

The Aids Project Newsletter

48 Deering Street
Portland, Maine 04101

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The Aids Line: 1-800-851-AIDS
or
775-1267

AUGUST 1987

SPECIAL EVENT

The Aids Project Annual Meeting and Pot Luck Picnic.

Date: August 29, 2:00 p.m. to 6:00 p.m. (Raindate - August 30)

Place: Home of Kristen Kreamer, 128 Gertrude Avenue, Portland.

Phone: 878-2722

All volunteers, clients, friends, supporters, and contributors are urged to attend. Please come and help us celebrate our first year, and let us express our gratitude for all of your support.

EDITOR'S NOTE

One big hug for Vickie Poulin!!!

Hello, my name is Vickie Poulin. I am a mother, wife, nurse and student. I am the oldest of a family of six, the youngest of which, my brother Christopher, age 12, has died of AIDS.

I would like to say that throughout my brothers' illness (lasting not quite one year) he received wonderful, compassionate care.

When it began to be apparent to me that there was something wrong with Christopher in the fall of 1985, AIDS came immediately to mind. My family and I were very aware of this disease, since both of my brothers, John and Christopher, have hemophilia. I would like to be quite honest, and say that I was scared, really scared!

But, as we loved Christopher, my family and I began to educate ourselves against this potentially crippling fear, so that we were able to support Christopher and each other with our love throughout this crisis.

When Christopher's diagnosis was made, we then took steps to educate our friends and community as we had educated ourselves, against fear.

After his initial hospitalization, Christopher received schooling, at first, from a tutor at home. When he was strong enough, he returned to school without an uproar. The children knew about the hemophilia, and they took this new development into stride without difficulty.

Chris spent the last four months of his life on a respirator with many trials and tribulations. These were met with support from all hospital personnel at the Maine Medical Center - Special Care Units, who were our extended family, and from a great many community members. I am confident that the acceptance of his peers through cards, letters, photos, and pictures, made this time somewhat more bearable for a twelve year old fearing rejection from peers, and for us, the family needing support.

The classmates and their families continued to be supportive to us even after Christopher's death, when we needed it most.

The thought that I would like to leave you with, is that if a small Maine community, such as Monmouth, can learn and be supportive, so can the vast majority. AIDS isn't spread by hugs, pats on the back, or companionship. However, it is my experience, that all of these things are necessary, needed, and important to PWA's and their families.

Thank you for coming! Thank you for listening! And most of all, for me, if you see someone with AIDS or their family, don't be afraid-----give them a hug. It won't hurt, and I bet it will help! Thank you.

Aside from her regular job as a nurse, Vickie is busy talking to various groups across the state about Aids, about her brother Christopher, but most of all, she is talking about love and compassion for all mankind.

Following are remarks made by President Reagan to the American Foundation for Aids Research Awards Dinner on May 31, 1987, in Washington, D.C.

I want to talk tonight about the disease that has brought us all together. The poet W.H. Auden said that the true men of action in our times are not the politicians and statesmen, but the scientists. I believe that's especially true when it comes to the AIDS epidemic. Spending on

AIDS has been one of the fastest-growing parts of the budget, and, ladies and gentlemen, it deserves to be.

We are also tearing down the regulatory barriers so as to move AIDS drugs from the pharmaceutical laboratory to the marketplace as quickly as possible. It makes no sense -- and, in fact, it's cruel -- to keep the hope of new drugs from dying patients. And I don't blame those who were out marching and protesting to get AIDS drugs released before the T's were crossed and the I's were dotted. I sympathize with them, and we'll supply help -- and hope -- as quickly as we can.

it is absolutely essential that the American people understand the nature and the extent of the AIDS problem. And it's important that Federal and State governments do the same.

I recently announced my intention to create a national commission on AIDS, because of the consequences of this disease on our society. We need some comprehensive answers. What can we do to defend Americans not infected with the virus? How can we best care for those who are ill and dying? How do we deal with a disease that may swamp our health care system? The commission will help crystallize America's best ideas on how to deal with the AIDS crisis. We know some things already -- the cold statistics. But I'm not going to read you gruesome facts on how many thousands have died or most certainly will die. I'm not going to break down the numbers and categories of those we've lost, because I don't want Americans to think AIDS simply affects only certain groups. AIDS affects all of us.

What our citizens must know is this: America faces a disease that is fatal and spreading. This calls for urgency, not panic. It calls for compassion, not blame. And it calls for understanding, not ignorance. It's also important that America not reject those who have the disease, but care for them with dignity and kindness. Final judgment is up to God; our part is to ease the suffering and to find a cure. This is a battle against disease, not against our fellow Americans.

We must not allow those with the AIDS virus to suffer discrimination.

I was told of a situation in Florida where three young brothers -- ages 10, 9, and 7 -- were all hemophiliacs carrying the AIDS virus. The pastor asked the entire family not to come back to their church. Ladies and gentlemen, this is old-fashioned fear and it has no place in the "home of the brave."

