

COMPLIMENTARY COPY

Community Pride Reporter

The newspaper for the lesbian, gay, bisexual
and transgender community of Maine.

VOL. 1, Number 6

DECEMBER, 1993

The State of AIDS

By: Ken Constant

The AIDS epidemic is approaching its 10th year in Maine. As of August 31st, it has claimed 209 lives. Nationally, the count is more than 194,000 and there is no end in sight.

The AIDS Project (TAP) was established in 1985. At that time, there were 17 confirmed AIDS cases in the state. Since then, 411 others have been reported with a 48% fatality rate.

A question that comes to mind is the chances of long term survival with AIDS in Maine versus elsewhere in the country. Actually, your chances are much better here. The national fatality rate is 61%. There have been 315,390 cases of diagnosed AIDS with 194,334 deaths. In Maine, of the 428 AIDS cases reported, 209 have since died. (Those figures are as of August 31st. As this article is being written, 2 more deaths in just the past two weeks come to mind).

AIDS, however, is not numbers and percentages - it's people. People like Sidney Abbott of Bangor who is HIV+ and has been for seven years.

Sidney says that living in Maine you are more than just a number. The doctors have more time for you and can give you better care. She feels, however, that the doctors don't have as much first-hand knowledge in dealing with AIDS. She says they can and will look into new therapies and ideas if you challenge them into it.

Sidney would like to see the medical community take a more serious look at Eastern medicine and beliefs and a Holistic approach to well being. She questions why the two ideals cannot be combined with Western medical practice.

See AIDS, pg.3



NAMES Project AIDS Memorial Quilt Adds Maine Panels

By: Winnie Weir

At a recent press conference, Deb Freedman, storyteller and panel maker with the NAMES Project in Maine, referred to the Quilt as "the largest community art project in the world." Quilted panels, celebrating the lives of Mainers who have died from AIDS related causes, were on display during the press conference, held at the YWCA. The "Y" is hosting the current exhibition of over 400 panels, and will incorporate the new panels as well.

Ms. Freedman went on to explain the cathartic nature of panel making using the panel of Bruce Sims. She cited how family members from all over Maine gathered to contribute to the making of this panel with each piece of cloth, or



Bruce Sims' panel joins Quilt exhibit

other material, having special significance.

Frannie Peabody, co-founder of the NAMES Project, Maine, told how when her grandson was dying and she was spending more and more time in the hospital, Dr. Bach would call upon her to visit with other families going through the same ordeal. Ms. Peabody added, the Quilt "fosters a feeling of community, and by making a panel you realize that you are not the only one experiencing this great loss."

Panels recently completed and on display included:

- Gordon S. Bowman, 8/10/55-4/26/92
- Dennie Mike, 1951-1991
- Thomas Ouellette, 3/14/55-1/1/93
- Jerry L. Sargent, 1957-1992
- Richard W. Wright
- Malcolm Mailloux, 1951-1991
- Eric Murphy, 10/31/50-9/7/92
- Richard J. Roy, 12/12/56-5/23/92
- Bruce Sims, 10/4/56-12/29/92

Quilt making workshops are held the first and third Sundays of the month, according to David Ketchum. He went on to say that "the Quilt is not a cloth graveyard, but rather a celebration of a life lived." The workshop are held at the Sewing Show, 461 Stevens Avenue, Portland, from 2-4 p.m. If you would like to make a panel, or have questions about it, you are more than welcome to stop in.

Some of the "Quilt Facts" as of August of this year, border on the incomprehensible. For example, 3,636,970 people have visited the Quilt exhibits. If the Quilt were to be laid out completely, it would cover 15 football fields with walkways between the 12' x 12' sections. This equals 16 acres. The Quilt weighs in at 29 tons without the walkway and 33 tons with the walkway.

There are 29 contributing countries including Australia, Uganda, Senegal, Ireland, Guatemala and Rwanda, to name a few. There are 24,281 panels, but this figure changes all too frequently.

The NAMES Project Maine and the YWCA/Portland are to be commended for their efforts in bringing this moving exhibit to our area once again. The volunteers who have worked hours and hours to organize and actually set up the display, deserve a big thank you for their efforts. ...

Gay Games IV - Team Maine

By: Tom Hagerty

The time has come for anyone interested in competing in the Gay Games to make a final decision. Those of us who have participated in Team Maine activities have had our resolve and competitiveness strengthened by meeting other lesbian and gay athletes. We hope to take part in monthly get-togethers during the spring to train and enjoy the company of other sports enthusiasts. We also to plan to march beneath a "Maine" banner in the Gay Games.

Anyone who is interested in upcoming Team Maine activities is welcome, but those athletes who wish to march with the Team Maine contingent, or go to the Gay Games at all, should take note of the following dates:

~~December 31, 1993 - Registration closes.

~~February 1, 1994 - Late registration opens for those sports that have not reached capacity.

~~March 31, 1994 - Late registration closes

There is a cost to participate in the Gay Games. The participation fee itself is \$60. Each sport carries with it a registration fee, ranging from \$30-\$100. There is also a late fee (after December 31) of \$50, and a "Gay Games Blow-out Benefit Bash" ticket price of \$25 for a party on the closing night of the last day of the Games. See TEAM MAINE, pg. 3



Gay Games IV

Gay Games IV
19 W. 21 St. Suite 1202
NY, NY 10010
212-633-9494
Fax 212-633-9488

Community Pride Reporter

142 HIGH ST., SUITE #634
PORTLAND, ME 04101
(207) 879-1342

Winnie Weir
Publishing Editor

The **Community Pride Reporter** will serve as a source of local, state, national, and international news, information, ideas, and opinions by and for the lesbian, gay, bisexual, and transgendered people of Maine and the seacoast of the Portsmouth, New Hampshire area. We will strive to increase awareness and acceptance of the rich diversity among us, with the intention of infusing the word *community* with renewed meaning and vitality.

EDITORIAL POLICY

CPR considers all material that contributes in positive ways to the gay, lesbian, bisexual, and transgendered people of our coverage area. Views and opinions appearing are those of the authors only. **CPR** will present political information and opinion to assist our readers in making informed choices. We will also endorse candidates whom we feel represent our community most completely. Guest editorials from readers are encouraged.

SUBMISSIONS POLICY

All material submitted for publication must be signed and include an address and/or telephone number for verification. **CPR** reserves the right to edit material as necessary. Contact names are required on all articles requested to run anonymously.

SUBSCRIPTIONS

Subscriptions are \$20 per year, which covers first class mailing in a plain envelope. Send your complete mailing address and phone number, along with your check made payable to **Community Pride Reporter**, 142 High Street, Suite #634, Portland, ME 04101. Subscriber mailing lists or information will not be used for purposes other than mailing the **CPR** or other information originating from this office. No part of **Community Pride Reporter** may be reproduced or duplicated without direct editorial consent.

CPR DISTRIBUTION POINTS

Portland & So. Portland:

Ananael	Blackstones
Bookland (all)	Books Etc.
The Chart Room	CPR Office
Della's Catessen	Raffles Cafe
Drop Me A Line	VideoPort
Good Day Market	PWAC
Woodfords Cafe	TAP Offices
The Whole Grocer	YWCA
Treasure Chest	Public Library
Underground	Zootz
USM Campus:	USM Bookstore
The Counseling Center	
Alliance for Sexual Diversity	
Women's Center-Portland	
Student Union	
Powers House-Womenn's Forum	

Other Locations in Maine:

Lewiston: Metro Club, Sportsman's, Max Travel
Augusta: Harvest Time, Papa Joe's
Bangor: The Rage, Pro Libris, Mabel
Wadsworth Women's Health Center
Brunswick: Gulf of Maine Books
Hallowell: Fremont & Julien Cafe
Blue Hill: Left Bank Cafe
Freeport: Sister Creations
Ellsworth: Down East AIDS Network
Orono: Wilde-Stein Club
Biddeford: UNE-Lifestyles Alliance
Caribou: Northern Lambda Nord
Gardiner: The Circle Shop
Waterville: Railroad Square Cafe, Railroad Square Cinema, Treasure Chrt
Locations in Portsmouth, NH
Lady Iris Books, Gifts, Music, & Cards;
Stroudwater Books

SUBSCRIPTION FORM

Yes, I want to subscribe to the **Community Pride Reporter**.
Enclosed is my check for \$20.00 for 12 issues mailed first class
in a plain envelope.

NAME: _____

ADDRESS: _____

PHONE: _____

Send to: **COMMUNITY PRIDE REPORTER**, 142 High St., Suite #634, Portland, 04101

COMMUNITY PRIDE MAIL BAG

To the Editor:

I want to respond to Luke Balboni's interview with Jason Dilley, creator of **Project Face to Face**, now on exhibit at the Portland Museum of Art.

Having read other articles by Luke Balboni, I was surprised by the obvious lack of luster and enthusiasm in the Dilley interview. It seemed flat and too close to negative to pass as an unbiased interview. When I read his review of the same exhibit on the facing page, my confusion was over. Balboni had a bone to pick, and couldn't get out of his own way enough to write a fair article on his interview with Dilley.

Each of us has a right to our own opinion, and although I disagree with Balboni's perspective of **Project Face to Face**, I will defend his right to have it. It's his treatment of the interview article to which I object. If a staff writer has a bias against a particular issue, and can't put that bias aside long enough to write a fair article, that writer should make his/her feelings known to the editor and be excused from the assignment. I don't think **Project Face to Face** got a fair representation in this issue of **CPR**, and I hope there will be a follow-up to rectify the situation. We have enough hounds from outside the "community" snipping at our heels to allow for the same behavior from within.

Rose Mary Denman, Portland

(Note: The following letter was edited for length.)

To the Editor:

This is in regards to SHAME ON LEWISTON by Winnie Weir and Ken Constant. "The resounding defeat came as a SURPRISE to many, who thought that the people of Lewiston would remember the discrimination they had endured."

Let me introduce myself. I'm Rolande I. Caron, the oldest of seven children, native of Lewiston, descendant from a very FRENCH SPEAKING, CATHOLIC family, product of parochial school, which schedule was half day of French, half day of English. I was greatly involved in Religious Education from pre-school to seniors. I was also a lector. I have a BS degree from UMF in Special Education.

I was involved in a loving lesbian relationship that lasted over five years. When it ended, my

mother's reaction, "Yes, my prayers have been answered." Never having a close loving relationship with my mother, I still return home to live and work with her. I operated and manage a home base day care for the last 5 years of her life.... I was totally responsible for all day care and household expenses, which left me very little for myself.

My mother bought a "make own will kit" intending to revise her old will. She debated on what to do with the house? All my siblings owned their own place and I did not. On April 4, 1991 she died very suddenly—the will kit empty. Why? Because being a devout Catholic and the knowledge of Vatican's ruling on homosexuality, she was unable to fully accept me as a lesbian.

When I return home, after my relationship, I could have said I was wrong, I had enough of this gay life-style, that I was cured. I guarantee you that I would still be in the day care business today. Instead I ended up losing my home, job, everything I loved. The existing will read, "sell everything and divide equally. That meant by seven. We all know what death and wills can do. It brings the worst out in families...."

I know what discrimination is being female, French, lesbian. What is needed is EDUCATION, for both the gay and straight communities. It comes to CHOICE or NO CHOICE.

ETHNIC GROUPS=no choice. We are born in different cultures, races, each with its own language.

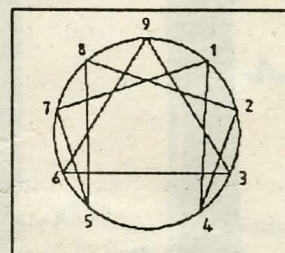
GENDER=no choice, either male, female or mixed.

BIRTH DEFECTS=no choice. These individuals were considered less than until they educated society that they could function as human beings and had every right to exist to their full potential. They are still fighting for these rights.

SEXUAL PREFERENCE=choice and/or no choice. Here we can debate this issue for eternity. Personally, I was born this way....

Lewiston citizens who voted "YES" are not to blame. They voted what they been taught. We, as gay/lesbian, have to re-educate society at large. We need to fully accept ourselves. The more we hide, the more abuse we tend to inflict upon ourselves with alcohol, drugs and fly by night sex.... I have lost much, but I was strong enough to retain my true self.

Rolande I. Caron, So. Paris



INTEGRATED CONNECTIONS

Would you like to meet someone compatible to share the holidays with? **INTEGRATED CONNECTIONS** offers a 90's approach to matchmaking. We strive for maximum compatibility via confidential profile testing and ID checks. For those desiring further personal development and understanding, we also offer classes on the Enneagram. Call today for a unique approach to the dating scene. 774-1500 or 1-800-208-TYPE.

EDITORIAL

This last issue **COMMUNITY PRIDE REPORTER** for 1993 marks the sixth edition of this new endeavor. There have been times when I've felt that I have always been publishing this paper. I am grateful for the continued support of you, the reader. I am grateful as well for the response of business owners who continue to advertise in our pages.

My faithful columnists have by gratitude every month. I'm thrilled with their contributions, and I hear from readers who say they enjoy these regular columns. This month, I want to particularly thank the men and women who have contributed the various columns and articles focusing on HIV/AIDS. They have taken time from their over-loaded schedules to write and inform us about the work they do in their agencies and organizations.

I invite you to read these articles with an appreciative heart for the wonderful support these organizations provide. I invite you to then sit down and write some letters to your representatives in Washington and Augusta telling them we need to move more dramatically in finding the cure and better treatments for HIV infection. Tell them, too, that educational efforts need to be intensified. We all know this to be true at the grass roots level. Let's push it to the top.

I would like to switch gears here in order to mention that even though rumor has it that Carolyn Cosby will not get the required number of signatures needed to put her proposed referendum question on the November ballot, there are some in our community who wish to keep track of Ms. Cosby. If you are asked to sign this anti-gay petition, or you see signatures being

collected, you can call the following people: In Bangor area - Randy, 947-1213; Kevin, 942-2901; or Anne, 581-6416. In Augusta, call Jane, 622-7797, and in Portland area call Michael, 871-9940 or 24 hour line, 828-0566. You can be added to the calling list if you wish. Just contact one of the above people.

The holidays are again upon us. I would like to take this opportunity to wish you all the joy and happiness of the season. Whatever your spiritual path, may you find fulfillment for your life with enough left over to share with another. May your friendships deepen and your burdens lessen. Above all, please celebrate in a safe and sensible way. Don't drink and drive. And---in case Santa or my Fairy godmother is listening, here's my list:

•• A photo copier for the CPR office

•• A scanner to interface with the computer

•• Additional reporters

•• Additional advertisers

•• A building in downtown Portland to be used as a Community Center/meeting space for the lesbian, gay, bisexual, and transgendered people. It would be big enough to house the HIV/AIDS organizations who continually worry about rent and associated costs.

•• And always, an end to the AIDS epidemic.

Happy Holidays,

W. M. M. M.

AIDS, Cont. from pg. 1

tices to better serve the patient.

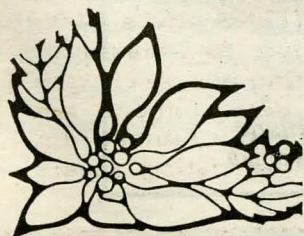
Do the people of Maine realize what till happen in the future with the AIDS epidemic? Sidney believes they have an idea - but more education is needed.

Current statistics show that there have been 105 new AIDS diagnoses made this year in Maine. Of those, 83% are gay or bisexual men. There have been no new reported cases among lesbians. There have also been two new pediatric cases this year.

Portland's TAP currently has only four case workers. They are handling over 60 cases each. Of the 428 people diagnosed with AIDS since 1984 in Maine, 216 were from Southern Maine, 148 from central and 64 from the northern third of the state. Not an area has been untouched by the epidemic.

The AIDS Project, and other groups, believe that the best way to prevent AIDS is through education. To educate the public takes time, money and going head to head with people who see AIDS as a moral, not health, issue.

Several school departments have been looking into expanding their AIDS education and making condoms available through the school nurse. These ideas and policies are being fought by some parents who believe that the children should be taught about sex at home and that the only thing that should be emphasized is abstinence. Their hearts are in the right place, but statistics show that their "don't do it 'til you're married" approach to sex education will only mean many more AIDS awareness days to come. •••



NEWS OF INTEREST FOR WOMEN

The first annual Womensphere Winter Retreat for Women will be held February 18-21, 1994 at Walnut Hill Seminar House in Raymond, New Hampshire. "This event," says organizers Keryn Kriegal and June of New Hampshire, "has something for everyone. Participate in a weekend full of educating, empowering, and community building activities for women."

Activities include workshops, dancing, concert, skiing, games, and relaxing. For more information, contact Keryn or June at (603) 659-2139. Deadline to register is January 17, 1994. See the January issue of **CPR** for more particulars. •••

FULL CIRCLE OF WOMEN CONFERENCE:

From February 4-6, 1994, "a radically different, politically incorrect exploration of what it means to be a woman" will be held in

Essex, Massachusetts. Contending that "it is time for a reformulation of feminism, for a philosophy that embraces all women--not just those who are politically correct, not just those with a certain sexual orientation, not just "genetic" women, not just those with vaginas, but all who identify as women," organizers have put together a program of workshops, ceremonies, music, theater, and more.

Additional information will be included in January's **CPR** although the brochure says registration is limited due to space, and suggests registering by December 15. For more information, write Janis Walworth, P.O. Box 52, Ashby, MA 01431, 508-386-7737. ••

LESBIANS NEEDED FOR GENETIC STUDY:

Volunteers are needed for a study on genetics and interrelationships for sexual orientation as they apply to risk factors associated with developing breast and other cancers, and

susceptibility to HIV infection as well as other sexually transmitted diseases.

