



# The Swazi Sojournal

Issue 5, volume 1

June 2004



## Volunteer Profiles

(In this space we will profile the activities of a different volunteer each month. If you have information about yourself or other volunteers, or creative ideas for projects, please let us know.)

## It's Back to School...

By Annie Mohr  
*Swazi Sojournal*

With school back in session, many of the volunteers are once again teaching about HIV and AIDS in the classroom.

At my site in Ndzevane, I work with Anti AIDS clubs at both the primary and high schools.

Currently, I am compiling workbooks consisting of information pages, worksheets, and life skills activities. I am also including excerpts from the *Sara* books, for example when Sara successfully refuses sex and when she encounters stigma and discrimination.

To make the workbooks, I am using Peace Corps ICE materials from Gus, FLAS publications, Soul City books (from South Africa), and ideas from the internet.

One internet site that is especially super is *Sex Etc.*, at [www.sxetc.org](http://www.sxetc.org). It's tagline is "By teens, for teens." It is run by Rutgers University, with experts who answer questions, but the emphasis is on articles written by teens. In addition to the FAQs and stories by teens, there is also a comprehensive glossary for all sex ed vocabulary and different sections for various sexual health issues. I highly recommend a visit to the site the next time you have internet access!



Paul Emongu (right), known affectionately by the volunteers as Babe Dlamini, shares a drink with his wife and Swaziland Peace Corps Country Director Winnie.

## Remembering Dr. Paul Emongu

*Husband of Country Director encouraged Volunteers, helped with Embassy funds*

By Kevin Okun  
*Swazi Sojournal*

He learned how to speak English in just three months, a time shorter than any of the Peace Corps Volunteers knew him. But Paul Emongu had to learn English faster than Swaziland's Volunteers had to learn SiSwati or SiZulu.

If he didn't learn English, he wouldn't succeed at Southern Illionis in America and would have to return to Africa.

Most of the Volunteers called him Babe Dlamini, affectionately, using the SiSwati word for father - father of the Ambassador's self help fund.

But the relationship between Babe Dlamini and Peace Corps went well beyond soliciting funds for Neighborhood Care Points or youth centers in the Volunteers' communities. He married our Country Director, Winnie Emongu.

When Babe Dlamini died on April 29, it surprised the entire Peace Corps family.

Emongu returned to the U.S. for simple medical attention and eventually died of complications during surgery.

[continued on page 2](#)

## In This Issue of The Sojo

- PCVs Heal Iraqi Abuse Damage  
page 2
- Speaking While Drunk  
page 3
- Developing HIV Questionnaires  
page 5
- Poetry by Silena Layre  
page 6
- Warning: Don't Go to Niger  
page 5
- Condoman says...  
page 5

## PCVs Can Help Heal Iraqi Abuse Damage

By Patricia Wilson  
*Reuters*

Idealistic Americans can help heal the damage from the prisoner abuse scandal in Iraq by serving on the international aid frontlines with the Peace Corps, Democratic presidential candidate John Kerry said on Saturday.

In a commencement address at historically black Southern University in New Orleans, the decorated Vietnam veteran, who came back to the United States an anti-war activist, asked 670 graduates to reject "the cynicism that says you can't make a difference."

"In the last days we've all seen photos of horrific abuses in an Iraqi prison that do a disservice to the courageous efforts of over 100,000 American soldiers," Kerry said. "Those abuses have done enormous damage to our country."

The four-term senator from Massachusetts, who voted for the Iraq war but against \$87 billion for operations

there and in Afghanistan, said the US soldiers' treatment of Iraqis at Abu Ghraib prison had harmed US objectives and empowered those who find fault with the United States. "It requires us to work even harder to present who we really are, and if you choose to, you can help to do that," Kerry said. "The Peace Corps is the most powerful symbol of non-military service in our history." The presumptive Democratic nominee and Republican President George W. Bush have both called for expanding the Peace Corps, an enduring legacy of another senator from Massachusetts, former President John F. Kennedy. In his 2005 budget, Bush asked Congress for \$401 million for the Peace Corps, up from its current \$300 million. More than 7,000 Americans now serve in the Peace Corps, according to its website. They work in 71 countries in projects related to agriculture, health, information technology, business development, the environment and education.



Swaziland Peace Corps volunteers, bursting with idealism.

