

THE



BULLETIN

Dayspring AIDS Support Services
VOLUME IV ISSUE II Summer 1999

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AIDS Walk'99

Walking Into the Millennium

And what a walk it was! Thirty two dedicated walkers arrived on a sunny Sunday afternoon to complete a 5K loop around the Capitol Building to raise money for those living with HIV and AIDS. After the walk we caught our breath and escaped from the sun inside the Hallowell Town Hall, listening to Kenny Cox and his guitar and enjoying some great refreshments.

This walk was one of our most successful ever. We nearly doubled our fundraising goal. A heart-felt thank you to all those who collected pledges. A very special thank you to **Rick Morrow** and **Leo Turcotte**, our two top pledge collectors. Each raised over \$1,000! Thank you also to **Maria Fuentes, Bob MacFarlane, Mike Lussier, and Katie Varney** who volunteered their time to organize this year's walk.

It was truly a day to treasure and remember. Once again thank you all. We hope to see you next year.

The Dayspring Garden Breaks Ground

Work on Dayspring's Community AIDS Memorial Garden is in full bloom. The garden, which is located in the Hallowell's community garden plots, provides free organic produce to people living with HIV and AIDS in central and western Maine. We strongly believe that all people deserve to have healthy food to eat regardless of their income and health status. This year we will have twelve vegetable beds to feed our clients.

We are very fortunate to have Vickie Oliver, a master gardener, help us plan this year's garden. Thus far, a number of volunteers have offered to help care for the garden including United Way volunteers, the girl scouts, a boy's group, and several Dayspring volunteers.

While the garden supports those living with AIDS, it is also a place to remember those who have died from this disease. Limited numbers of vegetable beds are available to dedicate as a living memorial to someone who has died of AIDS.

It's not too late if you are interested in volunteering for the garden, or if you would like to dedicate a bed. Please contact Melissa at 621-6201.

Because AIDS is not over.

Dayspring AIDS Support Services
One Weston Court
Augusta, ME 04330
(207) 621-6201 (phone)
(207) 626-3404 (fax)
daysprg@mint.net

DASS is a comprehensive AIDS service organization that provides support for those infected and affected by HIV. We also initiate several community educational and prevention efforts, and provide anonymous HIV testing and counseling. If you live in Kennebec, Somerset, Franklin, Lincoln or Sagadahoc Counties you can receive DASS services.

Staff:

Sharon Prée, Director
Phil Rider, Case Manager
Ellie Sparks, Case Manager
Larry Godfrey, MSM Educator
Shannon Cook, Safe Passage Coordinator
Melissa Van Orman, Volunteer Coordinator

Advisory Committee:

Mike Lussier, Chair
Jan Murton, Vice-Chair
Melissa Clifford, Secretary
Butch Bealieu, Treasurer
Bob MacFarlane
Bobby Perry
Jim MacDonald
Paul Fuller
Emilie van Eeghen, VP, CSC
Donald Johnson
Karen Martin
Katie Varney
Sharon Prée
Melissa Van Orman

Dayspring is a part of the
HealthReach Network

Case Manger's Corner: *Rekindling the Spirit*

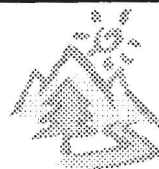
Several years ago, I was asked to speak at the first AIDS vigil sponsored by the newly formed AIDS support services organization in the community where I was living. We gathered at a park in the early darkness of the night, lit candles and walked silently through town, ending at a local church. There, we had a service of remembrance for those in our community who had died of AIDS.

The turnout for the vigil far surpassed our expectations; hundreds of people came to express their concern over this new, mysterious virus and the toll it was taking on the lives of so many. And they came to turn their concern into action; the AIDS support agency signed up 100 volunteers that night - office workers, buddies, meal and transportation providers as well as professionals offering their services free of charge. It was an evening of dedicated energy and spirit.

All across our nation, we are now finding that spirit waning. AIDS support organizations, including our own Dayspring, are having a hard time funding programs, recruiting volunteers, getting a good turnout for events and programs. At a recent national meeting of buddy providers, most expressed a common concern - the lack of community support is threatening the continuation of the Buddy Program itself. This concern is echoed for many other supportive services that have been offered to people living with HIV. All too often we now have to say, "Sorry, but we can't help. There's not enough money or we don't have a volunteer to do the job."

