



THE BULLETIN

Spring / Summer 2000

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Central Maine AIDS Walk Supports Local People Living with AIDS



*A young walker in the
fight against AIDS.*

On Sunday **May 7** Dayspring will sponsor the annual **Central Maine AIDS Walk**. Participants in this year's "**Two Feet into 2000**" walk will meet at **12:30 pm** at the Hallowell town office to embark on a 5K loop around the capital. Money raised from this event will benefit the clients and programs of Dayspring AIDS Support Services.

Prizes for this year's top fund-raisers include: an hour in a private plane sightseeing over the Kennebec Valley area, a white water rafting trip for two from North Country Rivers, and gift certificates from area businesses.

Organizers hope this year's walk will bolster the **Client Emergency Fund**, which provides critical financial assistance to area residents living with HIV. Supported primarily

through individual private donations, this fund is teetering near bankruptcy. Legitimate requests for aid have already been denied due to lack of money, and Dayspring director Sharon Prée fears the situation may become worse. Prée blames the nation's current sense of complacency about AIDS for the lack of donations. She states, "People think now that we have drugs to manage the disease that AIDS is over. But we see everyday that it's far from over."

Your participation in this year's walk is more crucial than ever. You can gather pledges and join us for an easy stroll around the State House. If you cannot gather pledges please sponsor a walker or consider donating directly to Dayspring. Pledge sheets can be found on the last page of this newsletter, or by calling Dayspring at 621-6201 (collect calls accepted). Donations may be mailed to Dayspring, One Weston Court, Augusta, ME 04330.

Dayspring AIDS Support Services

**Dayspring AIDS
Support Services**

One Weston Court
Augusta, ME 04330
(207) 626-6201(phone)
(207) 626-3404 (fax)
daysprg@mint.net

Dayspring AIDS Support Services (DASS) is a comprehensive AIDS service organization that provides support for those infected and affected by HIV/AIDS. We initiate several community education and prevention projects, and provide anonymous HIV testing and counseling. If you live in Kennebec, Somerset, Franklin, Lincoln, or Sagadahoc counties you can receive DASS services. Dayspring is part of HealthReach Network.

Any medical information included in this newsletter is for information only. All medical care should be discussed with a qualified medical professional.

Staff

Sharon Prée, Director
Ellie Sparks, Case Manager
Michael Kristan, Case Manager
Larry Godfrey, MSM Educator
Faith Benedetti, Safe Passage
Coordinator

Advisory Committee

Jan Murton, Chair
Bobby Perry, Vice-Chair
Butch Beaulieu, Treasurer
J. Niles Merrill, Secretary
Denise Biankowski
Melissa Clifford
Paul Fuller
Donald Johnson
Bob MacFarlane
Sharon Prée
Mark Rolfe
Emile van Eeghen
Katie Varney

Case Manager's Corner

by Michael Kristan

SPRING! At last it appears to have arrived. Big deal. So what? With HIV/AIDS in the picture, who can get excited about a change of season? Spring is for kids, poets, and rich people who have lawn and garden installed and maintained by hired hands. All that babble about New Life, Hope, Vitality, and Transformation can be hard to take when you're dealing with illness much of the time.

Yes. Hard to take. And necessary. Precisely because of serious illness and disease we pay attention to this shifting of seasonal gears. It is unavoidable. In the deepest recesses of our psyches and in the very DNA that forms our being we are linked to the Sun and the Life-force. It's not just the cold, dark, snow, ice, danger-- and expense-- of winter that prompts us to yearn for change. For we have survived Winter. It did not engulf and kill us.

The difference between our winter-ways and our spring-mode is the Sun: Light and heat. The Sun infuses us with its tremendous energy. The Sun stimulates us to quit hibernation, to leave the cave. It's time to get out, renew our curiosity, stretch our legs, lungs, and brains. It's time to walk and plant; to explore and play; to meet new folks and think new thoughts. Spring insists on itself. Spring is persistent, upbeat, confident.

