

"Remember"

By Joy Harjo

Remember the sky that you were born under,
know each of the star's stories.
Remember the moon, know who she is. I met her
in a bar once in Iowa City.
Remember the sun's birth at dawn, that is the
strongest point of time. Remember sundown
and the giving away to night.
Remember your birth, how your mother struggled
to give you form and breath. You are evidence of
her life, and her mother's, and hers.
Remember your father. He is your life also.
Remember the earth whose skin you are:
red earth, black earth, yellow earth, white earth
brown earth, we are earth.
Remember the plants, trees, animal life who all have their
tribes, their families, their histories, too. Talk to them,
listen to them. They are alive poems.
Remember the wind. Remember her voice. She knows the
origin of this universe. I heard her singing Kiowa war
dance songs at the corner of Fourth and Central once.
Remember that you are all people and that all people are you.
Remember that you are this universe and that this universe is you.
Remember that all is in motion, is growing, is you.
Remember that language comes from this.
Remember the dance that language is, that life is.
Remember.

Source: <http://www.vcu.edu/engweb/webtexts/Harjo/>

HIV/AIDS Facts

What is HIV?

HIV is the **H**uman **I**mmunodeficiency **V**irus.

HIV is the virus that can cause AIDS.

What is AIDS?

AIDS is **A**cquired **I**mmune **D**eficiency **S**yndrome.

How do people get infected?

People become infected with HIV by:

- Having unprotected anal, oral, or vaginal sex with an HIV infected person.
- Sharing needles and syringes (drugs, steroids, vitamins, tattooing, body piercing and body jewelry) with and HIV infected person.
- An infected mother to child: before, during, or after birth.
- The body fluids that transmit HIV—blood, semen, vaginal fluids or breast milk of an HIV infected person.

How don't people get infected?

People don't get infected with HIV through:

- Casual contact (sitting next to someone who is HIV infected, sharing eating utensils, using the same restrooms, drinking fountains, etc.).
- Donating blood.

How do people prevent HIV infections?

People prevent HIV infection by:

- Abstaining from sex, drugs, and alcohol.
- Being faithful or postponing sexual activity.
- Condom usage.

How can people reduce their risk for HIV infection?

- Maintaining a mutually faithful monogamous relationship with an HIV negative person. Cleaning needles or syringes with water and bleach.
- Using a latex condom/barrier with a water-based lubricant (K-Y Jelly, ID Glide, Wet, SK-70) correctly each and every time you have sex.