Community Pride Reporter, 05/1994

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John Preston, 1945 -1994

Writer, activist, AIDS educator succumbs in Portland home

By Marjorie Love, Special Reporter

PRESTON — In Portland, April 28, John of Park St. Memorial service Saturday, May 7 at 1 PM at St. Luke's Cathedral. There will be no visitation. Those desiring may make donations to Peabody House, 14 Orchard St., Portland 04102 or VNA and Hospice, 62 E St., So. Portland 04106. Arrangements by . . . (Portland Press Herald, 4/29/94)

Fortunately I didn't learn of John's death from the obituary page. The morning that this "death notice", and a much more satisfying feature article appeared in the Portland Press Herald, I happened to call a mutual friend for a progress report on John. I knew he was very ill and weak. I was ready to send another of my periodic notes, primarily to let John know that I had just finished reading—and thoroughly enjoying—his latest collection of essays, My Life as A Pornographer & Other Indecent Acts. But I was also thinking about including a clipping of a David Broder commentary that scored some points for my side in a political argument we'd been having, and I wanted to know if John had enough energy to enjoy the aggravation, or if I should limit the card to greetings and congratulations on his book. The answer was not what I expected . . . John had died the day before, too late for letters.

But as it happens, I got a call later that day asking me if I'd be willing to write something about John that could be used in this month's issue of Community Pride Reporter just before deadline. Willing? You bet. So I made a pile of everything I've read that John Preston has written, and looked again at the pages with the corners turned down, wanting to share with you pieces of his work that made an impact on me, and in so doing, to let John speak for himself. I reached back to . . .

Concerned Maine Families sponsors anti-gay lecture in So. Portland

By Bruce Balbone, Managing Editor

"I tell the homosexual that I love them to throw them off-balance. It's like in Judo. In order to defeat your enemy you must throw them off-balance. My message of love to the gay community is designed with this in mind." These are the words of the Reverend Charles McIlhenny, an evangelical Presbyterian from San Francisco, who spoke Thursday night, April 14, at the Church of the Nazarene on Highland Avenue in South Portland.

Concerned Maine Families (CMF), led by Carolyn Cosby of 48 Glen Haven Road, West Portland (773-0575) and Don Miller, pastor of Trinity Orthodox Presbyterian Church in Lewiston and Treasurer of CMF (and one of the leaders of the anti-EPL [Equal Protection Lewiston] forces), brought McIlhenny and his wife Donna to Maine as part of an effort to galvanize radical right-wing forces here. They are collecting signatures to get a statewide anti-gay rights initiative on the ballot for 1995.

McIlhenny spoke in Bangor, Lewiston and South Portland. Each meeting had the same format. At 5 o'clock there was a supper-workshop at which a group of about 30 people listened to the McIlhennys discuss tactics and strategy. A larger meeting followed at 7:30. The main thrust of both these meetings was to convey the message to the anti-gay rights forces that they must couch their assault on gays in a language of love in order to win the political battle. They told their listeners that they will not be effective.
Dear CPR,

I would like to respond to Christian Malm, the gentleman from Portland who wrote a letter to the Editor, (CPR, April, 1994, Vol.1, No.10), but whose message, I believe, was intended for the community at large. I get around to a great many meetings in the state of various groups of queers who are organized or organizing to do a variety of political work. I don’t believe I have had the pleasure of meeting you yet, but I look forward to it.

I have heard “leaders” and others make a variety of statements about the direction and scope of our “movement.” (Sometimes these statements are expressed as opinion, and sometimes they are expressed as an intent of a particular group or organization to proceed with a specific plan of action.) I have never heard anyone speaking either from opinion or from an organizational plan, make the kind of statements you referred to in your letter. “Time and again we hear ‘political leaders’ . . . denouncing drag queens, activists, separatists, and liberals...” Who said this, and at what kind of a meeting? I would certainly challenge these statements if I was sitting in a meeting and heard them. I’m sure you did.

I can’t say and demonstrate enough that there is no room in our movement for the kind of attitude that you say you have encountered from leaders or others. There is room for all people, no matter how you self-identify: transsexual, transgendered, lesbian, bisexual, gay, straight, or queer. There is room for all people no matter what your sexual, political, emotional, psychological, political, religious, economic, or economic situation is: in or out of the closet, 5 or 50 it. I was surprised to find myself in a meeting and heard them. I’m sure you did.

I can’t say and demonstrate enough that there is no room in our movement for the kind of attitude that you say you have encountered from leaders or others. There is room for all people, no matter how you self-identify: transsexual, transgendered, lesbian, bisexual, gay, straight, or queer. There is room for all people no matter what your situation is: in or out of the closet, 5 or 50 volunteer hours a week; working class or corporate, employed or unemployed, etc. It is the job of each and everyone of us to make room for others.

When I read letters like yours, I imagine that all the people out there who are thinking of getting politically involved will decide to stay home because they think it’s like you describe. I want them to know that it isn’t that way in the meetings I go to. I don’t know what meeting you went to or who made the statements that were so offensive, but you should start going to different meetings of queers because it doesn’t sound like the group meeting you went to will ever accomplish anything worthwhile, unless they examine and overcome their own bias and prejudice.

Sincerely,
Karen Geraghty, President,
Maine Lesbian/Gay Political Alliance

CPR MAILBAG

Dear CPR,

Thank you for being here! Each issue I pick up is better than the last. My straight friends who have seen the CPR are pleasantly surprised by the scope and variety and rational viewpoint they find. (I think some of them expect some kind of sex manual?)

I was pleased to see in the April issue a great review of my friend Martin Swinger’s latest tape Singin’ OUT! But I was surprised to find my self credited as the author of “Stane On Harvest Moon.” This is the way the information on the tape reads, so I have to blame Martin himself, and not your staff writer, Luke Balboni, for the confusion.

The article says, “Harvest Moon,” written by Dan Woodward, is an old favorite which Martin adapts for more relevance to gay people.” The truth is, I did not write it. It was written in 1908, words by Jack Norworth, music by Nora Bayes-Norworth, a pair of vaudeville performers who were billed as “the stage’s happiest couple” (and were divorced in 1913.) I heard Martin and some friends perform this song and I thought, “great song, but it’s not gay enough.” So I wrote a new second verse and chorus, gave the words to Martin and See MAILBAG, page 3

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EDITORIAL

If you look at the signature box containing information about CPR on page 2, you will notice a new addition. Community Pride Reporter now has a Managing Editor, Bruce Balboni, aka Luke Balboni, has been with me since July of 1993 when the first issue was printed, first doing video/movie reviews, and over the months taking on more and more reporting responsibilities. Bruce has a nose for news and his tenacity in turning out a quality story has resulted in some extraordinary pieces.

Bruce has become an integral part of this paper. His help with distributing the finished product in the greater Portland area has been a tremendous help. Over 2500 copies are out locally within four hours. He has recruited volunteer help, researched possibilities for obtaining student interns, made suggestions about improving the paper, and listened to me when my stress level is off the scale.

Equally important, perhaps more important, Bruce shares my level of commitment to this work. He understands what I am trying to do, how difficult it is and will be, as additional phases of my vision are put into motion, and he stands shoulder to shoulder with me. I am proud, indeed honored, that we share a professional relationship which allows each of us to speak freely, disagree zestfully, compromise genuinely, and work together passionately.

"Bruce Balboni, Managing Editor" -- has a nice ring, doesn't it?

Switching gears, now. Friends, we have got to shake the cobwebs of winter out of our heads and regain some focus here around our right to live openly and free from the harassment of those who want us to go back to, or stay in, the closet (nailed shut, with padlocks on it!)

In late April, Carolyn Cosby and an associate named Harry, were on the steps of the Main Post Office building in Portland, collecting signatures on the referendum question. I received a call from Richard Freed of Act Up/Portland on the morning she was on the prowl.

He was looking for help in countering her rhetoric. I said I would make some calls, and he headed down to the Post Office. None of my calls managed to get Richard any support. I had a previous appointment, some could not leave work, and I didn't know who else to call. Richard remained on duty alone. He was pushed, yelled at and threatened with police action by Cosby and Harry.

We need a list, be it through your local EPM chapters, or by registering with me through the CPR office, of people who are willing, and might be able to respond (barring appointments, work load, etc.) when a situation like this arises. None of us should have to stand alone and fight for our cause. Richard was able to dissuade many people, but he witnessed at least 10 people signing in the short time he was there.

One more switch in gears; June 14th is primary day. Register, if you haven't already, and vote as if your life depends on it. For in fact, a healthy and whole life does.

In solidarity,

P.S. In last month's editorial, I stated that CPR has over 50 distribution points throughout the states of Maine, New Hampshire, and Massachusetts. (Must have had "50" on the brain for some strange reason?) CPR is distributed in over 85 locations with more being added monthly.

PPS: Follow this column down an inch or two for personal and individualized an invitation as I can issue to all of you. As an added treat, Kathy Poole and Kate Austin will fill the air with wonderful music during the celebration.

MAILBAG, from page 2, and he recorded it.

Thanks to Mr. Balboni for his review. I can only echo his enthusiasm for Martin's work. The music on Singin' OUT is fun, humorous, touching and uplifting.

Any music like this which gives us positive reinforcement is important. Music can bring us together, help us communicate... and build community. The better we feel about ourselves and know we deserve all the rights we are now fighting for, the closer we are to winning them. I know many people will think this is simplistic, but we'll never get very far as long as we hate ourselves and keep hurting ourselves and each other emotionally.

Music is one source of healing and strength. The stronger and more whole we are, the higher we can hold our heads. Then we can demand respect and love.

My best wishes to all my sisters and brothers.

Dan Woodward
Temple, ME

Dear CPR,

This is an open letter to lesbians in the greater Brunswick area. I am the woman who makes the Lesbian-A COA meetings in Brunswick happen. This letter to you is prompted by changes which are effecting (sic) the existence of the meeting. The meeting happens because someone opens the door and makes the meeting space comfortable and welcoming for those who attend. The meeting has power and works because there are women at the meeting who share their strength, hope and recovery.

This meeting is open to all women. We draw ideas for recovery from Adult Children of Alcoholics 12-Step books. Please be aware that alcoholism in your family is not a requirement to attend a meeting. Women who were unhappy, out-of-control or desperately wanting their lives to be easier have benefited from this group when they made a commitment to attend regularly. Currently, only two or three women are attending the meetings and a few more are needed to help create a strong healing space.

I encourage you, especially if you've been thinking about attending a meeting, to do so in the month of May. Without your support there will be no reason to continue the meetings.

I am also looking for someone with recovery experience to open the meetings, since I cannot be there every week. For more information about the meeting or to volunteer to open the meeting please leave a message at (207) 725-5103. Thank you.

Jo, Topsham, Maine

They are cordially invited to attend a Fundraiser ▲ Open House ▲ Birthday Party on Sunday, May 15th from 4 - 9 pm at Sisters, 45 Danforth Street, Portland.

We are celebrating the first birthday of Community Pride Reporter and the 50th birthday of CPR founders, Winnie Weis.

In addition to celebrating, we are also trying to raise some much needed funds to nurture the important work Winnie and the volunteers who bring you CPR are doing.

(Your emotional support is as crucial as your financial support.
Please don't let financial constraints keep you away.)

Drop by for informal conversation, great food, an opportunity to meet some of the staff who bring you CPR, as well as meet old and new friends.

Catered by: Barbara's Kitchen
Cash Bar Music Pool table, darts
remember some of my experiences with John, hoping to convey the impact of the man and of the political activist who mentored me through the two years that we were a team (he the Board President, me the Executive Director) at The AIDS Project, and since. And this is what comes to mind.

JOHN PRESTON, THE WRITER

"I began to be a writer because I wanted to capture the stories that helped me create my identity" ("Private Writing, Public Reading" in the newsletter of the Maine Writers & Publishers Alliance).

In the introduction he wrote to A Member of the Family: Gay Men Write About Their Families, John told the story of the resumption of his interrupted relationship with a brother fifteen years younger than himself, which he had pretty much lost since leaving home. The story hit a nerve for me, reminding me of the two much younger brothers I’d all but parented until I left home at 17, with them six and seven years old. I’d often joked, wistfully, that I would no doubt figure as an important abandonment issue in their mid-life psychotherapy.

