Community Pride Reporter, 02/1994

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On January 10, 1994 at 3:45 PM I met with Sandy Picard and Dan O’Neil of G.O.A.L. Sandy is the President of G.O.A.L and Dan is, as of now, G.O.A.L’s only Maine member.

The organization’s literature informs us that, “the Gay Officers Action League of New England was founded in 1991 by Officer Preston Horton of Northampton, Massachusetts. Officer Horton had been working with the Gay Officers Action League of New York (which has been

“Every state has one, even in the deep South and the Mid-west?,” I challenged. Sandy replied, “I don’t know every state that has one, but I know that a lot of states have them. They’re called different things though. In California they’re called Golden State Peace Officers. So just about every state has something or they join us, regionally.”

The literature includes that, “G.O.A.L/NE is a social and community organization comprised of present and former criminal justice system employees. It functions as a support group for gay, lesbian and bisexual employees for sworn law enforcement officers as well as civilian employees of federal, state and local agencies.”

“G.O.A.L/NE’s members come from a variety of agencies and occupations, ranging from Environmental Police to Campus Police from many different colleges, to dispatchers and detectives to State Troopers and Corrections Officers. Members include retirees as well as federal law enforcement officers.”

Among their “Activities and Benefits” G.O.A.L/NE “provides peer support to members, serves as a forum for members to share their knowledge and experience, and to discover solutions to problems faced by members and by agencies.”

“G.O.A.L/NE actively participates in many community-related events, including Pride Parades, fund-raisers, and outreach programs. We support members struggling with issues from coming out at work to the camaraderie of other criminal justice employees. We are organizing a speakers bureau, as well as other programs.”

The literature concludes with the following statement: “We welcome new ideas and encourage you to join us. By doing so you will become a member of an alliance of concerned professionals dedicated to advancing the educational, social and civic well-being of our community.”

HEAR, HEAR!!
I must confess, the prospect of doing this interview excited me. Gay cops, no less. What would Jean Genet have thought?

Sandy Picard is a police officer with the Lawrence, Massachusetts Police Department. I asked her if they (Lawrence) had a city-wide equal protection charter, and she informed me that the state of Massachusetts has an equal protection law. The gay-rights law which was passed by the legislature there was not subject to referendum. Dan added, “They got what we lost last year because of McKerman.”

Sandy offered that the Massachusetts law took effect shortly after Governor William Weld came to power in 1990. Connecticut recently got their equal protection law. It is interesting to note that both these laws came on the books under Republican governors. Connecticut has Governor Lowell Weicker. Sorry, Jock, sad but true-your party supports gay-rights.

“What obstacles did you encounter in forming the organization?” I quizzed.

Sandy said that there were none really, because shortly after Preston started it, the equal protection law took effect in Massachusetts, and, “now Connecticut people are protected because they have a law but I imagine it’d be a problem for people from Maine.” Dan put forth, “Vermont has gay rights too, but there are no members. I’m the...
COMMUNITY PRIDE MAILBAG

The following letters were originally sent to Casco Bay Weekly in response to an advertisement which appeared in their pages in Dec./Jan. The authors of these letters requested that CPR reprint them. Because the January edition of this paper carried an editorial concerning the ad in question, we are doing so in order to inform readers who live outside Portland of the differing opinions these 2 letters represent.

Dear Editor (of CBW):

I write in protest of the classified ad running for the month of December and into January advertising the sale of T-shirts with such slogans as "AIDS KILLS FAGS DEAD." I would have hoped that this kind of offensive hate speech would never make its way into the pages of CBW--an often intelligent paper--whether as a classified ad or as an editorial.

CBW could have refused this ad at any time without fear of 1st Amendment violation. Precisely because it is an ad, it is considered commercial speech under constitutional legal doctrine, thereby removing it from traditional 1st Amendment protections. Words which can be said to "incite violence" or be taken as "fighting words" also stand outside of 1st Amendment protections in most instances. Furthermore, within the paper itself, several notices emphasize that the paper "reserves the right to edit, refuse or recategorize ANY ad" (emphasis mine). Why did CBW choose to accept this ad?

By publishing this ad, CBW implies that such gay bashing, homophobic, AIDS-phobic sentiments deserve a place in our papers and in our culture. Would CBW have accepted as readily an equivalent ad which read something like "Alcoholism Kills WASPS Dead" or a grossly racist ad submitted by the KKK? Does CBW really believe that the abstract notion of "allowing space for multiple viewpoints" justifies the inclusion of hate speech directed at gay men and people with AIDS in an era when such people face discrimination and violence every day?

I would have hoped that CBW, with its often insightful coverage of controversial issues, would lead the way towards promoting equal rights for all citizens, more responsible journalism, commercial and editorial, in the future.

Sincerely, Deborah Shields, Esq.
Executive Director, The AIDS Project

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.

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page 2
EDITORIAL

"You're screwed," Richard said as he tossed himself in a chair and a copy of 10%, the newest newspaper on the scene for the gay and lesbian community on my desk on Friday. I was busily importing/exporting stories and graphics into the CPR template for the February edition, convinced that this was the edition from hell, particularly when the message appeared on the computer screen that there was an error somewhere and there was no way it would give me my final copy!

"Look, they've got color," Richard went on. I needed a break anyway, so I stopped and picked up this new paper. I quickly browsed through the pages, liking what I saw from a layout point of view. I needed a break anyway, so I stopped and picked up this new paper. I thought last month's issue would elicit more than just re-runs of letters to the Editor, for example. In order for a community newspaper to be successful and thrive, it needs to be interactive, a forum for carrying out its stated purpose. It doesn't help when my mother calls and says, "Well, are you making any money yet?" (She should only know about the Food Stamps I'm living on!) Or, she'll say something like, "You're not getting any younger. You need to get a job that pays." I can understand her concern. I'm concerned as well.

It seems just when my doubts rise, things happen to re-affirm my commitment to this work. This month there was the call from the man who read the article on transgender issues in last month's issue. He was so grateful to know that he was not the only cross-dresser, and that he was not "sick or perverted." We had a poignant conversation. Or there was the man who called from up north to offer me encouragement, and ask if he could submit another article. Or the women who called and said this paper was her only link with the community. Two months ago, while putting the CPR in one of the supermarkets, we noticed a young man wait until we left to pick up a copy. He was still reading it when we circled around.

The most important part of this, or any newspaper publication, is you, the reader. You are the reason we are here. You are the reason the advertisers advertise. Community support is the key ingredient. We count on you.

So, good luck to all of us who bring our varied views and news to the community. Welcome to the staff of 10%.

A quick note about the CMF failed attempt to get an anti-gay referendum on the November ballot. We can take a breath now, but only a short one. Cosby and her organization have until August to get enough signatures for November, 1995. Equal Protection Maine / Portland chapter is holding meetings now to organize. Check the calendar for dates and places. In case anyone is wondering when these folks will stop, THEY WON'T! And neither will we!

