

Positively Palm Beach



Treasure Coast Health Council, Inc., 600 Sandtree Drive, Suite 101, Palm Beach Gardens, Florida, 33403

Revamp of Sex Ed Will Better Help Kids Face Tough Decisions

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While much of the country leans on a failing abstinence-only sex education approach, Palm Beach County's public school district is increasingly headed in a more constructive direction.

At the urging of a concerned county Health Department, the school district will expand on its abstinence-based curriculum, which stresses that abstinence is the best way to prevent pregnancy and disease but also incorporates lessons on contraception. The original program had the right balanced approach, but it didn't go far enough.

Now, for the first time, the foundation for a healthy sex education will start in kindergarten, but not with talk of sex. Kids from kindergarten through third grade will learn about character building, self-esteem, making good decisions and treating themselves and others with respect. The idea is to build a strong basis for responsible decision-making.

Sixth-graders will not just hear mention of condoms any longer, but will discuss them in detail. Seventh- and eighth-graders will learn about condoms and for the first time about other contraceptives, like birth control pills, and take part in a much broader

discussion of sexually transmitted diseases, complete with pictures of lesions.

Lessons in other grades will be enhanced in various ways. And parents can have their kids opt out.

If teen pregnancy and disease statistics are any sign, the more pointed lessons are long overdue. The number of teen births by unmarried mothers 17 and younger rose in the county from 462 in 2004 to 506 in 2006. And 327 county residents 19 or younger have been diagnosed with HIV or AIDS.

It's a problem endemic to Florida, which has the nation's sixth highest rate of teen pregnancies, sixth highest rate of syphilis and the second highest rate of HIV/AIDS. Which is why state Sen. Ted Deutch's Healthy Teens bill (SB 848), requiring schools to provide comprehensive sex education, deserves widespread support this spring.

Palm Beach County's expanded curriculum is the kind of plan that's needed — and it would be even better if taught by doctors and nurses instead of science teachers. But it's a step in the right direction.

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Bush Budget Would Bring Record Deficits

By ANDREW TAYLOR
 Associated Press Writer
 February 4, 2008

WASHINGTON — The record \$3.1 trillion budget proposed by President Bush on Monday would produce eyepopping federal deficits, despite his attempts to impose politically wrenching curbs on Medicare and eliminate scores of popular domestic programs.

The Pentagon would receive a \$36 billion, 8 percent boost for the 2009 budget year beginning Oct. 1, even as programs aimed at the poor would be cut back or eliminated. Half of domestic Cabinet departments would see their budgets cut outright.

Bush's overall request for defense spending in 2009 is \$588.3 billion, compared with \$670 billion this year. But it includes only \$70 billion for initial war costs in Iraq and Afghanistan, \$119 billion less than has been projected for this year. That \$70 billion is almost certain to increase.

Slumping revenues and the cost of an economic rescue

package will combine to produce a huge jump in the deficit to \$410 billion this year and \$407 billion in 2009, the White House says, just shy of the record \$413 billion set four years ago.

But even those figures are optimistic since they depend on rosy economic forecasts and leave out the full costs of the war in Iraq. The White House predicts the economy will grow at a 2.7 percent clip this year, far higher than congressional and private economists expect, and the administration's \$70 billion figure for military operations in Iraq and Afghanistan is simply a placeholder until the next president takes office.


Bush's lame-duck budget plan is likely to be ignored by Congress, which is controlled by Democrats and already looking ahead to November elections. His long-term projections are mostly academic since he's leaving office next January.

The president forecasts a \$48 billion surplus by 2012, keeping a promise he made two years ago when strong revenue predictions made it look far easier. Now, he's relying on spending cuts — for everything from transportation to Medicare and Medicaid to nonprofit groups that help the poor — to do the job in order to keep his signature 2001 and 2003 tax cuts intact instead of expiring at the end of 2010.

"Our formula for achieving a balanced budget is simple: create the conditions for economic growth, keep taxes low and spend taxpayer dollars wisely or not at all," Bush said in his budget message.

Democrats said the forecast of a budget surplus in 2012 was based on flawed math that included only \$70 billion for the wars in Iraq and Afghanistan in 2009 and no money after that. The budget plan also fails to include any provisions after this year for keeping the

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AMT in 2012 would cost \$118 billion, more than double the surplus Bush is projecting for that year.

Jim Nussle, the White House budget director, said the softening economy, continuing war costs and the deficit-financed economic stimulus measure soon to clear Congress were responsible for the worsening deficit picture. And he said that the deficits experienced during the Reagan years and Bush's father's administration were far worse when compared to the size of the economy.