Of his brothers, 15 and 17 years younger, John said: “the boys seemed so far removed from my life that I seldom even thought of them . . . the age gap seemed so great I didn’t pursue any real relationships with them” (p.5). The visit that rekindles his relationship with the older of the two “boys” also spoke to me and my severed connection with my younger brothers: “I had used part of my memory to dismiss much of who he was to me. Now, seeing him across the table, I remembered more. I remembered those things that had once made me so protective of him that I moved just in order to shelter him” (p.6). John learns that this brother had discovered and read John’s angry part of him that I moved just in order to shelter him.” (Private Writing, Public Reading)

John and I had some discussions about family. For two years John and I met once or twice a month over breakfast to talk about our mutual work, with brief side trips into romance or vacation trips (catching up on how our lives were going to clear the air for work) or to gay politics. Our others together, the occasional dinner or exchange of letters, were special but infrequent. It is easy to love someone who is capable of this degree of self-revelation, both to you and for you.

His ability to help us feel and articulate more than we otherwise would have was especially powerful because John turned his attention to various aspects of the gay experience, both social and erotic, including the experience of AIDS. In his introduction to Personal Dispatches: Writers Confront AIDS, John describes his struggle to rediscover his voice after his own HIV diagnosis in 1987: “Faced with pressing medical decisions and a sense of dread about the repercussions of having AIDS in today’s society, it seemed there was no time to create a book, there was no relief from the oppression of the illness. How could one reflect on all that was happening when it was happening now?

But, in fact, this collection was one of the means I had at my disposal to come back to life. These articles had helped me fight the feeling that AIDS was overwhelming me. The writers with whom I was working were dealing with the disease . . . the power of their pieces came from their ability not to withdraw from the disaster, but to encounter it, to send dispatches back from their personal trenches, and to give their messages to the world. My response couldn’t be to withdraw into my own personal fears. That would mean...
Concerned Families, from page 1

if they resort to using pejorative language and outright bigotry.

McIlhenny revealed the true purpose of the anti-gay rights crusade. He said “secular humanism” is the real enemy. (Secular humanism is a non-religious world view that exalts humanity.) His mention of this is in keeping with the agenda of the national evangelical movement of Jerry Falwell and Pat Robertson who have said that they are using society’s homophobia to further the Christian fundamentalists’ social agenda.

One of Falwell’s associates recalls him saying, “Thank God for those gays. They get me all the publicity I need. If they didn’t exist, I’d have to invent them.” (Details, p. 121, May, 1994.)

The Christian Right recruits people to their cause through hatred and fear of homosexuals. If you examine CMF’s literature closely, you will see there is no message of love. Their bogus statements on homosexuals incite hatred. They make false charges about child molestation and bizarre sexual practices. They state that sexual orientation is a choice, that gay civil rights will restrict the rights of others, that homosexuals are now having babies, conceived by homosexual semen.” (Taken from a CMF brochure entitled, “What’s Wrong With Special ‘Gay Rights’? You Be the Judge!”)

EXTREMIST CLAIMS APA is a FRONT for ACT-UP

One of the key weapons McIlhenny suggested Cosby and CMF use against gays is an attack on the American Psychiatric Association’s (APA) removal of homosexuality from the List of Mental Disorders in 1973. McIlhenny said that this vote was taken in secret by a minority of APA’s members and is, therefore, invalid. Were homosexuality reinstated as a mental disorder, all claims to gender orientation equality would be suspect.

But most incredibly, McIlhenny said that the people in the APA who were responsible for the change of policy were, “the progenitors of ACT-UP and Queer Nation.”

McIlhenny and his wife took turns poking fun at and mocking the APA, the idea of homophobia as a mental disorder and the idea that well-adjusted transsexuals are not crazy. In his discussion on whether or not there is a gene for homosexuality, McIlhenny asked, “is there a gene for the homophobe too? What’s good for the goose is good for the gander.” He concluded by saying, gene or no gene, homosexuality is a sin because the Bible says it is (he says).

McIlhenny and his wife devoted a great deal of time to the story about how their gay organist sued them under San Francisco’s first-in-the-nation gay-rights ordinance. They fired him for being gay, so he sued them.

The McIlhennys’ won when the judge exempted religion from the ordinance. They claimed they were then terrorized by radical gay people. They consider these events to be a calling from God, a sign that they should fight against gay rights.

(The McIlhennys acknowledged that the Bible is subject to interpretation and that many theologians find nothing in the Bible that condemns homosexuality.)

CMF BROCHURE MISLEADING

Cosby claims, in the CMF brochure, that gays are responsible for one-third to one-half of all molestation cases. That’s not true, but even if it were, it means that heterosexuals are responsible for two-thirds to one-half of all child molestation. Yet, nobody is suggesting that because of this fact all heterosexuals should be subject to being fired from a job merely because they are heterosexual.

And as we believe that heterosexuals do not engage in anal intercourse and that they do not engage in sadomasochistic sex acts. Of course they do, but again, nobody is suggesting that because of this, heterosexuals should be denied equal opportunity in housing.

There is no logical connection between the (false) charges made against gay people by Carolyn Cosby’s CMF and the denial of basic civil rights, except for the connection Cosby tries to establish based on fear and hatred.

In discussing their continuing 17-year fight against “this stuff”, McIlhenny said that their fight against the domestic partnerships law was the most successful. He advised the audience that they helped defeat this ordinance because they were able to instill a sense of moral indignation in their supporters, and this was done by using Christ to inspire their supporters against gay people (even though Christ said nothing on homosexuality). He told them their political struggles would be more successful if they could instill this same sense of moral indignation.

Mrs. McIlhenny told the workshop group to adopt a certain mindset when working against gay rights. She advised them not to oppose gay rights on the basis “of wanting our piece of the pie” but to be against them, “first of all because we need to preserve the family and home.” Also, she told them to argue, “why should we have laws that allow gay people to kill themselves,” referring to CMF’s frequent characterization of AIDS as a gay disease. She told them to say, “for the love of Christ and for the love of the homosexual, we can’t encourage them to kill themselves.”

This strategy is both ironic and outrageous. It reminds one of the vicious cycle of denying legitimacy to homosexuals which forces them underground, and then using the underground nature of their behavior to deny legitimacy. Also, if you consider the high rate of gay youth suicide and its connection to low self-esteem brought on by the denial of civil rights and societal hatred, you can see how Mrs. McIlhenny has managed to twist these facts inside out.

In the strategy session, the See Concerned Families, page 21
"Homosexual, you can be cured!" Amazing Grace "counselors"

visit UMaine, Orono
By Malcolm Smith, Bangor-Orono Reporter

The true spirit of Gay/Lesbian/Bi-sexual Awareness Week was unexpectedly demonstrated on April 13th when a group of UMaine Orono students quickly mobilized to protest two religious "counselors" from Portland who were invited to speak at the university about their "cure" for homosexuality.

While the official awareness event of the night of April 13th was a presentation of two gay-centered movies, the real crowd showed up at 7:00 pm at 110 Little Hall in response to the announcement of the "counselors'" presentation. The presentation was first endorsed in a "Maine Campus" editorial column by writer Dana Gray, who advocated "balance" and then advertised the event in the same school newspaper in two half-page ads that ran in the Monday and Wednesday edition during Awareness Week. The identity of the group who invited the women to UMO is known only as "A Coalition of Concerned Students." No individual names are known at this time.

The large crowd inside the classroom, including the head of UMaine's Department of Public Safety, numbered approximately 150. Lack of seats forced some of the audience to stand, while other observers were forced to wait outside the room. The majority of the crowd appeared not to support the speaker, who had her own small, but vocal, following in the room.

"I am a former lesbian," Jane Boyer said, after being introduced by fellow "counselor" Penny Merrill. Merrill said she got involved in her profession when her husband left her for the "homosexual lifestyle." Boyer told her own story, which ends with her choosing her husband and children "over an empty lesbian lifestyle."

At that time, she also chose to help those who also wanted out.

According to Boyer, the gay orientation comes from emotional wounding, while still a child, from the same sex parent. Homosexuality emerges from a craving for that parent's love, Boyer contends. "Few men enter the gay world looking for sex," Boyer added.

Boyer rejected genetic evidence of homosexuality, saying that even if it were true, "there are lots of defects that are inborn, that doesn't mean they're normal."

Boyer was allowed to speak with relatively few interruptions, with each pro-gay outbreak met with a loud "let her speak" from the back of the crowded room.

At one point an audience member shouted angrily that gays got to talk about themselves all week long, and the speaker should have a chance.

After completing her presentation, the crowd, with many Wilde Stein members in the front, took the women to task. Members told Boyer they were insulted by her attitude. "You called me names," one member told her.

Wilde Stein member Jim Gray, was concerned about the possibility of suicide from the confused young gay and lesbian students the speakers were aiming for. "You are going to be going away and leaving your wreckage," he admonished Boyer. "We as a community are going to have to deal with that."

A physically disabled audience member who said he was straight asked in a loud, angry voice if he was considered defective by the woman. He said her bible was oppressive.

As the crowd grew angrier, a nervous appearing Boyer began pacing from side to side, finding caches in her throat. She limited question time to 8 pm, which was about 10 minutes away.

Asked about a formal education or license to back up their views, neither women claimed either. Asked what gave them the right to call herself a counselor, Boyer said, "I know what I have been through."

Boyer refused to identify the people who had invited her to speak at the university on such short notice.

"No names," Boyer said, adding, "They were only a group of people."

A UMaine Counseling Center representative said that the center was open to anyone needing help, adding that any therapist advocating a cure for homosexuality was "unethical," as homosexuality is not a disease.

After the speech, Merrill said the crowd's reaction was "just what we expected." Boyer said the cost of the 18 weekly group therapy sessions was $50 for everything.

The day following the event, students were questioning the legality of people advertising themselves as counselors in the student newspaper and wondering about all the secrecy regarding the sponsoring group, who is not listed as an official UMaine group. Others questioned the ability of such a group to raise the $200-$300 so quickly for the newspaper ad. The group reportedly paid cash for the ads. The following week an ad appeared in the same paper offering a revisionist theory of the Nazi holocaust during WWII. The paper explained it's logic behind running the ads, and did a story on both subjects.

The two representatives of "Amazing Grace Ministries" advertised in "The Maine Campus" during National Coming Out Week last semester. They did not appear on campus at that time.

Equal Protection Maine is organizing in communities across the state, and the organizing has begun here in Portland. Concerned Maine Families recently held a 3 1/2 hour workshop/prayer meeting at the Church of the Nazarene in So. Portland (Ed. note: see story, front page).

The legal opposition to CMF is in place and well prepared, but we cannot assume that we will win in the courts. We must do all that we can be to ready to fight a long, hard referendum battle for our rights. This is a fight we can win if all of us join in. No one can afford to sit this one out. Please attend a meeting in your area and volunteer in any way you can for as much or as little time as you have available. AA

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Organizing to oppose the referendum
By Patricia A. Peard, Esq.
There will be a referendum fight in Maine in November, 1995. In order to defeat the challenge of the radical right to our basic civil rights, we will have to raise at least $1.5 to $2 million. Unfortunately, these are two facts of life that we must all begin to accept and deal with as directly as possible.

The good news is that an organizational structure is already in place and we have begun to raise money. But to be successful, we must have support from everyone. There will be, and there is room for everyone in this campaign regardless of your previous experience or your level of time commitment.

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hooked on the daily assortment of scones placed just off exit 2 from I-295, about seven minutes from Portland, it’s well worth the trip. Lois’ is quickly becoming a regular breakfast stop for those patrons already hooked on the daily assortment of scones or the wheat and dairy free, low fat muffins. Complement one of these with a freshly squeezed juice of carrot, carrot and ginger, apple/carrot/celery, or create your own, for a tasty, healthful way to break fast.

Owners Lois and Dan Porta spent years searching for a way to combine their years searching for a way to combine their interests. Lois had worked at The Good Day Market in Portland for six years, and Dan worked as an architect. Together, with Lois’ knowledge of the organic and health food industry, and Dan’s talent for design, they’ve set up a clean, comfortable store, supplying a myriad of products. At the juice bar counter, sipping freshly ground organic coffee, it felt more like a friend’s kitchen than a market. The exposed cooking area provides an atmosphere that is friendly, laid back and genuinely inviting.

A variety of offerings are meticulously arranged throughout the store, including one wall boasting a vast array of jarred spices. Perusing the aisles, I found a wide range of necessities, from baked goods, pasta, grains, nuts, teas and coffees to paper goods and skin care products, of course, baskets filled with only the freshest organic produce, all top of the line, high quality products from Maine-based companies whenever possible.

Lois and Dan cater to every taste, from no sulfite wines, including Sow’s Ear Cider from Brooksville, Maine, to dairy free Raspberry cream or Berries Jubilee, low fat granola. There’s even all natural vegetable dog biscuits.

