



In Focus

A Community Advisory Board (CAB) Newsletter Published by:

The Pediatric HIV/AIDS Cohort Study (PHACS) CAB

From Our CAB Vice Chair

Inside This Issue:

George: Friend, Advocate, and Leader	<u>2</u>
From 2020 to 2021: 4 CAB Members Look Back to Look Forward	<u>5</u>
CAB Goals for 2021	<u>6</u>
Advice for PHACS Researchers and Community Members for the New Year	<u>7</u>
PHACS Member Profile	<u>8</u>
Future Planning	<u>10</u>
Untitled Poem	<u>10</u>
PHACS 2020	<u>11</u>
Introducing the Health Education and Community Core	<u>12</u>
Connecting: CAB and PUG Virtual Retreats	<u>14</u>
Holiday Lights	<u>16</u>
Commitment	<u>18</u>
Resources	<u>19</u>
Upcoming Events	<u>19</u>
Recipes	<u>20</u>
CAB Glossary	<u>21</u>
Word Search	<u>21</u>
CAB Kids	<u>22</u>
Word Search Key	<u>23</u>
Maze Key	<u>23</u>

Exzavia, PHACS CAB Vice Chair

To the most wonderful family in the world:



Goodbye 2020, and hello 2021! I'm so grateful to have all of you in my life. May 2021 be the best year. May it be prosperous for all of us.

This past year we have all seen and been through a lot of changes. Never in a million years would I have thought that I would be part of a pandemic that has caused so much hurt and pain across the nation. As we part ways with 2020, let us hope that 2021 can bring healing and peace. So much has changed. We have learned how to respect and appreciate life, every moment of it. I am grateful for my faith allowing me to see 2021, and I hope and pray that we continue to show support of one another while we learn and understand that COVID is here just like HIV. Moving forward with 2021, I pray that we continue to show support to PHACS as well as each other.

Happy 2021 to my PHACS family.

George: Friend, **ADVOCATE**, and Leader



Much can be written about George's professional accomplishments – and they are numerous. George was prolific – in published research, in grants won, in roles assumed. He could have easily been an intimidating figure because of this, someone whose expertise and accolades were the loudest thing about him. We could fill pages listing only his achievements.

Instead, we'd like to talk about the George we knew as a friend, advocate, and leader, which are just as much a part of his legacy as his scientific achievements.

Many of us know that George could strike up a conversation with just about anyone. His easy humor and "gift of gab" made him an easy conversation partner. He was a natural storyteller, and it was rare to leave his presence without hearing at least one story about

his wife Ann (his "bride"), son Greg ("sonnyboy"), or his work as a researcher and advocate during the earliest days of HIV. Because of his own experiences, he had a profound empathy for people living with chronic health conditions. Those of us on his staff knew this as much as anyone else.

The beauty of George's openness was that it created an invitation to share back. He'd spend time in his office each week conversing with staff and students, meandering conversations that veered from work to life and back to work again. He'd lean back in his chair, sometimes with his hands behind his head, nodding slowly as he listened to us.

George made a point of spending time with the CAB and PUG at their retreats (and during breaks, at lunch, and at karaoke bars....). At the retreats, he would often

stand in the back and listen quietly until invited to speak. Even then, he'd quickly open it up to questions, wanting to speak to the community's biggest priorities, and wanting to learn from them in turn. In meetings even months later, he would often repeat something he'd heard from the CAB or PUG as context for decisions about scientific priorities or budgets. He used the person-first language guidelines from our CAB and PUG as norms for his classes and showed them to people who came to his office.

As strong as his opinions were, George let the views of other people influence his own. What people shared with him became part of decisions he made as a principal investigator and researcher. Fostering true collaboration, and then listening closely, were the foundation of how he advocated.

(Continued on [page 3](#))



George: Friend, **ADVOCATE**, and Leader



They were also an important basis of his leadership style. George's most effective leadership skill was building teams that enjoyed working together towards a common goal. He found great joy in the challenge of tackling the next seemingly overly ambitious project, and he shared it with everyone so that we were all on the journey with him. His inclusiveness, support, and trust

in our initiative and abilities allowed all of us working with him to grow and trust in our own abilities to lead, achieve success, and impact change.

George never pushed; he encouraged and patiently waited for you to realize the potential he saw already.

During our walks to JP Licks (our local ice-cream shop) or while working on jigsaw puzzles together, we'd often share whatever was challenging us that day. George would share sometimes funny stories of his related prior experiences, quietly inspiring us to find resolutions of our own. His type of nurturing leadership is what drove many of us to work hard for him and

strive to not to disappoint him, because that would also mean disappointing ourselves. It fostered a deep loyalty to him as a person and to the ideals that he was passionate about.