Why is this? What happened to all the energy and dedication of those early years? To be honest, I have no idea. Maybe people got burned out, or have the misunderstanding that new drug therapies have lessened the needs of people living with HIV. Whatever the reason, however, one thing is clear - if we are to continue to offer the kind of programs and support that meet the needs for education, prevention, testing, case management, and personal care, we will need to rekindle the spirit that moved us in the beginning.

I invite you to reach into your own heart and find whatever it takes to rekindle your spirit of caring and compassion. Believe me, we need you more than ever! Come back to the important work we can do together. - Phil Rider



gallery in the woods
presents the

Shannon Hayden Memorial Silent Art Auction
To benefit Dayspring AIDS Support Services

September 12, 1999 12:00-5:00 pm
1280 Rome Rd. Mercer, ME
a free event, refreshments will be served

Volunteer Spotlight

Bob MacFarlane was awarded the Volunteer of the Year Saturday June 12th at the Names Project's Quilted Heart Ball. The Names Project chose Bob over all of the volunteers in the state, because of his dedication to AIDS service.

Bob has volunteered for Dayspring AIDS Support Services for a year and a half. He serves as a member of our advisory committee, and recently helped organize our successful 1999 AIDS walk, a demanding project that involved many volunteer hours. Bob also volunteered for the Gay Men Together and the Positively Social Retreats. These projects are all in addition to the three days he volunteers in our office as an HIV test counselor, answering phones, writing for the newsletter, and gathering educational materials.

While his accomplishments are impressive, Bob's strongest quality is his incredibly positive attitude. What Bob gives to us cannot be measured in volunteer hours and projects completed. He is an inspiration to our entire staff.

Bob's own words best reflect his spirit of volunteering:

I honestly believe what I reap in emotional gain [as a volunteer] could never be compensated! I am truly rewarded with self-awareness, which leads to self-understanding, and am given the tools I need to work toward fulfilling my desires to be the best that I can be. I must confess that I have truly evolved since my beginnings here and am aware that there is a life for me out there, and I attend to achieve it!

We know you will. Thanks for all you do for us!

Farrington School Gives to DASS

Miss Hughes' fourth grade class at Augusta's Farrington school awarded Dayspring \$1,000 to purchase books about gay and lesbian youth for its Safe Schools library.

The grant, funded by the Maine Community Foundation, engaged the students in an innovative learning project. For several weeks the class learned about how to advertise their grant, design an application, establish selection criteria, write letters to the applicants, and ultimately interview candidates about how they would use the funds. The students chose to give the money to Dayspring because the Safe Schools library is a permanent educational project that benefits the overall community.

In a ceremony on May 25th, Miss Hughes' class awarded a \$1,000 check to DASS director, Sharon Prée. Ms. Prée explained that far too often gay youth see no positive reflections of themselves in books, movies, or magazines. This library will celebrate the talents and richness of gay youth.

Thank you Miss Hughes' class. We appreciate your support!

Report on the P.S. Retreat

By B.

Positively Social is a weekend retreat for people with HIV.

I thought I'd died and gone to heaven at this last retreat! Isn't that the place where there's no discrimination, no stress, no negative anything (no pun intended)? There we were simply ourselves. I watched two men frolic about the boardwalk, down by the water and in canoes on the lake. I watched others perform in a talent show doing things that regular society wouldn't allow--

continued on page 11

Introducing the People's Network

The People's Network is a coalition of community volunteers and Dayspring clients who are committed to easing the challenges of living with AIDS. These volunteers provide transportation to doctor's appointments, deliver a home cooked meal, help with household chores, plan social events, or act as a long term buddy to someone with AIDS. Recently diagnosed clients can also take comfort in speaking with a volunteer client mentor who has been living with the virus for several years. Interested in volunteering? Call Melissa at 621-6201.

The DASS Index

Average number of pills a person with HIV takes each day: **21**

Average cost of HIV medication for one year: **\$24,000**

Number of new HIV infections in 1998: **5.8 million**

Number of those infected who were between 15-24 years old: **3 million**

Percent of Maine high school seniors who've had intercourse: **70%**

Number of those who used a condom the last time they had intercourse: **54%**

The effectiveness of using a condom over not using a condom during intercourse: **10,000 times more effective**

The proportion of U.S. adolescent AIDS cases that were female in 1987: **14%**

The proportion of U.S. adolescent AIDS cases that were female in 1997: **49%**

The percentage of African-Americans of the total U.S. population: **13%**

The percentage of US AIDS cases among African-Americans: **36%**

The number of football fields now required to display the complete AIDS Memorial Quilt: **25**

The number of AIDS deaths the quilt actually represents: **21%**

The number of AIDS related funerals in sub-Saharan Africa each day: **5,500**

The rank of AIDS as a worldwide killer: **1**

Sources: The Center for Disease Control, Poz magazine, Maine Bureau of Health

The Good News Is . . .