Particularly encouraged to volunteer are women who are predominantly or exclusively lesbian, with at least one lesbian or bisexual sister who would want to participate; Lesbian or bisexual women who have at least one heterosexual sister who would want to participate; and Lesbian or bisexual women who have a lesbian/bisexual mother, daughter, or other relatives who would want to participate.

Confidentiality is assured. Contact Dr. Angela Pattatucci, NIH, Bldg. 37, Rm. 4A13, Bethesda, MD 20892 or call collect 301/402-4876. ••

DECEMBER 11, 8 pm
Women's Holiday Dance
Temple Beth El, 400 Deering St.
Portland. Chem Free
\$5 in adv., \$6 at door

TEAM MAINE, Cont. from pg. 1

which is Saturday, June 25.

Contact people can provide information about how to register for their contact sport, or put anyone who needs more information in touch with me. There will be an early January meeting of Team Maine, time, date and location to be announced. There's still 7 months til the Games, and lots of time to train. Good luck!

Team Maine Contacts: Swimming, Royal-775-3630; Cycling, Michael-871-9940; Marathon, Triathlon, Track & Field, Bob-799-7981; Badminton, Andrea-781-4747; Racquetball, Jody-764-5581.



TEAM MAINE take a moment to smile for the camera after a workout session

PROFILE: The Maine AIDS Alliance

The Maine AIDS Alliance is a consortium of the state's sixteen community-based AIDS/HIV service organizations. The Alliance was founded in 1988 to provide a cooperative approach to meeting the needs of local organizations by consolidating resources and efforts while retaining local program autonomy.

The major functions of the Maine AIDS Alliance are:

- ~to assess HIV-related needs in Maine
- ~to recommend policies and programs
- ~to present a unified voice on HIV issues
- ~to coordinate and support community-based services and education
- ~to share resources, skill, and information
- ~to assist local organizations and communities with program development
- ~to acquire and distribute funds

The Maine AIDS Alliance also works closely with other statewide organizations on issues related to healthcare, public health, health education, professional training and education, social services, civil rights, and public policy.

The Maine AIDS Alliance was incorporated as a non-profit corporation in 1988. In 1989, the Alliance was successful in its efforts to secure funds from the state legislature to support the member organizations' local work in HIV prevention and support services. Also in 1989, the Alliance received its federal 501(c) tax-exempt status, and hired a Director to coordinate and implement its activities. In addition to the Director, the Alliance has a Board of Directors and five standing committees: Executive, Finance, Program, Policy, and Communications.

The bulk of funding for the Maine AIDS Alliance is provided by state funds appropriated by the Maine Legislature. This funding is supplemented by federal funds, foundation grants, fund-raising events, and private donations. The Alliance membership decides on an allocation formula and process to insure fair, non-competitive access to the funds.

The Alliance co-sponsors major conferences addressing healthcare, prevention, women and AIDS, HIV and the homeless, teacher training, policy and service provision, funding, advocacy, community organizing, and more. The

Where does the money come from?

By: Peaches Bass, Director
Maine AIDS Alliance

In case you haven't heard, state funding for HIV services has been cut in the area of prevention, and the funding for case management has been held level. This is not good news; while prevention services are cost effective, developing targeted programs that give us the biggest bang for our buck require an initial investment that state funds simply can't provide.

Meanwhile, case management case-loads continue to increase in a service that is already labor intensive. When funding stays level while the need for services grows, we end up with a budget cut. Yet, in the face of shrinking government support, the services of community based HIV organizations are still being provided to those who need them.

The reason we can continue to provide services, though some of us are just treading water, is that we have a diversified funding base. To put it another way, Maine's HIV organizations don't depend solely on one type of income. Instead, we rely on private donations, major fund-raisers, foundations grants, support from local businesses, volunteer labor, in-kind donations, and government funds.

In 1994, the state will provide \$180,000 for HIV prevention and related support services. Because of more strict criteria, a smaller number of Maine AIDS Alliance organizations than in the past will receive those funds. That figure is

20% less than 1993's funding. In every case, the organizations are increasing their fund-raising and grant writing efforts to make up the difference. Most of them will end up matching the state funds dollar for dollar in order to provide prevention services. That means that about half of the resources needed will come from the Maine AIDS Walk, auctions, casino nights, benefits, boat cruises, fees charged for certain programs, and other donations.

Almost half of the community based HIV organizations receive no state funding, or very small, one-time grants under \$1,500. These groups, while generally smaller and more limited in focus, must struggle to raise local dollars through the Walk, local businesses, and small fund-raisers like the ones listed above.

So, in truth, the state government is providing less than half of the funding for community HIV prevention. Expect this share to continue to decrease.

Case management services are provided by five Maine AIDS Alliance organizations. The state provides a total of \$257,000 for 1994's case management, using \$136,000 in state funds and \$121,000 in federal funds. That is a whopping 30% cut from 1993's funding! Bear in mind that the case-load from '92 to '93 increased by 12%. The case management providers raise 40% of the funds needed to maintain that service. Case management also relies heavily on in-kind support and, unfortunately, the uncompensated overtime of paid staff. Once again, the government is providing no more than, and probably a little less than, half of the needed funding.

The state provides \$35,000 for the AIDS Lodging House. Since the total cost of the Lodging House is around \$68,000, the government is only funding 50% of this program, with the rest of the support coming from rental income, housing subsidies, donations and volunteers.

These are just the most visible community services funded through government and private sources. The AIDS Project manages a street based prevention project that will receive \$38,000 from the state. The street program costs at least \$6,000 more than that, however.

Three other services provided by The AIDS Project: the Hotline, counseling and testing, and prevention for men who have sex with men, cost \$132,000. The state provides \$63,000, which leaves \$69,000 that The AIDS Project must raise from other sources. \$20,000 alone is volunteer labor!

Approximately \$18,000 in federal funds is used to support services benefiting children affected by HIV, their families, and their caregivers. These services include networking and support groups for women with HIV, a respite camp for children and their families, and other programs addressing women and families. Once again, the government is covering about half of the cost of these programs.

Community based HIV organizations are very active in raising funds at the grass roots level. We know that at least 50% of their support must be generated within our cities and towns. This is, in essence, what defines a community based program. It's not just staffed by, or run by,

see MONEY, pg.19

Alliance also serves on the state advisory committee and special committees and commissions addressing HIV.

The Maine AIDS Alliance is recognized by state government, statewide and local organizations, and national and regional agencies as a strong and authoritative voice of AIDS leadership in Maine and New England. The Alliance's consortium approach to resource utilization and development is recognized as a mode for service provision, and has helped to strengthen the work of AIDS/HIV service providers throughout Maine.

The Maine AIDS Alliance has recently moved, and is presently located at 112 State Street, Augusta, ME 04330.

WE'RE MOVING

Larger Dance Floor

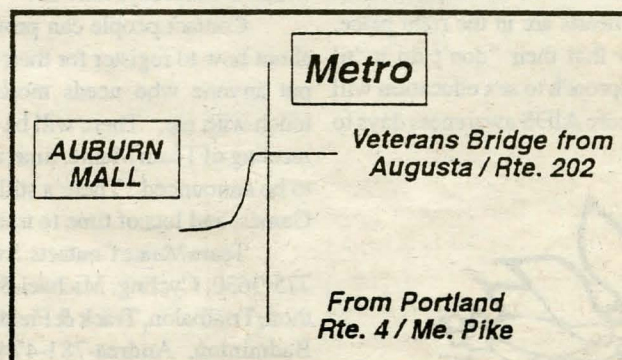
Metro
CLUB

New Atmosphere

EFFECTIVE 12/23/93
WE WILL BE LOCATED AT

999 CENTER ST. RTE 4
AUBURN, ME

NEW PHONE 783-4843



I LOVE
FLOWERS

320 Fore Street
Portland, Maine 04101
(207) 774-5882

Lessons from the Epidemic - Part V

December - the season of holidays, Jewish, Pagan, Christian, Buddhist; religious holidays generating fear and gratitude, anxiety and serenity, loneliness and safety. This month we look at one of the great lessons of the HIV epidemic, namely that there is a big difference between religion and spirituality. Too often we confuse these.

Human beings are spiritual by the fact that we are human. Spirituality is a condition of being human. We have learned that we each have to cultivate our own spirituality, that we each grow in our own special way. For many gay men and lesbians who grew up in patriarchal religions, we figured we couldn't possibly be spiritual because homosexuality was wrong. Well, the epidemic and the gay rights movement have helped us to see that we are spiritual and that our spiritual strength has been most important in fighting both oppression and the realities of the epidemic.

Early studies of long-term survivors of AIDS conducted by various organizations, pointed to spirituality being a factor in health. Many people began to focus on wellness and AIDS, especially looking at how we could help ourselves if we were living with AIDS. We are particularly lucky to have witnessed the personal strength, often developed by a sound spiritual practice, exhibited by so many people with AIDS. For many, having a diagnosis of AIDS, allowed them to move beyond the mundane, and to focus on their spirituality, and the ability to live in the moment.

We are all spiritual. That is also the message given by 12-step programs. In fact, they see addiction as a spiritual disease with a spiritual treatment. Again, the epidemic, which affects so many addicts, has put us in touch with important knowledge about spirituality. Developing a spiritual strength through practice, whether that be meditation, prayer, the 12 steps, or something else, is critical to our being able to deal with loss. The epidemic has brought many losses for which spirituality is an antidote.

Just because we are spiritual beings doesn't mean that pain goes away. It doesn't mean that a lover's death from AIDS is easy to live with. Being spiritually connected allows us to feel our pain more clearly and grieve more honestly. Empty religiosity failed us during the epidemic when we needed it most.

I often wondered why the churches weren't doing vast fund-raising efforts for AIDS. Back in the early 80's I thought, "how can churches ignore this?" It was then that I realized that churches are often political, often filled with religious, but not necessarily spiritual, people. Some churches are still more interested in condemning condoms than saving the lives of people at risk for HIV. However, there are no accurate generalizations in this area. I have known many deeply spiritual individuals, members of mainstream religions, who responded quickly and compassionately to AIDS. Yet the reality still exists that many "religious" people have been obstructionist during this epidemic.

David

Smith, Ed.D



The confusing and often contradictory feelings that many of us get around holidays are brought on by our experiences of the holidays as children. How our families functioned during holidays, as well as the messages about ourselves as gay people that we received from religion, helped to determine how we feel about holidays today. Nevertheless, an important aspect of holidays is that they provide an opportunity for celebration which is valuable and necessary. Both collectively and individually, we need to celebrate our lives. This is an aspect of spirituality that affirms our connectedness with the entire universe.

As we approach the holidays this year, the lessons of this epidemic can help us. If we can separate from any old hurt we may have, we can access our spiritual self and rejoice in the gifts we do have. I know that this is difficult for some living in the epidemic, and yet many people with AIDS gracefully cherish their lives and spread that serenity and joy outward to each of us. They are powerful examples, teaching us daily important lessons from the epidemic.

That we are spiritual beings is new knowledge for some. How we practice our spirituality has become a challenge for many of us. We move from place to place, trying this, experiencing that, in an attempt to regain what was taken from us. As we discussed in an earlier column, the patriarchal system we live under has taken spirituality away from humans and given us the rules and regulations of religion instead. We can each rectify this unfortunate truth by exploring our own spiritual road.

Lesbians and gay men, so feared, misunderstood and maligned by much of organized religion, have a great deal to teach the world about spirituality. During this holiday season, let us flaunt our spirituality, celebrate our sexuality, and reclaim our power!

Happy Holidays. ...

Next month: Racism and the Epidemic

INDIVIDUAL COUNSELING

Mike Robichaud, AS, BS
Lewiston/Greene (207) 946-2054
State of Maine Registered • Reasonable rates
No charge for initial consultation



Nachas!

by: Rita M. Kissen

(NACHAS: A Yiddish word meaning "pride")

One of my favorite political pins is the one that says, "Don't assume I'm heterosexual." I like it because of its deliberate ambiguity, and because of the way it reminds me that heterosexual assumptions about sexual orientation make lesbians and gay men invisible. Now that December is here, I'm thinking of designing a similar button, one that says, "Don't assume I'm Christian."

December is the time when Jews and other non-Christians in the western world feel the most invisible. While our non-Jewish friends bemoan the commercialization of the holiday and try to reclaim the innocent Christmases of their childhood, we smile numbly as neighbors wish us a Merry Christmas, or we explain patiently to our kids why Santa doesn't visit our house, or we give in wearily and hang the damn ornament, decorated with gilded macaroni, that was this week's preschool art project. It's not Christmas that bothers us; it's everybody else's assumption that we observe it.

The fact that I don't celebrate Christmas doesn't mean I don't like it. I have always been moved by the story of a bewildered Jewish couple fleeing their home in the middle of the night to escape a death threat from a tyrant, and of a baby born among gentle animals and attended by angels (a Unitarian minister I once knew told me that the birth of every baby is—or should be—a miracle attended by angels).

Hanukkah, which is definitely not "the Jewish Christmas," has a good story of its own. Hanukkah is—or rather was, until it was co-opted by American consumer culture—a rather minor holiday commemorating the victory, in 165 B.C., of a small band of Jewish freedom fighters of the armies of the Seleucid emperor Antiochus, who had invaded Jerusalem and tried to eradicate all traces of Judaism.

As a young child, I loved the tale of the brave Macabees vanquishing the evil king. As an adult, I find in the Hanukkah story a link to the 20th century struggles of indigenous people, of guerilla fighters defending their land and culture and managing to outwit imperialist invaders who own the money and the guns (an analogy which makes some of my conservative Jewish friends uncomfortable).

When my daughter Michelle was in col-

lege, she bought her own Menorah at a lesbian crafts shop in Northampton and gathered a few of her Jewish friends together to light candles and sing songs. Their little Hanukkah parties gave them a sense of belonging and comforted them when they went downstairs to the dorm lounge and looked at the enormous tree that was supposed to represent everybody, or walked around town to the tune of "Good Christian Men Rejoice" played on the local sound system.

This year, my daughter is working in an environment where her colleagues assume she's a young single woman who's probably looking for a date with a young single man. She is trying to decide whether to put her partner's picture on her desk, and announce to the world that she is neither single nor heterosexual. Making this announcement would be far more risky than proclaiming a Jewish identity. But the anger, the frustration, the hurt are the same. The invisibility is the same. The longing is the same, to say: "See me as I am. Know me as I am."

When I'm feeling really depressed about lesbian and gay invisibility, or about Jewish invisibility, I remember the last part of the Hanukkah story. This final chapter probably has more to do with ancient winter solstice rites than with Jewish history, but it has become incorporated into the account that every Jewish child can recite by heart. When the victorious Macabees returned to their desecrated temple, they found enough oil in the chalice of the Eternal Flame to burn for only one day, but miraculously, the oil lasted for eight days until a new supply could be found. It is in memory of those eight days that Jews light Hanukkah candles, starting with a single flame and adding one each night until the final glorious display.

Hanukkah is called the Festival of Lights, and as a festival of lights it is part of a long tradition of winter festivals in many cultures. Both Hanukkah and Christmas come at the darkest time of the year, when the crops are in and the earth is frozen, at least in northern countries, and the sun is at its lowest ebb. Both remind us that the light will come again in spring. Both are a testimony to the light we ourselves create through our human struggle for justice. My holiday wish for all of you is that the light of our candles, whether they are burning in a Menorah or shining on a Christmas tree, will kindle the love in our hearts and give us hope for the struggles ahead. ...

SEASON'S GREETINGS

from  SISTER CREATIONS

Extensive Collection of Women's Music
Pride & Feminist Jewelry - Silver & Gold
Women Inspired Art, Prints & Sculptures
Women Created Pottery & Crafts
Feminist/Lesbian Calendars & Datebooks
Pride Sportswear & T-Shirts
KIKI Collection: Sweatshirts, T-Shirts,
.....Totebags, Cards, Posters & Journals
Large Selection of Feminist/Lesbian Books



GIFTS THAT SUPPORT & EMPOWER WOMEN
231 U.S. RT. 1, FREEPORT, ME.
(BLDG. NEXT TO TUCKERMAN'S)

(207) 865-4959

Women with HIV

By: Roberta Poulin, Director
Down East AIDS Network

HIV infection in women is on the rise. HIV infection was the fourth leading cause of death in 25-44 year-old women in the United States. Someone recently figured out that every 20 minutes, somewhere in the world, a woman is infected with HIV, the virus that causes AIDS.

OK, that may be true for places "away," you say, but what about here in Maine? This is the place where a lot of us feel safe from the "outside," protected by our inhospitable winters and our rugged and isolated seacoast. According to information from the Maine Bureau of Health, 20% of all people testing positive in Maine are women. This percentage has steadily increased from 5% just a few years ago.

The Public Health Service (PHS) reports that the largest proportion of people diagnosed with AIDS in 1992 became infected with HIV through heterosexual contact (exchange of sexual fluids between a man and a woman). The PHS also reports that in 1992, for the first time, the number of women with AIDS who were infected through heterosexual contact exceeded the number infected through IV drug injection. Here in Maine, 53% of women with AIDS were infected with HIV through heterosexual contact.

What does all of this mean? As the Director of Down East AIDS Network in Ellsworth, Maine, my way of thinking says it means that women who have unprotected sex

with men are at high risk of HIV infection. The women I see with HIV infection in both Downeast Maine and statewide, were most often infected through sexual contact with a male partner who, sometime in their past, used IV drugs.

