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Gubernatorial forum shows progress but little difference

by Terri Jones
Editor

AUGUSTA - The May 21 Gubernatorial Forum was a combination of old and new for the spectators who turned out to hear the positions and views of the candidates for the 1994 governor's race. The forum, sponsored by the Maine Lesbian/Gay Political Alliance, the Maine Civil Liberties Union, the Maine AIDS Alliance, the Maine Chapter of the National Organization for Women and the Women's Issues Working Group from the University of Maine at Augusta, was held at Jewett Hall on the University of Maine-Augusta campus. Participating in the forum were Democratic gubernatorial candidates Tom Allen, Richard Barringer, Donnell Carroll and Robert Woodbury, and Green Party candidate Jonathan Carter.

The old piece was the absence of front-runner Democratic candidate Joseph Brennan who maintained his refusal to engage in any public debate with the other Democratic hopefuls. Several references to his absence were made by the participants and the forum failed to provide the Democratic candidates with any meaningful opportunities to distinguish themselves from each other.

Also absent from the participants were the eight Republican candidates.

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USM grapples with claims of homophobia

by Laura Smith
Contributor

PORTLAND—The University of Southern Maine (USM) has come under fire for what some perceive as homophobia and the quelling of diversity within the University staff and curriculum. USM's decision not to renew Dr. Chris Castiglia's contract and a vote to discontinue Dr. Chris Reed's contract have instigated a flurry of letters to the University's campus newspaper, The Free Press, a student organized "speak out" and a letter to USM's president calling for action.

"The Chrises" as they have become known through this controversy, are openly gay lovers. They are also well-regarded scholars on the verge of publishing whose resumes are filled with references reflecting their interests in gay and lesbian studies.

Castiglia and Reed met in the early 1980s as undergraduates at Amherst College, where they both worked with the gay/lesbian student organization and were involved in gay and lesbian political work. During their 12-year relationship, they both went on to receive their masters' degrees and doctorates' degrees in their respective fields—Castiglia in English and Comparative Literature and Reed in Art History.

Castiglia claims that he was lured to USM by the College of Arts and Sciences who were initially looking for a person to fill a tenure-track position. Ultimately, Castiglia was offered a two-year, fixed-term position utilizing his expertise in both the English Department and the Graduate program in American and New England Studies.

Castiglia's claim of homophobia stems from this change in the position offered. Castiglia was told that the Director New England Studies, Joseph Conforti, would not recommend hiring him.

He accepted the position with encouragement from the English Department that they would "work something out."
ANNE RAND
A Democrat for the Maine State Senate, and a lifelong Portlander to fight for us.

"Anne Rand is a strong advocate for civil rights. She sponsored Maine’s hate crimes legislation and our first-in-the-nation sexual harassment law when few legislators dared to stand up for civil rights. Anne is a co-sponsor of Maine’s Act to Prevent Discrimination. We support Anne Rand for State Senate District 28"

Barbara Wood
Rep. Susan Farnsworth
Ralph Cusack
Butch Fenton
Jim Michaud
Sive Neilan

Jason Alston
Tim Pinkham
Sen. Dale McCormack
Maggie Fournier
Cheryl Ciechomski

☑ Vote for Anne Rand JUNE 14th

ENDORSED BY:
Dirigo Alliance, PeaceAction Maine, Maine National Organization for Women, Greater Portland Federated Central Labor Council, Committee for a Safe Energy Future, Maine Association of Interdependent Neighborhoods, Maine Council of Senior Citizens, Maine People’s Alliance, Maine AFL-CIO, Maine State Employees Association, International Association of Machinists Local Lodge S6 (Shipbuilders), National Association of Social Workers – PACE, National Lawyers Guild, Maine Chapter

This Time, The Best Man for the Job Is a Woman.
Vote for Anne Rand on June 14th

Paid for and authorized by Anne Rand for State Senate Committee, Vinnie O’Malley, Treasurer, 61 Melbourne St., Portland, ME 04101

"Discrimination directed at any group is inconsistent with our time-honored Maine values of fairness, tolerance and equal opportunity for all. I will introduce and work for passage of a bill prohibiting discrimination against gay men and lesbians in matters of credit, employment, housing and public accommodations. And I will vigorously fight hate crimes through prevention programs and the support and expansion of current law enforcement efforts”.

Bob Woodbury

WOODBURY
GOVERNOR

sponsored by Pat Peard, Larry Bliss, Ann Donaghy and Deborah Rice

Authorized and paid for by Bob Woodbury for Governor Committee,
Carol Wishcamper, Treasurer, P.O. Box 1139, 405 Congress St, Portland, ME 04104-1139, 871-0530
USM continued from page 1

According to Dave Davis, the current Vice President for Academic Affairs and Acting Provost, the former Dean of the College of Arts and Sciences, the decision not to hire Castiglia on the tenure track was a budgetary one. Both departments English and New England Studies applied for a tenure track position to be added. We couldn’t do both. This was the compromise,” Of Comfort’s "personal" problem with Castiglia, Davis couldn’t comment.

Meanwhile, though the English Department will most likely apply for, and receive another tenure track position, Castiglia’s departure will, in many students’ and faculty’s opinions, represent a major loss to the University. “It’s horrible and unconsiderable that we’re being punished for being out there”, says Castiglia. “They don’t even get that it’s important. That’s why they seem surprised by my claim. Their ignorance is it itself horrifying.”

As one of the few professors at USM teaching courses specifically on gay and lesbian studies, the loss represents a significant step backward in the promotion of cultural diversity at USM. Castiglia’s “Introduction to Gay and Lesbian Literature” was filled to capacity (50 students) with a waiting list of approximately 25, despite the university’s policy of only hiring tenure track faculty for part of students’ courses in this area.

Chris Reed, who teaches in the Arts Department, and is on tenure track, has also left USM. “Having watched my professor, his contract is reviewed every two years. In his informal annual review, he got a ‘glowing’ review” and was told he would receive tenure. However, this year, a committee reviewing his tenured contract raised questions about his value to the University based on his record of teaching, research, and community evaluations. Historically, very few students fail out the evaluations, which are administered at the end of a semester and ask questions relating to the teacher’s performance. The evaluation is not set up to grade student comments. Though these evaluations are not publicized, Reed indicated that out of all comments written, approximately 1/5 contained negative feedback, a statistic he feels hardly represents the majority of student reaction to his courses.

“There is a similar kind of pattern here,” says Reed of his situation to Castiglia’s. “People are suspicious of professors teaching gay and lesbian studies”, says Reed. He feels that certain individuals question his agenda” in stressing the importance of gays and lesbians in contemporary art. “How can you teach contemporary art without teaching [Roberta] Maplethorpe?”, asks Reed.

Reed feels that post-modern art necessitate the study of the artist’s sexuality. His class, “Gender Identity and Modern Art”, which ran twice per semester, both times filled to capacity with a substantial waiting list.

Some students feel that the USM is trying to “protect” them from post-modern art. “Ask USM Censors Freedom of Thought” and distributed on campus commented in reference to Reed’s plight, “this appears to be a blatant case of homophobic bias which has been masters by the art department in an effort to “protect” USM students from learning about Post-Modernism.” This idea seems to have been authored by Reed himself who admits that he spoke to his superiors about his situation and had encouraged their petition and rally.

