serving the alternative community . october 1998

# Civil Rights March Set for October, 10th in Bangor

In response to the repeal of the Civil Rights law on February 10th, Maine citizens and activists from many organizations have been meeting and networking to plan a statewide Civil Rights March and Rally in Bangor. Weekly meetings have occurred at the Hammond Street Congregational Church in Bangor Our common belief in the dignity and value of ALL citizens of the state of Maine has led us to desire to build a coalition that moves forward an agenda of civil rights and human rights - creating a safer place for all people to live and work.

Our common beliefs include: we believe in equality for all Maine citizens and in enactment of the repealed

a safe home

we believe in the fundamental right of freedom from all forms of violence, harassment and abuse - safe home environments. safe schools, safe work places and safe communities

· we believe that all people should have equal opportunity to housing, credit, public accommodations, employment and worker's rights and benefits for themselves and their

 we believe that justice is a universal concept embraced by all spiritual persons. To this end, we will work together to build

Continued on page 8

# Welcome to Our Paper

Thank you for taking the time to look at our new publication. In today's society "the norm" has a varied meaning. How does one describe "normal"? Do we define it in the Bible terms? Today's Political definition, Webster's? President Clinton? Why define normal? ourpaper is not going to, or even attempt to define normal. Instead we are going to explore all the different life-styles in todays world. By exploring and educating the people out there today, we as a community are going to become more accepted. Today people have this big fear of the

unknown. If someone does not know what it is, then its not normal, strange, not right. ourpaper is a tool that will educate and take some of that fear away. Enjoy ourpaper and lets hear from you about your life-style.

Our focus at ourpaper is to explore, ducate and entertain our readership with Maine's best alternative publication. Our content contains, but again, is not limited to the alternative life-styles of Maine. New Hampshire and that of Northern Massachusetts. Stories of interest, upcoming theatre events, classifieds, advice column movie and music revues and all the nice, neat interesting materials that our readers send us eniov



NATIONAL COMING **OUT DAY OCTOBER 11th, 1998** 

# **Governor Angus King Serves** as Diversity Day's 1998 Honorary Chair.

Sunday, October 4th is the date for this year's Diversity Day.

From 12-6 PM, the University of Southern Maine's Campus Center will be transformed into a kaleidoscope of sight, sound and aromas, both exotic and familiar that will delight young and old. The public is invited to celebrate the rich diversity of Southern Maine while enjoying performances, dance, children's activities, workshops, information booths, and all kinds of ethnic food.

Governor Angus King serves as Diversity Day's 1998 Honorary Chair

Highlighting the day's events will be

House Island Band Franco-Irish Traditional Music Al Dante's Inferno Italian Quartet Samaki Ensemble w/ Portland Cambodian Dancers Grupo Fantasia Latina Salsa The Indian Association Dancers

Holy Trinity Greek Dancers First celebrated in 1995, Diversity Day was planned in response to the rising level of hate crimes targeting refugees and immigrants in different parts of Maine.

Organizers saw the need for an event too not only brings members of Southern Maine's diverse cultural communities together, but to raise general public awareness of issues related to diversity. The event has grown by leaps and bounds; last year's celebration attracted almost 2,000 people.

A planning committee of representatives from refugee and immigrant communities, Maine's Native Americans, African Americans, people with disabilities, gays and lesbians, and members of the faith communities have participated in planning Diversity Day, along with representatives from businesses, local government, and community organizations and coalitions. As a result, Diversity Day has grown from its roots of focusing on refugees and immigrants to include diversity in religion, sexual orientation and ability/disability. This exciting collaboration promises to deliver a fun,

Diversity Day's corporate spo

Peoples Heritage Bank and UNUM.
Reza Jalali\*, Event Director for
Diversity Day and founder in 1994 of the Ethnic Minority Coalition is excited by the expanding scope of Diversity Day. "We have an even greater number of countries and organizations that are represented this year, he said, "and we are expecting attendance to surpass last year's. For immigrant and ethnic communities, participating in Diversity Day is a way to build trust among different groups, and to combat isolation. Participating is also a source of pride. As for the general public, people come to experience and enjoy the diverse cultural resources we have here in Maine. And Diversity Day is full of positive face-to-face encounters between people whose origins and culture are often vastly different - an experience that is not a common one for many Mainers, "It's a day for all of us to make connections, to seek common ground as we accept and celebrate our differences.

Understanding and accepting diversity must begin at a young age; therefore, the Diversity Day committee is also reaching out area schools. Working in partnership with the Portland Public School system, teachers will be provided with Diversity Day Learning Packets. The packets outline suggested activities that not only create awareness but provide an exciting learning environment. Information about Learning Packets can be obtained by calling 773-3392.

