



# A Summer's Day

Three HIVers share their dream day

August 1, 2005 By Emmy Favilla

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## **J. Smart**

38, Philadelphia, Diagnosed 1995

**My perfect day:** Going to the park with friends and having a little cookout, then playing cards or running with my dog.

**But with HIV:** I can't do that as much as I'd like because I stay so tired. My friends sometimes have to push me to get out there.

## **Harts-el Clifton Shirley**

36, Atlanta, Diagnosed 1988

**My perfect day:** A lot of eating and exercising!

**But with HIV:** The biggest change is my attitude. I'm just enjoying every day—like all that eating and exercising—because every day is good.

## **Richard Mark De Cicco**

48, Fairhaven, MA; Diagnosed 1997

**My perfect day:** Taking the top off my Corvette and driving down to Provincetown.

**But with HIV:** With less energy, I still walk and shop the day away in P-town—I just go slower. (But I still drive fast!)