The controversy surrounding the “Cherries” doesn’t end with their claims of homophobia. Comments made by Reed at the “Speak Out”, an event organized mainly by USM students in response to the perceived homophobia, have been described by some as sexist and anti-gay.

Comments suggesting a link between lesbian separatism during the 1970s and the homophobia that exists at USM today have been criticized by several members of the faculty and student population. Reeds’ outing of Art Department chair Rose Marasco in a letter to the Mary Free Press难道末尾 and disapproved many. Reed contends that Marasco’s partner, Elektria Brown, attended the “Speak Out” to defend the Art Department on Marasco’s behalf (she was not at the event) and therefore opened herself up to response.

Regardless of the personal feelings and differences, the University has been called to task on the issue of homophobia and diversity. In a letter to USM President Richard Pattau; Barley Bliss, Director of Career Services and Cooperative Education, and Julian Marquay, Associate Dean of the College of Arts and Sciences proposed that the President appoint a task force to address gay/lesbian concerns and the campus climate. The two are diversity leaders in their field and recommend that the task force be set up immediately and include students, faculty, professional staff and administrators.

“The appearance of homophobia requires that we respond”, says Bliss. “We can’t just sit here as an institution with our heads in the sand. We must respond.” Reed and other students feel that they need to be included in the discussion regarding gay and lesbian faculty, professional staff and students need to be addressed, including gay and lesbian course content and domestic partnership benefits.

Although USM has a non-discrimination clause protecting individuals from discrimination based on sexual orientation, it does not apply to professors whose relationship with the University is contractual. Until it is specifically written into their contract, they are not protected.

The President’s Office has not yet given a formal response to Bliss’ and Murphy’s request, but Acting Provost Dave Davis agrees that homophobia exists at USM.

“There are 10,000 students and over 1000 faculty, staff and administrators to say that there is no homophobia at USM is silly,” he says. But he doesn’t agree that the creation of a flashy committee that would preach amongst itself and ghettoize the issue is the solution. He feels that “the campus workshops, a newly created coalition for homophobia, consciousness-raising, and creating opportunities for staff and the student body to have input” will help make sure USM is tolerant and providesdiversity.

“The President takes these issues very seriously,” he says. “He takes them to heart.” “This is a complex social phenomenon. We don’t want people to feel uncomfortable here... we want USM to be a place where people have fair opportunities, but we don’t want quick fixes.”

While he feels that the “Cherries” controversy has created a lot of personal animosity for people, Davis says he doesn’t feel that USM actively contributed to the perception of homophobia, but feels that it may be “guilty by negligence if we don’t watch out.”

Chris Castiglia has accepted a position with Temple University in their Women’s Studies Department teaching “American Women in Writing”. The university has yet to determine whether he will return after his fellowship year effectively eliminates much of the university’s gay and lesbian studies offerings.

Neither Reed nor Castiglia believe that gay and lesbian studies needs to be taught in and of itself, rather that it can be woven and integrated into regular course work as another dimension in the continuing education of all students.

“We can’t work in an environment where most people don’t care and a few people are out to get us,” says Reed.

There are other courses at USM that integrate gay and lesbian experience into their courses. The Criminology Department looks at masculinity and sexuality, including a homophobia section. The Women’s Studies Department offers a course in lesbian representation.

Dr. Rich West, an Assistant Professor in the Communications Department at USM, currently teaches “Communication and AIDS” and will be teaching “Human Sexuality” in the fall of 1994. His lecture is also exposed to gay and lesbian relations in the context of his new course, “Relationship Termination.”

West contends that he has experienced no homophobia at USM. “If I felt discriminated against in my work, my course content, my research, I would leave... I’d look elsewhere for employment”, says West. In fact, West has just received a $3000 grant approved by the USM Senate to help with his research on homophobia within gay and lesbian families. West’s book, Gender and Communication will be published in November of this year.

On the subject of textbooks, Reed and West both question the University’s policy of making textbooks available to students. “There are lots of textbooks that have sexism in them,” says Reed.

West would like to see USM put together a task force to look at integrating gay and lesbian thinking into the curriculum. As of press time, no official word had been given by the President’s Office as to whether they’ll support the formation of a task force.
What’s wrong with the Right

On some level, it’s easy to brush off the religious right. The Bible-thumping, money-grabbing style of its TV ministers, their tearful confessions and their choice of hairstyles. It’s even easy to laugh at Carolyn Cosby as she makes a copy of 10% on a local newsclip and accuses gay publications of inciting “illegal, criminal activity.”

However, as the news of yet another successful repeal of a domestic partnership policy in Austin, Texas with yet another creative strategy to mask the bigotry behind their efforts, the laughter dies and we are left with the realization that the lesbian and gay community is fighting an all-out struggle to retain the quality of life that we deserve.

Explaining their persistence and hatred frequently defies belief but one is left with the metaphor of the racehorse wearing blinders who can see what is directly ahead or, in humans’ case what they choose as acceptable, “right”, “moral” and “decent”. The blinder syndrome, while involuntary for horses, is a choice for people.

The choice reduces to this. If the Constitution is convenient, the Right will use that. Take for example, CMF’s Carolyn Cosby, who has accused 10% of inciting criminal behavior by asking its readers to let 100% know when they see petitions being gathered. She asserts the Right, let’s be true to our heritage of demanding the legal that our request for information on her activities incites people to degrade and denounce others and the feeling of power they get.

It was slightly over a year ago the CMF transmitted to certain gay leaders, including Rep. Susan Farnsworth and Sen. Jerry (sic) Conley copies of its resolution. In Support of Principle and Civil Debate as part of CMF’s sincere and heartfelt NO ROOM FOR HATE initiative vis-a-vis the evolving relationship between the gay community and Concerned Maine Families.

Although this appeal to the principles of cordial and peaceable political debate was brushed aside by representatives of CMF and Conley who seemed at the time incapable of cooperating with CMF in the preservation of a mutually respectful ground for discourse, new positions undertaken by the gay community have recently created a situation so uncivilized, destructive, and contrary to the rule of law that we come again seeking your cooperation and that of the gay community with time-honored principles of proper behavior in the political arena.

As you are well aware, the 1994 issue of 10%’s monthly newspaper for lesbians and gay men, contained (on page 4) an article (“Concerned Maine Families: sighted”) which states “anyone seeing anyone collecting signatures should contact Act-Up/Portland at 828-0566 or 10% at P.O. Box 10536, Portland, Maine, 04104. This type of notice, coupled with recent incidents of activist harassment represent a serious breach of the right of citizens engaged in political activity represents a serious breach of the right of citizens engaged in political activity.

In the face of recent incidents of harassment directed against our petitioners, we have decided to renew our year-old appeal by approaching you as a leading attorney in the gay community. We know that you value the rule of law and that it ought to be respected rather than disrupted by your advocacy as a leading attorney in the gay community. We know that you value the rule of law and that it ought to be respected rather than disrupted by your advocacy as a leading attorney in the gay community.

As for CMF, we believe that they are a leaderless organization. Your actions and comments are indicative of your endorsement of the CMF petition gatherers at Portland. As such, we request that you end your relationship to these groups.

I am in receipt of your fax dated May 18, 1994 and respond as follows.

I do not make any representation to you that I speak for the entire lesbian and gay community just as I am confident that you do not speak for the entirety of the radical right element in Maine. However, I can say with complete confidence that the members of Equal Protection Maine have never interfered with anyone’s First Amendment rights. Our goal is to preserve the basic civil rights of all Maine citizens. Our organization firmly believes in civil debate and has always conducted itself in the best traditions of political rivalry in Maine. We shall continue to do so.