Reza Jalali came to the United States as a Kurdish political refugee from Iran. He coordinates deaf and multicultural services for the state's Department of Mental Health, Mental Retardation and Substance Abuse Services, Region 1

Portland's population of 65,000 has a minority population of 4.2%, roughly twice the statewide minority average. (information derived from US Census statistics)

# **PSO'S 'Opening Night** Spectacular' October 6th

Music Director and Conductor Toshiyuki Shimada, kicks off its 74th season with "Opening Night Spectacular," Tuesday, October 6, at 7:30pm at Merrill Auditorium. Thomas Parchman, in his 15th season as the orchestra's principal clarinetist, will be the featured soloist in a performance of Mozart's Clarinet Concerto. The concerto's graceful and charming opening is not only a delight, but a good showcase for the versa-Its beautiful, sonorous middle section leads to the popular finale, so infectiously cheer

ful it belies the fact that Mozart's tragically short life was over within eight weeks of his completing the score. Mozart had loved the clarinet since he first heard one as a boy. Through during his time it was a fairly new instrument, rarely used in symphonic music. The concerto was the second-to-last piece he wrote, composed for a clarinetist friend who was a fellow Freemason and notorious jokester and gambler (when Mozart died a pauper, some \$3,000 worth of his debts had been accumulated by this friend). Prior to the concert Parchman will discus

Continued on page 2

#### COMMUNITY NOTES

Governor Angus King will serve as honorary clair of the fourth Annual Diversity Day Celebration to be held at the University of Southern Maine Campus Center on Sunday, October 4, 1998 from 12noon - 6pm. Everyone is invited to enjoy music, performances, displays, ethnic food, and workshops. Admission is FREE.

This family-friendly event is an opportunity for everyone in Southern Maine and beyond to experience the variety of cultures within the larger community and for immigrants and refugees to connect with community resources.

For more information about Diversity Day, please call 773-3392.

Portland, Me Equity Institute of Maine 414 Danforth St., Portland, Me

Portland, Me Resident Project of Southern Maine P.O. Box 11048, Portland, Me

657-5864

Portland, Me Maine Civil Liberties Union
233 Oxford St., Suite 32K, Portland, ME 04101

Portland, Me Maine Speak Out Project

P.O. Box 15303, Portland, Me 04112-5303
Portland, Me
17. , 3/Portland DPLAG pern or tech health
and well being of gay, lesbian, and bisexual people
their families, and friends in 3 ways, support,
education, and advocacy. PFLAG/Portland meets
the 2nd Tuesday of each month at Woodford's
Church in Portland at 7 pm.

P.O. Box 8742, Portland, Me 04104 774-3441

Haverhill, Ma
MERRINEN - A Gay and Bisexual Men's
discussion / social / support group that meets in a
safe, confidential, and fun environment to discuss
various topic. Meets the lat and 3rd Tuesday of
every month at Friend's Landing, Water Street,
Haverhill, Mar FMI contact David Goudren at
Health & Educational Services, Inc. Gloucester
Prevention Services, 197-821-0319

Portsmouth, NH NH BEARS - Social Group. New in Portsmouth.

Meetings/Potluck dinners held on the 3rd Saturday
of the month. FMI call 508-868-1929 or email

beargrdner@aol.com

Porltland, Me

Matlovich Society - Meetings are held at the
Holiday Inn by the bay, Porlland, ME at 7:30pm

FM: cutl Reith at 207-775-4022.

New Hampshire Gay info line of New Hampshire

Concord- Jim Bretz, Coordinator Concord, NH

603-224-1686 or gayinfonh@aol.com
Portland, Me Outright/Portland

P.O. Box 5077, Portland, Me 04101 828-6560

W anna be listed here. Send us your information and contact person. This area is FREE!!!

# MUSIC SCENE

As always, the Maine Music Scene is a vibrant one. A few of the hot releases are: Lynn Deeves - Connecting the Dots, The Zula Leprechauns - Mixed Messages and a Maine Composers' Forum release entitled New Sounds: Vol. 1

entitled New Sounds; vol. 1.

The Lynn Deeves release, Connecting the Dots is a fine example of a dynamic, young Maine singer-songwriter. Every cut sounds good with 'Connecting the Dots', 'Stand Up' and 'Fear is their God' being particularly nice. Great acoustic Folk/Rock! You can expect to hear

more from Lynn. Mixed messages by Zula Leprechauns is a great album with fine percension throughout. It's the kind of sound that really grows on you. Percussionist Annegere Baier also plays with Innan, a womans drumming group that appeared at the Maine Festival last summer. The Leprechauns also played recently at The Stone Coast in the Old Port and the Left Bank in beautiful downtown Blue Hall.

The Maine Composers Forum ed, New Sounds: Vol.1 one of the more diverse collections I have ever seen. It contains folky cuts such as Abbe Anderson's Sharp Edges, jazz from Neil Lamb, choral pieces from Robert Greenlee and the Bowdoin Chamber Choir, a classical piece by Nick Humez, rock from Nat Jussey and many more great cuts. Stay tuned next issue for more...

OWboper voice 582.0079 fax 582.6494

> Serving the Alternative Community!!!

## DEADLINE

In response to the great response on the printing presses for the upcoming season. The next issue of ourpaper

we will be going to press on the 3rd of November.

Please submit all your materials before the 25th. Thank You...

Opening Night Spectacular continued from cover

"Preparing the Conceto" at Concert Converstions at 6:15pm in the Auditorium. The informal lecture is free to all concert ticket holders.