Photo courtesy of Gus Konturas

### EMOUNGU continued from page 1

Babe Dlamini maintained the US Embassy's cooperative relationship with Peace Corps in Swaziland by working with Volunteers on proposal writing to help them secure funds in poverty stricken areas where money to buy food is scarce, let alone money to build community centers.

Yemi Oshodi and Ambassador James McGee gave eulogies during a memorial service at St. Paul's Methodist church in Manzini on May 4.

Volunteers and staff members attended with embassy staff while Winnie spent time with her family in Maryland.

Yemi spoke of Babe Dlamini's enthusiasm for cooking pancakes and an evening when Volunteers were invited to the

Emoungu home for dinner.

Ambassador McGee reiterated Babe Dlamini's enthusiasm and how it transpired from everyday life into work.

At an event where the Embassy was distributing HIV/AIDS materials to Swazi soldiers, the ambassador and Paul attended to ensure the materials were used properly. However, during the course of distribution, Babe Dlamini made the extra effort to speak with the soldiers and make sure he knew who he was helping.



## in brief

- The Swazi Sojournal welcomes all volunteer or staff submissions! Please email them to [swazisojournal@yahoo.com](mailto:swazisojournal@yahoo.com), hand in a hard copy to the Swazi Sojournal box (located near volunteer mailboxes), or save it on one of the computers the volunteers use. Please submit contributions by the 20<sup>th</sup> of the month. Issues will be sent to volunteer mailboxes by the beginning of each month.
- In addition to written contributions, we also look forward to including your photos, drawings, and print-media art. They can be digital or prints. Write your name on the back of prints and they will be returned to your box after being scanned.
- **Please Note: We plan to use the Volunteer computers during production days, the first Thursday after deadline. The next production day will be Thursday, June 24.**
- We welcome submissions for news, features, calendar of events and resources sections.
- All Volunteers interested in learning a life skills curriculum taught by Silena Layne should talk to her at the mental health workshop. She will hold sessions after Dr. Ward's scheduled sessions for two hours, Sunday-Tuesday evenings.
- "Say it in SiSwati" books are available from Simanga or Lindiwe. Please sign out the book and return it when are you finished.

(This page will simply be a recap of pertinent news from the previous month. It will include new from Swaziland, the region and Peace Corps. Remember, we don't write the stories--we just bring them to you so that you can know what's going on.)

## Swaziland: Nurses Seek Greener Pastures

MBABANE, May 12, 2004 (IRIN)

Swaziland's nursing crisis is deepening as trained nurses leave the country for better salaries abroad and the Swaziland Nursing Association renews a call for strike action.

Last month another 29 Swazi nurses left the country for better paying jobs in the United Kingdom - a third of all nurses who graduate each year.

"At issue is respect for the nursing profession, and government needs to work to retain nurses," the secretary general of the nurses' union, Thabsile Dlamini, told IRIN. The union did not indicate when it intended to strike again.

Their demands include improved working conditions, provision of adequate medical supplies to enable them to do their jobs, and security - some rural clinics have had to close down because of numerous incidents of nurses being attacked, mugged and raped.

"We don't even have rubber gloves in the maternity wards, where HIV prevalence is high. There is a lack of other basic equipment, and nurses have not received AIDS training: how to treat it and how to avoid it," said Dlamini.

The nurses walked out on a two-week work stoppage in late February, after government failed to deliver promised salary increments and back pay. The local press attributed 60 deaths to the strike, caused by the lack of nursing staff at government hospitals.

"The strike was unnecessary, and it distracted [attention] from the programmes we seek to launch this year on HIV/AIDS, malaria, pre-natal care and other vital initiatives", Dr. John Kunene, principal secretary at the ministry of health and social welfare, told IRIN.

Although nurses have received 80 percent of their back pay, a new issue of unpaid overtime is simmering.

"Nurse's assistants [and] the orderlies are not paid overtime, so they knock off work before evening - there is no one to help nurses turn patients, or do other physical tasks at night," Dlamini said.

Nurses also complain of low morale in the profession. "Health care is seen as women's work, and this may be the problem - women are paid less than

men in any field," Dlamini remarked.