You cannot get HIV by:

- **Mosquitoes:** Mosquitoes certainly are a nuisance, but as far as the spread of HIV is concerned they are off the hook. Scientists state that HIV cannot multiply in mosquito cells, and even if it could, the amount of blood mosquitoes mooch from us is not even close to the amount needed to cause a HIV infection.
- **Kissing:** Saliva is not one of the body fluids that transmit the HIV virus. Researchers estimate that it would require about seven *gallons* of saliva to even be a slight risk for HIV infection. That's a lot of kissing folks. Besides in the entire history of the epidemic, no case has ever been reported to be transmitted by kissing.
- **Toilet Seats:** Ok, so the gas station restroom might not get the Good Housekeeping seal of approval, but it won't give you HIV. The HIV virus cannot live outside of the body. Who knows what is living on the toilet seat, but I guarantee you won't find HIV there.

You can get HIV, however, if you get infected blood, semen, or vaginal fluid inside your body. That can occur by sharing needles, or having unprotected anal, vaginal, or oral sex. Talk to your partners. Use your own needles. And use a condom each time you have sex.



Don't be caught on a hot date with nothing to wear!
At Dayspring we have lots of varieties of condoms,
dams, and lubricants. Not only are they fun,
but they're free. Stop by the office and
do some shopping!

Safe Schools Task Force Responds to School Violence

The Safe Schools Task Force seeks to ensure that the Augusta schools are safe places for all gay, lesbian, bisexual, and transgendered students and teachers. The recent massacre in Littleton, Colorado illustrates the devastating effects of hatred and abuse in schools. The task force is committed to ensuring safety and acceptance of all people.

Education about gay and lesbian issues is an important first step in meeting this goal. In March DASS director Sharon Prée conducted two teacher workshops concerning the safety of gay and lesbian students. The forty-five teachers who attended the event reported that this was their first professional discussion about how to support gay youth and respond to violence targeted at gays and lesbians. Their reactions to the material were enthusiastic. One teacher explained, "It is about time we talked about this topic." If your organization would like to write a letter in support of the Safe Schools program please contact Sharon Prée at 621-6201.

What do we tell our kids? And when?

Did you know that half of all new HIV infections in the United States are among people less than 25 years old? Raising sexually healthy children is this most important tool we can give them in terms of HIV prevention. But for many parents talking to their kids about sex can be overwhelming. When do we start talking, and what do we say?

The Family Planning Association of Maine has released helpful guidelines about what information is appropriate for different stages of children's development.

Younger children should know

- Correct words for sex organs.
- The family's values on love.
- What intercourse is.
- That masturbation is normal, but done in private.
- How to recognize sexually abusive behavior.

Older children should know

- About the changes of puberty.
- What homosexuality and heterosexuality mean.
- That media messages about sex are often misleading.
- When the time is right, sex can be positive and enriching.

Teenagers should know

- How the reproductive system works.
- Accurate knowledge of STD's & contraception.
- The difference between sexual feelings and love.
- Their own personal needs and how to assert them to a partner.



**Check out
these cool
websites!**

The Body

<http://www.thebody.com>

The Body has excellent general information about HIV/AIDS. Includes a question and answer section written by a medical doctor.

Gay Men's Health Crisis

<http://www.gmhc.org>

GMHC is one of the pioneers in distributing accurate HIV information. Their website has good fact sheets.

Journal of the American Medical Association

<http://www.ama-assn.org/special/hiv/hivhome/>

This is the AMA's resource specifically for AIDS issues. Good but technical information.

CDC Guide for Caretakers

<http://www.hivaid.org/caring>

This site contains information about how to care for someone with AIDS.

ATDN'S Alternative Treatments

<http://www.aidsync.org/network/altx.html>

This site contains general information about holistic treatments and links to other sites.