Education is critical to clearing up the fears. Education is also crucial to stopping the transmission of the disease. Since we don't yet have a cure or a vaccine, the only thing that can halt the spread of AIDS right now is a change in the behavior of those Americans who are at risk.

You know, it's been said that, when the night is darkest, we see the stars. And there have been some shining moments throughout this horrible AIDS epidemic. I'm talking about all those volunteers across the country who have ministered to the sick and the helpless.

For example, last year about 450 volunteers from the Shanti Project provided 130,000 hours of emotional and practical support for 87 percent of San Francisco's AIDS patients. That kind of compassion has been duplicated all over the country, and it symbolizes the best tradition of caring. And I encourage Americans to follow that example and volunteer to help their fellow citizens with AIDS.

In closing, let me read to you something I saw in the paper that also embodies the American spirit. It's something that a young man with AIDS recently said. He said, "While I do accept death, I think the fight for life is important, and I'm going to fight the disease with every breath I have."

SPEECH GIVEN BY ROSE ROBERTSON,
PARENTS FLAG CONVENTION
Reprinted by permission of the
NYC Parents FLAG

First thing I'd like to say is, I consider it a tremendous honor that you've allowed me to speak to you today, and what I will take back with me [to England] is such warmth, such drive, and so much dedication to the cause of lesbians and gays, and that will stay with me until I come back in the near future.

I would like to reinforce what my dear friend, Amy Ashworth, has had to say, but I would like to put it in perhaps a slightly different way. AIDS is a terrible virulent disease, a virus that lies coiled in wait like a snake waiting to strike and which can lie dormant for a number of years, is an accepted fact.

Another accepted fact is that this virus has been endemic in Central Africa for the last ten to twelve years and it was not, in fact, a virus that was passed by homosexual people, but heterosexual people. We are not to know which of those heterosexual people carried it across to the Western Continent, but one of them certainly did.

Therefore, I bitterly resent as much as you must all bitterly resent the fact that this was labeled initially as "the Gay Plague."

What I feel is that my children and yours were criminalized from the time they made their first cry outside our wombs. Before they had committed any crime at all, they were declared illegal citizens for being what they are.

Now they have been labeled as carriers of the plague. What I would ask of the larger society who are driving up and down your

streets and mine... But the gay population and their parents have fought and fought and fought to get people to understand that this is a virus which doesn't discriminate between one sexuality and another. It is a virus that will attack the President's children, our Queen's children, not now, but for generations to come, if they do not stop it, dip in their pockets and hand out their money and stop trying to say this doesn't concern us--this just concerns gays. I say to hell with that!

And what I would say to each and every one of the gays and lesbians here and in my own counseling, whom I love very, very much indeed, "Walk out of here with your heads high because you are the ones who have raised the banner of AIDS, and you are the ones who are going to save the heterosexual populations from themselves and God bless you all!

Reprinted with permission from the PWA Coalition
Newslines of New York City.

AIDS Prayer

Blessed are you, Lord of all,
giving new life and health to those
who call upon you.

Usher into your kingdom and manifest
your power to heal those with AIDS.

Blessed are you, Lord of Wisdom,
who push back borders of darkness
and disease.

Enlighten those who search for a
cure for AIDS
and strengthen those who care for
our suffering brothers and sisters.

Blessed are you,
Lord of Love and Peace.

Be with families of loved ones of
those who live with this disease.
Touch us all with your love and make
us instruments of your healing.

Blessed are you, Lord,
in this Sacrament of bread and wine.

Let us receive with joyful thanks
this true and living bread from
heaven, your reconciling light and
life throughout the ages. Amen.

Remarks made by Senator Edward M. Kennedy to the National Aids Network on June 1, 1987, in Washington, D.C.

AIDS has already changed the lives of millions of Americans, and in the coming years, it will change the lives of millions more. Families, schools, businesses, and governments are all being compelled to confront the trauma and tragedy of a devastating public health catastrophe whose effects seem likely to surpass any other scourge of our time, and perhaps of all time.

The greatest danger, however -- greater even than the danger of AIDS itself -- is that we will lose the battle because we fail to wage it with wisdom, reason, dignity, and common sense. We must not permit ourselves to risk defeat through errors born of fear, ignorance and prejudice that will divide America against itself, that will only make the catastrophe worse, and that will cause untold additional suffering and loss of life.

Those who seek a vaccine and a cure deserve resources commensurate with the challenge -- and they also deserve our gratitude for the extraordinarily rapid advances they have made so far.

People with AIDS and ARC need care and treatment. Those who are infected need compassion, counseling and support. Both groups need the hope of a cure -- and the commitment of society that their private crisis of sickness and suffering will not be compounded by a hue and cry of public castigation and discrimination.