At the 2019 Fall Meeting, George, Claire, Megan, Latricia, and Stephanie were on the person-first language panel together. When it was time for small-group discussions, we all turned to each other. George immediately leveled any sense of hierarchy by cracking a joke, and then he leaned forward and listened intently. By the end, we were joking around together. As Latricia remembers, "We had so much fun up on that stage!" This is how George approached so many of us - with jokes, stories, and the utmost faith in us. He had a lot of expertise, yes - but he knew that all of us did as well, and he knew our team would be strongest utilizing everyone's strengths.

(Continued on [page 4](#))



George: Friend, **ADVOCATE**, and Leader

We are so grateful to have had the privilege to know and work with George. We miss him immeasurably. Now, we will strive to keep making him proud, and to pay forward the lessons he taught us about friendship, advocacy, and leadership.

You can read George's [loving obituary in the Boston Globe](#). PHACS will hold a memorial service for George in the coming weeks and will share the date and time with the entire Network when it is available.

Submitted by: Claire and Kunjal



From 2020 to 2021:

4

CAB Members Look Back to Look Forward

“Expect the unexpected, but remember you can always conquer and accept the unexpected.

I thought about this year. We’ve had a lot of unexpected stuff happen, but despite what we went through, we accepted it. We conquered it. We learned to deal with it, and it made us stronger. A lot of things last year were unexpected. It was one of those things that when you think something else can’t happen, from murder hornet bees to the pandemic, it can! It’s like 2020 was the twilight zone. We thought that things might have broken us in the past, but we realized the past wasn’t nearly as bad as we thought it was. We know in 2021 that something else could happen, but we know we’re not as fragile or as weak as we thought we were.

A lot of us realized we have skills we didn’t know we had. We now have people baking bread or teaching their children at home. What I’ve seen for myself, is that even though we can’t physically touch or see our family in person as much, we’re emotionally closer now because we can’t physically just drop by like we could before. Now we’re checking in on each other more, calling each other more, and video calling each other more. We adapted to the situation and came out more powerful, loving, and caring. We’ve started to grow and get our humanity back.”

“For many, 2020 might have felt like rock bottom. To me, your rock bottom is where you fell so low that you consider that your rock bottom. **You fall, just don’t wallow when you fall.** Get up, brush yourself off, and keep going. That’s how I look at going into 2021 because I’m looking at it as I don’t know what it’s going to bring, but I’m willing to step in there and deal with whatever I have to do to survive it. Bypass the negativity and keep going.”

“Not everyone is meant to be your support system.

Sometimes your biggest bulldozers are the people you thought you could count on. Sometimes for your own self-worth, you need to remove yourself from the negativity. Their misery can become your burden.”

“There were a lot of bad things that happened in my life in this last year. However, I’m finding myself. **Yes, there were all of these bad things, but I’ve found that I’m becoming a better me.** I’m taking the bad and turning it into good. Not only did I lose my job, I don’t know that I’ll ever get it back. Now I’m having to look into getting something different, and I’m facing a whole new beginning in my career. I have to think about what it is that I want, and where I want to be. I have to reflect on a bunch of new beginnings. I have mixed emotions – is 2021 going to be worse than 2020? Is it going to be the same? Either way, I’m just trying to focus on the good and the good that could be. It’s like one door is closing so another one can open. It feels like good things can’t happen if the bad things don’t happen, too.”

CAB Goals for 2021



Increase bi-directional feedback between researchers and the CAB.



Find innovative ways to share information from the CAB calls with site CABs and the community.



Re-design the format of the CAB minutes for CAB calls that have guest speaker presentations. Use an infographic or designed format for those calls.



Learn more about the new PHACS protocols.



Encourage the CAB to develop presentations for researchers. Invite researchers to the CAB calls and share CAB feedback.



Engage in more community projects, preferably on a monthly basis, which will allow for more collaboration with other HIV/AIDS-oriented organizations.



Focus on supporting each other to accomplish uncompleted personal goals.



Increase awesome CAB interactions that will serve as great support for each other.



Encourage self-care.



Just breathe. We have to go back to basics and think about why we started, why this CAB was started, and why we became CAB members even in our local CABs. We need to get that fire back. We do have new CAB members being introduced to this core group. We need to let them know that they're not alone, that we have that fire too. It only takes one spark to burn down stigma, racism, and injustice.

Advice for PHACS Researchers and Community Members for the New Year

Create more fun activities, that bring a smile to our faces, intertwined with our serious work, to celebrate life – “it’s not what we do, but the way we do it.”

Remember, it is very important to have mental stability. Don’t be afraid to ask for help.

Honor people's lives more, just by being around and being part of the wonderful PHACS family.



Take time to breathe. As people living with HIV, we need to remember to fight as we are facing COVID-19 and HIV. Try to stay hopeful. We care about you.

Try to have an in-person conference in the Fall (fingers crossed!).

