

THE AIDS PROJECT

Maine AIDS Walk Sponsor Sheet Inside! > > >

Newsline

A Publication of The AIDS Project, 22 Monument Sq., 5th Floor, Portland, ME 04101

July 1993 / Volume 6 / Number 2

TAP Welcomes New Executive Director - by Kathy Mills

Experienced. Progressive. Thoughtful. Focused on the needs of people in the AIDS epidemic. TAP's new executive director, Deborah Shields, brings a rich background to the task of leading Maine's largest AIDS service organization. After making the move from Boston to Portland (in time for a scorching summer heat wave), Deborah began her first day at work on July 12.

The search for a new executive director began in the spring, following Marjorie Love's announcement that she would be leaving in the summer (see inside for news on Marjorie's plans). Over 100 people applied for the job. "We were looking for someone who had experience to manage a dynamic, busy organization and who was committed to the needs of people living with HIV," said Leo LaPlante, President of the Board of Directors. "Deborah Shields met these qualifications, and more. We are fortunate to have someone with her experience in the AIDS epidemic leading The AIDS Project at this time."

Deborah has worked with several Boston AIDS organizations. Her professional life reflects a commitment to progressive, community-based agencies and a concern for the needs of disenfranchised populations. From 1989 to 1991, she served as the first, full-time staff person at the AIDS Law Clinic at Harvard Law School. There she supervised volunteer attorneys and law students who provided legal services to people living with HIV. She also carried her own case load of clients, visiting people in their homes, at the hospital, in prisons and community health centers, counseling them on legal issues such as discrimination, bankruptcy, insurance, estate planning and family law. She organized community outreach programs to several different minority populations — Haitians, African-Americans, Hispanics, injectable drug users, women of color. She also helped bring educational programs to people in various community settings: to hair salons, churches, community centers, public sex environments.

"The AIDS Law Clinic was one of the first of its kind in the country," explains Deborah. "We were breaking new ground teaching people about their legal rights and conducting education and advocacy among some of the hardest-hit populations in the AIDS epidemic."

Most recently, Deborah worked with the National Lawyers Guild in Boston, helping to secure legal services for low-income citizens. She educated and organized volunteer attorneys on issues such as reproductive rights, immigration, and AIDS. In addition, she did consulting work for the Bromfield Street Education Foundation, helping them to completely restructure their organization from the bottom up. The Foundation oversees OutWrite the annual National Gay and Lesbian Writers Conference, and coordinates production of *Gay Community News*, the Boston gay and lesbian newspaper which hopes to resume bi-weekly publication in the near future.

Deborah has been active with the AIDS Action Committee in Boston, conducting legal education trainings for volunteer attorneys. She also volunteered as a buddy. She did financial work with the Minority AIDS Council, and consulted with both organizations on legislative and policy issues. She played a lead role on the Prisoners with AIDS Task Force, served on needle bill policy committees, and helped organize the first women and AIDS conference in Boston in 1990. She was a regular spokes-person to the media on AIDS and legal issues.

When asked what first brought her to AIDS work, Deborah shared these thoughts: "AIDS is compelling emotionally and politically. Dozens of friends have lived and died with AIDS. I think my own experience with my mother who had cancer sensitized me to serious illness. AIDS involves gay issues, public health issues, and matters relating to sexual health and practices. It challenges our notions of social justice on many fronts."

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And more!

It's the Process

by Jeffrey Levensaler

Webster's dictionary defines change as follows: "to give a different position, course or direction to." As humans, we view change with a wide range of emotions, from fear to euphoria. Change is a powerful force to be reckoned with. When I think of change, it seems important to recognize the actual process, as well as the end result. The process of changing is also a process of learning. Change is a prerequisite to growth.

The past few months have witnessed significant change, here at The AIDS Project, and in the world as a whole. It is with a degree of sadness that we bid farewell to Marjorie Love, our executive director for three years. As much as she will be missed, I applaud her courage to initiate and embrace the process of change in her life. Marjorie's outstanding accomplishments while steering the agency through a challenging course of change has benefitted not only people living with HIV/AIDS, but the community at large. Her decision to initiate change in her life is a testament to her courage. We wish her a healthy and positive journey.

