

May 12 1994

"Scoop"

UP TO DATE HIV/AIDS Medical News

Herpes Drug Lengthens AIDS Patients Lives—Study

Reuters (05/02/94)

High doses of Acyclovir, a drug used to treat herpes infection, can significantly prolong the survival of people with AIDS, according to a study by one of Australia's leading research institutions for the disease. The 1992 study indicated that compared to placebos, Acyclovir could lengthen survival time in AIDS patients. "The study has shown that Acyclovir can extend life by around six months, a significant advantage in this serious disease," said David Cooper, director of the National Centre in HIV Epidemiology and Clinical Research at the University of New South Wales. The Health Department of the Australian government is considering licensing Acyclovir as a therapeutic drug in the battle against AIDS.

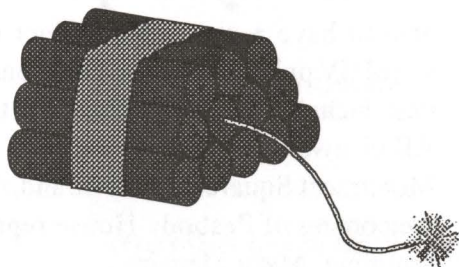


Congress—AIDS

Associated Press (05/02/94); Kramer, Gene

Arguing that the United States must continue to provide leadership in the global battle against AIDS, the Clinton administration wants to head off any move by Congress to withdraw U.S. financial aid to other countries fighting the epidemic. According to State Department Counselor Timothy E. Wirth, who appealed to Congress last week, any cessation of U.S. aid would encourage other nations to take AIDS less seriously and trigger "a crumbling of commitments made around the world" to support measures to check the spread of AIDS. He noted that the \$120 million in U.S. foreign aid currently allocated for global AIDS prevention represents more than half of all assistance to developing nations. More

than 15 million people around the world have contracted HIV, said Wirth, and that number is expected to reach 30 to 40 million by the end of the decade.



Call Him Activist, By Any Name

Philadelphia Inquirer (05/02/94) P. B2; Collins, Huntly

A few months ago, Luke Michael Montgomery officially had his legal name changed to Luke Sissyfag. The homosexual young man, although not himself infected with HIV, has made AIDS his personal crusade. He has recently gained national attention for his repeated disruptions of public appearances by President Clinton. The president has not been the sole target of Sissyfag's wrath; he has badgered other public officials and even other AIDS activists for not doing enough to halt the epidemic. "I don't care what anybody says, the AIDS activist movement is dead—dead on arrival," Sissyfag declares. "We need to revive it." His strategy for doing just that is to run for mayor of Washington, D.C., an announcement he intends to make on May 31. His campaign slogan will be "AIDS Is The Issue." Sissyfag does not expect to win, but to make a point. "What I really hope to do is energize the community," he explains. The 20-year-old activist insists that AIDS activism must focus on a solitary goal: finding a cure. "Not needle-exchange, not prevention, but a cure," he stresses.

**AIDS Federal Lobbying:
Washington, May 22-24;
Local Districts May 29-June 6**
AIDS Treatment News (04/15/94) No. 197, P. 8

This year's AIDSWatch lobbying days are scheduled for May 22-24 in the nation's capital, and are "dedicated to securing greater AIDS program funding in Congress during

the appropriations cycle, with a focus on health care that will be beneficial for people living with HIV disease." Organizers hope to see representation from every Congressional district. Those who cannot be in Washington for the federal events can help on the local level by lobbying their U.S. Representatives and Senators during the congressional recess. The project is being coordinated by the National Association of People With AIDS and sponsored by leading AIDS service organizations such as AmFar, AIDS Action Council, AIDS Project Los Angeles, the National Minority AIDS Council, and the Whitman-Walker Clinic, among others.



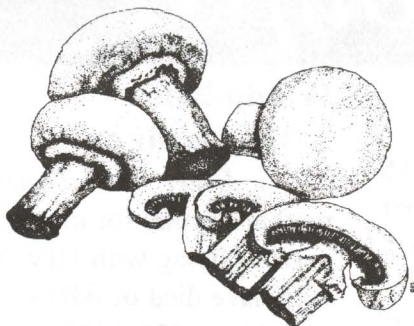
Council to give \$100,000 to Peabody House

The Scoop May 1994

On Monday the Portland City Council decided to give \$100,000 in federal money to the Peabody House. The money, in the form of a deferred loan is essentially a grant that doesn't need to be paid back. Peabody House plans to offer housing and other services for people in the advanced stages of AIDS.

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NUTRITION



EASY MENUS AND INFORMATION

This month we are offering a new section in our newsletter that we think will be interesting as well as fun reading.

This column will give you the most up-to-date information on our food pantry, new hours, special needs for food or volunteers, and general information that we feel will help you make better use of our food programs.