Last month in the Senate, I proposed comprehensive legislation to accelerate and coordinate a sensible national response to this deepening public health disaster. Our purpose is fourfold:

-- To educate all Americans about AIDS and enable them to make informed choices to protect themselves;

-- To develop care and treatment facilities and networks for those with AIDS that are both effective and economical;

-- To accelerate the search for AIDS vaccines and cures by putting federal funds to work more rapidly;

-- And, finally to assure that all Americans have access to voluntary and confidential testing and counseling, under circumstances that guarantee full protection against discrimination in any form.

Unfortunately, the Federal Government has wasted precious time in launching an all-out campaign to conquer AIDS. We would not be facing a crisis of this magnitude today if Congress and the Administration had listened earlier to many of you in this room.

Almost singlehandedly, you have aroused a negligent nation to action, and we will need your leadership more than ever in the months ahead if we are to avoid the mistakes of ideology that threaten to destroy our resolve and divide our people.

Because the battle against AIDS is a national undertaking, the most important role of the Federal Government is to direct the effort -- to ensure that adequate national resources are available -- to allay and not inflame the fears and passions that could endanger all our other efforts.

Finally, let me close on a personal note. All of you who are here today are aware -- far more than most of us -- of the devastating impact of this epidemic. You know what AIDS has done to families and friendships, to shining young lives, to the most brilliant talents and the most innocent children. You have seen how AIDS tests the character and courage -- not only of those with the disease, but of our country as a whole.

You have been there when those who suffer have reached out. You have endured the insensitivity -- and, worse, the insults -- of a society that too often in the past has failed the test of character, of a nation that sought at first to turn its back and ignore your pleas for help and action.

But you kept the faith when others failed you. And today you are teaching us the most important lesson of all -- that we will never win the battle against AIDS if we permit ourselves to lose our humanity in the struggle.

The Aids Prayer on page 2 was courtesy of the Sacred Heart Church News of Yarmouth, Me.

Reprinted with permission from the PWA Coalition News-line of New York City

RELAXATION TECHNIQUES

by Michael Hirsch

Sit back. Close your eyes. Clear your mind. Silence your inner voices. Be still for a moment. (Pause)

With your eyes closed and both feet on the floor, rock your body back and forth. Relax your tight places. Breathe in and out, deeply and slowly. Let your belly fill and then softly fall. Draw air in to fill every cell and let it out slowly.

Touch the palms of your hands together. Concentrate on the feeling of contact between your palms. Open your hands slowly. Try to maintain the sense of contact as your hands move apart, like a force field between 2 magnets. Allow your hands to come to rest at your sides or in your lap.

Imagine your feet touching the floor. Feel the contact. Imagine your feet drawing energy up from the floor, the earth. Feel that energy in your feet. See if your feet hurt. If they do, breathe in to feel the hurt, breathe out to let it go.

Allow the energy to rise to your calves and lower legs. As it rises, check for pain. Breathe energy in and pain out. As the energy rises to hips and thighs, breathe in and out in the same way, until your hips and thighs feel warm and light.

Breathe in and out. Move the energy into your genitals. This is often an area of turbulent energy. Feel the strong and the gentle, the sexual and the sensual. Check for pain. Breathe in and out. As the energy rises through the genitals, feel pleasure in them, warm and light.



Feel the energy rise to your belly. Then feel your spine growing tall, like the trunk of a tree. Let the energy fill your lungs and heart, then spread out and down -- shoulders, arms, hands. Breathe in and out. Check your chest for constriction. Breathe it out.

Breathe in and out. Allow the energy to rise through your throat. If you have a lump in your throat, feel it as you breathe in and breathe it up and out. Let the energy rise up through your throat, up the back of your neck, through your brain, past your eyes and out the top of your head.

Breathe in and out. Allow everything out. All your worries. Allow yourself nothingness for a moment.

Now, breathe in. Breathe in energy. Breathe in power. Breathe in and out. You are whole. Ground the power in your life. Breathe out. Empty. Feel relaxed and peaceful.

Open your eyes.

Take 10 deep breaths. On the "in" breath, think about what's making you tense. On the "out" breathe, let it out! ■

NATIONAL NEWS cont.

Highlights of an address by
Elizabeth Taylor to the National
Press Club, June 3, 1987.

AIDS IS MORE THAN STATISTICS.

AIDS IS PROLONGED PHYSICAL AND MENTAL TORMENT FOR MANY THOUSANDS OF HUMAN BEINGS. IT IS HEART-RENDING CONFUSION AND DESPAIR. IT IS THE CONFRONTATION OF ONE'S MORTALITY, MOST OFTEN IN THE PRIME OF LIFE. IT IS THE EXPERIENCE OF HOPE THAT IS OFTEN SHATTERED, AND RENEWED, ONLY TO BE SHATTERED AGAIN. FOR MANY, IT IS SHAME AND GUILT, WHICH RESULTS IN LIVING A LIFE OF REJECTION, ISOLATION AND DECEPTION.