Marjorie's departure began a process of change at The AIDS Project that has also been a learning process. The arrival of the new executive director, Deborah Shields, has created change and a new learning process. The different position, course or direction, if any, remains to be seen, but I feel confident that the end result will be growth. We face so many challenges in fighting this disease. I know that the attitude with which we face the challenge of change will be the same. Not "can we succeed?" but "how shall we do it?" The essential ingredient is the positive energy that is put into the process.

The world is constantly changing. The results of these changes are as diverse as the people creating the processes. Not all change is positive or good. Free will allows us to choose the positive or negative direction that change will take. Whether or not we choose to take an active role or even be cognizant of the process, on some level it is always a learning experience. Hence, it can be said that the world is also constantly learning.

Let us pledge to exercise our free will to help ensure a healthy learning process resulting in positive change. Changing the world can be as simple and as difficult as that. Until next time, I wish you gentle love and urge your comments and ideas. ■

Marjorie Love Heads for Tufts

by Kathy Mills

After serving for three years as executive director of The AIDS Project, Marjorie Love announced her resignation in April, with plans to depart in the summer to "take some time off, rest and regroup" before charting a new course in her professional life, doing consulting work with non-profits.

In the process of sharing her news with friends, she learned of a fellowship in non-profit management at Tufts University. She had been interested for some time in studying the factors which create special challenges in managing and directing small non-profit agencies. In May, Marjorie was notified that she was one of six nationally to receive a fellowship, and will begin a six-month residency at Tufts in September.

"It has been a privilege to work at The AIDS Project, and to help serve many different needs in the AIDS epidemic in Maine. I will miss many people I have worked with, but I am glad to be leaving TAP in such strong financial condition, with a dedicated and gifted staff. We simply couldn't have done it without the support of the community."

A drop-in farewell gathering was held for Marjorie at The AIDS Project on Friday, July 16 for clients, volunteers and friends. Later that evening, President Leo LaPlante hosted an appreciation party at his home for the staff, Board of Directors and Advisory Board.

We wish Marjorie the best of luck at Tufts, and look forward to seeing her back in Maine in 1994! ■

New Executive Director, *Continued from p. 1*

Deborah is a Phi Beta Kappa graduate of the University of Michigan at Ann Arbor and took her law degree at Northeastern University in 1987. She held several law internships in the areas of family law and civil rights, and was awarded a Fellowship in International Human Rights Law at the Fletcher School of Law and Diplomacy.

In her new position as executive director, Deborah is looking forward to "increasing the visibility and political stature" of The AIDS Project. She understands the challenge of working with limited resources while working to enhance services for people living with HIV. After developing medical treatments in the first decade of the AIDS epidemic to increase the length of life of people with HIV, she believes one of the priorities in the second decade needs to be increasing their quality of life. In prevention, she wants to help keep the spotlight on public health, focusing attention on high risk *behaviors* instead of high risk groups. She is concerned about the increased incidence of HIV among adolescents and women, and believes this demonstrates all too clearly that a serious lack of awareness persists and that there are still pockets of resistance to effective prevention education.

"We really need the support of the whole community to do work at The AIDS Project," she said. "All sorts of constituencies need to be involved."

Asked about the special perspective she brings to The AIDS Project, she replied, "I've known hundreds of people living with HIV — friends, colleagues, co-workers, clients. I'm sensitive to the needs of people living with the virus."

I'm also sensitive to the needs of staff working in AIDS organizations. I'm familiar with the different jobs at The AIDS Project, and have actually done many of them in other settings. I'm looking forward to working with a well-trained, dedicated and resourceful group of people."

And the move to Maine from the bustling metropolis of Boston? "I love being outdoors, going to the beach, canoeing, hiking. The pace in Portland is much easier, more relaxed and affordable. I liked the prospects of a small city with such great access to outdoor recreation."