In solidarity,

Lavina Wei

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Condom Conundrum:
An Analysis

By: Luke Balboni

On Thursday, January 27th at 7 PM, the radio call-in program "Big Talk" featured a discussion on condom availability in Portland High Schools. "Big Talk" reporter Kerry Donohue conducted live interviews at various student hangouts such as One City Center and Green Mountain Coffee. She asked questions about sex education and condom availability.

One young woman offered, "Telling someone not to do IT makes them want to do it even more. There are some people responsible enough to have sex and some who aren't. It's OK to have sex if you know what you're doing." (If parents and teacher made kids have sex, would that put an end to this debate?) Another said, "Teach about abstinence and other forms of birth control, not just condoms because they don't always work." Still another complained, "You take sex ed. in your freshman year and it's a big joke."

A young man pointed out that, "When you go to sex ed. classes, it's usually, you know, when this is this and this is this, and you get a written test. It's like a biology exam, and it's supposed to be more of a social thing." When asked whose decision it was to make condoms available, a young woman said, "It's not really their decision. It should be the student's decision because they're the ones having the problem with the whole sex thing and the whole condom thing; so I think they should be able to decide."

Another young woman exclaimed, "I mean AIDS and everything, there should be condoms because people are dying!" And another said, "Parents think that if you have condoms around you're going to have sex, but you've already decided." To back up this claim, a young woman reasoned, "If there's a gun in the house, you're not going to go out and shoot somebody; so if there's condoms around, you're not gonna have sex just to do it."

Kerry then introduced us to So. Portland High School senior, John Matthews, whom she said is "not so open-minded." John said, "The schools should teach kids about sex education, but they shouldn't go so far as saying, 'well, and so, if you want to do this here's a condom.'" John, in keeping with his religious views, has taken a personal vow of pre-marital abstinence.

Kerry then spoke to Beth Huntley who volunteers as Chair of the Human Sexuality and Family Living Advisory Board for the Portland Public Schools. This Board was established to review the sex education materials used in the schools. Portland Public Schools has had an abstinence-based sex education program for some time. Beth

See CONUNDRUM, page 6

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Fine print: Join ML/GPA as we continue to work for lasting political change in Maine and register to win a free trip to the Bahamas (airfare and one week's lodging for two - all donated). The drawing will be held at our Annual Banquet on March 5, 1994. Dues are only $25 for individuals or $40 for couples, or $10-24 for limited income individuals. You can also pay by credit card, just call 1-800-55-MLGPA, or 761-3732 in Greater Portland, for more information. See you on the Beach! (or in a committee meeting)

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Lesbian health activists formulate national agenda, Part I

By: Peaches Bass

In the next few months, this column will be looking at the lesbian health activism at the national level, and its potential implications for lesbians locally.

Last July, the Washington-based National Gay and Lesbian Task Force (NGLTF) released Lesbian Health Issues and Recommendations (LHIR). It is a report and action plan that evolved out of the 1992 Lesbian Health Institute, which is part of the annual National Lesbian and Gay Health Conference. Under NGLTF's sponsorship, lesbian health activists from around the country constructed the actual document.

During the April, 1993 March on Washington, lesbian activists and lobbyists met with various officials in the Department of Health and Human Services (DHHS) to present their issues and to push for implementation of their recommendations. The meetings have already borne some fruit; they set the foundation for a recent letter writing and lobbying campaign that convinced DHHS to reverse an earlier decision, and include, for the first time, questions on sexual orientation in the federal women's health research initiative.

LHIR has been circulated among attendees of the 1993 National Lesbian and Gay Health Conference, and among activists associated with NGLTF and other national organizations, but it has not yet had widespread grassroots exposure. It does, however, contain some important and intriguing information and recommendations that all lesbians should know about.

LHIR was drafted primarily for use at the federal level, and its format mirrors the Public Health Service's Action Plan For Women.

Since LHIR was written for presentation to mostly heterosexual (not to mention male) bureaucrats, it begins with a brief section entitled, "What Is A Lesbian?" This section explains the complexities of lesbian identity, self-identification, and sexual behavior within the framework of health care.

In LHIR, lesbians are defined as "women whose emotional, social, and sexual relationships are primarily with other women, regardless of their public identity."

It goes on to define lesbian health care as "research, education, and prevention programs and treatment modalities that specifically target and involve lesbians... to address diseases or conditions which are unique, more prevalent, more serious, and for which risk factors and interventions are different in lesbians."

In addition to defining 'lesbians,' the report also defines four terms that are frequently used throughout the text: "homophobia," "heterosexism," "coming out," and " invisibility." If one were to add "sexism" and "poverty," one would have just about the whole rundown of the challenges lesbians face with not just health care, but with our culture.

The section entitled "Report On Lesbian Health Issues" is based on several professional articles and surveys of lesbians, dated 1987 through 1992. The surveys, in particular, provide most of the data on which the report is based. Unfortunately, those surveys are not statistically significant, but they're all we've got. The limited value of the available data points to why it's so important to include sexual orientation when questioning participants in research projects.

The report identifies several factors that influence lesbian health. Lesbians' access to health care is affected by economics, personal fears, homophobia, and lack of information. In many studies, lesbians identified a variety of negative experiences with health care providers that had an impact on their ability to find good health care services. These experiences were classic and universal: heterosexual assumptions, professional ignorance of lesbian issues, an atmosphere discouraging disclosure of lesbianism, and overt professional hostility were often cited by lesbians. In addition, professional literature mentions willful academic homophobia in schools where health care providers receive their professional training.

LHIR also contains a discussion of lesbians' most common health complaints, which are much like any woman's: bad back, bad cramps, allergies, depression, obesity, vaginal infections, and soon. While these problems are not unique to lesbians, there is good reason to suspect that there may be distinctions in cause, treatment, and general care for lesbians, but until these concerns are raised, defined, and studied, we won't know for sure.

Lesbians' negative health care experiences and the general lack of need for birth control or obstetrical care affect our participation in routine health screening, like pap smears or physical exams. Surveys also indicate that lesbians may be at greater risk for certain cancers due to alcohol or tobacco use, excessive body weight, or lower rates of childbearing.

Lesbians also receive inadequate education about sexually transmitted diseases. This has led to the false and dangerous assumption among lesbians that we don't have herpes, genital warts, or HIV. Along with the unnecessary spread of these STD's, poor or wholly inappropriate treatment often results. One survey cited in LHIR shows that while 31% of lesbians have no risk factors for HIV, 39% had one risk factor, 20% had two, and 10% had three or more.

LHIR includes the need to address older lesbians, lesbian families, lesbian youth (especially suicide), violence against lesbians, and substance abuse among lesbians.

LHIR uses the small amount of current and available material to justify 44 specific lesbian health recommendations for the federal government. Next month's column will describe these recommendations and how they affect lesbians at the grassroots level.
OUT! of Town

Paul T. Bernard

Another choice for relief from this cold wintry weather could be Palm Springs. Located in the desert a couple of hours east of Los Angeles, Palm Springs becomes the favored winter destination for many gays and lesbians. The area is extremely tolerant of the gay, lesbian, and bisexual clientele in part because we have such an economic impact on the area. Palm Springs lists over 30 motels, hotels, and resorts that cater to the gay, lesbian, bi-traveller.