AIDS IS FEAR - DEVASTATING FEAR - FEAR OF DEATH; FEAR OF SUFFERING; FEAR OF THE PAIN THAT WILL BE EXPERIENCED BY LOVED ONES LEFT BEHIND; FEAR OF BEING FOUND OUT AND BEARING THE BRUNT OF THE SENSELESS STIGMA OF AIDS - DISCRIMINATION AND BLAME. FEAR THAT DESTROYS REASON. FEAR THAT DESTROYS CLOSE PERSONAL RELATIONSHIPS - AT A TIME WHEN THOSE RELATIONSHIPS ARE NEEDED MOST.

AIDS IS IRRATIONAL FEAR OF CONTAGION TO MANY OF THOSE WHO ARE NOT INFECTED - UNWARRANTED FEAR OF PERSONAL ASSOCIATION - AND FEAR OF WHAT IS PERCEIVED TO BE UNKNOWN.

TO THOSE WHO ARE NOT DIAGNOSED, YET ARE AWARE THAT THEY HAVE BEEN INFECTED WITH THE VIRUS, AIDS CAN BE EQUALLY, IF NOT MORE TORMENTING. THE CONSTANT THREAT - THE TERROR OF THE KNOWLEDGE THAT ANY DAY, AIDS MAY BECOME A PERSONAL REALITY. THE FEAR OF HAVING NO FUTURE ON EARTH. IMAGINE YOU WERE TOLD YOU HAVE AIDS.

EACH OF YOU IN THIS ROOM. TAKE A MOMENT AND JUST IMAGINE.
WHAT WOULD YOU SAY TO YOUR CHILDREN? YOUR HUSBAND OR WIFE?

YOUR PARENTS? YOUR LOVER? YOUR FRIENDS?
WHAT WOULD YOU DO IF YOU WERE FIRED, EVICTED OR RIDICULED?

WOULD YOU FIGHT? WOULD YOU HAVE THE STRENGTH? THE
COURAGE?

HOW WOULD YOU FACE THE PROBABILITY OF DEATH?

YES, AIDS AND THE FEAR OF IT ARE INDEED TERRIFYING. FEAR THAT
THREATENS TO TEAR APART THE VERY FABRIC OF OUR SOCIETY.

AIDS REPRESENTS UNIQUE AND SERIOUS CHALLENGES UNPARALLELED IN RECENT
MEMORY -

- CHALLENGES TO OUR ABILITY TO OVERCOME FEAR AND ACT RATIONALLY.
- CHALLENGES TO OUR ABILITY TO OVERCOME OUR OWN PREJUDICES AND TO
UNITE TO DESTROY A COMMON ENEMY;
- TO OUR CREATIVITY AND RESOURCEFULNESS. TO OUR ATTEMPTS TO EDUCATE
MULTICULTURAL AND MULTINATIONAL COMMUNITIES.
- CHALLENGES TO OUR GOVERNMENTS TO DESIGN, ASSESS AND IMPLEMENT
TIMELY AND EFFECTIVE RESPONSES;
- TO OUR SCIENTIFIC CAPABILITY TO PREVENT AND CURE THE DISEASE;
- TO OUR MEDICAL COMMUNITY TO PROVIDE ADEQUATE AND COMPASSIONATE
HEALTH CARE.
- CHALLENGES TO OUR BUSINESSES AND CORPORATIONS TO PROVIDE LEADERSHIP
AND RESOURCES.

The following two articles are
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PWA Coalition Newsline of New
York City.

A SEXUAL BILL OF RIGHTS

From the GMJIC, The Study, 1986

1. You have the right to say no.
 2. You have the right to judge your own actions, both in and out of bed, and to take responsibility for their initiation and consequences upon yourself.
 3. You have the right to make a decision and not explain it to anyone.
 4. You have the right to enjoy sex, free from anxiety and fear.
 5. You have the right to change your mind.
 6. You have the right not to have sex.
 7. You have the right to be responsible only for your own orgasm.
 8. You have the right to set limits.
 9. You have the right to be hopeful. There is a future, and it belongs to you as well as everybody else.
 10. You have the right to camp it up (or butch it up, or clone it up, or fuck it up).
 11. You have the right to be moody.
 12. You have the right to be confused.
 13. You have the right to love and be loved.
 14. You have the right to not be enthusiastic about organized sports.
 15. You have the right to be safe.
 16. You have the right to watch Monday Night Football.
 17. You have the right to be: respected, pampered, hugged, sad, funny, moody, sexy, sleazy, proper, bitchy, Bette Davis, John Wayne, Diana Ross, Fay Emerson, anybody & anything you want to.
- Finally: YOU HAVE THE RIGHT TO BE YOURSELF WITHOUT FEELING GUILTY!

SO MANY MEN

by Kevin Imbusch

There are so many of us now
Walking with feet of clay.
A long and ever-lengthening line
Growing longer by the day.
And the Worried Well in alarm look
As we go our silent way.

Some walk with slow and faltering step.
Others on crutches droop.
Limping from hospital to home,
A sad, pathetic group.
And those on the fence watch fearfully
At this pitiful, fretful troop.