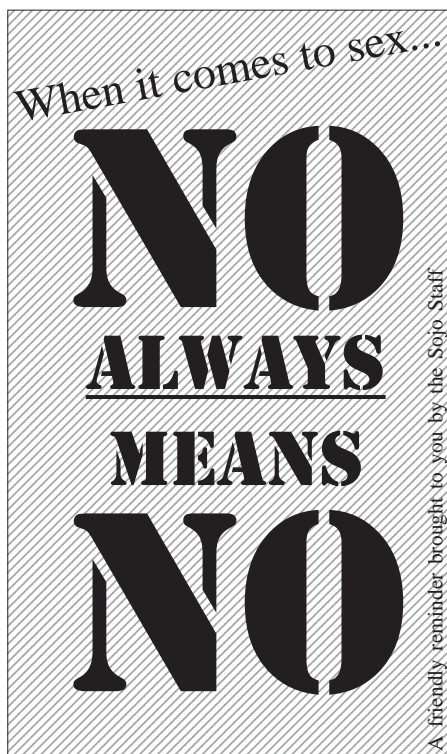
AIDS has also taken its toll on the profession, reducing the number of nurses by 10 percent, according to health ministry estimates.

Swaziland has 3,000 nurses, of which about 100 to 150 leave the profession each year, and the training of new nurses has not kept pace - just 100 new nurses graduate annually from the two main government hospitals in the capital, Mbabane, and the central commercial town of Manzini.

"You find that in some clinics there is only one nurse per shift, or one nurse the entire day ... [sometimes there] is no nurse at all at night", Dlamini explained.

Health organisations note that if all Swaziland's nurses depart, the government will have to spend more money recruiting replacements from other countries. The authorities have already had to resort to recruiting doctors, many of whom work in the country on contract from other African nations.

Article available at:  
<http://allafrica.com/stories/200405120612.html>



## NEWS & NOTES

### RPCV First to Become a U.S. Astronaut

WASHINGTON, D.C., May 7, 2004

Joe Acaba, who served in the Peace Corps in the Dominican Republic from 94-96, became the first ever RPCV to become an astronaut when he was named one of NASA's 11 new trainees. Acaba met with PC Director Vasquez and credited his time in Peace Corps with leading him to his new career.



Director Vasquez congratulates Joe Acaba on becoming the first former Peace Corps volunteer to become a U.S. astronaut.

Entire press release at:  
[http://www.peacecorps.gov/index.cfm?shell=resources.media.press.view&news\\_id=938](http://www.peacecorps.gov/index.cfm?shell=resources.media.press.view&news_id=938)

### GDP of Southern Africa suffers because of HIV/AIDS.

JOHANNESBURG, 20 May 2004 (IRIN)- The UN News Wire reports that the Gross Domestic Product of Southern African countries has, not surprisingly, dropped 2.6 percent because of HIV/AIDS.

Entire story at  
[http://www.irinnews.org/report.asp?ReportID=41183&SelectRegion=Southern\\_Africa&SelectCountry=SOUTHERN\\_AFRICA](http://www.irinnews.org/report.asp?ReportID=41183&SelectRegion=Southern_Africa&SelectCountry=SOUTHERN_AFRICA)

## Medical Welcomes PCVs to Health Workshop

By Fraser Ward  
*PC Medical Officer*

Greetings!

I will be getting to spend lots of time with you so will keep this month's contribution brief. I hope you will find the workshops useful and I look forward the opportunity of focusing on the mental health challenges you are facing. Both Mykell Winterowd, a Licenced Independent Clinical Social Worker and former Peace Corps Volunteer, and myself will be available after hours if you have anything you would like to discuss individually (not necessarily related to mental health). I will also be using the opportunity to have our first diversity group meeting – time and date still to be arranged. Finally, here's a bit of advice if you plan to use the week in Mbabane to enjoy the stimulating night-life.

### THINGS THAT ARE DIFFICULT TO SAY WHEN YOU'RE DRUNK

- Indubitably
- Innovative
- Preliminary
- Proliferation
- Cinnamon

### THINGS VERY DIFFICULT TO SAY WHEN DRUNK

- Specificity
- British Constitution
- Passive-aggressive disorder
- Loquacious
- Transubstantiate

### THINGS THAT ARE DOWNRIGHT IMPOSSIBLE TO SAY WHEN YOU'RE DRUNK

- Thanks, but I don't want to have sex
- Nope, no more booze for me
- Sorry, but you're not really my type.

# got hiv?

You'll never know  
unless you get  
tested.

