He will say, "I read the Book of Allah (The Qur'an), and had faith and belief in him."

Then, a caller (Allah) will herald from heaven, "My servant has said the truth. Therefore, furnish him from paradise and let him wear from (the clothes of) Paradise, and open a door for him to Paradise." So he is given from Paradise's tranquility and good scent, and his grave will be expanded for him as far as his sight can reach.

And when the disbelieving person or a Hypocrite is reaching the end of his term in the world and the beginning of his term in the Hereafter, there will descend onto him from Heaven Angels with dark faces. They will bring with them Musuh (a

piece of thick, hard cloth) and will sit as far from him as the sight reaches. Then the Angel of Death will come forward and sit right next to his head saying, "O impure, evil soul, depart (your body) to the anger of Allah and a wrath from Him.

The soul will scatter throughout his body, and the Angel of Death will seize it as when the thorny branch is removed from wet wool. The Angel of Death will seize the soul, and when he does, the group of angels will not let it stay in his hand for more than an instance. And they will wrap it in the Musuh. The most rotten smell a dead corpse can ever have on earth will emit from the soul, and the Angels will ascend with it. Whenever they pass by a group of Angels, they will ask, "Whose is this evil soul?" The Angels will respond, "He is such person son of such person," calling him by the worst names he was known by in the world.

When they reach the lowest heaven, they will request that its door be opened for him, and their request will be denied. "For them the gates of Heaven will not be opened, and they will not enter Paradise until the camel goes through the eye of the needle." **7:40**

Allah will declare, "List his record in Sijjin in the lowest earth." The wicked soul will then be thrown (from Heaven). "And whoever assigns partners to Allah, it is as if he had fallen from the sky, and

the birds had snatched him, or the wind had thrown him to a far off place." **22:31**

His soul will be returned to his body, and two Angels will come to him, sit him up and ask him, "Who is your Lord?" He will say, "Oh, oh, I do not know." They will ask him, "What is your Religion?" and he will say, "Oh, oh, I do not know." They will ask him "What do you say about this man (Prophet Muhammad) who was sent to you?" He will say, "Oh, oh I do not know."

A caller (Allah) will herald from heaven, "My servant has lied, so furnish him with the Fire and open a door for him to the Fire."

He will find its heat and fierce hot wind. And his grave will be reduced in size, until his bones crush each other. ....

Whether the dying person is a believer, a hypocrite, or a disbeliever, he will see his Ruh (Soul) at the time of death.

Prophet Muhammad (sallallahu alayhi wa salaam) said: "When the Soul is seized, the eyes watch it." This describes the Soul as being seized, and the eye sight seeing it.

In the world of Souls, Souls do experience health and sickness, and they feel far more pleasure and pain than they experienced when they were joined with their bodies. They are subject to confinement, pain, punishment, sickness, and grief as they are to various states of joy, rest, bliss, and freedom.

## *Ilm (Knowledge)-continued*

In “Al-Barzakh” these Souls are divided into various categories: some of the souls are in the highest reaches of Heaven, some souls are in the form of green birds who roam around freely in Paradise, some souls will be locked out of the gate of Paradise, some souls are restricted to their graves due to some sin they committed, other souls remain confined to earth for these despicable souls cannot rise to Heaven. Indeed, these are base, earthly souls which do not mix with the Heavenly Souls.

The *fourth abode* of the Soul is the abode of eternity., either Paradise or Hell. There is no other abode after these.

Before the day of resurrection Allah (subhanna wa ta A’la) will command Heaven to rain, and so it will rain for forty (40) days until the water above them becomes 12 cubits (18 feet). Then Allah

will command all bodies to grow, when all bodies are grown as they were before, Allah will call all the Souls to be brought.

The Souls of Muslims will shine with light, while the Souls of the Hypocrites and disbelievers will be in total darkness. Allah will seize all the Souls, then He will cast them into the trumpet.

Allah will command Angel Israfeel (the Angel of the Trumpet) to blow the trumpet (the Blow of Resurrection).

Once the trumpet is blown, all the Souls will exit as if they were bees, fill that what is between Heaven and Earth.

Allah (subhanna wa ta A’la) will say: “By My Might and Highness each soul must return back to its body.” Each soul knows what body it belongs to and so it will enter through the nose and spread to the rest of the body like the venom spread through the

body of a bitten person.

Then the earth will crack open and every one will come out to the Day of Resurrection, naked, bare footed, and uncircumcised.

The process of creation of humans and birth should lead a thinking person to believe in Resurrection and the Hereafter.

The one who is able to create humans from a tiny portion of a small amount of fluid certainly is able to recreate such a human after his death. Indeed, the re-creation should be considered much easier a task than the first creation....