"It's a manageable deficit — it isn't the largest in history by any stretch of the imagination — and it's one that can be managed if we get economic growth back on track," Nussle said.

Bush is leaving his successor an enormous fiscal dilemma. The deficit numbers will mean pressure to allow some tax cuts to expire, especially the 35 percent bracket for wealthy taxpayers, which will revert to 39.6 percent at the end of 2010 unless renewed. Pressure from Wall Street to trim the deficit may cause even Democrats to go after the spiraling growth of Medicare and the Medicaid health care program for the poor and disabled.

"There was an assumption that in the short term that the budget would start to correct and that we could balance in the short term," said Sen. Judd Gregg of New Hampshire, top Republican on the Budget Committee. "But with the stimulus package and with the continuing war costs, that's not going to happen. In fact it's going to get very serious when you're hitting \$400 billion deficits."

"We've been able to close the deficit gap with good economic growth, therefore good revenue growth. Those days are coming to an end, and we're going to have to do it the old fashioned way, through real spending discipline," said top House Budget Committee Republican Paul Ryan of Wisconsin.

Bush proposes killing or cutting back sharply 151 programs to save \$18 billion next year. Many of those cuts have been proposed and rejected by Congress before, such as moves to eliminate community services grants to nonprofit groups that help the poor, a food program aimed at low-income seniors and grants to help states keep illegal immigrants convicted of felonies in jail. Lawmakers will surely restore proposed cuts to clean water grants, funding for local law enforcement and homeland security grants to states and local governments.

"Today's budget bears all the hallmarks of the Bush legacy — it leads to more deficits, more debt, more tax cuts, more cutbacks in critical services," said House Budget Committee Chairman John Spratt, D-S.C.

Overall, Bush proposes a five-year freeze on domestic programs funded by Congress each year. For 2009, that means just a 1 percent boost in a universally supported food program for poor pregnant women and their children, despite rapidly rising food costs. Health research funded by the National Institutes of Health would be frozen, which is likely to mean fewer research grants.

Some of Bush's proposals are hopelessly unrealistic, such as cutting veterans' medical programs for four

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Scientists Study How HIV Hides in Body

By LAURAN NEERGAARD

AP Medical Writer

February 1, 2008

WASHINGTON - The AIDS virus has hideouts deep in the immune system that today's drugs can't reach. Now scientists finally have discovered how HIV builds one of those fortresses -- and they're exploring whether a drug already used to fight a parasite in developing countries just might hold a key to break in.

Researchers have long struggled unsuccessfully to attack what they call reservoirs of dormant HIV, and the new work is in very early stages.

But University of Rochester scientists say it may be fairly straightforward to attack one of these reservoirs, blood cells called macrophages that HIV hijacks and turns into viral hideaways.

The new discovery shows the exact steps that HIV takes to do that -- and found that some existing drugs, including a long-used treatment for leishmaniasis called miltefosine, can block the main step and thus cause these cells to self-destruct.

"It's a very smart virus," said lead researcher Dr. Baek Kim. "They have to have a very good fence to protect their house for a long time. ... Get rid of the fence, and now their house is gone."

Today's drugs have turned HIV from a quick death sentence into, for many, a chronic infection. Yet those drugs don't eliminate HIV because they can't reach the two known pools of

cells where the virus can lie dormant, ever ready to resurface.

So-called memory T cells form one such pool. As the name implies, these are the cells that ensure if you get, say, measles as a child, you're forever immune. They live for years, even decades, making them a logical HIV hideout, and one that scientists have repeatedly sought to dismantle to no avail.

SHARE MENU

For the March and April Share Menu call
Carrie Allison
Share Florida Food Network
1-800-536-3379

Macrophages, another type of immune cell, form the second pool. They roam the body looking for invaders like bacteria to gobble up. If they get harmed, such as becoming infected by a virus, they're supposed to commit suicide. But HIV instead keeps them alive long past their normal lifespan.

"Up to now, nobody has really thought about how to eliminate the macrophage reservoir," said Dr. Kuan-Teh Jeang, an HIV specialist at the National Institutes of Health. "The imagination now has turned toward, 'How do we eliminate reservoirs?' ... The best way to address our problem is to simply kill those cells."