The AIDS Project and the AIDS community welcome a new leader to Maine. We hope you'll have an opportunity to get to know Deborah Shields in the months ahead. ■

Art Auction Tops Last Year's Success



On Saturday, June 12, over 650 people filled the Holiday Inn by the Bay in Portland and helped raise over \$60,000 for The AIDS Project at the annual Spring for Life art auction. This year's event was postponed from its original date on March 13 due to the "blizzard of the century."

Over 180 artists contributed more than 250 works of art to the 1993 auction, an outstanding show of support from the arts community to the fight against AIDS. In addition, 10 individuals donated works from their own private collections, including a Winslow Homer woodcut from Dr. and Mrs. Harold Osher of Portland.

Highlights at this year's event included a festive Celebration Hour to meet the artists, which was beautifully

decorated by fabric art donated by Transformit Inc. and flowers by Harmon's & Barton's Flowers. Sturdy panels constructed by Liz Moberg of Ralff & Sons allowed for easier display of art, and will provide an indispensable resource for future auctions. A silent auction organized by Karla McGowan and Gunnar Falk preceeded the live auction, and added \$8000 to this year's proceeds. Over 100 volunteers staffed the entire auction, with floor logistics running especially smoothly due to the planning and expertise of committee member Roberta Wright.

Other auction committee members were Mary Anderson, Becky Bearden, Judi and Ed Mansing, Kathy Mills, Della Parker, Pat Pinto and Crandall Toothaker.

Chair of this year's auction was Michael Quint, Manager of Corporate Support Services at Blue Cross and Blue Shield of Maine, and a member of TAP's Board of Directors. Blue Cross was the major corporate sponsor of this year's auction, donating all of the design and printing costs for stationery, invitations, posters, flyers, signage and the very classy auction catalogue. Other major contributors included Confidential Records, Harmon's & Barton's, Holiday Inn by the Bay, Mansing & Company, Sentinel Security and Transformit Inc.

"It really is remarkable to see people and art come together in the fight against AIDS," says Michael Quint. "This annual auction would not be possible without the generous support of many businesses and individuals in the community, particularly artists. It's a beautiful example of true giving, and The AIDS Project is extremely honored to be the benefactor of such community support."

Extra copies of the spectacular auction catalogue are available at The AIDS Project. Stop by or give us a call. We'd be happy to send you one.

And if you or someone you know would like to contribute to next year's event, just call Susan Tremblay at TAP. ■

One Step at a Time - by Jeffrey Levensaler

"I went walking with my dog the other day, around the bay, and we remembered the wonderful turnout for the 1992 AIDS Walk. We made many friends and saved lives. Now, we wonder, will all our friends and newcomers come out and walk in October, 1993?" — Fred Charon

Each October a battle cry is heard in Maine. A call to arms goes out across the state for people to come together in the fight against AIDS — The Maine AIDS Walk. This important event is an annual opportunity for communities in Maine to raise much needed dollars, but the magic of the Walk lies in its ability to unite diverse groups of people for the common cause of raising awareness around AIDS.

Old and young, blue and white collar, gay and straight, people living with AIDS and people who love someone living with AIDS, all join forces in this effort. An energy pulses through the crowd and the crisp autumn air is charged with the electricity of hope.

For many, the Walk is a chance to see old friends, make new ones, or simply spend time with others who share a common concern. It is also a time to reflect on the enormous impact of this epidemic in our lives and to remember loved ones who are no longer with us. This is what the Maine AIDS Walk is about, breaking

down walls and eliminating stigma. It is people coming together to combat ignorance and to raise money in the effort to save lives.

This year the Maine AIDS Walk will be held on Sunday, October 3, at 10 different locations around the state. In Portland, registration and opening ceremonies will be held at the University of Southern Maine - Portland Campus Center. The work of organizing the Portland Walk is well under way. Local organizations which will benefit are The AIDS Project, the People with AIDS Coalition, the AIDS Lodging House and The NAMES Project. Requests for walkers have gone out to schools, churches, businesses, civic organizations and many other groups. Be a part of the Walk this year and ask your family, friends and co-workers to be a part of it, too. Join your neighbors on October 3 for a walk around Back Cove — it will be one of the most important walks you ever take.