One of the unique features of this health food store is its made-to-order deli sandwiches. Some choices include, wasabi vegetarian or Mediterranean rollups, black bean burritos and a baked falafel sandwich. Top this off with one of the daily vegetarian soups. Everything is made to order, using only the best of ingredients directly from the shelves of the market.

Plans in process include summer classes in Homeopathic medicines and organic cooking classes coming in the fall. All classes will be held in the marketplace itself. Watch advertising for more on upcoming classes or visit Lois’ Natural Marketplace, stock up for home or relax at the counter with great food and welcoming friends.

Store hours are Monday through Friday, 9:30 am to 7:30 pm, Saturday 9:00 am to 6:30 pm, and Sunday from 11:00 am to 4:00 pm. 

N.H. rights bill defeated

Governor says current laws offer protection

By: Winnie Weir, Editor

"It's a dark day for New Hampshire," said Senator Bert Cohen, D-New Castle, after the defeat of the gay rights bill. After hours of debate and numerous role call votes, a final vote of 13-10 killed this bill for this legislative session.

Since its passage in the House by a surprising 226-131 vote, the religious right and the Catholic Church rallied with renewed fervor against the bill. Various proposed compromises, and motions to table the bill all failed with close votes that reflected the bitterly divided sentiments of the Senate.

"This isn't a vote on just an issue," said Senator Beverly Hollingsworth, D-Hampton. "This is a vote on people. I am heartsick."

Though a majority of the Senate are Roman Catholic, several disassociated themselves from the adamant position of the Church. "My church," said Sen. Clesson Blaisdell, D-Keene, "is wrong."

This year's defeat will not be the end of the fight. Portsmouth lawyer Susan Colt has filed a complaint for a gay truck driver who was harassed and then fired, putting to the test Governor Steve Merrill’s contention that discrimination based on sexual orientation is already covered by state law.

In preparation for reintroducing the legislation next year, the NH Coalition to End Discrimination (CED) is urging its members to participate in the primary process. New Hampshire law allows voters to register undeclared, making them eligible to vote in any primary. The Coalition hopes this will allow the gay community to put pressure on potential legislators. Registering or changing to "undeclared" must be done before May 31st.
Condom Survey Stats in from Portland & Deering high schools

By Bruce Balboni, Managing Editor

The survey results on whether or not condoms should be made available in both Portland High Schools are in. They are as follows:

Parents: YES-58%, NO-38%, UNSURE-6%
Students: YES-83%, NO-10%, UNSURE-7%
Staff: YES-35%, NO-52%, UNSURE-14%

Beth Huntley, chair of the STD subcommittee, said that only 11% of parents even returned surveys so it’s not scientific a study. The STD subcommittee is meeting this week to construct a recommendation concerning condom availability and curriculum which will be brought to the Family Living & Human Sexuality Advisory Board (FLHSA). The Advisory Board will meet on Monday, May 9, at 7 PM in room 250 at PRVC on Allen Ave. They will allow public comment at this meeting and they will vote publicly on their recommendation to the School Committee.

Nick Nadzo, Chair of the School Committee may conduct a workshop session with the Advisory Board in order to ensure that the Committee understands fully what the issues are. Huntley guesses that this matter will come before the School Committee in some fashion before the end of the school year but any policy changes will not be fully implemented until the next school year.

Huntley thinks condom availability has a lot of support on the School Committee and two of the unopposed candidates for School Committee support condom availability.

Stonewall Diary - Part II: The Issues

By Michael Rossetti

Continuing with the second installment of this series, I want to discuss the goals of the upcoming March on the United Nations.

The first goal is to affirm the human rights of lesbian, gay, bisexual, and transgender people in accordance with the Universal Declaration of Human Rights of the United Nations. The second goal is to bring to all the nations of the world the word of our struggle, much as the first Stonewall happening sparked the modern “Gay Liberation” movement.

In developing countries and rural America, the Stonewall rebellion has yet to be felt in the way people can live. In Brazil, a gay person is targeted for murder every 4 days on average. In Nicaragua, President Chamorro is considering signing into law a piece of legislation similar to Paragraph 175 under the Nazi which makes it an offence just to be gay or lesbian. In Romania, they already have such a law, where gay men, and presumed gay men are entrapped, jailed and tortured. In Waco, Texas, a gay man is not only murdered for being gay, but tortured and mutilated. In our own backyard, a youth gang on the streets of Portland targets certain gay men, assaults and terrorizes them, while concerned Maine Families denies such discrimination exists. The violence and every day acceptance of discrimination with the promotion of stereotypes by right wing elements to achieve their political goals is universal, whether in Maine or Malaysia.

Throughout the world, however, the definition of sexual orientation for homosexuals goes under many names and concepts. As a result, the International Lesbian and Gay Association voted to title the March as “Gay and Lesbian” in an attempt to make it universally understood. But how do countries who recognize multiple sexual orientations with the promotion of stereotypes by right wing elements to achieve their political goals is universal, whether in Maine or Malaysia.

The challenge to gays, lesbians and all their community, is to establish that we are indeed included in that order. To Stonewall 25’s planners, the challenge is addressing all the complaints and misgivings and spark the next generation of activism.

The people of the Stonewall Tri-State Alliance, from Maine, New Hampshire and Vermont are committed to Stonewall. The Tri-state committee and Massachusetts are bringing a lesbian activist, Lupida Sequoia, from Nicaragua to Stonewall. The Maine portion of the proceeds from a comedy night at Boston’s Charles Theater on May 21 will go toward our share of those expenses. Tri-State Stonewall is also looking for march volunteers as health professionals, security, line-up crew, bus guides and performers. The next meeting for the Alliance is on May 8, in Portsmouth. For information about getting to or participating in Stonewall 25, please call in Portland 871-9940, Bangor 866-4320 or in New Hampshire 603-382-9908.
CHEW ON THIS

It's officially spring! But not all may be well with your world. If you're like me, the cold of winter encouraged you to eat more than your share of mother earth's plentiful bounty. As you take out your spring and summer foods, you might be finding yourself wondering how you will ever get that old 'bod' into them.

Last fall, I wrote about a full cleansing diet. The same one is good for spring. However, if you're not into a 28 day regimen that will take off approximately 15 pounds, here's another healthy way to lighten up.

First of all, when you go to the supermarket, think light. Keep away from the macaroni and cheese boxes, the cake mixes, and basically all the isles in the center of the store. That's where all the canned goods (Ugh!), high fat boxed foods and frozen goodties are. As you read this, think about the layout of the average supermarket. First you encounter all the fresh fruits and vegetables. The spring produce is starting to come in, so there will be a larger variety to choose from. The asparagus is tender, melons are getting to be reasonably priced and there's lots more colors, textures and types of produce from which to choose.

Next comes the deli department. See the case with all the fresh fish? There's a good place to stop next. You may not be able to afford lobster, but most markets have at least one or two of their fish offerings on sale each week. If it says "previously frozen" on the price indicator, this means you need to plan to eat the fish in the next day or two. Trying to freeze it again just won't work. No, the cheesecake in the prepared food area of the deli department does not count as fresh produce.

While you're at the deli department, take note that many of your favorite sandwich meats and cheeses now come in low fat versions. You might want to consider one of these as you take sandwiches to work or school.

Next comes the meat department. If you eat meat, try sticking to chicken or turkey products and when you cook them, do take off the skin if keeping fat totals down is an issue for you. Baking, broiling, steaming or cooking in broth are all low fat ways of preparing fish and meat products.

Now comes the dairy case. Again, think low fat as you stock up on milk, yogurt and cheese. As far as eggs go, the low fat egg substitutes are a good way to cut fat and cholesterol.

The baked goods department comes last. Why not try the thin slices breads? However, do remember, bread and pasta aren't the culprits, it's what we put on them that does them in. No use having thin sliced bread if you're going to slather them with peanut butter and marshmallow fluff! And have you noticed that even cakes and cookies come in "no fat" versions. Of course, you still can't eat the whole cake at one sitting, but a thin slice won't hurt. Honest, if you can keep 90% or more of your food shopping on the edges of the store, you will be going a long way toward a healthier, leaner eating pattern.

Many health oriented books are also suggesting that we consider one juice fast day each week. This has four benefits: it see CHEW, page 23

Time Out! for the birds
By Michael Rossetti

Along the eastern seaboard, the flocks of geese and other birds are returning to their summer homes. The marsh areas of the coast or both stop-over and nesting areas for those journeys, where huge numbers of birds set up house, often undetected as the marsh grasses begin to spring back from the press of winter snow. Many of these areas are sanctuaries, and some are managed to allow for human visitors and education.

The biggest concern when exploring the plain-like expanse of tidal marshes, at least from the birds point of view, is not to disturb nesting areas. Nesting birds can often be quite nasty anyway, but some will feign injury to distract your attention from their nest. The primary rule is to simply move away from such areas and use binoculars to check out your feathered friends.

From your point of view, as to why hunting something you won't shoot except with a camera, is to learn about the nesting, feeding and social habits of the planets aerial cultures. It should be noted that marshlands supply much of the basic first links to the food chain from which the ocean life of the world lives. Although watching some species can be surprisingly interesting and often beautiful, what you learn about helping other species survive in a world clearly under assault from humankind could help maintain their place in nature's balance and thereby preserve delicate natural areas.

An excellent learning center for tidal and marsh life education is the Laudholm Farm, Wells Reserve, just off the intersection of Rt. 9 and Rt. 1 in Wells. It's very easy to get to, and open seven days a week 'til 5 pm. It has a marvelous visitor center, See TIME, page 23

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Conference affirming safety for youth takes groundbreaking step on long journey

By Richard Steinman, Guest Reporter

Several unique features caught my attention at the all-day conference “affirming the place for gay, lesbian, bisexual” and transgendered youth, which took place at the Spare Time Center in Lewiston, April 12th. Its chief sponsors were two departments of Maine government, Education, and Human Services. Schools and social agencies from throughout Maine had to apply to participate. Seven succeeded, five were turned away. Participants ended the day by reporting to the Conference how they would put into practice what they had learned during the day back at their school or agency. Most participants had to sign up and attend in “teams” consisting of youth, (in the majority) and a few adults (teachers, social workers, administrators). The majority of those present appeared to identify as heterosexual.

The latter point relates to the overall objective of the Conference: to insure that schools and agencies are safe for ALL young people. With this in mind, the Conference addressed itself not only to sexually diverse youth, but to representatives of those who either endanger them or abdicate from protecting their safety. Hence the Conference’s heterosexual majority.

Judging by audience reaction, the three highlights of the day included the keynote address by Diane Elze, sexually diverse youth reporting on their experiences in high schools, and the report by Assistant Attorney General, Steve Wessler, on implementation of Maine’s Hate Crimes Law.

Protecting Minority Youth by Means of the Hate Crimes Law

Wessler gave a lecture on this new legislation. Judging by the discussion which followed, his comments were clear to the youth in the audience as well as the adults.

He explained that even though Maine does not yet have anti-discrimination protection for gays in the Human Rights Act, the Hate Crimes Law expressly forbids targeting gays, among other minorities.

The discussion period which followed his speech was quite vigorous, and a good proportion of the questioners were youths, themselves. Wessler assured the audience that his office had the authority to conduct investigations in schools if a hate crime reputedly took place there. He also led the audience through an exacting discussion of the challenge of distinguishing hate speech from constitutionally-protected free speech.

Nurturing the Spirit, Saving Lives

Diane Elze deplored “the most deadly of all possible sins: the mutilation of a child’s spirit” (E. Erickson). She dramatized how far we’ve come by reminding us of several milestones including the 1079 murder of a gay man by three Bangor high school boys, the Tolerance Day controversy at the high school in Madison, Maine, Maranacook High School standing up to the Christian Civic League in 1990, and Mt. Ararat High School’s inclusion of sexual orientation in their policies. She stressed that we need to celebrate each other’s victories as well as learn from the defeats.

Elze urged adults to give up directing, and instead, to “listen to those who have experienced the oppression, the kids who know what they need.” This is analogous to whites no longer being in charge of the fight against racism. However, Elze and Karen Harbeck, another Conference speaker, stressed the importance of having adults, including straight adults, as allies, just as white allies have been helpful in the civil rights struggle, but who are no longer calling the shots.

Insurrection Against Dominant Belief Systems

Elze stressed that those in power have immense influence over what we are taught. If the powerful benefit from dismissing the lives of people who are “different,” then they propagate belief systems which discount us, or worse. In reaction, we “must recognize an insurrection against it.” (Foucault) Elze urged the importance of telling each other our stories because it is the “lived experience” which validates us, rather than the dominant beliefs. The coming-out of gay-lesbian-bi-TG youth is part of that insurrection. Their open presence destroys belief systems such as, “There are no such kids in OUR school” or, “They’re just going through a phase” or “They’re too young to know about” what their sexual orientation is.

