

The Aids Project Newsletter

SEPTEMBER 1988

P.O. Box 4096
Portland, Maine 04101

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

What is Living with AIDS?

For me as the reality emerged that I would now be living with AIDS, a particular kind of gentle urgency arose. Things, persons and issues tended to take on a sharpness of value or importance. In this new light, clarity of personal purpose, demand for quality in interactions, and discarding of that which is not essential becomes the mode of the day. In this respect, living with AIDS has been one of the greatest gifts in my life.

Living with AIDS is really, real-ly living.

So, what are some of the things I've seen while living, real-ly living with AIDS?

REALLY LIVING

Real-ly living is to allow oneself the discomfort of enormous uncertainty,
Real-ly living is placing a strong emphasis on what counts,
Real-ly living is not knuckling under to discomforts,
Real-ly living is making mistakes and telling people you made them,
Real-ly living is telling somebody or several people everything,
Real-ly living is forgiving and healing yourself and others,
Real-ly living is being responsible for taking care of yourself,
Real-ly living is asking others for help,
Real-ly living is realizing that most everybody, truly everybody, really
wants to be of assistance, to make things better,
Real-ly living is the discovery of how valuable you are,
Real-ly living is the discovery of the profound and grace and beauty in
others,
Real-ly living is letting in the love, admiration and support of others,
Real-ly living is letting go of outmoded self-destructive habits,
Real-ly living is the discovery that ignorance breeds fear and fear breeds
death,
Real-ly living is loving yourself and being willing to change.

Cameron Duncan, July 1988

Oh the comfort, the inexpressible comfort, of feeling safe
with a person, having neither to weigh thoughts nor measure
words, but to pour them all out, just as it is, chaff and
grain together, knowing that a faithful friend will take
and sift them, keeping what is worth keeping, and then, with
the breath of kindness, blowing the rest away.

Mary Ann Evans (George Eliot)



Update

FOR IMMEDIATE RELEASE

Volunteers Needed for AIDS Drug Trial

Researchers at the National Institutes of Health (NIH) are looking for HIV-infected persons with Kaposi's Sarcoma (KS) to enroll in a clinical trial of AZT and Interleukin-2 (IL-2). This ongoing study is designed to evaluate the toxicity and obtain preliminary information on the efficacy of the drug combination; each by itself has been well-tolerated in treatment of AIDS patients with KS.

AZT has been shown to prolong life by interfering with replication of the human immunodeficiency virus (HIV), the cause of AIDS. IL-2 is a substance that occurs naturally in the body and is known for its role boosting the immune response. Investigators hope that the use of the two agents together will reverse some of the damaging effects of HIV on the immune system.

The primary aim of the study is to obtain toxicity data on the drug combination during dose escalation of IL-2. Each patient will receive AZT as an outpatient for six weeks, and then will receive IL-2 by continuous infusion as an inpatient for three weeks. This research will be carried out at the NIH Clinical Center in Bethesda, Maryland.

The researchers are looking for 15 men or women between the ages of 18 and 60 who have KS, no history of opportunistic infections and can tolerate 200 mg of AZT every four hours. Prospective women volunteers must not be pregnant. In addition to outpatient visits every two weeks each patient will be admitted to the inpatient service of the clinical center for three weeks during which time IL-2 will be administered.

If a volunteer responds well to the drugs and wishes to continue taking them, treatment can be continued longer than the four-month period.

Travel expenses for volunteers who live outside the Washington metropolitan area will be paid by NIH. For more information, prospective volunteers can call Dianne Lee, R.N., at (301) 496-7196.



HUGGING IS PRACTICALLY PERFECT: THERE ARE NO MOVABLE PARTS, NO BATTERIES TO WEAR OUT, NO PERIODIC CHECKUPS, LOW ENERGY CONSUMPTION, HIGH ENERGY YIELD, INFLATION-PROOF, NON-FATTENING, NO MONTHLY PAYMENTS, NO INSURANCE REQUIREMENTS, THEFT-PROOF, NON-TAXABLE, NON-POLLUTING AND, OF COURSE, FULLY RETURNABLE.

CONDOMS ARE EFFECTIVE!

THE AIDS PROJECT

P.O. Box 4096, Portland, Maine 04101

Tired of cooking? Feel like you're not eating as well as you should because it's too much of a hassle to cook just for yourself? Well, the folks at First Congregational Church at Meetinghouse Hill in South Portland want to be of help.

Thanks to Richard Hughes, Associate Pastor, Betsy Parsons and the Mission Board, several members of the church have been cooking and freezing meals to distribute to PWA's and PWArc. The meals include meat and vegetarian casseroles, baked goods and soups, and can be delivered directly to your home by a volunteer. They are generally packed in one-meal containers, and are great when you want something good to eat but don't have the time or energy to cook yourself.