"I would do it all over again, wouldn't you? Walk with a friend, partner, family member, or make a new friend. Those who walk together make better lives for others to enjoy." — Fred Charon

Fred Charon died with AIDS on March 25, 1993. ■

The AIDS Project

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TAP News & Updates

"Frannie at 90" — The birthday bash held for Frannie Peabody on her 90th birthday, drew over 400 people to One City Center in downtown Portland on Sunday, April 18. Representatives from several groups that have benefitted from Frannie's talents and gifts gave brief remarks, including people from the AIDS community, historic preservation, children's services, gay rights, art museums, colleges, universities and historical societies. The event was sponsored by First Parish Church and chaired by Eleanor Merrill. Donations at the door were shared by First Parish and The AIDS Project, and resulted in a \$2000 gift to TAP.

Women's Voices: HIV and AIDS, the conference held on April 27 at the Marriott Hotel in South Portland, gathered 130 health care professionals, social workers, counselors, professors and women living with HIV from across New England. Organized by Women AIDS and Power (WAP), it was the first of its type in Maine, entirely designed, organized and facilitated by women living with HIV. Sessions included topics on epidemiology, assessment, diagnosis, psychosocial issues, and medical management for women living with HIV. The response of participants was very positive. WAP has tentatively scheduled a second annual conference to be held in the Spring of 1994.

Cathy Kidman, TAP's Community Education Coordinator, had a ground-breaking article published in the April/May 1993 issue of the *SIECUS Report*, the journal of the Sex Information and Education Council of the U.S. entitled **"Non-Consensual Sexual Experience & HIV Education: An Educator's View,"** the article addresses the importance of incorporating awareness about non-consensual sexual experience into HIV education. Citing statistics that one in four girls and one in six boys have been sexually abused, Cathy challenges the consensual sex assumption in current HIV education efforts. She advocates for prevention education that takes into account people's different sexual experiences, not all of which have been consensual or positive and may prevent listeners from taking effective action in protecting themselves from HIV infection. *SIECUS* is one of the most highly-respected national journals on sex education. Cathy has recently given trainings to teachers and youth workers which focus on this important topic.

Sandy Titus, TAP Support Services Coordinator, was one of two **Jefferson Award** recipients from the state of Maine who was named a national finalist. Jefferson Awards were established in 1972 by Jacqueline Onasis and others to create a Nobel Prize for Public Service. Sandy was invited to Washington, D.C. in early June to attend an awards banquet and ceremonies at the U.S. Supreme Court. She was the only person of the 63 national recipients who was working in the AIDS epidemic. She was first nominated for her local award by TAP clients and accepted her awards in Portland and Washington on behalf of all people living with HIV.

New staff: In March, a second administrative assistant position was created to help support the growing fundraising program and to provide additional office support to TAP staff. **Susan Tremblay** recently relocated to Portland from Atlanta, where she worked for AID Atlanta, Inc., the southeast's oldest and largest AIDS service organization. Susan has experience with major fundraising events, data-base management and office operations. She is a 1989 graduate of Boston College, where she majored in English.

In April, TAP welcomed new staff accountant **Terry Dubois**. Terry was formerly with Casco Bay Weekly and brings to TAP a wealth of accounting experience. He spent five years as accounting manager at Ogilvy and Mather, Los Angeles, one of the largest advertising agencies in the world. Terry has been active in the AIDS community and was supportive of ACT UP/Maine's early efforts. ■

COMING UP

August 18-19 - A two-day RARE-T (Reduce AIDS Risk Effectively-Teens) Workshop for Central Maine teens. RARE-T is a nationally-sponsored, critically-acclaimed AIDS educational program designed to teach teens about the risk factors for HIV infection, and how to reduce their risk. For more information, call Jeff Bickford at 873-1127.

September 23, Thursday - Dr. Robert McCardle of Brighton Medical Center will lead a discussion on "AIDS and Sexuality: Reducing the Risks," Matlovich Society, 7:30 p.m., Portland Public Library.