This observation is consistent with epidemiological data collected by Maine's Bureau of Health. Geoff Beckett, an epidemiologist for the state notes, "The infecting partner often has a history of injection drug use. Many were no longer using or using only occasionally." As one who facilitates an HIV education and support program for Maine women, I hear from a lot of women with HIV who had no idea that their partners had engaged in behaviors that put them at risk for HIV infection. Many of the women were in long term relationships and were not apt to use condoms when having sex with their partners.

I also observe, that many younger women report being pressured into unprotected sex. They fear rejection or sometimes even physical harm if they insist on, or even suggest, using a condom. In Maine, the majority of people living below the poverty level are women and children, so for many women, HIV can be one other thing to worry about; something else to add to the long list of concerns, most of which must come first like struggling to put food on the table and keep a roof overhead.

It is for these reasons that sexual protection education just does not work well in targeting this population. We have to provide ongoing awareness and support around the more

basic issues affecting women including: incest, sexual abuse, violence against women, self-esteem, negotiating skills, gender/class equality (particularly in schools), and the over-all patriarchal attitudes.

The Center for Disease Control (CDC) estimates that 1 in 800 women in the United States are infected with HIV. They come from all socio-economic backgrounds. Women with HIV in Maine include: women born and brought up in downeast fishing towns, and in Maine cities, women from away, women with no children and women with children, women on welfare and women with good paying jobs, women who are very ill and women who are well, women who are taking care of their parents, women who did not complete high school, younger women still in high school, and women who are college graduates, straight women, bisexual women, and women who are lesbians.

While official stats on lesbians with AIDS is non-existent, and information is very often contradictory, two things are certain: lesbians can and do become infected with HIV, and HIV can be sexually transmitted from woman to woman.

As a long time activist in women's issues, I believe support is one of the most important health factors for someone with HIV. Talking with others who are going through similar situations can mean the difference between going on or giving up. For women, especially in the more rural areas, support can be difficult to find. They may be the only woman in the area support group, or they may be the primary caregiver for others, so find it difficult to acknowledge their own need for care.

From what I have seen, women are less likely to 'come out' to their communities, closing off the potential of what can be a great source of support. More times than not, friends and neighbors rally around families affected by HIV, but shame and fear stop people with HIV from reaching out.

In order to end the shame and fear, we all need to get involved. Call your local AIDS organization and find out what you or your community can do. ...

The Children's AIDS Network

For infected & affected children

By: Denise Compton

There are now more than 4,000 children with AIDS in the United States, and an estimated 20,000 children are HIV infected. In addition, there are children whose parents, siblings or friends have HIV/AIDS, and they are the affected children. Whether a child is infected or affected, we are committed to providing support with dignity and confidentiality.

HIV/AIDS creates special challenges for children. One of the goals of the Children's AIDS Network is to provide a place for affected children to share their unique fears and questions. We are currently organizing monthly support sessions for children 14 and under affected by HIV/AIDS. We need help identifying those children who could benefit from this resource.

The Children's AIDS Network is a grassroots organization (formerly O.U.T.- Open Up and Talk) which found its origins in the summer of 1991, when a group of families, all of whom had children suffering from HIV/AIDS, discovered strength, hope, and joy in their mutual companionship at a week long summer camp.

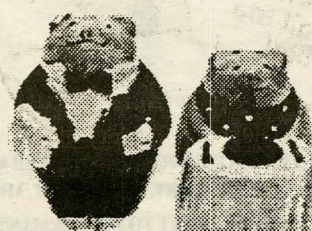
From this root, The Children's AIDS Network has grown with a clear vision which avoids duplicating services provided by other support and education services. In addition to offering support sessions for children, we are also compiling a resource list for the families we serve, and developing an education outreach program. Our community education goal addresses the issues and fears people have concerning their children's relationships and friendships with those infected with HIV/AIDS.

The Children's AIDS Network is now located in the basement of St. Luke's Church on State Street with office hours from 11:30 a.m. - 4:00 p.m. Monday through Thursday. For more information, please stop by, or call 761-1872, or write C.A.N., P.O. Box 793, Portland, ME 04104. ...

No Swans returned to the West End after the particularly harsh Winter of '29...

Citizens gathered on the Prom to express their concerns when a passerby suggested that swans beget swans. At dusk, a pastry cook held his arms upright, his hands crooked just so and cast shadows against the stately brick homes. He was joined by a podiatrist, an out-of-state babysitter and a chauffeur in a Studebaker - but no swans came. They returned next evening, joined by a sculptor who had cast a purple replica of the shadow swan that crossed her studio wall ... was it only yesterday? In front of this swan icon she placed a pretty purple votive.

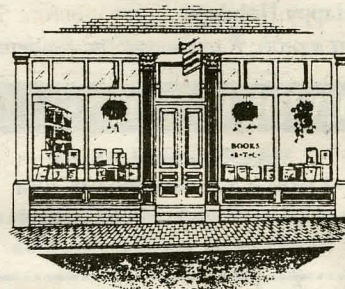
The swans returned. Shadow Swan Icons sold like hot cakes and graced the parlors of the gleeful gentry. Only one remains today. It's on the windowsill at Katahdin, facing High Street. On a late afternoon as the lights from a passing car cast a shadow across the restaurant floor, Gretchen feels a soulful connection and honks as she prepares dessert while Dan brings an offering of Crab Cakes.



Katahdin

774-1740 Spring & High M-Th: 5-10 F-Sa: 5-11

BOOKS ETC.



Books Etc. offers:

special orders of any book in print
1-free-with-10 card
gift certificates
gift wrapping
worldwide shipping
reading group & corporate discounts
validated parking

Monday - Saturday 10 am - 6 pm
Open 'til 9 pm through
Christmas and Summer months

38 Exchange Street
Portland, Maine 04101
207-774-0626

Santa Fe



"Have yourself a
chili little
Christmas."

32C Main Street
Freeport, Maine 04032
(207) 865-6525

Stonewall 25 responds to AIDS epidemic

By: Michael Rossetti

Although the HIV epidemic was not known in June of '69 when the Stonewall riots kicked off the dynamics of the modern gay and lesbian rights movement, its 25th Anniversary celebration will be taking note of the impact of HIV on our community.

Most notably will be personal invitations by the State of New York to international Stonewall 25 celebrants, who, because of their HIV+ status, will be excluded by US immigration policy. The invitations will, in effect, be temporary visas which will allow HIV+ people to come to New York to be part of the celebration and demonstrations.

Because US policy is to exclude persons with HIV from entering the US, the policy will be the central issue in civil disobedience actions scheduled for the week following the celebration. The policy has been the cause for cancellation and relocation of the International AIDS Conference, and thus has helped to impede efforts against the disease in the US, one of the most likely countries in which discovery of a cure or vaccine will happen. The Clinton administration has chosen to uphold this policy of exclusion.

As a further note, the Stadtlanders foundation, an effort by Stadtlanders pharmacy, will be supporting a program called "Raise the Rainbow" at the June 26th March in New York City. Stadtlanders pharmacy has in the past supported HIV symposiums, and HIV Resource Center, and provided booklets and a quarterly magazine on nutrition and HIV related issues. "Raise the Rainbow" starts with a 30' wide by one mile long rainbow flag which will lead off the Stonewall 25 International March to the United Nations. Volunteers may help carry the flag by donating \$50 to the foundation.

Every dollar will go toward the Stadtlander's HIV/AIDS Community Grant. For information on participating, call 1-800-NYC-1994.

For further information on Stonewall 25, transportation options, events, or New England contacts, call 603-382-9308 or 207-871-9940. ...

Achtenberg opens Conference on Gay & Lesbian Law

HUD Assostant Secretary for Civil Rights invited keynoter

By: Alyson Cummings, Board Member
Maine Lesbian and Gay Law Association
(MeLeGaL)

Over 150 lawyers from New England, including approximately a dozen members of the Maine Lesbian and Gay Law Association (MeLeGaL), participated in the first ever regional conference on lesbian and gay legal issues on November 5-6 at Northeastern University Law School.

The conference, sponsored by Boston-based Gay and Lesbian Advocates and Defenders (GLAD), opened with a keynote address by HUD Assistant Secretary for Civil Rights, Roberta Achtenberg, a former head of the National Center for Lesbian Rights, and the first openly gay person to be confirmed by the US Senate for an executive branch appointment.

During the confirmation process, Achtenberg won the distinction of being railed against on the floor of the Senate by arch-conservative Jesse Helms as a "damn lesbian." In her remarks, Achtenberg talked about the ordeal of the confirmation process, offered some reflections on the sobering results of this year's votes on lesbian and gay issues, and defended her boss, Bill Clinton, as a President who, despite the outcome of the gays in the military issue this year, is still a "friend of the gay and lesbian community."

Speaking to a group still smarting from negative votes in Cincinnati, Florida, and of course, Lewiston, Achtenberg told her audience that as a former participant in the electoral process, she has come to realize that "you get what you can get" from electoral politics, but that the process is "inherently flawed," and that it is a mistake for our community to stake all of its hopes on success in that arena. Achtenberg said that she had once thought, "quite recently, in fact," that it was possible to make great leaps forward in civil rights for gay men and lesbians, but she now sees the truth in the truism that nothing that is worth fighting for is easy.

Her own confirmation before the Senate wasn't easy. Achtenberg said that although she didn't consider herself naive before the confirmation process began, she was taken aback by the maliciousness of the personal attacks or-

chestrated by conservative forces determined to scuttle her nomination because of her sexual orientation. She credited several Democratic Senators, including some unlikely defenders like Donald Riegle of Michigan, a Senate supporter who pushed for a vote on her nomination on the basis of her qualifications (will wonders never cease?) to be the top civil rights enforcer at HUD.

Responding to several questions on how it was possible for her to remain loyal to Bill Clinton in light of his retreat on the military service issue, Achtenberg forcefully defended the President against charges that Clinton is not ally of the gay community. Achtenberg said that when she first met then-candidate Clinton she made two judgments about him that she still holds today—"He is not a misogynist and he is not a homophobe." She said that although she disagreed and was disappointed with his ultimate position on the military issue, it is easy for her to stay loyal to him because he is "very able, very smart, and he cares about the right things."

Achtenberg's unique status as an out lesbian who is a new insider in Washington, demonstrated both how far lesbian and gay legal issues have come, and how fragile our gains are. Workshop topics during the Saturday morning and afternoon sessions ranged from an analysis of positive court rulings in recent adoptive rights

cases to a sobering review of the legislative round-up in New England and the increasing presence of the religious right at the local and state levels working to try to reverse the gains of recent years.

Other workshops featured at the conference were on HIV law, employment discrimination law, hate crimes legislation, family law topics, and gay and lesbian legal practice issues. Maine lawyers were prominent workshop presenters as well as attendees, including Brenda Buchanan from Searsport on AIDS law, Pa Peard and Kate Debevoise from Portland on referenda campaigns and trends in employment litigation, and Pam Knowles Lawrason from Cumberland on family law issues. The conference, which promises to become an annual event in the region, underscored the sense that while there has been steady progress in advancing lesbian and gay rights in the courts in recent years, there is still much work ahead. ...

Pick up your copy
of CPR at
LEFT BANK CAFE,
Blue Hill

DROP ME A LINE...

BUSINESS HOURS FOR THE HOLIDAYS

MONDAY THRU SATURDAY 10 a.m. to 9 p.m.

SUNDAY noon to 5 p.m.

615 A Congress Street, Portland, Maine 207/773-5547

New Year's
1994

Metro
CLUB

Celebrate
at the Metro

opens
12/23 at
999 Center St
Auburn

783-4843

New Year's
Eve
Extravaganza!
Dec. 31
1993

minutes
from the
Auburn
mall

celebrate
the New Year
Low \$5.00
cover

Thurs
Fri
Sat
7 p.m. - 1 a.m.

Special
midnight
show
with all the
frills!

Dance
til 2 a.m.

AIDS Lodging House

By: Amy Miller, Board Member

The AIDS Lodging House is a non-profit agency founded in 1987, whose mission is "to provide safe, comfortable, healthy, and affordable housing in a supportive environment to people with HIV/AIDS, where they can live with respect and dignity for as long as they choose." The agency welcomes both men and women, and has the capacity to house couples or families.

The agency currently owns a four apartment complex on the West End of Portland's peninsula, where it is in close proximity to the area hospitals and health care resources. The apartments are shared and partially furnished. The program does not provide direct services at this time. However, there are regular house meetings to address house business, in addition to interpersonal relationships. This four-plex allows for independent living with the option for support. Non-HIV+ significant others may also live with a resident of the ALH in their apartment.

Most people who move into the ALH have a physician and a case manager. As the disease progresses, and they require more care, these professionals, the resident, and AIDS Lodging House staff work to secure home-based care. We recommend that some of this plan be in place before moving in, should the need arise. One change that took place in the last few years is that people are supported in living at the ALH as long as they choose. That is, they are allowed to die at the house. In the past, people moved out to hospitals, hospices, with family members, and so on. Now, however, if someone chooses to die at the house where her/his supports have been all along, then every effort is made to honor and arrange for that.

After spending some time with the residents, it was clear to me that this program serves a great purpose. Some of the stories I would like to share come from the residents directly. One individual had been living in an apartment building on the Eastern Promenade, alone, and experiencing serious anxiety and depression which left him unable to leave his home. He isolated himself in his apartment for two years. He was referred to the ALH by a friend, and has since been in a much better

place emotionally, where he "feels safe," and is in a supportive environment, where he's no longer alone.

Many at the house say that the program has been both supportive and affordable. Everybody seems to be in agreement that the location is priceless. The neighbors are very supportive and helpful. The residents have been told that they have the best looking house in the neighborhood. One of the things that makes it so special is the garden that the residents spend hours putting their hearts and souls into. The neighbors have been so impressed that they have, at times, asked those at the house to help them with their own garden, as well as asking for advice on yard work.

During hurricane Bob, the ALH lost its electricity. It became a serious problem since much of the resident's medication required refrigeration. Mercy Hospital allowed the residents to store medications in their refrigerators until they were able to get electricity again. The feeling I got from talking with the residents was one of complete and total support from the neighbors and each other.

We have one paid employee on staff who functions as the House Manager and Program Director. Rick Bouchard is a licensed MSW who graduated from the University of New England in 1990. Some of his functions include direct communication with the residents, building management, administrative tasks, community relations, and program development.

We have recently taken on social work interns, and presently have a student from the University of New England's MSW program, Pam Dennis, who has been extremely helpful and supportive. Her presence has helped form a team approach to addressing the housing needs in Portland.

We also have a pool of 20+ volunteers who serve on many levels: in "service" to the residents, maintenance, administration, and Board activities. Ongoing volunteer opportunities exist at the AIDS Lodging House, and anyone interested in serving is encouraged to call the office at 874-1000, or write to the agency at 233 Oxford Street, P. O. Box 3820, Portland, Maine 04104.

The Board of Directors consists of 13 people representing several different areas of expertise. They meet once a month as a board,

and meet as needed for various sub-committees. Board members have also served on the Maine AIDS Walk Committee, locally, which is a big fund raiser for all the AIDS service organizations in the area. We are presently seeking four new board members, and are specifically looking for people with HIV/AIDS who would be interested in serving. Any person who is interested can contact Rick Bouchard at 874-1000. The ALH is also a Maine AIDS Alliance member agency.

The AIDS Lodging House looks forward to expanding some time in the future, which would allow additional people in the community who are in need of our service to elect the ALH as an option. The ALH has joined the team of individuals that comprise the Maine Community AIDS Partnership, which will be doing a Community Needs Assessment (statewide). At the end of the assessment, the AIDS Lodging House hopes to incorporate the results into its long-range plans to expand the program locally.

Support is always welcome, whether that be donations in-kind, volunteering, or of particular importance at this time, financial donations. We receive generous support from the State of Maine, the City of Portland, and from the United Way. Unfortunately, this support is not sufficient to cover the cost of all the maintenance, repairs, and general operating costs. This is to say that the ALH depends on financial contributions from the community. Donations can be made by contacting the address above. ...

Plan to find AIDS Cure introduced in Congress

AIDS Activists seek co-sponsors of HR 3310

Washington, DC-Representative Jerrold Nadler (D-New York) has introduced legislation calling upon the Federal government to launch an intensive research effort to find an AIDS cure. The bill, HR 3310, is based upon ACT UP's McClintock Project. It provides a detailed working plan to focus the medical and scientific community in the effort to develop a cure for AIDS, which has claimed more than a quarter million American lives in twelve years of the epidemic.

Modeled after other research initiatives launched by the United States, like the Manhattan Project which developed the atomic bomb, and the Apollo Project which landed Americans on the moon, HR 3310 would create the Barbara McClintock Project to Cure AIDS.

"Committing this nation's resources in an all out effort to find a cure for AIDS is something long over-due," states ACT UP Washington member Steve Michael. "ACT UP Washington urges everyone to call and write their Representatives and Senators to co-sponsor HR 3310. Clinton promised us a Manhattan-style Project to find a cure during the election, but has failed to keep that commitment. For the first time in the AIDS epidemic we actually have legislation in Congress to find a cure," Michael continued. He added, "The lives of two million HIV positive Americans are hanging in the balance. We need to move this bill forward."

According to the news release, ACT UP Washington will closely monitor the progress of HR 3310, which was introduced early in November. They view support of the McClintock Act to Cure AIDS as a litmus test of elected officials' commitment to ending the AIDS crisis. ...