Along with the accommodations, there are quite a number of bars and clubs in the area, making the nightlife in Palm Springs very exciting. In addition to the warm (or hot) weather, Palm Springs offers the visitor a range of activities. Golf and tennis are the two major sport activities. However, Palm Springs is bounded on one side by the desert, itself a beautiful environment, especially when in bloom, and the San Jacinto Mountains on the other. It can be 90 degrees in Palm Springs, and you can look out your window and see snow on the mountains, which contain several good ski areas.

Although I’ve mentioned Hawaii in previous columns, it still deserves another mention. Earlier in January, several airlines cut their prices from Hawaii from $900 to $500. The economy in Hawaii is still suffering from the recession, and everyone from airlines to hotels are offering deals to bring more people to the islands. Hawaii offers a chance to sample another culture - without leaving the comfort and safety of the U.S. You can sample the nightlife in Honolulu, or the peace and quiet of Kauai or Maui, or explore the volcanoes of the Big Island. There is so much to see and do there. Hawaii is also one of the most “gay friendly” areas for tourists, and as such draws quite a large group from our community. Keep your eyes on the newspapers; you never know when the next air sale will be. If the airlines should drop their fares to Hawaii again, it would be wise investment to take your vacation there.

UPDATE ON THE MATLOVICH SOCIETY

By: Luke Balboni

On January 27, 1994 I attended a meeting of the Matlovich Society. This meeting was the second held at their new location, Holiday Inn by the Bay. I asked co-chair Howard Solomon, “how do you like the Holiday Inn? Is it meeting your needs?” Howard responded, “So far it is. We had a good meeting space upstairs (the 2nd floor Oxford Room). They moved us down here (New Hampshire Room) because we anticipated a larger crowd. So far they’ve been great!” I followed up, “What’s been the reaction of the Society to the move?” Howard offered, “I think people were pleased. The parking is good, the room is comfortable, the seats are more comfortable and it’s great that we don’t have to leave at 9 o’clock. People were hanging around till quarter to ten. That’s the most exciting thing.”

I inquired further about the parking and there is no need to do anything special. You just park in their garage and attend the meetings. There are no tickets requiring validation.

The performance that night was electrifying. Craig Hickman is a consummate performer/actor possessed of great courage, heart, and soul. He was at times hilarious and at others poignant. His command of language, dialect, and inference is uncanny. He introduced us to his world of characters, people consumed with passion, lust, romance, disappointment and hope. And the audience entered this world, identified with it, laughed with it, and cried with it. If you ever have a chance to see him strut his stuff, don’t miss it.

After Craig’s performance I spoke to Lois Galgay Reckitt, the other co-chair of the Matlovich Society, and asked her for her thoughts about their new location. She echoed Howard’s sentiments, “I think it’s actually been wonderful. They’ve (Holiday Inn) been really hospitable, and it’s nice to have somebody setting it up for us, getting us the amenities, and calling to see if it’s OK; and besides, it’s cheaper. They’ve really, really hospitable. I was thrilled that they wanted us here.” I probed, “how did the first meeting go, logistically?” “It went OK. There are a few things we have to learn about the micro and stuff like that, but they put up a big thing on the marquis welcoming us, and that’s pretty exciting so it felt like they really did want us here. It’s just nice to be in one of the largest local hotels and feel at home.” “Nothing on the downside?” I dug. “No, nothing!”

I also sought the reaction of the Holiday Inn to its newest guests. I spoke with Vic Murray who works in sales for the Holiday Inn. Vic told me that he actively recruited the Matlovich Society to move to the Holiday Inn. He even offered a 50% discount on the room rental rate. He is a member of the gay community here in Portland and considers the educational service provided by the Matlovich Society to be an invaluable service to this area.

Vic said that the reaction of the hotel staff to the Society is “receptive.” Vic hopes that this new sitting will lead to other groups using the hotel. He thinks that this is a very good move for Matlovich and it “offers the Holiday Inn the opportunity to provide meeting space for other events, which they’d welcome.”

Vic added that he wanted to give the group a better environment in which to meet, to improve their flexibility and he thinks that with the relaxed parking and removal of time limits these goals have been accomplished. Vic concluded by saying, “if you need a place to meet, come see us.” With such unequivocal support like that it would be great for gay-oriented community groups to return the favor and direct their business to Vic Murray.

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CONUNDRUM, continued from page 2

stated that, "What happens when you only have an abstinence-based program is that you miss a huge percentage of the kids because you look at the population of high school kids, and by the time they are seniors, up to 74% of them are sexually active. So, if you're only teaching abstinence, you're only talking to 26% of them at that point."

Sandy Lovell, an educator at Planned Parenthood and the mother of two daughters, thinks that kids deserve accurate information about how their bodies work. Lovell quotes a survey which shows that 85% of parents do want sex education in the schools. Lovell insists, "I think the real issue here is that people are just uncomfortable with sexuality and it's looked at as a disease and treated like a moral issue." Lovell comes down on the side of kids postponing sexual behavior, but she at least wants them to feel OK about having sexual feelings.

Both think a community approach to sexuality and its dangers is best. Underlying all this talk, of course, is fear of AIDS, and both want kids to be ready to deal with that safely and sensibly.

The show then moved into the panel discussion with a call-in questions phase. Eric McCabe-Johnson and Wendy Hazard were the co-hosts. Bill Doughty, Director of Curriculum and Assessment for the Portland Public Schools, Christina Mason, a junior at Deering High and student rep on the Advisory Board and STD sub-committee, and Noreen May, a member of Citizens for Excellence in Education, were on the panel.

Much of the ensuing conversation revolved around the question of whether or not to allow the students to be surveyed regarding their sexual behavior and their feelings about condom availability.

Ms. Mason, the student member of the panel, was by far and away the most articulate, intelligent, wise and well-spoken person in the room, including the people who called in. She began by point out that two years ago a survey of sex behavior, asking far more explicit questions, was conducted in the high school and caused no particular controversy. She also underlined the fact that the survey is anonymous and voluntary. So much for Ms. May's opposition based on invasion of privacy.

Bill Doughty, the consummate bureaucrat, whose primary language is Double Talk, managed to agree with everybody and say nothing. When asked why oppose the survey, what was to be feared by gathering information, he answered, incredibly, that they (the Superintendent's Office) want to set policy first, before they know what the target population is doing and thinking. He then proceeded to shift the responsibility for this decision to the School Committee, and in the process, artfully kissed his bosses' ass.

"Tom Edwards gave a very scholarly and accurate response to the Advisory Board" as to why he wouldn't allow the survey to proceed, but then, Doughty continued, in a bow to "democracy" they dumped it in the School Committee's lap. Apparently, the scholarly nature of Edwards' response was lost on the Board since they voted recently 3:1 to approve the survey. Doughty and May were among the four opposed. (See CONUNDRUM, page 7)
ML/GPA's annual dinner planned

By Celeste Gosselin

For the eighth year, members and friends of the Maine Lesbian/Gay Political Alliance will gather for their annual dinner and awards banquet. The banquet is an opportunity for members of the Alliance and their friends to honor those who have contributed to the civil rights movement in Maine. The Annual Dinner and Awards banquet is expected to draw 500 people from around the state.

