

New Head Of Gay Men Of African Descent



Cary Alan Johnson Appointed New Head of GMAD

NEW YORK, NY - Cary Alan Johnson was recently named Executive Director of Gay Men of African Descent (GMAD), an advocacy, support and HIV service organization in its tenth anniversary year.

One of the original founders of GMAD, Cary Alan Johnson is an accomplished author and activist.

"I'm very excited that Cary has accepted this position and think that he'll bring strong leadership, a clear vision, and a plan for achieving ambitious goals to GMAD," is how Keith Boykin, the head of the National Black Gay and Lesbian Leadership Forum described Johnson's appointment.

Johnson has served successfully in numerous national and international leadership positions, especially in the area of human rights, over the last ten years.

In 1992-93, he served as Amnesty International's spokesperson on Gay and Lesbian affairs and HIV/AIDS issues, and coauthored the first AI report on human rights violations based on sexual orienta-

tion. He was also the first male to be invited to speak at the Take Back the Night Rally against sexual violence in Washington, D.C.

In 1994 and 1995, he was the Country Representative with the international aid organization, Africare, in Kigali, Rwanda, where he developed and administered an array of crucial emergency relief programs during that nation's period of civil strife. Johnson has also worked with the United Nations High Commission for Refugees, in Bukavu, Zaire.

Johnson has been active at the grass-roots organizing level for many years. He is a founding member of the New York-based Black Gay literary arts organization, Other Countries. He also helped establish the Committee of Black Gay Men.

"It is good to be back where I began," Johnson asserts. "I am very proud to have been selected to lead GMAD into its next decade of service to our community. There is an incredible vitality in this organization and its membership."

100 Families/One Family Exhibit Opens At Centennial Hall

TUCSON, AZ - Wingspan is proud to announce the opening of its photo-documentary exhibit, 100 Families, One Family, an exhibit that explores the very real diversity found among 100 families from

the Tucson.

This colorful and emotionally charged exhibit will be on display in the

CONTINUED ON PAGE TWENTY

AIDS Deaths Down In Pima County 'Cocktail Approach Showing Remarkable Results

by Carla McClain

TUCSON - New "wonder" drugs to fight AIDS have reduced deaths from that fatal disease by more than half since July in Pima County, says doctors who treat it.

It is a stunning trend also seen nationwide that has physicians talking, very cautiously, about the possibility of finally nailing a cure for AIDS in the not-too-distant future.

And it has AIDS patients in Tucson who were near death just months ago back on their feet, gaining weight and facing the prospect of returning to work and activities.

"As a doctor, I've been treating HIV for a long time, 10 years, and I've seen so many people die," said Dr. Kevin Carmichael, a Tucson AIDS treatment specialist, as he flipped through a dozen sheets of yellow legal paper crammed with the names of hundreds of patients he has lost.

"So it means everything to me that we are now able to actually do something. I didn't become a doctor to hold people's hands while they die. We've been in a war here for so long, and we are still fighting it. But now when I call patients, I can give them good news. We're slowing this disease down, we're knocking on the door to a cure. It's great."

During the first six months of this year, Carmichael, who handles the bulk of Tucson's end-stage AIDS patients, saw 40 people die from it, an average of 6.6 patients every month.

But during the second half of this year, from July to now, those deaths were cut by more than half, down to only 14 - an average of fewer than three deaths each month.

That drop is so significant that the Tucson hospice that cares for dying AIDS patients has considered disbanding its AIDS specialty team, formed two years ago specifically to handle the rising numbers of these very difficult cases.

"We were overwhelmed at that time, because the management of these cases is so intense and so different from other hospice patients, and we had so many of them," said Diana Logan, a registered nurse at Carondelet's Hospice near St. Mary's Hospital.

At the worst point, in the spring of 1995, the hospice was filled with 18 patients dying of AIDS.

"But less than a year later, by early in 1996, there was suddenly a real downward turn, and it has stayed that way," said Logan, noting only six AIDS

patients in the hospice now. "We began to think, do we really need an AIDS specialty team any longer? We just don't have many patients on six months notice (of death) now."

"But we have a commitment to this, and we will keep the (AIDS) team. But those of us on it can care for other hospice patients as well, and we are reorienting our AIDS services to help people live with the virus, not always die with it. We are very, very excited about that."

Also reordering services are the Tucson AIDS service organizations, for the same reason.

"Oh yes, everyone has noticed it. How few people we have now who are taking up attendant care or hospice admissions. It is really great news," said Anne Maley, director of the Shanti Foundation.

"We've been able to shift some of our Ryan White (federal) funds from those areas over to things like dental and education. It's very exciting to see this."

Overall, Maley has noticed that the people she sees are "feeling so much better."

"It's a sense of physical well-being, and a real sense of hope. It's the first good news anyone has had in a number of years."

The source of this good news is a breakthrough in the development of new drugs to combat HIV. In the past year, two new classes of drugs became available, jumping from four to nine the total number of different drugs doctors can now use on an HIV-infected patients.

By far, the most potent and effective of the new drugs are those known as protease inhibitors, which block the cell-level mechanism that allows HIV to take over human cells and make new HIV.

These drugs join another new group, called non-nucleoside reverse transcriptase inhibitors, which are similar to the older class of drugs, still in use, known as nucleoside analogs - most commonly, AZT.

This "cocktail" of AIDS-fighting medicines not only more effectively stops the replication of the virus in the body, but it also overcomes the big bugaboo in AIDS treatment - the tendency of the very tricky and complex HIV virus to become quickly resistant to drugs, sometimes in less than two years.

"We have new weapons to overcome the resistance, and they are twice as powerful," Carmichael said. "Almost everyone today is taking at least two of these drugs, sometimes up to four. When

CONTINUED ON PAGE TWENTY FOUR

UPDATE

World AIDS Day Tucson Commemoration Dec. 1

TUCSON - The ninth annual observance of World AIDS Day will be commemorated on Sunday, December 1, in Tucson with a special ceremony in Reid Park.

The World AIDS Day observance will begin at 2:00 P.M. in Reid Park (between the duck pond and the rose garden) with bells ringing 16 times to mark the anniversary of the epidemic.

The brief ceremony will include comments from community leaders, activists and people living with HIV/AIDS.

Volunteers are needed to help place 1,069 red ribbons on 1,069 trees in the park. The red ribbons represent the number of individual, reported AIDS cases in Pima County.

For more information or to volunteer, call Deborah Correa, 322-6226, Jenny Porter, 622-7107, Robert Castrillo, 694-4209.

New Report On Birth Rate Targets 'Homosexualism'

VATICAN CITY (AP) - A Vatican council ordered by Pope John Paul II to investigate Europe's declining birth rates, targeted "homosexualism" as one of the factors which has led the continent into a "demographic winter."

In the Pontifical Council for the Family report, it said one of the chief reasons for the continent's low birth rates was a "sterile sexuality . . . promoted by the mass media through promiscuity, pornography and homosexualism."

The council also rebuked the European Union, which it said introduced the "spurious" concepts of contraception, homosexuality, and abortion into developing countries it had taken under its wing.

"Europe," the report said, "is current dominated by well-placed minority groups opposed to family."

Reveille's Holiday Concert Dec. 6-7

TUCSON - Reveille, Tucson's first and only Gay Men's Chorus first concert of the 96/97 season, "A Winter Montage," will be performed December 6-7, at Grace St. Paul's Episcopal Church, 2331 East Adams in Tucson.

"A Winter Montage," is Reveille's holiday concert featuring international carols, classic works and favorites with a definite twist. Performance times for "A Winter Montage" is 8:00 P.M. both days.

Tickets are \$12 with \$2 discounts for children (12 - under), students with ID and senior citizens. Tickets can be also purchased at: Antigone Books, Tucson Trunk, Jeff's Classical Records, Girlfriends, Hear's Music, Rainbow Planet Coffeehouse and Tuff-Stuff Too.

For more information or reservations call 617-3100.

10th National Black G/L Leadership Forum Conference

LOS ANGELES, CA - The Tenth Anniversary National Black Lesbian and Gay Conference and Institutes will take place February 13-17, 1997 at the Long Beach Hilton & Towers in Long Beach, California.

This year's theme, "Black Lesbians and Gays: Celebrating Our Legacy," will focus on the recognition and acknowledgment of the powerful, influential and critical contributions made by Black Lesbians and Gays.

The Conference draws national and international participants, and is host to workshops, institutes and vendors from the African-American, Lesbian and Gay communities.

For more information call FORUM at (213) 964-7820.

Ryan White Book Ok'd By School Board

STROUDSBURG, PA - Officials at Stroudsburg Middle School in Pennsylvania decided to allow teen-age AIDS advocate Ryan White's autobiography back in the school library.

Last week school officials dropped Ryan White: My Own Story from the school curriculum and library, citing references to sodomy, condom usage and smoking. White died six years ago at 18 after he was infected with AIDS during a blood transfusion years earlier.

Under new rules, students must get parent's permission to get the book.

Team Arizona Tucson Meeting Dec. 7

TUCSON - Team Arizona will be holding a general information meeting for members, guests and other interested parties on December 7.

Team Arizona was formed in 1990 to meet the recurring need of organizing Arizona's Gay and Lesbian athletes for participation in the International Gay Games held every four years.

The Gay Games, scheduled for August 1-8, 1998 in Amsterdam, The Netherlands, is an athletic festival designed to foster both Gay Pride and the Olympic Ideal: "To educate people through sport in a spirit of better understanding."

The emphasis is on participation and personal achievement rather than competition. There are no qualifications or trials.

In addition to athletic activities, Gay Games hosts a cultural festival which seeks to stimulate cultural contacts among Lesbians and Gay men worldwide.

The Tucson meeting is scheduled for Saturday, December 7, 2:30 P.M., 4207 East Bellevue Street.

Team Arizona is a non-profit organization which provides and maintains a state-wide coordination and support effort for all persons, including but not restricted to Gay and Lesbian athletes, whose objective is amateur athletic competition.

Operation for the organization are financed by contributions and membership dues. Team Arizona has been designated 501(c)3 non-profit status by the IRS.

British Transsexual Seeks Fatherhood In Court

STRASBOURG, France (WS) - A British transsexual, now legally recognized as a man, took Great Britain to the European Court of Human Rights, according to news reports. He is suing over a British registrar's refusal to list him as the father of the four-year-old child of his longtime female companion.

The British man told the European court that the agency in charge of determining legal guardianship, the Registrar General, gave his name to the child, but would not recognize his role as father. The child was conceived by artificial insemination.

The man argued that the Registrar's refusal to list him as the father breached the European Convention on Human Rights which guarantees respect of family life.

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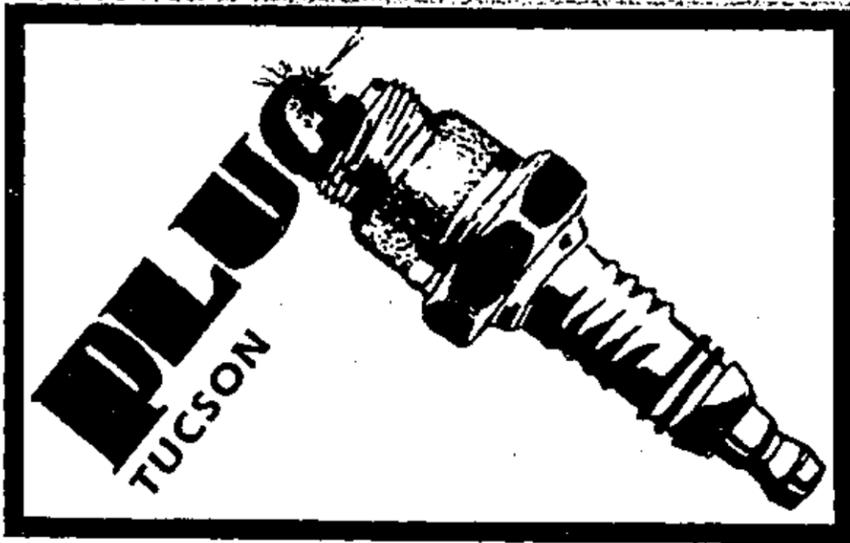
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Venture-N Boy Contest

TUCSON - The Venture-N held it's annual Boy Contest last Saturday, Nov. 16 on a crowded patio. John Ramirez was chosen as the 1996 V-N Boy. Congratulations to John and the two runners up.