Spring is fragile beginnings and tantalizing possibilities. Spring drives the grass to grow green. It drives us to feel hope and desire. It makes us fall in love with life, with the world, and with each other. Spring shows us we can be renewed in what is good, that we can improve on ourselves. The season of rebirth challenges us to discard self-defeating attitudes and narrow perspectives. It beckons us to take better care of ourselves and our loved ones.

Dayspring offers assistance and opportunities for clients and their families and friends to shed new light on HIV/AIDS and to build healthy connections together. Books and magazines provide a pleasant way for learning about current and alternative treatments. Videos inform on enhancing sensuality and intimacy in sexual relationships. Monthly luncheons are occasions for camaraderie and supportive conversations. Dayspring is here every season of the year-- here to help people help themselves toward a better, brighter, more purposeful and rewarding slice of life.

Staff Changes at Dayspring

Farewell and many thanks to **Patti Dawson**, our student intern from UMA, as she prepares to remarry her ex-husband and move to Chicago in June. Patti has been a big help here in a variety of ways, from visiting a client and helping with his housework, meeting the ever changing office demands, to setting up a data base of volunteers and for the Safe Schools library. She has a knack for talking to just about anyone and always demonstrates a professional attitude.

Welcome to **Faith Benedetti**, our new Safe Passage for Women program coordinator. Faith has recently moved to Maine from Massachusetts, where she taught writing to diverse audiences of youth and adults. She has been involved in community grassroots organizing and brings a deep commitment to women's health issues. Helping women find their inner reserves of strength motivates Faith. We look forward to working with her.

Volunteer Spotlight

Dayspring depends on community volunteers like **Rick Morrow** from Hallowell. Rick has driven clients to doctors' appointments and to statewide retreats for people living with HIV/AIDS. He's worked in the garden and has been involved in the AIDS Walk for the past 5 years, raising the most money for the past two years. Rick's shared his fund-raising secret: "Most people will donate if they're just asked. I collect at work, I do the neighborhood, and I get friends to ask their friends. I go up and down Water St. in Hallowell, asking businesses. There's no harm in asking."

What motivates Rick to give so much of himself for DASS? He explains, "I've lost a number of friends to AIDS. I heard there was a need and I just had to do it. We have to understand that AIDS is still a local concern. We hear national and worldwide statistics but it's important to keep our awareness local; keep our commitment local. It's still here. It's not gone. It's still a killer disease. There's no cure. There are people here in our communities that need our help."

Central Maine Outright: A new program at DASS

January saw the beginning of a much needed program for queer youth in this area. Central Maine Outright offers a drop-in group for gay, lesbian, bisexual, transgendered, questioning youth and their allies on Thursday evenings from 7 to 9 pm.

The need for a safe gathering place for gay and lesbian youth in this area became clear to us as we began to get more frequent calls from guidance counselors in area high schools looking for resources and referrals. Last spring, a high school student approached us about starting an Outright program in central Maine. He and other youth in this area who were lucky enough to have a car traveled 60-90 miles one way to attend Outright meetings in Portland or Lewiston. They desperately wanted a similar group to start here.

Dayspring began working with a group of adult and youth volunteers to start Central Maine Outright. Our mission is to create safe, positive affirming environments for gay, lesbian, bisexual, transgendered and questioning people ages 22 and under. We now have nine talented and energetic adult and youth advisors who alternate hosting the weekly meetings. They are: **Sue Armentrout, Claudia Glynn, Mark Griswold, Laura Harper, Mark Rolfe, Ellie Sparks, Kathy Sparrow, Alan Stearns, and John Woytowicz.**

The meetings are youth led and youth driven and so far have included movie nights, conversation, board games, fabulous Easter egg decorating, and rock&roll sushi. Know a youth who might benefit? Want more information? Call 621-6393 or email centralmaineoutright@hotmail.com