ML/GPA's Annual Awards Dinner and Banquet will be held at the Atrium at Cooks Corner in Brunswick on Saturday, March 5, 1994. The event begins at 5:00 PM with cocktails, followed by a buffet dinner at 6:00 PM. A brief awards ceremony will follow the speaker. Dancing will begin at 9:30. Invitations will be mailed to all ML/GPA members in late January or early February. The price of tickets for the dinner is $30 per person. Those interested in attending who are not members of ML/GPA, or who need information regarding reduced rate tickets, may call Ms. Judy Edegerly at 626-9309 or write to her c/o ML/GPA, PO Box 232, Hallowell, ME 04347.

Keynote speaker for the event is Lisa Keen, the Senior Editor of The Washington Blade, the oldest and largest gay and lesbian weekly publication in the United States. Lisa is one of the veteran journalists in the field of reporting on gay and lesbian issues. She began her reporting for The Washington Blade in 1979 and joined the staff full-time in 1981.

In the area of gay-related ballot issues such as Colorado's Amendment 2, she has tracked the progress of more than 50 such initiatives and referenda which have occurred since 1974. Since the mid-1980's, Keen's focus as a reporter has been on the courts and Congress. In 1987 she completed a lengthy two-part series on the mostly hidden history of gay-related cases that have come before the U.S. Supreme Court. She has also begun an annual analysis rating how justices vote on cases involving gays.

For those traveling long distances or otherwise wishing overnight accommodations, the Atrium has agreed to a special room rate of $40. When making reservations, you must indicate that you are attending the ML/GPA dinner in order to receive this rate. For reservations, call 729-5555.

The AIDS Lodging House

233 Oxford Street • P.O. Box 3820
Portland, Maine 04104
(207) 874-1000 • FAX (207) 874-1007

With ever-tightening state budgets and constantly increasing operating expenses, Maine's non-profit organizations such as the AIDS Lodging House of Portland, have had to become increasingly creative in the approaches to fund raising.

"Comfort at Home" is a new fund-raising event developed by the AIDS Lodging House. This program asks individuals to sponsor one or more of the AIDS Lodging House monthly operating bills. Your sponsorship will be recognized through special gift incentives donated by local businesses. These incentives include gift certificates for shoes, pizza, dating services, haircuts, coffee, bagels, dance classes, clothing and flowers, just to name a few.

The AIDS Lodging House (ALH) is a four unit building which provides safe, affordable, comfortable housing for people diagnosed with AIDS or HIV. With the help of the community, the ALH offers a service that would not otherwise be available to people with this illness.

In the month of March our "Comfort at Home" pledge chart will appear in this publication. Our goal is to obtain 25 sponsors to meet April's operating expenses for the four units. Looking to the future, we hope to obtain sponsors on a quarterly basis. Please check this paper for further details.

While much of the ALH funding comes from the State of Maine, the city of Portland and the United Way fund-raising efforts, ALH has been forced to rely more and more on the generosity of individual donors like you. "Comfort at Home" will help minimize cost increases to our tenants. For more information about our organization, or if you would like to be a "Comfort at Home" sponsor, contact John Devou at 879-0075.

Thank you for your interest and support of the AIDS Lodging House.

We would like to thank Christine Flahion-Dufour for her creativity in coming up with the "Comfort at Home" concept.
As I write this article, it's snowing AGAIN...Oh well, such is life in Maine! All this snow and cold only serves to remind me just how lazy I've been about physical exercise since the holiday season began. My slacks are tighter around the belt, and I can feel the extra bulk before I even step on the scale for the confirmation that I have indeed added a few pounds.

I'm also reminded that diet alone is not the answer. We have to MOVE those bodies in order to keep them fit and well. Winter provides an additional challenge in that, short of skiing, there are few outdoor opportunities for physical exercise.

There are several ways to respond to this dilemma. One is to join a local health club. Most of us live reasonably close to one, but have you thought of your local hotel? For provisions an additional challenge in that, short distance away from these not-so-good habits takes work and determination. It is well worth it.

Dean Ornish, author of STRESS, DIET AND YOUR HEART, as well as Deepak Chopra, author of AGELESS BODY, TIMELESS MIND, both wrote recently that a combination of diet and exercise are needed to maintain a healthy body. Both also stress that our bodies crave two kinds of exercise: stretching to keep muscles and joints loose, and aerobic exercise to keep a healthy heart. Neither form needs to be done for more than twenty minutes, but both are important.

So, before you go into your kitchen to make a wonderful winter stew or healthy, gooey desert, take a bit of time to give your body what it craves—a bit of exercise.

As, and after you exercise, here's a wonderful stew to have simmering in your crockpot—something hot and nutritious waiting for you after a hard day. The recipe comes from the February '94 issue of VEGETARIAN TIMES. We tried it recently, and it's really wonderful!

SPICY BLACK BEAN STEW

1 cup V-8 or tomato juice
15 oz. can of black beans, rinsed and drained
3 tsp. chili powder, or to taste
1/4 cup diced canned chilies
1 tsp. cumin
1/2 tsp. coriander
Salt and pepper to taste

In a skillet, over medium-high heat, bring water to simmering. Add onions, bell pepper and garlic. Cover and simmer for 3 minutes. Spoon into slow cooker. Add remaining ingredients, except salt and pepper. Cook on low for 6 to 8 hours, or until stew is thick. Salt and pepper to taste. Serves 6.

Per serving: 180 Calories; 8g Protein; 0.5g Fat; 35g Carbohydrate; 0 Cholesterol; 246mg Sodium; 8g Fiber (Vegetarian)

...CONUNDRUMS, continued from page 7...
Lessons from the epidemic - Part VII

Over 500,000 people died last year in America from their addiction to drugs, mostly nicotine and alcohol. Addiction is the single most expensive and hidden cost in the medical care system. One of the most important and powerful lessons we are learning from the HIV epidemic is that we have another raging epidemic in our land - ADDICTION. It is a cultural, spiritual and physical disease.

Along with the awareness of addiction as a disease, the period of time we have experienced the epidemic has also been a period of time that has seen an explosion in the number of people using 12-step programs to deal with their various addictions. I believe that there are no coincidences.

Too often many of us have seen addiction as a moral issue. "If you can't control your drinking, then stop," epitomizes that concept. Since HIV is transmitted by intravenous drug users when sharing needles, our work in the epidemic demanded that we take a closer look at addiction and addicts.

This was often a painful look, as most of us have personal experiences with addiction and addicts. Many of us grew up in homes where alcohol or other drugs created problems. We would often rather not look at addiction and its ramifications because of the personal memories it can bring up. But also, we were afraid to see the manifestation of the disease in ourselves, if it was present. Sure there are cocaine addicts, and heroin addicts, crack addicts and alcoholics. But there are also workaholics, sex addicts, shopping addicts, food addicts and codependents. We can be addicted to cleaning, chocolate, exercise and controlling others. We can use behaviors and substances to avoid feeling our feelings and living within our own reality.