In addition Elze said, “Telling stories to each other helps us figure out what to do.” We profit from each other’s experience.

Adults’ Fears Deprive Youth

While understanding that adults may be targeted for advocating for gay youth, Elze deplored the loss to young people when adult role models are hidden from them. The fears of gay-lesbian teachers are understandable, given the hysteria over “corrupting” youth. However, when adults remain closeted, it seriously deprives youths. It hinders the development of their self-belief and positive identity. Instead, according to Harbeck, gay adults must share with kids the pain they, too, have lived through. In that way, the young people have living proof that gay adults have survived that pain, and succeeded in life as well.

Associated problems surround those non-gay teachers who, out of fear of being targeted, do not reveal their gay-positive attitudes to gay youth, or do so only in secret. Instead they hide behind such phrases as “I don’t have the skills to work with those kids.” Elze urges such teachers not to be afraid of pain and discomfort. It’s part of growth.

Young People’s Stories

The entire audience seemed riveted by the stories of a panel of young people, coordinated by James Light and Kathy Kidman, advisors of Outright/Portland.

The panelists included gay men, a bisexual woman, a transgendered person, a gay-positive heterosexual young woman, and a young adult gay black man from the deep south.

The themes that emerged from the experience of their lives to date may be summed up as follows:

See YOUTH, page 20
OUT! OF TOWN

Someone recently approached me at the Underground and wanted to know where I got all of my information on travel. After the shock wore off that someone was actually reading my column, I decided that the answer might make a good column.

Any good travel agent will get his/her information from a number of sources. One of the best ways is to actually visit the area in question. Firsthand knowledge is the best and most reliable. But there are limitations. I, as a travel agent, can’t possibly visit each and every possible destination in the world, or take every cruise, or fly every airline. But I can gather reasonably accurate information from other sources - from travel magazines to guide books to other clients. This holds true for all travellers, not just gays and lesbians.

I spend a lot of time (mostly when I get into bed) reading travel magazines. Despite the fact that I receive at least one to two magazines a day, I try to keep abreast of what’s happening and where. These give me ideas as to what is being offered in various destinations around the world. It also tells me about special prices sometimes. After a client returns from a trip, I like to call to ask them about their trip, things they liked or disliked. I use this information to help plan for other clients.

Where can you, the gay/lesbian traveller, get information for your trips? Well, don’t be afraid to ask your travel agent. He/she should be able to answer your questions, or at least refer you to someone who can.

There are also numerous publications available to the gay/lesbian traveller to help. Probably the most well-known publication is the DAMRON ADDRESS BOOK, now in its 31st year of publication. It contains addresses and phone numbers for most gay bars, restaurants, hotels, travel agencies, bookstores, hotlines, etc. covering all 50 states, Canada and Mexico. The cost is quite reasonable, $13.95, and the book is designed to be easily carried when travelling. I never leave town without it! This book will even tell you where the cruisy areas are in each city.

The only drawback to this publication and others like it, is that the information contained in it changes quickly. The book that you buy now was actually compiled and printed last May. So sometimes specific information can be wrong. Another drawback is that these type of books are advertiser-driven. If a business doesn’t advertise, then they sometimes get lost in the “listing.” This means that there is not much objectivity to what is listed.

In addition to the DAMRON ADDRESS BOOK, you will find FERRARI’S PLACES FOR MEN ($13.95), and FERRARI’S PLACES FOR WOMEN ($12). The two guides contain considerably less information on domestic locations, but considerably more on international locations. Ferrari Publications also produces FERRARI’S DRESS BOOK, FOR WOMEN, and DRESS BOOK, FOR MEN ($13.95), which is designed to be easily carried when travelling. I never leave town without it! This book will even tell you where the cruisy areas are in each city.

NACHAS!

By Rita M. Kissin (NACHAS: a Yiddish word meaning “pride,” pronounced with the accent on the first syllable, which rhymes with “Bach.”)

Something happened last month that may help make the world, or at least our part of it, a little safer for lesbian, gay, bisexual and transgendered youth. Over 100 students, teachers and social service providers gathered at a conference sponsored by the Department of Education, the Department of Health, P-FLAG, MLGPA, and ten other agencies and organizations. “Safe Schools and Agencies for All: A Conference Affirming the Place of Gay, Lesbian and Bisexual Youth” brought together representatives from seven schools and two agencies to explore ways of confronting homophobia and ending violence against sexual minority youth.

“Safe Schools for All” was the brainchild of social workers, education professionals, and HIV educators responding to appeals from gay and lesbian youth and school personnel disturbed by the level of homophobic violence and the urgent need for sexuality education. From a rousing keynote pep-talk by Diane Elze (on loan from her current life in Ohio), to a stirring luncheon address by Assistant Attorney General Steve Wessler, the conference simultaneously inspired and informed.

The highlight of the day was a panel of gay, lesbian, bisexual and transgendered youth from Outright, who were joined by a heterosexual student ally and a gay student teacher from Cambridge Rindge and Latin High School in Massachusetts. All the students spoke powerfully, but the voice that stood out for me belonged to Holly, a 15-year-old lesbian who described her experiences as a transgendered person at Portland High School. I first heard Holly speak about a year ago at an Outright panel at the Madlovich Society. Back then she was so shy she could barely be heard. This time, there was no hesitation as Holly described the day-to-day horrors of trying to survive in high school. Going to school meant not using the bathroom all day long because she didn’t feel safe in the girls’ room, and of course she couldn’t use the boys’ room. Going to school meant seeing students point at her and bearing them jeer, “There’s that thing.” With dignity and courage, Holly declared to us, “I’m not a thing. I’m a human being.”

Other sessions were facilitated by Karen Harbeck, an attorney and professor who specializes in legal issues involving gay teachers, and Al Ferrera, founder and director of Project Ten East at Cambridge Rindge and Latin High School. Karen reminded us that though none of us looks forward to the litigation process, the mere threat of litigation may often force schools to pay attention to the needs of gay and lesbian teachers and students.

See NACHAS!, page 15

SOMETHING new is happening to gay nightlife in Portland, Maine

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It's time to come above ground!

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MURPHY'S MANOR

I'm a certified heterosexual at last!

I'm pure! I'm pure! I'm pure!

I'm a Reformed Sodomite!

by Kurt Erichsen

I'm more of an Orthodox Sodomite, myself, I never went in for the kissy stuff.

Friday, May 6th:
• 7:30 PM - Raffles Friday Night Presents: Curt Besette, singer songwriter. 555 Congress St. Cover is $4-$7. BYOB. FMI, 774-8911 - Steve Gerlach or 761-3930 - Raffles.

Saturday, May 7th:
• 9:00 PM - Opening night of KAOS, new gay, lesbian, bi, trans. club. 137 Kennebec St., Portland.

Sunday, May 8th:
• 7:30 PM - Raffles Friday Night Presents: Day Breakfast, Gilsland Farm, Falmouth.

Monday, May 9th:
• 7:00 PM - St. Luke's Cathedral, 143 State St., Portland: Pride '94 Peacekeeping orientation, march planning, and updates. Potluck after. Rides available: 207-871-9940 or 603-382-9308. All welcome.

Monday, May 9th:
• 7:00 PM - The Underground, 3 Spring St., Portland: Pride '94 Party. Stonewall 25 and Gay Games booth, and other specials. Also, Portland Pride slide/archives exhibit. FMI, 772-REAL.

Monday, May 9th:
• 7:00 PM - State Street Playhouse, 45 Danforth St., Portland: Pride '94! You can't. Proceeds benefit Seacoast Pride. FMI, 772-REAL.

Sunday, May 15th:
• 4:00 - 9:00 PM - Birthday/Fundraiser/Open House celebrating the founding of CPR and the 50th birthday of CPR founder, Winnie Weir, at SISTERS, 45 Danforth St., Portland. Everyone welcome!

Tuesday, May 12th:
• 7:30 PM - Malovich Society, Holiday Inn by the Bay, 88 Spring St., Portland, celebrates its Third Anniversary. David Webb of KLANWATCH (Southern Poverty Law Center, Montgomery, Alabama) will be discussing "Hate Groups and Hate Crimes in America: Gays and Lesbians under Attack." Gay activist Craig Prudden who was attacked by Marines outside a gay bar in Wilmington NC last year will be here. Accessible to mobility-impaired; free hotel parking.

Friday, May 13th:
• 7:00 PM - Seattle Gay Men, So. UU Church, 292 State St., Portsmouth, NH. Dick B. Knudson & Bill Gilbert, directors of unique travel club, Gay 'n Gray Partners in Travel, to present illustrated lecture on gay travel in Canada. FMI, 774-8911 - Steve Gerlach or 761-3930 - Raffles.

Friday, May 13th:
• 7:00 PM - Seacoast Gay Men, So. UU Church, 292 State St., Portsmouth, NH. Roxy Carol, director of PFLAG, and people with HIV who want to attend Stonewall 25. The Connie Bean Community Center, Daniel St. Portsmouth. FMI-207/439-7085 or 603/433-5987.

Sunday, May 15th:
• 7:00 - 9:00 AM - Bike to Work Day Rally. Pancake Breakfast at 7:00 am, rally and speakers follow. FMI, 871-9299.

Wednesday, May 18th:
• 7:00 PM - 510 Cumberland Ave. Portland: Pride '94/ Stoneywall 25 meeting to review June 18th Festival plans and June 5th Fundraising committee meets. Volunteers desperately needed, please call 772-REAL.

Thursday, May 19th:
• 7:00 PM - 510 Cumberland Ave. (PROP offices) EPM/Portland's fundraising committee meets. MURPHY'S MANOR

Friday, May 20th:
• 7:30 PM - Raffles Friday Nights Presents: Michael Danaby's CD release party-progressive folk rock. 555 Congress St., Portland. Cover is $4-$7. BYOB. FMI, 774-8911 - Steve Gerlach or 761-3930 - Raffles.

Saturday, May 21st:
• 7:30 PM - First Parish Church, Congress St., Portland. Benefit Concert of acoustic music presented by Kate Schrock & Jo Carpenito appearing with The Boneheads (Unplugged) Paul French, and Dan Merrill. Proceeds to Day One for Youth and Families (substance abuse prevention and treatment. Tickets: $8 in advance, $10 at the door.

Friday, May 27th:
• 7:30 PM - Raffles Friday Nights Presents: Southern Maine Sax Quartet Jazz and light
Thursday, June 9th:

The Malvoch Society, Holiday Inn by the Bay, 88 Spring St., Portland. Panel discussion on “Substance Use and Abuse in the Lesbian/Gay Bisexual Community.” Accessible to mobility impaired; free hotel parking.

Friday, June 10th:

7:00 PM - Building Inclusive Community (BIC) presentation at UU Church, Peaceful St., Auburn. Howard Solomon, Professor of Lesbian & Gay History, co-chair University Task Force on Lesbian, Gay, Bisexual Issues. Taft University, co-chair The Malvoch Society, discusses “Our Lesbian, Gay and Bisexual Lives: Where Have We Been? Where Are We Going?”

Freedom Fest Maine is sponsoring a round trip bus to the Stonewall 25 International March on the UN. The bus leaves Bangor on June 25th, returning June 27th. Cost is $45. For bus registration and event information, please contact Malcolm Smith at 866-4320 or write him at POB 624, Orono, ME 04473.

First come, first served. A deposit is required by May 15th.

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Reduced rent: Male, 2 cats and lilacs have Portland home in wooded area, 4 miles from city center. Three bedrooms, garaged parking, separate phone line, woodstove. Willing to exchange your help with household & property upkeep for reduced rent. Call 797-8488.

Personals

Looking for her May Rower.

Freedom Trail Marching Band reheartes on Tuesday, May 17, 24 at 7:00PM in Cambridge, Massachusetts, for Pride Marches and summer events. No audition required. Open to all lesbian/gay community. For information, directions, rain location, call Diane: 617/624-5449. A

Travel/Vacation

Looking for inf ormation on feminist/lesbian communes or commu living arrangements in the U.S. If you can help me out, please call Cindy at 934-5832.

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To Place Your FREE Personal Ad By Calling 1-900-884-888 Gay, TOUCH-TONE REQUIRED, $1.99/MIN. OVER 18 ONLY. 415-281-3183.