The Rochester team found that HIV produces a protein that turns on a particular cell-survival pathway. After a multistep process, it ultimately activates an enzyme called Akt that in turn prevents cell suicide, the researchers reported

HIV Hides continued on page 7

March

Monday	Tuesday	Wednesday	Thursday	Friday
24 7:30 p.m. Quilting Bee Compass 6:30 p.m. NA Meeting Compass 5pm-9pm FREE Rapid Oral HIV Testing Compass	25 2 pm-6 pm FREE Rapid Oral HIV Testing Compass	26 11:00 a.m. Drop In Center Potluck Support Group Calvary Methodist Church S. Federal Hwy at SE 2 nd Ave Lake Worth 7:30 p.m. BrothasSpeak Support Group Compass	27 6:00 p.m. Circle of Hope HIV+ Women 629 5 th St, WPB 5pm-9pm FREE Rapid Oral HIV Testing Compass 8:00 p.m. Positive Living Support Group Compass	28
31 12:00 p.m. Client Education Luncheon DOH, 7289 Garden Rd. 2 nd Floor, Riviera Bch 6:30 p.m. NA Meeting Compass 5pm-9pm FREE Rapid Oral HIV Testing Compass				

April

Monday	Tuesday	Wednesday	Thursday	Friday
	1 10:00 a.m. Planning Committee 600 Sandtree Dr. Ste 101 Palm Beach Gardens TCHC 2 pm-6 pm FREE Rapid Oral HIV Testing Compass	2 11:00 a.m. Drop In Center Potluck Support Group Calvary Methodist Church S. Federal Hwy at SE 2 nd Ave Lake Worth 7:30 p.m. BrothasSpeak Support Group Compass	3 6:00 p.m. Circle of Hope HIV+ Women 629 5 th St, WPB 5pm-9pm FREE Rapid Oral HIV Testing Compass 8:00 p.m. Positive Living Support Group Compass	4
7 6:30 p.m. NA Meeting Compass 7:30 p.m. Quilting Bee Compass 5pm-9pm FREE Rapid Oral HIV Testing Compass	8 2 pm-6 pm FREE Rapid Oral HIV Testing Compass	9 11:00 a.m. Drop In Center Potluck Support Group Calvary Methodist Church S. Federal Hwy at SE 2 nd Ave Lake Worth 7:30 p.m. BrothasSpeak Support Group Compass	10 6:00 p.m. Circle of Hope HIV+ Women 629 5 th St, WPB 8:00 p.m. Positive Living Support Group Compass 5pm-9pm FREE Rapid Oral HIV Testing Compass	11
14 12:00 p.m. Client Education Luncheon DOH, 7289 Garden Rd. 2 nd Floor, Riviera Bch 6:30 p.m. NA Meeting Compass 5pm-9pm FREE Rapid Oral HIV Testing Compass	15 2 pm-6 pm FREE Rapid Oral HIV Testing Compass	16 11:00 a.m. Drop In Center Potluck Support Group Calvary Methodist Church S. Federal Hwy at SE 2 nd Ave Lake Worth 7:30 p.m. BrothasSpeak Support Group Compass	17 11:30 a.m. Client Education Series Compass 6:00 p.m. Circle of Hope HIV+ Women 629 5 th St, WPB 8:00 p.m. Positive Living Support Group Compass 5pm-9pm FREE Rapid Oral HIV Testing Compass	18
21 6:30 p.m. NA Meeting Compass 5pm-9pm FREE Rapid Oral HIV Testing Compass	22/29 2 pm-6 pm FREE Rapid Oral HIV Testing Compass	23/30 11:00 a.m. Drop In Center Potluck Support Group Calvary Methodist Church S. Federal Hwy at SE 2 nd Ave Lake Worth 7:30 p.m. BrothasSpeak Support Group Compass	24 6:00 p.m. Circle of Hope HIV+ Women 629 5 th St, WPB 8:00 p.m. Positive Living Support Group Compass 5pm-9pm FREE Rapid Oral HIV Testing Compass	25
28 6:30 p.m. NA Meeting Compass 7:30 p.m. Quilting Bee Compass 5pm-9pm FREE Rapid Oral HIV Testing Compass				

HOTLINES

A.G. Holley State Hospital TB Hotline.....	1-800-482-4636
CDC Info Hotline.....	1-800-342-2437
Crisis Line (Center Line).....	211
Drug Abuse Hotline.....	662-4357
Florida HIV/AIDS Hotline.....	1-800-352-2437
Gay and Lesbian Hotline.....	1-888-843-4564
Medicare Hotline.....	1-800-638-6833
National Deaf AIDS Line.....	1-800-AIDS-TTY
Project Inform Treatment Hotline.....	1-800-822-7422
STD Hotline.....	1-800-227-8922