If you would like more information or would like to place an order for meals, please contact Diane or Toby at 774-6877. We are also looking into getting a freezer for The AIDS Project kitchen, along with a refrigerator and stove, so you can prepare meals when you are here.

The following is the AIDS Project Wish List-----If any of you can help us out, please call us at 774-6877;

- Bookcases (for offices and reception area)
- Coffee Machine (for kitchen)
- Small couch or loveseat
- Comfortable Chair to go with the couch
- Small coffee-table
- Refrigerator - Stove - Freezer (for kitchen and meals program)
- Plants (all kinds)
- Free standing storage unit
- Lamps
- Conference tables
- Vacuum cleaner
- Microwave (for kitchen)

As of August 16, 1988 The Aids Project began a client activities telephone service. Clients may call this number anytime to find out about upcoming events at The Aids Project etc. Donated tickets to local events and other donated items will be advertised on this phone line. Clients are urged to call this number for information, then contact either Diane or Toby at TAP. All donated items will be distributed in this manner in the future and will be on a first come first serve basis. The telephone number to call is 773-1453.

An enthusiastic and appreciative audience of thirty greeted pianist Michael Viens on August 7th at his home in Cape Neddick, Maine. Viens presented an entire program of compositions by Frederic Francois Chopin. It was jointly sponsored by Chiltern Mountain Club, Seacoast Gay Men and Atty. Eugene Levy. More than four hundred dollars was raised and donated to the Maine AIDS Project in Portland. A PWA with The AIDS Project explained how the need for more financial support will greatly help Maine cases, which are unfortunately increasing. A dessert social took place following the program. Further plans are now being explored for more similar concerts throughout New England. ----- A hearty THANK YOU to all concerned.

**Anyone who is sexually
active needs to
practice safe sex.**

THEM
by Max Navarre

I realize that gay, white, middle-class men are not the only people who get AIDS. I know the statistics on people of color, women, IV drug uses, and, of course, the infamous "heterosexual transmission" question. And the babies, can't forget the babies.

But, I don't want to talk about them. As a card-carrying gay man with AIDS, I have a special interest. I would like to know what the heck is going on.

We all know that gays don't exist, we've seen it demonstrated time after time for years -- no, centuries.

The most shocking illustration of our invisibility is the result, or nonresult, of our March on Washington last October. Hundreds of thousands of people marched in an event which was thrilling and uplifting. More importantly, the March demonstrated a willingness to unify our community that has never been seen to the same degree.

But, wait a minute, who saw it, who heard about it, where were the newspapers, the TV cameras? Where was the coverage? The fact is, in terms of mainstream media, last October's March on Washington MIGHT AS WELL NEVER HAVE HAPPENED.

This is not news. For years we have all seen and heard the annual Gay Pride parade described in the media as five or six people strolling down Fifth Avenue dressed in funny outfits. Essentially.

Which brings me to the health crisis.

In the beginning, we had a crisis which affected gay men. The gay community responded brilliantly, taking care of its own with compassion, solidarity, and bucks.

But things got out of hand. We needed help and none was forthcoming. No government money; the public didn't seem to care. As long as it was only faggots, junkies and the women who slept with them, no one cared.

So it became necessary, on pretty sketchy evidence, to convince the world that it wasn't just faggots and junkies and their collaterals -- that everybody was at risk. In other words, real people could get AIDS.

Oh no, everyone cried, real people can get it. Not just those perverts who wear women's clothes, not just smelly junkies who knife old women for their social security checks. Real people can get it too.

Presto. AIDS hit the headlines. And the money came. And the people came. And the gay community acquiesced, once again, to our second-class (third, fifth?) citizenship and the realization that we didn't count. Just the real people counted. And, of course, the babies. They were innocent. The implication was, of course, that we were guilty.

Fast forward to a very interesting pattern. Whenever some so-called authority says publicly that there is a heterosexual threat, there's a sudden flurry of, "Oh no, AIDS! Run!" And then, some other so-called expert says, "No, no. It's just faggots and junkies." Then, everyone says, "Oh, it's just faggots and junkies. Who cares?"

We don't count. I mean, gay people really don't count. Television, which has discovered AIDS with an absolute vengeance, ignores gay people with AIDS. Even Cagney & Lacey (my absolute favorite show, which I would not miss if my apartment was on fire), when they recently had an AIDS story, did it concern Cagney's gay male neighbor, whom we know and presumably care about? No, it concerned some unidentified and nameless (and unseen) kid down the street.