Central New Hampshire, NATIVE, TEXAN, 37, 5'6", 165lbs, short hair, clean shaven, new to area. looks for country, new friends #3942

Boston DO IT ALL: GMW, 26, 5'6", 140, am looking for a WM, 18-30 Portuguese/Italian. Am. Friends and maybe more... #39928

Boston SEEKING SHE-MALES: This tops will show you a good time. I am blis and well built. #28160

MA PUT ON YOUR TOP HAT: 5'7", blonde and blue total time seeks a good time's top. #24188

Boston URSULA MAJOR: 25 yr old, 5'8", 210 seeks other bears for any races for fun, likes bears. I do all. #24198

MA TEA PARTY: 19 yr old, 5', 1/2, barn. Seeking guys, 18-30 for friendship and more. #24431

Boston HOW DO YOU DO RATES: 23 yr old, 5', blonde and blue. I am an 8. Bm seeks a ch. Gay 18-30 please call. #24473

Boston YOUNGER MAN: 28 yr seeks WMs, 30-50, built guys call for fun. #24720

Springfield BOILING POINT: GMW, 24, seeks te man for fun and tender ladies. #24697

Boston JOKERS: Handsome, clean cut jack. Athletic free spirit seeks similar guy who knows the secret of friendship. #2307

Boston APPRENTICE: 17 yrs experienced guy seeks 14, 18-20. Redhead. Advert. # am together. #23630

Boston BOYFRIEND: Tying looking 34 yr old, barn/hat and lovably cute. I have many interests and seeks a exagg. aggressive man. #22066

Quincy DAYTIME FUN: Top guy is new from San Diego and wants to meet guys in this area. #23085

Boston BLOWN IN THE WIND: 30 yr old WM, 8-guy seeks some hot and discreet times. Call me at home. Race is open. Long hair is a turn on. #23087

Boston FURRY CHEST: I am into workouts, the gym and travel. I am looking for a 20-35 who is a wholesome and cuddly. #18718

Boston LIFE IS FOR LIVING: I love the beach, eating, music and meeting new people. Call me at... #18733

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LESBIAN PARADISE: 20 charming rooms, 100 hot tubs, swimming pool, hikng/skiing trails, yummy breakfasts, peace and privacy. We're your perfect vacation choice year round! Week-long and mid-week discounts. HIGHLANDS INN, Box 1180P, Bethlehem, NH 03574. (603) 869-3978.

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Large, 3'4" x 6' surface, wood offer desk. Great condition. Six side drawers, plus drawer, excellent layout and design top. $150 or best offer. Call 879-1342. Leave message.

INFORMATION, PLEASE

Am looking for information on feminism/lesbian communes or communal living arrangements in the U.S. If you can help me out, please call Cindy at 934-5832.
ML/GPA is a statewide, non-partisan organization formed to educate the general public, politicians, and media on L/G issues. Primary goals are to involve the L/G community in Maine’s political process, promote civil rights, develop and review legislation, endorse candidates, build a coalition, and oppose anti-gay legislation and bigotry. Meetings are the 3rd Saturday of every month in Augusta. FMI call 1-800-55-MLGPA.

Parents and Friends of Lesbians and Gays (P-FLAG) is a support, advocacy and educational group for parents, families and friends of lesbian, gay, bisexual and transgendered people. Meetings are 2nd Tuesday of every month at Pride’s Corner Church, Westbrook. For resource and meeting information call Rita at 766-5158.

Northern Lambda Nord is an educational, informational, social, and service organization serving lesbian, gay, and bisexual people in northern Maine and New Brunswick. Meetings are 2nd Sunday of every month at 1 pm (ME), 2 pm (NB), at Lions Community Ctr., High St., Caribou, and can be reached every Wednesday by The PhoneLine in addition to hosting special events for recreation and action. Call 207/498-2088.

The Matlovich Society is 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. Meetings on the second and fourth Thursday every month at 7:30 pm at the Holiday Inn By the Bay, 88 Spring St, Portland. Free parking and accessible to the mobility-impaired. Call 207/773-1209.

National Association of Social Workers, ME Chapter, Sexual Minority Issues Committee welcomes new social work members. Our purpose is to educate, provide resources, and lobby legislators on issues involving sexual minorities in Maine. Meetings are on the 3rd Thursday of every month at 5 pm at the Community Counseling Ctr., 343 Forest Ave., Portland. FMI call Perry Sutherland, 874-1021.

Out and About is a non-profit, lesbian (over 18) support and educational group. Newsletter & calendar of local, current monthly events. Meets Mondays at 7:00 pm. FMI, call 603/659-2139 or write POB 332, Portsmouth, NH 03802-0332.

Lesbian ACOA Meeting, Tuesdays, 7-8:30 pm at 7 Middle St, Brunswick, behind the LUB Church by the Public Library. FMI, call Jo, 725-5103.

MUSIC

Women In Harmony is an eclectic choral ensemble open to all women regardless of age, race, religion, or sexual orientation. If you are interested in becoming a member or volunteer, or if you have organizational skills, send SASE (including your phone number) to P.O. Box 7944, Portland, ME 04112, or call 772-0013.

Maine Gay Men’s Chorus is a 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 and lively musical entertainment. FMI call 883-8099 or write M.G.M.C., P.O. Box 10931, Portland, ME 04104.

A new Women’s Jazz Ensemble aims to bring women musicians together to sharpen sight reading skills and explore improvisational, compositional and arranging abilities in a non-competitive, nurturing environment. A little knowledge of music, and willingness to commit to a weekly rehearsal schedule and have fun this summer are all you need. For more information write Kate Austin, P.O. Box 7944, Portland, 04112.

PHONE SUPPORT

Region by region

**National Center for Lesbian Rights Youth Project:** 1-800-528-NCLR.

**Boston Alliance of Lesbian and Gay Youth (BAGLY):** 1-800-347-TEEN.

**Portland:**
- The AIDS Line: 1-800-851-AIDS or 775-1267. HIV/AIDS related questions, call Mon.-Sat. 9 am-5 pm, Mon. & Wed. evenings until 7:30 pm. Anonymous.
- DIAL KIDS: 774-TALK. For lesbian, gay, bi & questioning youth under 19 yrs.
- Ingham Volunteers: Call 774-HELP (774-4357).

**The AIDS Projects:** 774-6877. Located at 2 Munjoy Sq., 5th floor, Portland 04101. Call for information and support group meetings in Portland, Lewiston, Brunswick.

**Bangor, Eastern Maine AIDS Network:** 900-3626.

**Belfast, Waldo-Knox AIDS Coalition:** 338-1427.

**Brunswick:** Merrymeeting AIDS Support Services: 725-4995.

**Bridgton:** Community Task Force on AIDS: 583-6608.

**Rumford:** Community AIDS Awareness Program: 823-4170.

**Lewiston:** Androscoggin Valley AIDS Coalition: 786-4697.

**Waterville:** Dayspring: 626-3432.

**Ellsworth:** Down East AIDS Network: 667-3506.


SUPPORT GROUPS

**Medical Support**

Sexually Transmitted Disease Clinic: Confidential screening and treatment for STD’s for residents and non-residents at a walk-in-clinic. Low cost, Medicaid accepted. Anonymous HIV testing by appointment only. Clinic open Tues. & Thurs., 3:30 to 6 pm at Portland City Hall Room 303. FMI call 874-5874.

**Planned Parenthood of Southern Maine:** Serving men and women offering annual exams, pregnancy testing, birth control info. & supplies (free condoms!), testing and treatment for infections and STD’s, menopause support and more. Evening hours, affordable services, and complete confidentiality. Medicaid welcome. 970 Forest Ave., Portland. FMI call 874-1045.

**Identity Support**

Out For Good: Meets Thursdays 7-9 pm, 445 Main St., Biddeford. Lesbian support/discussion group. Free or $1 donation to help w/rent. FMI write P.O. Box 727, Biddeford, 04005.

Dignity, Etc.: Meets third Sunday at 5:15 pm at St. Luke’s Cathedral (Emmanuel Chapel), Portland. All are welcome. Fellowship & potluck supper follow 5:15 pm service. We minister to the lesbian and gay community. FMI, write P.O. Box 8113, Portland 04104.

Central Maine Gay Men’s Support Group: Tuesdays from 7-8:30 pm. FMI call 622-1888 or 622-4254.

*Q-Squad:* Support group for lesbian, gay, bisexual, & transgendered youth. Serving Franklin County, based at UM Farmington. FMI call and leave message, 778-7380.

Trans Support Group: Meets regularly, providing confidential support, education and social activities for cross dressers, transsexuals, their families, friends, & others interested in gender dysphoria issues. FMI write Trans Support, P.O. Box 17622, Portland, 04101.

**Women Survivors of Childhood Abuse:** A support group for survivors of childhood abuse and/or sexual assault meets every other Wednesday from 1:30 to 3 pm. Free, confidential, safe, faceto-face. For more information and location call 874-6095.

**Maine Bisexual People’s Network:** Meets to affirm in all a positive nature of bisexuality and work toward greater acceptance in the bi, gay, lesbian, and straight communities. Support and referrals available. FMI write Sexuality of Southern Maine, 100 Winthrop St., Portland, ME 04101.

**Wilde-Stein Club:** Meets every Thursday at 6-30 pm at Memorial Union, Sutton Lounge, U of Maine.

**Lesbian/Bisexual support group:** Meets every Tuesday at UM Orono. FMI call 581-1425.

**Am Cohoafa:** A Maine Lesbian/Gay Jewish support group, meets monthly. FMI call Rhelena at 874-2970.

**Seacoast Gay Men:** Meets Mondays at 7 pm at the South Unitarian-Ungiversalist Church, 292 State Street, Portsmouth NH. Support, guest speakers, parties, events. FMI call 603/898-1115 or write P.O. Box 1594, Portsmouth 03802-1594.

**Lewiston/Auburn:** A new gay, lesbian, bisexual support group for the Lewiston/Auburn area meets every Monday at 7 pm at the Unitarian-Universalist Church on Spring Street in Auburn.

Building an Inclusive Community: Meets to explore ways of building an inclusive and safe community. Support, activities and education at Andi’s Ally Coalition, 4 Lafayette Street, Lewiston. Call for times at 705-6219.

**Parents**

Partners of Parents: A group to support gays and lesbians who have partners with children. An informal discussion group addressing issues and situations unique to the non-traditional blended family. Meets every 3rd Monday from 7 to 9 pm at Woodford Congregational Church in Portland. FMI call 774-5032.

**Gay/Lesbian/Bisexual Parents Groups:** For parents who are gay, lesbian or bisexual in the Augusta area. For dates, places and times write GLB Parents Group, P.O. Box 13, Augusta, ME 04332-0013.

**Youth Support**

OUTRIGHT: Sundays, 6 pm at Peace & Justice Center, 539 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 and under. Call “First Call” at 795-6677 or 1-800-339-4042 and ask about OUTRIGHT.

OUTRIGHT/Portland: Meets every Friday from 7-9:30 pm at 222 Maine St, Wiscasset West Church, 32 Thomas St, Portland. Safe and supportive discussions with and for gay, lesbian, bisexual and questioning young people. FMI call 774-TALK, or 774-HELP or write to P.O. Box 5370 Station A, Portland, ME 04101.

OUTRIGHT/Seacoast: Meets every Friday from 7 to 9 pm atchkristian Church, building adjacent to the fire station, 206 Court St., Portsmouth NH. FMI call Terri at 1-800-639-6095 or write P.O. Box 842, Portsmouth NH 03801.
RESOURCES, cont.

HIV Related Support Meetings

Portland:
- Mondays: HIV negative partners of people living with HIV, 6:30-7:30 pm.
- Tuesdays: People Living with HIV disease and all friends, families, lovers, and caregivers, 10:30 am-Noon.
- 2nd & 4th Tuesdays: Living Well Focuses on quality of life and empowerment for those living with HIV/AIDS.

Thursdays: Women Living with HIV meets from 1:15-2:45 pm. Men Living with HIV meets from 5:30-7 pm.

The above Portland support groups meet at The AIDS Project, 22 Monument Sq, 5th floor.

For more information, call Sandy Tita at 774-6877 or 1-800-451-2437.

AIDS Project office at 783-4301.

The AIDS Project, 22 Monument Sq, 5th floor.

Call Sandy Tita at 774-6877 or 1-800-451-2437 for more information.

Biddeford; Regional Health Agency Annex. Call Brian 725-4955.

St. John Valley AIDS Task Force; c/o NMMC, 143 E. Main St., Fort Kent, ME 04743. Call 834-3355.


Watso-Knox AIDS Coalition: P.O. Box 956, Belfast, ME 04915, Call 338-1427.


Valley AIDS Coalition at 786-4697.