September 23-26 - "AIDS, Medicine and Miracles," an annual, national conference on AIDS that has received rave reviews from TAP clients and staff. At the Omega Institute, Rhinebeck, NY (changed from Colorado because of Amendment 2). Call for more info. (800) 862-8890.

September 24, Friday - "Contemporary Women's Issues in the 90s: Women and AIDS," to be held at the Ramada Inn, Portland. For more information, call USM's Department of Continuing Education for Health Professions at 780-5951.

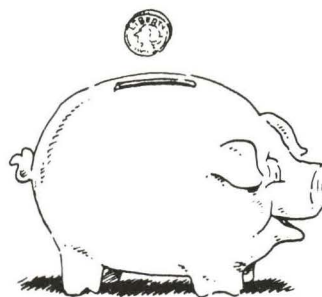
September 30-October 1 - "Personal and Professional Challenges of HIV/AIDS," to be held at Sebasco Estates in Bath. For more information, call USM's Department of Continuing Education for Nursing and Health Professions at 874-6550.

October 3, Sunday - Annual **Maine AIDS Walk**, a 10-K walk at 10 locations to benefit AIDS care and education in Maine. Portland Walk starts at USM's Campus Center in Portland. **SEE SPONSOR SHEET IN THIS ISSUE.**

October 31-November 3 - 1993 National Skills Building Conference, the largest national gathering of front line AIDS workers in the country, to be held in New Orleans. Call (202) 546-6119 for more information.

November 2 - Equal Protection Lewiston. Lewiston residents go to the polls in a city-wide referendum to vote NO to end discrimination against gay, lesbian and bisexual people.

December 1, Wednesday - **World AIDS Day**. The NAMES Project of Maine will host a major display of the AIDS Memorial Quilt at the YWCA in Portland, Dec. 1-4. "Project Face to Face," a national exhibition of life masks and recorded narratives of people with AIDS, will be on display at the Portland Museum of Art, Nov. 2 - Dec. 5. The AIDS Project will host mid-day activities in downtown Portland. Watch local papers for details. ■



EVERY PENNY COUNTS!

Every Penny Really *Does* Count

The AIDS Project would like to recognize the following businesses and volunteers for their participation in the Every Penny Counts program. Businesses place a specially-labeled jar in their workspace to receive donations. Volunteers regularly visit jars, collect proceeds and deliver them to The AIDS Project. Over \$6000 was raised in 1992. **Thank You** for your generous gifts of time and support!

Businesses

Amato's Gorham
Aunti Leoni's
Bad Habits
Basics
Black Tie
Bookland Monument Way
Bookland Mall Plaza
Bookland Mill Creek
Bone Appetit
Blueberries & Granite
Condom Sense
Della's Catessen
Drop Me A Line
Food for Thought
Good Day Market
Goodwin Mills Store
Home Vision Video -Oak Hill
Kid's Stuff
Limelight
Low's
Magic Muffin
Material Objects
Monument Walk Deli
Orphan Annie's
Raffle's Cafe Bookstore
Rite Aid Drug Store
Sister's
Victory Deli
Videoport
Yarmouth First Universalist Church

Volunteers

Dennis Bouttenot
Jack Bragdon
Amanda Coffin
Dana Deguzman
Celeste Gosselin
Majorie Love
Teri Maloney-Kelly
Carolyn Ladd
Jeff Levensaler
Rev. Peter Luton
Doug Malcolm
Martha Mickles
Mary Anne Nemeo
Joe O'Loughlin
Laurie Phillips
Mimi Porter
Marla Ryder
Lisa Serekian
Russell Tarason
Diana Wallingford
John Waugh

Carolyn Thomas,
EPC Coordinator

Save this date!!



Sunday, October 3, 1993

4th Annual Maine AIDS Walk

10-K Back Cove, Portland
starting at USM Campus Center

1:00 pm — rain or shine!

Register early to avoid long lines.

Registration: 11:00 - 12:30. Opening Ceremonies: 12:30.

Help us get a jump-start on this year's Walk!

SIGN UP TO WALK

HELP FIND OTHERS TO WALK

We need to start now to make this
a successful community event for AIDS.