A greatly enlarged orchestra will take the stage for the second half of the concert to perform Richard Strauss's Alpine Symphony, an adventure in music which has been called a "mountain-climb in sound." Strauss commonly wrote for large orchestras, but the alpine Symhony's orchestra is huge even by his standards. The piece call for 112 musicians, including a quadrupled woodwind section, six trumpets, six trombones, and twenty horns (16 of the musicians will play off-stage). More than 60 "scenes" are depicted in this musical slide show of the Alps, including animals. Burbling streams, rustling leaves waterfalls and a thun-

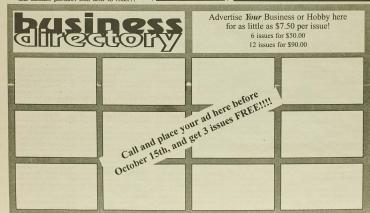
derstorm

Keeping with the atmospheric theme of the concert, the orchestra will also perform Gyorgi Ligeti's Atmospheres. Film buffs will recognize the work from 2001: A Space Odyssey. The film's director Stanley Kubrick found Ligetio's music so evocative that he decided to use it in the movie even before imagining how he would shoot the scene. The listener's ear becomes focused not on the melody or harmony in this unusual piece, but rather on the subtle flow of texture through an uninhabited imaginary mu space. This work also calls for a large orchestra, comprising over 90 musicians

The concert is sponsored by WGME NewsChannel 13. Call PortTix at 207-842-0800, or visit the Merrill Auditorium box office at 20 Myrtle Street.

#### Points to Ponder Over...

- What is the speed of dark?
   Why are there Braille signs on drive-up ATM's?
- How come you never hear about gruntled employees?
   What is a "free" gift? Aren't all gifts free?
   What's another word for synonym?
- Why isn't there mouse-flavored cat food?
- Why do we play in recitals and recite in plays?
   Why isn't phonetic spelled the way it sounds?
- Why isn't phonetic spelled the way it sounds?
   Where are Preparations A through G?
- Are there seeing eye humans for blind dogs?
   If knees were backwards, what would chairs look like?



# OCT. 11 IS NATIONAL COMING OUT DAY

Every year on this day, the man Rights Campaign Founda tion sponsors hundreds of gay and lesbian public education e which thousands of high school and college students participate in.

Isn't it time you join us by coming out to your family and friends? Or, if you've alre 'dy come out, isn't it time you help others by starting a gay-lesbian student organization? Organizing a gay lesbian awareness day? Or joining the Human Rights Campaign.

In addition to National Coming Out Day, HRC sponsors the

ongoing project to promote honesty and openness about being lesbian, gay or bisexual on campus, in the workplace and at home. Its public education and outreach programs, such as Coming Out on Campus, open a dialogue with gay and straight Americans and urge gay, lesbian and bisexual people to come out and get involved.

For more information, contact the Human Rights Campaign's National Coming Out Project at 1-800-866-6263

## A MESSAGE FROM ELIZABETH BIRCH EXECUTIVE DIRECTOR OF

Some of the most difficult and important decisions in the lives of gay, lesbian or bisexual people surround "coming out" that is, deciding to be honest and open about our sexual orientation. The fact that you are holding this booklet is a

sign that you may be questioning your sexual orientation or you know someone who is doing so This booklet aims to answer some of those questions and refer you to other helpful resources.

Gay people are everywhere, and every day, more of us are deciding to live honestly. This is critically important to our community be

cause the Everyone thinks they 're the only discover your secret, only way we ones who have these feelings. But will stop the that's not the truth. There are people who came before you, and is to reveal our true

selves to our friends, our families and our neighbors. National polls have shown that people who know someone who is lesbian or gay are far more likely to support equal rights for all gay people. So in effect, coming out may be one small step for a gay man or lesbian but is contributes to the gians leap we are making for all gay people. today and in the future

If you are thinking hard about whether and how you should come out, you're probably wondering, "What is this going to do to my life? Will my family accept me

THE HUMAN RIGHTS CAMPAIGN will my friends still like me? How do I know if this is the right thing to do?" These are all valid ques tions and you are not the first person nor will you be the last to struggle with them. But it's my fervent hope that just as the earliest gay activists paved the way for me, today's lesbian, gay and bisexual leaders are helping to make life

easier for you Let me assure you that while being an openly lesbian, gay or bisexual person in this society isn't easy, it is so much more gratifying than being in the closet. Lying and hiding, worrying that someone will

consumes a lot of personal energy and detracts from the quality of a person' life. No one should

be denied the oppor tunity to thrive and flourish as a full human being because his or her sexual orientation is different from that of the majority

Our community has come a long way in the decades since the rebellion at the Stonewall Inn which began the modern gay rights movement, but it still has a long way to go. We will point you toward other resources that can help you as you grapple with the life-altering and potentially lifeenhancing decision for you

the following comes from a free booklet that can be obtained from the Human Rights Campair

to come out

#### INTRODUCTION Being attracted to someone of the

same sex can be frightening \_ so frightening that you may deny your feelings, or throw yourself into dating the opposite sex, just to prove you are not gay or lesbian.