Pick up your copy of
CPR at
Drop Me A Line
615A Congress St., Portland

Lady Iris



For Women
By Women

BOOKS
Feminist • Spiritual
Women's Issues
Fiction • Non-fiction

MUSIC
GIFTS • CARDS
JEWELRY

Ten Ladd Street
Portsmouth, NH 03801
603 436-3634



Pam Anderson

Over a decade of experience
as a lawyer & educator

207-885-0031

MEDIATION OF
PARTNERSHIP ISSUES

FOR LESBIAN & GAY COUPLES

Commitment agreements

Separation agreements

Other partnership issues

A SOLUTION FOR THE 90's!

Gay and Lesbian Travel

Gay Games IV
New York City

June 94

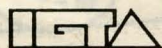
Air & Hotel
Packages
starting at \$250
Call Now!

Waikiki / Hawaii

8 Days/7 Nights
from \$892*

includes R/T Airfare, hotel,
airport transfers, lei greeting
*Per Person/Double Occup.
based on travel prior to 12/15/93

- RSVP Cruises
- Atlantis Events
- Windjammer Cruises
- Olivia Cruises
- Dude Ranches
- Rafting Trips
- Much more



Member

International Gay Travel Association

ADVENTURE TRAVEL, INC.

Two Elsie Way • P.O. Box 6610

SCARBOROUGH, ME 04074

(207) 885-5060

OUT! of Town

This month's column is about SAFETY. There has been a lot of publicity recently concerning violence against tourists, particularly in Florida. I thought it might be a good idea to review some basic safety tips. These tips apply to anyone travelling, and most are based on plain common sense.

Although most of the violence that has occurred has been directed at foreigners, anyone travelling outside of their home territory should exercise caution - especially in places that are relatively unknown to them. I have broken down these tips into several categories.

AIRPORT SAFETY: Although most airports are secure from violent attacks, travellers should always be on guard against thieves and pick-pockets. When at an airport, either waiting for a flight or waiting for your luggage, always keep your hand carry-on luggage with you. Don't leave it unguarded. It is a very tempting and easy target to a thief.

Men should carry their wallets in their front pockets, as these are much harder for a pick-pocket. Women should carry their purses held close to their bodies. If the purse has a long strap, loop it over your head onto the opposite shoulder. This makes a hit-and-run theft more difficult. If you must take a taxi from the airport into the city, you should deal only with licensed and approved cabs. Don't accept offers for transportation from someone cruising the luggage area. This only invites trouble. Ask where the licensed cabs can be found and use them.

CAR SAFETY: When travelling outside your home area, you must be on the alert while driving, whether it be in a rental vehicle or your own. Don't ever stop your car except for a uniformed police officer. Some of the scams used for car jackings and robberies involve someone in a car driving beside you indicating that there is something wrong with your vehicle. Don't fall for it. Wait until you can pull over in a well lighted, public area. Also, don't pick up hitch-hikers. I personally had a bad experience with one about a year ago, and lost about \$100. As soon as you get into your vehicle, LOCK YOUR DOORS and WEAR YOUR SEAT BELT.

HOTEL/MOTEL SAFETY: Always lock and bolt your door, even when you are in your

Paul T.
Bernard



room for just a short time. Never open your door unless you are absolutely sure who is on the other side. If someone knocks at your door saying they are an employee of the hotel, don't let them in until you call the front desk to verify that someone has been sent to your room. Don't leave valuables laying around your room. Money, cameras, jewelry, etc. are very tempting targets. Most hotels/motels have safe-deposit boxes available. Use them.

When you check into your room, do a quick inspection. Check the locks on the doors and windows. Check the bathroom. Inspect the closets. If you aren't satisfied, tell the manager that you want a different room. Also, when checking in, be sure to memorize where the nearest exits are in case of fire. Ask the front desk about fire alarms and smoke detectors.

PERSONAL SAFETY: Most of us enjoy travelling to big cities. But big cities have drawbacks. Muggings are a common everyday occurrence. To guard against getting mugged, you should never walk anywhere alone, day or night. Always walk in a group, the more the better. Always travel in very public, well travelled areas. Avoid parks, etc. at night.

If you should be mugged, don't put up a fight. Give the thief what he wants. Your life is much more valuable than any amount of money or possessions you might be carrying. Immediately notify the police. If your credit cards are stolen, call the insurer immediately. This will limit your liability against any charges that might be made against your cards.

In short, when travelling, you must always be on guard against something happening to you. You are the only one who can do this. No one else is going to watch over you. ...

Chew on This

Winnie tells me that this issue of CPR is focusing on AIDS, and that left me wondering what I could write about in this column that would be pertinent to the subject. I've not read very much information about nutrition and AIDS, and so I even thought of telling Winnie that Chew on This would need to be listed as missing in the December issue. Then I thought of my friend Roy, and all the stages he went through with food as he fought his own battle with AIDS, and I thought I would simply share this with you.

When I first met Roy back in the 80's before he was diagnosed, he was one of those people who took very good care of his body. He was into Yoga, dancing, aerobics and swimming. He also took great care with what he ate. Most of the time he cooked fresh vegetables and ate little meat. But what I liked most about his style was that he wasn't a purist about it. When he felt like consuming a huge hot fudge sundae, he did... and with absolutely no guilt! Now there was someone who knew how to be kind to his body!

When Roy was first diagnosed HIV+, he began being more focused on his diet. He consumed large quantities of vitamins, and took even more care with planning balanced and healthy meals. For him, good nutrition and exercise were part of the fight.

As Roy became increasingly ill, he began to realize how often he simply didn't want to eat, and so consuming as many calories as possible when he did feel like eating became the new game plan. Suddenly he was into eating as much of a large "sub" as possible, heavy on the oil please. This phase didn't last long, especially since the medication he was on made him feel nauseous most of the time. Finally Roy went on TPN feedings, and depended upon the nutrition coming from the tube to give him the nutrients he needed.

Rose Mary
Denman



For the last six months of his life, Roy ate very little. His friends got used to his saying he had a yen for some goodie only to have him take one bite and push it aside. I think we all felt helpless as we tried to tantalize him with various fare, hoping to hit on something he couldn't resist.

I think what I will always remember about Roy's last weeks and months was his ability to eat vicariously. If I went out to a restaurant with a friend, he would call me on the phone wanting to know every little detail about what we had eaten and how it had tasted. On the day he died, Roy kept insisting that the nurse take us all out for lobster (to which he had always been allergic), or feed us all ice cream.

Roy taught me all I know about nutrition and AIDS, and it seems pretty sensible to me. Eat good, nourishing food for as long as food tastes good to you. When it no longer does, eat for the most dense calories and nutrition possible. And for those of us who have a friend or family member with AIDS, my hunch is that the best thing to do is take the lead from the person with AIDS. Let them tell us what they need, and then try to meet those needs as best we can. There were many days when I felt that the best nutrition Roy could take from those closest to him was our love...and we should never underestimate its value.

As we draw near the holiday season, I wish each of you well, and may your New Year be filled with all good things. ...

An old fashion Christmas

A walk in the woods
Hot, mulled cider
Cutting your own Christmas tree
Sunday, December 12th & 19th
By appointment only

Grandmeré's Farm

Buckfield, Maine • 207/336-2484

Balsom fir Christmas trees
table top to 5' tall

Creamy white sheep pelts,
3" fleece

Wreaths
24" decorated or plain
Garland
white pine or balsom

Meat: Lamb - whole or half
Rabbit

"Gayly" raised and cared for.

our past is frozen and can't be changed ... the future never really gets here.

intentionally
LIVE YOUR LIFE

*LIVE YOUR LIFE TODAY... in the present moment
that's the best we can do.*

Motivational Coaching

FIRST VISIT FREE

353-5850

Cindy Lupien, MEd.

Portland

FEATURE: The Maine Gay Men's Chorus: An interview with Bruce Fithian & Mark McDonald

By: Luke Balboni

On November 18th at 5:20 p.m., I spoke with Bruce Fithian and Mark McDonald at Bruce's home deep in Gorham, Maine. Bruce is the Musical Director of the Maine Gay Men's Chorus, and Mark is its President. After following a rather direct route with only one turn in it, I stumbled upon chez Fithian. Bruce was in the midst of giving a voice lesson so I was privy to the beautiful operatic melodies of this student.

Mark arrived and we chatted. I discovered that he is from south-central Missouri and was a teacher there. He came east to find a safer place to be out as a gay man. Bruce joined us shortly, and we got down to business.

Mark is a rehabilitation co-ordinator at UNUM, and Bruce is an Associate Professor of Music at USM, responsible for teaching Voice, Opera Workshop, Music History and other courses on the teaching of music.

The 54 member chorus is named the "Maine" rather than the "Portland" Gay Men's Chorus because Portland, Oregon beat the Mainers to the punch. Besides, the title "Maine" is more apt because there are members from all over the state, including Hallowell, Lewiston, Kennebunkport and parts unknown.

The upcoming scheduled events include a performance at the YWCA on December 1st, celebrating the Names Project AIDS Quilt. Then on December 11th at 8:00 p.m. there'll be a concert at the First Parish Church, 425 Congress Street in Portland, and on December 12th at 3:00 p.m. there'll be a concert at the Unitarian Church in Portsmouth, New Hampshire sponsored by the Seacoast Gay Men's Group. On December 19th at 2:00 p.m. there will be a performance at the Trinity Episcopal Church on Forest Avenue in Portland.

Bruce's job as Musical Director makes him responsible for the artistic aspect of the chorus which includes programming and developing ideas for the music. He works with a volunteer committee from within the chorus to build the repertoire. They germinate ideas about themes.

Bruce states, "there's a tradition in Gay Men's Chorus to perform from memory. This builds cohesion and excitement." And as time goes on and the chorus does a particular piece more frequently, there are wonderful things that can be done with the music. He thinks that their last concert in Boston was probably their best for this very reason. Although Bruce didn't say so, I feel that his most rewarding role with the chorus is as its conductor.

The origin of the Maine chorus stems from a concert by the Boston Gay Men's Chorus which Bruce attended at the First Parish Church in Portland. The Bruckner piece they did so moved Bruce he decided, "this is what we need." The Boston chorus' tuxedos didn't hurt his favorable impression either.

Immediately after the concert, Bruce talked to Robert Barney, the Musical Director of the Boston Chorus, and to Doug Eaton, the Music Director of First Parish, who was instrumental in bringing the Boston Chorus to Portland, and asked, "how can we start a chorus?"

Bruce got the help he was looking for. That summer ('92) there were four people who got together and figured out how to do it. Bruce said it was remarkably easy. He ran an ad in *Our Paper* and *Casco Bay Weekly*. The *Portland Press Herald* did not print the ad. Many people responded, and the chorus started off with 23 members, then it went up to 30, and now to the

that there are 126 gay, lesbian and mixed choruses scattered throughout the United States. The Maine Chorus and the others belong to GALA, which is the national umbrella organization representing all these groups.

Mark added that of these 126 groups, only 36 have the word "gay" in them, and he's proud that Maine does. However, there are consequences. Less funding and not being taken seriously as an artistic organization are just two. These reactions are based on homophobia.

Some of the bigger cities, like San Francisco, have had their chorus for 15 years, but Bruce thinks that the blossoming of groups is recent and that it's mushrooming all across the land. They range in size from San Francisco's 200 member chorus to 15 member groups in small cities in the heartland.

All the major cities have choruses. Mark

American composer, Ron Nelson, wrote the latter work on a commission from the Windy City Gay Men's Chorus, and Bruce informed me that important composers are writing specifically for gay choruses.

The second part of the show is about family, how it has evolved and what it means to us. "Diversity," a song written for the Los Angeles Gay Men's Chorus, starts off this segment. The song speaks about the diversity of gay men everywhere, and how "diversity makes us strong."

Then there's a piece written by Rita Kissen entitled "For Our Children" inspired by Rita's involvement with P-FLAG, and her participation in the March on Washington. The song deals with family from the perspective of parents who are proud of their gay child. Bruce did the arrangement for this song (he is a composer in his own right). The third song in this group is called "Family", and it develops the idea of the family as being broader and bigger than any one person.

After the family part of the show is completed, there will be a section memorializing those who have died of AIDS. The chorus will sing a work by Conrad Susa entitled "A Winter Serenade" which was commissioned by a member of the Maine Chorus and which will be the featured piece at the performance on December 1st at the YWCA. Bruce points out, "this piece is written on poems of Longfellow who is an important figure in Portland, and who was a member of First Parish. His pew is right there where we sing!" Bruce foresees this as a very special moment in the concert because it is a beautiful piece which has been very demanding and difficult to learn. It has recently come together for the chorus, however.

The performance at the "Y" will also include "I Shall Miss Loving You" and will end with "And Love Lives On" which will leave the audience with a sense of hope and continuity.

The second half of the performances on the 11th, 12th, and 19th will be a light-hearted look at Christmas. First will be a cantata entitled "The Long Christmas Dinner" about a gay man who brings his lover home to the family for dinner for the first time. The next piece is "Tomorrow Shall Be My Shopping Day" which is a medley of Christmas carols poking fun at the commercialism of the season and then there'll be two gay carols, "Coming Out On Christmas" and "A Christmas Brunch."

The Maine Chorus has premiered some of Bruce's original work. He wrote the music for



Maine Gay Men's Chorus perfecting their notes for upcoming performances

current 54. The support of First Parish Church was critical in the chorus' survival since they provided the space needed for practice.

Their first performance was held at the First Parish Church last December, and Mark was "extremely overwhelmed and surprised both at us for how it sounded, and at the degree of community support." Mark knew then that they had something "almost magical" and that they would continue with it.

I asked Bruce and Mark to compare themselves to other gay men's choruses. Out of professional courtesy they answered by telling me about the proliferation of such choruses rather than who's better than whom. It turns out

recalls a leadership conference sponsored by GALA which he and Bruce attended, where he became aware of the choruses in the second tier cities such as Pittsburgh and Kansas City, and then in the third tier cities like Portland, Maine; a small community in Pennsylvania; Nashville, Tennessee and a little place in Arkansas. Mark sees this movement as "coming down to almost a grassroots kind of thing."

The December 11th, 12th, and 19th shows include a combination of songs ranging from serious to fun, and from upbeat to lyrical. The show will start with two very festive pieces, "welcoming pieces," Bruce says. They are "Sing Be Merry" and "Ring Out Wild Bells."

INCOME TAX PREPARATION

RAINIER BOOKKEEPING SERVICES

Shirley L. Brunton

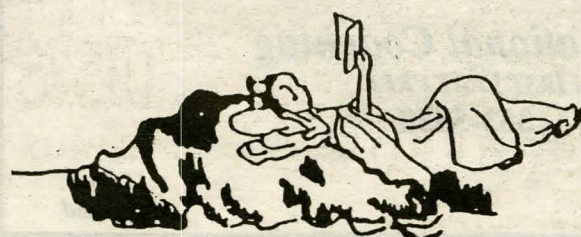
Business & Personal Bookkeeping Services
I make house calls!

(207) 225-3640

Gen. Turner Hill Rd., Turner, ME. 04282

Gulf of Maine Books

INDEPENDENT BOOKSELLERS



61 Maine Street
Brunswick, Maine 04011
729-5083

a poem by Ken Rosen, a Portland poet and member of the English Department at USM entitled "Tomorrow in Sarajevo." Bruce characterizes his composition style as contemporary, but Mark points out that that is only a small part of what the chorus does because of their inclusion of traditional as well as jazz pieces and show tunes.

There were auditions in September and the next ones will be in January. I asked if they were looking for new members and Bruce answered by saying that he thought the group was probably large enough, and that he missed the days when they were only 30 or so. A larger group is much harder to work with.

Mark said that 55 or 60 will probably be the max, but because they are a community organization they will take in anyone who can sing and who has a sense of pitch. Bruce emphasizes the community-building aspect of the group. There is a tight-rope to walk between wanting a musically gifted chorus and fulfilling the organization's responsibility to function as a community group.

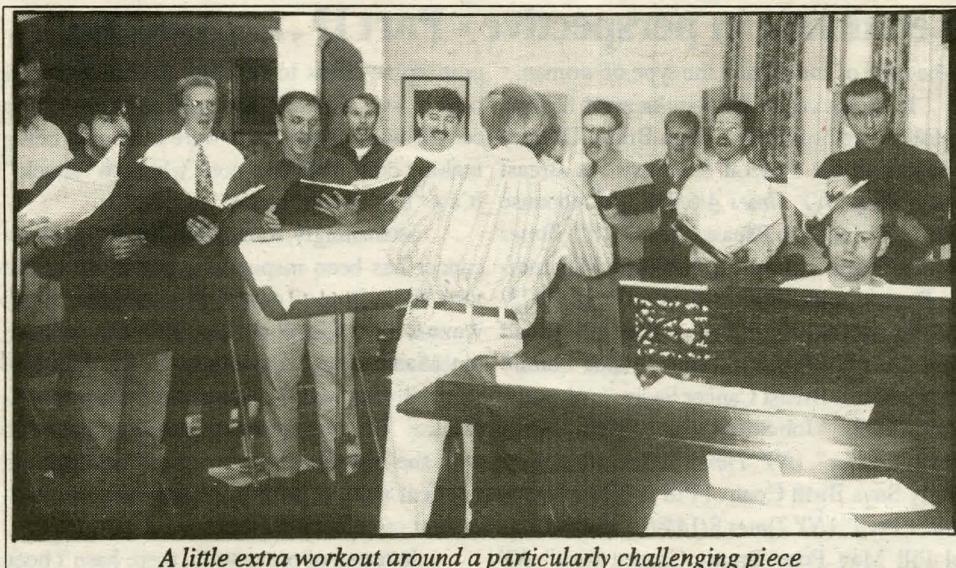
When I asked Mark to add what he thought I might have overlooked, he offered that he is often asked by his straight friends, "why a chorus?" In other words, why are you (gays) using singing as a means of coming together?