Keep up the good work.

PHACS Member Profile



Lenny

Dear Reader,

Hello, my name is Lenny, and I am 8 years old. I am in this hospital room, sick to my stomach. The first month was not so bad because of endless

television and video games. The second month was more challenging since I started to miss home and school. It got a lot harder when I had to fight the doctor and nurses from putting a feeding tube up my nose. I just had no appetite, but I forced myself to eat a meal a day to avoid having a tube placed in me. The third month I was out of the hospital, but with a daily prescription of pills (Viracept, Zerit, and Epivir). I did not know what they were for, but my mom said they would stop me from getting sick again. Later that year, I got a visit from some people that asked me what I wanted. I asked to go to Disney World. They said yes, but they were persistent in asking again, "what do you want?" I was 8 years old, I did not know, so being asked repeatedly made me feel pressured and overwhelmed, so I panicked and became hysterical.

Hello again, I am 13 years old, surrounded by familiar faces; my mother, my doctor, and my social worker. They disclosed to me that I was born with HIV. I did not know what to do or to say, and I continued like that every day. My mom felt it was time because I was doing a science project on the subject. I only learned the basics at the time. I was not having sex at the time. I

**"I DID NOT KNOW
WHAT TO DO OR TO
SAY, AND I
CONTINUED LIKE
THAT EVERY DAY."**

just felt like I was living my life not knowing who I am because I was supposed to die when I was 8 years old, but I fought, and what kept me grounded was thinking of those moments. My teenage years were hard, living with HIV, stigma, ignorance, peer pressure, hormones, school, and everyday living. The therapy sessions and peer groups helped a lot. I just lived through my teenage years questioning "Why?" It was a question I could not answer since I was born in 1993, and at the time, they did not know to test babies for HIV.

(Continued on page 9)

PHACS Member Profile

Hello once again, this time I am 22 years old. It is my first trip to Bethesda, Maryland. I feel like I can be myself here. I feel free, at peace, away from the critiques of New Yorkers. I almost don't want to go back home to New York, and the only reason I don't leave is because that it is my hometown. There are a lot of different exciting individuals that I am meeting in Bethesda. I learn a lot more every day.

"EVEN THOUGH I CAN'T SAY WHY I WAS BORN THIS WAY, I AM STILL ON A MISSION TO HELP IN ANY WAY I CAN. THIS WAY, MAYBE MY CHILDREN OR THEIR CHILDREN WILL LIVE WITHOUT THIS."

"IT ISN'T THAT BAD. I ALWAYS THINK THAT THIS EXPERIENCE MADE ME A BETTER PERSON. A LITTLE ANGRIER, BUT LESS IGNORANT. A LITTLE MORE ROBUST BUT STILL SOMEWHAT WEAK."

Even though I can't say why I was born this way, I am still on a mission to help in any way I can. This way, maybe my children or their children will live without this. It isn't that bad. I always think that this experience made me a better person. A little angrier, but less ignorant. A little more robust but still somewhat weak. Writing this is not easy though, because putting my experience into words is too complicated.

Hello, yet again (hopefully not for the last time). My name is Lenny, and I was born ~~HIV+~~ Human. I work 40 hours a week, I go to school, I ride my bike, I do all kinds of activities with my family/

friends, and I am a proud Peers United Group (PUG) member. I am just me. If you read up to the end, I hope that you feel some relief. Now, if you happen to be like me, this type of symptom is not a threat to your life or others, but you must learn everything there is to know about it so you can live a full, healthy life without affecting others as well. Even if we can't cure this, we can make it history.

Thank you.

Future Planning

CAB members weigh in on their plans for 2021 and beyond:

Since COVID-19, I have decided to learn how to take better care of myself, to be sure to appreciate life more, and to enjoy the present to the utmost. I also plan to avoid interacting or pursuing relationships with people who contribute nothing positive to my life and who can sometimes be toxic to my mental health.

I hope that once COVID-19 is over, I'll have the chance to visit my family in Mexico, since it's been over 20 years since I have seen them.

One of my wishes for when the pandemic is over is to spend more time with my family and to have a fun birthday celebration with them.

I plan to keep my family closeness and to not lose the connection with other loved ones who live far away, take advantage of technology to continue making video-calls, and share time with them. Another plan and dream I have for after COVID-19 is to travel to see my family who live outside of the U.S.

Untitled

Poem

Say goodbye to 2020

It was rough for oh so many
Staying home or wearing masks,
Attending marches, homework tasks
Stepping into 2021 with a tentative toe,
Hoping to avoid that virus foe
Looking forward to a time when
I can hug you and see your smile once again.

Submitted by: Mary Anne



PHACS

2020



In September 2020, PHACS received the Notice of Grant Award for the next phase of PHACS, called “PHACS 2020.” This means that the next five years of funding for PHACS was approved!