But then the feelings come up again. You try to put them out of your mind but you can't. Finally, you stop resisting, and in that in stant, your world changes You discover that being with son the same sex feels better than be ing with the opposite sex ever did. But what will this mean for the rest

Certainly, life is more challenging if you are gay or lesbian. It re quires that you develop the cour age to honor your own experience of love above anyone else's judg

ments about it. But you can do it. Millions of people have, and many say it was the best thing they ever

In creating this publication, we have talked to some prominent gay men and lesbians about their experiences of coming to terms with their sexual orientation, and coming out to others. Among them U.S. Congressman Barney Frank actor Wilson Cruz, and Essence magazine Executive Editor Linds Villarosa. We hope you find what they say helpful

#### How Do You Know?

There is no one way people real-ize that they are attracted to the same sex. Some always know it. Some learn it at puberty. Some figure it out it in college. Some reognize it only after getting married to someone of the opposite sex. But whenever the feelings come up, almost everyone wonders: How do I know if I'm really gay, lesbian or

On the one hand, it's very simple: If your strongest emotional and the same sex, you're gay or lesbian. If they're equally strong to the same and the opposite sex, you're

On the other hand, sexual orien tation is confusing because most of us were raised to think of ourselves as Leterosexual. Our parents teachers and our culture told us that some day, we'd meet someone of the opposite sex and get married No one ever said we might fall in love with someone of the same sex That's why we're shocked when it

Unless there's someone gay in your family, you probably never considered the possibility that you yourself might be lesbian or gay. Moreover, you probably have heard many negative stereotypes of gay and lesbian people \_ but most of these are based on erroneous or inadequate information; what you need are the facts

#### THE EACTS ABOUT HOMOSEYHALITY

No one knows how many per are gay, lesbian or bisexual. The hest estimates we currently have indicate that between 3 percent and 6 percent of the population is gay. However, even the most reputable estimates are colored by the fact that many people are afraid or un willing to be identified as gay or lesbian, even in an anonymous sur vev. So the true number is prob ably even higher. But whatever the amber, the facts are the sam

Homosexuality is Not a Choice; Homosexuality Chooses You

Some people say that homosexu ality is a choice to discourage you from being in a gay or lesbian relationship. But think about it for a minute: Did you choose to have feelings of same-sex attraction? Why would you? The fact is: Homosexuality is not a choice any more than being left-handed or having blue eyes or being heterosexual is a choice It's an orienta tion, a part of who you are. The choice is in deciding how to live your life

#### Gay People Are Mentally Healthy

In the 1970s, the American Psychological Association and American Psychiatric Association revised their positions on homosexuality. Both determined that home exuality is not a mental disorder. Nonetheless, some people might try to tell you that you are sick and that you need professional help to "change." There is no scientifically valid evidence that people can change their sexual orientations, although some people do repress it. But because being gay is not a disorder, there is really no reason to try change yourself.

But it's OK to seek help in dealing with the confusing feelings you might be having about your sexual entation. Coming out is a major life decision and as with reaching any other personal milestone, you might seek professional help through the process. Just remen ber: The anxiety you are feeling is probably the result of family or social prejudice against homosexu ality, not homosexuality itself.

# Gladd Calls '98 TV Lineup An Increasing **Reflection Of Gav** Community

LOS ANGELES, AUGUST 19 GLAAD announced that the 1998 fall television lineup will include a unique array of regular and recurring lesbian, gay and bisexual characters of color. Joining them will be national television's first gay male lead character on the new sitcom Will & Grace

In years past, gay characters of color, and particularly lesbians of color have been virtually nonexistent on television. However, this year, nearly one quarter of the 22 lesbian and gay characters are people of color. Showtime

Networks recently introduced Jackie (Rain Pryor), an African-American lesbian of color on its irreverent new comedy Rude Awakenings.

Joan M. Garry, Executive Director Also, on the cable channel's new show Linc's, Rosalce (Tisha Campbell)

currently questioning her sexual orientation On CBS, the new sitcom The Brian Benben Show will feature Latino weatherman Billy Hernandez (Luis Antonio Ramos). In addition, primetime will welcome back two African-American gay male characters: Chicago Hope's Dr. Dennis Hancock (Vondie Curtis-Hall), and Carter Heywood (Michael Boatman) on Spin City, a GLAAD Media Award-winn

Joan M. Garry, GLAAD Executive Director, said this figure represents a decrease from last year's record setting number of lesbian and gay characters. Nonetheless, she is heartened by the quality of the upcoming season: "The 1998 TV lineup is significant in that it demonstrates an increase in the number of characters which genuinely reflect the uniqueness and diversity of our munity in a way we have not

www.glaad.org. GLAAD is the nation's lesbian and gay multimedia advocacy organization GLAAD is dedicated to promoting fair, accurate and inclusive representations

Being Gay or Lesbian "lifestyle," a word chosen to

is Natural You've probably heard people say that men are "meant" to be with women, and women with men, that being gay or lesbian goes against nature and morality. But if homosexuality were unnatural, why would it occur, generation after generation, despite strong societal prohibitions? The fact is same-sex ove has occurred throughout history, in every nation and culture on Earth. It is a natural variation among humans, and if you look hard enough, you'll probably also discover that it has occurred somewhere in your family's history. When people say homosexuality is

unnatural, they mean it is agai their preconceived idea of what is Being Gay or Lesbian is Not a "Lifestyle," It's a Life It's sometimes said that gay and lesbian people live a gay yet seen." Garry continued, "No longer are lesbian and gay characters strictly peripheral on network television and GLAAD hopes to these portrayals continue to grow-reflecting the realities of diversity, family and