In addition, we will be printing easy menu ideas that should help you put together quick and easy meals, while trying to maintain a healthy approach to your meal planning.

It's important to remember, that we are not nutritionists, but are simply providing you menu choices. You should always follow your doctor's orders when planning your meals.

FOOD PANTRY INFORMATION

We are working hard to provide you with the services you really need. Our food distribution hours are as follows:

**Mon. - Wed. - Fri.
12:00 PM to 2:30 PM**

Baked Herb and Lemon Chicken

2-3 lbs of Chicken
Salt & pepper to taste
1/2 fresh lemon or 3 tsp. concentrated lemon juice

1/2 - 1 tsp. each of the following:

Parsley
Rosemary
Thyme
(Fresh herbs are even better)

Place chicken in a shallow container. Pour lemon juice over chicken, and let stand for 20 minutes. Preheat oven to 350° for 5 minutes. Place chicken on baking sheet lined with aluminum foil. (This will make clean-up much easier). Sprinkle the chicken with remaining ingredients. Place in oven, and cook for 45-55 minutes, or until golden brown. Remove from oven. Wait 3-5 minutes before moving to a plate. This will allow for cooling. The skin may be removed to reduce fat content.

Dijon Dressing

3 tbsp. Dijon mustard
2 tbsp. red wine vinegar
2 tsp. chopped fresh thyme
(1/2 tsp. dried thyme)
pepper to taste
1/2 cup olive oil

Whisk first 4 ingredients together in a small bowl. Gradually add olive oil while whisking continuously until well blended. Pour over your favorite salad or mixed vegetables.

This may be made ahead and kept at room temperature until ready to serve.

Oriental Marinade

3 tablespoon Soy Sauce
1/2 Tsp. red pepper (Cayenne Pepper)
2 Tsp. Corn Starch
1 clove of garlic

2-3 lbs of either of the following:

- * beef
- * chicken
- * Pork

Mix ingredients in a bowl. Turn pieces several times to cover meat thoroughly.

Cover and place in the refrigerator for at least 20 minutes.

This is great for a stir fry or for the grill.

Bon Bon Cookies

3/4 cup powdered sugar
1/2 cup margarine (one cube)
1 tablespoon vanilla
Food color, if desired
1 1/2 cups of flour
1/8 teaspoon salt
Dates, nuts, semisweet chocolate chips and candied or maraschino cherries
(Do not use self rising flour)

Heat oven to 350°. Mix powdered sugar, margarine, vanilla and a few drops of food color. Stir in flour and salt until dough holds together. (If dough is dry, mix in 1 to 2 tablespoons of milk.)

Shape dough using a tablespoon full around a date, nut, chocolate chip, or cherry and form a round ball. Place 1 inch apart on an un-greased cookie sheet. Bake for 12 to 15 minutes, until top of cookies start to lightly brown.

Place cookies on rack to cool for 5 to 10 minutes, then sprinkle with powdered sugar.

It's hard to mess up this recipe.

If you would like to have your favorite recipe considered for our newsletter, send it to: RECIPES PWA Coalition of Maine, 337 Cumberland Avenue, Portland, Me. 04101.

Portland AIDS Monday meeting covers many topics

The Portland area AIDS service organizations had an opportunity to hear a presentation on the Governors AIDS Advisory Committee from Ed Suslovic at their April meeting.

The persons who serve as active members of this committee include two persons living with HIV/AIDS as well as representatives from organizations statewide dealing with HIV issues. Although fairly ineffective during its early stages, this committee has reorganized recently and serves in an advisory capacity to the Department of Human Services.

It is hoped that it will soon be

able to have a significant impact on state HIV policy decisions. Other business included finalizing plans for the AIDS awareness fair to be held in Monument Square on May 22 and the welcoming of Peabody House representative, Mary Menair.

A new organization focusing on the needs of persons who have pets is up and running. P.A.W.S. (Pets Are Wonderful Support) can be reached at 871-9109.

The organizations that meet represent services provided to hundreds of individuals and families in central and southern Maine.

PWA Coalition Honors Volunteers

A Recognition Brunch will be served for all persons volunteering at the People With AIDS Coalition on Sunday May 22 from 11:00AM to 1:00PM at the Livingroom North. This will provide an opportunity for the board to express its appreciation for all the time and hard work given to the PWA Coalition during the past year and to present each volunteer with a special recognition ribbon to wear at the AIDS Awareness Fair to be held in Monument Square following the luncheon.