At first a single line were we,
Unnoticed by the crowd.
Now eight and nine abreast we plod
Like a long and winding shroud.
And no one seems to care or heed,
Though we protest long and loud.

What we harbor in our bosom
Is indeed an evil guest.

Is there not a man among you
Who can rid us of this pest?
Now our number it is legion
And we're waiting for the rest.

We feel as if we have been robbed
Of this, our time and place.
Are we the losers and the lost
In this dateless term in space?
Are you the next to join us
In this macabre race?

NATIONAL NEWS
Elizabeth Taylor cont.

AND CHALLENGES TO US ALL TO PROVIDE SUPPORT AND COMPASSION FOR THOSE IN NEED.

IN SHORT, WE ARE TRULY FACE-TO-FACE WITH AN URGENT CRISIS WHICH WILL INDEED TEST OUR ABILITY TO CALL OURSELVES CIVILIZED.

WE ARE AT WAR WITH AIDS. AT WAR WITH AN ENEMY THAT KNOWS NO SEXUAL, RACIAL, ECONOMIC, RELIGIOUS, NATIONAL OR SOCIAL BOUNDARIES. AT WAR WITH AN ENEMY WHOSE TARGET IS NOT HIGH-RISK GROUPS OF INDIVIDUALS, BUT INSTEAD IS THE HIGH-RISK BEHAVIOR OF ANY INDIVIDUAL.

THE SUCCESS OF OUR WAR ON AIDS CANNOT BE MEASURED SIMPLY BY THE SCIENTIFIC ADVANCES WE HAVE MADE, OR THE NUMBERS OF PEOPLE WE HAVE EDUCATED. THE WAR ON AIDS IS ALSO MEASURED BY OUR ABILITY TO GIVE OF OUR LOVE AND COMPASSION FOR THE HUSBANDS AND WIVES, LOVERS AND FRIENDS, MOTHERS AND CHILDREN, BROTHERS AND SISTERS WHO NEED US.

THE STORIES OF MISTREATMENT OF PERSONS WITH AIDS ARE OFTEN UNBELIEVABLE AND ALWAYS UNCONSCIONABLE. SUCH MISTREATMENT TRULY MIRRORS THAT OF THE MISTREATMENT OF LEPERS. CHILDREN WHO HAVE BEEN ABANDONED BY THEIR MOTHERS; CHILDREN WHO HAVE BEEN FORCED FROM SCHOOLS; SONS AND DAUGHTERS WHO HAVE BEEN REJECTED AND RIDICULED BY THEIR OWN FAMILIES; ENERGETIC AND PRODUCTIVE INDIVIDUALS WHO HAVE LOST THEIR JOBS, THEIR HOMES, THEIR FRIENDS; HUMAN BEINGS WHO, EVEN IN DEATH, ARE REJECTED BY MORTUARIES; FELLOW CITIZENS WHO HAVE BEEN TORMENTED, DEBASED, AND HUMILIATED.

HOW CAN WE CALL OURSELVES CIVILIZED AND ALLOW SUCH MISTREATMENT TO OCCUR? I SUBMIT TO YOU THAT WE CANNOT.

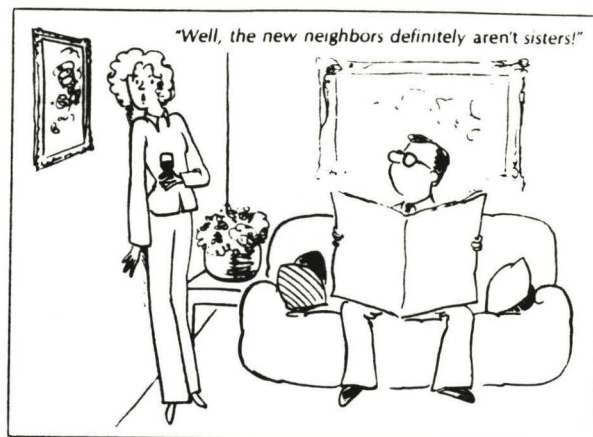
IN MY EXPERIENCE THERE ARE MANY PEOPLE WITH AIDS WHO ARE DEDICATED TO LIVING LIFE TO THE FULLEST AND CONTRIBUTING TO OTHERS. THEY ARE SETTING EXAMPLES OF COURAGE AND COMMITMENT THAT SHOULD BE LESSONS TO US ALL.

THEIR EFFORTS MUST NOT BE IN VAIN.

EACH OF US HAS A RESPONSIBILITY TO DO OUR PART IN DEFEATING THIS TRAGIC EPIDEMIC. I PRAY THAT YOU WILL JOIN ME IN WAGING THIS WAR SO THAT WE MAY SOON SEE THE DAY WHEN AIDS WILL BE BUT A PAINFUL MEMORY. WE WILL WIN - WE MUST WIN - FOR THE SAKE OF ALL HUMANITY.