Lesbian, gay and bisexual characters will be returning to such shows as Friends Mad About You Nash Bridges and NYPD Blue. In all the season will include five new regular and recurring characters

faith "

'The Fall '98 TV lineup marks a significant year for unique and diverse images of lesbian and gay Americans,"

Ellen DeGeneres'

groundbreaking year, NBC will

nake a little history of its own with Will & Grace. The new Monday night comedy will feature television's first gay male lead character, Will Truman (Eric McCormack). The sitcom also brings Will's sassy friend Jack (Sean P. Hayes) to the small screen. William Horn, GLAAD Assistant Entertainment Media Director said of NBC's Will & Grace, "We are delighted with such a smart sitcom which tells the story, in an extremely funny, witty, and at times poignant way, of two best friends-

of a hit TV show: a great cast, an accomplished director and incredible chemistry between a talented For a detailed list of this season's characters, please visit GLAAD's "TV Scoreboard" at http://

ne of whom happens to be gay.

Will & Grace possess the qualities

of individuals and events in the media as a means of challenging discrimination based on sexual orientation or identity

> trivialize us and to imply that all gay men and lesbians subscribe to the same values, characteristics and dreams. The fact is we're not all the same any more than heterosexuals are. Some of us have one lifelong relationship, some have many. Some wear distinctive clothing, some do not. Some are liberal, some are conservative. Some are affluent, others are poor. The only thing we all have in common is that we love people of the same sex. Gay Men and Lesbians

Constitute Families Some people talk as if there are

two options in life: You can marry omeone of the opposite sex and become a family or you can be gay or lesbian and be excluded from the definition of family. This is patently untrue and is a position perpetuated by religious political extremists who have a stake in portraying gay people as outside the

# "Best B&B hands down." -Maine Times, '97

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Materials submitted for printing must be typed, signed and must have address, phone number and best time to contact for verification. All political submissions will be verified. Editor has the right to refuse any submission without notice given to

Please keep letters to the editor under 200 words. All letters to the editor will be published, but the editor has editoral rights f content is to graphic or to explicit in details or is deflamitory to any person or business or concept.

Questions reguarding submissions should be addressed to David Jackson, editor @ 617 Davenport Road, Chelsea, Maine 04330. Opinions published in our paper do not necessarily represent those of the staff or

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6 7			44.00	42.00
	49.50	47.50		
8	56.50	54.25	50.25	48.00
9	63.50	61.00	56.50	54.00
10	70.50	67.75	62.75	60.00
11	77.50	74.50	69.00	66.00
12	84.50	81.25	75.25	72.00
13	91.50	88.00	81.50	78.00
14	98.50	94.75	87.75	84.00
15	105.50	101.50	94.00	90.00
16	112.50	108.25	100.25	96.00
17	119.50	115.00	106.50	102.00
18	126.50	121.75	112.75	108.00
1/4 page 19	142.50	133.00	123.50	114.00
1/2 page 38	285.00	266.00	247.00	228.00
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## Volunteers Wanted

Merrymeeting Aids Support Services M.A.S.S. of Mid-Coast Maine is looking for gay and bi-sexual men interested in providing direct HIV prevention to other men, for more information: Contact Brian 207-775-4955, P.O. Box 57, Brunswick, Me. 04011 mass@netquarters.com

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'Circulation and advertising revenue is slipping at the nation's metropolitan daily newspapers, but alternative papers are proving attractive to mainstream advertisers such as hardware, stereo and shoe chains." The Wall Street Journal

> "Today, the alternative monthly industry is healthier than ever. The composition of the audience-more than 50 percent Generation Xers and Baby Boomers, overwhelmingly college educated, median household incomes of about \$40,000- has increasing appeal for advertisers." Media Week

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# Coming Out cont.

mainstream. The fact is that lesbian or gay male couples are as much family as heterosexual

And if you dream about having children, you can do so if you're gay or lesbian. Many gay and lesbian couples have children through adoption, artificial insemination or previous relationships. Plus, all the scientific evidence to date shows the children of gay couples are just as likely to grow up happy and well-adjusted as the children of heteroexual relationships.

#### Some of the Most Talented People Are...

If anyone ever suggests that your life now it add up to anything if you're gay, remitd them that. Plant owas a lover of men. So were Michelangelo and Leonardo da Vinci. Bayard Rustin, a leader of the black eith! Inghst movement, was gay. So were Oscar Wilde, Gertrude Stein, Marcel Proust and James Baldwin. Shakespeare wrote about a man's love for a man. Poet Emily Dickinson wrete about the Telling Dickinson wrete about the man's love for the Stein Stei

love for a woman. More recently, musicians K.D. Lang and Melissa Etheridge, and actresses Ellen DeGeneres and Amanda Bearse have come out as leabian; and actors Wilson Cruz and Mitchell Anderson, record producer David Geffen, Olympic swimmer Greg Louganis and Olympic skater Rudy Galindo, and U.S. Rep. Barney Frank have come out as gay.