► Enclosed is an **official sponsor sheet**. ◀
Sign up sponsors this summer —
Walk with your friends this fall.

Form teams in your neighborhood, at work, at camp, at church/synagogue.
If you can't use the sponsor sheet, pass it on to someone who can!

For more info call TAP at 774-6877.

Portland proceeds will benefit:

The AIDS Project (TAP)

People With AIDS Coalition of Maine

The AIDS Lodging House

The Names Project

*The Maine AIDS Walk is a state-wide donation walk sponsored by
the Maine AIDS Alliance and held at 10 different sites to support
community-based AIDS care and prevention.*

Maine AIDS Walk '93

GENERAL INFORMATION

Maine AIDS Walk is a ten kilometer walk coordinated by MAINE AIDS ALLIANCE to benefit HIV/AIDS education and care in Maine. Profit from the WALK is used by local organizations for direct care, support, and education. HIV/AIDS effects all Maine citizens. It's important that we all work together.

BEFORE THE WALK

Sign up as many sponsors as you can - friends, co-workers, even strangers. Set yourself a goal of raising at least \$100.00. Please ask sponsors to pre-pay. Make check payable to MAINE AIDS WALK. **Avoid collecting cash.**

TO THANK YOU

Each person who registers will receive a commemorative MAINE AIDS WALK button. A commemorative MAINE AIDS WALK t-shirt will be given to those who turn in \$100.00 or more.

>> Portland Walk Information <<

**10K around Back Cove, Portland
starting at USM Campus Center**

- **Registration 11:00 a.m.- 12:30 p.m.***
- **Opening Ceremonies 12:30 p.m.**
- **Walk starts at 1:00 p.m. sharp**

>> rain or shine <<

(* Register early to avoid long lines!)

**1993 Honorary Chair Tim Sample will be on hand
Entertainment provided by local artists
Refreshments during and after the Walk
Volunteers are also needed to help on-site**

**For more information, please call
The AIDS Project at 774-6877**

Portland proceeds will benefit:

**The AIDS Project
People With AIDS Coalition of Maine
The AIDS Lodging House
The Names Project/Maine**

Parking Alert! Because of other events at the University, on-campus parking will be very limited! Additional parking is available at the new Marginal Way Parking Lot across from the Trailways Bus Terminal.

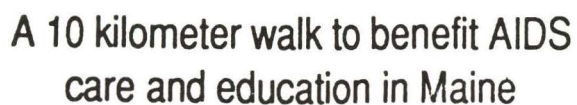
Directions to USM Campus Center from the South: Take Maine Turnpike North to "Exit 6A - South Portland, Portland Downtown." Go through the tollbooth and head into Portland on Route 295. Take "Exit 6B - Forest Avenue North." At the end of the ramp, you must turn right onto Forest Avenue. Get in the left-hand lane. At the first light, take a left onto Bedford Street. USM Campus Center will be one block up on your right -- gray building with blue trim. Watch for Maine AIDS Walk '93 signs!

Waiver for Maine AIDS Walk '93

I, _____ hereby waive all claims against Maine AIDS Alliance, its members, sponsors, volunteers and directors for any injury I might suffer in this event. I attest that I am physically fit and prepared for this event. I also consent to permit emergency treatment in the event of injury or illness. If the participant is under 18, waiver must be signed by a parent or guardian.

Signature _____

Date _____



(Company, School, Church, Neighborhood)

Team Name _____

—AIDS Watch—

Maine AIDS Update

(data as of 5/31/93)

Number of AIDS cases diagnosed in Maine — 402*
Number deceased — 205**

* does not include people who were diagnosed in other states and who moved in Maine. Also does not include the estimated 1500-2500 people in Maine who are living with HIV, the virus that causes AIDS.

** 19 of these occurred during an 18-month period from 1991-92 and were previously unreported to the Bureau of Health; they are now being reported as the result of a death certificate review.