A friendly reminder brought to you by the Sojo Staff

## And Now For The Security Report...

By Xolile Ngwenya  
*PC Saftey and Security*

With IST gone and done with, we go back to our old routines. There haven't been many incidents involving PCVs, thank heavens! This goes to show that we are learning to be vigilant out there. That is commendable. Below lies a brief outline of what some PCVs have encountered:

- During the Easter weekend, a group of Volunteers traveling to Durban had an almost nasty encounter when the driver of their vehicle not only practically slept all the way to Durban but also ran red lights and wanted to turn into an alleyway for God-knows-what. Fortunately the police came along and escorted them to their Backpackers. A follow-up on that was done. The matter has since been addressed by the relevant authorities.

- A Volunteer was upset by a drunk relative who became rowdy and threatened to harm her because she refused to speak to him. He was very drunk and made a complete idiot of himself. The Volunteer reported the matter to the family elders and it was addressed the next morning when he was sober. He was very embarrassed and apologized.

- A Volunteer had a problem with a community member who persistently declares love for her. He has begun telling tales saying the community is saying things about the Volunteer. She reported the matter to the police and a meeting was convened where the culprit was present. He denied everything but the police spoke to him strongly about it. They are watching him, and so are we.

Just remember all the stuff we said at IST, **AND DO IT.**



Heather Smith, PCV, responsibly enjoys a few drinks. And yes, she can still say cinnamon.



This edition of *The Sojo* was produced by Justin Garland, Jill Granberg, Annie Moker, Kevin Okun and Natascha Thurber.

It's a long way down the road, but it's never too early to start thinking about activities for World AIDS Day.



**Don't let it sneak up on you!**

A friendly reminder brought to you by the Sojo Staff

## Director's Chat

Dear Volunteers and Staff:

Since the last newsletter came out, 2 PCVs returned to the States and we heard the sad news about our friend and colleague Paul Emoungu. I thank you all for the support you have given to each other and to me as acting CD during this period. We look forward to having Winnie back at Post on the 11th of June.

Thanks much to the new newsletter committee members and to all those who took the time to contribute to making this month's newsletter a reality.

The PCV monthly living allowance amount is increased to E 2,250.00 effective in June. We originally thought we could allow a E250.00 increase but were informed (unfortunately) by our counterparts in HQ to use the mean figure calculated from the most recent Living Allowance survey. A memo explaining how we reached the E2,250.00 amount is attached to this newsletter.

We are glad to finally have Mykell Winterowd here. She will be assisting us as a consultant during the mental health workshop. We plan to integrate whatever new ideas she brings into our next PST and as we move forward in your service.

Finally, I will say our mantra... stay safe stay safe stay safe.

O

## from the editors

The Swazi Sojournal (Sojo) is now under new management. A team of five PCVs took over shortly after IST. We are in the process of restructuring the newsletter, and consider the June edition simply the first step. Much of our time this month was spent discussing the direction of the Sojo, as well as creating graphics, headers and other bits and pieces of layout that will be reused in future editions. This left us less time to come up with actual content. In future issues, we hope to continue to improve the quality of the Swazi Sojournal by improving readability and including more relevant information.

But, we can't do it without your help! The layout and editing of the journal are huge tasks in and of themselves--not to mention developing content. We hope that future issues will include articles written by PCVs. Some of our ideas include articles from the NGO Liasons about what's happening out and about in the NGO world, or articles about project successes or failures. We also encourage any submissions to the arts and entertainment (a & e) and features sections. In the future, we would also like to include an op/ed section expressing volunteer views and opinions.



HIV Memorial Park in Durban, SA

So, this issue is merely an intermediate step. We hope to continue to improve. We would love to hear your feedback about what we're doing well and where we can improve. Feel free to contact us at swazisojournal@yahoo.com or leave a note in our box in the office. Have a great June!

*Jill, Kevin, Annie, Natascha & Justin*

## Warning From the State Department

Dear American Citizen,

The U.S. Embassy has received information of a possible threat against the U.S. government personnel and interests in Niger. The U.S. Embassy is taking appropriate measures while it continues to investigate the threat.

All U.S. citizens throughout Niger are urged to maintain a high level of vigilance and to take appropriate steps to increase their security awareness. Citizens with queries should to contact the Regional Security Officer, Bill McCarthy, at 72 26 61 for further information about measures they can take to increase their security

awareness. Additionally, please consult the latest Worldwide Caution Public Announcement for more security information at <http://travel.state.gov/www1.html> and the Consular Information Sheet at <http://travel.state.gov/niger.html>.