#### COMING OUT

Coming out means identifying yourself as gay, lesbian or bisexual. The first and toughest person you have to reveal this to is yourself Then you can deal with friends and family. For many people, the coming out process is difficult. But most people come out because,

most people come out because, sooner or later, they can't stand hiding who they are any more. Once they've come out, most people have to admit: It feels much better to be open and honest than to lie and hide.

Melissa Etheridge, singer: [People] think they'll lose everything if they come out. This did not happen to me at all. In fact, everything came back tenfold.

thing came back tenfold.

Ellen DeGeneres, actress: For me, [coming out] has been the most freeing experience because people can't hurt me anymore.

Andrew Sullivan, writer: ...to me, it was like being in a black-andwhite movie that suddenly converted to color.

"Coming Out to Yourself
"Growing up, I felt there was
something about me that truly set
me apart from other kids. But I
didn't have a grasp on what it was,"
says Candace Gingrich, a spokeswoman for the Human Rights Campaign and half-sister of House

Speaker Newt Gingrich."

"I had a few fleeting crushes on girls and, then, a full-blown crush. Inside, they felt right and normal. But at the same time, I didn't have any way to process those feelings because I didn't know any gay people or know that I knew them. I felt that I would risk something if

I expressed my feelings."

Candace started playing on a rugby team, and for the first time saw women being openly affectionate to each other. "It was like being dropped into what was origi-

nally a foreign country but, once there, I realized it was my country of origin. I thought, Wow, the feelings I've been having are normal. It is OK to be who I am."

Coming out to yourself means recognizing and accepting that you're primarily attracted to the same sex. But how do you get from recognition to acceptance? It helps to talk to someone. But who? And what should you say?

Coming Out to Others

Some people come out when someone asks them if they're gay or lesbian. Others make a point of pulling people aside and saying, "There's something I have to tell

If you choose the latter option, ask yourself: "Who is the most open-minded and caring person I know who is also the least likely to be shocked, threatened or put off?" This might be a friend, a relative or a teacher. Tell that person you have questions about your sexual orientation, or you're trying to come to terms with your sexual to come to terms with your sexual

rientation, and you'd like to talk If you don't already know someone like this, consider talking to a school counselor or a member of a gay and lesbian student group. Gay-straight alliances exist in many high schools and colleges. Many communities have lesbian and gay switchboards. You might seek out nearby churches or synagogues that minister primarily to lesbians and gay men. And there are many gay youth and coming out sites on the World Wide Web. including the Human Rights Campaign's National Coming Out site which you can access through

#### Organizations

The Human Rights Campaign 1101 14th St., N.W., Suite 200 Washington, DC 20005 202-628-4160 National Coming Out Project 1-800-866-6263

http://www.hrc.org
The National Gay and Lesbian Task Force

2320 17th St., N.W. Washington, DC 20009 202-332-6483 http://www.ngltf.org

Parents, Families and Friends of Lesbians and Gays (PFLAG) 1101 14th St., N.W., Suite 1030 Washington DC 20005

202-638-4200 http://www.pflag.org

Lambda Legal Defense & Education Fund 120 Wall St, Suite 1500

New York, NY 10005 212-809-8585 http://www.lambdalegal.org

National AIDS Hotline 1-800-342-AIDS 1-800-344-7432 (Spanish) 1-800-243-7889 (T.T.D.)

BINET USA P.O. Box 732 Langley Park, MD 20787 202-986-7186

http://www.norm.org/pub/brc/binet.html

National Association of People With AIDS
1413 K St., N.W., 7th Fl.

Washington, DC 20005 202-898-0414 http://www.napwa@napwa.org

Did we forget you?

Let us know. We need your help in updating our list. If you belong to an orginazation or group let us know by sending in the information that you would like published in the next issue.

Please include a contact person and phone number. Thank You



http://www.hrc.org.



Sat., October 10 BANGOR, MAINE

MARCH STARTS AT 9 AM SHARP

7-9 AM Registration At Maine Center for the Arts University of Maine, Orono

RALLY • 1:30 PM
Paul Bunyan Park • Bangor

To get information or participation forms call **1-877-GIVIL-11** (877-248-4511)

# Free Open House at the Debuts at Shambhala Meditation Center

The Shambhala Meditation Center of Southwestern Maine are introducing a coffeehouse-style "Shambhala Open House" in Brunswick, Maine, on the first Sunday of every month starting October 4th. The Open House, which is intended to help introduce newcomers to meditation and the Shambhala community, is free and

Standman community, as ree and open to the public.

"Listening to good teachers, core templation and meditation are the three classic ways to learn about spiritual practice," says Resident Director Shambhala Training Christopher S. John. "But in the modern era, experience shows that informal conversation among stitu-informal conversation among stitu-information among stitus information among stitus in

fee, cake and conversation."

The Open House will be held on
October 4th, at 98 Maine Street
(above Mailboxes Etc.) in

Brunswick. It will consist of group meditation at 9 a.m., meditation instructions for beginners at 10 a.m. and a social hour at 11 a.m. All are welcome to arrive at any time of the morning. There is no

charge. "Meditation is an ancient technique for awakening the mind and inquiring into the nature of one's existence," adds St. John. "The human ego labors under the illusion of being permanent and somehow separate from the rest of the world- an illusion that leads to fear, aggression, craving, tension and other suffering. Meditation helps to dispet this illusion so poople can awaken to, and enjoy, the world as it really is,"

For more information, please call 207-582-1750.