### **NOTE:**

Al-hamdu lillah! When I received this and read it; it only made me want to strive to become a better Musalima. Each and everyone one of us know that we commit sins some knowingly and some unknowingly. But when you read the Qur’an and you begin

learn and eternalize it (the Qur’an). And then you have Brothers and Sisters that share Dalil with you; it should make you think twice and become more aware of your actions.

If you are truly a believing person not only with your tongue but also your heart, action, words, deeds, etc. and you learn about the Hell Fire....it should be nothing in this world that you should want more than Jannah in the Hereafter.

May Allah (subhanna wa ta A’la) bless and help strengthen the entire Muslim community including myself in our Salat, the giving of the Zakat, and our Knowledge of this Deen—Ameen

As-Salaamu Alaikum  
From Positive Voices of Philadelphia, Inc. and Brother Abu Hajir As-Sudani

## *CDC Says “Take 3’ Actions To Fight The Flu*

Flu is a serious contagious disease that can lead to hospitalization and even death. In 2009–2010, a new and very different flu virus (called 2009 H1N1) spread worldwide causing the first flu pandemic in more than 40 years.

Flu is unpredictable, but the Centers for Disease Control and Prevention (CDC) expects the 2009 H1N1 virus to spread this upcoming season along with other seasonal flu viruses.

CDC urges you to take the following actions to protect yourself and others from

(the flu):

### **1. Take time to get a flu vaccine.**

CDC recommends a yearly flu vaccine as the first and most important step in protecting against flu viruses.

While there are many different flu viruses, the flu vaccine protects against the three viruses that research suggests will be most common.

The 2010-2011 flu vaccine will protect against an influenza A H3N2 virus, an

influenza B virus and the 2009 H1N1 virus that caused so much illness last season.

***Everyone 6 months of age and older should get vaccinated against the flu*** as soon as the 2010-2011 season vaccine is available.

People at ***high risk of serious flu complications include*** young children, pregnant women, people with chronic health conditions like asthma, diabetes or heart and lung disease and people 65 years and older.

Vaccination of high risk persons is especially important to decrease their risk of severe flu illness.

Vaccination also is ***important for health care workers, and other people who live with or care for high risk people*** to keep from spreading flu to high risk people.

***Children younger than 6 months*** are at high risk of serious flu illness, but are too young to be vaccinated. ***People who care for them should be vaccinated instead.***

## CDC Says “Take 3’ Actions To Fight The Flu (continued)

### 2. Take everyday preventive actions to stop the spread of germs.

**Cover your nose and mouth with a tissue when you cough or sneeze.** Throw the tissue in the trash after you use it.

**Wash your hands often** with soap and water. If soap and water are not available, use an alcohol-based hand rub.\*

**Avoid** touching your eyes, nose and mouth. Germs spread this way.

**Try to avoid** close contact with sick people.

If you are **sick with flu-like illness**, CDC recommends that you stay home for at least 24 hours after your fever is gone except to get medical care or for other necessities. (Your fever should be gone without the use of a fever-reducing medicine.)

While sick, **limit contact** with others as much as possible to keep from infecting them.

### 3. Take flu antiviral drugs if

**your doctor prescribe them.**

If you get the flu, antiviral drugs can treat your illness.

**Antiviral drugs are different from antibiotics.** They are prescription medicines (pills, liquid or an inhaled powder) and are not available over-the-counter.

Antiviral drugs can make illness milder and shorten the time you are sick. They may also prevent serious flu complications.

It’s very important that antiviral drugs be used early (within the first 2 days of symptoms) to treat people who are very sick (such as those who are hospitalized) or people who are sick with flu symptoms and who are at increased risk of severe flu illness, such as pregnant women, young children, people 65 and older and people with certain chronic health conditions.

**Flu-like symptoms include** fever, cough, sore throat, runny or stuffy nose, body

aches, headache, chills and fatigue. Some people may also have vomiting and diarrhea. People may be infected with the flu, and have respiratory symptoms without a fever.

### Be Aware of Common Flu Symptoms

Influenza usually starts suddenly and may include the following symptoms:

- \* Fever (usually high)
- \* Headache
- \* Tiredness (can be extreme)
- \* Cough
- \* Sore throat
- \* Runny or stuffy nose
- \* Body aches
- \* Diarrhea and vomiting

(more common among children than adults)

**Having these symptoms does not always mean that you have the flu.** Many different illnesses, including the common cold, can have similar symptoms.

**Know the Risks from the Flu** In some people, the flu can cause serious complications,

including bacterial pneumonia, dehydration, and worsening of chronic medical conditions, such as congestive heart failure, asthma or diabetes. Children and adults may develop sinus problems and ear infections.