EDUCATION/INFORMATION

Accessible Life Saving Education for at Risk Teens (ALERT).....	966-4288
American Foundation for AIDS Research (AMFAR).....	1-800-392-6327
CDC HIV/AIDS Treatment Information.....	1-800-448-0440
Children with AIDS Project of America.....	1-602-973-4319
Children's Case Management Org., Inc.....	804-9441
Clinical Trials Information.....	1-800-Trials-A
Farmworker Coordinating Council of PBC.....	533-7227
Florida AIDS Action Council.....	1-800-779-4898
Glades Health Initiative, Ind.....	996-0500
National Minority AIDS Council.....	1-202-483-6622
PBC Health Department.....	540-1300
PBC HIV CARE Council.....	844-4430
Red Cross, American.....	833-7711
Senior HIV Intervention Project (SHIP).....	586-4843

HIV/AIDS TESTING

Compass, Inc*.....	533-9699
Comprehensive AIDS Program (CAP)	
West Palm Beach*.....	472-2466
Delray Beach*.....	274-6400
Riviera Beach*.....	844-1019
Belle Glade*.....	996-7059
Glades Health Initiative, Inc.....	996-0500
Drug Abuse Treatment Association (DATA).....	844-3556
Hope House of the Palm Beaches, Inc.....	697-2600
PBC Health Department	
West Palm Beach Health Center.....	514-5465
Delray Beach Health Center.....	274-3105
Lantana Health Center.....	547-6805
C.L. Brumback Health Center.....	996-1625
Planned Parenthood of GMPBTC	
West Palm Beach.....	683-0302
Lake Worth.....	641-0300
Riviera Beach Family Resource Center.....	840-1888
True Fast Ministries.....	659-4500
United Deliverance Resource Center*.....	659-7988
*Rapid HIV Testing Available	

DENTAL CLINICS

C.L. Brumback Health Center.....	996-1636
Delray Beach Health Center.....	274-3111
Riviera Beach Health Center at 45 th Street.....	541-5306
West Palm Beach Health Center.....	514-5310

PHARMACIES

Department of Health	
Belle Glade.....	996-1637
Delray Beach.....	274-3107
Riviera Beach.....	804-7940
West Palm Beach.....	514-5380
Commcare Pharmacy.....	615-0564
BioScrip Specialty Pharmacy (Spanish speaking).....	683-0001

HIV/AIDS SERVICE AGENCIES

Comprehensive AIDS Program, Inc. (CAP)	
West Palm Beach.....	472-2466
Belle Glade.....	996-7059
Delray Beach.....	274-6400
Riviera Beach.....	844-1266
Pahokee.....	924-7773
Care Resource	
Coral Gables.....	1-305-667-9296
Fort Lauderdale.....	1-954-567-7141
Miami.....	1-305-573-5411
Compass.....	533-9699
Youth Line.....	533-9699
Children's Place at Home Safe, Inc.	
North/Central Palm Beach County.....	832-6185
Southern Palm Beach Count7.....	995-0490
Farmworker Coordinating Council of PBC.....	533-7227
Florida Lighthouse.....	499-1442
Gratitude Guild, Inc.....	833-6826
HIV Pastoral Care.....	1-305-858-4649
Hope House of the Palm Beaches.....	697-2600
Hospice By the Sea.....	395-5031
Hospice of Palm Beach.....	848-5200
Integrated Healthcare Systems.....	586-7404
Latin American Immigrants & Refugee Org.....	966-4515
Legal Aid Society of Palm Beach County.....	655-8944
Minority Development and Empowerment, Inc.....	296-5722
Palm Beach County Home.....	842-6111
Palm Beach Research Center.....	689-0606
Planned Parenthood.....	848-6300
Oakwood Center.....	844-9741
Social Security Administration.....	722-1213
Treasure Coast Health Council, Inc.....	844-4220