"I hope people will join us," concludes St. John, "and continue to uncover their natural wisdom, gentleness and fearlessness"

Check out Our Paper on the web ...

http://www.ctel.net/~djack

# FREE THINGS TO SEND FOR

(NAPS)—Occupational 1Rerapy (OT), can be done while your child is in school. For more information about OT, write The American Occupational Therapy Association, 4720 Montgomery Lane, P.O. Box 31220, Bethesda MD 20814-3425, call toll-free 1: 800-688-8255, or see www.aota.org on the Internet.



For information about how the sweetener industry created 220,000 jobs in 42 states, write to The American Sugar Alliance at 1225 Eye Street, N.W., Suite 506,

Washington, DC 20005.
A free copy of The Best Toys,
Books, Videos & Software for
Kids 1998 (a \$13 value) is available by writing: Toys with Play
Power, 16 Nantucket Lane, St.
Louis, MO 63132, by calling 1800-KIDS-450 (English) or 1-800-

448-7084 (Spanish).

A free new educational brochure about debit cards, A Smart New Way To Pay, can be ordered by calling 1-800-647-1756. It's also available on Master Card's Wah site A transparence of the card of the ca

# Boston Globe Finds That Sometimes, Just Being Gay Isn't Enough

GLADD. "Call 1998 the year that gay politicians came of age," stiff writer Matthew Brelis states in the Aug. 30 Boston Globe. he writes, a record 10 openly lechain or governed the state of the control of the gay movement. Openly gay candidates are not automatically winning endorsements from gay political causares. Rather, they are supported or opposed based on the qualities that drift me any candidates.

winning endorsements from gay political cancuses. Rather, they are supported or opposed based on the qualities that define any candidate: their stands on issues, their record, and their personalities. "He cites the state's 8th Congressional District, be the State's 8th Congressional Gay Political Alliance of Massachusetts endorsed Marjorie Clapprood instead of Susan Tracy, the only openly lesbian candidate

in the race - who did gain Victory

Fund support. Brelis also makes the point that all four openly lesbian candidates seeking congressional seats, including Tracy, are "offering themselves as candidates who happen to be gay, not gay candidates."

Brelis' timely report goes beyond surface sensationalism: While he could simply have focused on the fact that a regional lesbian and gay community organization had chosen not to endorse an openly lesbian candidate he moves beyond that Brelis examines what his state's political landscape really is saying about our community's political participation in 1998. His insightful analysis uses both statistics and pertinent quotes to provide a positive and accurate snapshot of a community's political coming of age.

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available on Master be site at www.master Classified Ad form see page 7. Good for business or nonbusine

# Shaw's and Shop n' Save to Test Market Wines

For the next few months the two major grocery chains in Maine will be test marketing wines which are represented in New England by Cellars of Maine. The wines will be featured at the Shaw's Mill Creek Store and at the Shop n' Save Maine Mall and Forest Avenue Stores.

We need your help! If you shop at any of these stores or are looking for variety in your wind purchases, please consider our brands. The volume of sales of our wines in the next few months will determine if the wine will be carried through out New England. Needless to say this is quite important to our business.

Cellars of Maine's mission it to provide a value added service to wineries in the exportation and marketing of their products in New England.

Steve Linne and David Ulrich founded Cellars of Maine in 1996 based on the realization that few Pacific Northwest wines were in the New England wine market. From the beginning Cellars has focused on service to both the winery and the distributor, which as led to our rapid success.

We now represent twentyfour wineries and distribute through four distributors.

These are a few of the Cellars and Wineries that you will find at your favorite restaurant and specialty wine shop.

Bridgeview Vineyard and

NV Blue Moon Riesling 1995 Blue Moon Chardonnay 1996 Black Beauty Merlot Pasc

Washington Hills Cellars 1996 Chardonnay 1995 Semillon

1995 Semillon 1995 Cabernet Sawignon Hyatt Vineyards 1995 Chardonnay

1995 Merlot

1993 Cabernet Sawignon The Montinore Wine Estate 1996 Chardonnay Willamette

1996 Pinot Noir
Watch for these other Great
Pacific Northwest wines:

Apex, Balcom and Moe, Barnard Griffin, Camaraderie Cellars, Chateau Benoit, Chehalem, Cooper Mountain, Duck Pond Cellars, Latah Creek, L'Ecole No. 41, Panther Creek, Quilceda Creek, Redhawk, Renaissance, Seven Hills, Silver Lake, Soos Creek, Valley View Vineyards, W.B.

For a full listing see the web http://www/cellarsofmaine.com

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Augusta, Me 04330



# Old Fort Western Seeks Volunteers

Old Fort Western is looking for volunteers to fill a number of positions. All are part-time, and all offer flexible hours and an opportunity to help the Fort succeed on a number of fronts.

a number of tronts.

First, the Fort is looking for one or more volunteers to help maintain and update its web page. As the Fort's basic on-line brochure, page content changes only occasionally but pictures and other graphics as well as specific feature information needs to be added as required. Volunteers must be proficient in HTML.