With addiction such a powerful force and threat in our lives, it was easier to ignore it. "The junkies and dope fiends are the real problem. They should just say no and clean up their act!" But as we began working with people who are addicts, we met some very human and deeply spiritual people. People who use are suffering from a disease. A disease that has consistent symptoms and whose outcome, untreated, often leads to death. This is really scary. What did we learn about the disease of addiction?

We learned that there are clear Patterns of Addiction. These are the same for drug and behavior addictions, and indicate a progression of the disease that often leads to death. These patterns include: increasing dose size or frequency of behavior (we use more and more to get relief), preoccupation with the substance or behavior (our time is spent thinking about, planning for and obsessing about our addiction), the development of a drug seeking behavior and style (we change our life to enable ourselves to "get the drug"), mastery of drug abuse skills (we become good at "using"), and the inability to stop regardless of adverse consequences (so often this is the piece that others can see clearly). The progression of the disease of addictions is clear.

While the AIDS epidemic has helped to open our eyes to addiction, denial, addiction's major characteristic, is still with us. It is not just the addict who denies by trying to "control" the addiction, it is also the whole society who denies by refusing to provide help. Treatment on demand has become a powerful slogan in the fight against AIDS. Yet, there are still too few treatment opportunities available for those who want help. If we can stop blaming the addict, we can start treating the disease.

12-Step Programs are also still with us. Individuals who use these programs have developed effective means of changing their behavior and maintaining that behavior change. These programs and their wisdom are great gifts for those who use them.

However, we need more treatment programs for chemical dependency, and more importantly we need to recognize our cultural codependence and see how it is also an addiction. We need to see workaholism for what it is and not peddle it as a panacea in a capitalist world. We need to take our own inventories and make changes. Each change begins with the first step. Only then will we all be able to see the impact of the epidemic of addiction on each of us.

VALENTINE'S DAY GREETINGS

To my hot "little boy" in OOB - WOOF. I can still smell you, Valentine. Even "Gayly" raised and cared for.

To my sweetest, sexiest, most beautiful woman I've ever known. You take my breath away. Michelle Russell and I haven't gotten it back yet. Happy Valentine's Day! Love you, KAW

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Does it work? I'm 50!
Leah Aranovitch, BA, MA, CPT
American Council on Exercise
1st Place Ms. Maine Masters 1992
GOAL, continued from page 2

your organization and the response from other officers," inquired. Sandy could only answer for Lawrence, Massachusetts. She said, "There are mixed emotions on both sides. Some guys don't care either way, but then again, I'm a female. There's only one other female officer, and she doesn't care either. I'm sure if I was a guy I'd get a lot of raazzin'."

"So basically there is no verbal abuse," I assumed. Dan jumped in, "There is, and if you're not out, it's just as bad because they'll be saying these things right in front of you. They'll be talking about those 'fucking queers' or something, you know. And that's like stabbing you and you can't do anything about it because you're not out, so you're not gonna stand up for yourself. That used to happen to me at work. They'd say things like that and tell 'queer' jokes until it got to more.'"

"When you came out in your work setting, did people just automatically stop doing that?" I puzzled. Dan explained, "No, people would walk out of the room when I walked in. At first it wasn't warm at all. "Sandy explained, "Some of them have started to warm up and come around lby they had the press to get out the news that their changed because they say, 'you're a woman not going to stand up for yourself."

I probed deeper, "Was there a period when people still did that and you'd call them on it?" Dan retorted, "No. Ever since I told them I was gay, they've never done it. They've been cold to me, but they haven't said anything to me. I don't have to listen to any queen jokes.'"

Dan continued, "In the police station I imagine you'd still hear stuff that would hurt you.'" Sandy acknowledged, "They are set in their ways, but you get used to it.'" Dan offered, "If you belong to something like this, (GOAL) at least there'll be people who understand what you're going through. And you don't have to be out. You don't have to march in the parades or be in the papers. A lot of people are afraid to do that.'"

Sandy noted, "You don't even have to be at the meetings all the time. Just get the newsletter and be supported and know that you can call somebody if you need help, until you get to the point where you wanna be at the meetings and you wanna be with people.'"

"How many members are there in New England?" I asked. Sandy claimed that there are between 55 and 60 members, and that there would be more, but they haven't had the press to get out the news that their organization exists.

Dan wanted to emphasize his willingness to be a contact person for GOAL/NE here in Maine. Anyone interested in GOAL/NE, or who would like to go to a meeting, can write to Dan O'Neil at P.O. Box 55, Biddeford, ME 04005, or call him at 772-8494.

Dan is a probation officer here in Maine which exemplifies the fact that GOAL/NE includes members from all branches of law enforcement (even District Attorneys!), not just the uniformed services, and all levels—local, state, and federal.

Sandy returned to the subject of colleague reaction. She feels that the attitude of the other officers depends on how you come out. If you're forced out that can be bad. But if you tell your friends, and they tell their friends, it's much better.

Sandy asked Dan, "You told your friends?" Dan replied, "No. The first person I told was my supervisor, but he was the biggest offender; he was the worst one. So I went into his office one day and had a meeting with him and told him. And then I left it up to him how he wanted to deal with it with the other people. He told everybody that I had informed him that I was gay and they they had to be more sensitive to those kind of issues around me. And it worked!"

"Have you heard any stories from other members who had a more difficult time of it?" I pumped. Sandy delivered, "We have one guy now who's been charged with indecent assault, or something like that, and he's supposed to be in court this month. He's been suspended pending the outcome of the trial.'" Sandy furthered, "Mike Carney, the vice-president of GOAL/NE is a Springfield (Mass.) cop who got fired for being gay before we had the law. He's been fighting ever since to get his job back. They keep shooting him down. Just for being gay he got fired. So he's had a rough time of it. He has the support of his friends there, but the Department as a whole, they give him a lot of trouble. It's not that easy to be out, I'm telling you.'"

"Well, I would think that in the context of police it would be difficult,' I sympathized. Dan concurred, adding, "It's gotta be one of the most difficult places to be out. It'd be like the military just about.' Sandy added, "Yeah, well they have their jokes they like to play. They'll leave a condom around or they'll leave little notes, but they do get better. My Department's gotten much better with me. I don't see any more problems. Some of the old guys though, they don't even like you being a woman much less being gay, so I have to listen to that.' Dan agreed, "Some of those guys don't like women cops.'"

Sandy explained, "Some of them have changed because they say, 'you're a woman cop but you like what I like so you're alright now. The other woman cop, who's straight, doesn't like what we like, so she doesn't belong here.' As long as I like what they like I'm alright.'"

"Yeah, that's true, I suppose a gay woman has something in common with some of those guys,' I opined. Sandy agreed, "Yeah, I do, with a couple of guys. They like that. As long as I have the same taste in women as they do, they'll let me in. They always ask me, 'Would you,' and I say, 'You guys are bad,' but hey, they accept me, too.'"
Money Talk
By: Peter J. Callanan, CPA

“What tax form should I file?”