Americans in Niger are encouraged to register and obtain updated information on travel and security in Niger at the Consular Section of the U.S. Embassy at Rue des Ambassades, mailing address B.P. 11201, telephone numbers (227) 72-26-61, 72-26-62, 72-26-63, 71-26-64, and fax numbers (227) 73-31-67 or 72-31-46. The Embassy's Internet address is <http://niamey.usembassy.gov>.



The PC office will be closed on **May 31**

in observance of Memorial Day. So don't try to go. And besides, why you tryin' to skip out on the mental health workshop?

# The Sojournal Reader

(Each month this section will include abstracts or summaries of studies, articles, reports or other scholarly works related to HIV. The abstract is merely meant to pique your interest. At the bottom will be a link for finding the full text.)

--Introduction to **Community-based approaches to HIV treatment in resource-poor settings** by Farmer, et al, published in *The Lancet*,

Last year, HIV surpassed other pathogens to become the world's leading infectious cause of adult death. More than 90% of deaths occur in poor countries, yet new antiretroviral therapies have only led to a drop in AIDS deaths in industrialised countries. The main objections to the use of these agents in less-developed countries have been their high cost and the lack of health infrastructure necessary to use them. We have shown that it is possible to carry out an HIV treatment programme in a poor community in rural Haiti, the poorest country in the western hemisphere. Relying on an already existing tuberculosis-control infrastructure, we have been able to provide directly observed therapy with highly-active antiretroviral therapy (HAART) to about 60 patients with advanced HIV disease. Inclusion criteria and clinical follow-up were based on basic laboratory data available in most rural clinics. Serious side-effects have been rare and readily managed by community-health workers and clinic staff. We discuss objections to the widespread use of HAART, and suggest that directly-observed therapy of chronic infectious disease with multidrug regimens can be highly effective in settings of great privation as long as there is sustained commitment to uninterrupted care that is free to the patient.

The articles and image are available in the **Sojournal Resource** file in the "Volunteer Files" file on the volunteer computers. Please remember to give credit where credit is due. (The authors and artists, not The Sojo!)

--Summary of **Slovakia has kept AIDS out, despite money problems**, by Holt, in *The Lancet*, Vol 363, May 22, 2004.

Health experts monitoring the way HIV/AIDS is spreading in eastern Europe have been left baffled by Slovakia which, despite having one of the most impoverished health-care systems in Europe, has one of the world's lowest infection rates.

Ten countries joined the EU on May 1 this year, of which eight were former "eastern bloc" countries. Slovakia has by far the lowest number of confirmed AIDS cases of this group and Slovak medical professionals admit they are at a loss to explain why.

A UN report made public in February this year warned that in some new member states—particularly Latvia and Estonia where, like Slovakia, the health systems are desperately short of cash—the battle to control the spread of HIV/AIDS is being lost. And on the borders of the new EU, in places such as Ukraine, Russia, and Romania, the disease is spinning out of control.

Debts in the struggling Slovak health sector run into hundreds of millions of pounds, but the country has still managed to maintain a remarkable track record on AIDS.



Image from <http://www.soton.ac.uk/staff/rijj/CV%20Website/mscwebsite/ay276gallery/lecture14.html>

--Selection from **Evaluating Programs For HIV/AIDS Prevention and Care In Developing Countries**, published by USAID, 2001, Chapter 10.

Gus has a stack of these big, red books in his office. As dry and boring as this book might sound, there are actually many great resources for writing surveys, assessing and evaluating programs, such as...

## KEY BEHAVIORAL INDICATORS IN HIV/AIDS PROGRAMS

### Indicators for Youth

- Knowledge of HIV prevention methods
- No incorrect beliefs about AIDS transmission.
- Median age at first sex
- Number of youth sexually active
- Youth with multiple partners
- Youth using a condom at last sex
- Youth using condom consistently
- Youth using condom at first sex
- Young people seeking voluntary HIV tests
- Number of non-regular parnters in the last year.
- Condom use at last sex with a regular partner

## DEVELOPING QUESTIONNAIRES FOR HIV/AIDS BEHAVIORAL SURVEYS

"...International experience in surveying key sub-population groups has generated a wealth of knowledge on what types of questions work and which do not work when asking people about their sexual and drug-using behaviors. These questions have been brought together to form questionnaires that, in turn, are used to measure the indicators discussed in the preceding section. **These standardized questionnaires have been extensively tested in international settings and are available at Family Health International's website (www.fhi.org).** The website also provides information about how and when to use these questionnaires." (p. 159)