The Fort also seeks volunteers to serve as curatorial assistants and library assistants. Curatorial assistants help to maintain the collections catalog, take collections inventory, maintain collections files, mark collections objects, and do collections research. Library assistants help maintain the Fort's research library, catalog new acquistions, re-shelve library materials, link shelf with revical file

resources, and help with historical research. Successful candidates must be able to work with computer databases.

Old Fort Western also seeks new members for its James Howard's Company, its Singing School, and its Ladies Association James Howard's Company is the Fort's military company. Members por-tray the soldiers who were stationed here, interpret military history during special events, and help maintain the Fort's military equip ment. Singing School members meet to learn about and sing the music of 18th-century New England. The school performs annually during the Fort's winter lecture series and on Independence Day. The Ladies Association pro vides a female interpretive presence during special events, learns about textile and other period arts. and helps to make and maintain the historical clothing worn by the in-

terpretation staff and others.

For more information or to inquire in person about volunteering, call Jay Adams, 626-2385.

# Did You Know?

(NAPS)—Drizzle Hershey's Chocolate Cherries Jubilee Sundae Syrup over cheesccake, cookies or into coffee to make simple yet special dessersts for family

yet special dessersts for family and friends during the holidays. A first-of-its kind system, The Dream Pack, published by Reader's Digest, has been created to help you track, analyze and explore your dreams. For more information, call 1-80-788-6785



# NOVEMBER 3rd ELECT John Wade

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Continued from page 1

MAINE the way life
COULD be!

Organizers are planning on 3.00 people attending the Rally at Paul Bursyan Park on Saturday, October 10<sup>o</sup>. The March will be saturing from the Maine Center for the Arts O'rono. The Committee has been networking by developing County by County contacts and building coalitions to begin awareness about the March. It is our desire to get organizations in local communities and rural areas envolved. While for a desired the March. It is our desire to get to expend rural areas envolved. While for the March. It is our desire to get to expend rural areas envolved. While can be a support of the control of the support of the

3,000. To date, we have over 50 organizations from around the state participating in our network, including such statewide

groups as the Maine Council of Churches, the Maine Covil Liberties Union, the Maine Woman is Lobby, the Maine Lesbian & Gay Political Alliance, Bangor Theological Seminary, the Maine Speak Out Project, the Maine Rural Network, the Maine's Woman's Fund and OUTRight. We are looking for a few thousand people who youtd housand people houtd housand people houtd housand people houtd housand people houtd housand people houtd

in February or wish they had.

We are looking for a few thousand people who believe that basic civil rights protections,

regardless of a person's sexual ocientation, are worth sanding up for We are looking for a few thousand people who are willing to march in the tradition of Gandhig, saying that we, too, are people who have been judged and stereotyped unfairly, that we, too, are worthy of dignity and our full rights and responsibilities as citizens in our rowns, our state and our country.

TEN MILES..ON THE TENTH DAY.. OF THE 10<sup>th</sup> MONTH...

October 10th March & Rally ... a coalition is growing... a coalition is coming together...

We are asking people that on Saturday, October 10<sup>th</sup>—gay and straight, young and old, friends and family, coworkers, faith communities and those people committed to social justice – to march with us the 10 miles from the University of Maine – Maine Center for the Arts thru Ortono and Veazie to downtown Bangor and then to our

Rally at Bass Park (Paul Bunyan Park). Together, we hope to march in the same spirit as Gahdhi and King marched – in the spirit of love, respect, and civility toward the goal of a peaceful, safe, just and inclusive society. Please come join

March & Rally organizer Ron Hersom hopes that "the March & Rally will reflect will reflect that we are friends, neighbors, and family, people who make positive contributions to our communities in our day to day lives."

People marching the entire 10 miles must register by completing the registration form in our flyer or sign-up at the Maine Center for the Arts the morning of

the march from 7-9am. The March will start promptly at 9am. Participants may also join the March at Cascade park in Bangor or

along the route on State
Street and Main Street in Bangor.
Participants may also wait at Paul
Bunyan Park for the Marchers and
join us for the Rally starting at
1:30pm. Live music at Paul
Bunyan will begin at noon with
performers including — a
"Dixieland" band; an A Capella

chorus, and Darthe Jennings. There are two other events occurring in conjunction with the Maine Civil Rights March & Rally. The first is on Friday, October 9th, at 7pm at the Hammond Street Congregational

Church in Bangor, ME. A "Candielight" interfaith Service entitled "What Binds Us Together" will be offered in preparation for the events on the next day. The service will be multi-denominational and will have music, prayer, reflection and words of inspiration. For information about this service call the Ham mond Street Congregational Church at 207-942-4381 or the Unitarian Universalist Church of Unitarian Universalist Church of Unitarian Universalist Church of Unitarian Universalist Church of

Bangor at 207-947-7009

The second is on Saturday, October 10% at Spin at the Main Center for the Arts, University of Maine, Orno. Entitled "Civil Rights Celebration", the evening of music and concept will be emcode by Tim Sample and includes performances by Suede, a popular' juzz vocalist and musician, Sleve Schalchlin, componer 1/pricats of the off-Broadway hit "The Last Session" and the Maine Cept the Control of t