John Ramirez was declared winner and the 1996 Venture-N Boy Contest. John is shown above in two different poses which conclusively shows why John won the contest.

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Venture-N owner Jim Dondson with the first runner-up in the V-N Boy Contest



Kenny was second runner up in the Boy Contest.

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Jerome Beillard 'Festival For Life' December 8

TUCSON - People with AIDS Coalition of Tucson (PACT for Life) will hold its eighth annual "Jerome Beillard Festival For Life" fund raiser, Sunday, December 8, in the Galleria at the Tucson Community Center.

A Tucson holiday tradition since 1989, the Festival is now named in honor of PACT's former Executive Director, who died in October, 1995, of an AIDS related illness.

As in years past, many holiday

items will be offered to the public through both live and silent auctions. The silent auction will start at 5:30 P.M., with the live auction to follow at 6:30 P.M.

This year's honorary hosts are Rita Coolidge and Sally Kirkland. Rita Coolidge is best known for her Top Ten hits, "Your Love is Taking Me Higher and Higher" and "We're All Alone." Sally Kirkland is the Oscar-nominated star of such movies as "Anna." KVOA-TV's Lupita Murillo returns as the emcee of the Festival.

The five professionally-decorated Holiday trees to be live auctioned that night will be on display at Tucson Mall from November 25 through December 7. Tree designers compete for the prestigious Bill Owens Designer's Award, named in loving memory of one of the first designers for this event.

In addition to the trees, many individuals and local businesses have sponsored professionally-decorated holiday wreaths which will also be auctioned off to the highest bidder. Menorahs, works of

art, gift baskets, celebrity items, and holiday gift items will be up for bid.

Entertainment throughout the evening will be provided by Desert Voices and Reveille Choruses. Both will be performing holiday favorites. Pianist Jonathan Brown will also performing selections from his new CD.

This event is one of PACT's major fund raisers of the year, and due to cutbacks in government funding, it is vital
CONTINUED ON PAGE TWENTY

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8:00 P.M.

sunday, nov. 24th

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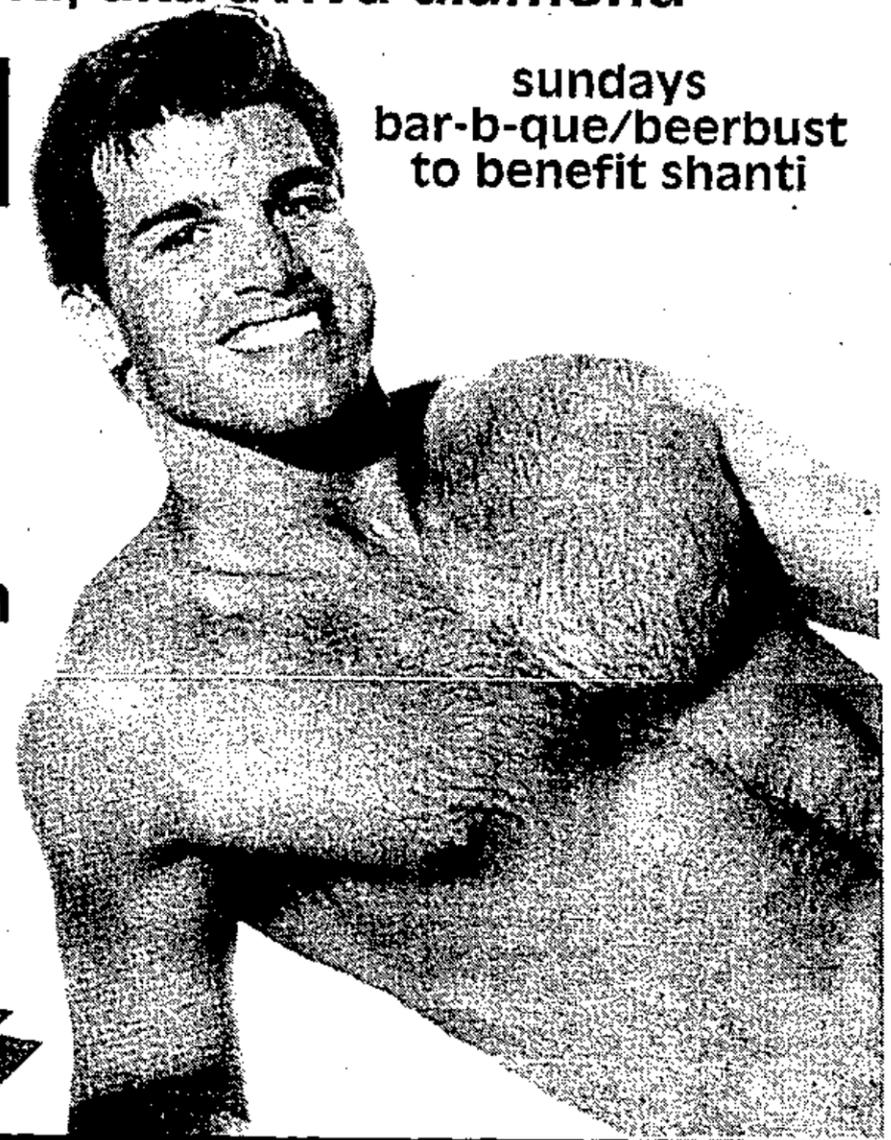
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POLITICS
1996
 By MARK R. KEHR

"Always Put Heaping Spoonfulls Of Fresh Cole Slaw In Your Rubber Galoshes!"

Dewey defeats Truman. Dornan defeats Sanchez. Two headlines that ended up being mistakes! The media (this reporter as well) called the race in California's Forty-Sixth Congressional District contest a little too soon!

nents of this just a few days before the election. Oops! Fagin said he lent the money to pay off debts in the campaign. Campaign finance law violation? The Secretary of State is investigating the matter, more later!

The contestants: Ultraconservative incumbent, Rep. B-1 Bob Dornan, R-Bigotville, homophobe extraordinaire. The challenger, Democrat Loretta Sanchez, a Latina woman. Gasp!

Remember, money can buy you an election. Just ask ACC Commissioner-elect Jim Irvin! . . .

Dornan just couldn't believe he, Mr. "B-1" Bob was losing to Loretta Sanchez, a politically unknown Latina. Dornan's reaction, all right frothing at the mouth! She cheated! According to "B-1" Bob, thousands of undocumented workers had illegally voted for Sanchez. It's the non-American vote always! "I've never seen a more slimy campaign than this," he erupted. Oh Bob, just look in the mirror!

Remember the hoopla over the recall attempt over the Fifester. Tucson's own Charter Committee Member-elect John Kromko would spearhead the drive. Well, with seven weeks to go, it looks like its gonna fail!

What proof does Dornan have? None! According to the Orange County Elections Director, there was no voter-fraud. Okay, but "B-1" Bob hasn't stopped accusing Sanchez of stealing the election. Dornan is calling on Congress to investigate his charges of "massive voter fraud." If Sanchez is officially declared the winner, the House won't overturn that decision. Oh Bob!

Why? Two reasons, the debate is raging within the attempt about petition circulators. The group in Phoenix believes it should be a volunteer effort. Kromko believes it should include paid circulators. Second, Arizona voters won't sign a petition, according to most surveys. They want Fife to quit!

So when will Kromko, who in the 90's hasn't finished a petition drive he's started, make his world-famous "exit, stage left!" . . .

It's time for the latest episode of "As the Computer Glitches!" Remember when Pima County Government talks, people sue!

At this point, with most of the votes counted, Sanchez leads by 665 votes. Yes! Sanchez has declared victory and has gone to D.C. for freshman orientation.

When we last left our story, at the Board of Soups meeting, Dim-Bulb attempted to crucify County election's director, for the moment, Mitch Etter. Dim-Bulb said every election problem, [including Dim Bulb's loss] was Etter's fault!

Oh Bob, go and become Rush's sidekick! Face facts Bob you have lost! As you said two years ago, "Every Lesbian spear-chucker in the country is hoping I get defeated." Yes you homophobe, their hopes and the "Gay spear-chuckers" are coming true. Put the bubbly on ice for the celebration when its official that Sanchez wins! Oh Bob! . . .

Etter said that wasn't the case, it's the computer program's fault. John Medcalf of Votec, who provides the computer program for the County said that's not so. Medcalf then threatened to sue Etter, the Board and Administrator Chuckie Huckleberry for slander if they don't formally apologize for their comments made about his computer firm! Another plot twist!

A lesson on how to blow an election. We're talking about Arizona's Sixth Congressional District. The contestants: Incumbent Republican, blowhard, J.D. Hayworth, Newt's adopted son. Democratic challenger Steve "I make Al Gore look hyper!" Owens.

After the commercial break, Etter tried to explain the discrepancy over the "under/over vote" totals and the adjustment needed to correct the totals. Yes, another screw-up! I told you so! Etter said the canvass would be ready by the next meeting of the Board. The Soups, including Dim-Bulb and Mr. Ed, whose contracts weren't renewed, voted to have the new Board investigate the problem.

During a radio-interview a couple of weeks before the election, Owens was questioned about the money being poured into the contest, especially for Owens. Owens, the former State Democratic chair responded, "Yes, four-hundred-thousand in a rinky-dink district."

A story-line finally came to end with the Board meeting held yesterday. The 1996 general-election canvass was finally approved by the Board and celebrations broke out! The general election is over, 14 days and 400 episodes later!

Owens stuck his foot-in-his mouth. Hayworth and the Phoenix media leapt all-over Owen's faux-pas. Owens lost a sure-thing and we're stuck with Hayworth, the heir-apparent to "B-1 Bob!" Damn! . . .

Questions remain. Who screwed up the election? Etter, Medcalf, the Board or maybe Stefano DiMera? Will the computers remain or will Univac make a comeback? Will we use pens and bubble-ballots next time or a 900-number perhaps? For these and other silly questions, stay tuned, same vote-time, same vote-channel! . . .

What would an election be without some controversy! It just not Arizona without some scandal! Case in point, the District 13 House race. Democrat Brian Fagin edged out Republican Scott Kirtley for the second House seat by just 1,800 votes. Kirtley alleges fraud, not in votes but with money!

Fagin allegedly dumped \$44,000 into his race and then notified his oppo-

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After many years of simply enjoying the pride festivities, I became involved with this year's Pride event in Tucson.

Originally all I wanted was to make sure that my booth at the event was secured and that I would get what I need from Tucson Lesbian/Gay Alliance, the coordinators of Tucson's Pride event, OUToberFEST '96.

I was soon to get heavily involved with this year's event because of what I saw at two board meetings. These were dedicated and effective people who were attempting to do the impossible, which is trying to please the whole community. In a community that is as diverse and contentious as ours is, the only way to change it's opinions or help it's members is to personally get involved.

It was with extreme pleasure that I joined TLGA and their battle to produce a celebration. For them, for me and yes people even like you. Actually, we do it primarily for this nebulous thing we call the "Gay Community." Our efforts to put on a quality event, a fun event that we hope resistance and ill will. It has been disheartening to have so many, voice so much disapproval about what we did for you.

Instead of quitting or giving up I say, "It's your party you can whine if you want to. Whine if you want to. Whine if you want to. You should help too if you think it was pooh!"