The DASS Index

The proportion of U.S. AIDS cases among white MSM (men who have sex with men) in 1998: **48%**

The proportion of U.S. AIDS cases among MSM of color in 1998: **52%**

The number of U.S. teens infected with HIV every hour: **1**

The number of sub-Saharan Africans infected with HIV every minute: **10**

The number of African children who have lost their parents to AIDS: **10,000,000**

The estimated life expectancy in Botswana, Africa without AIDS: **70 years**

The actual life expectancy in Botswana, Africa with AIDS: **41 years**

The amount of money available to treat each case of HIV in Mozambique: **\$2.40**

The estimated number of HIV positive cases in Maine: **1,300**

The total number of AIDS cases in Maine since September 30, 1999: **897**
The total U.S. AIDS cases as of July 1999: **711,344**

The total number of U.S. AIDS deaths: **420, 201**

Sources: drkoop.com, Newsweek, Maine Bureau of Health

Oral Sex Transmits HIV

A new study provides further evidence that HIV can be contracted through oral sex. Using a sophisticated new testing method, researchers at the Centers for Disease Control and Prevention (CDC) and the University of California at San Francisco determined that oral sex was the only risk factor for eight of 102 recently diagnosed gay men. All of the eight men reported not using condoms to perform oral sex because they believed oral sex carried no risk for HIV infection.

Dr. Helene Gayle of the CDC laments this lingering myth. "We know that the only safe sex is total abstinence or sex with a mutually monogamous, non-HIV infected partner. Everything else has some degree of risk.." Source: San Francisco Examiner, Kennebec Journal

STD Alert

Think HIV is the only STD you need to worry about? Wrong! Diseases like chlamydia, gonorrhea, and syphilis cause pain and infertility. If left untreated some can cause heart trouble, skin diseases, blindness, even death. Early treatment is essential, but diseases like genital warts and herpes have no cure. You contract STD's the same way you contract HIV: through unprotected oral, anal, and vaginal sex. If you have any of these symptoms please visit a doctor, and consider taking an HIV test.

Women

- An unusual discharge or smell from your vagina.
- Pelvic pain (the area between your belly button and genitals).
- Burning or itching around your vagina.
- Bleeding from your vagina that is not your regular period..
- Pain deep inside your vagina when you have sex.

Men

- A drip of discharge from your penis.

Both Women and Men

- Sores, bumps, or blisters near your sex organs, rectum or mouth.
- Burning and pain when you urinate or have a bowel movement.
- Need to urinate often.
- Itching and swelling around your sex organs.
- A swelling or redness in your throat.
- Flu-like feelings, with fever, chills and aches.

AIDS TIMELINE

1980

2000

Confusion Hysteria Ignorance Complacency

**This may be the most dangerous time yet.
Call 621-6201 to help.**

Thanks to amfAR for this design.

Popular Herbal Supplement May Interfere With HIV Medications

The popular herbal supplement St. John's wort may significantly interfere with HIV antiviral medications. Scientists at the National Institutes of Health (NIH) demonstrated that the herb caused blood levels of the drug indinavir to substantially drop. Lower levels not only reduce the drug's effectiveness but may create resistance to indinavir and other protease inhibitors including nelfinavir, amprenavir, ritonavir, and saquinavir.

Lead researcher Dr. Stephen Piscitelli states, "The results were dramatically conclusive. All of the participants showed a marked drop of blood levels of indinavir after taking St. John's wort. The drop ranged from 49 to 99 percent."