It is clear, however, that the goal of Concerned Maine Families is to deprive the gay and lesbian community of the equal rights of basic constitutional and statutory protections in employment, housing, credit and public accommodations. Your campaign is based entirely on hate speech and rhetoric which contributes to the rising tide of violence against gay men and lesbians in this state. Because of your fundamental disregard for basic human rights, it is not possible to sign any agreement with your organization. Your actions and literature promoting hate speech louder than your political rhetoric denying a campaign of hate.

The following text from a fax that was received by Equal Protection Maine member Patricia A. Pead: Date: May 18, 1994 To: Patricia A. Pead, Esq. Activist, Equal Protection Maine From: Carolyn H. Cosby, Chairman, Concerned Maine Families Subject: In the face of disturbing indications of gay activist harassment of CMF petition gatherers in public places (and indications of anti-CMF instigating in 10% and Community Pride Reporter tabloid), a renewed CMF appeal to the gay community to join with CMF in a No-Room-for-Fate initiative, i.e. to join with us in a resolution in support of principled and civil debate.

Pat Pear se responds…..
What’s wrong with the Right

On some level, it’s easy to brush off the religious right. The Bible-thumping, money-grabbing style of its TV ministers, their tearful confessions and their choice of hairstyles. It’s even easy to laugh at Carolyn Cosby as she shakes a copy of 10% on a local newscast and accuses gay publications of inciting “illegal, criminal activity.”

However, as the news of yet another successful repeal of a domestic partnership policy in Austin, Texas with yet another creative strategy to mask the bigotry behind their efforts, the laughter dies and we are left with the realization that the lesbian and gay community is fighting an all-out struggle to retain the quality of life that we deserve.

Explaining their persistence and hatred frequently defies belief but one is left with the metaphor of the racehorse wearing blinders who can see what is directly ahead or, in humans’ case, what they choose as acceptable, “right,” “morale” and “decency.” The blinder syndrome, while involuntary for horses, is a choice for people.

The choice reduces to this. If the Constitution is convenient, the Right will use that. Take for example, CMF’s Carolyn Cosby, who has accused 10% of inciting criminal behavior by asking its readers to let 10% know when they see petitions being gathered. She asserts that our request for information on her activities incites people to interfere with petition-gatherers, in fact interfere with their constitutionally-granted right to petition their government for redress of grievances. Clearly, the reporting of facts and the collection of facts is degrade and denounce others and the feeling of power they get.

But the truth is even simpler. The Right picks and chooses its rules from among a much broader canvas that most of the rest of the world recognizes. It picks and chooses rules to cover its real intent - the spread of a hatred-filled and warped version of Christianity that is more concerned about people’s moral consensus, private behavior than following their own religious tenets of “love thy neighbor” and “turn the other cheek”.

It is not in ability to see the entire world that causes bigotry, it is the smug feeling of superiority that their practitioners feel as they degrade and denounce others and the feeling of power they get each time they step into the media glare to push their lies.

Fortunately for the lesbian and gay community, we work to see the entire world, its good and bad, its bigots, heroes and heroines. For if we don’t, we miss the beauty of our community, our partners, our friends and our families. And the problem with the Right is that in their misguided effort to place a lifestyle before the quality of life that we deserve.

As we celebrate Stonewall 25 and face yet another attack from the Right, let’s be true to our heritage of demanding the legal being bestowed on us and on our world.

Cosby alleges illegal interference by “gay activists”

The following text from a fax was received by Equal Protection Maine member Patricia A. Peard.

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To: Patricia A. Peard, Esq., Activist, Equal Protection Maine
From: Carolyn J. Cosby, Chairman, Concerned Maine Families

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It was slightly over a year ago the CMF transmitted to certain gay leaders, including Rep. Susan Farnsworth and Sen. Jerry (sic) Conley copies of its resolution in Support of Principled and Civil Debate as part of CMF’s initiative to have a heartfelt NO ROOM FOR HATE initiative via a vis the evolving relationship between the gay community and Concerned Maine Families.

Although this appeal to the principles of cordial and peaceable political debate was brushed aside by representatives (sic) Farnsworth and Conley, who seemed at the time incapable of cooperating with CMF in the preservation of a mutually respectful common ground for discourse, new provocations of gay-activist harassment of CMF petition-gatherers at post offices in Maine smacks of illegal, criminal tactics to deprive all Maine citizens of the free expression of their constitutional right to lawfully petition their government.

FACT: The September 1993 issue of Community Pride Reporter: The newspaper for the lesbian, gay, bisexual and transgender community of Maine (sic), contains the following quote by Rich Austin under the topic heading “Battle Tactics”:
(...)

Any unlawful interference against the rights of citizens engaged in political activity represents a serious breach of Maine’s standards of lawful behavior and ought to be condemned by all participants in the debate regarding the questions of equal rights for gay and lesbian community in the state of Maine.

Inclusion please find a copy of the resolution form In Support of Principled and Civil Debate. Your signature, and that of the gay and lesbian community with time-riding violence against gay and lesbian activists in Maine.

Pat Peard responds.....

I am in receipt of your fax dated May 18, 1994 and respond as follows:

I do not make any representation to you that I speak for the entire gay and lesbian community just as I am confident that you do not speak for the entirety of the radical right element in Maine. However, I can say with complete confidence that the members of Equal Protection Maine have never interfered with anyone’s First Amendment rights. Our goal is to preserve the basic civil rights of all Maine citizens. Our organization firmly believes in civil debate and has always conducted itself in the best traditions of political rivalry in Maine. We shall continue to do so.

It is clear, however, that the goal of Concerned Maine Families is to deprive the gay and lesbian community of the equal rights of basic constitutional and statutory protections in employment, housing, credit and public accommodations. Your campaign is based entirely on hateful stereotypes and rhetoric which constitutes to the rising tide of violence against gay men and lesbians in this state. Because of this fundamental disregard for basic human rights, it is not possible to sign any agreement with your organization. Your actions and literature promoting hate speech is louder than your political rhetoric denying a campaign of hate.
Wake up, Lewiston! commentary by Janet Welch

It's been a long time since November when the people of Lewiston made it clear that it's okay to discriminate based on sexual orientation. If the gay-bisexual-bisexual community in Lewiston was closed off before the Equal Protec-
tion Lewiston campaign, they're even more so today. And who can blame them - being the target for bigots is not a state of existence any one of us would choose - some of us avoid it to the point that we actually deny who we are. I suppose we can justify it only feeling safer behind our main-system facade.

When Lewiston this is a wake-up call. The elections are upon us and those of us who don't vote regularly had better take a serious look at who is running for those legislative seats in Augusta. The winners of these upcoming elections are the people who will be voting for or against our rights next legislative session. A statewide bill is sure to be introduced and, if we elect a Democrat to the Blaine House, it is sure to be signed (all the candidates have assured us of that).

Because of the political earthquake caused by Senator George Mitchell's announcement that he won't be running for re-election, a huge number of seats in the State Legislature will be changing hands. New faces with new ideas about every issue that can and will possibly come up in bill form will fill the State House halls. Only we voters have the power to assure those faces and ideas are friendly and supportive of our rights.