The message is clear. Forget about being accepted, or liked, or even identified as humans with human concerns, or as objects of compassion.

AIDS is our major card. If the gay community can't rouse some humanity by dying in the thousands, we might as well forget it. We are not welcome.

All we have is pride in ourselves. We must have dignity and humanity and love for ourselves if we are to survive at all.

There are millions of us. We must forget about being liked or accepted. We must simply insist on our right to just be here, to exist, to have some self-respect. Is that really the ultimate lesson of AIDS?

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

Every forty-five minutes, someone in this country dies of AIDS *****
Every twenty minutes, another case is diagnosed *****

US
by Max Navarre

Try as I might, I just can't see what the real connection is between being gay and having AIDS. Do I have AIDS because I'm gay? I just can't see it. In my mind the connection between my illness and my sexuality is as iffy as anything else. Why not substance abuse, low self-esteem, underachievement, promiscuity, stress, loneliness, financial problems? Why my gayness? Or, are all those factors all tied up with being gay? Is it all just one big party package that now also contains AIDS? When I was young, I used to go to places like Ptown or the Island, and I'd see all those horrible old queens, and I'd think, I'll never be like that. I can be gay and avoid that. I don't have to be gross when I'm old. THINGS ARE DIFFERENT NOW. We are liberated.

But now seventeen years and an epidemic later, I go to the Living Room, for example, and some little twit makes sly sexual innuendos at me and calls me honeybunch until I see red and would absolutely kill him if I had the strength. But I come away thinking, nothing has changed. Twenty years of "liberation" and we're still just silly fairies at heart.

Maybe it is just me. I never have felt comfortable with all that queer shit. I just want to be myself. I don't identify.

And yes, I am massively, unforgivably homophobic. I really try to accept people as they are, but I fail so often. I just can't seem to lighten up. And now AIDS is in the picture. More than that, the health crisis has become the central plank in the gay political platform. I'm not an activist. I'm "community minded" enough to find myself in various gay and AIDS related committee type situations. I don't like them. I'm bored by people's opinions, by the power games, the insecurity, the neurosis of some of our gay leaders. Activism seems to become a losing game when people who are powerless try to get some power for themselves.

I resent that AIDS has become part of this whole picture. As a PWA, I often feel used when I'm called upon to participate in gay rights issues.

I want to be left alone to deal with my health in private. Maybe I'm burnt out, tired of being sick, being involved. Maybe I am just a big, bad homophobe. I never did fit in. When I first got sick, I felt galvanized as a gay man in a way I'd never felt. I thought that having AIDS would grant me a whole new way to be gay.

Three years later, I'm just tired and demoralized. The newspapers still call me a victim, and other gay people either shun me, make demands on me, or treat me like a broken sparrow. What are we doing to ourselves?

I think this is where I get off. I just don't know how.

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

EDITOR'S NOTE: Max Navarre died this past May in New York.

STATISTICS

As of August 23, 1988 there have been 89 diagnosed cases of AIDS in Maine. Of the total 89 cases, 40 have died. People who have tested positive with the AIDS virus (in Maine) is now at 333. National Data as of August 22, 1988: diagnosed cases of AIDS is 71,171. Total number of deaths is 40,090.

HUGGING IS HEALTHY: IT HELPS THE BODY'S IMMUNITY SYSTEM, IT KEEPS YOU HEALTHIER, IT CURES DEPRESSION, IT REDUCES STRESS, IT INDUCES SLEEP, IT'S INVIGORATING, IT'S REJUVENATING, IT HAS NO UNPLEASANT SIDE EFFECTS, AND HUGGING IS NOTHING LESS THAN A MIRACLE DRUG.

HUGGING IS ALL NATURAL: IT IS ORGANIC, NATURALLY SWEET, NO PESTICIDES, NO PRESERVATIVES, NO ARTIFICIAL INGREDIENTS AND 100 PERCENT WHOLESOME.



**No one can ignore
AIDS.**

5

**The invisible time
bomb**

SATURDAY, OCTOBER 22, 1988

BIKE FOR HOPE

BIKE-A-THON

REGISTRATION

Just complete this form and return it with your registration fee to:
The AIDS Project, P.O.Box 4096, Portland, Maine 04101.

Registration fee is \$10.00 per person due by September 30, 1988. After
September 30th, the registration fee will be \$15.00 per person.

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

TELEPHONE: WORK _____ HOME _____

T-SHIRT SIZE: _____ S _____ M _____ L _____ XL

The Bike For Hope Bike-A-Thon will be held on Saturday, October 22, 1988.
It will consist of a round trip from Portland to Cousins Island. It will
be a total of 27 miles. Details of the route and other important information
will be sent to you (along with a T-Shirt) upon receipt of this regis-
tration form.