The highlights of speeches by President Reagan, Senator Kennedy, and Elizabeth Taylor, were provided by the AIDS Action Council of Washington, D.C.

ON THE LIGHTER SIDE



cartoon by Michael Willhoite



cartoon by Michael Willhoite
from his book of cartoons
"Now For My Next Trick" -
available from Alyson Publications,
Inc. - 40 Plympton St. - Boston,
Mass. 02118

AIDS education efforts in a sample of nations

Country	Population (in millions)	Number of AIDS cases	National television campaign?	Household mailing?	Sterile needles for drug addicts?
USA	243	35,518	No	No	No
Australia	16	442	Yes	No	Yes
Brazil	138	1,263	Yes	No	No
France	55	1,632	Yes	No	Yes
Great Britain	55	750	Yes	Yes	Yes
Netherlands	14.5	260	Yes	No	Yes
Switzerland	6.6	192	Yes	Yes	Yes

MATERIALS

The Person With Aids - Nursing Perspectives - by Jerry D. Durham, R.N., Ph. D. and Felissa L. Cohen, R.N., Ph.D., F.A.A.N. - Springer Publishing Company - available through the Nursing Book Society - or special order from any Bookland.

Safe Sex - The Ultimate Erotic Guide, by John Preston & Glen Swam - available at The Aids Project office - \$10.00. The ground breaking program that makes safe sex great for gay and bisexual men and the women who love them.



"Delivers the facts in a clear and specific manner."
New York Times (3/1/87)

AIDS ALERT - UPDATED VERSION

This cartoon video answers the most frequently asked questions in a direct yet non-threatening way. Now used in over 4000 schools and hospitals from New York to Singapore.

Time: 20 minutes Pricing: 1/2" VHS, Beta - \$125, 3/4" - \$160



"An innovative way to teach about herpes."
Sol Gordon, Ph.D.

HERPIE - UPDATED VERSION (Available 7/1/87)

This cartoon video dispels the myths with the facts and presents ways for management and prevention of genital herpes.

Time: 18 minutes Pricing: 1/2" VHS, Beta - \$125, 3/4" - \$160

(Available 7/1/87)

CHLAMYDIA - The Invisible Disease

Our latest cartoon health video explores the current Chlamydia epidemic, the visible and invisible symptoms and ways of prevention.

Time: 18 minutes Pricing: 1/2" VHS, Beta - \$125, 3/4" - \$160

SPECIAL INTERVIEWS WITH:

Dr. Richard P. Keeling, Chairman AIDS Task Force, American College Health Association; Director of Student Health, University of Virginia.
Each video is introduced and concluded with remarks by Dr. Keeling regarding the specific venereal disease.

AUDIENCE LEVEL:

Grades (7-12), College, Hospital Patient Education and Military Personnel.

TO ORDER:

Send \$125 for 1/2" VHS or Beta and \$160 for 3/4" U-Matic plus \$3 for shipping.

TO PREVIEW:

Send \$15 and specify three-day preview period. (1/2" VHS only)

TO RENT:

Send \$45 and specify one week rental period. (1/2" VHS only)

FOR IMMEDIATE ORDERS:

Call (804)296-6138.

HEALTH ALERT

CREATIVE MEDIA GROUP, INC.
123 Fourth Street, NW
Charlottesville, VA 22901

ACKNOWLEDGEMENTS

The Aids Project wishes to acknowledge all of you who have made donations in recent months. Secretarial support has been absent and so we have not always been able to respond to your kindness in a timely fashion. But we will respond. If you haven't already, you soon will receive a letter acknowledging your gift. We greatly value your support, and want you to know that. Our humblest apologies for not being more courteous to you.

A hearty thank you to Culinary Creations - 11 Bishop Street - Portland - for the great catering service at our recent open house. And a very special thank you to Tom's Twin City Florist - 232 Main Street - Saco - for their donation of flowers.

REMINDER

The Aids Project is requesting that all persons who have borrowed books or articles from the office, to please return them as soon as you have read them. We are especially interested in the return of the book "The Screaming Room" by Barbara Peabody.

STATISTICS

As of July 21, 1987, there have been 56 diagnosed cases of Aids in Maine. Southern Maine 37 Central Maine 13 Northern Maine 6. Of the total 56 cases, 23 have died.

HELP WANTED

The Aids Project is looking for individuals who receive daily newspapers, weekend editions, weekly and monthly magazines, who would be willing to clip articles from these periodicals to send to TAP. What we would like to do is find one person for each local newspaper (all over Maine), the New York Times, USA Today, Wall Street Journal, Time, Newsweek, Reader's Digest, Science, Discover, Atlantic Monthly, etc etc., who would make it their responsibility to send us clippings from these publications on a monthly basis. If you receive professional journals, we would also welcome clippings or copies of articles (especially covering mental health issues, volunteerism, home care, nursing care, housing options, longitudinal studies on behavioral issues, IV drug user issues, ethics, employment, legal and civil rights issues, etc. Help us stay informed. To volunteer, please contact TAP by mail (stating your publication of choice and how long you wish to contribute to this activity), or call Gary Anderson at 774-6877.