AID FOR AIDS

AID for AIDS is a non-profit organization that distributes HIV medication to people in Latin America who otherwise would have no access to drug treatments. If you have a bottle of HIV meds that you no longer use, consider mailing them to:

AID for AIDS
P.O. Box 1862
Old Chelsea Station
New York, NY 10133

For more information
call 212-358-9715.

Researchers Find Hidden HIV Cells

Researchers have found genetic material from the HIV virus still lurking in the semen of men whose use of the AIDS drug cocktail had reduced the virus in their blood to undetectable levels. In a study recently released, virologists at Thomas Jefferson University in Philadelphia said that patients with the HIV pro-virus—the genetic component of HIV—still would be able to transmit the virus to others if they fail to practice safer sex.

SOURCE: ANAC of Southern Maine, 1999.

Co-Infection

*What you need to know
about Hepatitis C and HIV*

One in every 65 Americans is infected with Hepatitis C (HCV), a virus that severely damages the liver. Why should people with HIV be concerned about HCV? Co-infection of the two diseases causes rapid liver damage. Damage to the liver makes it difficult for the body to absorb HIV medications, potentially sabotaging the effectiveness of drugs like protease inhibitors.

How does a person contract HCV? HIV and HCV both enter the body directly through blood. Unlike HIV, which dies within minutes of hitting the air, HCV can live for days outside of the body in blood that gets on any surface, such as a syringe, a tourniquet, or a table. Even if a person does not share needles he or she can be at risk for HCV just by living, touching, and using things in the area where the infected blood may be. Although it is much easier to get HCV than HIV through contact with blood, HCV *cannot* be transmitted through the other bodily fluids that transmit HIV, such as semen and vaginal fluid.

A person can become infected with HCV if he or she:

- Shares needles, even only one time.
- Lives with someone who shoots drugs.
- Has had a blood transfusion prior to 1990.
- Has been pierced or tattooed with dirty needles.
- Is a health care worker.

Treatments are available to slow the progression of HCV, but there is no cure. Contact your physician if you would like to be tested for HCV. If you would like to be tested for HIV, please contact Dayspring at 621-6201.

SOURCE: Double Jeopardy, Community Prescription Service, 1999.

AIDS in Maine as of March 31, 1999

Total Maine AIDS Cases: **853**

Total Maine AIDS Deaths: **466**

AIDS Cases by Region of Residence

Northern Maine: **136**

Central Maine: **270**

Southern Maine: **447**

These numbers include only those people who resided in Maine at the time of their diagnosis.

SOURCE: Maine Bureau of Health

Test Anxiety

You've decided that you're ready to be tested for HIV. Where do you go? Who do you talk to? Fortunately there are many HIV testing options. Some people prefer to see a trusted primary care doctor, while others opt for the privacy offered at an anonymous testing site. Now there are even home test kits available at most pharmacies that allow you to test when and where you chose.

Dayspring is one of nine anonymous test sites in Maine. If you decide to test at Dayspring you first would meet with a counselor for a 45-minute pre-test session. This time is yours to determine what your risk for HIV might be, think of ways to reduce that risk, and ask any questions you may have about HIV and AIDS. At the end of the session your counselor will draw your blood which will be sent to the Maine state lab for testing. All blood samples are labeled with a test number, *never* a person's name. In seven to fourteen days you would return to Dayspring to receive your results. During this session your counselor can help you interpret your results, make referrals to helpful resources, and provide emotional support regardless if a person tests positive or negative. For all of these reasons we cannot give results over the phone.

Many people choose to test for peace of mind, or at the start of a new relationship. Ultimately, it is your choice whether or not you want to test. If you have questions about HIV testing, or would like to schedule an appointment, please call us, at **621-6201** (we accept collect calls).

The Pros and Cons of HIV Testing Options

	Doctor's Office	Anonymous Site	Home Test Kit
How to Access the Test	Make an appointment with the doctor	Make an appointment with the clinic	Purchase at most pharmacies
Wait for Test Appointment	1-8 weeks	2-14 days	N/A
Wait for the Test Result	2-4 weeks	7-14 days	3-10 days
Cost	\$50-\$90	Up to \$25 Based on ability to pay	\$50
Accuracy	99%	99%	99%
Anonymity	No	Yes Only a number is used to identify your test	Yes Only a number is used to identify your test
What the Test Looks for	The test looks for antibodies specifically designed to fight HIV. <i>The test cannot detect an infection that occurred in the 14 weeks before the test.</i>		
How the Test is Administered	Draw blood sample	Draw blood sample	Finger stick
Who Administers the Test	Health care provider	Trained HIV test counselor	You
Pre-test Counseling	Supposed to be offered	Yes	No
Post-test Counseling	Supposed to be offered	Yes	Only for positive tests
Can Provide Continued Care	Probably	At some sites	No

SOURCE: Maine AIDS Alliance

Got Questions?