Often used to treat depression, St. John's wort is available without a prescription at most pharmacies and health food stores. Many people think herbal products like St. John's wort are safe, but increasing evidence shows that many products can have life threatening interactions with pharmacological drugs. The authors of NIH study urge all people, not just those with HIV, to inform their doctors or pharmacists about their use of any herbal products. Source: Johns Hopkins, Intellihealth

Give AIDS the Change

During the month of May we are asking you to help us build up our client emergency fund, which is available to help clients meet needs such as heat, electricity, meds, food or dental work. Save your pennies, nickels, dimes and quarters in milk jugs, coffee cans, laundry detergent containers or soda bottles. At the end of the month, bring them into the DASS office. It's a simple way to support people living with HIV/AIDS in our communities. Collection day is Thursday, **June 1st from 7 a.m. to 6:30 p.m.** If transportation is a problem, call us at 621-6201.

Plant-a-Row for DASS

Calling all gardeners: We need you to donate some of your home grown vegetables, which we will distribute to clients. For the past two years we had a VISTA member who coordinated our volunteer program and worked with a master gardener to create our own DASS community AIDS garden. Our VISTA has left this year, so we aren't able to grow our own garden, but we still want to offer our clients the fresh vegetables that are so important to a healthy diet.

That's where you come in. You can designate one row or add an extra plant of each vegetable you grow. Drop the produce off at the DASS office on a weekly or every other weekly basis as your vegetables ripen - not just the 500 huge zucchinis you get in August! Thanks and happy gardening.



LIVING

WELL

Living well doesn't necessarily mean living without disease. Living well describes having a passion for life and a respect for your body. Respecting your body includes accepting its limits and knowing how to care for it. But contrary to popular belief caring for yourself need not be complicated, involve expensive equipment or unusual diets. Some of the greatest gifts we can give ourselves are a good night's sleep, a nutritious meal, and a strong spiritual connection. Try incorporating the following simple suggestions into your wellness plan.



Laugh

Laughter really is one of the best medicines. Laughing can boost the immune system, exercise facial muscles, and ease tension. Keep funny stories, cartoons, jokes, and movies close by for instant feelings of well being.



Take a walk

Walking is a nearly perfect exercise. It's accessible to many people. It often requires no special equipment other than comfortable shoes. And compared to other exercises it has the lowest risk of injury. Walking is superb for toning muscles, working the heart, and relieving stress, all in just 20 minutes a day.



Get connected

Experts like Dr. Andrew Weil promote the health benefits of feeling a strong connection to another individual or group of people. Romantic relationships are not the only type of connection, however. Important bonds can be made with friends, family, co-workers, church members, even pets.



Remember five

That's five fruits and vegetables a day! Eating "5 A Day" is one of the most important things that you can do to improve your overall health. Fruits and vegetables are full of protective vitamins and powerful phytochemicals. If you're not already eating five a day here is a simple plan to increase your intake: Start the day with 100% juice and sliced fruit over cereal. Have a salad for lunch, and an apple for an afternoon snack. Include steamed vegetables with your dinner and you've met your goal.



Keep a journal

Writing down your feelings is an effective way to relax and reflect. Journals need not be fancy—a simple notebook will do. They also need not be formal. Lists, drawings, or simple words can often express our feelings better than long sentences or paragraphs. By writing your thoughts down on paper you're giving them importance. Journals also provide a record that you can later look through to gather ideas or inspiration when needed.

W I T H

H I V

HIV, like any illness, provides a crash course in caring for yourself. HIV is not easy. Rigid medication schedules, frequent infections, and fatigue create challenges for daily living. The real triumph, however, is that people cope—and they cope well. In fact, many Dayspring clients are experts at living well with HIV. Four were kind enough to share their experiences.

If there is a way for me to put in a few short words how it is that I am still on earth and living in a relatively healthy manner after almost fifteen years of being infected with the HIV Virus, I'd say that I pay attention to my body's song. You may ask, "What kind of weird gobbildy-gook is that?" Well here's my answer: I make sure my spirit feels alive, that my heart is singing, and that I not deny myself those things I truly enjoy

I was HIV pos for eight years before finding out I went full blown AIDS. My doctor strongly suggested that I start AZT. That was June, 1996. Since then I've done the cocktail, the protease, the coma-inducing Sustiva route, and have since spent three wonderful, healthy, vibrant drug free months. I'd had it, my body was saying leave me the f___ alone and I decided it was time to listen and give it a chance on its own to live with HIV.