On Sunday, October 11, 1987, thousands of Americans will gather at the U.S. Capitol to demand that the President and Congress take immediate action to substantially increase Federal funding of AIDS research, treatment, education and services.

The NAMES Project is a nation-wide campaign to memorialize the tens of thousands of Americans who have already been killed by the AIDS epidemic.

We are creating a memorial composed of thousands of individual fabric panels, each bearing the name of a single person lost to AIDS. Designed and completed in homes across America by the friends, lovers, and families of people killed by AIDS, the panels will be assembled into one massive expanse of names and displayed across the Capitol Mall in Washington, D.C. on Sunday, October 11, 1987.

Inspired by the American folk art traditions of quilting and sewing bees, The NAMES Project is a positive expression of personal loss as well as a dramatic illustration of the impact of AIDS on American society.

Some people will choose to create their panel privately as a personal memorial to someone they loved. We hope, however, that many more will follow the traditions of quilting and sewing bees, involving friends, families and co-workers in designing and creating the panels.

Businesses and organizations such as sports teams, political and social clubs, churches, and professional associations are urged to sponsor panels for members who have died.

*The NAMES Project
Clive Jones, Director
A Project of the Castro Street Fair, Inc.*

How to create a memorial panel:

1. Select a durable and light-weight fabric of any color for the background. Cut and hem the fabric to 3' x 6'. (We'll hem it for you if you leave 3" extra fabric on each side.)
2. Design the letters. Some suggestions:
Applique: sew letter to background fabric
Painting: brush letters on with paint, dye, or ink
Stencil: spray paint cut-out letters
Collage: glue on material with fabric glue
Embroider: sew on beads, sequins or rhinestones
3. When the panel is complete, take time to write a one or two page description of the person you have memorialized. Tell us what this person meant to you and how you think he or she should be remembered.
Enclose a photograph of the person if you have one and are willing to part with it — we cannot be responsible for returning photographs or other mementos.
4. Wrap the panel securely before mailing it to The NAMES Project.
P.O. Box 14573
San Francisco, CA 94114
5. Please include as generous a contribution as possible to help us meet our transportation and material costs. All contributions are tax-deductible.

Have any questions? Call us at 415-626-5725.

**Deadline: All panels must be received by
September 15, 1987.**

Please note: All materials submitted to The NAMES Project become the sole property of The NAMES Project and cannot be returned or reclaimed by sender. The NAMES Project retains all copyrights on all materials submitted.

Return to: The NAMES Project, P.O. Box 14573, San Francisco, CA 94114

Please type or print clearly:

NAME _____

ADDRESS _____

CITY/STATE/ZIP _____

TELEPHONE: DAY: _____ EVE: _____

☐ Enclosed is my tax-deductible contribution of ☐ \$25 ☐ \$50 ☐ \$100 ☐ Other: _____

☐ I want to help, please contact me.

One of our PWA's has great need for an electric can opener. Please call or write to the Aids Project if you can help with this need. Phone 774-6877.

HOW CAN YOU HELP?

THERE ARE MANY WAYS YOU CAN HELP TAP. FOLLOWING ARE SEVERAL SUGGESTIONS. CHECK THOSE YOU CAN DO:

- ____ YES, I WANT TO HELP TAP. I WOULD LIKE TO BE A VOLUNTEER. SEND ME AN APPLICATION.
- ____ YES, I WANT TO HELP TAP. I AM ENCLOSING A CONTRIBUTION.
- ____ YES, I WANT TO HELP TAP. I CAN DONATE NEEDED ITEMS OF FOOD, CLOTHING, HOUSEHOLD GOODS, ETC. CALL ME AT: _____
- ____ YES, I WANT TO HELP TAP. SEND ME INFORMATION ON WHO I SHOULD CONTACT IN STATE AND FEDERAL GOVT. TO INCREASE FUNDING FOR AIDS EDUCATION & SUPPORT SERVICES.
- ____ YES, I WANT TO HELP TAP. I CAN'T DO SO RIGHT NOW, BUT ADD ME TO A MAILING LIST OF CONCERNED PEOPLE.

NAME: _____

ADDRESS: _____

TOWN: _____

STATE: _____ ZIP: _____

SEND THIS FORM TO:

48 DEERING ST.
PORTLAND, ME 04101
(207) 774-6877

MAKE CHECKS PAYABLE TO:

THE AIDS PROJECT

Recently it has come to the attention of TAP that certain individuals in Maine who have AIDS or ARC are having some difficulty finding adequate financial assistance to provide them with AZT. The problem seems to be that these individuals either are eligible for Medicaid and haven't received their card yet, or they are covered by private or group insurance that will only pay 80% of the cost for AZT. Since AZT can cost over \$800 per month, this can create quite a problem: the person who does not have Medicaid yet would need the full \$800 per month to start on the drug; the person who has 80% coverage under their insurance still needs to come up with an additional \$160 on their own.