AIDS Cases by Year of Diagnosis:

1984: 2	1987: 37	1990: 57
1985: 15	1988: 45	1991: 59
1986: 20	1989: 62	1992: 68

National AIDS Update

(data as of 5/31/93)

Number of reported AIDS cases diagnosed - 289,320
Number of deceased - 182,275

Important Facts: *

- One in 250 persons in the U.S. is infected with HIV.
- HIV/AIDS is the 3rd leading cause of death among adults age 25-44.
- In 1990, AIDS was the 2nd leading cause of death among U.S. men age 25-44, surpassing heart disease, cancer, suicide and homicide.
- In 1990, AIDS was the 6th leading cause of death among U.S. women age 25-44.
- AIDS cases among U.S. women increased 17% from 1990-1991; among men, the increase during the same period was 4%.
- The percentage of AIDS cases attributed to heterosexual contact has increased by 21% from 1990-1991.

* data from the Centers for Disease Control

Remember TAP during the 1993 United Way Campaign

AIDS was one of 9 priorities identified in the 1993 Community Needs Assessment Report issued by the United Way of Greater Portland.

You can designate your United Way gift to The AIDS Project.
United Way designated gifts to TAP in 1991: \$11,245.09
in 1992: \$ 8,683.48

Help us make a difference in your community!
Support AIDS work through the United Way.

Time Out for *Thanks-Giving*

This is a column to recognize companies, groups, organizations and individuals which have recently made special contributions to The AIDS Project. TAP relies heavily on community support to do its work. To all listed below — a big **THANK YOU** for your gifts, time, talent, financial and material support.

★ **Limelight Portland** - for donating proceeds from "Safe Connections," an evening of safer sex education games held on March 7.

★ **Portland Stage Company** - and the cast of "The Baltimore Waltz" for their benefit performance in February.

★ **Jennifer Elowitch** - for her benefit violin concert at the Portland Museum of Art on May 18.

★ **Lucinda, Inc.** - for donating proceeds from the sale of People Pins.

★ **Frannie Peabody** - for designating half the proceeds from her 90th birthday celebration on April 18.

★ **Massabesic Junior High School** - for their donation from students working to increase AIDS awareness in their school.

★ **Westbrook High School** - for their donation following an education and prevention presentation given by TAP's Community Education Coordinator, Cathy Kidman.

World AIDS Day

Wednesday, December 1

Theme for 1993: "Time to Act"

Activities planned to date:

Major display of AIDS Memorial Quilt,
YWCA Portland, sponsored by the Names Project.

"Project Face to Face," display of life masks and narrative recordings of people with AIDS, Portland Museum of Art, sponsored by Blue Cross and Blue Shield of Maine.

Mid-day activities in downtown Portland,
sponsored by The AIDS Project.
Watch listings in your local paper for details.

TAP Support Groups

In Portland:

Mondays

Support Group for HIV-negative partners of people living with HIV, 6:30 - 7:30 PM, at TAP.

Tuesdays

Support Group for people living with HIV disease and all friends, families, lovers, and caregivers, 10:30 AM - 12:00 noon, at TAP.

Wellness Group, focusing on quality of life and empowerment, Tues. evenings, twice a month at TAP, call for dates and times.

Every other Wednesday

Support Group for mothers, sisters and loved ones of people living with HIV disease, 7:30 PM, call for location.

Thursdays

Support Group for women living with HIV, 1:15 - 2:45 PM, at TAP.

Support Group for men living with HIV, 5:30 - 7:00 PM, at TAP. This is an open group; no advance contact is needed.

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

In Lewiston:

Tuesday, twice a month

Women's Support Group meets the 2nd and 4th Tuesday of each month in the Lewiston/Auburn area. Call Diana Carrigan the The AIDS Project's Lewiston office, 783-4301.

Other Support Groups

Wednesday

Support Group for Family and Friends Who Care (about people with HIV disease) meets at 7:00 PM at Southern Maine Medical Center, Cafeteria #3, 2nd Floor.

Thursday

Support Group for people infected and affected by HIV in the Lewiston/Auburn area meets at 7:00 PM at the American Red Cross, 70 Court Street, Auburn. Sponsored by AVAC.

Yoga for People Living with HIV

Wednesday

With Elaine McGillicuddy, from 12:40 - 2:00 PM at TAP.