Don't think the "radical right" isn't at work in - it is. It was at work behind the scenes last year helping our opposition in Lewiston. It continues to be at work helping Carolyn Cosby with her anti-gay referendum petitions, and it's clearly at work in the legislative races.

A couple of those races in Lewiston deserve our serious attention. Remember who successfully led our opposition in Lewiston - Paul and Susan Madore?! Apparently, that success has spurred them on to think they can continue their campaign of bigotry, hatred and intolerance at the state level because, guess what? They're both running for the Maine State Legislature! Susan Madore is running for the newly redistricted House District 90 and Paul Madore for the newly redistricted Senate District 21. Please don't think their primary objective won't be to make sure a gay rights bill won't pass at the state level, or worse yet, introduce an anti-gay rights bill themselves, even though their campaign rhetoric downplays the issue. Lewiston residents, call the Lewiston City Clerk's office and find out what district you are in, make sure you register and VOTE!

Both of these races have primary competition so we need to pay attention to the June 14 primary. Both of the Madores are running as Republicans, Mrs. Madore has a primary opponent - Joan Snyder Nason. My sources tell me neither is more supportive of gay rights than the other. There is also a primary race for this seat on the Democratic side - Erik M. Tiner vs. Gerald Bouffard. Check these two men out and don't be afraid to call them up on the phone and ask them where they stand on any issue of concern to you, especially gay rights and be suspicious of any unclear answer you may get. Needless to say, the general election in November requires that we all vote and that we all vote for the right person. Clearly neither of the Republicans in this race are the right person so we must make sure the right Democrat wins on June 14 and in November.

The Senate District 21 race is the tricky one for those of us who live in that district. Paul Madore has no primary opposition so he's assured of a clear shot at the Senate seat in the November election. Unfortunately, these two Democrats competing in the primary are both friends who have been supportive in the past - James Handy and Georgette B. Berube. It's truly a tragedy that we will lose one of these fine politicians on June 14. Because of redistricting, they are forced to run against each other for a seat from the new district despite the fact that each is currently serving in the Maine Senate. Senator Berube has served us well for six legislative sessions in the Maine House of Representatives and five legislative sessions in the Senate. She has been supportive at the state level both vocally and by her voting record. Senator Handy has also served us well for five terms in the House and one in the Senate. He has been supportive at the Legislature and in Lewiston. The primary race is tough decision for any voter. Both Senator Berube and Senator Handy deserve the highest respect and admiration. However, whoever does win, must also win the general election against Paul Madore. In order for that to happen, each District 21 resident MUST VOTE. We can't rely on the general public to elect our supportive Democrat to that seat - we must rely on ourselves. If our Democrat were to lose by one vote, two of us in that district who had chosen not to vote could have changed the outcome of that election simply by going to the polls and putting the check mark in the right box.

Those of you in the Androscoggin-Oxford-Franklin Counties area should also know that one of the candidates running for District Attorney was ex­ supporting Democrat to that seat - we - the right Democrat wins on June 14 - I suppose we can justify it by feeling safer behind our little main-stream facade.

We must rely on ourselves. If our Democrat were to lose by one vote, two of us in that district who had chosen not to vote could have changed the outcome of that election simply by going to the polls and putting the check mark in the right box.

Those of you in the Androscoggin-Oxford-Franklin Counties area should also know that one of the candidates running for District Attorney was ex-supporting Democrat to that seat - we must rely on ourselves. If our Democrat were to lose by one vote, two of us in that district who had chosen not to vote could have changed the outcome of that election simply by going to the polls and putting the check mark in the right box.

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Gubernatorial forum continued from page 1

Mary Adams, Susan Collins, Charles Webster, Summer Lipman, Judith Foss and Pamela Cahill -- voting for their party's nomination and independent candidate Angus King. Both King and Lipman have pledged support for gay rights legislation.

The new message for Maine's lesbian and gay voters was agreement among all candidates to sponsor and sign gay rights legislation; to oppose referendum efforts to ban gay rights legislation; to continue and expand support to AIDS education, prevention and services and to extend domestic partnership benefits to unmarried couples of state employees.

Allen and Barringer were asked to respond to the issue of condom distribution and safe sex education in public schools. Allen said he would support the concept but maintained that the issue was best left to local schools.

Panelists queried Carter and Barringer for concrete steps that they would take to confront Concerned Maine Families' referendum effort. Barringer recommended early organization against the effort and pledged to lead the opposition against excluding gay citizens to refuse to sign it. Both he and Jonathan Carter asserted that the best way to fight the referendum effort was the immediate introduction of gay rights legislation in the legislature.

Woodbury and Allen spoke eloquently of the importance of civil rights for the gay and lesbian community. Woodbury termed the legislation key to an inclusive society, while Allen noted that Concerned Maine Families' efforts were contrary to Maine's tradition of a tolerant society.

When asked if they would support the extension of domestic partnership benefits to state employees, each candidate replied with a quick and succinct "Yes."

Bath florist slain

BATH--The body of businessman and florist, Melvin B. Henderson was found on May 5 at his business, Kennebec Greenhouses in Bath. Henderson, 74, was shot to death.

The next day, Maine State Police arrested 30-yr.-old Mark Gessner charging him with the murder. According to court documents, Gessner was charged after a friend reported Gessner admitted to the murder. Gessner visited the friend approximately six hours after Henderson's body was found, asking if he could borrow a gun. Gessner reportedly told the friend that he wanted to "shoot the other queer."

Community members turned out in the hundreds to attend a memorial service for a man who was remembered for his generosity and good deeds for his neighbors. When asked about his lifestyle, neighbors noted that they knew he was gay but that it was his business.

Gessner had worked for Henderson as a teenager. Police officials contacted by 10% have refused to comment on the crime or to characterize it as a hate crime despite the court documents' reference to "the other queer."

A bail hearing for Gessner was postponed at the request of his attorney and last reports from jail authorities had Gessner separated from other prisoners after he reportedly tried to commit suicide by cutting his wrist with a staple.

Concerned Maine Families step up campaign

AUGUSTA--Citing a post office confrontation with a gay activist as an example, Concerned Maine Families has accused 10%-Maine's monthly newspaper for lesbians and gay men and Community Pride Reporter of inciting "illegal, criminal activity" by the charge in a fax to Equal Protection Maine member Patricia Peard and on local television, referring to 10%-Maine's May news article asking people to contact 10% if they sight CMF collectors petitioning.

This news piece "smacked of illegal, criminal tactics to deprive all of Maine citizens of the free exercise of their constitutional right to lawfully petition their government", according to Cosby, who also appeared on a Channel 13 news broadcast holding a copy of 10%-Maine's news letter. A similar charge was leveled at CPR reporter Rich Austin for a September 1995 commentary that mentioned interfering with the collection of signatures, but urges the lesbian and gay community to "take the high road and do the right thing all the way."

In a related story, CMF petitioners have been active in the Augusta area as well. Augusta resident, Illeanna Ruiz, was interviewed about her confrontation with local ACT/UP member Richard Freed.

A similar charge was leveled at CPR reporter Rich Austin for an article in which Ruiz reported being approached by a CMF petitioner. The petitioner characterized Ruiz as "a woman, black, Cuban AND a lesbian" making her the target of four types of discrimination in our society.

Police officials contacted by 10% are continuing to collect reports of CMF petition-gathering activities. If you see CMF activities, please contact 10%-Maine's P.O. Box 11265, Portland, ME 04104.