PHACS 2020 includes several changes to the PHACS Leadership structure. Under the direction of the National Institutes of Health PHACS Management and Oversight Committee (NIH PMOC), the PHACS Leadership Group (LG) will oversee all PHACS committees and cores. This includes the following committees and cores:

- Scientific Leadership Committee (SLC)
- Publications Committee
- Scientific Administrative Core (SAC)
- Operations Committee (OC)
- Epidemiological and Statistical Methods Core (ESC)
- Health Education and Community Core (HECC) - [Read more about the HECC on page 12!](#)
- Data and Resources Core (DRC)

Descriptions of each committee and core will be showcased on the updated PHACS website (coming soon in February 2021!).

PHACS researchers and protocol teams are currently working on revising and developing the PHACS 2020 protocols:

1. Surveillance Monitoring for ART Toxicities Study in HIV-uninfected Children Born to HIV-infected Women (**SMARTT**)
2. Adolescent Master Protocol for Participants 18 Years of Age and Older (**AMP Up**) **Series**
3. Trajectories of Emotional Regulation and Behavior Outcomes and Related Brain Regions And Intrinsic Networks (**TERBO**)

Additionally, the Health Outcomes Around Pregnancy Exposure to HIV/ARV (**HOPE**) also received their Notice of Grant Award! The protocol team is working on finalizing the protocol so that they may begin enrolling participants at several PHACS sites soon.

We are looking forward to sharing more updates about PHACS 2020 in the July edition of the newsletter!

Introducing the Health Education and Community Core (HECC)!

The former Health Education and Communication Committee has transitioned to become the new **Health Education and Community Core**. It will still be called the “**HECC**” for short, though! The Core will formalize and expand the work of the former HECC.

WHAT IS THE FOUNDATION OF THE HECC?

The foundation of the HECC is community engagement. When community members work together with researchers, it improves the PHACS studies for its participants, their families, and the greater community. The HECC can also help to make study findings more culturally relevant and actionable.

WHAT DOES THE HECC WANT TO ACCOMPLISH IN PHACS?

The HECC will be responsible for creating and supporting meaningful collaboration among researchers clinical site staff, and CAB and PUG members at all stages of the research process. To do this, the HECC will:

Create a “feedback loop” of community involvement in PHACS research proposals, study procedures, retention efforts, and health education projects. Working together with the PHACS researchers and the PHACS community, the HECC will find new and lasting ways to ensure that feedback from the community is heard by the researchers, and feedback from the researchers is heard by the community.

Seek community input into PHACS research and publications. Working with the CAB, the PUG, and the new Community Task Force, the HECC will submit reviews of selected PHACS concepts to PHACS authors. Additionally, the HECC will respond to queries submitted by researchers and propose projects to address needs mentioned in the queries.

Support mentorship between CAB members, PUG members, and researchers – it’s a two-way street! The HECC will create open forums for community members and researchers to mentor each other. This means that the PHACS network will routinely come together to talk about ways to better engage the PHACS community in its research.

Serve as an “innovation incubator” for PHACS health education projects. The HECC will find creative ways to create helpful health education resources, expand local CAB participation, disseminate research results, and raise awareness about perinatal HIV.

Share findings about community engagement with other research networks and advocacy groups. With the help of the PHACS community, the HECC will present about positive ways to engage the community at scientific conferences, in journals, and other media outlets.

Introducing the Health Education and Community Core (HECC)!

WHAT SORTS OF ACTIVITIES WILL THE HECC DO?

The HECC will be involved in many PHACS research activities including (but not limited to) the following: Participate in the review process for PHACS capsules that meet the criteria for HECC reviews (including capsules that use participant-facing materials such as informed consents or study surveys; social issues relating to HIV; and/or other topics of interest for the CAB and PUG).

- Review concept sheets and report feedback to the Scientific Leadership Committee
- Help with reviews of publications in progress
- Help choose which recent publications should be developed into a research summary
- Respond to queries from researchers for community or health education expert input
- Create multimedia health education resources based on topics of interest from community members and researchers
- Share study results with the community and the general public
- Offer continuing education on community engagement, health literacy, and racial justice to PHACS members
- Coordinate collaboration between PHACS community members, PHACS researchers, and other research networks

WHAT'S NEXT FOR THE HECC?

There's much on the horizon for the HECC in 2021. The team will soon start reviewing capsules with the newly recruited Community Task Force. The HECC will also re-launch the PHACS website in February to showcase the new structure and activities of the PHACS network. We are in the process of hiring a new Digital Health Communications Specialist to help us tell more stories through beautiful film and design. There are more projects to come in 2021. We look forward to updating you in the July 2021 edition of the newsletter!