Mark thinks the answer is that this type of organization offers its members a chance to meet "in a non-bar atmosphere, to socialize, its much, much more than a singing group. I mean, if I lost my voice tomorrow, just to be a part of that organization, I'd still be very active because the socialization and bonding that happens is really incredible."

"How could a non-singer participate in the group?" I asked. Mark said they are looking at developing the Fifth Section. This would be for the non-singing members of the chorus and this group usually develops after a chorus has been established for awhile. These are the people who are the stage managers, production managers, program people, advertising, lighting, sound, etc. Anyone who is interested in helping out in any of these ways, please call Paul Colpitts at 774-2704.

Another reason that singing is the choice of gay men to build community is that, as both Mark and Bruce observed, oppressed peoples throughout history have turned to song to ameliorate their burden, to build spirit, to inspire further struggle, to instill hope, to unify and to uplift their vision. These goals are especially critical in these dark days of death and dying.

Songs that lend themselves to this inspirational mood are included in the program, "Diversity," for example. I suggested to Bruce that



A little extra workout around a particularly challenging piece

he should write the anthem for the gay-rights movement. Mark agreed. Bruce thought "Over the Rainbow" or "In This Moment" are such songs.

Mark pointed out that being in the chorus "is not easy. It's hard work." There's a weekly commitment of 2 1/2 hours, plus a significant amount of time outside the chorus learning your tape. Bruce goes through every song in the concert and sings the base part, then the baritone part, then the first tenor part and then the second tenor part. Copies are made and distributed to the appropriate members and this is how they learn their parts. Mark considers this the key to their learning the songs.

The pay-off for all this hard work is at the concert when they see the tremendous emotional reaction of the audience, which as Mark states, comes from the beautiful, empowering, creative, positive music they perform. Mark's most moving experience was at last spring's concert when they did "Tomorrow in Sarajevo" when everything just clicked for him.

Their pianist is Delmar Small who Bruce states is very talented and is, in essence, their orchestra. They've occasionally used clarinet, bells, drums, bass and the church organ played by Doug Eaton.

Bruce wanted to emphasize how, in this organization, there is a lot of help from all members. It is this commitment and spirit of unselfish cooperation that makes the chorus work.

In wrapping up, Bruce wanted to underline the service the chorus provides to the community. He related the story of the religious friend of his who, after attending their spring concert, told Bruce that for the first time in his life he was proud to be a gay man. Whoop! There it is! This comment makes it all worth-

while and Bruce thinks that message of pride is especially important for gay youth. All that negative garbage that this sick homophobic society piles on us from birth can be washed away through the power of song. ...

Time Out!

By: Michael Rossetti

Downhill, or alpine skiing, is the single most popular winter sport. Add in jacuzzi's, indoor pools, fireworks, and a continual party atmosphere, and you can easily understand why folks travel for hours to the slopes of Maine and New Hampshire.

The cost of the sport used to be prohibitive, but there are few areas where you cannot rent every item of equipment you need. There are few major locations that don't offer beginner lessons, and progressively advanced slopes. A non-skier can become a skier for about \$40/day rentals.

The greatest development in our community are the annual gay ski weeks. The major US event has moved from Colorado to Utah for the week of February 15-22. In our neck of the slopes, Stowe, Vt. will be an alternative. The International Lesbian and Gay Outdoors Organization (IGLOO) is sponsoring its tenth annual ski weekend from March 2-6, and will take over two hotels. Costs for accommodations run \$200 to \$350 for 4 nights, 5 days. Also available are toboggans, indoor pools, and cross country trails.

In the cross country vain, Time Out's 2nd annual meeting will happen in mid-February. Featured will be a cross country clinic and weekend in southern New Hampshire. For information on this, or other skiing and winter activities, write TIME OUT, P.O. Box 11502, Portland, ME 04104. ...

Just who is DEAN, anyway?

By: Roberta Poulin

Down East AIDS Network, otherwise known as DEAN, is a grass-roots, community-based organization which was established in the summer of 1987. It was co-founded by two women who, when learning that their brother had been diagnosed with AIDS, found no local source of information or support. They decided to create an organization to serve the downeast area of Maine.

DEAN's first three years were an up-hill struggle by several dedicated volunteers. Inroads were made in the areas of education and support to people infected by HIV, and those deeply affected by the virus.

The DEAN office originally consisted of a telephone, an answering machine, and a filing cabinet located on a stair landing in a private home. In the late spring of 1990, DEAN hired its first part-time educator/case coordinator, and moved into a small one-room office in Ellsworth. Bobby Poulin has since gone on to become the Executive Director of the organization, and our office space has greatly expanded. In addition to the Director, DEAN now has two additional paid staff: the Education Coordinator and the Case Manager/Gay Men's Project Coordinator.

DEAN is very proud of the work it is doing in Hancock and Washington counties. DEAN provides education to area communities through churches, school, groups, and families. Well attended community nights, offered monthly at the DEAN office, feature films, discussions, and speakers. DEAN provides extensive and intensive training to all who volunteer, including office workers, HIV educators, speakers and buddies. Support services include case management, support groups, short term counseling and support and supervision to buddies. A state-wide women's program offers education to lesbians, straight and bisexual women, and support to HIV+ women through regularly scheduled events.

Our volunteers are dedicated individuals from all walks of life who can be counted on to do what is asked and needed of them. From office work and answering the phone, to the energetic fund-raising endeavors; from scouting donations for our food pantry, to finding a child's car seat for one of our families in need, they are there.

DEAN volunteers are always ready to assist the staff in providing HIV education and caring and support for those affected by HIV. Volunteer, downeast. DEAN needs you. ...

GAY & LESBIAN CRUISES

R S V P CRUISES

The Next Great Gay Adventure! from \$695




MAX TRAVEL

783-7399 or 1-800-728-2420
333 Main St., Lewiston

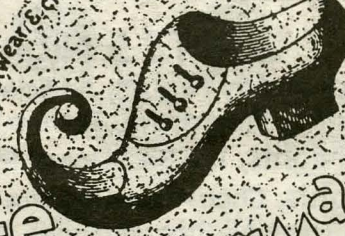
OLIVIA CRUISES

Join The Women Of Olivia! From \$895



611 congress st
portland
(207) 772 5613

footwear & clothing for urban living



terra firma

Putting the breast cancer epidemic in perspective - Part II, By: Peaches Bass

Last month we began an examination of how our cultural attitudes and interpretation of statistics influence our response to breast cancer. We conclude our examination in Part II.

Despite the improvements in breast cancer treatment and survival, and despite the true meaning of the statistics on risk and incidence, women are left with the message that no matter what, breast cancer's gonna get us. If we carelessly cite the numbers without explaining their meaning, women will be truly frightened.

Fear is not the best emotion to feed your decisions and motivate healthy behaviors. This is best illustrated by stories that some women decide, after their biological mothers and sisters are diagnosed with breast cancer, to have their own healthy breasts removed. This is sometimes recommended by physicians! We had best educate, inform and support women, without leaving them so worried or hopeless that they resort to such drastic, misogynist measures.

The one risk factor that we are certain of is age. As a woman grows older, her risk of breast cancer increases. Other risk factors are primarily theoretical, and are likely to be limited to certain women with certain combinations of co-factors, but the barrage of media attention (and the poor quality of that attention) is confusing and frightening. What we forget is that breast cancer is more than one disease, and has different incidence rates internationally. A host of genetic, environmental, behavioral, and physical causes are likely to be involved, depending

on the type of cancer and the type of woman. In recent years, the popular press has run the following headlines: "High Breast Density Is Identified By Federal Scientists As Breast Cancer Risk" (NY Times 4/6/89), "Menopause Hormone Linked to Breast Cancer" (NY Times 8/3/89), "Fetal Exposure to Estrogen May Indicate Breast Cancer Risk" (Boston Globe 10/23/92), "Breast Cancer Linked to Gene" (Portland Press Herald 5/21/87), "Study Finds Family History Minor Breast Cancer Factor" (Houston Post 7/21/93), "Job Stress May Explain Rise in Breast Cancer" (NY Times letter 12/30/86), "Study Says Birth Control Pill is Not a Breast Cancer Peril" (NY Times 8/14/86), "Birth Control Pill May Pose Breast Cancer Risk" (NY Times 1/5/89).

What's a woman to believe? How can she know what her risk is? How can she identify her personal prevention strategy? It begins to look like it's a woman's own fault if she gets breast cancer: she took the pill, ate too much fat and not enough fiber, didn't breast feed, or, she has no control over her risk: fetal exposure, job stress, hormones, genes, age. Either way, they're stuck.

The lack of meaningful, useful information, coupled with this society's inclination to blame people, and especially women, for their health problems, only adds to their fear of breast cancer. The use of scary language, particularly among health care providers and health educators, increases our panic. We talk about people with cancer as "time bombs," and we use anthro-

pomorphic terms to describe tumors and their behaviors. We say the cancer "behaves" a certain way, as though it were a sentient being making conscious decisions where to "attack." It's a "foe," it's a "battle," it's a "war."

Interestingly, some of our reaction to breast cancer has been inspired by our involvement with HIV. In spite of how confused and afraid women have been about breast cancer, we have mobilized a huge movement in the past five years. Breast cancer is, almost always, a woman's disease. The current situation has as much to do with the historical sexism of the medical and political system, as it does with any environmental or medical factors.

In terms of prevention, there hasn't been any significant advance in the study of breast cancer in forty years. ACT UP showed women how the squeaky wheel gets greased for funding research. Women have turned back to their own rich experience in feminist health to develop support programs that go far beyond the cancer support groups currently in place. Lesbians are leading the way, and are a major force in the national breast cancer movement.

The way things usually go, our mobilization around breast cancer will eventually spread to other areas of our health agenda. Since lung cancer kills more lesbians than HIV, we should see at least as many lesbians involved in tobacco use prevention as we see in HIV prevention. We should see support groups for lesbians with diabetes or multiple sclerosis, as well as for those with cancer. We should see post-heart attack sexuality workshops alongside alternative fertilization workshops. We can use the activism that is being inspired by breast cancer to address much more.

Our perspective on breast cancer is complex. We respond to it as individuals and as community members, as daughters, sisters, and friends. We see ourselves to be "at risk," but we also see ourselves as empowered, part of a movement. We view breast cancer as women, and as lesbians.

Whether or not we are technically accurate to refer to the current scope of breast cancer as an epidemic isn't the point. With approximately 150,000 women being diagnosed and over 45,000 dying this year, what matters is that we deal with breast cancer from a position of

knowledge and clearheadedness, not from anxiety, exaggerated information, or political expediency. Quoted in a February, 1993 article in the New York Times, Dr. Susan Love summed it up, "There are too many women dying of breast cancer and we have to do something about it." She's right, and we are.

(Note: A great resource on breast health is Dr. Susan Love's *Breast Book*. An interesting work on the social/cultural response to cancer is Susan Sontag's *Illness as Metaphor*. Both books are currently in print and available at most chain bookstores and libraries.) ...

ZOOTZ

Maine's Number 1 Night Spot!

Saturday Dec 4th
Thanks To Gravity

Wednesday Dec 8th
Mercy & Echolyn

Thursday Dec 9th
Trash Disco Party
The Best & Worst of the 70's
Wear Polyester Again
No Cover

Saturday Dec 11th
Soul Kiss

Friday Dec 31st
Twisted Roots & DJ Bob Look

Saturday Dec 18th
Buffalo Tom & Groove Child

ZOOTZ 5 Nights Of Fun

Wednesday Nights, An Eclectic Mix Of Alternative, Industrial, Progressive, Techno & Rock, No Cover (21+)

Thursday Nights, The Best Dance Party In Maine! No Cover (21+)

Friday Nights, Chem-Free Dancing till 3 AM \$5 Cover (All Ages)

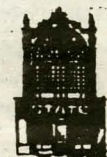
Saturday Nights, National, Regional & Local Bands

Sunday Nights, All Request Night, No Cover (21+)

31 FOREST AVE PORTLAND (207) 773-8187

STATE THEATRE

Full Beverage Service Available




Cabaret Dining

.....

DECEMBER 17

8 PM

JUDY TENUTA



Theater Seating Available
\$16

With special guest:
KEVIN FLYNN

Pick up your copy
of CPR at
SPORTSMAN'S,
Lewiston

do you owe money to the

IRS

I will help you create a simple personal budget.

I will go with you to meet with an IRS agent.

I will help you negotiate a payment plan.

You can have PERSONAL POWER even with the IRS.

Call before the IRS contacts you.

Cindy Lupien, Motivational Coach
142 High Street • Suite 634 1/2 • Portland
353-5850 (by appointment only)

OBITUARY

Charles A. "Chuck" Peer

By: Terry Morrell

Chuck died peacefully on November 15, 1993 in the presence of his long-time companion and friend, Terry Morrell. He had a 5 year battle with AIDS.

He was so determined not to let this stop him from doing anything. For the last year of his life, he lived alone in an apartment in Portland. He felt he had to do this to show that AIDS does not have to take away independence.

He was very open about sharing his experience with others. He was not afraid to answer any question, and he has touched a lot of people's lives by educating them about AIDS.

Chuck used to love to play pool and dance. He also loved to roller skate, play card games, and be the center of attention. A memorial service was held for Chuck on Saturday, November 20th at 3:00 pm. Chuck wanted all his friends to celebrate his life.

I will never forget the first time I saw him at the Underground. I thought he was a hot-shot pool player who was showing off. Little did I know that my friend would ask Chuck to dance with me, and that I would end up being his lover and friend.

Little did I know the battle we would face. Chuck did give me a chance to get out of the relationship, but no way could I abandon someone who I love. I will never forget how we used to sign songs over by the jukebox, and play pool at whatever place we could.

Chuck gave me so many memories that I am glad to have stood by him through the rough times, and the good times as well. I will always miss and love Chuck, a great friend and lover, the love of my life.

If you want to do something in Chuck's memory, you could make donations to The AIDS Project in memory of Charles "Chuck" Peer.



Charles A. "Chuck" Peer, right, with his lover and friend, Terry Morrell

Chuck, My Love

By: Terry Morrell

You are finally free
no more pain
no more suffering
Now you can fly
so high
spread you wings
and let your spirit soar
be the bird that you always
wanted to be.

Chuck, my love
you have always
thought of me
and worried about me
even toward the end
it was always me
that you held on to.
I love you
for all that
you have given me.
No one and nothing
can replace what we had
because what we had
was so very real.
Though you are free,
you remain
forever in my heart.
Chuck, My Love,
I am glad that
I stood by you from
the beginning
to the end.

I am glad
to have shared
all that we have shared,
laughter, pain, grief, anger,
and all that we have shared
with this battle,
we did not lose,
because our love could not be
conquered.
Our love kept us strong,
and nothing can compare to
the love that you and I shared.
Yes, you are free and you may have
gone
but honey, my sweet love,
From my heart and soul
you will never be truly gone.

OUT Of My Mind

By: Ken Constant

With this issue of the CPR being dedicated to a rather grim subject (AIDS), I hope you'll indulge me as I take a bit of a lighter look at life. This is, after all, the time of the year when the greedier amongst us look forward to the special day when it is expected that if someone really cares about us, they'll give us everything we want! Of course if they really cared, they wouldn't make us wait for special occasions.

I have decided to share with you my Christmas Wish List in hopes that Santa (or a wonderful man I would be proud to call my Daddy) might read and purchase.

To start off, I really want one of those new Ken dolls, you know, the "gay" looking one with the questionable accessories and, yes, an earring! I am sure this would bring me many hours of playful pleasure as I dress him in all the fabulous accessories available for his fag-hag friend Barbie. I especially want to see him in the Prom Gown!

Next on my list is a new apartment. My current one, besides being in a terrible neighborhood (the Old Port-near all the straight bars) is a mess. I must admit that I am not the best housekeeper and you sometimes have to face up to the fact that it would be easier to move than to try to clean the dump. A nice apartment with a view, fireplace, and heat included would do just fine. It should also be located within walking distance of The Underground, Zootz, Katahdin and Videoport.

If it wouldn't be asking too much, Santa,

Ken
Constant



I would also like a new permanent job. I know the economy is still bad, but hey, I've got a cat, dog and several "younger" friends to support.

My final wish on my list is the most important one. If nothing else, I want to see a cure for the epidemic that has taken so many wonderful people.

I hope this Holiday Season finds you in good health and good spirit. Whatever your beliefs, may the year to come be many times better than the one which has passed. ...

TOP 5 REASONS WHY IT'S BETTER TO BE A GAY MAN!

By: Ken Constant

1. You can wear your lover's clothes, thus having an expanded wardrobe.
2. Don't have to stand for endless hours in the ladies department while your spouse shops (unless he's into that!).
3. We really do make better hair dressers, designers and make up artists, don't we?
4. Never get sent to the store on a cold, rainy night to buy those "feminine hygiene" pads and what have you.
5. Two Words: Lorena Bobbitt! ...

The Maine Gay Men's Chorus
sings:

A Winter Serenade

December 11, 1993
8 PM
First Parish Church
425 Congress St.
Portland, Me.

December 12, 1993
3 PM
Unitarian Church
292 State St.
Portsmouth, NH

December 19, 1993
2 PM
Trinity Episcopal Ch.
113 Coyle St.
Portland, Me.