Local author, activist John Preston dies


Preston was a former director of the University of Maine Press and was the recipient of a National Endowment for the Arts grant to write a study of gay and lesbian artists in Maine. He was a leader in the gay community and was active in the Maine AIDS Network and the Portland AIDS Project.

Preston is survived by his partner, John Emery, and his mother, Virginia Preston.

Primary Roundup

State Senate and House Races

The large number of primary candidates has made it difficult to accurately research and publicize candidates' stands on the issues. In an effort to help the lesbian and gay community sort out the candidates, 10% provides the following list of State Senate and House candidates that have expressed opposition to gay rights legislation (collected by MLGPA). If a candidate in your district is listed, call his/her campaign office and ask where the candidate stands to confirm his/her opposition.

State Senate Races:

District 1-Malachi Anderson
District 2-Leo Kieffer
District 3-Margaret Ludwig,
Michael Michaud
District 4-Vinton Cassidy
District 8-Stephen Hall
District 11-Robert Gould
District 16-Charles Begley

State House Races:

District 1-Kenneth Lemont
District 3-John Marshall
District 4-Wesley Farnum
District 5-Eleanor Murphy
District 8-Jack Libby
District 9-Robert Carm
District 10-Robert Bailey
District 15-Robert St. Onge, Robert Ullenhabrung
District 14-James Libby
District 16-Mark Anthony
District 17-Carl F. Sheldra
District 22-Gerald Hillok
District 24-Santo DiPietro
District 42-Joseph Taylor
District 43-Ernest Greenlaw
District 45-Harry True
District 51-George Barnes
District 53-Daniel Billings
District 58-Charles Heino
District 59-Robert Spear
District 61-Richard Simoneau
District 63-Lawrence Nash
District 65-Alvin Barth
District 66-Edward Dexter
District 67-Ida Luther
District 69-Brenda Birney
District 70-Robert Cameron,
Phyllis Erwin
District 71-Rosalie Aikman
District 73-David Liddelush
District 75-Roy Nickerson
District 75-Vivian S. Onge

State 20-Albert Stevens
District 21-Paul Madore
District 23-Dana Hanley, Donald
Tweddle
District 27-John F. McDonough
(has waffled on issue)
District 32-Charles Plourde
District 34-Wills Lord

District 82-John Marsh
District 83-Steven Ridlon
District 87-George Ricker
District 92-Peter Hanley
District 100-Paul Jacobs
District 102-Marc Vigue
District 103-Thomas Poulin
District 104-Summer Jones
District 105-David Lindahl
District 107-Robert Tufts
District 109-Walter Whitcomb
District 111-Richard Gould
District 112-Ruel Cross
District 114-Debra Plowman
District 116-Richard Campbell
District 125-Donad Strout
District 126-William Reed
District 135-Theone Look
District 134-Harry Bailey
District 134-Albion Goodwin
District 135-Joseph Driscoll
District 136-Clyde Hichborn
District 138-James Dudley
District 140-Herbert Clark
District 141-Henry Joy
District 142-Catherine Bell, Dean Clucy
District 144-Richard Kneeland
District 145-James Donnelly
District 147-William Bell, Julie-Marie Robichaud
District 150-Douglas Ahearn
timed Portland resident, AIDS activist and nationally-known author died of AIDS on April 27 at his home. Preston was the founder of the first gay community center in the nation, Gay House, Inc., which opened in Minneapolis in 1970. Later, he served as editor at The Advocate, the nation’s first major national gay magazine.

Leaving that post, he moved to Portland in 1979, where he began a career as a writer of erotic stories including ‘Fanny, the Queen of Provincetown’, later made into a 1984 Jane Chambers Award-winning play.

In 1987, Preston learned that he was infected with HIV and he stepped up his work as a safe sex educator and lecturer. He became president of the board of the AIDS Project in 1990. Preston’s memorial service, held on May 7, attracted hundreds of mourners and admirers.

PWA Coalition moves to new address
PORTLAND-The People With AIDS (PWA) Coalition is relocating to 696 Gay House, Inc., which opened in 1988, is excited about the move.

‘It gets us off Cumberland Ave., out of a storefront space and into a more homey environment,’ says June Walton, Sports Director, CNN, 1 CNN Center, Atlanta, GA 30348; (404) 737-2157.

CNN & CBS interested in Gay Games telecast
NEW YORK-Both CNN and CBS-TV have expressed an interest in covering Gay Games IV in New York City during the week of June 18, 1994. Such coverage would be a first for the Games and a milestone in mainstream media recognition of this international sporting event.

To encourage these networks to include the Gay Games, the results and attendant personality and human interest profiles contact: Jim Walton, Sports Director, CNN, 1 CNN Center, Atlanta, GA 30348; (404) 757-2235; CBS-TV Sports, 524 W. 57 Street, New York 10019.

TV gearing up for “Day of Compassion”

A national “Day of Compassion” has been scheduled for June 21, 1994. On that day, television daytime dramas, talk shows and news programs are encouraged to feature role models, topics and storylines reflecting compassion for individuals who are HIV infected or have AIDS.

Roseanne Arnold and John Goodman have already taped a Public Service Announcement (PSA) which will be broadcast on ABC-TV; will air with the re-run of “Roseanne” on the evening of June 21. This would be the first prime time presence for “Day” according to Neil Tadken, coordinator for this growing international event.

Also committed for 1994 is Spanish language programming from Telemundo productions.

Gay wedding bells sound on “Northern Exposure”

Wedding bells rang in Cecily, Alaska for Ron and Erick (Doug Ballard and Don McManus) on the May 2 season finale of “Northern Exposure” (CBS-TV, Mon., 10:00 pm).

Titled “I Feel the Earth Move,” the series’ only homosexual character, Maurice, “Northern’s” macho ex-astronaut, actually helped the couple get over their pre-marital differences.

The scheduled kiss between the two men was deleted.

One sponsor and some affiliates objected to the subject matter of the show. Nestlé Corporation withdrew as a sponsor, and two CBS affiliates, KNOE-TV of Monroe, LA and WTVY-TV of Dothan, AL, announced their refusal to air the show. A third affiliate, WDRW-TV of North Augusta, South Carolina replaced “Northern,” without warning, with an episode of “Deep Space Nine.”

To express your opinion about the show or the affiliates and Nestle write: Jeff Sagansky, President, CBS Entertainment, 7800 Beverly Blvd, Los Angeles 90056; Andrew Schneider, Executive Producer, “Northern Exposure,” 5000 Olympic Blvd, Suite #1540, Santa Monica, CA 90404; Tim Crull, CEO, Nestle Corporation, 800 N. Brand Blvd, Glendale, CA 91203; CBS affiliates: WBRW-TV, 1301 Georgia Ave, North Augusta, SC 29841; KNOE-TV, P.O. Box 4067, Monroe, LA 71211; WTVY-TV, P.O. Box 1089, Dothan, AL 36302.

Hawaii’s Legislature defines marriage to thwart court ruling
HONOLULU-Hawaii’s state Legislature has passed a bill designed to nullify an earlier Hawaii Supreme Court ruling that the state’s marriage law unconstitutional because it did not allow same-sex marriages. The bill, HB2312, defines marriage as between a man and a woman and proclaims marriage law an issue for the legislature rather than the courts. The bill also creates a commission to study discrimination based on sexual orientation with gay and lesbian representatives as well as Catholic, Quaker and Mormon members.