I am so impressed with every member of the TLGA board that I aspire to be like them: fair, open-minded and accommodating. Even though I personally differ on some points, I am allowed to be a part of their/our committee. They/we really embrace diversity and crave the input we need to tailor make our Pride

OUTLINES by Tucson Lesbian/Gay Alliance

by Tom Maza

nuts and bolts of what TLGA was doing and how I could specifically help them when I was given the opportunity to do this when I received a scholarship to go to the "Pride in the Heartland" conference in Kansas City, Missouri, 10/31 - 11/3.

After attending this conference I can assure anyone who thinks that our Pride event was "pitiful," that is was not! They just don't understand liquor laws, crowd control, or what it takes to have a parade. Time and again at this conference, my co-delegate and I were congratulated on our efforts and encouraged to grow at a sane pace.

We are not S.F., L.A. or London, but I tell you that I learned more about how to produce a better event from the delegates from Wichita, Nashville and South King County Washington Pride than I did from the Big Cities. The Cities of Tijuana and Mexicali, where there were crowds of 200 and 50 people respectively, were more awe inspiring than the crowds of two and three-hundred thousands in the huge cities because in the Baja region of Mexico, 200 Lesbian, Gay and ultra-gendered people have been murdered without repercussion over the past five years. The fact that they had a Parade, outside, during the day, and lived is a big step for every L/G/B/T person in the world. This is Pride!

Wichita had a parade of 50, yet 550 people were at the festival held on private property. These Cities and people face tremendous tasks and loads of intolerance and I am proud to have represented Tucson at this event.

The conference was a series of

workshops geared toward International unity and support. Achieving corporate sponsorship, parade logistics, security, media relations, internet uses, burnout issues, public relations, women's issues, family issues. Trademark registration, is it necessary? Yes!

There were also regional board meetings (we are in Region 1) about policy, bylaw changes and resolutions. It was amazing the amount of work that was accomplished in three days. There were parties, reunions, meetings and the gracious hospitality of Kansas City to entertain us.

As usual there were heated debates, political infighting, personal agendas, behavioral issues and one arrest. In short, one hell of a lot of fun. I look forward to future meetings of IAL/GPC in New York and London.

One of the most important details of the conference was the voting on the

New International Theme for 1997 (drum roll please):

EQUALITY THROUGH VISIBILITY

A fitting if not tongue-twisting theme. TLGA supported Pride, Progress, Power. So look for the new theme on a t-shirt near you. Pending Board approval of course.

Most of all I learned that everyone of every opinion and station in life has a wealth of humanity to contribute to the cause they find important and worthy. If you want a parade help us figure out how, where and when. I loved the drum corps myself, the sound of them filling the air with our presence was great for those of us, who were so busy running the show that we couldn't see or watch any of it.

My sincere apology to any one who was not pleased with your Pride Party and allow me to extend a personal invitation to you. Come to our meeting and present your ideas and assistance for next year's event. Please be ready to present plans of implementation and a willingness to work with others, a bunch of volunteers wouldn't hurt either.

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THE WHOLE MAN
BY DR. BOB

Dealing With Emotions

Everybody has emotions, but few people know how to handle them. Most of us have a big "slush fund" of unprocessed emotions inside. Ever since childhood, when we learned to hide our feelings, we've been building up the fund. Unresolved anger, fear, guilt, joy, sexual feeling, and more, swirl around down there in our hearts and guts. This is the cause of depression, unexplained angry outbursts, and the chronic fear that keeps up back from doing what we want to with our lives. Is there a way of dealing with emotions productively, allowing them to power our lives for the good?

Gay men, even in the relatively permissive 90's, have special difficulties with emotion, even more than straight people. We've had to stuff our deepest feelings inside, warping them, for a long time. Our sexual feelings for the same gender are beautiful and powerful, like all our feelings. But we've grown up in a society that says we are wrong for feeling that way. So on top of the stuffed anger, fear, and joy that everybody has inside, we gay people also have unexpressed sexual feelings and guilt. No wonder so many of us are casualties in the battle for emotional health. No wonder so many of us opt for numbing those unwanted feelings with alcohol or other drugs.

What is the healthy way to deal with our emotions? It's to allow ourselves to feel them fully. What most people don't understand is that an emotion is not a thing, but a process, like a wave on the ocean. Anger, for example, is not some monster caged up in the deep recesses of our souls, waiting for a chance to come up and put on a tantrum. Anger is a movement of feeling, in movement towards balance. If someone comes up to you and punches you, you will feel anger, the mobilization of your energy for fighting back. If you can successfully fight back, you will feel relief and return to balance. Sexual feeling is another good example. When you feel lusty, you seek out a sexual release. When you've gotten the sexual release, you come back to balance. Every emotion is like that. An emotion is a mobilization of energy within the body to go towards a certain goal. When the goal is reached, you return to equilibrium. This is the natural, healthy mechanism of emotion. Without emotions, we would be unable to deal with the challenges of life.

The problems arise when we

block the movement of emotion toward its goal. We learn to do this as children, when we are taught that certain emotions are "bad" or "not nice." For example, many of us were told, "Big boys don't cry." This is a stifling of the natural release of crying. When we are in pain, the natural thing to do is to cry. It's the way your body deals with being in pain. After a good cry, you return to normal and you can deal with whatever it was that made you cry. When you don't allow yourself that release of crying, you've got some repressed pain inside. If you do that enough, you will be depressed, that is, you will feel sad for no apparent reason, because you have repressed your memory of all the times you were in pain and didn't cry.

Let's face the fact that the "normal" person is full of such unprocessed feelings. The unprocessed feelings are what make people so unpredictable. Why should a lover suddenly start beating up his mate, for the flimsiest of reasons? Because of unprocessed anger from earlier in his life, when he didn't allow himself to get angry when there was good reason to be. Why is someone else afraid of the most unrealistic things? Because he didn't allow himself to feel his fear at some very realistic things, usually in childhood. For example, his father might have been in the habit of raging around the house, and if the little boy showed fear, he was more likely to be the target of his father's anger. So the boy pretended to be calm, or hid in his room. But these things are usually not in the conscious awareness of the person later on. He simply finds himself afraid "for no reason."

One of the best ways to experiment with your own blocked feelings is to, first, find some private time when you are alone in your home. Then, you can imagine that a certain family member from the past is present with you in the room. You can choose anyone who comes to mind, somebody with whom you have some unfinished business, some unexpressed emotion. It often helps to visualize him or her sitting in an empty chair. The exercise consists of speaking aloud to this

person about your feelings. You can allow yourself to express all the feelings that you didn't allow yourself earlier in life. After all, you are grown up now, and you don't really have to follow the rules of anybody else. You can have all your feelings, feel them fully, and get a great sense of relief afterwards. Yes, you can do this all by yourself, by speaking to emotionally important people as if they were there in the empty chair.

A few guidelines for the exercise: tell yourself ahead of time that you have the right to feel and express any emotion that comes up. Remind yourself that you are in private and that nobody else can see or hear you. Really visualize the person (mother, father, older sibling, ex-lover) vividly sitting in the chair. Look them in the eye and imagine that you can say anything you want to, and don't worry about hurting their feelings or about them getting back at you. Start as many sentences as you can with the words "I feel..." and follow that up with an emotion word, such as, happy, sad, guilty, afraid, angry, mad, resentful, etc. Tell them what it's like to feel that emotion. Is it like having a lead ball inside? Is it like being trapped inside a box? Is it like wanting to hurt someone, but not knowing how? Allow your body to become charged with emotional energy and keep talking until you feel some discharge. If you need to cry, cry. If you need to yell, yell. If you need to shiver with fear, shiver. Stay with it for awhile. You are safe in this exercise.

You will probably notice how difficult it is to really perform this exercise. Most of us have a hard time concentrating, or else we change the subject, or suddenly remember something important we have to do. We have a million ways of avoiding this important work. That's where a personal coach (sometimes called a therapist or counselor) comes in. A good personal coach can help you to work these emotions out to a good conclusion, and he can be like a mirror in which you can see how you avoid your genuine emotions. He can also give you guidance in other areas of your life, and suggest ways

to make your life work a lot better than it ever has. If you would like that kind of help from me, please call my office at 623-1732. However, you can experiment safely with this exercise on your own. If strong feelings come up that feel unfamiliar, call a supportive friend and touch base with reality through the kindness of their voice.

The benefits of feeling all your old, unprocessed feelings are many. It gives you a kind of emotional balance, a groundedness that is hard to shake. It makes you more courageous in facing life. It makes you more creative in dealing with the challenges of your life. It gives you more energy, since all the energy that was blocked in the repressions is now available for you to use. The most important thing in life is to be yourself fully. The fully feeling you is the real you. Trust yourself!

[Robert Feldhaus, Ph.D. is a personal coach and bodyworker specializing in service to the Gay community. For more information about his services, please call 623-1732 or email: bobby@azstarnet.com.]

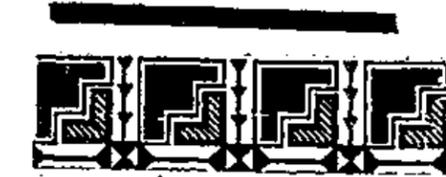
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NEWS FROM P.A.C.T.

by Frank E.G. Gallego

[Part Nine of The Portland Project and The Tucson Men's Study]

REPEAT HIV TESTING

In 1992, approximately one quarter of all voluntary HIV antibody tests were for repeat testers.

Given this finding, the CDC saw a need to develop guidelines for the "appropriate" use of testing and to reduce "inappropriate" testing practices. But it wasn't known what led some to be tested repeatedly, and the circumstances under which such "repeat testing" may help or hinder an individual's likelihood of consistently practicing safer sex. For example, does knowing that you've been tested HIV- make it more likely that you will practice only safer sex in the future, or does it convey a sense of immunity to HIV and justify continued risk-taking?

Dr. Kathryn Phillips used responses to the surveys to better understand why some Gay and Bisexual men get tested repeatedly for HIV in her paper, "Predictors of Repeat HIV Testing Among Gay and Bisexual Men." "Repeat testers" were defined as those participants who reported testing three or more times and who tested at least every six months. Participants who reported having unprotected sex were more likely to be tested repeatedly.

While this finding might seem expected, what was surprising was that repeat testing was strongly associated with

having unprotected oral sex, but not with unprotected anal sex. It may be that uncertainty about the risk involved in having engaging in unprotected oral sex to ejaculation may lead men to be tested more often. Repeat testing was found to be predicted by some other potential health-risk concerns (such as having an HIV+ boyfriend or feeling that one's health was poor), but it was also encouraged HIV testing, or that there were decided benefits to anti-retroviral medications (like AZT), he was more likely to be a "repeat tester."

Clearly, repeat HIV testing can be determined by many different factors, and that complexity would need to be reflected in any HIV prevention recommendations. However, as one-third of respondents indicated, they were not aware of their current HIV status (either through not being tested, or by having had unsafe sex with a casual partner since the last test). It would be dangerous to discourage HIV testing in general.

Repeat testing may, however, indicate a need for help in reinforcing the consistent practice of safer sex. Pre- and post- test counseling programs may need to be update to help individuals understand possible links between any pattern of repeat testing and risk-taking.

[Next week: Secondary Prevention of AIDS.]

I leave you with this in mind. "The only love we give away is the only love we keep." - Elbert Hubbard

The Shanti Corner

To those of you who may be new to Tucson welcome to the Shanti Corner. The Shanti Foundation was established in 1985 and is dedicated to providing caring, non-judgmental support and assistance to people living with and affected by HIV/AIDS. Shanti is a Sanskrit word that means, "inner peace through fuller understanding," and our primary goal is to enhance and maximize the quality of the lives of those who come to Shanti for support. Shanti's services include: Buddy Program, Individual and Group Support, Crisis Intervention, Advocacy, Transportation Program, Food Pantry, Financial Assistance, Information&Referral, Volunteer Training, Speaker's Bureau, HIV/AIDS Prevention&Education. If you are interested in learning more about Shanti, would like to volunteer or become a client we are located at 300 East Sixth Street, which is one block west of Fourth Avenue. Our office hours are Monday through Friday from 9am to 5pm. Or, you can contact Shanti by phone at 622-7107.