Tickets: 8\$ / 10\$ • available at Drop Me A Line or at the door

LOOKIN' GOOD, FEELIN' GREAT

By: Karen Ann

Editor's Note: The following article is reprinted with permission of The Tiffany Club of New England. The Tiffany Club is an organization for cross dressers or cross gendered people. This article first appeared in the October 1990 issue of Rosebuds, the organization newsletter.

For a couple of years now, some of my friends have been suggesting that I write an article sharing some of the things about make-up and style, with my sisters. Those of you who know me, realize that I am always experimenting with new cosmetics and outfits.

When I finally decided to pen it onto paper and impart all of this cosmetic wizardry to my sisters, I found out that it wasn't that easy. I started to realize that paint and upholstery is only a small part of my femininity; the "tip of the iceberg" so to speak.

I had to think back to that shrinking violet in long dark hair, wearing two pounds of make-up and a 1960's dress; who walked into the Crown and Anchor hotel in Provincetown in May of 1985. What was the difference between her, and the lady who today attends seminars, flies across the country (cross dressed), and has regular appointments at the beauty parlor, and pretty much goes about her business without giving a second thought to the fact that she is cross dressed?

The more I thought about it, the more I realized that although I had become much more competent in developing an acceptable outward appearance, that was not the most important area where changes had to take place. The greatest changes in Karen Ann came from deep within, over a period of time. These changes

took place ever so slowly and subtly that, at the time, I hardly knew they were happening.

I started to realize and accept that my femininity was an integral part of me as a person. For years, I had mentally fought against the idea that any sign of femininity in me was acceptable. In my blind desire to prove to myself and others that I was "all man," I aspired to develop a "macho" personality that was nothing short of arrogant, demanding, intolerant, and intolerable. In short, I wasn't a very nice person...

I knew that I wasn't a very nice person, and for that matter, I didn't even like myself very much. Although I detested my life-style and was very unhappy, I felt that this was the way things had to be. I could not allow "her" to gain even a small foothold in my life; if I did, she might destroy me.

Well, it turned out that it wasn't "her" who nearly destroyed me; it was "him." The charade that had become my life wound up putting me in the hospital, mentally and physically exhausted and broken. Even then, I protected "him" from that terrible threat of feminine expression. Finally, at a point of desperation, I confided my deep hidden secrets to a woman doctor. She accepted my terrible confession in stride, and we began to discuss Karen Ann.

Over a period of time, I came to realize that my femininity was as much a part of me as my arms and legs. I came to understand that Karen Ann was not a bad person. In fact, she was just the opposite, a very good person with fine and wonderful qualities, who, upon acceptance, would add a new dimension to my life. This dimension has brought happiness and fulfillment into what was a bleak existence.

Possibly some may think that I am carrying things a little too far, by choosing to express my femininity through cross dressing. But so what. It works well for me, and "if it ain't broke, don't fix it." Well, in my case, I fixed what was "broke" and everything is working just fine, thank you!

My whole point here is that before you can begin "lookin' good," you have got to "feel good;" good about yourself and who you are.

So you are a cross gendered person. So what? You didn't ask for this or choose to be this way; it was given to you. What can you do about it? Since you didn't ask to be in this situation, and you had no control over it, you might as well make up your mind to look at it in a positive light.

The real issue is not whether you are a cross gendered person, but whether you are a good person. Does "she" make you a bad person? Of course not (or certainly not in the majority of cases). If the truth were known, most of us would be better persons if we allowed our inner self to express itself more openly. I am sure that you will come around to the realization that you are a good person and that you deserve to treat yourself as such.

Don't worry about being "normal." Face it! Being "normal" is being like everyone else, a clone, staying within the norm (or the herd). Sounds kind of bland, doesn't it? What is normal changes with the times and with the views of the person who thinks he "knows" what normal is.

Try to think positively, and accept "her" as the good person she most likely is. Let "her" bring some joy into your life. •••

Money Talk

The 1993 Tax Act: Part II Trusts and Estates

By: Peter J. Callnan, CPA

Continuing on in our review of the new tax laws passed by Congress in the Revenue Reconciliation Act of 1993, we will address several of the changes which affect businesses, trusts and estates.

Estate Tax Rates:

Individuals will also be affected by a change in the estate and gift tax rates. Under the old law, the top rate was 50%. Under the new law, that rate will be increased to 55% for taxable estates over \$3 million (retroactive to January 1, 1993.) The rate is 53% for taxable estates between \$2.5 and \$3 million; and for taxable estates under \$2.5 million the rates have not changed.

Income Tax Rates:

Trusts and estates are also looking at increased income tax rates. The 36% rate will

start at taxable income of \$5,500 and the 39.6% rate at \$7,500. This results in a dramatic difference between individual tax and income tax on trusts and estates, and may reverse the traditional philosophy of accumulating income in trusts.

BUSINESS:

The greatest impact upon businesses will probably be in the area of business deductions. The new tax law provides for reduced versions of some existing rules and outright elimination of other deductions.

Tax Rates:

Corporate tax rates will change very little. For corporate taxable incomes greater than \$10 million, the rate will increase from 34% to 35%. This rate will also apply to Personal Service Corporations (PSCs), which are taxed at a flat rate. This rate increase will be retroactive to January 1, 1993. For fiscal year corporations with taxable years that include January 1, 1993, "blended" rate rules will apply.

AMT/ACE:

The bookkeeping burden of an extra set of depreciation records for adjusted current earnings (ACE) depreciation will lessen after 1993. The depreciation factor of the ACE adjustment, for computing AMT of a corporation, will be eliminated for property placed in service after December 31, 1993.

Club Dues:

Beginning in 1994, a business deduction will no longer be allowed for any club dues. This includes social, athletic, business, airline, hotel, or other similar organizations. However, business-related expenses, such as business lunches held at such a club, will be allowed.

Business Meals, Entertainment, & Travel:

Beginning in 1994, the deduction for business-related meals and entertainment will be further limited to only 50% of the actual expense. Under the old law, up to 80% of these expenses were allowed as business deductions.

In the area of travel, in order to deduct expenses for a spouse, dependent, or other individual who accompanies a taxpayer on business travel, that person will have to be a bona fide employee travelling for a bona fide business purpose.

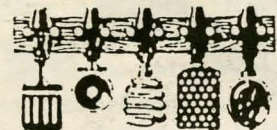
Section 179 Deductions:

In the past, businesses were able to immediately deduct (or "expense") the first \$10,000

See TALK, pg. 19

Simple and Elegant
Catering for Everyone

Barbara's



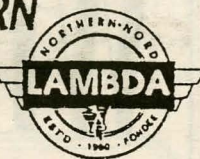
Kitchen

Barbara Winthrop
Chef

- Soups, stews & sandwiches for picnics
- Candlelight dinner for two at home
- Hearty sandwich platters for the office
- Light dips before your own preparations
- Just desserts (from Kristina's in Bath)
- An open house for business clients
- Pre-concert buffets
- Gallery openings
- Rehearsal dinners
- Weddings

For free menus and brochures
call 799-4734

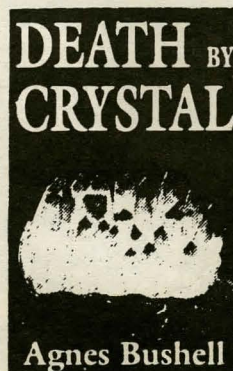
**NORTHERN
LAMBDA
NORD**



Since 1980, NORTHERN LAMBDA NORD has served the lesbian-gay-bisexual community of northern Maine and neighbouring New Brunswick with a variety of educational and social activities. NLN has a lending library, operates the Gay-Lesbian Phoneline, and publishes a monthly newsletter. We host the Maine Symposium and other special events. Our current fundraising goal is to establish Maine's first lesbian-gay-bi community center; we appreciate all donations, which are fully tax-deductible.

NORTHERN LAMBDA NORD
POB 990, Caribou, Maine 04736-0990 USA

from Astarte Shell Press:



A GIFT OF MAINE!

Set primarily in Portland, DEATH BY CRYSTAL follows the trail of lesbian detectives Wilson and Wilder as they search for evidence to exonerate a gay poet and activist suspected of murder. Rediscover Munjoy Hill, Deering Oaks Park, Casco Bay and Popham Beach in this light and moving mystery.

ISBN: 0-9624626-5-9 \$8.95

A splendid mystery: complex and downright delightful
Irene Zahava, ed., WOMANSLEUTH.
to order: call 828-1992 today!

HIV Peer Education Group

By: Luke Balboni

On November 21st at 10:45 pm, I spoke with Mary Stamatel, the former coordinator of the HIV Peer Education Group. This group's purpose is to inform the non-English speaking community of Portland (and its environs) about HIV disease.

The education efforts are conducted by members of the various ethnic groups who speak the native language. These peer educators go into the homes, schools, businesses etc. of their respective community members and discuss HIV disease, its routes of transmission, safe sex practices and other related topics.

Mary traces the origins of this group to The AIDS Project (TAP) and Planned Parenthood of New England who came to Portland Adult Education (ABLE) to do an AIDS education and family planning workshop. ABLE is the school where English as a Second Language (ESL) is taught to adults. Many of the areas non-English speakers can be reached there.

This workshop turned into two days of seminars for the students, most of whom were "pretty uncomfortable with that." Mary added, "It was a format where the educators would come in and speak about these issues, and it was something where, after it happened, we realized teachers weren't comfortable teaching sexually explicit vocabulary and a lot of students didn't come back the second day. Those two days were successful, but they also made us aware that there was a lot more that could be done."

I wanted to be clear on the target group so I asked Mary if her organization deals with refugees (Portland, Maine is one of ten US cities designated as a Refugee Resettlement Area) or immigrants or which groups specifically. Mary offered, "It's focused on getting HIV education to people who don't speak English, or read or write English well enough to get it from mainstream news sources. Their political status is irrelevant."

The method of delivering the information-peer education is the brainchild of Susan Cummings-Lawrence who conceived the idea, wrote the grant and managed the program for its first year. Susan is a well-known community activist and a founder of The AIDS Project who has worked tirelessly and selflessly to help save lives. Susan turned to Mary Stamatel for help because of Mary's experience as an ESL teacher at ABLE and her contacts within the non-En-

glish speaking communities in the area.

The peer education idea is founded on the notion that the people in the various ethnic groups will not only be able to understand the information better, but they will be more receptive to it hearing it from one of their own. Mary states, "There are a lot of Vietnamese, a lot of Soviets, Bulgarians, Ethiopians, a lot of different populations who don't get any information, and so we thought if we could educate someone from each language group to go out and speak informally in the community, to do a field-based project in native languages, then the people might be able to get more of the information."

The organization started up around November of 1991. I asked Mary to evaluate their results. She opined, "I think it's had the same kind of response that HIV education has had in the greater population. I think a lot of people got information that's important. I think in some cases students have reacted the way people in general react, which is, 'alright already,' that they're still uncomfortable talking about sexually explicit things, and they still don't feel like it has anything to do with them. But for some people that's not the case at all."

She continued, "What we did initially was focus on parents and focus on trying to equip parents with the information to talk to their school-age children about the risks and how to protect themselves. We found that by using that (school-age children) as a hook, people were much more interested in our data. Refugee populations tended to be fairly low risk until recently. You couldn't get into this country if you were HIV positive."

I queried, "What was it that made you aware that there was even a need for this effort?" Mary retorted, "I think that just in general, working with this population, you realize that things that are on the news and that are in newspapers and in flyer-form are unavailable to these people."

As with any state-funded organization (the Office on AIDS in Augusta provides the money) there are limitations. Mary continued, "When we started out, we looked at the money we had and we had enough to hire educators for the Vietnamese community, Ethiopian community, Russian community, and that's it."

"We started out with 6 educators (2 per ethnic group). We hired someone who spoke

Russian and Bulgarian, someone who spoke Vietnamese, Cambodian and Cantonese, and we hired someone who spoke Arabic and Amharic. So we were really trying to get people from regions who spoke several languages hoping they could speak to other groups as well. For example, the Vietnamese educator could speak to Cambodians and to ethnic Chinese."

"What kind of materials do you use to educate?" I inquired. Mary said, "We give out condoms, the educators do condom demonstrations, we've purchased videotapes in Vietnamese, Cambodian and Cantonese, and a videotape about HIV in Africa, and another one about HIV in Russia. We've purchased brochures from different service providers around the country in different languages; and we have games you can play that we've acquired from the British Red Cross. Native language comic books are often used. Susan (Cummings-Lawrence) has done most of the acquisition of materials, and she's really done an excellent job."

In wrapping up, Mary elucidated further, "It's been really interesting because what happens is so much of this program takes place in a one-on-one basis where I work with the native language educator to talk about HIV and HIV prevention. They in turn share stories with me about coming of age in their cultures, marriage, adultery, and prostitution. It's been a help to me in talking to my students, and it's also just been very, very interesting."

Mary concluded, "The key thing is that in this program just getting them to think about protection, and to distribute condoms, has been important." ...

National Gay & Lesbian Task Force News

Health Policy Director named:

Washington, D.C.—In a bold move to add a lesbian and gay voice to the national debate about health care reform, the NGLTF Policy Institute announced in late September the appointment of Marj Plum, former director of the Lyon-Martin Clinic in San Francisco, as its new Health Policy Director.

The newly-created position is charged with identifying, evaluating and monitoring legislation, regulations and programs in the national health care arena as it relates to lesbians and gay men. In addition, the Health Policy Director will develop health policy positions for NGLTF and work in coalition with other organizations to advocate for inclusion of gay and lesbian concerns in health care reform.

"Lesbian health issues and more aggressive gay advocacy on AIDS issues are my priorities," said Plum. "Health care is a primary issue for our community, and I am proud to serve the Task Force as it embarks on this vital program."

Plum, who has extensive experience in health care administration and policy, began her new duties in mid-October. Commenting on President Clinton's health proposal, Plum said, "The announcement of President Clinton's health care reform proposal creates renewed urgency for gay and lesbian representation at the table. Any reforms must include access for lesbians and gay men to sensitive providers. Lesbian/gay-sensitive health care services must be available to women who have breast cancer and HIV-affected gay men and lesbians." ...

"Fight the Right" program adds New England organizer:

NGLTF Policy Institute added a third regional organizer to its "Fight the Right" program. Sue Hyde, a former staffer in their D.C. main office, has been named as the Fight the Right New England field organizer. see NGLTF, pg.19

Pick up your copy
of CPR at
THE RAGE,
Bangor

Pro Libris BOOKSHOP

Over 20,000 current and out-of-print books in stock

10 Third Street, Bangor • 942-3019
A reader's paradise since 1980
Eric Furry, Proprietor

COUPLES MASSAGE FOR LESBIANS

Learn simple massage techniques for head, neck, shoulders, back, arms, hips, legs, and feet.

Hands-on.

DATE: Saturday, December 11, 1993

TIME: 1:00 p.m. - 5:00 p.m.

PLACE: On Balance, 4 Milk Street, Portland

COST: \$45 per couple

For more information call Barbara Fudala at 885-0877.



521 Congress Str. Portland 780-0830

Alan Stearns announces candidacy for City Council

Munjoy Hill resident seeks District #1 seat

PORTLAND: Alan Stearns launched his campaign for the Portland City Council with a kick-off event in downtown Portland on Sunday, November 21. Stearns is running for the District #1 seat which covers Munjoy Hill, the islands, and most of downtown Portland. The seat is being vacated by Peter O'Donnell who is running for the Maine Senate. City Council elections are in May of 1994.

Stearns, a native of Old Town, Maine, has lived in the Portland area since August of 1991 when he began to study at the University of Maine School of Law. He currently resides at 58 Lafayette Street on Munjoy Hill. In his final year of law school, Stearns plans to work in Portland as an attorney upon graduation.

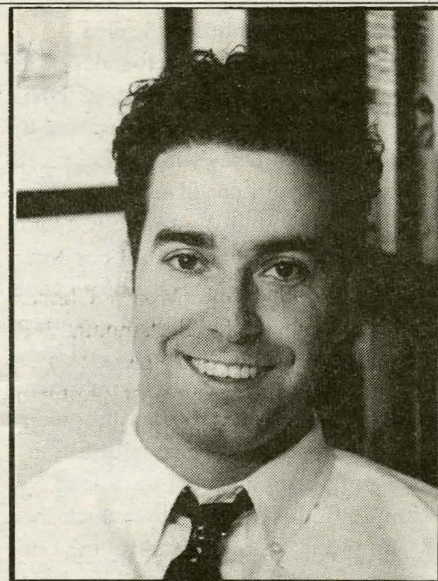
Asked why he is running, Stearns replied, "Some of the City Councilors who have most inspired me in recent years are moving on or have already moved on; great Councilors like Linda Abromson and Tom Allen and Peter O'Donnell. I'm running because Portland needs candidates who can represent Portland with similar compassion, courage, and commitment. I know I have the experience, education, and energy to make a strong contribution to the City."

Before starting law school, Stearns worked as a land use planner in Ellsworth and focused on commercial and transportation comprehensive planning for the City of Ellsworth. He researched waste management and recycling strategies for Hancock County, and drafted comprehensive plans for several towns in the region. Since arriving in Portland, he worked on the negotiated consensual rule-making process, which created the new transportation policy regulations for the Maine Turnpike and the Maine Department of Transportation. He currently works as a law clerk with a mid-size firm in Portland.

Stearns first became involved in Portland politics on the Steering Committee of Equal Protection Portland, the group which successfully supported and defended the City's ordinance prohibiting discrimination on the basis of sexual orientation. Stearns coordinated that campaign's highly successful effort to create a broad coalition of civic groups to defend the ordinance. The successful coalition included the Chamber of Commerce, the local AFL-CIO affiliate, and many religious and civic groups.