The Hawaii Supreme Court sent the case back to district court to give the legislature the opportunity to show a compelling state interest in limiting marriage to opposite-sex couples. The hearing is scheduled for April 1995. Our story on the ruling was brought on the behalf of three gay couples. The legal challenge is being led by the Marriage Project of the Gay and Lesbian Community Center. Although some of our sources have suggested that the commission may help create the first state level domestic partnership initiative, gay rights activists have expressed determination to receive the same marriage rights as heterosexual couples and are expected to appeal the district court decision if it does not affirm their right to marry.

Austin voters repeal domestic partnership law
AUSTIN- On May 7, 62% of Austin, Texas voters to repeal a city policy that offers insurance benefits to unmarried partners. The policy was the target of an aggressive campaign by the Mainstream Austin Coalition that characterized the policy as irresponsible government spending and morals. Another member of the repeal forces, Concerned Texans, termed the repeal drive as a taxpayer issue and not a gay issue.

Observers of the campaign have identified a new strategy by Christian fundamentalists that doesn’t mention gay rights but tells voters not to allow their governments to “pay for behavior that they don’t approve of.” The strategy represents a continuing effort by the religious right to overturn gay rights progress without appearing to be anti-gay.

Approximately 20 cities around the country allow unmarried couples, including gay couples to register as partners and receive domestic benefits.

Gay lieutenant slated for dismissal under “don’t ask, don’t tell”
SACRAMENTO—A California National guard lieutenant has been recommended for dismissal because he informed his superiors that he is gay.

1st Lt. Andrew Holmes, 35, appeared before a board of military officers to examine whether he should be one of the first service personnel recommended for dismissal because he didn’t “ask, don’t tell” policy went into effect on Feb. 28. The National Guard admitted that Lt. Holmes’ sexual orientation and character were not in question.

The recommendation goes to the Sixth Army at the Presidio in San Francisco for ratification.

Stonewall 25 parade details still unclear
NEW YORK—With less than a month before the march, Stonewall 25 officials are still reporting difficulties with the Mayor’s Office that have prevented the establishment of an exact parade route for the commemorative march scheduled for Sunday, June 26. Organizers are asking for help from the Mayor’s Office.

On May 17, New York City Mayor Rudolph Guiliani of attempting to “hide” the march by proposing a low visibility parade route. At this writing, Stonewall 25 organizers are advising attendees to contact their local organizers for details and to watch for “Stonewall guides” to be posted in major areas to answer questions about locations.
## June/July

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### Stonewall 25 Update and Activities

As of this writing, the New York City Mayor's Office is still impeding the planning of the Stonewall International March. The International March office is asking that people refrain from calling the Stonewall 25 office and seek information from their local committees. In Maine, more information is available by calling 871-9940.

To disseminate information about the details of the March, The NY Lesbian and Gay Community Center will have a welcome office set up Friday–Sunday, June 24–26. The center is located at 208 W. 15th St. in Greenwich Village, about 1 block from Greenwich and 7th Ave.

Stonewall guides will be posted at major subway stations near Greenwich Village, at major transportation hubs, and at airports. The local gay press including the "Pride Guide" will be available at newsstands and will contain useful information.

### Schedule of March - Sunday, June 26
- **10am - 12pm** Line-up. Maine is schedule to march with Vermont and New Hampshire in the first third of the U.S. contingent. The U.S. contingent follows a scheduled 64-nation International portion.

**1pm** (likely) Step-off, near United Nations, east side, ask marshalls for Tri-State Alliance or for Maine location.

Buses are leaving Bangor and Portland leaving late Saturday, June 25 after 9pm and returning early Monday morning, June 27. Costs $40 and $45, For more information, call 871-9940.
Androscoggin Valley AIDS Coalition meets every Tuesday from 7:30-9pm at Lafayette St., Lewiston. Drop in any Tuesday or call 786-4697 for more information.

Boston Gay and Lesbian Film Festival, June 1-12, For more information call the Harvard Film Archive (617) 496-4700 or Museum of Fine Arts (617) 267-9500, x. 500.

Boston Gay Pride Celebration and Rally, Saturday, June 11. For more information, call (617) 446-9036.

Equal Protection Maine holds a Miss Gay Maine Benefit at the Underground, Spring St., Portland on June 19.

Freedom Fest Maine-Bangor meets on the first Sunday of the month to plan Bangor's 2nd Pride March scheduled for July 9. Meet starts at 2pm at the Peace and Justice Center, 359 Main St., Bangor. For more information, contact Malcolm Smith at 866-4320.

Lesbian ACOA meeting, Tuesday, 7-8:30pm at 2 Middle St., Brunswick (behind the Unitarian-Universalist Church by the public library). For more information, contact Jo at 725-5105.

Maine Lesbian/Gay Political Alliance meets on the third Saturday of the month. This month, the meeting takes place in Portland just before the Portland Pride Festivities. The meeting will be held on Sat., June 18 at 9am at USM in Room 220, Payson Smith Hall.

Maine Gay Men's Chorus, Saturday, June 18, 8pm at the State Theatre, Congress St., Portland. For tickets, call 879-1112 or at Drop Me A Line, Congress St., Portland.

Maine Primary Day, June 14, VOTE, VOTE, VOTE, VOTE, VOTE, VOTE!!!!

“Our Lesbian, Gay and Bisexual Lives: Where Have We Been, Where are We Going?” a talk by Howard Solomon, professor of gay and lesbian history and co-chair, University Task Force on Lesbian, Gay and Bisexual Issues, Tufts University. Unitarian-Universalist Church, Pleasant St., Auburn, ME, 7pm, Friday, June 10.

New England Pride Events

VERMONT- Saturday, June 4, Burlington, VT Noon Parade and Festival. For more information, call (802) 439-6453

BOSTON- Saturday, June 11. Rally at Copley Sq., 11am. Parade from Copley Sq. through South End to the Esplanade, 12noon. Festival at the Hatch Shell, 1-5pm

NEW HAMPSHIRE- Friday, June 17, 6pm rally and parade, Concord. Saturday, June 18, festival, Pat's Peak, Hemniker, NH

PORTLAND PRIDE FESTIVITIES

Friday, June 17 - Afternoon Press Conference "tea" and 7pm rally at City Hall Plaza Speakers include Anne Rand, MIGPA, Stonewall 25. Reception to follow for Stonewall 25-Maine. Saturday, June 18 - 10:30 am Pine St. block party. Parade begins at 12noon from Longfellow Square and will proceed down Congress St. to Exchange St. and into Tommy's Park. The Festival begins at 1pm with vendors and Martin Swinger, a wedding, "Women in Harmony" and others

The Maine Gay Men's Chorus performs at 8pm at the State Theatre, Congress St. Portland.

Sunday, June 19 - Bicycle brunch with Time Out, 10am at Dignity/Integrity Service at St. Luke's Church, 135 State St. in Portland.

VOLUNTEERS ARE STILL NEEDED, CALL 772-REAL
Domestic Partnerships

A Colorado Court of Appeals has ruled that domestic partners are not members of the "immediate family." In December 1991, a social worker employed by the Denver Department of Health and Hospitals applied for family sick leave benefits when she took three days off to care for her domestic partner. The Department had an anti-discrimination rule which included sexual orientation. However, the Department denied her application on the grounds that the domestic partner did not qualify as immediate family under the Career Service Authority Rules. The Court affirmed the Department's decision.