Want more information about HIV? You can always call Dayspring at **621-6201**. We even accept collect calls. Or try one of these numbers.

- Maine AIDS Hotline
800-851-AIDS
- National AIDS Hotline
800-342-AIDS
- Centers for Disease Control
888-329-4232
- Gay Men's Health Crisis (GMHC)
212-807-6655
- Maine AIDS Alliance
621-2924
- The Names Project (AIDS Memorial Quilt)
774-2198
- The AIDS Project (Portland)
774-6877
- Merrymeeting AIDS Support Services (Brunswick)
724-4955
- AIDS Coalition of Lewiston Auburn
786-4697
- Coastal AIDS Network (Belfast)
338-6338
- Down East AIDS Network (Ellsworth)
667-3506
- Eastern Maine AIDS Network (Bangor)
990-3626

MARK YOUR CALENDARS!

Check out these special events.

June 19th, Portland Pride March

Maine's annual gay pride march. Rally begins at 11am at Monument Square. Parade begins at noon and goes to the Deering Oaks Park for afternoon festivities. For more information please call Southern Maine Pride 774-7800.

June 21-27th, National HIV Testing Week

A great time to be tested. Call Dayspring at 621-6201 to make an appointment. For more information about testing please see *Test Anxiety* on page 7.

Gay Men's Potluck

Call Larry at 621-6201 for more information.

Gay Men's Movie Night

Call Larry at 621-6201 for more information

The Dayspring Community AIDS Memorial Garden

Volunteers are needed throughout the summer. Call Melissa at 621-6201.

September 12, Shannon Hayden Memorial Silent Art Auction

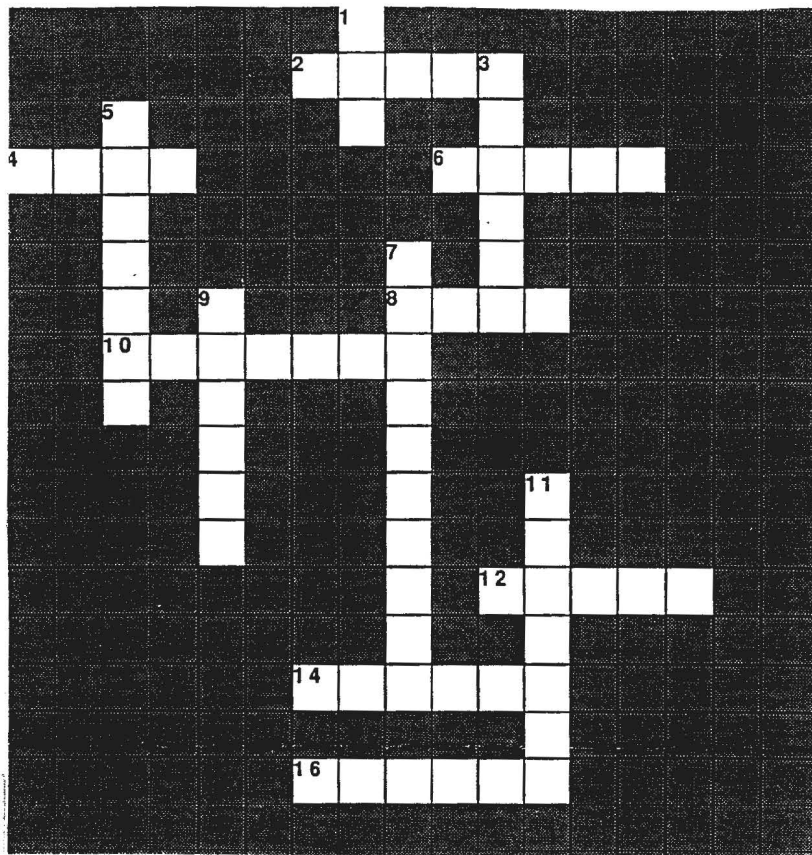
12:00-5:00, 1280 Rome Rd. Mercer. A benefit for Dayspring. For more information please call Cindy at 397-4972