This is probably one of the most commonly asked questions this time of year. So, why don’t we review the different forms that can be filed with the IRS. The three forms are a 1040EZ, 1040A, and a 1040. Basically they are the ‘Easy’, ‘Short’, and ‘Long’ versions. Filing a different form may allow you to save on your taxes. Don’t File a Form 1040A.

- **Filing a different form credits**
  - middle-aged, family and income situations
  - for tax saving opportunities. Good luck!

**One for you to use. Review this information and you have defenses.**

- **Assume the form sent by the IRS is the best**
  - one for you to use. Review this information and you have defenses.

- **May allow you to save on your taxes. Don’t File a Form 1040A.**

**PHILADELPHIA: Movie Review**

By: Luke Balboni

Tom Hanks said that Philadelphia is about the way we treat each other. I’ve seen this movie in which he stars, and I think he’s right. There are many levels upon which this ‘treatment each other’ takes place. For example, we see the way straight lawyers treat a closeted gay man. We see the way they treat a young up-and-comer.

We see the way a straight lawyer treats a prospective client with AIDS, the way the straight lawyer’s friends treat him for representing a gay man, the way hospital staff treat the lover of someone with AIDS. We see the way the gay man’s family treats their son and brother, the way lawyers treat each other when one of their own straps from the code, and we see the way the jury considers the ‘rights’ of a gay man dying of AIDS.

Some of these behaviors will uplift you, such as the family support Andrew Beckett (Hanks’ character) gets from the devotion of his lover (played by Antonio Banderas). Some of the other behaviors will sicken you, such as the barroom behavior of Denzel Washington’s buddies with their overt and disgusting expressions of homophobia.

HOMOPHOBIA, a noxious and fatal social disease which affects every waking moment of the homosexual reality. There’s a lot of homophobia in this film. There is much more in our lives.

- **Most of the occurrences of homophobia in the movie are left alone. They stand there. No one answers them. The movie, as a whole, answers the bigots, perhaps unsatisfactorily, but for me it serves its purpose. It’s like having a bucket of ice water dumped on you. Wake up! Gay rights is a life and death struggle. We have enemies who want to kill us, hurt us, jail us. If this film helps alert you to these realities, then it has served a great and higher purpose. Go get pissed off!”

---

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7:00-9:00 PM
USM Commuter Lounge
Student Center, Portland Campus

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<td>The Politics of the “Gay Gene”: An Historian’s View</td>
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<td>Diana Long, USM Women’s Studies Program Director &amp; History Professor</td>
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<td>April 12</td>
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May 3 - Where to From Here?!
No meetings Feb. 22nd & March 29th
Sponsored by: The Counseling Center; The Alliance for Sexual Diversity; Women’s Forum; Student Life; Student Health; Women’s Studies; and The Women’s Center.
GOAL, continued from page 10 so."

On a different tack I asked, "is there a perception that gay police officers would behave differently on the job; like would they be less brave or treat certain people more or less favorably?" Sandy retorted, "They tend to respond along with the stereotype that a gay woman would be tougher and a gay man weaker." Dan offered, "They might think that if you went into a gay situation you might not do what a heterosexual person would do, but I don't think it would be any different than if someone were Irish and they went to break up an Irish party."

I grilled, "Have you had any situations where you went to deal with a situation at a gay bar or arrested gay people?" Sandy responded, "There's only one gay bar in my area and it's not even in my city." Sandy explained that most of her area's gay people are closeted, so the type of incident I'm looking for just "never happens." She did say that the only gay-bashing she knows of is her own.

Dan included that one time when he was with the South Portland Police he stopped a woman for speeding and she told him she had just come from the Underground and she smiled. Dan wondered what that had to do with anything and gave her the ticket. He concludes that one's sexual orientation doesn't make any difference. "You do your job."

Dan added, "I supervise (as their Probation Officer) several people who are gay and it doesn't make any difference." Dan has also been assigned the task of preparing pre-sentence investigations on people who are gay and those can be slanted, but he goes by the same guidelines as he would for anyone.

Dan has even had to deal with a case where the crime was gay-bashing and it was difficult for him, but he was very careful not to do anything different from established procedure. In fact, he's had two such cases, one of which is current. A probationer of his went out and robbed and beat up a gay person. Dan knows the victim. This is a tough situation, but he goes by the book and does not let his personal feelings get in the way.

Dan went on, "I used to be in Intensive Supervision which is a house arrest program (recently done away with). I had to supervise a whole family who beat up, kidnapped and robbed a gay person. First, I had the daughter, then the mother, and they were both involved in this with the boyfriend. They kidnapped this guy, beat him up and robbed him and I had to supervise them for 18 months. I kept a close watch on them. I wasn't gonna let them get away with anything, but I wouldn't let anyone get away with anything.

"Kidnapped him for a length of time?" I asked incredulously. "Yeah, they took him all the way up to Houlton, where they were found, and in the process, beat him up and robbed him. He (the victim) knew these people knew him, and knew he was gay, but they probably figured it's OK to do that to him. But, they got caught."

Dan added, "I supervise (as their Probation Officer) several people who are gay and it doesn't make any difference."

Dan filled in, "The male involved got all sorts of jail time, but the two females got none, just the Intensive Supervision Program. They didn't go to jail at all. A miscarriage of justice, I thought." Dan added that women with children are often not sentenced to jail and Sandy said that people with no criminal history don't go either, sometimes.

Sandy rejoined, offering the story of her daughter, "when I got beat up at the gay bar in Methuen, MA (the only one around Merrimac Valley). It got shut down, and then auctioned off and re-opened by another gay person. It is now called the Suburban Country Club."

"I wasn't working that night, but I was on the force at that time. I went up to pick up a friend, and right outside the bar two guys beat me up. One was a Correction's Officer and the other was his half-brother. They claimed they didn't know it was a gay bar but they did get jail time (6 months, 1 1/2 years probation) on a felony conviction for civil rights violation" under Massachussetts' gay-rights law.

Dan added that the Attorney General in Maine can, and has, prosecuted such cases under the hate-crimes law, particularly regarding the gay-bashing FSU Posse. ("FSU" stands for Fuck Stuck Up.) New York City GOAL marches with GOAL/NE; "This year they brought firemen, too!"

Sandy said that there are a thousand members of GOAL just in the New York Metro area alone, and then many more in the rest of the state, not to mention New Jersey.

"Has there been a National Convention of GOAL?" I mused? "There'll be one this year," Sandy trumpeted. It'll be on the Thursday before the Gay Pride March in New York City. See GOAL, page 14
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Couples
GOAL, continued from page 12

New York, during the week of celebration prior to the March. (The conference will be held on June 23, 1994 from 9 AM to 4 PM at the Merchants Club in New York City. Hotel spaces are still available at the St. Moritz on the Park, 50 Central Park South, New York, NY 10019, (212)755-5800.)