**Philosophical Phodder**  
Opinion Column by Justin Garland



Growing up in the U.S., I grew accustomed to all of the problem solving amenities that modern life in America has to offer. If I have a question about the average annual rainfall in Micronesia, I just google it. If I want to learn all about the social behavior of tree frogs, I just search an electronic database of peer-edited journals. If I want advice on anything from car repair to managing my finances, I just stop by Barnes and Noble. MSN and New York Times Online keep me abreast of the daily world news. As a result of this easy access to information, my intellectual curiosity was stimulated and encouraged. My parents took me to the public library. When the television was on, it was turned to PBS. I learned to use the phone to call the recorded voice that repeats the official time long before I ever went to school. Most Americans living in the 21<sup>st</sup> century have seemingly infinite information at their fingertips.

I didn't realize what a privilege this was until setting up camp in rural Swaziland. As I got used to the community and met people, I began to worry about the relative lack of information available to rural Swazis. There are no DSL lines or Barnes and Nobles. For that matter, there are no computers, phone lines, televisions or libraries in rural Swaziland. If a Swazi has random questions about Micronesia or tree frogs, they are forced to be complacent; they must be content not knowing the answer.

The issue of access to information carries over directly to my work as HIV Educator. In the rural areas where I work, there is very little information available about HIV. There are no HIV Information Resource Centers, no youth-friendly clinics. Even the teachers at the local schools wish

for more education about HIV. In this setting, it's easy to see why a young man might believe his friend when he's told that condoms cause HIV, or a young woman might believe the article in the Time of Swaziland about the fatal dangers of ARVs.

I've been taught to check and re-check my information and to evaluate sources. Swazis just don't have the resources. And so how does a PCV, who grew up with an insatiable intellectual curiosity encourage that same curiosity among Swazi youths? And is it fair to encourage them, seeing as how they have so few resources available.

It's clear that technology has facilitated Americans ability to access information, but is this necessarily for the better? I come from an American mindset in the way I make decisions. I research the facts, weigh the options, then decide. I have a hard time seeing outside of my cultural box. Obviously Swazis have been making decisions for hundreds of years without the aid of computers and libraries. So, who am I to judge my decision making technique any more valid than theirs? Maybe I can turn my next difficult decision into an opportunity to learn a thing or two from Swazis.

**Letters to the Editor**

Dear Editor,

I am very excited about the new SoJo and I would just like to encourage other people to write letters to the editors or opinion columns. I think it's a great opportunity to discuss the philosophy and emotions involved in our work. I hope that others will use this section of the newsletter as a forum for discussion, and for letting others know what they're thinking and feeling. I look forward to seeing what people come up with in the future. And remember, this newsletter can only be as good as you (the PCVs and PC Staff) make it!

Sincerely,  
Eager Beaver  
PC Swaziland

**Travel Corner**

(This section will feature travel tips and hot spots. If you go on vacation and find a great place or pick up a valuable hint, let us know so we can publish it here.)

**When Parents Visit**

As parents and friends begin to trickle in to visit volunteers, here are a few words of advice:

If you're going to be travelling in South Africa, utilize the Baz Bus. Sure, it's more expensive, but well worth it to avoid the hassles of overwhelming bus ranks and big luggage. The Bus will come directly to your hostel, has a trailer for luggage and makes frequent rest stops along the route. And it's not *that* expensive on a parent's budget. For more info, check out [www.bazbus.com](http://www.bazbus.com).

If you're going to Kruger National Park, plan on having your family rent a car to get there. Unless you're on an organized tour, there is no public transport into the park. Cars can be rented at the airport in Nelspruit, starting at E225/day. The car rental companies will pick you up at your hostel or hotel.

**Hot Spot!**

Cape Vidal, South Africa.

This beach, approx. 30km north of St. Lucia, is well worth checking out. It's in the game reserve, and numbers of cars are limited to 100 per day, so go early. There are 5-person, fully furnished cabins on the beach that can be rented for E200/person/night (minimum 3 people). A little steep on a PCV budget, but reasonable for parents--and the location makes it well worth the extra expense.



LOVE THOSE WHO ARE LIVING WITH AIDS



# Don't Quit



When things go wrong, as they sometimes will,  
When the road you're travelling seems all up hill,  
When the funds are low and the debts are high,  
And you want to smile but you have to sigh,  
When care is pressing you down a bit,  
Rest if you must but don't you quit.  
Life is queer (that is what they say)  
with its twists and turns.