And don't forget these old favorites

- ✓ **Men Who Have Sex with Men Drop In:** For Gay, Bi, and Questioning Men. Call Larry at 621-6201.
- ✓ **Gardiner HIV Support Group:** Call Bob Mon-Wed mornings at 621-6201 for more information.
- ✓ **Support Group:** For Gay Men Only of either HIV status. Contact Frank at 621-6201 for more information.
- ✓ **Gay-OK:** For LGBT&Q folks in the greater Farmington area. Call Brian at 778-7379 for more information.

HIV is preventable.

Learn the facts to protect yourself. Share the facts to protect those you love.



Down

1. The ____ virus is found in pre-cum (the fluid that is excreted from the penis before ejaculation).
3. The HIV virus is present in ____, but not in quantities large enough to cause infection.
5. You can ____ yourself against HIV infection.
7. ____ do not carry the HIV virus.
9. You can ____ someone else, even if you do not know you have the virus and you feel healthy.
11. You can transmit the virus by sharing ____ or syringes with an infected person.

Across

2. People can live with the HIV ____ for up to 5-10 years without any symptoms.
4. Unfortunately, there is no ____ for AIDS.
6. You cannot get HIV from donating ____.
8. ____, anal, and vaginal sex are all risky activities.
10. Using latex ____ correctly everytime you have sexual contact will help reduce your risk of infection.
12. The HIV virus is found in blood, ____, vaginal fluids, and in breast milk.
14. You cannot get HIV through ____ contact. For example, hugs, sneezes, using the seat and wiping someone's tears are all safe activities.
16. When people do not know the facts, they often spread ____.

Answers are on the back cover

DASSIFIEDS

The DASS Classifieds

Announcements	Help Wanted	Desperately Seeking	Business
<p>Anonymous HIV Testing at the DASS office. Meet with a trained counselor. Flexible appt. times. One week for results. Call 621-6201 to schedule an appt. No names are needed.</p>	<p>Green Thumbs Needed! Looking for folks to help in the Community AIDS Memorial Garden located in Hallowell. No experience necessary just a desire to help. We need people to water, weed, and harvest vegetables. Please call Melissa at 621-6201 for more information.</p>	<p>Roommate wanted in Waldoboro. Private bedroom and bath. 56 acres. \$300 month includes utilities. No smoking, drugs, or booze. Call Larry, 621-6201</p>	<p>Ancient Ways Healing</p> <p>Jenson Steel, LMT</p> <p><i>Massage, Polarity, Reiki, Somatic Emotional Clearing</i></p> <p>Call 877-9301 888-979-7892</p>
<p>Men Who Have Sex With Men. Discussion group for MSM. Topics include: love, intimacy, dating, spirituality, and meeting men. Call Larry at 621-6201.</p>	<p>Transportation Volunteers needed to bring clients to doctor's appts. in Portland. Got free time and a car? Help people get the medical care they need. Call Melissa at 621-6201 to fill out an application.</p>	<p>Donations of household furniture for clients. Call Ellie, 621-6201</p> <p>Donations of liquid supplements, Ensure, all flavors. Call Ellie.</p>	<p>Classy Chassis Auto Detailing</p> <p>Reasonable Rates By appointment only</p> <p>Please call 933-3757</p>
<p>Safe Passage for Women is a HIV prevention program just for women. Talk about safer sex, communication, and body image. For more info about home parties in your area, or if you want to become a peer educator, call Shannon at 621-6201.</p>	<p>Artist Needed! We supply the paint—you supply the talent to paint a sign for the DASS door. We need your help! Call 621-6201.</p>	<p>Thank You</p> <p>Thank you to the anonymous donor of a beautiful set of dishes to the DASS office. We love them!</p> <p>Thank you to Josh Parkin, Nella Young, Robin Rice, Starr Wadleigh and RSVP for help producing this newsletter.</p>	<p>Dodge Demolition and Salvage</p> <p>Joel H. Dodge, Jr. Nobleboro, ME 04555</p> <p>563-3286/3694</p>

Gay, Lesbian, Bisexual, Transgendered, and Questioning Youth

Think you might be gay and want someone to talk to?
Looking to meet other GLBTQ youth?
Want to make friends and have fun?