Sandy and Dan said they are hoping this article will result in new members. They have relied on the press for most of their advertising and Sandy said that there will be ads soon in Brotherhood of Police Officers, Law and Order Magazine and Police. Pride Marches and fund-raisers are other means for getting the word out that GOAL is there.

Both Sandy and Dan emphasized that they do not "out" people. GOAL is a support group. Now that he is a member Dan said that even though Worcester, Massachusetts is a long drive, he really gets a lot out of the meetings and wouldn't miss them. Sandy agreed that once you start going they become important to you.

Sandy acknowledged that the organization is largely made up of local police rather than state police (GOAL is open to all law enforcement) and there are more men than women (which is true of police in general).

The centerpiece of a GOAL meeting is often a featured speaker, but there is also time for the various members to discuss more personal issues. No one is asked to speak; it's strictly voluntary.

Sandy said that there will be six members of GOAL who will be teaching sensitivity training at the Boston Police Academy, "and if this works out, we're hoping to get into the Massachusetts State Criminal Justice System, Connecticut has asked us to do sensitivity training for local police."

Sandy had mentioned earlier that she will soon be transferred to Community Policing. This interview came on the heels of the 60 Minute (CBS News) interview with Chief Pastore of the New Haven Police Department. Sandy said her lieutenant has been in touch with Pastore, and that Lawrence, Massachusetts is about to embrace this policing concept with greater enthusiasm. The Portland Police Officers that we see around here on bicycles are part of this idea.

I asked Sandy and Dan what effect they are having on the other police. Sandy said that most of the officers got their ideas about gay people from stereotypes, and they would say that they knew when someone is gay. And then they find out and they see that their judgements were wrong. "It teaches them something, that's for sure."

Dan agreed, "Yeah, it's an education. They don't know a gay person, or that a gay person could possibly be a cop, so it's an eye-opening thing."

"Aside from the effect on your colleagues do you think that you are helping to promote less homophobia in the community at large?," I queried. Dan answered, "No. It's not an issue. It doesn't get into my work. People may suspect because I have stickers all over my truck that say I'm queer, I don't hide it." Sandy thinks that she does have a positive impact on the community because she is on the street and is out to the whole city.

In wrapping up, Dan wanted to emphasize that GOAL/NE is here and he'd be glad to introduce anyone to the organization. Sandy said that she wants any interested person to contact them in whatever way feels most comfortable whether it be through Dan, their phone number or their address. (See sidebar.)

Both agreed that the most important benefit of membership is the understanding you will get about what it is like to work in a homophobic workplace, and the support you can count on if you decide to come out to your Department.

This interview was among the most interesting ever done by this writer. Dan and Sandy offered us an eye and an ear into the otherwise secret doings of the police force. This secrecy, with which police operate, is largely due to the para-military nature of police structure, and it is heartening to note that community policing, the first chink in the "us vs. them" mentality, is finally taking hold.

I am deeply impressed by the courage of these individuals and I salute their efforts. Surely, the struggles of these pioneers in the gay-rights movement will be rewarded by helping to wrest our full rights as citizens in the land of our birth from the homophobic power structure that rules this country. ***

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CALENDAR FOR FEBRUARY, 1994

Mon., 2/7: 6 PM Portland Pride Meeting, Ferrante's, 30 Exchange St, 2nd floor. Get involved now in planning.
Tues., 2/8: 7-9 PM, THE GATHERING, Student Commuter Lounge, USM. Leslie Feinberg leads discussion on "Surviving Gender Oppression, A Lesbian's Journey.
Thurs., 2/10: 7:30 PM, Matlovich Society presents Leslie Feinberg, "An Illustrated Lecture on 'Transgender History.' Holiday Inn By the Bay, Spring St., Portland. Free parking. Accessible to the mobility-impaired.
Sat., 2/12: 2 PM, Book signing with Leslie Feinberg at Ananael, 521 Congress St., Portland.
Sat., 2/12: 8PM (ME), 9PM (NB), Northern Lambda Nord Valentine's Party in Caribou. Male to share quiet country house. Must like dogs. Free parking. Accessible to the mobility-impaired.
Sun., 2/13: 12 noon - 4:30 PM, Tri-State Stonewall Committee mini-conference, Somerset Room of Holiday Inn By the Bay, Spring St., Portland, followed at 5:30 PM with a Stonewall25 Presentation/Reception featuring Flora Pitenak, National Steering Committee member for the International March on the UN.
Sun., 2/13: 1-3 PM (ME), 2-4 PM (NB), Monthly meeting of Northern Lambda Nord, Lions Community Center, High St., Caribou (across from Shop & Save).
Mon., 2/14: 7 PM, Jonathan Katz, Dept. of Gay & Lesbian Studies, City College of San Francisco speaking on "Culture and Subculture and How Gay Men Put Post-War American Painting on the Map." Campus Center, USM, Portland.
Tues., 2/15: 7 PM, 45 Danforth St. (Corner Danforth & Maple) Meeting of community minded lesbians. It's time to re-unite our community. FMI, call 774-1505
Wed., 2/16: 7 PM (ME), 8 PM (NB), Northern Lambda Nord Fold & Stuff March newsletter & calendar at the Phoneline, 498-2088.

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COMPANY MEETING
Δ Attention all community-minded lesbians. There will be a very important meeting on Tuesday, February 15th at 45 Danforth Street (Corner of Danforth & Maple Sts.) at 7:00 PM. Please attend. It's time to re-unite our community. For further information, call 774-1505. Δ

HOUSEWANTED
Δ Gay male seeks housemate with caregiving experience. If you have lived with friend, lover, partner or relative who is physically challenged, this living situation could be just right for you. Private home in Portland, partially wooded on dead end street. Yard, garage, separate phone line. Call 797-6488. Δ

ON REVIEW:

Stone Butch Blues
By Leslie Feinberg
Ferndale Books
Paperback $10.95 301 pp

Appearance. Admit it or not, it is the basis for most first impressions. The more enlightened quickly move to a different level. However, there are far more who remain in the "stuck" position, unable to get beyond what meets the eye.

Leslie Feinberg's novel, Stone Butch Blues, challenges us to explore beyond appearance and first impression by introducing us to Jess, the main character who is discovering herself as a transgendent.

Jess' struggle begins with the search for identity in a time when few role models exist. We travel through familial rejection, social ridicule and abuse, economic deprivation, and political alienation from the gay community where she expected support.

The complexities and questions about the transgender life-style quickly elude us. Feinberg threads her character experiences in a vulnerable, but nonetheless powerful, manner. Feinberg articulates with intensity and compassion two very important points. First is the paramount historical significance that the transgender population played in advancing gay civil rights. Their total and absolute "visibility" did make them obvious targets, but it also aligned them as a collective to fight back against their oppressors, most notably during the Stonewall Riots.

Secondly, and perhaps more abstract, it is the concept of sexual/gender identity and the distinctions we make based on such concepts. Approaching this subject with all my preconceived notions and expectations of finding answers, I emerged with yet another 'life lesson'. Whether gay, lesbian, bisexual, transgender, or heterosexual, each of us will explore our own self-perception within the context of the resources that we find compelling. The motivation many never announce itself, but the determination to fulfill will shade the 'appearance' of what we see.