The benefits of AZT are well known. Persons with AIDS or ARC find it very hard to accept the situation of needing AZT and not being able to afford it, especially knowing that it is the only proven treatment available. One person who has insurance through work said that he would rather keep his job and not go on AZT (since he couldn't afford the additional 20%) knowing full well what this could mean to his health; for him the thought of losing his job, spending down to be eligible for Medicaid, etc., was not acceptable.

We know that the State of Maine is working hard to address this problem. It will take time for the State's response to be readied and then implemented. In the meantime, people in Maine need help. Therefore, TAP is hoping to set up a "Sponsorship" program for people needing financial assistance with AZT. This is only a temporary approach, but it is an important one. As the following letter makes clear, this problem can be solved. If you would like to help us "sponsor" people who need AZT and can't afford it, please send your earmarked funds to TAP. Every little bit will mean a lot.

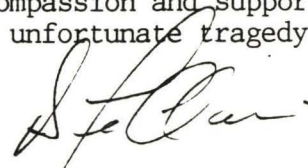
My name is Bert and about one month ago I was informed that I was in the advanced stages of ARC and would need to go on AZT. In the doctor's presentation to me it was made to sound like good news, "to avoid the further advancement of the disease," but as reality set in, quickly the negative element also set in. How do I afford this drug? Not being disabled, I do not qualify for Medicaid or SSI. Anger quickly arose, which for me initiates action.

What started off as a lark on my part with a friend is now becoming a reality. "Sponsorship" for myself and other individuals in my predicament who cannot afford a drug they so desperately need.

I have always had difficulty in feeling helpless, thus my energies took over. I needed to search into myself for I knew that if I was going to help initiate a new concept I would have to be ready to suffer any ramifications that came my way. I chose to go public, newspaper, television and pray for the best. So far the outcome has had positive affects but a few negative ramifications have occurred which are mostly to people who are close to me, support me and love me. I thank God daily for placing them in my life and wish to thank each and every one of them. I sometimes do revert back to anger that myself and other individuals are placed in the position we are placed in but realize I need to let go of that.

The sponsorship program is now in it's initial planning stages. The Aids Project as myself are very optimistic. Already someone has come forward and is sponsoring my 20% of the cost of AZT for the next 12 months. I wish to thank this individual whoever he/she may be but realize that words cannot express my gratitude. His/her generosity only re-inforces my belief that there are some very good and compassionate individuals in our society.

I ask you all to reach into your hearts, locate your compassion and support the "Sponsorship" program. We will only get thru this unfortunate tragedy if we support one another.



ONGOING CALENDAR

Every Tuesday from 10:30 a.m. to 12 noon at the Aids Project - 48 Deering Street - Portland - there is a group meeting for all PWA's, PWArc, caregivers, and family members, to share your thoughts and feelings relative to Aids. The meeting is conducted by Jacob Watson, M.A. Jacob is a spiritual teacher and psychotherapist. A graduate of the University of Pennsylvania, Beacon College, and the Gestalt Institute of Cleveland, he has trained with the Elizabeth Kubler-Ross Center.

On the first Tuesday of every month at the Aids Project - 48 Deering Street - Portland:

6:00 p.m. - A-Line Staff meeting.

7:00 p.m. - HIV Counselor Staff meeting.

The regular calendar events for August are suspended due to vacations, Time to relax and to reflect. It will be full steam ahead for September.

COMMENTS

We welcome your thoughts and suggestions to help the Newsletter meet your needs. If you have an event in your area that you would like to have published in the Aids Project Newsletter, please contact us at the Aids Project - 774-6877 - or by mail to the attention of: David Ketchum.

SUBSCRIBE

SUBSCRIBE NOW TO THE AIDS PROJECT NEWSLETTER

THIS NEWSLETTER RELIES TOTALLY ON SUBSCRIPTIONS TO EXIST. WE ARE GRATEFUL TO THOSE WHO HAVE SUBSCRIBED, AND TO THOSE WHO HAVE NOT, PLEASE DO SO NOW. \$10.00 COVERS ONE YEAR (12 ISSUES). PLEASE MAKE YOUR CHECK OR MONEY ORDER PAYABLE TO "THE AIDS PROJECT". THANK YOU.

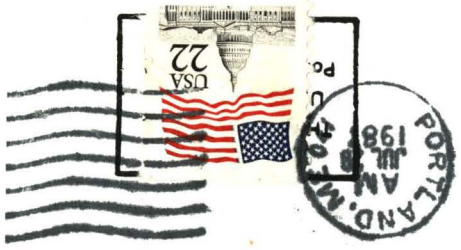
NAME _____

ADDRESS _____

WHEN YOU SEE SOMEONE WITHOUT A SMILE,
GIVE THEM ONE OF YOURS.....



11/11



TAP
48 DEERING STREET
PORTLAND, MAINE 04101