THE BELOW WAIVER MUST BE SIGNED BY ALL PARTICIPANTS:

In signing this waiver, I acknowledge that I understand the intent there-
of, and I hereby agree and will absolve and hold harmless: The AIDS Project,
Portland, Maine, sponsors and cooperating organizations, and any other
parties connected with this event in any way, singly or collectively, from
and against any blame and liability for any injury, misadventure, harm, loss,
inconvenience or damage hereby suffered or sustained as a result of parti-
cipation in the Bike For Hope Bike-A-Thon or any activities associated here-
with. I also hereby consent to and permit emergency treatment in the event
of injury or illness.

SIGNED (parent or guardian if under 18)

"The journey of a thousand miles begins with the first step."

Chinese proverb

SPECIAL EVENTS

SEPTEMBER 16 & 17, 1988 *****

ALL SINGING/ALL DANCING/ALL CONCERNED 88! - An evening of performances to benefit The AIDS Project. Portland Performing Arts Center, 25A Forest Avenue Portland, Maine. Both shows at 8:00pm. Tickets are \$15.00 with all proceeds to The AIDS Project in Portland. For information and/or reservations, call Portland Performing Arts Center at 207-774-0465 or The AIDS Project at 207-774-6877. Other ticket locations are The Magic Garden, The Underground, and Amadeus Music.

SEPTEMBER 30, 1988 *****

ROMANOVSKY AND PHILLIPS CONCERT to be held at the Portland Performing Arts Center at 8:00pm. Tickets are \$17.50 per person, proceeds to benefit The AIDS Project. Tickets are available from the following locations: Portland Performing Arts Center, Amadeus Music, The Underground, Entre Nous, The AIDS Project, The Magic Garden. For further information call 774-6877.

OCTOBER 8 & 9, 1988 *****

The Names Project Quilt will return to Washington, D.C.

"We are very pleased with the response the quilt has been getting as it has been touring the country", said Cleve Jones, The Names Project's executive director.

Jones said when the quilt is assembled in Washington, it will be the first time since it was first displayed that all the panels will be exhibited together. This year there will be almost 10,000 panels that will extend all the way from the Capitol to the Washington Monument.

The quilt will be unfurled at dawn on Saturday, October 8th. That evening there will be a candlelight march from the Mall past the White House to the Lincoln Memorial, where there will be a brief program. The quilt will be unfurled again Sunday, October 9th for public viewing. There will be an interfaith memorial service following Sunday's unfurling.

Several organizations, including ACT NOW, National Gay and Lesbian Task Force, and National Gay Rights Advocates are planning events for the weekend the quilt will be in Washington. Two concerts are also in the works, as is a film presentation by Frameline, the producer of the San Francisco Gay and Lesbian Film Festival.

Jones said that unlike last year's march, there will be no political demands made by the organizers of this year's event.

"We consider the quilt to be a non-political community arts project," Jones said. "We think that if we keep it free of political rhetoric, it will make a much more powerful statement."

For more information about The Names Project Quilt, call 1-800-USA-NAME.

OCTOBER 14&15 - 28&29, 1988 *****

If you are interested in becoming a Buddy to a person with AIDS, please save the weekends of October 14 & 28.

Merrymeeting AIDS Support Services (M.A.S.S.) will conduct a Buddy training in Brunswick Friday evening and all day Saturday October 14&15 and 28&29.

You must attend both weekends to take part in the program.

Applications for the October training must be completed by September 30th.

M.A.S.S. representatives will interview each applicant. Those participating are asked to make a year's commitment to being a Buddy and to attend a support group in Brunswick or Portland twice a month. Although the training is held in Brunswick, the greatest need for Buddies is in the Portland area. For an application or more information, call The AIDS Project at 774-6877, or Julie Zimmerman of M.A.S.S. at 725-4955.

OCTOBER 22, 1988 *****

The Emotions of AIDS---For PWA's and caregivers to gather in a community of truth and trust. A time to share feelings and hope, a place to do together what is so lonely to do by ourselves: learn and express the natural emotions produced by living with AIDS. 9am to 4pm. Call Jacob Watson at 870-8656 or 761-2522 for location.

SPECIAL EVENTS cont.

OCTOBER 22, 1988 *****

Bike For Hope Bike-A-Thon, a 27 mile route from Portland to Cousins Island. All proceeds to benefit The AIDS Project. A registration form is included in this newsletter. When we receive your registration form and fee, we will send you further details on the route and gathering point. Each participant will be required to obtain a minimum of \$100.00 in pledges. This could be the event of the year--please join us in a common cause.