Stearns has been an active volunteer with the Munjoy Hill Neighborhood Association. He serves as the Chair of the MHNO Public Safety Committee, and was recently appointed to the MHNO Board of Directors.

Stearns was one of Maine's two Presidential Scholars in 1985. He is also a *magna cum laude* graduate of Brown University. While at Brown, he spent a year in Costa Rica and Honduras, studying and working as a volunteer for



Candidate Alan B. Stearns

international relief organizations. He holds a Master's degree in Public Administration from the University of Maine, with a focus in municipal administration.

alone, it makes you wonder about your own aging while at the same time leaving you hopeful. See it.

Parting Glances

Written and directed by Bill Sherwood

This film presents gay relationships in a positive and healthy light, but the centerpiece of the film, the party scene, is irreparably marred by exceptionally lame, conversational dialogue; the kind that makes you embarrassed to be human. Even watching it alone, late at night, didn't help. The feelings and sentiments expressed are tender and meaningful, but this is a very poorly written movie.

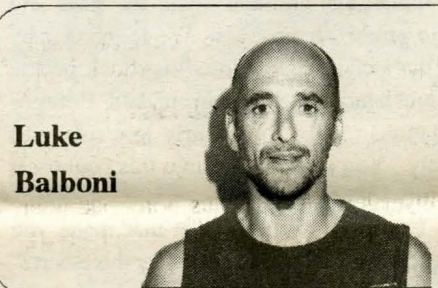
Among the first films to deal with AIDS, it is already dated, not only in the slang it uses, but also in the manifestations of pop culture it upholds. There's a madcap montage of a weekend at the beach accompanied by zany music. Get the picture?

Steve Buscemi, who is always good, plays the one with AIDS. He's the best of the bunch, but labors under a mountain of corn.

The film does deal with controversial attitudes toward AIDS, like blaming the victim, but there's no resolution to any of these issues within the logic of the film. These questions get lost in the director's determination to see certain scenes depicted regardless of their usefulness in furtherance of the plot line. Some of the music is good, and there are people who liked this movie. Check it out. ...

These videos available at VideoPort.

Videos on Review



Luke
Balboni

Strangers in Good Company

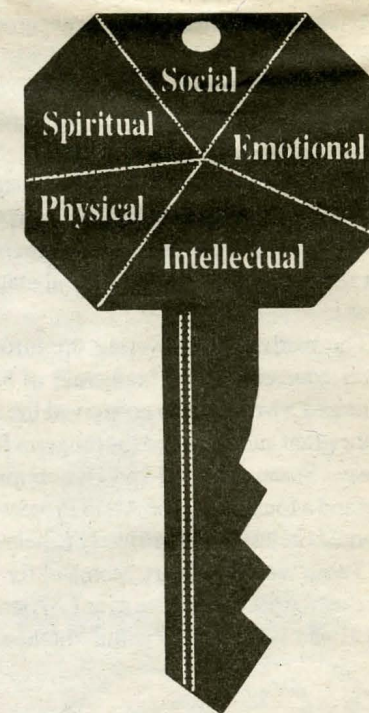
This Canadian film, directed by Cynthia Scott is a poignant and wonderfully uplifting film that will warm your spirit and leave you changed. It's slow-paced and wistful, with lots of silences and beautiful music.

Eight older women are on a bus that breaks down somewhere in Canada. Apparently they were on their way to visit a cabin where one of them spent her childhood vacations. They are stranded and have to fend for themselves. At first they are pissed and afraid, but through shared experience, they manage to bond and deal with the circumstances.

Each woman is highlighted as she talks about herself, and we see a series of black and white photos of her girlhood and young adult life. These scenes are wrenching and effective. It is beautiful to see them as young girls and at the different stages of their lives. Powerful stuff.

You wonder whether they lived out their dreams. Most had tragedies to tell. One discusses her being a lesbian and how, in her generation, she had to keep it a secret; one is afraid of dying; one was a nun; one is overly concerned about her looks; one cannot get over the death of her 27 year old son; one is an Indian who is down-to-earth; another is fun-loving and playful.

A lot of regret is expressed, but this is a film of possibilities and renewal. It is a gem, a must, a story of survival. So many of them are



**Treating the whole person
is the key to wholeness.
Counseling available on a
sliding fee scale.**

Rose Mary Denman
MA., M. Div.

Portland, Maine
207/879-0371

DAMRON'S LESBIAN & GAY TRAVEL GUIDES



GIFTS THEY'LL USE ALL YEAR!

AVAILABLE AT YOUR LOCAL LESBIAN/GAY BOOKSTORE,
OR FROM DAMRON AT 1-800-462-6654

• FREE CATALOG •

PO BOX 422458, SAN FRANCISCO, CA
94142-2458

CALENDAR FOR DECEMBER

CLASSIFIED ADVERTISING

Wed., 12/1 thru Sun., 12/5: Project Face to Face on exhibit at the Portland Museum of Art.
Wed., 12/1: WORLD AIDS DAY

12:00 noon Public Program to observe World AIDS Day at First Parish Church, Portland.
 6:00 pm Opening Ceremony of The NAMES Project AIDS Memorial Quilt at the YWCA, 87 Spring St., Portland.

6-9 pm, the Quilt will be on display. Free admission.

Thurs., 12/2: 9 am-9 pm, the NAMES Project Quilt on exhibit at the YWCA, Portland. Free admission.

Fri., 12/3: 9 am-9 pm, the NAMES Project Quilt on exhibit at the YWCA, Portland. Free admission.

Sat., 12/4: 9 am-5:30 pm, the NAMES Project Quilt on exhibit at the YWCA, Portland. Free admission.

Sat., 12/4: 5:30 pm, Closing Ceremony for the NAMES Project Quilt at the YWCA, Portland. Free admission.

Sat., 12/4: Aroostook's Fight The Right Group meets, 3 pm on East Grand Lake. Pot Luck supper. FMI, 448-2294.

Sat., 12/4: Women's Holiday Celebration, 4-10 pm, Sister Creations in Freeport (231 US Rt.1) including book-signing with Nanci Little, author of *Thin Fire*. 4-6 pm; munchies, 6-7 pm; musical performances with Gail Biron, June Fuller & Mary Lou Dow, 7-9 pm; Tree lighting and carolling, 9-10 pm. Make an ornament for the tree!

Sat., 12/4: Time Out hikes Rattlesnake Mountain. FMI, 871-9940.

Sun., 12/5: Time Out hikes Sabattus Mountain. FMI, above #.

Sun., 12/5: Act Up/Portland FUN RAISER at the Underground, 3 Spring St., Portland. Donation \$3. Dart game: "Dart the one you love to hate", all evening. Wet jockey and T-shirt contest begins at 11:30 pm.

Tues., 12/7: "The Gathering", 7-9 pm, Commuter Student Lounge, USM. Rita Kissen talks about P-FLAG (Parents & Friends of Lesbians and Gays). FMI, Tania. 780-4050.

Wed., 12/8: Northern Lambda Nord Policy Meeting to establish policies for the Library, 6-8 pm at the Phoneline, Caribou. FMI, 498-2088.

Wed., 12/8: Time Out newsletter stuffing. FMI, 871-9940.

Thurs., 12/9: HAPPY HANUKKAH!

Thurs., 12/9: 7:30-9 pm, Matlovich Society, Portland Public Library, "Twice Blessed: Growing up Jewish and Gay." Members of Am Chofshi, Maine's lesbian & gay Jewish social group, celebrate Hanukkah & discuss what it's like being Jewish and gay in a predominantly Christian culture.

Sat., 12/11: 8 pm, Maine Gay Men's Chorus performance, First Parish UU Church, 425 Congress St., Portland, \$10.

Sat., 12/11: 8 pm to midnight, Women's Holiday Dance, Temple Beth El, 400 Deering Ave., Portland. Presented by Wild Iris. Chem-free, DJ, Refreshments. \$5 in advance, \$6 at the door.

Sat., 12/11: Library Day & Pot Luck & Bottle Drive Benefit for Northern Lambda Nord's Building Fund. Help organize our library. Pot Luck at 2 pm. Cash in bottles & cans, donate cash to Building Fund, or bring bottles & cans to meeting. FMI, 896-5726.

Sun., 12/12: Maine Gay Men's Chorus performance, 3 pm at the Portsmouth, NH Unitarian-Universalist Church, \$10.

Sun., 12/12: Monthly meeting of Northern Lambda Nord 3-5 pm, UMPI's Pullen Hall, Room 114-B. FMI, 448-2088.

Sun., 12/12: Time Out visits Camden Snow Bowl. FMI, 871-9940.

Sun., 12/12: 2 pm at Allen Ave. UU Church, The Kartuli Ensemble, an internationally recognized men's acappella chorus devoted to study & performance of folk & liturgical music of Georgia (former USSR), will perform. \$6 for adults, \$2 for teens and youngsters. 892-8391.

Tues., 12/14: "The Gathering", 7-9 pm, Commuter Student Lounge, USM. "Life Before Coming Out: Artificial or Authentic." Craig Hutchinson, Assoc. Dir. Student Life. FMI, Tania. 780-4050.

Wed., 12/15: Northern Lambda Nord-Fold & Stuff January Newsletter, 7 pm at the Phoneline, 498-2088.

Sat., 12/18: Book signing at Gulf of Maine Books, 61 Maine St., Brunswick from 3-5 pm. by Nanci Little, author of *Thin Fire*.

Sat., 12/18: Northern Lambda Nord Christmas Party & Yankee Swap 6 pm in Van Buren. \$10 max gift-male or female plus bring one item canned goods for holiday food basket. FMI, 868-5879.

Sun., 12/19: Maine Gay Men's Chorus performance at Trinity Episcopal Church, corner Forest Ave. & Coyle St, Portland, \$10.

Wed., 12/22: Nominations due for position on the 1994 Northern Lambda Nord Steering Committee. Bring to Phoneline meeting, 7 pm, or mail. FMI, 498-2088.

Thurs., 12/23: Matlovich Open House for members and friends. Bring something tasty to share. 7-10 pm, 28 Colonial Rd., Portland (off Brighton Ave.) FMI, 773-1209.

Sat., 12/25: MERRY CHRISTMAS!

Fri., Dec 31: New Year's Eve.

Be careful out there!

PERSONALS

•Lesbian, 40, slim, fit and fun-loving looking for someone to share life with. Enjoy music, movies, the outdoors, nature, and keeping fit. I'm feminine and a hopeless romantic. Sincere, honest, monogamous. Are you like me, searching for a faithful friend and lover to share your life with? You may be that special lady! Come and grow old with me. The best is yet to be. Will answer all responses. Phone number and we'll talk. Write to Advertiser #1725, c/o this paper.***

•White male, 38, 5'9", 150 lbs., brown hair, blue eyes, is looking to find an uninvolved guy, 5'9" or taller. I like masculine, butch type guys from 30 to 40 with short hair. I like bowling, dancing, movies. Only someone honest and sincere need apply. Write Advertiser #4648, c/o this paper.***

•Wanted: Houseboy-companion by GWM. If you are between 18-22 years old and would like to live in a comfortable home in a rural village setting, write Advertiser #2014, c/o this paper. Please—no smokers or drugs. ***

HOUSE RENTALS

•One bedroom mobile home completely renovated, gas heat, washer-dryer, microwave, deck and two bedroom mobile home, oil heat, gas stove. Both country setting with privacy, furnished or unfurnished, close to Popham Beach, trees, wildlife, hiking, skiing trails. 20 minutes to Brunswick, \$400 + utilities. Call 389-1626. ***

HOUSE RENTALS

•KNOX (45 minutes from Bangor; 35 minutes from Waterville; 20 minutes from Belfast): Half of renovated Victorian farmhouse, wonderful living space, great views. Cozy, well insulated, oil heat, new vinyl replacement windows. Kitchen appliances provided. \$425 plus deposit. Call 568-3597. ***

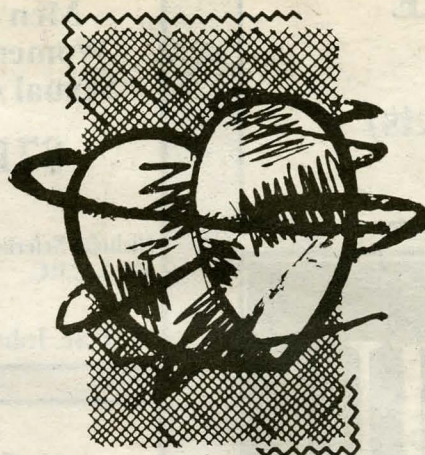
SUPPORT GROUPS

•Support group starting in greater Portland area for Lesbians entering menopause. Let's share information and experiences. This is not a therapy group. Call 879-0796, and leave your name, phone number and best time to reach you. ***

•Chronic Fatigue Syndrome: Gay man with CFS would like to meet with other gay men with CFS. Please respond to P.O. Box 10273, Portland, Maine 04104. ***

LESBIAN THERAPY GROUP

•Lesbian group forming designed to explore relationship issues, including primary relationships, family relationships, friendships, etc. The group will meet weekly, and an initial interview is required to assess appropriateness for the group. Insurance reimbursable. Contact: Lucy C. Chudzick, LSAC; INTOWN COUNSELING CENTER, 477 Congress Street, Suite 910, Portland, ME 04101, 207/761-9096. ***



...motivation...

are you having trouble remembering how it feels?

Control your own destiny

stop!
depression...

make things happen
with ease

stop!
procrastination...

make things happen
right now

stop!
self denial...

make things happen
for you

Cindy Lupien, MEd.
Motivational Coaching
353-5850

first visit free

Portland



773-1999

Open 7 days

Lower Lobby
151 Middle St., Portland

••••• SERVICE DIRECTORY •••••

Michelle Bolen
Licensed Clinical Social Worker

General Practice • Individual & Groups • Education & Presentations

Specialties include...

childhood abuse issues • anger management • women's issues

51 Ocean Avenue • Portland, Maine 04103
773-5573

Norma Kraus Eule
MSW, LCSW

Licensed Clinical Social Worker

Individual, Group and
Relationship Therapy

10 Minot Avenue
Auburn, Maine 04210

(207) 784-8747

**Mark
Stimson**
REALTORS®

Nancy J. Field

Office: (207) 773-1990 Ext. 139

Res: (207) 879-1563

53 Baxter Blvd., Portland, Maine 04101

Frederick B. Wolf, M. Div., S.T.D.
Pastoral Counsellor

153 State Street
Portland, Maine 04101

(207) 879-0757

Biddeford
Portland

207-283-9109
207-775-1849

Paulette M. Bonneau LCSW
Licensed Clinical Social Worker

Addictions
Eating Disorders
Abuse Issues
Relationships

Individual, Couple
Group, Family
Psychotherapy

Insurance Reimbursable

Counseling & Hypnotherapy

Individuals • Couples
Stress Management
Sexual Issues
Men's Issues
Women's Issues
Sexual Addictions

871-8134

Nicholas Seferlis MS, L.C.P.C. Marianne Trottier MS, L.C.P.C.

222 St. John St. • Portland

womenspace
COUNSELING CENTER

Joanne H. Clarey Ed.D., L.C.P.C.
871-0377

Vivian L. Wadas M.A., L.C.P.C.
774-2403

236 Park Ave, Portland, Maine

DÉJÀVU

Hair Studio 620 Congress Street, Portland 772-4552

BETSY HOOD
M.A., L.S.A.C.

Licensed Substance Abuse Counselor

Individual and Group Therapy
for Addictions, Codependence
and Family-of-Origin issues.

Specializing in the healing of
childhood wounds.

1 Middle Road
Cumberland Foreside
Maine, 04110

829-3221

BETH KOEHLER

Licensed Massage Therapist
Certified Polarity Therapist



Walk in Balance with Life
Gift certificates available for the holidays

Kimball Health Center
333 Lincoln St.
Saco, ME 04072

For Appointment Call
284-9594

Families
for
alcohol
abuse
Sexuality

VICTORIA ZAVASNIK, Ph.D.
Licensed Substance Abuse Counselor
Licensed Clinical Counselor

Back Cove Counseling Center
527 Ocean Avenue
Portland, Maine 04103

775-6598

453-4403

Fairfield, ME

Irene M. Cox, M.S.W., L.C.S.W.
Licensed Clinical Social Worker
Psychotherapy

Insurance Reimbursable
Evening Appts. Available

Individuals,
Group, Couples

TALK, cont. from pg. 14

of the cost of certain assets acquired. This applied primarily to business furniture and equipment. This expensing election is reduced dollar-for-dollar once assets placed in service within the year exceed \$200,000.

Under the new law, the Section 179 expensing election will be increased to \$17,500, effective for property placed in service in tax years beginning after 31, 1992.

Intangibles:

Businesses may find a possible advantage in the new tax law in the area of deductions for intangibles. Under the old law, amortization of goodwill or intangible assets in the nature of goodwill or going concern value was not tax deductible.

Under the new law, businesses will amortize goodwill and other intangibles on a straight-line basis over 15 years. Although this is generally effective after the date of enactment (August 10, 1993), businesses may elect to apply the rule retroactively to intangible assets acquired subsequent to July 15, 1991.

Qualified Retirement Plans:

Currently, employers may deduct contributions to a qualified retirement plan based upon earnings of up to \$235,840 per person. Beginning in 1994, this ceiling will be reduced to \$150,000. While this may at first appear to limit the potential deduction for retirement plan contributions, the maximum dollar contribution of \$30,000 will remain unchanged.