"buddy." Buddies and clients talk on the phone or go to a movie or lunch. Some buddies may help out with chores or grocery shopping, drive a client to a doctor's appointment, or whatever the client may need. Often the buddy program is the soul means of emotional support for some of our clients - this program means so much to them - just knowing that there is someone who cares. If you are interested in becoming a buddy please ask Edgar or Shelby for more information.

We are beginning to prepare for the holiday season by gathering non-perishable items. Help Shanti put together holiday boxes for people living with HIV/AIDS by donating canned foods, nutritional supplements, beans, pasta, rice, toothpaste, cleaning detergent, soap, shampoo, and other personal products. You can drop donations off at our office but we'll also be placing donation boxes at the bars. Thank you for your help and support - it does make a difference.

See you all Sunday, November 24 at IBT's for the Gayly Wed Game!

It's almost that time again to stroll down Fourth Avenue and do a little shopping at the Street Fair. Shanti will have a booth located in front of Cafe Sweetwater so please stop by and say hello. Or if you'd like, we are looking for a few volunteers to hand out information at the booth -- call Jenny at the office if you are interested in volunteering December 12-15.

Interested in providing one-on-one support for someone living with HIV/AIDS? Shanti's buddy program is a major part of the work we do. This program matches clients with a trained, volunteer

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Columna Abierta.

by Dr. Eleazar Garcia

Saludandoles con la misma esperanza de siempre, de que encuentren entretenida y de información esta Columna Abierta, y hemos tenido diferentes llamadas con una larga lista de temas que haremos tomando en cuenta en las siguientes publicaciones; y uno del que; por estar cerca a celebrarse, Mario tiene curiosidad por saber un poco más sobre el "Día de Acción de Gracias" o Thanksgiving... ¿De dónde nació esta celebración?... En 1620 un grupo de hombres procedentes de Inglaterra cruzaron el Atlántico en busca de libertad de religión ya que en su país, eran oprimidos en cuanto a la libertad de profesar el Cristianismo; a ese grupo de personas conocidas como peregrinos arribaron a la colonia Plymouth en el invierno, era un grupo de 102 personas de las cuales 55 lograron sobrevivir. En esos años los únicos habitantes de quella región eran los indios de la tribu "Wampanoag" los cuales les enseñaron a los colonos como plantar el maíz y calabaza también como pescar y cazar. Así la paz permaneció por 50 años entre ellos. Pero debido a los crudos inviernos las cosechas eran cada vez menos y los emigrantes más, los inviernos eran duros y largos, a este punto se ordenó orar a Dios para que él tuviera misericordia de ellos y no permitiera que la cosecha se perdiese, y ese día en el cual habían orado esa tarde se nubló el cielo y por la mañana empezó a llover, esto ayudo para la que la siembra creciera y se fructificara. Llegó así la alegría, y desde entonces como agradecimiento a Dios por haber respondido a sus peticiones, se inició el primer día de "Dar Gracias". Por los alimentos que Dios les había proveído el 30 de noviembre de 1623. Posteriormente ese grupo de peregrinos se ha ido multiplicando hasta formar ahora lo que es este país, logrando ser el país mas poderoso del mundo. Que hoy en día los "hacedores de leyes" no reconocen que emigrantes han sido los pilares sustentables en el crecimiento y poder de esta gran nación....

propagación del VIH (el virus que causa el SIDA) dentro del cuerpo. Al medir la cantidad de VIH que circula en la sangre, los estudios de los inhibidores de la proteasa en las personas con VIH indican que estos medicamentos son más eficaces que el primer grupo de medicamentos usados para tratar el VIH. Ciertos inhibidores de la proteasa pueden reducir la cantidad de virus en una persona infectada con VIH a casi un 99 por ciento. Pero el inhibidor de la proteasa no es sólo una cura para la infección del VIH o el SIDA. Los investigadores que están estudiando estos medicamentos aún tienen una cantidad de preguntas para comprobar si éstos funcionarán bien y como o cuándo deben ser usados. Cuatro inhibidores de la proteasa se encuentran en las etapas finales de pruebas clínicas. Uno de ellos es el saquinavir (INVIRASA) otros son: ritonavir (NORVIR), el indinavir (CRIVAN) y el nelfinavir (VIRACEPT). Algunas veces los fabricantes de medicamentos también facilitan los medicamentos que todavía no han sido aprobados por medio de programas de uso compasivo. Pero como los inhibidores de la proteasa son más difíciles de producir que los otros medicamentos, los suministros para tales programas han sido limitados. Como de costumbre, estos programas están disponibles sólo para las personas que tienen cantidades bajas de CD4.

Por hoy es todo, hasta la próxima semana D.M.

Ernie Pérez, Salud es Poder/TAP
151 S. Tucson Blvd., Ste. 252,
Tucson, AZ 85716
FAX: (520) 327-9557

Dr. Eleazar Garcia, SEAHEC
1171 W. Target Range Road
Nogales, AZ 85621
(520) 287-4722 - FAX: 287-4349

Tere Méndez, HIV/AIDS Education
Coalition, 1852 N. Mastick Way,
Nogales, AZ 85621
(520) 761-2147 - FAX: 761-2153

Arizona/Mexico Border Health Foundation
2501 E. Elm Street, Tucson, AZ 85716
(520) 795-9756 - FAX: 795-1365

TUCSON - Here are the anonymous HIV testing sites, their addresses, days and hours and their phone numbers if you have any questions:

Theresa Lee Clinic, 322 S. Free-
way. Hours - Monday - Friday, 8:30
A.M. to 4:00 P.M. Thursday, 11:00
A.M. to 6:30 P.M. Phone - 791-7676.

COPASA, 3912 S. 6th Ave.
Hours - M-F, 8:00 A.M. to 4:30 P.M.
Phone - 749-7156.

TB Clinic, 150 W. Congress.
Hours - Tuesday only, 1:00 to 4:00 P.M.
Phone - 740-8406.

PACT for Life EIC, 801 W.
Congress. Hours - Monday - Friday, 8:00
A.M. to 4:00 P.M. Tuesday, 8:00 A.M.
to 12 noon. Phone - 770-1710.

HACER (IV Drug Users Only),
1221 W. Speedway. Hours - Monday -
Friday, 8:15 to 4:30 P.M. Phone - 623-
9833.

Pima County North, 3550 N.
First Ave. Hours - Monday, 11:00 A.M.
- 8:00 P.M. Tuesday & Wednesday, 8:00
A.M. to 5:00 P.M. Phone - 887-0715.

El pasado fin de semana se llevó a cabo la reunión del otoño de las comisiones Arizona/Sonora y Arizona/México en la ciudad de Scottsdale Arizona, donde se pudo apreciar el gran número de personas interesadas en el desarrollo de las relaciones entre estos dos Estados, quienes han estado trabajando en los diferentes grupos y comités para ser unos de los ejemplos modelos en lo que a relación binacional se refiere. El grupo de Servicios de Salud del que somos parte, presentó interesantes recomendaciones a los gobernadores en lo que a Salud Pública concierne; de las cuales les haremos llegar de acuerdo se lleven a cabo... esperando que así sea...

También el sábado 16 se llevó a cabo el convivio con los voluntarios del proyecto Salud es Poder, donde Ernie Pérez es el coordinador, pasando una tarde con mucha alegría y disfrutando del buen clima que tuvimos, allí se pudo saludar a Marco - Martínez, José Miranda, Guillermo, Juan, Gaby, Martín, Alberto, Valentín, y sería larga lista al nombrar a cada uno de las 50 personas (aproximadamente) que se dio cita al parque Kennedy para atender y asegurar la amistad y camaradería que se le tiene a Ernie y al grupo en sí... Felicidades Ernie!!!

Una llamada que me hicieron fue sobre: ¿Qué son los inhibidores de la proteasa?. A la cual seré lo más breve posible; son medicamentos que retardan la



ATM in the Lobby

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It's News To Me. by Steve Risley

The Glass House: The most recent edition of the journal *Science* features an article on that human terrarium just to the north of us, Biosphere 2, and reveals the problems that resulted in its failure to create a self-sustaining mini-world in a bottle. It appears that the \$200 million project was brought down by the simplest of life forms, bacteria; one of the most enduring, cockroaches; and morning glory vines that ran amuck.

laboratory".

I gather that the intent is to try to sell it to tourists as some sort of an educational sideshow under glass. One can picture the colorful banners flapping in the desert breezes now: "Experience *Savage Hordes of Icky Cockroaches Running Up Your Knickers!* See *Naked Shameless Bacteria Procreate In Broad Daylight!!* Witness *Morning Glory Vines from Hell Taking Over The Whole Damned Place!!!*"

You would think with an undertaking of this type and magnitude someone would have remembered to bring along the Lysol spray, a can of Raid and the frick-in' hedge-clippers.

This was an awful waste of money when they could have simply stopped by my house and, for say 20 or 30 bucks, studied my shower stall, a little Biosphere all its own but with lovelier towels. If I forget to clean it regularly stuff starts to grow in there, and I dare say that left to its own devices it would develop into a microbial Manhattan in very short order. Mind you, I've never let it get to the stage where mushrooms began to sprout but think of the income you could generate by selling whatever you couldn't eat.

It's a GOOD Thing: Okay, okay, I grudgingly admit that I occasionally DO watch Martha Stewart Living on TV, but only if there isn't any wrestling matches on at the same time. After viewing her show I'm always filled with dreams of 400' long perennial borders spilling their floral bounty out onto a lush green lawn, fabulous homemade gifts my family and friends will gush and swoon over, and a golden, aromatic, perfectly roasted turkey sitting on my exquisite and tastefully decorated holiday table.

But however serious my attempts to emulate Martha may be, the reality is that I'm always left with 170 feet of perennial weeds spilling out onto lush gravel, macaroni spray-painted gold and glued to a hunk of cardboard which goes straight onto someone's trash heap, and a Melmac platter holding a turkey that has to be evacuated to the nearest Shriner's Burn Center by LifeFlite.

And then it was now.....

The entire project has now been donated to Columbia University (Do I smell one helluva of a write-off on financial backer, and Texas Gazillionaire, Ed Bass' next income tax return?), and it is now being billed as an "ecological laboratory" which strikes me as rather like hyping the Titanic as a "shipbuilding

HOME ON THE RANGE WITE AGRA-TUCSON by Anida Cowboy

Hi y'all! Well, Chili Verde Days weekend has come and gone, but the memories will live forever. Or at the least flashbacks of what might have happened. Overall the weekend was a huge success and I want to take a moment to thank everyone who attended. "You" are what we need to make this year's rodeo as successful and Chili Verde Weekend was.

not received a copy of the October or November issue of The Branding Iron, please contact the AGRA Hotline and provide them with a current address, we are still receiving many returned mail and are having a hard time locating a few of our members.

There are many thank you's that I need to quickly get out of the way, so here I go! AGRA-Tucson Board Members, thanks for pulling together to make the weekend a success. To all of the weekend entertainers that performed, you all did a fantastic job and provided quality entertainment and your work is greatly appreciated.

AGRA-Tucson is hard at work planning our next for December. Our Christmas Jubilee will be held this year at the Venture-N. The Jubilee is AGRA's way of thanking all of its Chapter members for everything that they have done throughout the year as well as providing light fund raising for this year's rodeo. So, mark your calendars for December 15 for a great holiday get-together.

To Jeff and his staff at the Stone-wall/Eagle, kudos to you all for keeping everyone happy and keeping those drinks full. We enjoyed working with you again.

The Board members are also hard at work planning the annual Valentine's Day Dance to be held in February. By the sounds of what we have planned, this should be a really fun event to attend. Look for more details in weeks to come.