Androscoggin Valley AIDS Coalition: P.O. Box 4319, Portland, ME 04011-0057. Call 725-4955.

Names Project/Maine: P.O. Box 4319, Portland, ME 04101. Call 774-2198.

The AIDS Project: 22 Monument Sq, 5th floor, Portland, ME 04101. Call 774-6877.

Waldo-Knox AIDS Coalition: P.O. Box 956, Belfast, ME 04915, Call 338-1427.

The above Portland support groups meet at Merrymeeting AIDS Support Services, 8 Lincoln Street, FMIC on meeting days and times call Brian at 725-4955.

Gardiner: 1st & 3rd Wednesdays: People Living with HIV meets from 1-3 pm at The Physicians Building behind Kennebec Valley Regional Health Agency Annex. Call Brian Allen at MASS at 725-4955.

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

Rumford/Mexico Area: Mondays: AIDS Support Group/Phoneline meets from 7-8:30 pm at Mexican Congressional Church, Main Street, Mexico. Call 364-8603.

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

Maine AIDS Alliance

Member Organizations

AIDS Coalition of Lincoln County: P.O. Box 421, Damariscotta, ME 04543-0421. Call 563-8953.

AIDS Lodging House: P.O. Box 3820, Portland, ME 04101-3820, Call 874-1000

Androscoggin Valley AIDS Coalition: P.O. Box 7977, Lewiston, ME 04243. Call 786-4697.

Children's AIDS Network: P.O. Box 793, Portland, ME 04104. Call 761-1872.

Community AIDS Awareness Program: P.O. Box 457 Rumford, ME 04276- Call 823-4170.

Community Task Force on AIDS Educ.: P.O. Box 941, Naples, ME 04055. Call 583-6608.

Dayspring: 32 Winthrop St., Augusta, ME 04330. Call 262-3432.


Eastern Maine AIDS Network: P.O. Box 2038, Bangor, ME 04401. Call 990-3626.

Merrymeeting AIDS Support Serv.: P.O. Box 57, Brunswick, ME 04011-0057. Call 725-4955.

Names Project/Maine: P.O. Box 4319, Portland, ME 04101. Call 774-2198.


St. John Valley AIDS Task Force; c/o NMMC, 143 E. Main St., Fort Kent, ME 04743. Call 834-3355.


Waldo-Knox AIDS Coalition: P.O. Box 956, Belfast, ME 04915, Call 338-1427.

NACHASI, from page 11

dents. She also recalled the dramatic Massa-

chusetts hearings at which lesbian and gay stu-
dents testified publicly about the abuses

they faced in school. Karen herself is about to

the next step. Pride members ask

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The Gubernatorial Primary: Does your candidate support you???

By Bruce Balboni, Managing Editor

In an effort to find out where the candidates for governor stand on a number of issues of concern to gay people, Community Pride Reporter asked them the following questions:

1. Gay rights: When the gay rights bill is re-introduced will you sign it.
2. Domestic Partners: Do you support full legal equality for gay or lesbian relationships?
3. Adoption: Do you support the right of gay or lesbian people to adopt?
4. School curriculum: Do you support a diversity curriculum in public school that states that homosexuality is fully equal to heterosexuality?
5. The Christian Right: Do you support a denunciation of the Christian Right's tactics and goals?

DEMOCRATS:

BOB WOODBURY

Bob Woodbury (D) said that he would not only sign a gay-rights bill he would introduce one because he believes that, post-Lewiston, such a bill needs gubernatorial assistance. Woodbury believes that once we establish fundamental rights, issues of equity will follow. He supports such issues in principle and stated that it's not true that gay people's rights are already protected.

He answered "YES" to both domestic partners and adoption but thinks school curriculum is a local issue. He qualified that statement by saying that if he were a local school board member he would support a diversity curriculum. Concluding, he stated that he does see the Christian Right as very divisive and does not approve of their tactics.

TOM ALLEN

Dennis Bailey, Press Secretary to Tom Allen said that Allen would introduce a gay-rights bill and if it came from the legislature he'd sign it. Like Woodbury, Allen believes that it's going to take real leadership from the top to get such a bill through and he referred to his being on the Portland City Council when EPP went through.

Allen is uncertain of his position on domestic partners and thinks the first priority is gay rights. As for adoption, he thinks that sexual orientation has no bearing on parenting skills. He sees school curriculum as a local issue. He opposes the scare tactics of the Christian Right and sees their use of fear-mongering as a means to further their own agenda. Press Secretary Bailey said, "They're not Christian and they're not right."

DICK BARRINGER

Barringer, like Woodbury and Allen would introduce a gay-rights bill as governor. He opposes Concerned Maine Families petition drive and has urged citizens of Maine not to sign it. Unlike Woodbury and Allen, Barringer does not duck the school curriculum issue but states that, "As Governor I will promote, through the State Department of Education, training in our schools to make sure that tolerance of diversity, especially in the high schools, becomes a quality of Maine education that we can all be proud of."

DONNELL CARROLL

Cahill opposes gay rights.

SUMMER LIPMAN

Lipman issued a fax through his Press Secretary, John Bott. Lipman states that he opposes discrimination based on "sexual preference." He said he supported the previous gay-rights bill even though he had reservations about the exceptions permitted under it. He supported the Hate Crimes Bill and fought to maintain the confidentiality of AIDS test results. He did not choose to answer our other questions directly and concluded by saying that before he signs a gay-rights bill he would have to read it.

REPUBLICANS:

PAM CAHILL

Cahill opposes gay rights.

SUSAN COLLINS

Collins stated that she would support a law that prohibits discrimination based on sexual orientation in housing, credit and employment. She did not answer the other questions.

JUDY FESS, JASPER WYMAN, PAUL YOUNG and CHARLES WEBSTER did not return our phone calls.

INDEPENDENTS:

ANGUS KING

Angus King announced at the MLGPA banquet that he would sign a gay rights bill if the legislature passed one.

JONATHAN CARTER

(Green Party)

Carter supports the gay-rights bill. He sees lesbigay relationships as fully equal and supports their right to adopt. He endorses the idea of education in the schools concerning the equality of homosexuality and heterosexuality. His Press Secretary, Nancy Allen said, "The tactics and goals of Concerned Maine Families are out of the mainstream of ordinary Maine people."

JAVELIN LONG

There is a need for increased political awareness on the part of gay people to ensure that their rights are protected. This can be achieved through increased political participation and involvement in the political process.
"GET OUT OR DIE, FAG!!" Is it real or coincidence
By Bruce Balboni, Managing Editor

Alan Crocker’s home was destroyed, first by the words of hate spray painted on the outside walls of his trailer, and finally, by fire. Thursday, April 28, 1994, a raging fire completely engulfed his trailer. Initially, law enforcement thought the fire was merely the final blow in a long series of homophobic acts committed against this man. The State Fire Marshal’s Office and Department of Public Safety spokesman, Stephen McCausland are now saying that the fire was electrical in origin and not a hate crime.

McCausland stated, over the phone to me that the media had jumped to the conclusion that the fire was related to the anti-gay harassment. However, it was the authorities themselves who initially termed the fire “suspicious.” McCausland himself said there may be a hate crime connection.

Reports that the Crocker home is isolated are misleading. The general area of Readfield is rural, and North Wayne Road is out of town, but Crocker lived in a neighborhood with a house right next door and one directly across the street. If there were raps on his windows, and words spray-painted on his walls, chances are the perpetrators didn’t live too far away.

Town Clerk, Martha Gifford was helpful and sympathetic, and said I might find Crocker at the remains of his home. Gifford gave me careful directions, but Crocker was not there. Efforts to contact him have been unsuccessful. Tom Harriman, the Fire Marshal investigating this case, did not return my calls, nor did Steve Wessler of the Attorney General’s Office, who is pursuing a possible hate crimes prosecution. Even if the fire really was accidental, Crocker has still been the victim of a hate crime.

Imagine coming home to death threats spray painted on your home. ΔΔ

MUSIC ON REVIEW - LIVE CONCERT
INDIGO GIRLS: ACHING WITH FREEDOM
By: Aimsel L. Ponti, Staff Reviewer

When the lights finally dimmed and Amy Ray and Emily Saliers took the stage, it was like seeing old friends. It’s been a few years; so they gave us a nice hello by opening with “Galileo”, a hit from their “Rites of Passage” album.

On Friday, May 10th, the duo’s latest album will be released. It’s called “Swamp Ophelia” and if you’re ever down south, you may see plants called by the same name. This latest album, recorded in Nashville, contains eleven songs that Amy and Emily shared with the 4500 fans packed into UNH’s Snively Arena Friday night. The audience was very receptive to the music, containing many fans not only old and new fans savored, it makes for one great show.

Amy’s “Fugitive” looks at the difficulties of somehow blending love, work, and privacy. “I was aching with freedom, kissing the damned.” Delivered with the intensity that both old and new fans savor, it says it all: “Here is potential, gone for good...”

Other new songs were offered to us Friday night, including “Reunion”, “Wood Song”, and “Language of the Kiss” to name a few. After performing “Chicken Man”, a “Rites of Passage” track, the Girls returned to the stage with electric guitar in hand and blazed through Amy’s “Touch me Fall!”, a moody, brilliant song that may make it to radio airwaves sometime soon, possibly on a hard rock station, can you believe that? The Indigo Girls already have a good thing going, yet they are not afraid to explore new sounds and ideas. By the way, on Emily’s “Mystery” be listening for the voice of Jane Siberry. In fact, the entire album is chock full of guest musicians.

Amy and Emily have been playing together for years, having made their first recording on their own “Indigo” label way back in ’85. With the up-coming release of “Swamp Ophelia”, they continue on their journey through eleven beautiful, celestial, well-crafted songs.

While you’re at the record store pick up the go-to the “K” section as well. Barbara Kessler opened the show Friday night, and her song about Mary Tyler Moore is reason enough to buy her album.

Indigo Girls’ last song of the night was Paul Simon’s “American Tune”, the same song they sang almost exactly one year ago at the March on Washington. The show was the best way one can preview a new album: live... Look for “Swamp Ophelia” in May and look for Amy and Emily this summer.

The duo referred to this 4 stop stint as the “experimental tour”. But soon enough, once the album is released they’ll be back on the bus y’all as they launch into a national tour, this time, getting back to basics, just Amy, Emily and a slew of guitars. “Multiply life by the power of two”, a line from one of Emily’s new songs, perhaps best sums up Indigo Girls’ presence in music. ΔΔ
**VIDEO ON REVIEW:**

**Reflections in a Golden Eye**


By: J. H. Morgan, Staff Reviewer

"A... drama of obsessive love," the video case read, and I was curious: here was something I could relate to. Somehow, too, I sensed a whiff of queer interest, a wisp of taffeta not quite into a tale of relations between people whose emotions are hidden and compressed to the point of madness. Brand and Taylor play Major Weldon Penderton and his wife Leonora, a couple desperately at odds with each other and with themselves.

The Major struggles to control himself and his surroundings as he psyche roles with conflict. His wife Leonora, a member of the military aristocracy who has married beneath her station, contents herself with taunting her husband’s desperation, riding her horse Firebrand, and enjoying the company of one of her husband’s colleagues, Lt. Col. Morris Langdon (played by Brian Keith).

The Lieutenant Colonel has problems of his own, a disturbed wife who, surrounded by madness, responds with seeming madness of her own. Much of the film’s conflict revolves around the enigmatic Private Williams (Robert Foster), a silent enlisted man with an uncanny ability with horses. The Major singles the Private out for his obsession ostensibly because the Private spilled coffee on the Major’s suit two years ago. The Major sets tasks, such as clearing the yard, for the Private’s edification. The Major, we learn, "dislikes clumsiness."

Briefly, the action centers on the Major’s deteriorating relationship with Leonora and his increasing obsession with Private Williams. Brando portrays the Major’s compulsions (he likes to steal small objects and correct the times on clocks) and his alienation from life and death on the base with striking clarity and force. We find him fascinating and frightening in his repression. Taylor conveys her growing distaste for her husband with an amazing economy of motion; a raised eyebrow, or a turned head. The couple focus their increasing hostility through a war of the will concerning Firebrand, and consequently Private Williams, the horse’s caretaker. It seems only Leonora and the Private can handle Firebrand. The Major’s masculinity is at stake here, for he is no horseman, and cannot approach Leonora’s riding skill. At one unforgettable moment, the Major states, "Firebrand's a horse." Leonora replies, "Firebrand's a stallion."

The Major’s disastrous attempt to ride Firebrand precipitates the film’s final crisis.