Real Estate Losses:

The new law also contains some changes in the area of real estate-related deductions and income. Beginning in 1994, a "real estate professional" may deduct rental real estate losses against other income, bypassing passive/active income issues. A "real estate professional" is defined as someone who spends more than half of their time (with a minimum of 750 hours per year) in real estate activities in which they materially participate.

Real Estate Depreciation:

Also in the area of real estate, the new law increases the depreciable life of nonresidential real estate from 31.5 years to 39 years. The new rule will generally apply to property placed in service on or after May 13, 1993.

Other Changes:

The new law has extended some provisions retroactively from June 30, 1992, the date they had previously expired. They are as follows:

- 1) 25% deduction for self-employed health insurance: extended through December 31, 1993.
- 2) Exclusion for employer-provided educational assistance: extended through December 31, 1994.
- 3) Targeted jobs credit: extended through December 31, 1994.
- 4) Research and development credit: extended through June 30, 1995.
- 5) Low income housing credit: extended permanently.

That covers our discussion of the new tax law. Next month we will begin to look at some planning ideas to minimize how much of your dollar goes to taxes. ...

NGLTF, cont. from pg. 15

Hyde has opened a Northeast field office in Cambridge, Mass. for the program, which was founded this year to help state and local communities battle Colorado-style anti-gay initiatives. She will provide technical and organizing assistance to activists in the Northeast and participate in coalitions to fight anti-gay measures.

Hyde previously worked for NGLTF as the Privacy/Civil Rights Project Director from 1986-1990. She joins two other staffers on the Fight the Right project, Scot Nakagawa, Portland, Oregon, and Robert Bray, San Francisco.

"Sue's experience in organizing on the national, regional, and local levels is a perfect fit for this position," said Peri Jude Radecic, who will become NGLTF Executive Director in November. "I'm thrilled to be working for the Task Force again," Hyde said. "I feel truly 'called' to this project. The extreme Right Wing in this country is the most virulently dangerous and threatening element in American politics today. And gay, lesbian and bisexual people are one of their prime targets. Now is the time for all good lesbians, gay men and bisexuals to come to the aid of their community."

Hyde is working with the Portsmouth, NH Open Door City Coalition and the NH Coalition to End Discrimination. Right Wing groups in Florida, Idaho, Michigan, Missouri and Oregon are currently gathering signatures to place anti-gay initiatives on the ballot in 1994. Other states that have been targeted for similar battles next year are Arizona, California, Kentucky, Maine, Ohio and Washington. Cincinnati faces a local anti-gay measure this November.

The NGLTF New England Fight the Right Field Office is located at 1151 Massachusetts Avenue, Cambridge, MA. 02138; 617/492-6393. ...

Don't Ignore Lesbian Health:

From the October NGLTF Policy Institute Activist Alert comes the following: Congress has granted the National Institute of Health \$600 million to conduct a study of women's health, called the Women's Health Initiative (WHI). It is the largest study ever on women's health. It is imperative that lesbians be visible and open participants in the study.

The National Center for Lesbian Rights (NCLR) is coordinating a campaign to encourage Health and Human Services Secretary, Donna Shalala, to insure that lesbian health issues are included in the study, and that participants are questioned about their sexual orientation for accurate information about lesbian health. NCLR has prepared a draft letter for Secretary Shalala, and compiled a list of other governmental targets for lobbying. NCLR is also encouraging women to inform their local communities about participation in the study.

For more information: Paula Ettelbrick at NCLR, P.O. Box 1747, New York, NY 10009; 212/343-9589. Or write directly to HHS Secretary, Donna Shalala, Dept. of HHS, 200 Independence Ave., Washington, DC 20201. ...

MONEY, cont. from pg. 4

local people, but it's also paid for by local people. This gives us a great deal of say-so in developing and designing programs. A recent example was the flak we took over safe sex parties, funded primarily by non-government funds, supplemented by a minuscule amount of state money. Without state support, we would have been freer to design innovative, effective programs. So we have to take government support with a grain of salt.

Government money isn't just restrictive and inadequate; it's notoriously unreliable, too. It depends on politics and bureaucracy. While government funding is essential to our organizations, it is not a blessing so much as a necessary evil.

The corporate community and major funders in Maine haven't yet mobilized to the

degree that we need them to. While there are efforts under way to see a greater level of consistent support from major companies and foundations in the state, for the time being, community based HIV services are not well funded by these entities.

Community-based organizations need YOU, the community, in order to thrive. A community-based HIV organization is only as good as the community that supports it. The next time you think about writing a letter to your legislator in support of HIV funding, think again, and write a check to your local HIV organization, or volunteer your time and services instead. That's where the resources really come from.

(Editors note: This article reprinted with permission from the November issue of *The Scoop*, the newsletter of the People With AIDS Coalition of Maine.) ...

The Gay Games are held every four years to give lesbians and gay men the opportunity to participate in, or watch athletic events in a gay-positive environment. The fourth Gay Games, called Unity '94, will be held in New York City, June 18th through the 25th, 1994. Team Maine has formed to act as a clearing-house of information about the Gay Games and as an informational network for lesbian/gay athletes in Maine

SPORTS FEES

AEROBICS	\$55.	POWERLIFTING	\$50.
BADMINTON	\$40.	RACQUETBALL	\$50.
BASKETBALL	\$45.	SOCCER	\$35.
BILLIARDS	\$35.	SOFTBALL, FAST PITCH	\$40.
BOWLING	\$50.	SOFTBALL, SLOW-PITCH	\$40.
CYCLING	\$50.	SPORT CLIMBING	\$35.
DIVING	\$50.	SQUASH	\$35.
FIGURE SKATING	\$70.	SWIMMING	\$60.
FLAG FOOTBALL	\$35.	TABLE TENNIS	\$30.
GOLF	\$100.	TENNIS	\$65.
ICE HOCKEY	\$100.	TRACK & FIELD	\$50.
IN-LINE SKATING	\$35.	TRIATHLON	\$60.
JUDO	\$50.	VOLLEYBALL	\$80.
MARATHON	\$40.	WATER POLO	\$50.
MARTIAL ARTS	\$50.	WRESTLING	\$40.
PHYSIQUE	\$50.		



Fall into Value!

Twelve different floor plans
- studios, 1 & 2 bedrooms, some with lofts -
many with fireplaces & woodstoves.

Oil Heat & Hot Water Included
You control your own heat.

Physical Fitness Room with Universal,
Free-weights, Nordictack, Stairtread, etc.
24 hour on-site laundromat
Many more amenities

Only 15 minutes from Portland or Brunswick

Office Hours: M-F 8:30-6,
Sat. 10-2, Sun. 12-4

846-3395

Managed by Coastal Management Company

RESOURCES

The Maine Lesbian/Gay Political Alliance (ML/GPA) works to ensure equal treatment for our community throughout Maine. For more information about meetings or membership, call 780-5656. (This number now works.) ••

Planned Parenthood of Northern New England has a new Health Center at 970 Forest Ave., Portland. Serving men & women, PPNNE offers annual exams, pregnancy testing, birth control info. & supplies (free condoms), testing & treatment for infections and STD's, menopause support & more. Free parking, evening hours, affordable services, & complete confidentiality. Medicaid welcome. FMI, 874-1095. ••

Women's Chorus: An eclectic choral ensemble open to all women regardless of age, race, religion, or sexual orientation is now forming. If you want to become a member, or can volunteer organizational skills, send SASE to P.O. Box 7944, Portland, ME. 04112. Include your telephone number, or call 772-0013. ••

Spiritual Group: Maine Gay Men's Chorus is a volunteer community chorus which brings men together to enhance social tolerance and diversity in the Greater Portland, area, as well as affirming the gay/lesbian experience with creative musical entertainment. FMI, 883-8099 or write M.G.M.C., P.O. Box 10391, Portland, ME. 04104. ••

Northern Lambda Nord: an educational, informational, social, and service organization serving northern Maine and New Brunswick lesbian, gay, and bisexual people. Meets every Wednesday at the Phoneline in addition to hosting special events for recreation and action. Call 207/498-2088. ••

The Matlovich Society - an educational and cultural organization of lesbians, bisexuals, gay men, and friends committed to sharing our history as well as providing person-affirming presentations and discussions in a supportive environment. Meeting on the second and fourth Thursday, monthly, 7:30-9:00 p.m. Portland Public Library, 5 Monument Sq. Contact (207) 773-1209. ••

*Pick up your copy of
CPR at
Pro Libris
10 Third St., Bangor*

Twentieth Century
ARTIFACTS
Pottery, Glass, Home Furnishings.

Complete Picture Framing Services
Gilding Custom Finishes

602 CONGRESS ST. PORTLAND
(207) 828-0028

PHONE SUPPORT

THE AIDS LINE: 800-851-AIDS or 775-1267. HIV/AIDS related questions, call Mon.-Sat. 9:00am-5:00pm, Mon. & Wed. evenings 'til 7:30pm. Anonymous.

DIAL KIDS, 774-TALK: For lesbian, gay, bi & questioning youth under 19.

INGRAHAM VOLUNTEERS: Call 774-HELP (774-4357).

THE AIDS PROJECT: 22 Monument Sq., 5th floor, Portland 04101. Call 774-6877 FMI re: support group meetings. Portland, Lewiston, Brunswick.

AIDS SERVICE ORGANIZATIONS

Bangor - 990-3626 - Eastern Maine AIDS Network

Belfast - 338-1427 - Waldo-Knox AIDS Coalition

Brunswick - 725-4995 - Merrymeeting AIDS Support Services

Bridgton - 583-6608 - Community Task Force on AIDS

Portland - 774-6877 - The AIDS Project, AIDS Lodging House, PWA Coalition, Names Project

Rumford - 823-4170 - Community AIDS Awareness Program

Lewiston - 786-4697 - Androscoggin Valley AIDS Coalition

Waterville - 626-3432 - Dayspring

Ellsworth - 667-3506 - Down East AIDS Network

Oxford Hills - 743-7451 - Oxford Hills Community AIDS Network ••

Lesbian & Gay Information Line - Portland: 871-0432, 24 hour community events update, free listings, announced live attendant times.

Parents & Friends of Lesbians & Gays - P-FLAG CONTACTS - ME.:

Augusta/Hallowell - 623-2349
*Bangor/Brewer - 989-5180
Brunswick/Bath - see Waldoboro
*Lewiston/Auburn - 783-9789
*Portland - 766-5158
Waldoboro - 832-5859
* - Monthly meetings held

P-FLAG CONTACTS - NH

Concord: Meets 3rd Sun. 3-5 pm, 1st Congregational Church, Washington & North Main Sts. (use Washington St. entrance), 603/668-0741 FMI.
Seacoast: Meets 1st Tues. 7-9 pm, Stratham Community Church, Emory Lane, Stratham (1st right west of Rte 101 circle), 603/772-3893 or 5196 FMI.
Monadnock Region: Meets 4th Mon. 7-8:30 pm, Unitarian Church, Peterborough, 603/547-2545 FMI.
Nashua: Meets 3rd Thurs. 7:30, Unitarian-Universalist Church, Lowell & Canal Sts., 603/880-0910 FMI.
P-FLAG 24 hour Helpline: 603/623-6023 or
Plymouth - 603/968-7516
Nashua - 603/880-8709
Manchester - 603/472-4944
Monadnock - 603/547-2545
Hanover - 603/643-8331
Concord - 603/746-3818

GROUP SUPPORT

Northern Lambda Nord: 2nd Sunday Call 498-2088. UMPI, Pullen Hall, 3:pm (ME), 4:pm (N-B). Everyone invited.

Out For Good: Thursdays 7-9pm, 445 Main St., Biddeford. Lesbian support/discussion group. Free/\$1 donation to help w/rent. FMI call Bobbi-247-3461.

Rumford/Mexico Area AIDS Support Group/Phoneline: Mondays, 7-8:30pm at Mexico Congregational Church, Main St. Call 364-8603.

Androscoggin Valley Aids Coalition: Thursdays, 7pm, 70 Court St., 2nd floor, Auburn. Support for people with HIV & their families. FMI, call 786-4697

Integrity/Dignity: First & third Sundays at St. Luke's Cathedral (Emmanuel Chapel), 5:15 pm. All are welcome. Fellowship follow each service with a vegetarian pot luck on 3rd. Sun. We minister to the lesbian/gay community. FMI, write POB 8113, Portland 04104.

ACT UP/Portland: Sundays, 7pm YWCA, 87 Spring St. and Mondays 6-8pm at 142 High St., #222. Join us in the fight for universal rights! Call 828-0566.

OUTRIGHT TOO: Sundays, 6 pm at Peace & Justice Center, 359 Main St., Bangor. Support group for lesbian, gay, bisexual youth ages 16-22. FMI, call 285-7180.

OUTRIGHT/Central Maine: Weekly, confidential meetings for gay, lesbian, & questioning youth 22 years old and under. Call "First Call" and ask about OUTRIGHT services at 795-6677 or 1-800-339-4042.

OUTRIGHT/Portland: Meets every Friday, 7:30-9:30 pm at Williston West Church, 32 Thomas St., Safe and supportive discussions with and for gay, lesbian, bisexual & questioning young people. FMI: call 774-TALK, or 774-HELP. Write to P.O. Box 5370 Station A, Portland, ME. 04101.
OUTRIGHT/SEACOAST: Meet every Friday, 7 - 9 pm at the Unitarian Church annex building adjacent to the fire station, 206 Court St. Portsmouth, NH. FMI call Teenline 1-800-639-6095 or write P.O. Box 842, Portsmouth NH 03801

Central Maine Gay Men's Support Group Tuesdays, 7-8:30 p.m. Call 622-1888 or 622-4254 for more information.

Q-Squad Support Group for lesbian, gays, bisexuals, & transgendered. Serving Franklin County, based at UM Farmington. FMI, call and leave message, 778-7380.

TransSupport Group meeting regularly, providing group support, education, and social activities for cross dressers and transsexuals, their families, friends, and others interested in gender dysphoria issues. FMI write TransSupport, P.O. Box 17622, Portland, Maine 04101.

Maine Bisexual People's Network: P. O. Box 10818, Portland, ME. 04104. Our purpose is to affirm in ourselves and others the positive nature of bisexuality and to work toward greater acceptance in the bisexual, gay, lesbian, and straight communities. Support and referrals available.

Wilde-Stein Club: Lesbian/Gay support group meets every Thursday, 6:30 pm, Memorial Union, Sutton Lounge, UM at Orono.

Lesbian/Bisexual support group: Tuesdays, 7-9 pm, UM Orono, Womens Resource Center.

HIV & RELATED SUPPORT MEETINGS

Portland at THE AIDS PROJECT:

Mondays: HIV negative partners of people living with HIV, 6:30-7:30pm.

Tuesdays: People Living with HIV disease and all friends, families, lovers, and caregivers, 10:30-12:00 noon.

2nd and 4th Tuesdays: Living Well, focusing on quality of life and empowerment.

Thursdays: Women living with HIV, 1:15-2:45pm. Men living with HIV, 5:30-7:00 pm.

All the above support groups meet at 22 Monument Square, 5th floor. Call Sandy Titus at 774-6877 or 1-800-851-2437 if you would like further information.

Lewiston: 2nd and 4th Tuesdays: Women's Support Group. Call Diana Carrigan at The AIDS Project office - 783-4301.

Auburn: Thursdays: People Living with HIV, 7:00pm at American Red Cross, 70 Court Street, Auburn. Call Claire Gelinas at AVAC - 786-4697.

Brunswick: Family and friends who have a loved one with AIDS or HIV, 5:00 - 6:20pm, Merrymeeting AIDS Support Services, 8 Lincoln Street. For information on meeting day, call Brian Allen - 725-4955.

Gardiner: 1st and 3rd Wednesdays: 1:30-3:00pm, People Living with HIV. Physicians Building behind KVRHA Annex. Call Brian Allen (M.A.S.S.) - 725-4955.

Biddeford: 1st and 3rd Wednesdays: 7:00pm Support Group for Family and Friends Who Care (about people with HIV disease), Southern Maine Medical Center, Cafeteria #3, 2nd floor. Call Roger LaChance - 284-4102.

Maine AIDS Alliance Member Organizations

AIDS Coalition of Lincoln County: 563-8953
PO Box 421, Damariscotta, ME 04543-0421
AIDS Lodging House: 874-1000
PO Box 3820, Portland, ME 04101-3820
Androscoggin Valley AIDS Coalition:
786-4697, PO Box 7977, Lewiston, ME 04243
Children's AIDS Network: 761-1872
PO Box 793, Portland, ME 04104
Community AIDS Awareness Program:
823-4170, PO Box 457 Rumford, ME 04276
Community Task Force on AIDS Educ.:
583-6608, PO Box 941, Naples, ME 04055
Dayspring: 626-3432
32 Winthrop St., Augusta, ME 04330
Down East AIDS Network: 667-3506
114 State St., Ellsworth, ME 04605
Eastern Maine AIDS Network: 990-3626
PO Box 2038, Bangor, ME 04401
Merrymeeting AIDS Support Serv.: 725-4955
PO Box 57, Brunswick, ME 04011-0057
Names Project/Maine: 774-2198
PO Box 4319, Portland, ME 04101
Oxford Hills Community AIDS Network: 743-7451, PO Box 113, Paris, ME 04271-0113
People With AIDS Coalition of ME.:
773-8500, 377 Cumberland Ave., Portland, ME 04101
St. John Valley AIDS Task Force: 834-3355
c/o NMMC, 143 E. Main St., Fort Kent, ME 04743
The AIDS Project: 774-6877
22 Monument Sq., 5th fl., Portland, ME 0401
Waldo-Knox AIDS Coalition: 338-1427
PO Box 956, Belfast, ME 04915