To all of our friends from Phoenix who came down to spend a few days with us, it was great to see you all again. And, to the Latino Men's APC, thanks for all of your hard work in decorating the bar for the weekend, your support is greatly appreciated.

AGRA-Tucson would like to extend a hearty welcome to the latest Champion Members, welcome to Brian and "The Plug."

I would like to present the Anida Cowboy "You Go Boys" award to two very important people, Addison and Bill. Your planning and promo of the shows this weekend was pulled off flawlessly.

Reminder! AGRA is selling copies of the Entertainment '97 books for \$35 if you are interested in purchasing a copy, please contact Bill Darnell at the AGRA Hotline.

The State Board also met this weekend in Tucson, a lot of business was discussed and details will follow in the December issue of The Branding Iron. If you are an AGRA member and you have

I hope everyone has a great week and remember, keep your pride and play safe in the saddle.

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A View From The Rock
A Commentary From Cornerstone Fellowship

We had a scorpion in our guest bedroom last week! What a shock it was to see it on the ceiling! As I was getting ready to go to work one morning, I walked down the hall, glanced in the door, and noticed "something" on the ceiling next to the wall. Upon closer examination, I realized it was a scorpion! It wasn't one of the very small dark ones, so I knew it wasn't terribly dangerous, but I certainly wasn't happy to see it there! We had dead ones in our pool last summer, but that was different, since our pool is

outside!

Because I am very short I couldn't reach it without help, and it took me a minute to decide what to do. I decided that the best plan of attack was to stab it with the broom, hoping to kill it, or at least knock it off the ceiling onto the floor. Then I could take care of it, I hadn't decided how I would do that, but first things first! So, I took the broom, knocked it off the ceiling, watched it fall, and vanish! I couldn't see it on the floor or on the table which was directly under the spot where it had been. It literally seemed to vanish! And I couldn't spend much time look for it, since my normal morning routine has no time built in to allow for scorpion hunting!

When I got to work I shared my exciting morning adventure with my co-workers. Different ones had different suggestions about what should be done. The best suggestion came from the co-worker who suggested that I call the pest control service with which we have a monthly service contract, which I did. The service technician came out the next day and spent about an hour searching the room, looking for the critter. I asked him if he had scorpion calls often, and he said he did, although it was rare to have one on our side of town. Then I asked him if he always found the scorpion, and he said, "Almost always." Like I said, he spent about an hour moving furniture and clothing and pop bottles (that's where we keep our extras) and other things, including pulling up the edges of the carpet, but he never found what he was looking for. As you can imagine, I was feeling rather uneasy at this point! He had previously put some "scorpion-killer" power all around the outside of the house, so he said he could put something else inside, since he couldn't find the scorpion, to ensure that if it was still in the house, at least it would be dead! I haven't seen it since, and quite frankly, I hope I never do, dead or alive!

That experience I had with the scorpion reminds me about our continuing experiences with Satan and his demons. Just like the scorpion, Satan appears when least expected, and he is never welcome! It's hard to attack him and defeat him. And there is always the thought in the back of our minds that he is going to come back and bug us again! There are many ideas about Satan. Some people believe that Satan, like God, is just an "influence" rather than a real being. Others say that if you are really a Christian, Satan will never bother you. If you talk to ten people you may get ten different suggestions about the best way to deal with him.

Even though I went to an expert to take care of the scorpion, I am still not convinced it is gone. However, there is an expert on Satan who can tell us exactly how to deal with him! That expert is God, and his word gives us guidelines on dealing with the Devil. James 4:7 tells us, "... Resist the devil, and he will fall from you." But that verse also tells us what we have to do first, before we can resist Satan: "Submit yourselves, therefore, to God."

Have you submitted yourself to God and accepted his son Jesus as the sacrifice to pay for your sins? If so, then you can have the confidence that God will help you in your fight against Satan. If not, why not today?

AS I SEE IT BY CLARK



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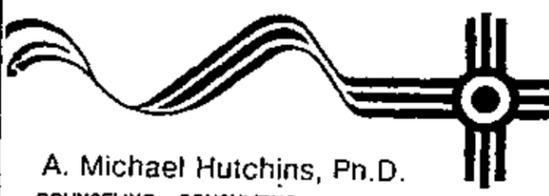
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Chatty Mercury conjuncts volcanic Pluto. Words speak louder and prouder than actions this week. This may be good if we have a valid point to make but not so hot if we are just stirring up the air. Think before you bleat, friends, words cannot be easily taken back.

ARIES

MARCH 21 - APRIL 20

Rambunctious queers may find themselves a bit too mouthy for their own good when Mercury conjuncts Pluto. Proud Rams are rather opinionated beasts and now you are ready to take your fight to the streets in order to make a point. Push may come to shove, especially if the law is involved. Are you prepared to put your principles on the line? Then also prepare to pay the fine.

TAURUS

APRIL 21 - MAY 21

The most interesting part of the Mercury/Pluto conjunction is whatever nonsense you say to people will sound authentic and ring true. Try using this energy to lure would be lovers into your trap. But even conservative Gay Bulls may be tempted to don a turban and try their hand at fortune telling. My advice is to entice lovers rather than clients. I don't need the competition.

GEMINI

MAY 22 - JUNE 21

Gay Twins are happiest with a significant other and the Mercury/Pluto conjunction changes partnership situations with a few well chosen words. This transit can heat up a good relationships into an excellent one. However, the opposite is also true. A shaky partnership can turn into a lousy one. Of course, if you're searching for your dreamboat, it could bring in the fleet. Hello sailor!

CANCER

JUNE 22 - JULY 23

Proud Cancers are ready to throw off their shackles and announce their liberation from the work-force. The Mercury/Pluto conjunction pits your desire to do a good job with your impatience at never getting ahead of the game. If you're fed up with being a working stiff (you know, some people like it like that) try to work off frustration at the gym. Marx is passe anyway.

LEO

JULY 24 - AUGUST 23

Fun has a way of getting out of hand during the Mercury/Pluto conjunction. You may take excessive risks in order to show off (so what else is new?) or to encourage a new romance. Don't, it's not worth it. Even one bad joke could lead to revolution so temper your humor if you prefer the quite life. Proud Leos enjoy accolades, not rotten tomatoes. At any rate, wear something old and red.

VIRGO

AUGUST 24 - SEPTEMBER 23

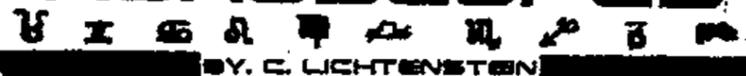
Expect quite a few changes around your home when Mercury conjuncts Pluto. Queer Virgins may feel an overwhelming urge to call it as they see it with homophobic family members. This is fine as long as you are prepared to accept all possibilities. I always say that life is too short to compromise but maybe it's better to wait until after the conjunction before you speak Out.

LIBRA

SEPTEMBER 24 - OCTOBER 23

Diplomatic Libras will have a difficult time keeping the scales in perfect balance during the Pluto/Mercury conjunction. Your words pack a nuclear punch so weigh what you say very carefully. Of course, on the bright side, you have a unique opportunity to set our agenda on

HOROSCOPES



BY C. LICHTENSTEIN

full throttle and get our word Out, loud, proud and queer. Sometimes you have to tip the scales to get attention.

SCORPIO

OCTOBER 24 - NOVEMBER 22

Calculating Gay Scorps will have to re-evaluate everything that they hold near and dear during the Mercury/Pluto conjunction. Your values have been placed on the petri dish of life; do you like what you see? Of course, by mouthing your opinions now you could inadvertently give up something that you currently treasure. Maybe it will be weight off your back. Maybe not. "... also keep in mind that life is far too short to hoard."

SAGITTARIUS

NOVEMBER 23 - DECEMBER 22

Gay Sags are up front and all Out souls but now with the Mercury/Pluto conjunction, you are changing form everyday. Expect some major transformation in the way you appear to others during this particular planetary spurt and all through

Pluto's visit. It may be that you are finally on track in your life's work, or it may be time for you to spread your wings and fly off to a new life focus.

CAPRICORN

DECEMBER 23 - JANUARY 20

Queer Caps should weigh their words very carefully during the Mercury/Pluto transit. Loose lips will certainly sink ships now and hidden enemies will have a field day with any of your stray torpedoes. I happen to know that serious Gay Goats are usually fairly tight lipped (thus their popularity in certain circles) but this transit had made mincemeat of stronger signs, so be warned.

AQUARIUS

JANUARY 21 - FEBRUARY 19

Aquarians are the band-leaders of zodiac and now, with the Mercury/Pluto conjunction, your tempo increases to a ferocious crescendo. Everyone dance, or else! How much cheap abuse are you prepared to put friends through? Try to hold off on your

more incendiary comments now. There is no sense in insulting and alienating pals over a wild transit. Make nice, not nasty.

PISCES

FEBRUARY 20 - MARCH 20

Poor pink Pisces are probably up to their gills in career issues. No matter how frustrating professional life may be now, try not to despair during the Mercury/Pluto conjunction. There is no sense in complaining anyway; your words will not have the intended effects and may make things worse. Suck up your gut and hold off for at least another week. I promise you a better tomorrow.

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ASK DR. X . . .

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Ask Dr. X
An advice column for Gay and Bi-sexual men from the Gay Mens Health Project.

Dear X,

I am dating a guy that doesn't want to do anything but drink and have sex. Before I met him I was involved in many different activities and now when we get together he just wants to go out and drink and then come home and have sex. I can't complain about the sex but I am getting bored with the same old thing. Do you think he is an alcoholic? Everything he wants to do for social interaction is bar oriented? I also think the sex is about getting drunk and horny. What do you think?

Signed, Lifeless.

Dear Lifeless,

You know him better than I. If he wants to keep things at the bar it could be the alcohol but it could also be that he isn't comfortable being Gay outside of a Gay safe environment. The sex thing is probably about getting drunk and horny; I can't argue with you about that. If you don't want to have sex every time you drink with him then don't. Maybe he doesn't realize how many other things you can do together outside of the bars. I would be very assertive about making a plan that doesn't include booze or sex and see if he will follow through. I was in a similar situation more than once and the bottle usually won out. I am concerned that maybe he thinks he doesn't have much to offer without getting a little drunk first. The biggest flag here is about his need to drink before sex and wanting to hang in bars. He is probably very afraid of you and himself as gay people and wants to get drunk to cope with the whole picture. Try talking to him about your feelings and see if he reveals those ever popular signs of internalized homophobia. He may also fear intimacy. If he won't talk and your not happy then I advise that you end it now before you compromise yourself any further. Let me know what happens.

Dr. X,

I just sprung open the closet and I am terrified about Gay sex. I want it more than you can imagine but the threat of HIV scares me to death. I need some information on safe sex but don't know where to turn. I am shy about walking into an AIDS service organization or the Health Dept. Can you give me some ideas?

Signed, Ready

Dear Ready,

You can start by calling the GMHP at Tap or Shanti. We are the guys with the answers. You can also go to Wingspan which is the Gay community information center. They may also be able to help you discover a ton of information about being Gay in Tucson. There are many things you can get involved in and join. Your fears are not limited to guys just coming out. The important thing to know is that you will reduce the risk of HIV almost completely by using condoms for anal intercourse. The next step is to get clear about what your personal boundaries are. I would say to start with stuff like going out a few times and trying to make some friends. You will get alot of information by talking to other guys.

Don't be afraid of sex or HIV. We have the power to keep it in check and still have fun. Please call our office and let us get you started with some Q and A on different activities. If you meet me or one of my coworkers at the bar feel free to fire away with questions; that is why we are there. Good luck and congratulations on your new found lifestyle. Being Gay is great; you get to go to the best parties and have flawless clothes!

Hey X..

I just tested positive and I don't know how to tell people. I am getting over the shock but I need to open up and come out of the HIV closet to some people that I love. The biggest one is my boyfriend who I have been apart from for a year. He is coming home to me soon and I am panicked he will dump me. I am also afraid I may have infected him. I have been faithful to him so I must have been positive before his job moved him away. I really need some sound advice.