The Court held that the anti-discrimination rule did not supersede the Rules' definition of immediate family. Further, the Court held that there was no evidence that the definition of immediate family (which included husband and wife, but not domestic partners) discriminated on the basis of sexual orientation, because the definition applied equally to homosexuals and heterosexuals. Instead, the definition relied on the distinction between married and unmarried employees. The Court rejected the argument that because they cannot get married, gays and lesbians must be distinguished from, unmarried, heterosexuals. The Court stated that it was really a "perceived unfairness of the state's marital laws" for which the state legislature was responsible. Ross v. Denver Department of Health and Hospitals, 1994 WL 115870 (Colo. App. April 7).

A New York County Court ruled that a surviving gay partner was not entitled to inherit from the estate of his deceased partner who died intestate - that is, without a will. Ross v. Denver Department of Health and Hospitals, 1994 WL 115870 (Colo. App. April 7).

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In Arizona, a trial court held that the Arizona statute which restricts marriage to opposite-sex couples is constitutional. The Court found that the decision whether to allow same-sex couples to marry is a political question and, therefore, a policy matter more properly dealt with by the legislature. In the words of the Court, "The underlying foundation of this question is whether community morals are a valid basis for enacting and upholding legislation. In Arizona, moral judgments are generally left in the hands of the legislature. The statutory definition of marriage is a personal recognition of Arizona's societal desires. Arizona marriage statute was not enacted to selectively discriminate against any particular individuals. It merely codifies what has traditionally been defined as marriage." Callender v. Corbett, Pima County Superior Court, Docket #296666 (Az. Apr. 13).

Sodomy Laws

The Mississippi Supreme Court unanimously decided that the state's "crimes against nature" law is constitutional and violates the right of privacy provided in the Mississippi Constitution. Defendant James Miller was convicted of having oral sex with a 17-year-old male under age in Mississippi. Miller argued that the sodomy law violated his right to privacy. The Court held that while the state's constitution provides a right to privacy, the right to privacy does not extend to "homosexual sodomy." Miller v. State, 1994 WL 125291 (Apr. 14).

Adoption

In Washington State, a court of appeals held that a biological mother who put her child up for adoption could not regain or reassert parental rights to block adoption of the child by a gay couple. The mother sought to revoke her consent to the relinquishment of parental rights because she did not understand its implications and because she realized that her idea of what it meant to adopt by gays was her "worst nightmare." In addition, she sought to adopt the child herself. The court held that the mother had no right to adopt the child and no right to be involved in the adoption proceedings involving the gay foster parents. Any rights she may have once had were lost when she relinquished her parental rights. State v. Lucas, 1994 WL 117258 (Apr. 11). Source: Lesbian/Gay Law Notes, May 1994

Will Sandstead is a board member of the Maine Lesbian and Gay Law Association (MeLeGaL) and an associate at Famsworth & Associates in Hallowell.
While working as a summer lifeguard, I fell in love with a woman named Sunny. Our love was natural and spontaneous and I was happy in a way that I had never imagined. At once, I felt whole and genuine. The year was 1968 and I was seventeen.

Growing up in a French Canadian home and attending twelve years of Catholic schools gave me no context in which to frame my new relationship. I didn’t know the word lesbian, gay, homosexual... I didn’t care. Yet somehow, I knew intuitively that my love was a secret to be guarded above all else. Who could ever accept this kind of love? Who would ever support me and understand?

With a fake ID, I danced in clubs with names like The Continental and The Pink Triangle. There were others like me. Like my love and I, we were socialized into closets. We learned about subtle codes and messages amid the smoke and darkness. We grew accustomed to lying to those who must never learn the truth.

At the time, the Stonewall Rebellion meant little to me. I thought that those people must be crazy. It seemed so safe and easy to stay hidden. Why risk it? Never flaunt it. Besides, they were not like me...

Today, I understand the high price I paid to be in the closet during that period in my life. There was something else, too...a baby shower given to Cheryl and I by dear friends in Massachusetts. Many of the women in attendance were in their fifties and sixties. They told us how lucky we were because the world was changing for lesbians and gay men. They spoke about how they wished that they could have had their own children. At the time, it was simply not possible. They lived their lives in the closet. There were no fertility clinics, no willingness of physicians, no supportive nurses. Our impending birth was bittersweet for them. Their empathy and tenderness toward us was moving.

This summer, we will remember the women and men who came before us and those who bravely rebelled on Christopher Street. They have given us a gift of courage to live our lives openly and with pride. They have given us the valor to have our babies. I’ll tell our daughter about Stonewall someday, so that she will know this piece of her mothers’ history more clearly. And understand the destructive nature of oppression.

Maggie Fournier is an associate professor of nursing at the University of Southern Maine. She is currently conducting research on the topic of co-mothering and is writing a book on lesbian parenting with her partner, Cheryl Clechomoski. Maggie and Cheryl live in Portland, Maine, with their eight-year-old daughter, Emily.
1994 Miss Maine Female Illusionist of the Year

Held on May 22 at Pj's in Augusta, the 1994 Miss Maine Female Illusionist of the Year featured eight contestants, who competed in talent evening gown and a question-and-answer portions of the program.

The pageant was hosted by Miss Gay Maine 1993 Lexie Love who was given a special award recognizing her contribution to the art of female illusion.

Portland's newest bar, KaOS threw its grand opening party, Friday, May 6.

KaOS will feature non-stop dancing, live entertainment and dancers. Also planned is a monthly benefit like May 29th's White Party to benefit the AIDS Project and PWA.

KaOS is located at 137 Kennebec St., Portland, Maine and is open 9-1 on Thurs. and Sun. and 9-3 on Fri. and Sat.

Lexie Love, Miss Gay Maine 1993 accepts a plaque from contestant, Miss Joanne. She was recognized for her contributions to the art of female illusion in Maine.

Pictured above (l. to r.) is 1994's Miss Maine Female Illusionist of the Year, Miss G, with second runner-up and winner of Miss Mike's Place 1994 pageant, Tiffany, and 1st runner-up and winner of the pageant's congeniality award, Crystal Rose.
Countdown to P-Town
by Martha Atherholt II

As I am sure you are aware, summer is right around the corner. Reservations for Provincetown have been made and the deck chairs placed in their respective summer positions. It's time to put on that bathing suit and get outside right?...Wrong! We here in Maine are fortunate enough to have 12 weeks of great summer weather and 40 weeks of absolutely bone-chilling, frigid temperatures. Unfortunately, this does not promote much of an active, outdoor lifestyle on a consistent basis. Many of us simply sit inside and become faithful members of the fraternity known as Delta-Kappa-Goughpatata. Ugh! The last thing you want to do is hop off that couch and into bathing suit!

Now I'm not saying that everyone does not promote much of an active, outdoor lifestyle on a consistent basis. There are, however, other benefits. The quest for a lean, fit body is not as easy as brisk walk, a light jog a bike ride, a roller blade, etc. Basically, it's an activity that can raise your heart rate and keep it there for an extended period of time. So now you're asking yourself, "How high does my heart rate need to be?"