AIDS: Time for an older message

Health (May/June 1994)

San Francisco - In the TV commercial, it's a teenage couple whose passionate kissing is interrupted by a reminder to use a condom. AIDS edu-

cation directed at heterosexuals has focused on the young - understandable, perhaps, except that older Americans are at risk too and, according to researchers at the Center for AIDS Prevention Studies, they don't seem to be getting the message. Epidemiologists Ron Stall and Joe Catania - from National AIDS Behavioral Surveys studied 3,188 randomly chosen Americans over 50 years of age. They looked for HIV risk factors, such as IV drug use, multiple sexual partners, or a blood transfusion between 1978 and 1984, years when the virus was likely to have gone undetected in the nation's blood supply. They also checked condom use. About 10 percent had at least one AIDS risk factor, the researchers found. Of those men and women at risk, 90 percent had never been tested for the virus, and

only 5 per cent used a condom with any regularity. That means those in the 50-and-over crowd are six times less likely to use a condom and five times less likely to have been tested for HIV than at-risk 20-29-year-olds, a target audience for AIDS prevention messages. Previous studies indicate that doctors are unlikely to discuss HIV prevention with their older patients, though they account for 10 per cent of new AIDS cases each year and are more likely to get the virus through heterosexual contact. Faulty assumptions may explain why AIDS education has ignored this group, Stall says. "I think as a society we don't recognize that older Americans are having sex. We need to accept that they are, and make sure that information on AIDS prevention reaches them."

11th International
AIDS Candlelight
Memorial and Mobilization
Sunday May 22
Join us at 6:00 PM
Gathering at Monument
Square
6:30PM Memorial Service
at St. Luke's Cathedral
State Street Portland,
Maine

Support Groups

The AIDS Project

MONDAYS - Support group for HIV-negative partners of HIV-positive persons. 6:30-7:30 PM.

TUESDAYS - People living with HIV disease and all friends, families, lovers and caregivers, 10:30 - 12:00 noon at the AIDS Project.

Living Well - Focusing on quality of life and empowerment, 2nd and 4th Tuesdays at the AIDS Project.

THURSDAYS - Women Living with HIV, 1:15 - 2:45 PM at The Aids Project. Men Living with HIV, 5:30 - 7:00 PM at The AIDS Project.

All the above support groups meet at 22 Monument Square, 5th Floor. Call Sandy Titus at 774-6877 or 1-800-851-2437

ALTERNATE WEDNESDAYS

Support group for mothers, sisters and loved ones of people with HIV disease at 7:30 PM. Call Sandy (774-6877) for location.

The AIDS Project can be

reached at 774-6844 or 1-800-851-2437.

Lunch is served at 12:15 each Thursday at TAP. Support group participants and clients welcome.

The Women's HIV/AIDS Support Group meets 2nd and 4th Tuesdays of each month in the Lewiston/Auburn area.

Call Diana Carrigan at the TAP-Lewiston office: 783-4301

PWA Coalition

Support group for Heterosexual HIV+ men and women. Partners are welcome. First meeting - Wednesday, February 16, 1994. The Livingroom North (PWA Coalition) 7:00pm - 9:00pm

Merrymeeting AIDS Support Services

First & Third Wednesday of the month. Group for people who are HIV-positive. 1:30-2:30 PM. Above Dr. Kalustian's office. Call 725-4955 between 9AM- 1PM for location.

Waldo-Knox

AIDS Coalition

Every other Thursday mother's group for mothers of persons living with HIV/AIDS or who have died of AIDS. Meeting in Belfast. 338-1427.

THURSDAYS - PWA/HIV support group in the Rockland area. 7:15 PM. Call 338-1427.

Androscoggin Valley AIDS Coalition

Support group for people with HIV and their loved ones. Tuesday's 7:30pm - 9:00 pm. Located at Androscoggin Valley AIDS Coalition, 4 Lafayette Street, Lewiston. Call 786-4697 FMI.

DaySpring

Every Tuesday 5-6PM for those affected by HIV/AIDS, and 6:15-7:30PM for HIV+ individuals. Located at the Kennebec Valley Regional Health Agency, 8 Highwood Street, Waterville. Call 626 3432 for more information.

Eastern Maine AIDS Network

Support groups the first three Wednesdays of the month 6:30 - 8:00 PM. 1st Wed HIV+ people, 2nd HIV affected individuals, 3rd Wed anyone Infected or affected. 263 State Street, Bangor. Call Judith Atwood at 990-3626

H.O.P.E.

Thursday 6:30 - 8:30pm 1st Universalist Church Elm & Pleasant Street in Auburn. Contact 524-5966 Mike

5TH ANNUAL SUNSET AND HARBORLIGHT CRUISE

An AIDS benefit for the People With AIDS Coalition of Maine Casco Bay Lines Located at Commercial Street Portland, Maine

Sunday, August 7, 1994

Watch for more information

New Format - old prices

In celebration of the fifth anniversary of the cruise, there will be great food, door prizes, and a return to the old ticket price of only \$15.00.

Tickets to go on sale June 6th.