Leslie Feinberg will be appearing at:

- USM Commuter Student Lounge Tuesday-February 8, 7-9 PM
- Campus Center/Portland "Surviving Gender Oppression: A Lesbian's Journey"
- KRAGE Lecture Hall Wednesday-February 8, 7-9 PM
- Bowdoin College "Reading from Stone Butch Blues" and Discussion of Gender
- Holiday Inn Thursday-February 10, 7:30-9 PM
- Portland "A Transgender History Slide Show" Presented by the Matlovich Society
- Chase Lounge FRIDAY-February 11, 7-9 PM
- Bates College "A Transgender History Slide Show"
- Ananael SATURDAY-February 12, 2 PM
- Portland Book Signing and Refreshments

Presented by: Winterfalcon/Rich Productions (207) 775-1487
Sponsored by: USM Alliance for Sexual Diversity, Women's Forum, Gender Studies, Matlovich Society, Ananael, Bowdoin-BGLAD, Bates Women's Action Coalition, Phoenix Press
The Maine Lesbian/Gay Political Alliance (MLGPA) works to ensure equal treatment for our community throughout Maine. Meetings are held the 3rd Saturday of the month, 12 noon at the UU Church, Winthrop & Summer Streets, Augusta. For more information about meetings or membership, call 761-3732 or 1-800-55-MLGPA, outside the Portland area. **

Planned Parenthood of Northern New England has a new Health Center at 970 Forest Ave, Portland. Serving men & women, PPNE 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 ecclectic choral ensemble open to all women regardless of age, race, religion, or sexual orientation is now formed. 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 1039, Portland, ME 04104. **

Northern Lambda Nord: an educational, informational, social, and service organization serving northern Maine and New Brunswick, with activities for crossdressers and transsexuals. PO Box 407, Bangor, ME 04401. **

- Parents & Friends of Lesbians & Gays - P-FLAG CONTACTS - ME.: Augusta/Hallowell - 623-2349
  - Bangor/Brewer - 989-5180
  - Brunswick/Bath - 603/623-6023
  - Durham - 772-0013
  - Ellsworth - 667-3506
  - Family Support Group: Call Diana Carrigan at "First Call" (207) 774-HELP. Write to P.O. Box 5370 Station A, Portland, ME 04101.

- OUTRIGHT: Meets every Friday, 7:30-9:30 pm at Willowton West Church. Call Diana Carrigan at "First Call" (207) 774-HELP. Write to P.O. Box 5370 Station A, Portland, ME 04101.

- OUTRIGHT SEACOAST: Meets every Saturday, 7-9 pm at the Unitarian Church annex building adjacent to the fire station, 206 Court St., Portsmouth, NH. FMI call 285-7180, PO Box 842, Portsmouth, NH 03801

- Northern Lambda Nord: 2nd Sunday Call 498-2088, UMPI, Pulldown Hall, 3 pm (ME), 4 pm (NH), 5 pm (VT). Mon. 7-9 pm, Portland.

- 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.

- Ramrod/Men's AIDS Support Group: Phone: Every Monday, 7-8:30 pm at Mexican Congregational Church, Main St. Call 364-8603.

- ANDROSCOGGIN VALLEY AIDS Coalition: Thursdays, 7pm, 70 Court St., 2nd floor, Auburn. Support group for AIDS with HIV & their families. FMI, call 786-4967.

- OUTRIGHT PORTLAND: Meets every Friday, 7:30-9:30 pm at Willowton West Church. 32 Thomas St., Safe and supportive discussions with and for gay, lesbian, bisexual & questioning youth. Call 774-4301.

- 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 295-6740.

- OUTRIGHT/PORTLAND: Meets every Friday, 7:30-9:30 pm at Willowton West Church. 32 Thomas St., Safe and supportive discussions with and for gay, lesbian,bisexual & questioning youth. FMI: call 774-TALK, or 774-HELP. Write to P.O.Box 5370 Station A, Portland, ME 04101.

- OUTRIGHT/SEACOAST: Meets every Saturday, 7-9 pm at the Unitarian Church annex building adjacent to the fire station, 206 Court St., Portsmouth, NH. FMI call 285-6939-6959 or write P.O.Box 842, Portsmouth, NH 03801

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

- OC-SQUAD Support Group: Monthly, focusing on issues affecting the gay, lesbian, & questioning community.

- TransSupport Group: Monthly, focusing on issues affecting the gay, lesbian, & questioning community.

- 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), 603/668-2976

- New Hampshire Lesbian/Gay/Lesbian support group: Meets every 1st Wednesday, 7-9 pm at the Unitarian Church annex, 114 State St, Ellsworth, ME 04605.

- OUTRIGHT: Meets every Sunday, 7-9 pm at the Unitarian Church annex, 114 State St, Ellsworth, ME 04605.

- P-FLAG: 24 hour Helpline: 603/623-6023

- Plymouth - 603/968-7516

- Nashua - 603/880-0910

- Monadnock Region: Meets 4th Mon. 7-8:30 pm, Unitarian Church, Peterborough, 603/547-2351

- Manchester - 603/643-8331

- Concord - 603/746-3818

- OUTRIGHT: Meets every Wednesday, 7-9 pm at the Unitarian Church annex, 114 State St, Ellsworth, ME 04605.

- P-FLAG: 24 hour Helpline: 603/623-6023

- Plymouth - 603/968-7516

- Nashua - 603/880-0910

- Monadnock - 603/547-2351

- Hanover - 603/643-8331

- Concord - 603/746-3818

- 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: 786-4967 PO Box 977, Lewiston, ME 04243

- Children's AIDS Network: 761-1872 PO Box 793, Portland, ME 04104

- Community AIDS Awareness Program: 83-2417, PO Box 457 Rumford, ME 04276

- Community Task Force on AIDS Educ.: 563-6688 PO Box 541, 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 Services: 725-4955 PO Box 57, Brunswick, ME 04011-5057

- Names Project/Maine: 774-2198 PO Box 4319, Portland, ME 04101

- Oxford Hills Community AIDS Network: 743-7451, PO Box 2038, Bangor, ME 04401

- "First Call": (207) 774-HELP. Write to P.O. Box 5370 Station A, Portland, ME 04101.

- HIV & RELATED SUPPORT MEETINGS

- Portland at THE AIDS PROJECT: Mondays: HIV negative support groups of people living with HIV, 6:30-7:30 pm.

- Tuesdays: People Living with HIV disease and all who care for and love them. 5:00-6:00 pm.

- Wednesdays: Living Well, focusing on quality of life and empowerment.

- Thursdays: Women living with HIV, 1:15-2:45 pm.


- Aquarium: Thursdays: People living with HIV, 7-8pm.

- Portland Area: 400 Congress St, Portland, ME 04101

- Portland: 70 Court St., 2nd Floor, Auburn.

- Support group for AIDS with HIV & their families. FMI, call 786-4967.