### Know How the Flu Spreads

The flu usually spreads from person to person in respiratory droplets when people who are infected cough or sneeze. People occasionally may become infected by touching something with influenza virus on it and then touching their mouth, nose or eyes.

**Healthy adults may be able to infect others 1 day before getting symptoms and up to 5 days after getting sick.**

Therefore, it is possible to give someone the flu before you know you are sick as well as while you are sick.

This information was taken directly from the CDC website at [www.cdc.gov](http://www.cdc.gov)

For more information on the

## Laughter

Laughter stirs up the blood

Expands the chest

Electrifies the nerves

Clears the cobwebs

And gives the whole system

A cleansing rehabilitation!


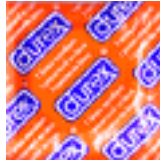




## *STI (Sexually Transmitted Infections) Risk Chart*

What You Can Get if Your Partner is Infected	Known Risks	Possible Risks	Unknown
Performing oral sex on a man	Chlamydia Gonorrhea Hepatitis A Herpes ( <i>RARE</i> ) HPV ( <i>warts</i> ) Shigella* Syphilis	Hepatitis B HIV**	Hepatitis C
Performing oral sex on a woman	Herpes ( <i>RARE</i> )	NONE	HPV ( <i>warts</i> )
Receiving oral sex from a man	Chlamydia Gonorrhea NGU Herpes Syphilis	NONE	HPV ( <i>warts</i> )
Receiving oral sex from a woman	Herpes	NONE	HPV ( <i>warts</i> )
Anal sex—top	Chlamydia Crabs/Scabies Gonorrhea Hepatitis B Herpes HIV HPV ( <i>warts</i> ) NGU Syphilis	NONE	Hepatitis C
Anal sex—bottom	Chlamydia Crabs/Scabies Gonorrhea Hepatitis B Herpes HIV*** HPV ( <i>warts</i> ) Syphilis	NONE	Hepatitis C
Vaginal sex with a man	Chlamydia Crabs/Scabies Gonorrhea Hepatitis B Herpes HIV HPV ( <i>warts</i> ) NGU Syphilis Trichomoniasis	NONE	Hepatitis C

*Continued on Next Page*

## STI (Sexually Transmitted Infections) Risk Chart

	<b>What You Can Get if Your Partner is Infected</b>	<b>Known Risks</b>	<b>Possible Risks</b>	<b>Unknown</b>	
	<b>Vaginal sex with a woman</b>	Chlamydia Crabs/Scabies Gonorrhea Hepatitis B Herpes HIV HPV ( <i>warts</i> ) Syphilis Trichomoniasis	NONE	Hepatitis C	
	<b>Oral—Anal Sex</b>	Amebiasis Cryptosporidium Giardia Hepatitis A Shigella*	NONE	HPV ( <i>warts</i> )	

\* You could be at risk if the receiver has just topped someone else  
 \*\* Very low risk  
 \*\*\* Unprotected anal sex is a very high risk activity for a bottom, much more so than for a top. The risk of HIV transmission to a bottom during unprotected anal sex is 15 in 1,000 versus 3 in 10,000 from a bottom to a top.

- Kissing, mutual masturbation, and frottage or dry humping are considered safer sex activities, with little to no risk of STI transmission.
- Using latex condoms (male or female) significantly reduces the risk of contracting STI's during anal, vaginal, or oral sex.
- Washing hands and the genital area thoroughly before and after oral-anal sex reduces the risk of transmission of most of the listed STI's and conditions. Condom use reduces transmission risk even further.

**Some Definitions:**

**NGU (Non-Gonococcal Urethritis):** an inflammation of the urethra similar to that of gonorrhea but caused by Rickettsia (Chlamydia Trachomatis) and occurring mostly among males as an early symptom of Chlamydia

**Scabies:** a relatively contagious infection caused by a tiny mite called Sarcoptes Scabiei

**Shigella:** any of the rod-shaped bacteria that make up the genus (Shigella), which are normal inhabitants of the human intestinal tract and can cause dysentery, or shigellosis

**Amebiasis:** a gastrointestinal infection that may or may not be symptomatic and can remain latent in an infected person for several years

**Cryptosporidium:** a genus of parasitic coccidian protozoans that infect the epithelial cells of the gastrointestinal tract in vertebrates and flourish in humans under conditions of intense immunosuppression

**Giardia:** any of various flagellated, usually nonpathogenic protozoa of the genus Giardia that may be parasitic in the intestines of vertebrates including humans and most domestic animals.