By Silena Layne  
PCV, Nkwene

As everyone of us sometimes learns,  
And many of a failure turns about,  
When he might have won had he stuck it out.

Don't give up though the pace seems slow,  
You may succeed with another blow.  
Success is failure turned inside out,  
It's the silver tint on the on the cloud of doubt.

And you never can tell just how close you are  
It may be near when it seems so far  
So stick to the fight when you're hardest hit  
It's when things seems worse that you must not quit.

*To the remaining volunteers, I got yo' back. Holla. -Silena*

Roasting Umbila in the Dlundu Kitchen  
photo by Justin Garland



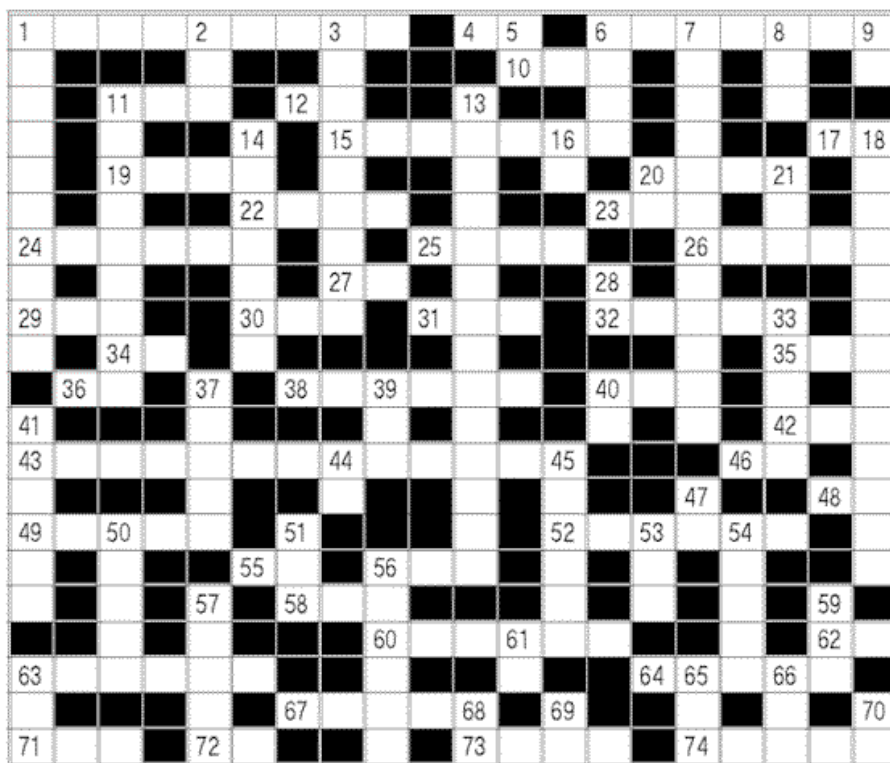


**HIV/AIDS Crossword Puzzle**--Special section for all of you who are obsessed with crossword puzzles.

(And don't pretend we don't know who you are, Ryan Crew!)