ONGOING CALENDAR

AIDS Response of the Seacoast in Portsmouth, N.H. has started a support group for persons with AIDS, ARC, HIV+. The group meets on Monday evening and consists of wholistic healing incorporating meditation, visualization, heart centering, music, and touch, in a supportive and loving environment. Contact Suzanne Bowman, M.A., at AIDS Response at 439-2136 or Peter Welch, M.A., Wholistic Psychotherapist at 436-5115 for more information and intake interview. This also applies to York County PWA's etc. of Maine.

Every Tuesday from 10:30am to 12noon 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 psychotherapist specializing in loss and transition and is a staff member of the Elizabeth Kubler-Ross Center.

Every Tuesday evening 7:00pm to 8:30pm at 29 Cushman St. - Portland - there is a group meeting for all lovers, caregivers, friends, and family members only. The meeting will be conducted by Brooke Alexander, an Episcopal priest and pastoral counselor. Call Brooke at 772-1678 for further details.

Merrymeeting AIDS Support Services (M.A.S.S.) is sponsoring a support group for anyone personally affected by AIDS. It will be held the second and fourth Tuesdays of every month at 7p.m. at Parkview Hospital Library in Brunswick. The group is for family, friends, lovers, and persons with AIDS, and will be led by Cecelia Leland, M.S.W. Preregistration is not necessary. For more information, call 725-4955.

ACT UP - Boston. 40,000 plus are dead from AIDS - haven't you been silent long enough? Join ACT UP - Aids Coalition To Unleash Power - united in anger and committed to direct action to end the AIDS crisis. Meetings every Tuesday at 7:30pm in Boston. Call 617-49ACTUP.

On the first Tuesday of every month at The Aids Project - 48 Deering St., Portland - there is an A-Line Staff Meeting at 6:00pm.

Support Group for Parents of Adult Gay Children will meet the 2nd Tuesday of every month. Please call 774-HELP for time and place.

DEAN (Downeast AIDS Network) will have public meetings 3 or 4 times per year as announced in advance. DEAN has a newsletter and a support group for PWA's, HIV+, family members, and lovers. Call Tracy or Lynnsey at 326-8546 for more information.

Support Group for Parents and Friends of Lesbians and Gays will meet the 4th Tuesday of every month at the Pilgrim House - 9 Cleaveland St. - Brunswick, Me. - call 729-9843 for further information.

Every Wednesday in Augusta at the UU Church, Winthrop Street across from the Kennebec County Court House, 7pm-8:30pm, alternates each week between a group for PWA's only and a group which includes PWA's, families, etc. Call Ken LaFleur at 626-3435.

AA AIDS-Related meeting - every Wednesday from 6-7p.m. at The AIDS Project - 22 Monument Square - Portland. This group is open to PWA's, PWARC's, HIV+'s in recovery from substance abuse. For further information call 774-6877.

There is a new AIDS support group forming in the Lewiston area for PWA's, lovers, friends, and family members. It will meet on Thursday afternoons at Clover Hospice in Auburn, beginning April 21st. Call Evelyn Piper-Keene at 783-9095 for information.

The Eastern Maine AIDS Network Support Group for HIV+ persons, their families, partners and support persons meets every thursday evening in Bangor. Anyone interested in the group should call 469-7343 or write, E.M.A.N., P.O.Box 2038, Bangor, Maine 04401.

There is now an AIDS support group in the Bangor area meeting every Thursday evening. Anyone interested in the group should call 469-7343 or write EMAN P.O.Box 2038, Bangor, Maine 04401.

There is a new support group for people who are HIV+. It meets Thursday evenings from 5:30pm - 7:00pm at The Aids Project. The facilitator is Jacob Watson. No advance contact needs to be made to attend this group.

Every Friday evening 6:00pm to 7:30pm at The Aids Project - 48 Deering St. Portland - there is a support group meeting for PWA's and PWArc ONLY. Call 774-6877 for further information.

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 _____

LET'S HUG

THERE'S A HUG TO SAY
I LOVE YOU
AND A HUG TO SAY GOODBYE
THERE'S A HUG TO SAY
HOW ARE YOU
AND A HUG TO SAY, WE TRIED
THERE'S A HUG TO BOND
A FRIENDSHIP
AND A HUG WHEN THE DAY
IS THROUGH
BUT THE HUG I LOVE
IN ALL THE WORLD IS
THE HUG I GET FROM
YOU!

SAFER SEX

CAN BE SENSUOUS!

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



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