Contact Joshua Parkin
at 622-8972 / 441-2637
jj@gwi.net



Report on the P.S. Retreat continued from page 3

from pantomime to song and dance, piano playing, and a beauty pageant.

And what a diverse group! Heterosexual couples mingling with gay couples. Straight, gay, bisexual people were all in one room. Three days of fun in the sun catered to all. Oh, if only life could remain so untouched by all of the ills of the world outside of the retreat. What a wonderful life we could all have. My dream is that some day it will be this way. I'll keep wishing and attending retreats. And I'll get my wish, even if it's in installments.

The next P.S. Retreat will be October 1-4. DASS clients please contact your case manager to find out about scholarships.

Lawyers Made Us Say It

The Bulletin is a quarterly newsletter published by Dayspring AIDS Support Services. We will consider publishing any material that broadens our understanding of HIV/AIDS and each other. We welcome materials for publication. Submissions may be sent to **The Bulletin**, Dayspring AIDS Support Services, One Weston Court, Augusta, ME 04330. All material submitted should be signed and included an address and phone number for verification. We reserve the right to refuse submissions for any reason and edit for grammar and length. Any medical information included in this newsletter is for information only. All medical care should be discussed with a qualified medical professional.

Do Something Positive Contribute to Dayspring!

Your tax-deductible charitable contribution will help support the clients and programs of Dayspring AIDS Support Services. AIDS is not over. AIDS is in Maine. In fact, infection rates are growing in rural towns. Someone in your town may be affected by AIDS. Perhaps you are. Please give to Dayspring. Together we can ensure the dignity of each person living with this disease, and work towards preventing new infections.

Enclosed is my gift of

_____ \$25

_____ \$50

_____ \$100

_____ \$250

_____ \$500

_____ other _____

Name _____

Address _____

City _____ State _____ Zip _____

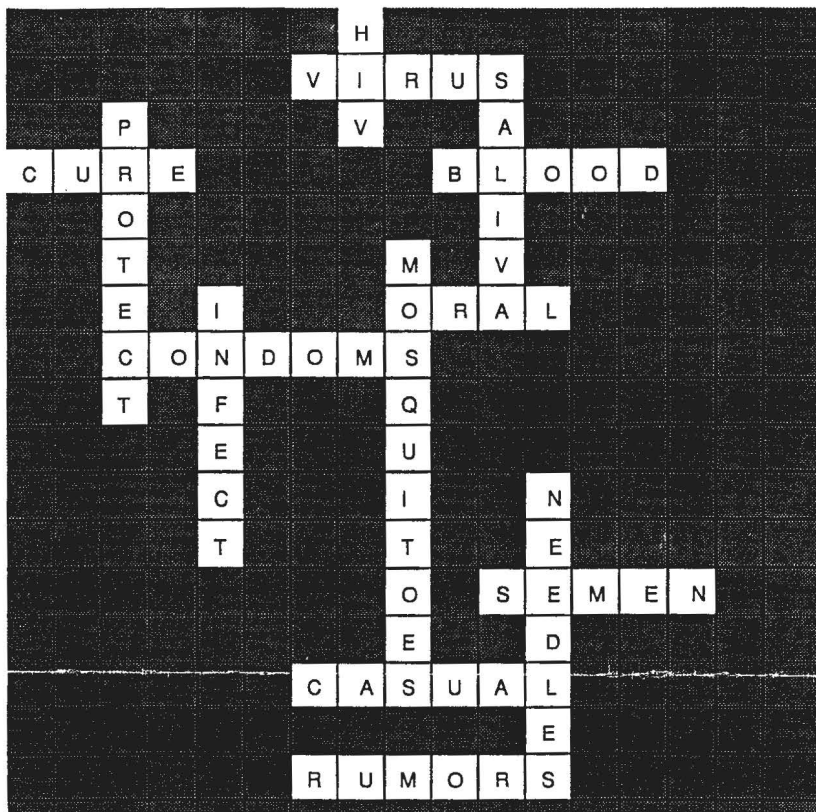
Thank you for your support.

Want your own copy of *The Bulletin*, Dayspring's cutting edge newsletter with the latest information on HIV/AIDS? Sign up on our mailing list today. It's the fashionable thing to do!

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Address _____

City _____ State _____ Zip _____



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David -
potential newsletter -
material?