Along with the film’s other merits that make it worth the rental, the film’s gay subject is obvious to anyone open to see it. In a telling moment, the Major reveals how his thinking has caused his own repression, and his words have special resonance for gay and lesbian viewers. He says, "Any fulfillment at the expense of normality is wrong, and should not be allowed to bring happiness. I’m sure it’s better because it’s morally honorable for the square peg to keep scraping about in a round hole, rather than to discover and use the unorthodox one that would fit it!"

This story explores how repression of fulfillment can foster and destroy life, and its message has a special significance for us.

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**Speak-Out at USM**

**Is it Homophobia?**

By: Bruce Balboni, Managing Editor

Charges of homophobia and lesbian separatism, and counter-charges of sexism and academic incompetence are flying at the University of Southern Maine, Portland campus, in regard to the "Chutes." Chris Reed, an Assistant Art Professor, received a negative recommendation (5 to 2) from his Art department colleagues, regarding renewal of his contract. Chris Castiglia, his partner, and an Assistant Professor of English, has not had his contract renewed at USM.

A speak-out was held on Wednesday, April 20th, at noon, to air this matter. Approximately 100 people attended, and after the speeches, a group of 50 marched on President Pattenwaude’s office chanting, "We want excellence, we want diversity, we want choice."

Elspeth Brown, partner of Art Department chair, Rose Manasco, took the mike at the speak-out and denounced the idea that homophobia had anything to do with the vote against Reed. Her remarks were met with a hailstorm of verbal abuse from the crowd.

Chris Reed addressed the demonstration and spoke about honoring the "separatist tradition," (though he disagrees with it) in the context of a university being a place that allows for many diverse views. In a particularly tense moment Brown interrupted Reed and demanded to know, "Who’s a separatist?" Reed named Julien Murphy, Associate Dean of the College of Arts & Sciences. Reed claimed that he and Castiglia are the only out-gay men on campus teaching courses on sexuality and gender. He described a schism between an older, separatist identity and queer identity.

Anna R. Kissed, an art student at USM, said there is no homophobia in the Art department. Kissed pondered that if homophobia existed at USM why was Reed hired in the first place.

In a brief interview, Reed said, "The older lesbians who are in positions of real power on this campus as Department Chairs, and as Associate Dean, have consistently responded to our feeling that we are in a homophobic environment here at USM by charging in and saying, 'No, no we’re lesbians. If there were homophobia, you’d be the first to know. All these decisions are being made on other kinds of bases.'"

Reed does not accept this vote as final. He said, "I absolutely expect them to overturn this at an upper level in the administration."
HERE'S TO YOUR HEALTH:
Vaginitis Demystified - Part I

By Peaches Bass, Health Columnist

The lesbian press has been highlighting a new awareness and activism around HIV and breast cancer. Meanwhile, we still crave information and education on more mundane health concern. This month and next, this column will cover the anatomy and physiology of the vagina, vaginal infections, prevention, and treatment.

Maybe you've noticed that just before your period you develop a cottage cheese vaginal discharge and worsens;也许 you and your partner notices. This; or maybe your partner tells you that when she went down on you last night, maybe you and your lover both notice. There are three common vaginal infections: Monilia, or yeast infection, is caused by the overgrowth of the candida albicans fungus. Yeast infections are typified by intense itching of the vagina and vulva.

The vagina is a self-cleaning mucus membrane, and because it is exposed to the outside world, it is not a sterile environment. The vaginal flora are a microscopic combination of bacteria, yeast, and protozoa, existing in a pH of 4-5. (A pH of 7 considered neutral, lower than 7 is acid, above 7 is alkaline.) The vagina’s acidity is maintained by the activity of lactobacillus bacteria. Lactobacillus is better known as the agent that turns milk into yogurt. In the vagina, lactobacillus consumes glycogen (a sugar stored in the body) and secretes lactic acid as a by-product. Thus, the acidic pH of the vagina, which keeps the population of yeast, bacteria, etc., under control, provides one of the vagina’s protective mechanisms.

As you can see, the vagina is a complicated physical environment that keeps itself balanced and healthy. What then, can disturb this peaceful mucus membrane?

There are three common vaginal infections, each resulting when a particular member of the vaginal community overpopulates the area.

Monilia, or yeast infection, is caused by the overgrowth of the candida albicans fungus. Yeast infections are typified by intense itching of the vagina and vulva. The vagina becomes red and dry, even during sexual excitement. The itch and inflammation result from a thick, curly white discharge, which often flows heavily. The discharge sometimes has a yeasty smell, and urination may be painful due to the irritation. A yeast infection of the mouth is known as thrush. Candida may be transmitted between women by oral sex, if the "oral" partner has thrush, though other lesions on sexual activity are not believed to pose a problem. Women who have penile-vaginal sex may get yeast infections because even men rarely develop the infection, they can carry candida under their foreskins.

Monilia can be caused by too much sugar in the body, such as during pregnancy, with diabetes, use of birth control pills, or during the menstrual days of the cycle when hormone changes affect sugar metabolism. Wearing nylon hose and synthetic nylon-like underwear can trap moisture and warmth in the crotch, creating an inviting environment for yeast. Using alkaline soaps and bubble baths may affect the vaginal pH and contribute to candida’s growth. After urination or bowel movements, yeast from the rectum or intestines may enter the vagina by wiping from the anus forward, which is incorrect.

Antibiotics are a common cause of yeast infections. The use of penicillin, tetracycline, metronidazole (a treatment for another vaginal infection!), and sulfadiazine will reduce the normal bacteria population, allowing the vaginal fungus to proliferate. Of course, lowered resistance, in the form of fatigue, poor diet, emotional stress, cigarette smoking, or illness can set you on the road to monilia, and even other forms of vaginitis can change the balance and cause a yeast infection.

Women with HIV may have problems with intractable yeast infections due to the weakness of their immune system. These infections may include severe thrush as well as vaginitis. Yeast infections, if left untreated, can cause the body to become unbalanced, leading to other health problems.

The only reliable diagnosis for a yeast infection is to mix a small sample of discharge with a drop of potassium hydroxide (KOH) and examine it under a microscope. In the presence of monilia, the spores and filaments are easily seen. If a yeast infection is mild, a yogurt or vinegar-wathe douche (3 tablespoons of white vinegar to a quart of warm water) may effectively treat the problem. Remember not to douche too frequently. The value of yogurt douching is debatable, according to Our Bodies, Ourselves, but some women do benefit from it.

Some women use acidophilus (lactobacillus) capsules, which can be purchased in health food stores, as a vaginal suppository. Our Bodies, Ourselves also recommends a suppository made of a peeled (not nicked!) garlic clove wrapped in gauze, or drinking 8 ounces of unsweetened cranberry juice to acidify the system.

Another treatment mentioned is to dip a cotton tampon in 3% potassium sorbate (15 grams of dry potassium sorbate to a pint of water) and inserting the tampon at night and removing it in the morning. Potassium sorbate is inexpensive, commonly used produce in home beer-brewing.

If home remedies don’t help within a few days, an over-the-counter medication will usually do the trick. These drugs are anti-fungal vaginal creams and suppositories with names like Monistat, Mycelex, and Gynelotrin. Sometimes Betadine douche or gentian violet will work.

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They were deprived of peer support until they found a group such as Outright.

Harassment was merciless in the school environment, and the worst harassment of all occurred in bathrooms.

They tended to adopt defenses such as belligerence or hostility, isolating themselves.

With almost no exceptions, they had no adult protection when in school.

Unprotected, they tended to drop out of school, their only defense.

Among the stories that "there he was, gay, he said to himself, "Wow, I have sexuality!" But when that did happen, it was very important to be straight because he no longer felt safe. "Will passersby know I’m gay?"

For a while, he says, "I lived a life of constant deceit, avoiding involvement with any issues that could give me away. It was depressing."

Secretly, he tried to find books on homosexuality in the school library. There was none. "I needed books that told me ‘I’m okay!’ Ed did not escape torment. At school he was harassed, verbally. It assaulted him emotionally.

Finally he did what seemed impossible.

Kate is 20 years old.

Illustrating for the audience the fluidity of her sexual orientation, Kate said, "Today I’m bi because I winked at a cute boy in the Burger King."

But to her grandmother, she identifies as a lesbian because, "I don’t want her to hope that I’ll end up with a boy."

Kate is of the opinion that "there was a bumper crop of bisexuals born [when she was] in 1974 because they’re now all in college." As Kate is at Hampshire College in Massachusetts.

She says, "How about both? is my trademark, my motto."

Goals for Changing Schools

California lesbian-bi-gay leaders and education leaders have formulated a "Bill of Educational Rights" for lesbian, gay and bisexual students. One of the most striking things about the presentations of this youth panel was that, in the experience, virtually all facets of the Bill of Educational Rights had been violated.

The Bill says that lesbian, gay and bisexual youth have the right to:

- accurate information about themselves;
- fair, factual and unbiased reading materials in school; materials on art, literature, science, sports, history generated by gays;
- positive role models, both live and in the curriculum;
- an harassment-free environment, where education, not survival, is the priority;
- have adult school leaders demonstrate and enforce respect and dignity for all students;
- be "free of crippling self-hate."

The Conference concluded with spirited, small-group discussions on the part of the teams. They made plans for implementing some of the things they had learned at the Conference upon return to their schools or agencies. Perhaps some of the Bill of Educational Rights will actually be put into practice in several Maine schools. Perhaps it will be met with success.
McDhenny compared the struggle for gay rights as the same thing as a struggle for child molester's rights. Is being gay the same thing as being a child molester? And why choose that comparison? McDhenny says he loves the homosexual, that he wants to minister to the homosexual, and says he loves the homosexual, sees as worthy of swift and brutal punishment.

VISITING PSYCHIATRIST SPEAKS TO THESE ISSUES

It's curious that just a couple of weeks before McDhenny came to Portland with his slanted views of homosexuality, local cognoscenti were able to hear a far saner voice speaking in Portland about the grave reality of being young and gay in America today.

Marshall Forstein, M.D., a psychiatrist at the Fenway Community Health Center in Boston, spoke at Maine Medical Center on March 15, 1994 on the topic, "The Function of an Outlaw Identity in the Psychological Development of Lesbian & Gay People." (The "Community Pride Reporter" obtained a videotape of this lecture.) In his fascinating talk, he touched on many of the issues raised by the bigots associated with Concerned Maine Families. The difference is that he brought some intelligence to the subject.

He pointed out that young people who are gay see a society that tells them they cannot be themselves, that they are not supposed to be who or what they are, that they are not "entitled legally, socially or politically to similar or equal rights." He pointed out the connection between this perception and the high rate of gay teen suicide, the continuing practice of unsafe sex, as well as anonymous and promiscuous sexual behavior and the difficulty in establishing long-term relationships.

The message is internalized in gay youth as, "It doesn't matter what I do, I'll never have an equal chance." This sense of disenfranchisement, futility and inevitability is precisely the same feeling blacks and other minorities have felt.

GENOCIDE

The message "you're no good" that Carolyn Cosby and the McDhennys spout about gays is virtually genocidal. According to Forstein, up to 300,000 gay teens attempt suicide annually, and 100,000 of these are successful. These figures are based on a study done in Massachusetts for the Republican administration of Governor William Weld.

Forstein talked about Bobby Griffiths who committed suicide by throwing himself off an overpass at age 20. At age 10 he wrote in his diary:

"I can't ever let anyone find out that I'm not straight... My friends would hate me. I just know it. They might even want to beat me up. And my family? I've overheard them lots of times talking about gay people. They've said they hate gays, and even God hates gays, too. Gays are bad and God sends bad people to hell... It really scares me now, when I hear my family talk that way, because now they are talking about me. I guess I'm no good to anyone... not even God. Life is so cruel and unfair. Sometimes I feel like disappearing off the face of this earth."

When the McDhennys and Cosby tell people that God condemns homosexuality, they are engaging in murder. They will quote Leviticus for their divine source, but if you read all of Leviticus, you will see that there is a section on how to treat your slaves, yet CMF isn't pro-slavery.

Forstein pointed out that Americans have a knack for being very selective in what they pick and choose from the Bible. The Christian Right uses only what will further its own agenda.

In using Scripture in this way it becomes clear that these fundamentalists are a political organization interested in political power. Their use of religion reduces it to a manipulative tool, not a spiritual guide.

MEL WHITE COMES OUT

This theme of careful selection of Biblical passages is echoed in a new book, Stranger at the Gate, by Mel White. White is a former speech writer for Jerry Falwell and Pat Robertson, and a pastor and biblical scholar in his own right. He is also gay.