Signed, Nervous

Dear Nervous,

I'm sorry that you are positive. I belong to that club and hate to see new members. I am glad to see you are adjusting and I wish you the best. I hope you will consider seeing a professional therapist through an AIDS service organization or whatever you can swing. This is a tough thing to process with advice columns. I will do my best to help field your questions. First thing is to get clear about when you might have been infected. Is it possible that your boyfriend infected you? I'm not throwing blame but don't be so quick to think that you brought this to the relationship. If you had unprotected sex with him it is possible that either of you could have been infected beforehand and unknowingly brought this to bed. The next thing is to realize that whenever we have to spring this on a lover it could be disastrous. You can't go back to a place where this is not an option. I know this sucks but it is the truth. If he rejects you then you will know he can't face this. It won't be about you at that point. He will have to do what he has to do. I think it is important to let him know as soon as possible so that he can get tested. Is he being monogamous with you or do you have an open arrangement while he is out of town? He deserves to know what is going on. If you need support when you tell him then call us so we can help you. Or get a counselor or friend to be there with you. He may feel alot of rage so you should have a back up person or plan. The important thing is that you deal with this just as soon as you can. Please don't break up with him to avoid telling him or just keep it in. He may love you very much and turn out to be understanding and supportive. Depending on the specific behaviors you have shared he may not be infected. I hope the best for you and beg you to call in so we can discuss this at length. Even though I haven't met you, I love you and send you as much courage as you need. Keep me posted or better still call me soon! Until we talk take care. As always I will talk to the rest of you LATER!

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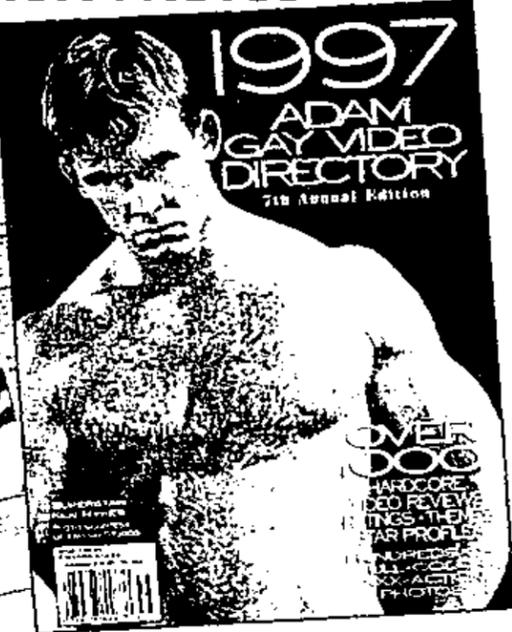
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100 Families/One Family Exhibit

CONTINUED FROM PAGE ONE

lobby of Centennial Hall at the University of Arizona. The exhibit is free and available for viewing through December 6, noon until 5:00 P.M. daily. (Closed on Thanksgiving Day.)

What binds us together as families? For some, it is a last name, parents, a home, and a blood relationship. For others, family is a conscious choice - a deep commitment to another person based upon love, attraction and a willing desire to share lives together. And for some, family is found in a circle of loyal friends, dedicated to common interests, goals and values. Through personal statements contributed to the project, 100 Families affirms that our families can be many things, and are as diverse as the communities in which we live.

Over a two-year period, individuals in the Tucson area were asked to contribute a photo and a brief statement that they felt truly represented their families. Many were contacted, and among the contributors, many are supporters of Wingspan. While many photos share images of families where Gay men and women play an important role, there are just as many photos where Gay men and women play no part. A common message repeated over and over through the moving comments of the exhibit's contributors, is that everyone seeks comfort and solace in those families that surround us, sharing love and trust and a commitment to growth. The exhibit proved in both images and words, that families of all sorts nurture us and create an integral, positive part of our identities.

The exhibit has been a two-year

project with many local community groups collaborating and was funded through grants from the Tucson Community Foundation and the Rockefeller Foundation.

The collaboration between arts groups and community service organizations that U of A Presents and the Tucson Community Foundation have nurtured, has created an unprecedented opportunity to open Tucson's eyes to the diversity that makes up the families of Southern Arizona.

Mark your calendar and plan to be there to see this powerful presentation.

'Festival For Life' December 8

CONTINUED FROM PAGE FIVE

to support its mission of providing services to people with HIV/AIDS in Tucson.

Raffle tickets are being sold in advance, and at the door, for \$1 each. A drawing will be held at the Festival for prizes including a fabulous Las Vegas package (hotel, airfare, and car rental); a two-night stay at Tucson's Miraval Resort, including local limousine service to and from; and two round-trip tickets to anywhere Southwest Airlines flies in the continental United States. Raffle tickets may be purchased at numerous business throughout Tucson or the PACT office, 801 West Congress.

Advance admission tickets are \$20 and may be charged to major credit cards by calling the PACT office. At the door, admission tickets will be \$25.



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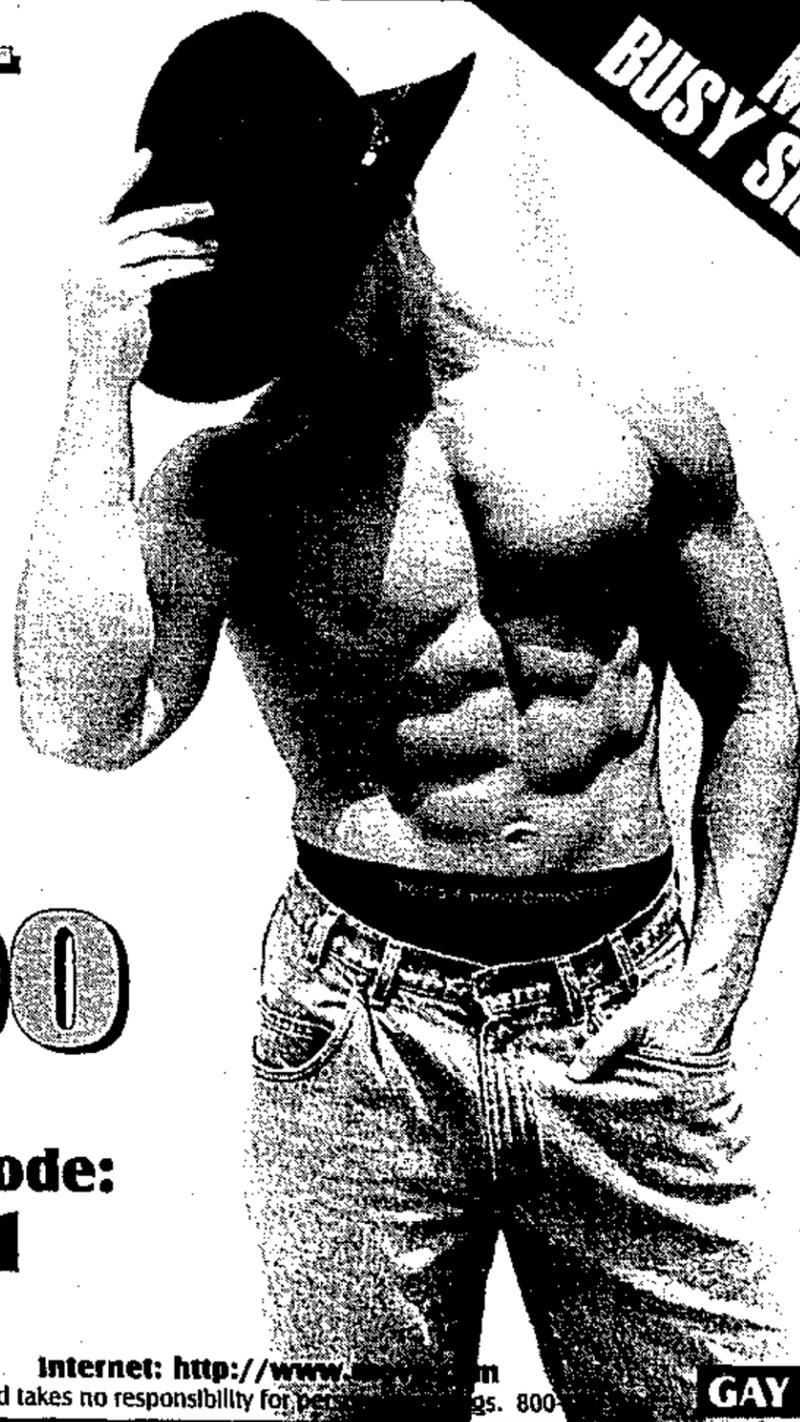
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Go In Good Health

by Rev. Andrew Brooks

Always remember to use moderation, and consult a knowledgeable person when taking herbs that are potent such as goldenseal and echinacea. They are a form of antibiotic, but they are herbal, and can safely be used, according to the directions given!

Some people feel if a little is good, a whole lot is better! This is not true! Some things must be taken in daily small doses. If you use goldenseal, supplement with Acidophilus and sour milk products like yogurt and this will help prevent yeast overgrowth.

So many women (and yes, men) can get yeast infections, (particularly uncircumcised men). This can be combated by "Pau D'Arco," a powerful herb, which can be purchased in capsules, but I recommend the liquid extract. This is quicker in action, and is available both with and without alcohol. Take this until relief is obtained.

Anyone taking antibiotics given by a "standard" doctor should consider drinking Sweet Acidophilus Milk and having Pau D'Arco on hand, just in case the yeast overgrowth gets out of control.

Antibiotics strip the "good bacteria: in our stomachs and digestive systems right out with the bad, illness-causing bacteria. So we need to rebalance with Acidophilus products before a yeast infection can take over!

Since chronic yeast infections can be a serious problem to the person who has either Epstein-Barr Virus or HIV, (These conditions, though both viral, can have opposite symptoms), it would be very beneficial to include the Acidophilus supplementation.

If you can find a good herbalist or a naturopath, then do so! I offer this advice free to the public, and also do consultations and healing work to the public on a donation basis, charging only for the herbal products that I must purchase.

[Rev. Andrew Brooks may be reached at 326-0841.]



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CALENDAR of upcoming events

WEDNESDAY, NOVEMBER 20

IBT'S - Come play Post Office at IBT's Male Box Nite 9:00 p.m. to closing.

STONEWALL/EAGLE - "Showtime" 9:30 p.m. with Kenneth Blake, Tiffany St. Thomas and Adrienne Alexander.

FRIDAY, NOVEMBER 22

AIN'T NOBODY'S BIZ - The Biz is proud to welcome the hysterical Suzy Berger. Suzy has delighted crowds all over the country and the Biz is honored to have her. Show starts at 8:00 p.m. and there is limited seating. Buy advance tickets for only \$5.00 or any are still available, you can get them at the door on the night of the show for \$7.00.

SATURDAY, NOVEMBER 23

GRADUATE - Special Decent Leathermen Beer Bust 2:00 to 6:00 p.m. to benefit Holiday Packages for PWAs.

SUNDAY, NOVEMBER 24

AIN'T NOBODY'S BIZ - Rare Breed plays here tonight. Rare Breed lays a little country and a lot of hot Norteño music. The band starts at 6:00 p.m. and finishes at 9:00 p.m. Michelle will spin the latest Tejano and Norteño with a little Top 40 dance music mixed in. \$1.25 pitchers from 3-10 p.m. Cover from 5:00 to 8:30 p.m.

IBT'S - This Sunday's Bar-B-Que and Beer Bust will benefit Shanti from 4:30 to 7:00 p.m. Then the big evening begins at 8:00 p.m. IBT's presents "The Gayty Wed Game". The final preliminary to the Tournament of Champions. Hosted by Miss Gay Arizona, Gilda Fatate assisted by Helena Bubbles and featuring some of Tucson's favorite couples, Rick and Frank; Jim and John; Frank and Dave; Jeff (aka Looney) and David (aka Aviva Diamond). All proceeds to benefit the Shanti Food Pantry. Support your favorite team. Auctions and raffles. Prizes and surprises.