Most importantly, we cannot express enough how grateful we are for the support of the CAB and PUG members. This new chapter of the HECC would not be possible without the amazing contributions of the PHACS community!

Submitted by: Megan and Claire

CAB and Pug Virtual Retreats

Each year, the PHACS CAB and PUG Retreats allows CAB and PUG members from across the country to meet in-person to talk about each group's progress over the past year, goals for the next year, and give vital feedback to PHACS researchers about the PHACS scientific research agenda. But most importantly, the retreats provide an opportunity for CAB and PUG members to connect and bond on a personal level. These bonds are what makes the PHACS CABs strong, empowered groups of advocates.

Due to COVID-19 travel restrictions and the subsequent cancellation of the PHACS Fall 2020 Network Meeting, the CAB and PUG chose to hold their retreats virtually. Even though it was sad that we missed the chance to meet together in

person, each group embraced the uniqueness of meeting in a virtual space. By meeting virtually, CAB and PUG members got a chance to welcome each other into their daily lives and into their homes – something that they do not get the chance to do without traveling!

The CAB Retreat took place over two days (December 8, and December 10, 2020). The CAB chose to focus their agenda on activities that allowed for bonding and connection to help re-create some of the magic of the time they spend together in-person. The CAB got to know each other a little more personally playing a game of "Two Truths and a Lie" and tested their random knowledge skills in a game of trivia.

The CAB spent the majority of the second day focusing on self-soothing, self-care, and community-care. Liz Salomon led an interactive presentation about using mindfulness to support ourselves and each other, which really resonated with the CAB and became a theme in all the other sessions throughout the day. By the end of Liz's presentation, all CAB members were up on their feet breathing, stretching, and even dancing in order to learn helpful mindfulness techniques to carry into 2021!

CAB members reflected on the year 2020 and what they hope to get out of 2021 ([see quotes from CAB members on page 5](#)). This discussion prompted the CAB to start a brainstorm of ideas for CAB goals for 2021 as we start the first chapter of PHACS 2020 ([see a list of CAB goals on page 6](#)).

The PUG Retreat took place over two days (December 12-13, 2020). Like the CAB, the PUG made sure to spend time on bonding and fun activities. The PUG started the first day by getting to know each other a little better on a food level by talking about foods that they used to hate, but now love. Later in the day, one PUG member led the group in an art exercise to focus on self-reflection and goals. Many PUG members found similarities in the goals they set for themselves for 2021.

(Continued on page 15)



CAB and Pug Virtual Retreats

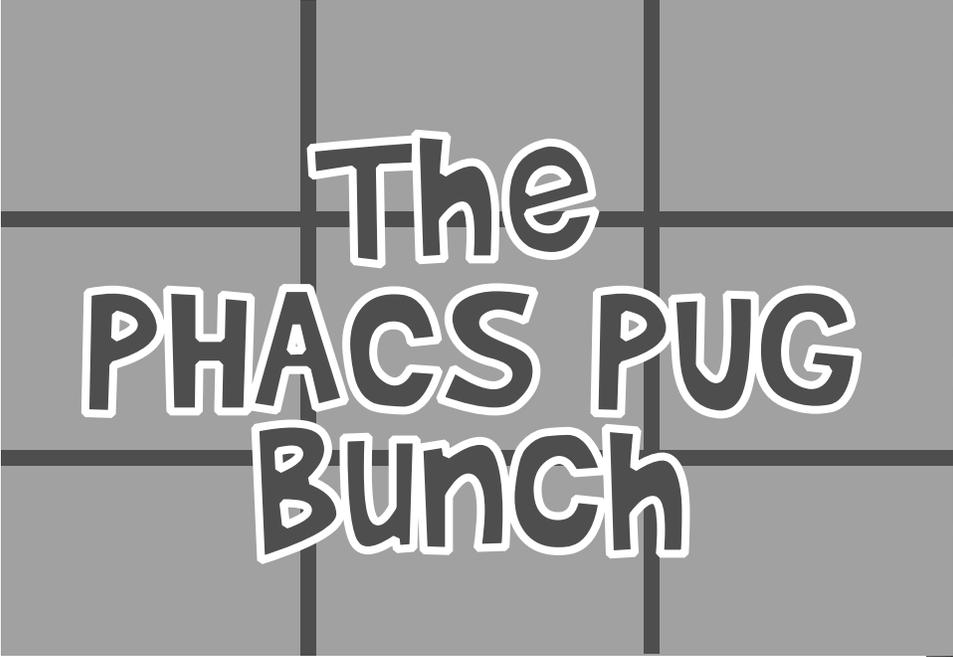
The second day got off to a fun start. Claire put together a "Newly PUG" game (based on the Newlywed game) to share our funniest and wittiest opinions of another. Who would have guessed that someone's favorite band in high school was NSync, setting of an entire afternoon of "Bye, Bye, Bye" quotes?

