

# Labtest Contest is Here- So Win Something!

March 11, 2010 By [Shawn Decker](#)

---

**NOTE:** 3-26-10: Contest officially ended Monday March 15, 2010. You can continue to vote, but I'd save your psychic energies for the next Labtest Contest in July! - SD

**When I first started blogging about being HIV positive (those blogs are somewhere, I think) in 1996, one of the ideas I had was The Labtest Contest. I wanted to make getting my routine rounds of blood drawing fun for my new friends in the AIDS community.**

At the time, I didn't realize my counts were low- they'd been low for so long that was just normal for me. I was so happy when my friends participated. Either they too thought it was an innocently goofy idea, or they were enticed by my grand prize- which was a signed picture of myself with a random celebrity. I do believe that Stephen Gendin (RIP) once won a signed polaroid of me and Danny Bonaduce.

Why the stroll down memory lane? Well, I'm bringing the contest back!



Why? Well, I got better swag now. In the fourteen years since the first and last Contest I've written a book, released a pretty cool synthpop CD and have made some killer safe sex t-shirts, pictured here. Plus, I have more t-cells than I had back then, so the element of danger has been removed from the Contest.

If you want a chance to win some of my cool crap, just leave a Comment with your guess as to what my latest t-cell count was. If you're the closest, then you get to choose which gift you want: a copy of My Pet Virus, a CD of my band Synthetic Division or a Screw Smarter t-shirt. Need a clue? Okay: the t-cell count is somewhere between 450 and 600.

Which means act fast! There's a limited number of guesses. (ha ha)

## Official Rules

1. You have to post your guess on my Poz blog Comments section
2. Relatives are disqualified (only because that makes this seem official)
3. Closest wins- no Price is Right logic applied.

4. One vote per person.
5. If no one votes I reserve the right to delete this blog entry and pretend this never happened..
6. **Deadline is Monday, March 15, 2010.**

Positively Yours,  
Shawn

*Yesterday was the fifth annual Women and Girls HIV/AIDS Awareness Day. Check out [Regan's Poz blog about it](#). You probably didn't know that about yesterday, because Corey Haim died and that got more coverage. To read a great blog entry on Haim, visit my friends at [\(Wo\)Men Speak Out](#).*

Shawn on:      [Shawn's Sick Days in 2010: 6](#) [Shawn's book](#) [Decker's Daily Coffee](#)



-  
[Share the Blog. Not the Virus.](#)

---

© 2026 Smart + Strong All Rights Reserved.

<http://beta.docker.poz.com/blog/labtest-contest-is-h>