The terminology for this is target heart rate (THR). THR is quite simply, 60-80% of your maximal heart rate, measured in beats per minute (BPM). Use the following formula to calculate your THR:

\[ \text{THR} = \text{Max. heart rate} \times 0.6 \]

where Max. heart rate is measured as follows:

1. 220 - 25 = 195 max. BPM
2. 195 x 0.6 = 117 BPM
3. 195 x 0.8 = 156 BPM, so your THR would be 117 - 156 beats per minute.

An easy way to count this is to divide this number by 6 and take your pulse for 10 seconds, instead of trying to count for an entire minute. So the above THR would be 20 - 26 beats in 10 seconds.

To find your pulse, place two fingers on the side of your neck, directly under the back of the jaw. If you find that your heart rate exceeds the 80% point, you will need to slow your activity level down until you get below this level. Physiologically, your body is not able to burn stored body fat if you exercise above the 80% max. heart rate.

Strength training is the next portion of your workout program. These exercises must be performed with a particular focus on correct form. When strength training exercises are done incorrectly, there is a great risk of injury to the back and neck. I have outlined a series exercises which are good basic strength training techniques to use. Keep in mind that you need to use weights which can be lifted comfortably for 10 - 12 repetitions. Begin with 1 set of each of these exercises and gradually progress to 3 sets of 10 - 12 repetitions per set. If you are unable to workout in a fitness facility, try to locate a friend or relative that has weights you may use.

The final piece of the fitness puzzle is nutrition. All of the exercise in the world cannot make you healthy if you have a poor diet. The premise behind a healthy diet is keeping the intake of fatty foods to a minimum, specifically keeping the percentage of calories from fat to no more than 20% of your daily intake of calories. If you measure your fat intake based on the number of grams you eat, 20% of the average adult's caloric intake would be 25 - 35 grams of fat per day. By keeping the fat intake in your diet at this level, this would be considered a low - fat diet.

All of these steps are fine on their own, but in combination, they will work wonders. Keep in mind that summer is only weeks away, and all it takes is a few hours a week to give you that super summer body!
Reviews

Women's music sweetens Portland air

by Lise Wagner
Contributor

A virtually sold-out house of women (and approximately six men) packed the Portland High School auditorium to hear Cris Williamson and Tret Fure perform their new album, Postcards from Paradise, on Saturday, May 14. Brought to town by Wild Iris Productions, Cris and Tret drew a largely lesbian audience, many of whom were thrilled to be in the presence of Williamson, one of the living legends of the women's music scene. No slouch herself, Fure's excellent guitar work litened up the evening. Performing on a simply adorned stage, with their lyrics translated into sign language by local interpreter, Tania Hubacher, Cris and Tret focused on the new release, with piano, guitar, and synthesizer accompaniment. For those unfamiliar with their first collaborative effort, the duo obliged by performing everything from Postcards. They played a number of songs in honor of their parents, such as 'My Father's Hand' from the new album, "Colorado Dustbowl Days" for Cris's mother, and a new song, written recently by Fure after the death of her mother, called 'New Year's'.

Political and social issues were addressed by a number of songs, including 'Living On' and 'In the Best Interests of Children' (AIDS and pediatric AIDS), 'Something Blue' (gay suicide), and 'Garden Ring' (Moscow in the winter). Cris's intriguing fantasy about Columbus deciding to stay in the new world and burning all the maps showing the route to get there inspired the title song, "Postcards from Paradise".

Lest the crowd become too depressed by serious message-laden tunes, Cris and Tret livened things up with a rocking 'Tight Black Jeans', sung a variety of classical, pop, and folk songs, accompanied on piano by Linda Marks and frequently by Linda Stevans on drums and Carol Jones on guitar. The entire concert was interpreted for the hearing-impaired by Tania Hubacher (no easy feat, particularly when the words are in Latin).

The majority of the first half of the concert was in celebration of children, including a hilarious rendition of the Ugly Duckling tale (duo'd to Meg Braly as the Duckling) and the Odetta-style singing of Lynette Breton in the solo, "All the Pretty Little Horses.

Much of the concert called for individual contributions from the singers. Singer Beverly Banville's first composition, "Women in Harmony", opened the second half of the performance. Donna Jean Hurst's beautiful soprano stunned the audience as she sang "Villa" from Lehár's The Merry Widow. Accompanying herself on guitar, Lee Bryant performed Nina Simon's "Wish I Could Know How It Feels to Be Free" in a lovely warm contralto voice. By the showstopper, of course, was Christine O'Leary, as she stripped down to a fuchsia - sequined top and black boa. She wowed the audience with her version of 'My Guy' — 'My Girl', delightfully backed by the rest of the chorus.

The whole group performed well, particularly on the lively Holly Near piece, "Riverboat", which had terrific accompaniment of spoons, tambourine, drums, and guitar. The dynamics and diction were nicely done in Bernstein's 'Somewhere' from West Side Story. Although amusing and certainly singable, the medley of tunes from the '60s might have been confused with a commercial for an easy-listening station, but was nevertheless thoroughly enjoyed by the audience.

Woman in Harmony
Immanuel Baptist Church
Portland
Sat. May 21

Women in Harmony, a 50-member local choral group established last summer, performed its second-ever concert, "Something About the Women", at the Immanuel Baptist Church on Saturday, May 21. The large crowd attending the concert squeezed into the center pews and those who arrived less than half an hour before the show were forced to crane their necks around pillars on the sides in order to see the full chorale. The full audience, center and sides, gave back the energy received from the singers in applause, laughter, and participation.

The Women, conducted by Sonja Dahlgren Pryor, sang a variety of classical, pop, and folk songs, accompanied on piano by Linda Marks and frequently by Linda Stevans on drums and Carol Jones on guitar. The entire concert was interpreted for the hearing-impaired by Tania Hubacher (no easy feat, particularly when the words are in Latin).

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Much of the concert called for individual contributions from the singers. Singer Beverly Banville's first composition, "Women in Harmony", opened the second half of the performance. Donna Jean Hurst's beautiful soprano stunned the audience as she sang "Villa" from Lehár's The Merry Widow. Accompanying herself on guitar, Lee Bryant performed Nina Simon's "Wish I Could Know How It Feels to Be Free" in a lovely warm contralto voice. By the showstopper, of course, was Christine O'Leary, as she stripped down to a fuchsia - sequined top and black boa. She wowed the audience with her version of 'My Guy' — 'My Girl', delightfully backed by the rest of the chorus.

The whole group performed well, particularly on the lively Holly Near piece, "Riverboat", which had terrific accompaniment of spoons, tambourine, drums, and guitar. The dynamics and diction were nicely done in Bernstein's 'Somewhere' from West Side Story. Although amusing and certainly singable, the medley of tunes from the '60s might have been confused with a commercial for an easy-listening station, but was nevertheless thoroughly enjoyed by the audience.

It is clear that Sunny Pryor's enthusiasm and talent not only infuses the women, she conducts but her audience as well. She arranged a good mix of solo, choral, and participatory pieces. Having her singers memorize their music allowed the concertgoers to see their happy faces as they sang. (Special mention must go to Alyson Cummings, who, from at least one section of the audience, was wonderfully visible in her enjoyment of singing.) Technically, the sound and use of microphones was very well done, and the accompaniment never overwhelmed the singers.

It seems amazing that this group has been together less than one year and can sound so good and have such a large following. What a tribute to the women involved! Don't miss their next concert.

Any woman interested in singing with "Women in Harmony" may join them at their first fall rehearsal, September 14 at 7 p.m. at the Immanuel Baptist Church in Portland.
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