Throughout, there has been one constant element besides a spiritual will to live that might be keeping me going: supplements, supplements, and more supplements. I believe in supporting the body's immune system to the best of my ability and happiness. If it doesn't work I'll go back on drugs, but I will still take supplements.

Oh yes, one more thing that helps to keep me healthy and off drugs, a loving partner. If you don't have one, make up your mind to get one.

I use conversation to lull the effect of boredom, whether it be by letter writing, chat room conversations or yelling out the window. Also, by getting out to volunteer like I do at Dayspring, I reap many more rewards than I spend in effort. Life seems better when spent with a friend or someone close. Sharing all of life's ills and wills seems to lighten the negative aspects and heighten the positive! Share and be shared! It all helps to make for a brighter day!

Medication is what we have to take when we have this disease. What keeps me from dwelling on it is working and collecting things. Using marijuana helps the side effects caused by the medication, and it gives me an appetite and the energy to do what I need to do.

The only time I think of my disease is when I take my medication. I've missed only one dose of meds, and that was because I wasn't home at the time. I take vitamins too. I enjoy chatting with other HIV+ people [on the internet], and sometimes we don't talk about HIV. Forgetting you have the disease once in a while can be the best thing for you. It can relieve a lot of stress.

**Looking
for a good
yard sale?**



It's the Dayspring Yard Sale!
August 5th starting at 7:30 a.m.
Variety Pine Shop Rt. 9 in Chelsea
(1 ½ miles from AMHI)

Our last sale offered great deals on furniture, clothes, books, and more! Donations are needed. Drop off your stuff on July 29th from 10 a.m. - 4 p.m. at the Variety Pine Shop. We will pick up with notice. Call Bobby at 549-5428 FMI.



**LIVE
WITH
LARRY!**

**Central Maine's
hottest MSM
discussion
group!**

Waldoboro Men's Group
2nd and 4th Tuesdays from 7-9 p.m.

Bisexual Men's Group
1st and 3rd Wednesdays from 7-9 p.m.

Movie Nights! Potlucks! And more!

Call Larry at 621-6201 FMI
(collect calls accepted.)

SO YOU WANNA DATE?

Where do you look? What are you looking for? How old, young? How big, small? Male? Female? Funny? Serious? Ambitious? Lazy? Sober? Strong? Honest? Dishonest? Positive? Negative?

What's it gonna be?

New relationship column - Ask Bob

Reader asks: How am I supposed to meet anyone here in Maine? Signed, Sick of being lonely!

Well, Sick it's like this: Not knowing who you are - If you want to meet someone, you need the wherewithal to do so. Are you holed up in your surroundings or are you out and about? Are you too shy to speak, or do you invite conversation? Do you mingle or sit back and watch? Are you computer savvy? Addicted? Couch potato? Open minded? These things will affect your chances (of course that's all life is-a chance!) that someone will come along and NOTICE you!! Are you involved in your community? In any support groups or get-togethers? If there are not possible connections in these situations, you need to find out where there are situations that would invite the type of connection you are looking for. Dayspring can help with some answers as to ongoing groups that meet. For other information, call and chat with us, we are a diverse group of people in the Dayspring office and have many different interests and involvements. Try bending the ear of Dayspring staff if you are unable to come up with ideas for your self. In order to meet someone, you need to be where that someone is.....and where do you suppose that might be? Better yet, where might you WANT that to be?

Not that I have all the answers, but it may be helpful to talk about issues. Just writing them down and getting them off your chest may be helpful. I will try to give a response to all questions and concerns sent in, but I do need people to write in with questions and concerns for me to address. **Send your questions to Dayspring One Weston Court, Augusta, ME 04330, or e-mail them at daysprg@mint.net --BMAC**

Word Search

B	L	O	O	D	E	S	Y	R	I	N	G	E	B	N	E	E	D	L	E
C	D	W	R	E	Z	E	M	E	H	J	O	P	K	E	T	Y	E	K	V
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Across and Down only. 41 words about HIV detection, infection and protection. Find the bold printed words!