Call ahead to confirm yoga classes.

TAP Resource Center

The AIDS Project now houses a resource center, containing a broad range of HIV and AIDS-related periodicals and publications, including the following:

Periodicals from Major Cities:

Being Alive (Los Angeles)

Body Positive (London)

Positively Aware (Chicago)

Treatment Issues (New York)

Alternative Treatment Publications:

Alternatives

Newsletter - Kubler-Ross

Regional Publications:

The AIDS Project Newline

Maine AIDS Alliance

Network News

New England AIDS E.T.C. News

PWA Coalition Scoop

Wellspring

San Francisco Periodicals:

AIDS Treatment News

Beta

Focus

HIV-Frontline

PI-Perspective

Publications Focusing on Women & Children:

World on Women

Pediatric AIDS/Foster Care

Other Periodicals:

AIDS Action Update

AIDS Health Promotion Exchange

MIRA

Networker

SAFER LIVING GUIDELINES

These guidelines are for all of us who are making decisions about sexual activity and drug use in the midst of the AIDS epidemic.

Any activity that introduces HIV-infected blood, semen, vaginal fluids or breast milk into the bloodstream is potentially hazardous. Only you can decide what risks you are willing to take. If you and your partner have not talked about past practices and/or HIV status, don't make assumptions!

Intercourse (anal or vaginal) without a condom and sharing of needles account for the majority of the documented cases of HIV transmission.

Always use a latex condom when having intercourse; natural fiber (such as lambskin) condoms are porous and do not prevent HIV transmission. You should use a lubricant to prevent condom breakage during intercourse. Use a water-based lubricant such as K-Y Jelly, or a spermicide with Non-oxynol 9, because oil-based lubricants like Vaseline and baby oil may cause condoms to break. (Non-oxynol 9 has been shown to kill HIV and may provide added protection.)

Use a non-lubricated latex condom for oral sex; if HIV-infected semen or pre-ejaculate gets into your mouth, it may enter your bloodstream through sores or miniscule cuts in your mouth.

Use dental dams (latex squares) when having oral sex with a woman or when rimming. (Saran Wrap is an alternative to latex squares.)

Use latex gloves for any contact between hands and genitals if you have any sores or cuts on your hands.

Keep semen and blood out of your vagina, anus, mouth and breaks in your skin.

If you share sex toys, use a new condom each time, or clean toys with hydrogen peroxide or soap and water.

Massage, hugging, role-playing, masturbation and other activities that don't introduce blood or semen into your bloodstream are safer.

Alcohol, poppers, and other drugs may lower your ability to make sound decisions. Many people have reported that they have been unable to follow safer sex practices after getting high.

Alternative insemination may put you at risk. Discuss this risk with potential donors or sperm banks.

Good nutrition, lots of rest, exercise and non-abuse of alcohol and drugs will help you fight all illnesses, including HIV disease.

If you inject drugs, these guidelines can prevent HIV infection:

Avoid sharing works (needles, syringes, droppers, spoons, cottons, or cookers.) If you must share or re-use works, clean them before and after each injection as follows: dip needle and works into bleach, draw up and release two times, dip needle and works into fresh water, draw up and release two times. In an emergency, rubbing alcohol or vodka can be used instead of bleach, or you can boil works that aren't plastic in water for at least fifteen minutes. Use a fresh solution each time you clean your works. ■

The AIDS Project

Thursday Lunch — 12:15 PM

Every Thursday we serve a delicious hot meal with bread, salad, and yummy desserts!

*Call ahead
if you need
a ride...*



We also have a freezer full of delicious, individual pre-cooked meals for you to take home and enjoy.

All prepared by the folks at
First Congregational Church in South Portland.

Maine AIDS Hotline: 1-800-851-AIDS

Free Tickets for PWA's!

The AIDS Project often receives a limited number of free tickets for PWA's to concerts, plays, and special events.

Performances are posted on the bulletin board at TAP.

Call TAP and speak with a case manager for information and details.

774-6877

TAP
22 Monument Square, 5th Floor
Portland, ME 04101

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