However, even with all of this fun, PUG members also chose to present additional sessions that focused on important topics from 2020 such as disaster preparedness, self-reflection, and life advice. One PUG member's presentation was titled, "It All Starts with You."

It would not have been a PUG Retreat without a few games of Mafia. While it was not nearly the same as playing the game in person, we still managed to find the Mafia even with a slightly revised set of Mafia Zoom rules.

Possibly the most surprising and hilarious moment of the retreat was an ad-hoc idea from a PUG member. With all of our faces in little virtual boxes, they suggested that we film our very own version of the Brady Bunch opening credits. Somehow, the PUG recorded this endeavor in just two tries! It could be because PUG members are very tech-savvy, or

it



The
PHACS PUG
Bunch

could be because this group really *somehow formed a family* – that's the way we all became the PHACS PUG bunch.

Connecting virtually was not the same as seeing, talking to, and hugging each other in person. However, we found that by spending so much time together, albeit on the other end of a computer screen, we felt like, for

a couple of days, we really were there with each other. By the end of the CAB and PUG retreats, it felt like we were saying goodbye in person. We are really looking forward to the day we can see each other in person, and hope that that day is just around the corner :-)

Submitted by: Megan

HOLIDAY LIGHTS

Photos of holiday lights submitted by CAB members across the country!



(Continued on page 17)

HOLIDAY LIGHTS



Commitment

In this moment,

I can stop desiring some other time and place and be grateful for the gift of being here now.

In this moment,

I can refrain from speaking any unkind words about any other person or group of persons.

In this moment,

I can look into the face of another person without judging or blaming them.

In this moment,

I can listen carefully to another's pain, and offer understanding and support.

In this moment,

I can speak words of encouragement to those who feel helpless and alone.

In this moment,

I can do my best to honor human life by treating everyone with compassion.



RESOURCES

Seven steps for making your New Year's resolutions stick:

<https://www.health.harvard.edu/staying-healthy/seven-steps-for-making-your-new-years-resolutions-stick>

Emotional Well-Being and Coping During COVID-19:

<https://psychiatry.ucsf.edu/copingresources/covid19>

Tips for a Health and Safe New Year:

<https://www.cdc.gov/chronicdisease/resources/infographic/new-year.htm>

Grieving During a Pandemic:

<https://www.brighamandwomens.org/covid-19/grieving-during-a-pandemic>

New Year, Better You:

<https://www.nm.org/healthbeat/healthy-tips/new-year-better-you>

Setting Mental Health Goals for the New Year:

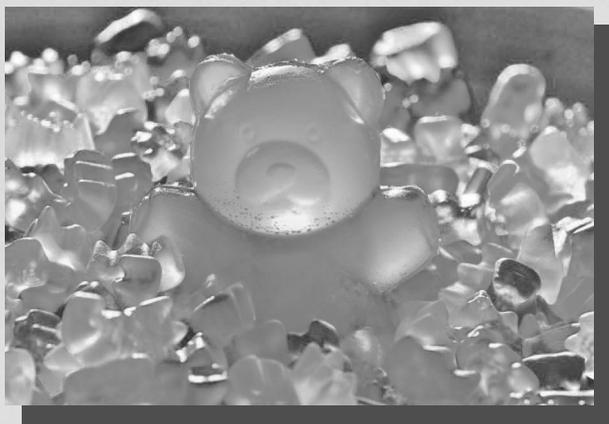
<https://www.bbrfoundation.org/blog/setting-mental-health-goals-new-year>

Help with Bills:

<https://www.usa.gov/help-with-bills>

Food Assistance:

<https://www.usa.gov/food-help>



UPCOMING EVENTS

February 2021: Black History Month

February 7, 2021: National Black HIV/AIDS Awareness Day #NBHAAD

March 10, 2021: National Women and Girls HIV/AIDS Awareness Day #NWGHAAD

March 20, 2021: National Native HIV/AIDS Awareness Day #NNHAAD

April 10, 2021: National Youth HIV & AIDS Awareness Day #NYHAAD

April 18, 2021: National Transgender HIV Testing Day #TransHIV

May 18, 2021: HIV Vaccine Awareness Day #HVAD

May 19, 2021: National Asian & Pacific Islander HIV/AIDS Awareness Day #APIMay19

June 5, 2021: HIV Long-Term Survivors Awareness Day #HLTSAD

June 27, 2021: National HIV Testing Day #HIVTestingDay

Date TBA: PHACS Spring 2021 Virtual Retreat



Recipes

Healthy Hotcakes



Ingredients:

- 2 bananas
- 2 cups of milk
- 1 egg
- 1 cup of oats
- Pat of butter
- Dash of cinnamon

Directions:

1. Preheat a griddle.
2. Mix everything well and put the batter on the griddle with the butter.
3. As soon as the hotcakes are cooked, add powdered cinnamon and pancake syrup.