There are **anonymous** testing **sites**, such as Dayspring. When you test you have your **blood drawn**. Often it is taken by **syringe** with a **needle** and sent to a **lab**. There they will **test** it to **detect** for the antibody your body produces to fight the virus. If the antibody is in your blood you are **positive**, if not you are **negative**. When you **seroconvert** you are producing the antibodies to the virus. The virus will be **evident**. A negative result means that 3 ½ half months ago you did not have the virus. It only takes **one** unprotected act to become infected. You can get the virus from a needle **stick**, and any way that another person's **bodily** secretions can enter into your body. **Mucous** membranes in the **anus** and vagina absorb bodily fluids. Any **sex**, unprotected, **anal**, vaginal, or **oral** can result in infection if you do not use precaution. Do not **ingest semen**, oral infections is becoming more **widespread**. Safety is only the **SAFER** way. Abstinence is the only sure protection! You can't get the virus from a **toilet seat**. You can **reinfect** someone who is already infected. Using a **latex condom** with a **waterbased lubricant** is a safer method (oil may cause condoms to break). So, before you **insert**, cover it up! If you can get a **STD** you can get AIDS. Don't be afraid to ask. We are all sexual, and need to be safe. **Always protect** yourself and others: open your mouth and mind, ask and tell, be safe not sorry! If you **bleed**, you can infect, if you infect you can kill! **AIDS** is not just a topic for discussion! **Epidemiology** is the science which deals with disease. Education is **vital**! Be aware! Silence = Death! Educate yourself and live! (Answers on page 10).

The DASSIFIEDS

Dayspring's own classified section

YARD SALE	Help Wanted	Desperately Seeking	Business
Don't throw out your junk! Donate it to the DASS yard sale to be held Aug. 5 th . Drop off donations July 29 th at the Variety Pine Shop in Chelsea. Call 549-5428 FMI.	Newsletter Editor to oversee production of <i>The Bulletin</i> , Dayspring's critically acclaimed newsletter. \$250 stipend and training available. Writing skills desired. Call 621-6201	complete computer setup easy chairs, couch apartment size electric stove freezer Ensure or Boost (flavored only) non-perishable food items juice creative and energetic people willing to work on innovative fund-raising ideas	Rick's Home PC Repair 626-5413
Personals			Dodge
Thank you to RSVP, MaineGeneral Printing, Ann Young, the DASS staff, and Yoga Man for help with this newsletter	Volunteer Leader needed to organize volunteer events, like finding buddies or transportation for clients. A fun and rewarding job! \$250 stipend available. Call 621-6201.	Remember gifts to DASS are tax deductible! Thanks!	Demolition & Salvage 563-3286
			CLASSY CHASSIS 933-3757

Word Search Answers

B	L	O	O	D		S	Y	R	I	N	G	E		N	E	E	D	L	E
						E		E				P		E			E		V
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AIDS Walk Pledge Sheet

Please fill in complete name and address for all sponsors. Please ask that sponsors prepay. Checks should be made payable to Dayspring AIDS Support Services (DASS). Pledge Sheets will be collected the day of the walk. Your welcome to make photocopies of this page or call Dayspring at 621-6201 if you need another pledge sheet (We accept collect calls.).

My fundraising goal is \$_____

[illegible]

DASS
HealthReach Network
P.O. Box 1568
Waterville, ME 04903

Non-profit
Postage Paid
Permit #19
Waterville,
ME 04901

Central Maine AIDS Walk

"Two Feet into 2000"

May 7th 12:30 p.m. Hallowell Town Office

Please help us support
Maine people living with AIDS