INFECTIOUS DISEASE PHYSICIANS

<u>Central County</u>	
<i>Riviera Beach Health Center</i>	
Manochehr Khojasteh, MD.....	804-7900
Celeste Li, MD.....	804-7900
Kleper de Almeida, MD (Spanish Speaking).....	967-0101
Kenneth Ness, MD.....	655-8388
Olayemi O. Osiyemi, MD.....	832-6770
Donald Watren, MD.....	655-9660
Larry Bush, MD.....	967-0101
<u>Northern County</u>	
<i>Infectious Disease Associates- Leslie Diaz, MD.....</i>	776-8300
<u>Southern County</u>	
<i>Infectious Disease Consultants.....</i>	
Hamed A. Komaiha, MD, Jose C. Villalba, MD,	
Jaroslav F. Ondrusek, MD, Cesar A. Randich, MD, Melvin S. Kohan, MD	
<i>Delray Beach Health Center</i>	
Snehprabha Samant, MD.....	274-3178
<i>Guadalupe Medical Center (Spanish Speaking).....</i>	642-0768
<i>Infectious Disease Associates</i>	
Julio Cardenas, MD, Ines Mbag, MD, Susan Saxe, MD, Jill Howard,	
MD, Sanda Cebular, MD, Kurt Weise, MD	
Delray.....	496-1095
Boca Raton.....	393-8224
<u>Western County</u>	
Lyonel Jean Baptiste, MD.....	992-9216
Juan Carlos Rondon, MD.....	924-7788

PRIMARY MEDICAL CARE

VA Medical Center (for veterans only).....	422-7522
Palm Beach County Health Department	
Riviera Beach Health Center.....	804-7900
C.L. Brumback Health Center (Belle Glade).....	996-1600
Delray Beach Health Center.....	274-3100
West Palm Beach Health Center (pediatrics).....	514-5300

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years in a row after awarding them a small increase next year. Their costs have nearly doubled during Bush's tenure.

Bush's budget does contain some increases, for abstinence education, Pell Grants for college students from low-income families and grants to school districts. The Food and Drug Administration would get a larger-than-average budget increase to send staff overseas to inspect food and drugs imported into the United States.

Foreign aid would grow by 10.3 percent, to \$22.7 billion, with big increases for HIV/AIDS programs, anti-drug and -crime programs in Mexico and Latin America, development aid, and security packages mainly for Israel, Egypt, Colombia and Lebanon.

Funding for the State Children's Health Insurance Program, the subject of an intense battle with Democrats last year, would increase by almost \$20 billion over the next five years. That still falls short of a bipartisan plan passed twice by Congress.

The budget proposes eliminating the \$283 million federal program to help people make their homes more energy efficient and would cut energy aid to poor households by \$500 million, a 22 percent drop over this year's spending. Sen. Jeff Bingaman, D-N.M., called scrapping the home weatherization program "completely wrong headed" at a time of high heating costs.

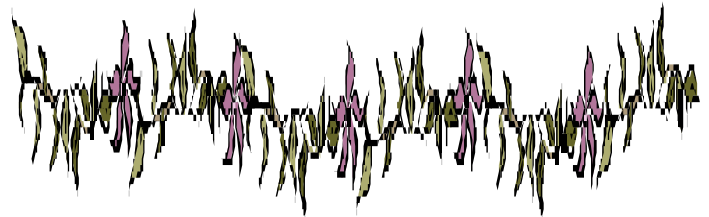
Seven years ago, Bush took over a government predicted to generate \$5.6 trillion in surpluses over 10 years. Those estimates were flawed, but there's no question he's leaving his successor a budget in far weaker fiscal shape than he inherited.

For instance, when he took office the total federal debt

held by the public was \$3.3 trillion, and some policymakers actually worried that investors might not be able to get their hands on enough federal bonds

unless taxes were cut. Now, debt held by the public — including foreign governments — is expected to reach \$5.4 trillion this year and \$5.9 trillion in 2009, according to Bush's budget submission. Some \$2.3 trillion is foreign held. ■

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**HIV Hides** continued from page 4

Thursday online in the journal *Retrovirology*. That was good news, Kim said, because the Akt pathway is a culprit in certain cancers -- meaning oncologists have been trying to target it for some time. So Kim put human HIV-infected macrophages in lab dishes and started adding drugs known to block the Akt pathway, to see if any killed the cells.

He had luck: Miltefosine and a cousin named perifosine both rapidly killed the macrophages, thus depriving HIV of this hideout.

Perifosine is currently being studied as a possible cancer drug. But miltefosine is known to be safe through its use in leishmaniasis patients. So Kim's goal is to rapidly study the already available miltefosine in animals, to see if it truly targets infected macrophages well enough to then test in HIV patients.

"The evidence they show is in fact pretty good," said NIH's Jeang, who says the next step should be a test of miltefosine in monkeys infected with SIV, the monkey version of the AIDS virus. ■

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