Tuna Ceviche

Ingredients:

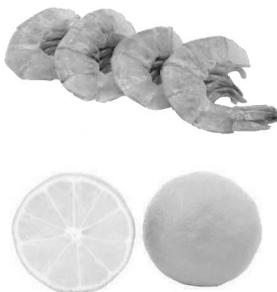
- Tuna
- Tomato
- Coriander
- Onion
- Lemon
- Tomato Juice (Clamato)
- Salt
- Pepper

Directions:

1. Mix all ingredients.
2. Serve with tostadas and beans.



Sinaloa-Style Aguachile (shrimp in chili-lime sauce)



Ingredients:

- 1 kg (about 2 lbs) of shrimp
- 4 jalapeños
- 30 limes (juiced)
- Onions to taste
- Salt and pepper to taste

Directions:

1. Blend 4 jalapeños in a blender.
2. Add the juice of 30 limes and blend.
3. Place the shrimp on a platter.
4. Slice the onions into medallions and arrange them on the platter.
5. Pour the jalapeño lime sauce on the shrimp and wait until they turn orange.
6. Add salt and pepper to taste.

CAB Glossary

Antibody: A protein produced by the immune system. Antibodies "remember" and fight germs and infections that enter the body. Each antibody fights a specific germ or infection (such as flu antibodies or measles antibodies).

Antigen: A substance your body doesn't recognize and tries to fight off by producing antibodies to it. (Example: HIV or COVID are antigens, but chemicals, pollen, or bacteria can also be antigens.)

Asymptomatic: Having no signs or symptoms of disease.

Control Group: In most comparison clinical trials, one group of participants receives the experimental medicine while another group of participants receives the standard treatment. The group that gets the standard treatment is the control group.

Incidence: Incidence is how quickly new cases of a condition are occurring during a period of time. (Example: the number of new HIV cases over the last two weeks.)

Prevalence: Proportion of people in the whole population are affected by a condition at once. (Example; the overall number of people living with HIV right now, not just the new cases.)

Word Search

Find the glossary terms (above) in the word search below! ([Answer key on page 23](#))

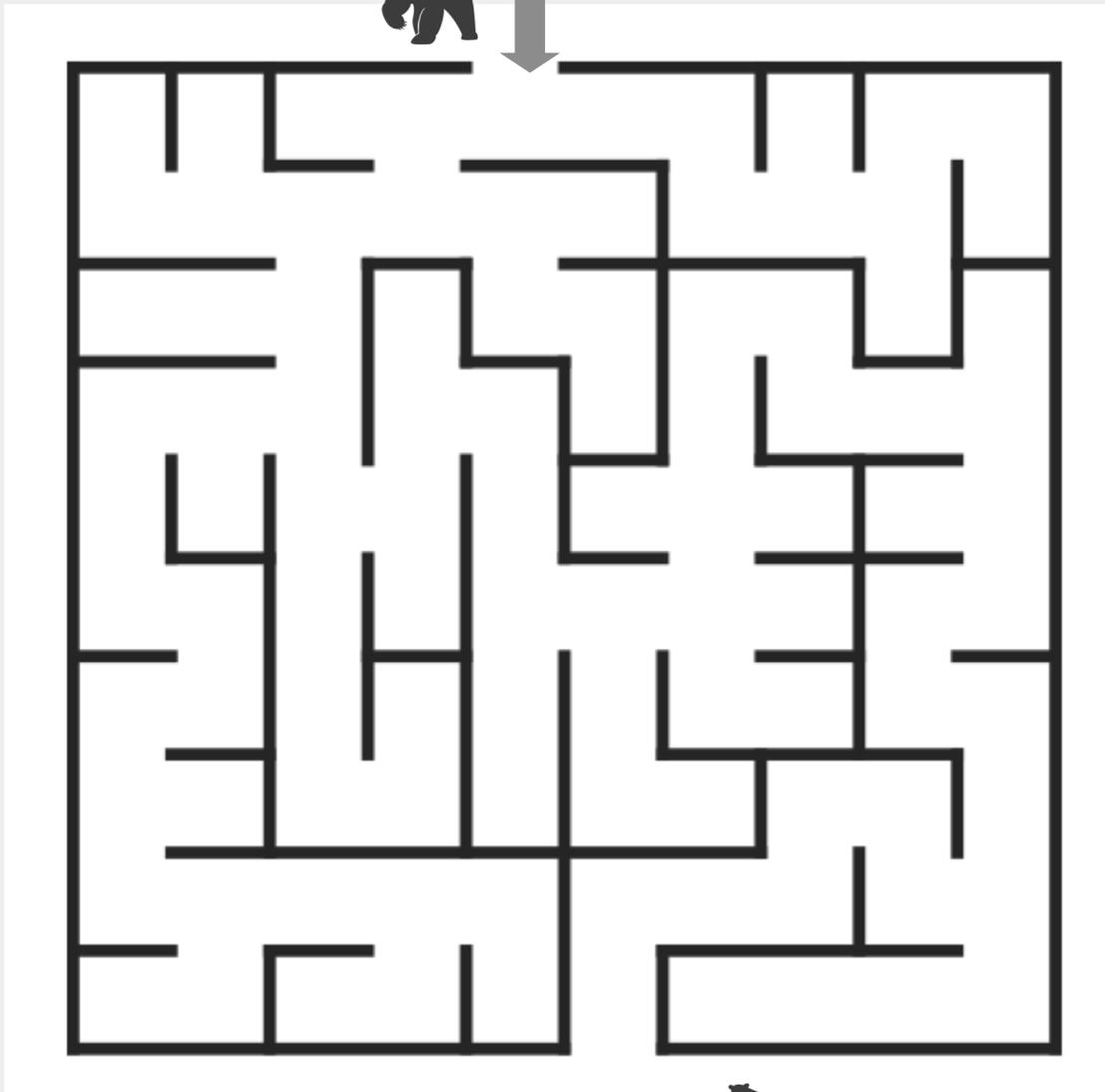
O E L N Y N S O N P D E E O I P Y O O C
R O P O A E E I A Y C B T O N R I E P S
U P N N R R I Y D C U A D T C A C O T T
N A S Y M P T O M A T I C B I N T I Y L
P B I E N M B E O N I E A A D T N M T M
O I M A A I E O M I T O N A E I P T I L
I N O N T U E O N D P P M V N G N Y L I
T B L N A I P R E V A L E N C E G U E E
P N A I P M C S E R C E C O E N D T A A
C O N T R O L G R O U P A A P A I O L G