STONEWALL/EAGLE - Vanilla Starr presents the A.S.O. Benefit Show featuring Tip Billings and hosted by Alotta Whoremoneys.

WEDNESDAY, NOVEMBER 27

AIN'T NOBODY'S BIZ - If you like to 2-step, 6-step or waltz, then the Biz has a country dance contest for you! Dance contest is for couples only and registration forms are at the Biz. Prizes awarded for 1st, 2nd, 3rd and 4th. Pitchers of Beer only \$1.25 from 8:00 to midnight. No cover, but there is an entry fee. Stop by the Biz for forms.

IBT's - 9:00 p.m., "The Girls Show" Thanksgiving Special hosted by Helena Bubbles and featuring Miss Gay Tucson Felice Renard and Lucinda Holliday. Spotlight Guest Vanity Stamos.

THURSDAY, NOVEMBER 28

GRADUATE - The Grad's Annual Thanksgiving Dinner by John and Party. 3:00 p.m. Make your reservation now!

HOURS - Thanksgiving Potluck here today. Hours will supply the turkey, dressing and basics. You bring your favorite side-dish to share. Everybody welcome.

PLUG - Thanksgiving Dinner here from 4:00 to 7:00 p.m. Bring in a nonperishable food item for Shanti's Food Pantry. All proceeds etc benefit the pantry.

VENTURE-N - Thanksgiving Dinner at high noon. You bring a side dish and they'll bring the meat.

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Non-Bar CALENDAR

WEDNESDAY, NOVEMBER 20

Girlfriends Coffee House and Bookstore presents Jess Hawk Oakenstar 8:00 to 10:00 p.m. \$2.00 cover.

Men's Social Network (Gay men of all ages; guests always welcome). 7:00 p.m. A night devoted to getting out the MSN newsletters. It's a fun way to help the organization and get to know the MSN guys. Dessert and door prizes. Call Jerry or Les at 690-9565 for directions.

THURSDAY, NOVEMBER 21

Choreographer, performance artist and street-scen virtuoso David Rousseau will bring his acclaimed dance troupe "Reality" to Centennial Hall tonight at 7:30 p.m. Tickets are \$9, \$17, \$23. The program is the first in this years UA Presents Millennium Project, a five-year series of performances, outreach and educational activities. There will be a number of free public activities associated with the performance. Included is the opening of Wingspan's "100 Families/One Family" photo exhibit in the Centennial Hall Lobby. For more information on the exhibit call Ken Gedat at 792-2086.

Cronies Social Club mid-month dinner at Golden Corral on Wetmore. Call Richard at 578-0840 if you plan to attend.

Men's Social Network (Gay men of all ages; guests always welcome). 8:00 p.m. Join MSN for a fun night of roller skating on "Adult Night." The cost will be \$5 for rental of traditional skates, or \$8 for in-line skates. Call Chris at 290-4256 or Donn at 325-4257 for details and directions.

FRIDAY, NOVEMBER 22

Free and anonymous HIV testing at Wingspan from 4:00 to 7:00 p.m. conducted by Pima County Health Department.

Tarot Card readings by Susie at Girlfriends Coffee House 6-8 p.m.

Men's Social Network (Gay men of all ages; guests always welcome). 7:00 p.m. Our monthly Pizza Party will take place at Les & Jerry's house. Simply bring \$4.00 and join in for a fun evening of food and good conversation. Salad and dessert are also served. Vegetarian pizza offered as well. For directions and reservations, call Jerry at 690-9565.

SATURDAY, NOVEMBER 23

Girlfriends Coffee House and Book Store presents it's second Psychic Fair featuring Tarot Card readings, Spiritual Medium, Massage, Shiatsu, Reiki Healing, Myotherapy and interesting Metaphysical gift items. Also, forms will be available to sign up for the next Awareness Workshop in December, Girlfriends is located at 3540 N. Oracle Road. For more information call 888-GIRL.

Men's Social Network (Gay men of all ages; guests always welcome). 9:00 a.m. We will take a hike on the David Yatzman Trail through the Tucson Mountains. For details, reservations and directions, call Joe or Jim at 791-7003.

SUNDAY, NOVEMBER 24

Men's Social Network (Gay men of all ages; guests always welcome). 10:00 a.m. A Sunday Brunch at Steve's house in downtown Tucson. Guests are asked to bring a dish to share with others. Call Steve at 388-4849 to obtain directions and reservations, and to see what food dish is needed.

MONDAY, NOVEMBER 25

Movie Nite at Girlfriends. 7:30 p.m. \$2 cover. 888-GIRL for more info.

Men's Social Network (Gay men of all ages; guests always welcome). 7:00 p.m. Beginner's bridge night. We're beginning a new bridge class for those men interested in learning the basics of bridge and practicing while they learn. Call Gi (pronounced "Guy") at 690-0601 for reservations and directions.

TUESDAY, NOVEMBER 26

Men's Social Network (Gay men of all ages; guests always welcome). 7:00 p.m. Our Topic of Discussion this month is to tell all the things we're thankful for this year. Come and share your best moments with fellow gay men this holiday season. For reservations and directions, call Jerry at 690-9565.

Awareness Workshop at Girlfriends Coffee House and Bookstore. 7 p.m.

WEDNESDAY, NOVEMBER 27

Jess Hawk Oakenstar at Girlfriends from 8 to 10 p.m. \$2.00 Cover.

THURSDAY, NOVEMBER 28

Men's Social Network (Gay men of all ages; guests always welcome). 1:00 p.m. Spend Thanksgiving with your gay family. Turkey and dressing will be provided, and in the spirit of the holiday, we ask others to bring food to share. For details, directions, and reservations, please call Jerry at 690-9565.

FRIDAY, NOVEMBER 29

Tucson Arts District Downtown Holiday Parade

Tarot Card readings by Susie at Girlfriends from 6 to 8 p.m.

Men's Social Network (Gay men of all ages; guests always welcome). 7:00 p.m. After Thanksgiving, we present the biggest turkey of all: the annual Turkey Movie. This year, "Malabo Express" is honored as a movie most foul. See bad acting, writing, and direction. This movie has it all! For reservations and directions, call Les at 690-9565.

SATURDAY, NOVEMBER 30

Men's Social Network (Gay men of all ages; guests always welcome). 3:00 p.m. After ever-indulging this holiday weekend, come in and pamper yourself as Bob, our host, offers to teach the basics of upper body massage. All body types are welcome as we learn to share the human touch in a healthy way. For reservations and directions, call Bob at 623-1732.

SUNDAY, DECEMBER 1

Girlfriends Coffee House and Bookstore will present a showing of important paintings and drawings by Lorraine Intalaco for the month of December. Artist reception 4-7 p.m. 888-GIRL for more information.

THURSDAY, DECEMBER 3

Sign up now at Girlfriends Coffee House and Book store for the Awareness Workshop. Starts at 7:00 p.m. at Girlfriends, 3540 N. Oracle Road.

Tucson CALENDAR

Sunday

AIN'T NOBODY'S BIZ - Beer Bust 5-10, \$1.25 pitchers. Salsa Sunday! Great music, better dancing and it all begins at 8pm.

GRADUATE - Happy Hour 4-8 pm all well \$1.25 Draft 75¢ Schnapps 75¢ HOURS - Steady Marys and Screws \$1.25 all 7 pm. Country/Western dance instruction 6-8 pm. Country Dance Music 6 to 1.

IBT's - Open Noon to 1 am. Happy Hour 4-8 pm, \$1.50 domestic beer and well. Benefit 6-8-G and Beer Bust for community organizations 5-7:30pm. Hi energy dancing 8pm to close.

PLUG - Open Noon, 25¢ Beer Bust and afternoon dance 3-8.

STONEWALL/EAGLE - Happy Hour Noon-8pm. Pool Tournament 2pm. Bar-B-Que and Beer Bust. Stonewall opens at 9pm with High Energy Music.

VENTURE-N - Open 10 a.m. Backside Beer Bust 3-8pm 50¢ draft. 301 Dart Tournament 5pm \$3 entry fee. Bar Burgers 5-7, Tuff Stuff Tool 4-11pm.

Monday

AIN'T NOBODY'S BIZ - Happy Hour 2-7 2for1 well and domestic beer. Free pool 2-4. Karaoke 9 to 1 am.

GRADUATE - Open 9am. Happy Hour 4-8pm all well \$1.25 Draft 75¢ Schnapps 75¢ Bring in your VHS movie and they'll play it. (No porno please!). HOURS - Open Noon. Happy Hour 12 to 7pm - Well and Domestic Beer \$1.25. 50¢ Draft Beer 7 to close.

IBT's - Open noon. Happy Hour 4-8pm, \$1.50 domestic beer and well. 8pm to midnight, \$1.50 32oz pitchers. Retro 80s with DJ Jonathan 9pm-1am. PLUG - Open 3pm. Happy Hour 3 to 8pm, \$1 schnapps all the time. Campy movies with Moose 8pm. Dart Tournament 6:30pm. \$1.00 Well all day and all night.

STONEWALL/EAGLE - Happy Hour noon to 8pm. Party with Stephan. Longneck Specials all day & nite. Stonewall opens 9pm HI-ENERGY Dance Music.

VENTURE-N - Open 6am. Draft Beer 75¢ 6am - 8pm. Happy Hour Prices 6am - 8pm.

Tuesday

AIN'T NOBODY'S BIZNESS - Happy Hour 2-7 2for1 well and domestic beer. Free pool 2-4. New Pool Tournament 7 pm. 2for1 on all wine, well and long necks from 9 to close.

GRADUATE - Open 9am. Happy Hour 4-8pm all well \$1.25, Draft 75¢ Schnapps 75¢ HOURS - Happy Hour 12 to 7pm Well or Domestic Beer \$1.25. Schnapps 75¢ 7pm to close.

IBT's - Open noon. Happy Hour 4-8 pm, \$1.50 domestic beer & well. 8 pm to close Tattoo Tuesday. \$1.25 well and \$1.50 domestic beer for those showing their tattoos. Prizes and surprises.

PLUG - Open 3pm. Happy Hour 3 to 8pm. \$1.00 Bud and Bud Light longnecks all day and all night.

STONEWALL/EAGLE - Happy Hour Noon to 8pm. Stonewall opens at 9pm with Latin Music Party.

VENTURE-N - Open 6am to 1am. Draft Beer 75¢ 6am - 8pm. Happy Hour prices 6am - 8pm.

Wednesday

AIN'T NOBODY'S BIZNESS - Happy Hour 2-7, 2for1 well or domestic beer. Free pool 2-4. \$1.25 pitchers from 8 to midnight. Tucson's hottest country music from 8:30 to close.

GRADUATE - Open 9am. Happy Hour 4-8pm all well \$1.25 Draft 75¢ Schnapps 75¢. 301 Dart Tourney 7:30 p.m. Singles \$3 entry. Pot matched. Double elimination.

HOURS - Happy Hour 12 to 7pm, Well or Domestic Beer \$1.25. 50¢ off all craft drinks 7 to close.

IBT's - Open Noon to 1am. Happy Hour 4 to 8pm, \$1.50 domestic beer & well. Shows alternating Wednesdays with Male Box Nite. \$1.50 Bud Product Special 9 pm to close. (Specials do not apply during shows)

PLUG - Open 3pm. Happy Hour 3 to 8pm. 2 for 1 Well 9pm - 1am. Queer Dance at 9pm.

STONEWALL/EAGLE - Happy Hour Noon to 8pm. Stonewall opens at 9pm. Corona and Cuervo Gold \$1.50

VENTURE-N - Open 6am Draft Beer 75¢ 6am-8pm. Cuervo Gold \$2 all day/night. Happy Hour Prices 6am-8pm. Backside open 5pm-close. Tuff Stuff Tool open 8:30pm.

