

**SUMMER POOL HOURS**

City pools are open for the season, 7 days a week beginning June 7th. They are now running a weekend only schedule. The City of Charlottesville operates five indoor and outdoor pools at some of the area's parks. Entrance fees do apply but are nominal and free for infants and toddlers.

For pricing and additional questions, please call 970-3260.

**THE BOOK HAS ARRIVED . . . FINALLY!**

**Spiritual e-Soup**

Ralph Barnett  
Book signing  
Starbucks Hollymead 8:30-12:30pm-6/24/07  
Traffic Court 9-11 am-Starbucks Pantops -6/25/07  
Express Car Wash 10-2 pm -6/29/07-for information, contact e-mail ralphbarnett@e-soupministry.com

**NATIONAL HIV TESTING DAY: TAKE THE TEST, TAKE CONTROL**

**A city-wide HIV testing event-JUNE 27, 2007**

CHARLOTTESVILLE, VA Region Ten Community Services Board, AIDS/HIV Services Group (ASG), and the Virginia Department of Health announce several city-wide HIV testing events to celebrate National HIV Testing Day: "Take the Test, Take Control", Wednesday, June 27, 2007. National HIV Testing Day is an annual campaign produced by the National Association of People with AIDS (NAPWA-US) to encourage all individuals to receive voluntary HIV counseling and testing. This year the OraQuick Rapid test will be used which is an oral swab that produces results in 20 minutes!

The day will begin with free and confidential testing provided by AIDS/HIV Services Group on the Charlottesville downtown mall from 9 am-5 pm. Also, between the hours of 11 am - 6 pm, testing counselors from Region Ten and ASG will be providing free food, drinks, tests, and information at the Region Ten Fourth Street Station located at 401 Fourth Street in Charlottesville. Testing will continue

at Gravity Lounge on the downtown mall from 6-9 pm. As always, free confidential HIV antibodies testing will be available at the ASG office located in the 1x building from 10 am-4 pm.

The Centers for Disease Control and Prevention (CDC) estimates that 180,000 to 280,000 people nationwide are HIV-positive but are unaware of their status. HIV counseling and testing enables people with HIV to take steps to protect their own health and that of their partners, and helps people who test negative get the information they need to stay uninfected.

NHTD organizers will also reach out to communities at increased risk of HIV infection, including African American and Latino populations, both of which are disproportionately affected with HIV when compared to other demographic groups in the United States.

Current medical guidelines encourage everyone to get tested regularly for HIV in order to safeguard their health and that of their partners. People at particular risk for HIV include people who share needles, anyone who has had unprotected sex with multiple partners, and men who have sex with men. The OraQuick rapid HIV antibody test is performed by taking an oral swab and yields results that are 99.6% accurate.

## New Hair-Sequencing Technique Helps Black Women Deal with Hair Breakage

(Syndicated News) According to Dr. Basil M. Hantash, instructor of dermatology and plastic surgery at Stanford University School of Medicine, one of the most common causes of hair loss among black women is traction alopecia, hair loss due to pulling on the hair, as when it's braided tightly.

For many of those women there may actually be an answer to the problem. Dino Dondiego, owner of Sequence Hair (<http://sequencehair.com>) in the



**Shimeko Before**  
New York and New Jersey area,



**Shimeko After**  
African American hair for over 30 years, and he believes he

knows the way to avoid and eliminate it from happening.

"Traction Alopecia is common among black women and can be eliminated. First, it's vital to understand the causes, and then understand the solutions of elimination," explains Dondiego. "Bad edges are a disheartening problem that can be avoided. Broken edges are commonly caused by pulling the hair too tight, for the purpose of achieving a smooth look or style."

To add salt to an open wound,

when African American hair is improperly permed (relaxed), in addition to tight pulling. Dondiego says it speeds up and magnifies traction alopecia. Other causes of the condition are due to very tight cornrows (tight braiding), weaves, extensions and various other hair systems.

"When weaves are applied by cornrows over and over within the same area, traction alopecia comes into effect," says Dondiego. "Perms (relaxers) are also a big culprit in causing hair

problems. Not only do they break the hair, but they also destroy the ends and prevent proper growth."

He explains that this has caused many African American women to stop perming (relaxing) their hair. But that doesn't need to be the case.

"I have invented unique techniques of perming," Dondiego replies, "that can actually cause African American hair to grow freely and naturally."

In addition to these unique techniques, he has invented a method of increasing hair volume and/or length that will support and strengthen African American hair, called Sequencing. When both of these techniques are applied, all and any African American hair now has the ability to grow freely, avoiding breaking and gaining length while also improving the bad edges. It will give the hair the strength and length that women are after.

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**INSPIRATION**

**Standing Whatever the Cost**

by Cornelius R. Stam

When the Babylonian multitudes prostrated themselves in worship before the golden god which Nebuchadnezzar had erected, three young Hebrews refused to bow and remained standing, erect and alone.

When called before Nebuchadnezzar to answer for their impudence and threatened with death in a fiery furnace, they answered:

"Our God whom we serve is able to deliver us... but if not, be it known unto thee, O King, that we will not serve thy gods, nor worship the golden image which thou hast set up" (Dan. 3:17,18).

This is the stand every believer should take for God and His truth. He is able to deliver us from persecution if we stand true, but even if He does not see fit to do this we should still stand alone, if necessary, for the light He has given us from His Word.

Many have suffered temporary loss for standing for their convictions. Hebrews 11 lists among the heroes of faith some who were "tortured, not accepting deliverance," and others who suffered "trial of cruel mockings and scourgings ... bonds and imprisonment. They were stoned, they were sawn asunder, were tempted, were slain with the sword; they wandered about in sheepskins and goatskins, being destitute, afflicted, tormented" (Heb. 11:35-37).

But we read that these all "obtained a good report" before God and looked forward to "a better resurrection" (Vers. 35,39).

As the apostasy rises all about us and those who stand for God's truth are often ridiculed and despised, may God give us the grace to stand true regardless of the cost, remembering that any sufferings for Christ are only temporary while the rewards will be eternal.