CAB Kids!

Help the bear get back to his family so that they can hibernate for winter! ([Answer key on page 23](#))



START



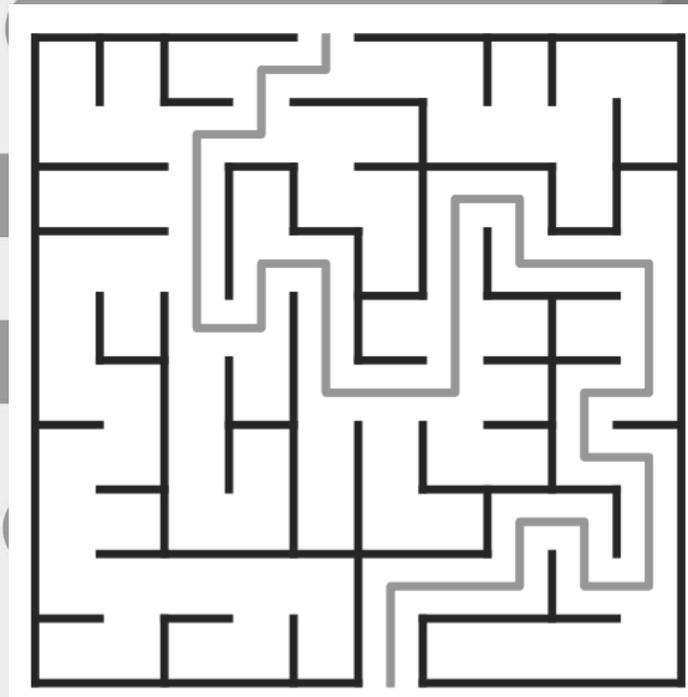
FINISH!



Word Search Key

O	E	L	N	Y	N	S	O	N	P	D	E	E	O	I	P	Y	O	O	C
R	O	P	O	A	E	E	I	A	Y	C	B	T	O	N	R	I	E	P	S
U	P	N	R	R	I	Y	D	C	U	A	D	T	C	A	C	O	T	T	
N	A	S	Y	M	P	T	O	M	A	T	I	C	B	I	N	T	I	Y	L
P	B	I	E	N	M	B	E	O	N	I	E	A	A	D	T	N	M	T	M
O	I	M	A	A	I	E	O	M	I	T	O	N	A	E	I	P	T	I	L
I	N	O	N	T	U	E	O	N	D	P	P	M	V	N	G	N	Y	L	I
T	B	L	N	A	I	P	R	E	V	A	L	E	N	C	E	G	U	E	E
P	N	A	I	P	M	C	S	E	R	C	E	C	O	E	N	D	T	A	A
C	O	N	T	R	O	L	G	R	O	U	P	A	A	P	A	I	O	L	G

Maze Key



Please send all questions, comments, and suggestions for the CAB Newsletter to
Megan Reznick (MeganReznick@westat.com).