## For the Women - a little humor

15 Pieces of Advice to be passed on to your Mom, Daughters, Granddaughters, Nieces, Aunts, Girlfriends, etc.

1. Don't imagine you can change a man-unless he's in nappies
2. What do you do if your boyfriend walks out? You shut the door.
3. If they put a man on the moon - they should be able

to put them all up there

4. Never let your man's mind wander - it's too little to be out alone
5. Go for the younger man. You might as well, they never mature anyway
6. Men are all the same - they just have different faces, so that you can tell them apart
7. Definition of a bachelor: a man who has missed the opportunity to make

some woman miserable

8. Women don't make fools of men - most of them are the do-it-yourself types
9. Best way to get a man to do something is suggest he is too old for it
10. Love is blind, but marriage is a real eye-opener
11. If you want a committed man, look in a mental hospital
12. The children of Israel wandered around in the

desert for 40 years. Even in Biblical times, men wouldn't ask for directions

13. If he asks what sort of books you're interested in, tell him cheque books
14. Remember a sense of humor does not mean that you tell him jokes, it means that you laugh at his
15. Sadly, all men are created equal

**Every 9 1/2 minutes someone is infected with HIV in the United States!**

**Know your Status!**

Positive Voices of Philadelphia, Inc. is proud to present one of our biggest supporters Liberation "**Fellowship Community Development Corporation.**"

We are also proud to announce that Positive Voices is working in collaboration with Liberation Fellowship.

So, we would like to take this time to tell you a little bit more about LFCDC!

Here is a little of what

### Liberation Fellowship Community Development Corporation

They are focusing their activities on the leadership development of youth and adults; by doing the following:

1. Having youth and adult leadership training courses that focus on three core leadership values and time management skills
2. They have a 4 week adult drawing basics course
3. A 6 session environmental leadership training course for adults that focuses on developing sustainable community organizations committed to solving environmental problems
4. An HIV/AIDS Initiative that is a proactive approach specifically targeted to young adults of middle and senior high school age in order to effect behavior change and social responsibility
5. "Green Collar" job-readiness training that prepares participants for job interviews, conflict resolution at work, and how to turn a job into a sustainable career
6. The TOWN HALL Project that seeks the

historic revitalization of Germantown's Town Hall as a LEED-certified, multi-use community center

Please visit their website to find out what other great things LFCDC is doing at [www.lfcdc.com](http://www.lfcdc.com) or contact them at 215-848-8511.

You can also email Mr. John E. Churchville at [jchurchville8@gmail.com](mailto:jchurchville8@gmail.com)



Sunday October 17, 2010  
Philadelphia AIDS Walk

Register Now and/or support our Team  
Number 44 "Because We Care"

Until it's over we will Walk!!!



# *Positive Voices of Philadelphia*

## *Let Your Voice Be Heard!*

To find out how to submit an article please contact us:

Articles can be personal stories, poems, jokes, important information, etc.

All mail should go to:

Positive Voices of Philadelphia

P.O. Box 48352

Philadelphia, PA 19144

Attn: Dawna Edwards-Watson

Or

Larry 'Ali' Watson

You can also contact us via phone:

215-391-9356(NEW NUMBER)

or email:

Dawna@positivevoicesphilly.com

Ali@positivevoicesphilly.com

Visit our website at: [www.positivevoicesphilly.com](http://www.positivevoicesphilly.com)

## *Want to Advertise?*

Positive Voices of Philadelphia is a **FREE** monthly newsletter. To help with our expenses we ask people to advertise in our newsletter.

Pricing Fees are below:

### *1/4 Size Ads*

\$30 for 1 month

\$150 for 6 months (\$25) per month

### *1/2 Page Ads*

\$25 for 1 month

\$120 for 6 months (\$20 per month)

\$180 for 1 year (\$15 per month)

### *Full Page*

\$20 for 1 month

\$180 for 6 months (\$15 per month)

\$120 for 1 year (\$10 per month)

***Where does Positive Voices of Philadelphia go? How many readers does Positive Voices of Philadelphia have?***

Positive Voices of Philadelphia ***newly updated estimates*** as of the end of ***August 2010*** are as follows:

We go out to ***approx. 900*** different businesses and organizations throughout ***Philadelphia, Chester, Delaware, New Jersey, New York, Pottstown, Norristown, Harrisburg, and Erie, PA*** just to name a few.

We have ***newly updated estimated*** number of readers as of the end of ***August 2010*** are ***approx. 30,000 to 40,000*** readers per month.

Positive Voices of Philadelphia is also sent to ***various prisons in Philadelphia County, the State, and the Federal Prisons.***

Because a person is incarcerated does not mean that their voice can not be heard.

If you know of someone incarcerated that would like to get on our mailing list please contact us via the information above.

We thank everyone for their continued support in our efforts to educate the public about HIV/AIDS and other important information.

*Sincerely, Mr. and Mrs. Watson*