After years of struggle and prayer to change his sexual orientation, White came out. His knowledge of the inner workings of the Christian Right combine with his personal story to make a devastating analysis of their motives and tactics.

In another example of selectivity, McDhenny referred to Supreme Court case law as supporting an anti-gay rights position. Yet, he opposes Roe v. Wade. He went on to say that homosexuals do not even qualify as a group subject to discrimination because their income level is above average, because gays are not politically powerless and because you cannot discern by looking at a person whether or not they are gay. This same description applies to Mormons, but you cannot discriminate against them even though they are of a religion, and are well-off and hold political power in Utah.

The McDhennys made much of the fact that if you claim discrimination on the basis of a trait that can be changed you cannot obtain legal protection for that trait. There are two problems with this statement. One, homosexuality cannot be changed and, two, religion is a protected status that can be changed.

McDhenny takes particular exception to the wording of the San Francisco gay rights law which states that "to discriminate on the basis of sexual orientation poses a substantial threat to the health, safety and welfare of its citizens." McDhenny states "that is absolutely absurd." The truth is, however, that to allow discrimination on the basis of sexual orientation encourages violence against gay people, as Dr. Forstein discussed at Maine Medical Center. The message that it is OK to mistreat gay people and that gay people have no rights encourages suicide amongst gay youth.

Cosby described how bringing the McDhennys to Maine is part of their "two-handed approach." In a thimble, this translates into, "love the homosexual on the one hand, and fight gay rights on the other." This explains their "No Room For Hate" bumper stickers designed to confuse people into thinking they are not doing what they are doing.

McDhenny's true hand was revealed at the strategy session when one of the more thoughtful ministers asked a question about how to reach the homosexual spiritually. He was taking McDhenny at his word. McDhenny had no answer, but instead went on a tirade about gays taking over the school system. When these Christian Right advocates talk about loving the homosexual, they are lying. This "love" is the kiss of death, and is yet another tool serving the political ambitions of this organization.

Cosby announced that their initiative will be on the ballot in 1995 and that they will be through collecting signatures by the end of this summer. Cosby's manner throughout her presentation was upbeat and laughing, as if she were urging people to participate in a bake sale.

She used phrases from Scripture such as "God uses the least of us," to inspire people to work for CMF. She also explained the difference between initiatives and repeal efforts, saying that CMF is striking first because they see a need. In truth, CMF's initiative is reactionary because it would have the effect of repealing the EFP ordinance.

COSBY ADMITS CMF CONTROLLED BY NATIONAL LEADERS

Cosby made a call for urgency by stating that the national gay rights issue, "may be out of our hands in the next two years if citizens like us do not take initiative." She compared the issue to abortion and Roe v. Wade and said gay rights is at that point now. She said that before the issue gets into the courts and out of the hands of the people they must act.

She said they should be proud of the people in Colorado who brought us Amendment 2, but noted sadly that it is stalled in the courts on procedural grounds. She pointed out emotionally that, "in Maine, our language [the wording of their initiative] is the only language in the nation that
PRESTON, from page 4

turning myself into a victim who had no will, no affect on what was happening around and to him. It would mean the passive acceptance of the infection as the end of my life. As a writer, I could at least reassert myself as one of the participant/observers. I could be part of recording what this epidemic was doing to my world, only now in a different role than the one I'd first envisioned for myself.” (p. xviii)

In that anthology, and in the many self-disclosing essays, articles, and speeches that followed, John found his voice once more and helped many in Maine and the nation find their own levels of AIDS activism. I watched John Prestons expand the range of his voice, telling the truth of his experience to audiences as different as those at an activist’s conference in Boston and an AIDS Project benefit/party for friends of Frannie Peabody at the Sonesta. Writing or speaking, his message was compelling.

The John Hay Library at Brown University, which houses the works of Walt Whitman, Edgar Allen Poe, and May Sarton (among others) will be home to John’s complete manuscripts and papers. If you’re not familiar with John Preston’s writings, see the partial list, below.

JOHN PRESTON, THE ACTIVIST

“It was that lover’s suicide that forced me to become an activist. There was nothing to do but to surrender the way he did, or to change the world. It was that simple. And changing the world didn’t mean having pleasant lunches with sena-
tors, or being invited on to prestigious political talk shows, or any of that. . . . Changing the world meant bringing every-thing out into the open and then loving it. It meant throwing your arms around a drag queen and telling him he was beautiful. It meant complementing a dyke on her motocycle and telling her she had every right to drive it bare-breasted at the head of the parade. . . . It meant telling the truth. It meant saying that our lives were sexy and worth living.” (My Life As A Pornographer, p. 154-5)

I might never have gotten to know John Preston if it were not for our two-year long collaboration in leadership of The AIDS Project. John had a long history of activism, both “in-suits” and “in the streets.” In the early ‘70’s, John was a founder, first of Gay House, the first gay and lesbian community center in the United States, then of Gay Community Services, the first federally funded gay agency, both in Minneapolis. Later he was one of the founders of the Maine Health Foundation.

In between, he was editor of such publications as The Advocate and Mandate and he was, as he liked to remind his mainstream fans, a pornographer. He published immensely popular erotic fiction under his own name and such pen names as Jack Hild, Mike McCray, Preston MacAdam, and Jack Prescott. He was a major citizen, activist, and chronicler of the gay leather world:

“Before—and even after—Stone-wall, the first impulse of gay activism, to be a form of progressive and even revolu-
tionary politics, was left behind. In the place of that rebellious attitude, there was an almost immediate plea for social accep-tance. The first line of political defense was to proclaim our ability to have monogamous relationships. The first line of ethical defense was to claim that we were not child molesters. The first line of moral defense was to declare that to have homo-sexual sex was no different from having any other form of sex.

“The original leather bars were places where men could gather and, in sharp contradictions to those positions, say: In your face! Leather was gay sexuality stripped of being nice. It ref-
fended. It confronted. It took sex as its own ultimate value. It was a reaffirmation of the revolution, not a dilution of it.” (My Life As A Pornographer, p. 127-8)

John had a particular gift as an activist of walking fine lines. He was a gay S&M pornographer whose crossover an-	hologies became Book of the Month Club favorites. He was a gifted political and organizational strategist who built multiple alliances with mainstream commu-

nity leaders, yet never forgot the political and organizational issues, and substantial charm in attracting new allies with the resources and talents to be of help.

For me, as Executive Director, John was my number one support and sounding board. I could speak honestly of my worries and he would not overreact. His calm, his trust in me, his political savvy offered spuringly, were a big help. We were a good team.

The man I got to know over those smoky breakfasts at the West Side or the Holiday Inn was, indeed, a patient teacher and tender friend. Our differences—in being, and occasionally in belief—were just accepted. When, in a letter responding to one of mine frothing at the mouth about...
providing slide shows, an adjoining auditorium for presentations, and an exhibit area. Like many such facilities, it sports a gift shop, but the available books are educational and worthy.

Laundrom offers tours over a seven mile trail system upon some 1,600 acres of land. The weekend tours point out flora as well as animal life. The trails vary over fields, forest paths, marsh and river front areas. Other events include Barn Dances, Crafts Festivals, and Earth Day events. The Farm (Well National Estuarine Research Reserve) may be called at 207-646-1555.

TOWN, from page 11

PLACES OF INTEREST ($14.95) and INN PLACES ($14.95, a guide to gay/lesbian Bed and Breakfasts.

For more information on international locations, you might also try ODYSSEUS ($21), or SPARTICUS ($30). Both offer extensive listings for Europe and other locales around the world.

In addition to these two, there are many other publications that focus on different countries, like Holland or Spain, or France, or Greece.

There are also a couple of periodicals available. My "bibli" is OUT AND ABOUT (1 yr. $48, 10 issues). This newsletter-style publication is probably the most objective resource on the market. The newsletter (now up to 20 pages) contains no advertising. Each issue has one major article on some destination and also contains three city briefs which give a one page summary of things to see and do, and places to go in a variety of cities around the world. Each issue also contains a calendar of upcoming gay/lesbian tours. This section has grown to cover 8 pages in the last issue. Even though the price is steep, I think it is well worth the money, especially if you travel a lot.

Most of the publications listed here can be purchased at a gay or gay friendly bookstore. Some have found at Bookland, while others I have found at the Treasure Chest. Drop Me A Line also carries them. Probably the most extensive collection of travel publications for gays/lesbians can be found at Glad Day Book Store in Boston.

I always tell my clients "The more you know before you go, the more enjoyable your trip will be."

PRESTON, from page 22

the absurdity of referenda campaigns permitting the rights of a minority to hang on the good will of a majority of voters, John called me "profoundly anti-democratic", I experienced no injury to my often uncomfortably thin skin. It has always felt safe to differ with John, even to be wrong. In a Member of the Family: Gay Men Write About Their Families, John said: "This book is not about being a perfect child in a perfect family. This is about life with flaws and accomplishments, hurt and nourishment. It is about being human in our world." (p.14). John let himself—and so me—be human.

Sometimes he made people angry. He was not always diplomatic, not always able to be charming in the face of others' expectations. John sometimes described himself as a curmudgeon. So what! He was not perfect, and he helped me accept the idea that I'm not perfect (but parts of me are excellent, as one of my favorite "political" buttons declares).

JOHN PRESTON, THE MOURNED

"Now he was gone, and it was just that he was gone, but that all these men I had loved were dead and their connection with me was left hanging in the air, their spirits unresolved, the possibilities left unrealized! I became overwhelmed by the numbers of people who were lost—
from my own life, from the gay community, from the art world, from all of our lives. As I read these articles, I was able finally to begin to grasp the size and tragedy of AIDS. Its scope awed me. Its scale staggered me. I don't believe I ever really denied that any of this was happening—as a journalist I certainly knew the statistics—but this new reading focused all these issues for me in a way that was far more powerful than the recitation of data. (Personal Dispatches, p.xiv).

I'd like to think of John Preston as still available to me as kind of an activist guardian angel. I've thought about what he continues to teach me: be who you are; let go of the need for approval of who that is (let go completely enough and you may even get it); be political first, politically correct only when it makes sense; take a shot at having it all . . . . just don't confuse that with being perfect; write . . . and speak up . . . and "act up"; laugh; lust.

"But one had to go on, I explained to Stephen, and the way I'd learned how was to encapsulate the grief, to put it in a special place in my memory so that I could bring it down and open it up when it was important to feel those emotions again (Personal Dispatches, p.xix).

A postscript: I know that John Preston the pornographer and "sexual out-

law" is not adequately present in this piece. This is not a product of denial, or of lack of affection for John's darker side, without which I know that our "vanilla" friendship would have lost much of its flavor. I can only write the part of John Preston, man/activist/writer, who I know from my experience. I invite others to write the missing pieces.

Partial List of Books

by JOHN PRESTON

Fanny, The Queen of Providence (Alyson) 1983
Mr. Benson (Alternate, 1983)
I Once Had A Master, and Other Tales of Erotic Love (Alyson) 1984
Hot Living: Erotic Stories about Safer Sex (Alyson) 1985

Safer Sex: The Ultimate Erotic Guide (Plume) 1987

Personal Dispatches: Writers Confront AIDS (St. Martin's) 1989
Hometowns: Gay Men Write About Where They Belong (Dutton) 1991
The Big Gay Book: A Man's Survival Guide to the '90s (NAL/Plume) 1999
A Member of the Family: Gay Men Write About Their Families (Dutton) 1992
Flesh and the Word, An Erotic Anthology (Dutton) 1992

Concerned Families, from page 22

often the church has been an echo rather than a voice, a tail light behind the Supreme Court rather than a headlight guiding men (sic) progressively and decisively to higher levels of understanding.

In the early days of the civil rights movement Jerry Falwell referred to Dr. King by saying, "Teachers are not called to be politicians." Falwell opposed the Civil Rights Act of 1964, and in subsequent years was a lonely voice asking for understanding for South Africa's apartheid system.

Such is the nature of Carolyn Cosby and Concerned Maine Families. AA

CHEW, from page 9

helps us lose unwanted weight, keeps our "inners" running smoothly, gives our intestines a day off work each week, and can even help to keep our cravings in check. Doing a juice fast day is simple. Try a tall glass of fruit juice, freshly squeezed and cut by 1/3 to 1/2 with warmed spring water for breakfast. Have a glass of vegetable juice for lunch, again cut with warm water. Carrot and celery is a great combination. For dinner, have a vegetable broth you've made yourself by boiling onion, celery, carrot, beets and a green in water for about 45 minutes.

So, with these tricks in mind, maybe we will be ready for shorts and bathing suits come the end of June. Happy Spring!
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