**Across**

1. Type of testing when a person's name is not recorded.
4. Do, re, mi, \_\_\_...
6. Using this or other drugs can lead to risk behavior.
10. Both women and \_\_\_ can be at risk for HIV infection.
11. Acronym for Pneumocystis carinii pneumonia.
12. Do, re, mi, fa, so, la, \_\_\_...
15. Oral, anal, and \_\_\_\_\_ sex can lead to HIV infection.
17. Acronym for Western Blot, a type of HIV-antibody test.
19. \_\_\_ you could become HIV-infected through risky behavior.
20. A result of HIV infection.
22. Using precautions against HIV is recommended, unless you know for \_\_\_ your partner does not have HIV.
23. Oral, anal, \_\_\_ vaginal sex can lead to HIV infection.
24. You cannot get HIV-infected if you do this with your blood.
25. \_\_\_\_, anal, and vaginal sex can lead to HIV infection.
26. Acronym for enzyme-linked immunosorbent assay, a screening test for HIV antibody.
27. Abbreviation for antibody.
29. A long period of time.
30. ' \_\_\_ death do us part.
31. Acronym for American Medical Association.
32. Insect \_\_\_ do not spread HIV.
34. Abbreviation for California.
35. A small, mythical being with pointed ears, shoes, and cap.
36. It is \_\_\_ responsibility to protect myself from HIV.
38. The \_\_\_\_\_ system acts as the body's defense against foreign substances.
40. Acronym for immunofluorescence assay, a type of HIV- antibody test.
42. Adam and \_\_\_.
43. People who have HIV may get these types of infections because HIV weakens the immune system.
46. A condom should be put \_\_\_ after the penis becomes erect.
48. Abbreviation for opportunistic infection.
49. Use of alcohol and other \_\_\_\_\_ can lead to risk behavior.
52. Fluid from the mouth that does not transmit HIV.
55. Just do \_\_\_!
56. Let's \_\_\_ the battle against HIV!
58. Acronym for didanosine, a drug used to slow HIV.
60. HIV may be spread if this is contaminated with blood when piercing ears, other body parts, or injecting steroids or other drugs.
62. Abbreviation for emergency room.
63. Proper cleaning of drug injection equipment involves cleaning with water and \_\_\_\_\_ several times.
64. Condoms made of this have been proven to be effective protection against HIV when used consistently and correctly.
67. \_\_\_\_, semen, and vaginal fluid are the most common fluids that cause HIV transmission.
71. \_\_\_ can protect yourself from HIV



Can be found at <http://www.kdhe.state.ks.us/hiv-std/crossword/crossword1/>

- infection.
  72. Abbreviation for saint.
  73. Acronym for Occupational Safety and Health Administration.
  74. Fluid produced from eyes that does not transmit HIV.
- Down**
1. The most commonly available blood test to determine if a person has HIV looks for these substances which are produced in response to disease agents.
  2. Sharp noise produced by a dog.
  3. Type of precautions used to protect patients and health care workers from exposure to HIV.
  5. Abbreviation for morning.
  6. Oral, \_\_\_\_, and vaginal sex can lead to HIV infection.
  7. This type of testing means a person's name is recorded.
  8. Acronym for the virus that causes AIDS.
  9. Abbreviation for Los Angeles.
  11. An HIV-infected woman can infect her baby during this.
  13. The ADA Act of 1990 protects persons with disabilities, including HIV, from this happening in the workplace or public accommodations.
  14. Bites from these pests do not spread HIV.
  16. Short for advertisement.
  18. HIV-infected women can infect their babies through this.
  20. Hugging is not \_\_\_ HIV risk behavior.
  21. Abbreviation for Supplemental Security Income.
  28. Disease caused by bacteria which usually

- affects the lungs.
33. Blood, \_\_\_\_, and vaginal secretions are the most common fluids that can cause HIV infection.
37. Human Immunodeficiency \_\_\_\_\_.
39. Acronym for magnetic resonance imaging.
40. Short for identification.
41. Made of latex, the use of this during sex has been proven to be effective protection against HIV when used consistently and correctly.
44. Just say \_\_\_!
45. \_\_\_\_\_ contact with an HIV-infected person does not put you at risk for HIV infection.
47. Spanish for "yes."
50. Fluid from the kidneys that does not transmit HIV.
51. Acronym for any of many diseases transmitted by sex.
53. It is against the \_\_\_ to intentionally infect someone with HIV.
54. Substance brought up from the stomach that does not transmit HIV.
56. The time between infection and development of enough antibody to show on the HIV test is the \_\_\_\_\_ period.
57. Product from the bowels that does not transmit HIV.
59. Oral, anal, and vaginal \_\_\_ can lead to HIV infection.
61. Just \_\_\_ it!
63. Purchase.
65. First drug licensed in the U.S. that attacks HIV.
66. Acronym for equal rights amendment.
68. \_\_, re, mi...
69. Exclamation of surprise.
70. Acronym for Kaposi's Sarcoma.



Created by Barbara VanCortlandt  
KDHE HIV/STD Training Coordinator  
September 8, 1995

**Mark Your Calendar: June 2004**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div data-bbox="399 465 1197 990" data-label="Text"><p><b>Post Your Event Here!</b> Future issues of the <i>Swazi Sojournal</i> will feature a Back Page Calendar chalk full of events and announcements of interest to volunteers and staff. These will include work-related events and training opportunities, as well as entertainment and cultural happenings. Details for volunteer-sponsored activities are most welcome!</p></div>						



*The Swazi Sojournal*  
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