Thursday

AIN'T NOBODY'S BIZNESS - Happy Hour 2-7, 2for1 well or domestic beer. Free pool 2-4. Karaoke 8pm to close.

GRADUATE - Open 9am. Happy Hour 4-8pm all well \$1.25 Draft 75¢ Schnapps 75¢

HOURS - Happy Hour 12 to 7pm, Well or Domestic Beer \$1.25. Heineken or Corona \$2.00 9pm to 1am. Country/Western dancing 8 to 1.

IBT's - Open noon to 1am. Happy Hour 4-8 pm \$1.50 domestic beer and well. Underwear Nite 10 to 1 - win a pair of Calvin Klein underwear. \$1.25 Well and \$1.50 Domestic Beer to those in their underwear. Hi energy dancing 9-close.

PLUG - Open 3pm. Happy Hour 3 to 8pm. \$1.50 Skyy vodka cocktails with "The Smud" 9pm - 1am. Live DJ at 9pm.

STONEWALL/EAGLE - Happy Hour noon-8pm. Peter specials all night long. Stonewall opens 9pm with hot male strippers from Phoenix.

VENTURE-N - Open 6am Draft Beer 75¢ 6am-8pm. Pool Tournament 7pm \$3 entry fee. Happy Hour prices for Men in Leather 8pm to close. Backside open 5pm-close. Tuff Stuff Tool open 8:30pm

Friday

AIN'T NOBODY'S BIZNESS - Happy Hour 2-7, 2for1 well or domestic beer. Free pool 2-4. Complimentary Hors D'Oeuvres. Hot dance music with Alex 8:30. Shot specials every 1/2 hour.

GRADUATE - Open 9am. Happy Hour 4-8pm, all well \$1.25 draft 75¢ Schnapps 75¢

HOURS - Happy Hour 12-7pm well or domestic beer \$1.25. Country Western Music 8-1am.

IBT's - Open noon. Happy Hour 4-8pm \$1.50 domestic beer and well. .. Pubic Bar with Lessey 9-1. Dance Party 9 to 1 with DJ David Z.

PLUG - Happy Hour 3 to 8pm. \$1 schnapps all the time. Hi-Energy Dance music at 9pm.

STONEWALL/EAGLE - Happy Hour noon-8pm; Hot Hors d'Oeuvres 6pm. Stonewall opens 9pm. Wear Stonewall T-Shirt and get happy hour prices all evening

VENTURE-N - Open 6am. Draft Beer 75¢ Bar 6am-8pm. Happy Hour Prices 6am-8pm. Backside open 5pm-close. Tuff Stuff Tool opens at 8:30 pm.

Saturday

AIN'T NOBODY'S BIZNESS - Pot matched, 1st: 70%, 2nd: 20%, 3rd: 10%. Hot dance music with Alex 8:30pm to 1am. Drink specials every 1/2 hour.

GRADUATE - Open 9am. Happy Hour 4-8pm, all well drinks \$1.25 draft 75¢ Schnapps 75¢. Pool Tournament 2pm, \$3 entry fee, pot matched.

HOURS - Open Noon, Strawberry & Banana Diqueiros, Pina Coladas \$3. Country/Western Music 8-1.

IBT's - Open Noon to 1am. Happy Hour noon to 8pm \$1.50 domestic beer and \$1.25 well. Pubic Bar with Lessey 9-1. Dance 9 to 1 with DJ David Z.

PLUG - Open Noon. Happy Hour till 8pm. Free Pool till 8pm. Hot Dance Party at 9pm.

STONEWALL/EAGLE - Happy Hour Noon to 8pm Free pool Saturday afternoon. Stonewall opens 9pm with High Energy Music.

VENTURE-N - Open 6am. Bitches & Bagels w/1 Steady Marys 6am-noon. Happy Hour Prices 6am-8pm. Backside open 5pm-close. Tuff Stuff Tool Opens at 8:30pm.



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NOTICES

NOTICES

FRONT PORCHES OF TUCSON meet for fun runs Tuesdays at 8 p.m. Group meets in front of the Himmel Park Library (East side) and Sundays at various times and places. For more information call Mitch at 329-3555

SOFTBALL - For info on the Tucson Greater Softball Association T.G.S.A., please contact Mary 770-9979 or Bertie 318-5415.

FACT - People with AIDS Coalition of Tucson, 801 W. Congress. Office hours 9 to 5 M-F (7-7 Wed); support group meets every Tuesday at 7:30 p.m. Call 770-1719 for info.

CARE TEAMS ARE AVAILABLE to offer support to people living with HIV/AIDS. The Tucson Inmate HIV/AIDS Network offers trained, compassionate and committed volunteers to provide services including friendly visits, light housekeeping, assistance with meals, shopping, errands, transportation and companionship for medical appointments, and respite care for primary care givers. No judgement or proselytizing - we are here to be of service. For information call Scott at 299-9063.

SMART FOUNDATION OF TUCSON Help us help others in giving emotional support to persons with HIV and AIDS and their families, friends. Contact us Monday through Friday, 9 a.m. to 5 p.m., 300 E. 8th Street, 822-7197. VOLUNTEERS WELCOME.

MEDITATION CLASSES BY DR. BOB FELDMAN. Meditation is a wonderful tool, either as a stress reducer or as part of a spiritual path. Learn from an experienced professional with twenty years experience as a mediator. For more information, please call Dr. Bob Feldman at 822-1732.

P.F.A.G. - Parents and Friends of Lesbians and Gays - is a support group available to anyone who has a son, daughter or friend who is Gay. Call 575-8580 or write P.O. Box 34264, Tucson, AZ 85740-8264. All replies confidential.

ARE YOU GAY OR BISEXUAL AND UNDER 21 YEARS OF AGE? The Gay Young Men's Project is now looking for volunteers for the project. We need people who want to help create a positive social change for young Gay men as well as reduce the risk for HIV infection. For more information please call the Tucson AIDS Project at 322-8228.

LIVING MATERS FAMILY CENTER now meeting in the front building of MCC Church, 3288 N. Mountain. Worship services on Mondays at 5:00 p.m. Counseling provided for couples and individuals. For more information call 795-7266.

'EVOLVERS' a transgendered support group open to all T.V.'s, C.D.'s, T.O.'s & T.S.'s. Dedicated to all our brothers and sisters. Offering our help and support in every way we can. Meetings held on 4th Saturday of each month at 2 p.m. Call 824-6341.

ARE YOU GAY OR LESBIAN and someone else's drinking is getting to you. Call information and Referral about Alcoholism 821-1794 in Tucson info about special groups for Gays and Lesbians.

SCUBA DIVING CLUB. For information call digital pager 281-9872.

YOUNG AND GAY? Lesbian and Gay youth 23 and under, meet every Saturday in Tucson for sharing, support and information. Meetings are held at 422 N. 4th Avenue from 3 to 5 p.m. You are not alone. For more info call Wingspan, 824-1778.

BISEXUAL INFORMATION/SUPPORT GROUP for women and men. Meetings 1st & 3rd Wednesdays at 7:00 p.m. at Wingspan. 320-1319.

The TUCSON Chapter of PRIME TIMERS INTERNATIONAL invites Gay or Bisexual men over 30 years old to join and share Prime Timers fellowship. We welcome mature men who are or wish to be involved in Gay community activities, issues and organizations. Call 887-7493 and leave your name and phone number. Monthly meetings are held on the 3rd Sunday, 4-6 p.m. at Wingspan, 422 N. 4th Ave.

GAY VOLLEYBALL ON SATURDAYS. Competitive play 80 or better players only. Grass court Northwest corner Himmel Park 5:00 p.m. Check it out!

TUCSON AIDS PROJECT (TAP), 151 S. Tucson Blvd., Suite 212 (The Broadmoor Center Bldg.) Direct services for persons with and affected by HIV/AIDS. Prevention education programs. Business hours: M-F, 9-5. 322-8228. AIDS Hotline: 328-AIDS.

THE MEN'S MESSAGE GROUP meets the 3rd Sunday of each month. It is a good way to meet other men of all ages, singly, and with the art of nurturing touch. There is a fee. You must sign up in advance to participate. Call Marc at 881-4582 for more information or sign up.

TUCSON GAY INFORMATION AND REFERRAL For information on human service organizations, health and mental health services, financial and government assistance emergency services such as food and shelter, education, etc. Call Information and Referral 861-1784 - 8 a.m. - 5 p.m. Mon - Fri.

DR. BOB FELDMAN GESTALT GROUP FOR GAY AND BISEXUAL MEN. Learn to connect more powerfully with your own inner wisdom and with other men. Coming out issues, HIV issues, developing a healthy Gay identity, and more. A path of personal growth tailored especially for Gay and Bisexual men! For more information call Dr. Bob Feldman, 822-1732.

AIDS HOTLINE - TUCSON. Hours M-F, 9:00 am to 10:00 pm. Information, counseling, HIV-related services. 328-AIDS.

CATHOLIC GAY/LESBIAN SUPPORT GROUP meets every 3rd Monday at St. Pius X Catholic Church, 1800 N. Camino Pio Decimo in the Kino Room at 7:00 p.m. For more info call Ernie 721-2003 or Anna Marie at the Parish office 825-2573.

GAY OR BI-SEXUAL MEN in relationships with women. Need friends you can talk to? Weekly support group meets Tuesdays 8:30 - 9:00 pm. Licensed psychologist facilitator. Call 745-8977 Tucson. Strictly confidential.

COMMUNITY BUSINESS ASSOCIATION (CBA), Tucson's Gay and Lesbian business networking group holds regular meetings the third Thursday of every month. Call Greg Hollman 577-8333 for more info.

WINGSPAN - Tucson's Gay, Lesbian & Bisexual Community Center, 422 N. 4th Ave., offers support groups / info line / social events / library / meeting space. Volunteer Opportunities. Board meetings every 2nd Sunday (open to all) 6:00 p.m. Information 824-1778.

TUCSON LESBIAN/GAY ALLIANCE (TLGA) meets every third Thursday at Wingspan, 422 N. 4th Avenue at 7pm.

SUPPORT GROUP: Gays, Lesbians and Bisexuals meet weekly for open discussions in a loving, supportive atmosphere. Meetings Thursdays from 7:30 to 9:30 pm at St. Francis in the foothills Church, Swan and River Road, Room 12. Call the church at 299-9063 for information.

LEARN TO BE A LISTENING FRIEND. Unique Hospital Volunteer Program teaches listening skills to volunteers who provide a compassionate environment to at risk patients. Training every 6 weeks. 824-7063.

LICHER MIXING CLUB for women of all ages and backgrounds of life. Mix with other women. Listings in Rubyfruit Journal available at Antique Books, 411 N. 4th Ave.

THAR, a coalition of churches and synagogues committed to providing a compassionate response to the HIV crisis, provides HIV education in congregational settings, volunteer care teams to support HIV+ persons, a referral network of HIV-sensitive clergy, and interfaith services of healing and hope. For more information call 299-8647.

CAMELBACK BUSINESS AND PROFESSIONAL ASSOCIATION (CBPA) OF PHOENIX For information and membership write: CBPA at P.O. Box 2097, Phoenix, AZ 85001.

THIRTYsomething Society - An exclusive society for single Gay and Bi men in or near their thirties. A social society that offers monthly activities including a monthly outing away from Tucson. Call 787-3116 for more information and a membership bio.

LESBIAN SUPPORT GROUP addressing a full spectrum of issues, problems and situations. Meetings 2nd & 4th Wednesday 7 to 8:30 p.m. at Wingspan, 422 N. 4th Ave. 824-1778.

LESBIAN/GAY OVEREATERS ANONYMOUS. Saturdays noon-1pm in UMC Dining Room "F". 325-8676 or 870-1854.

L.D.S., EX-L.D.S., GAY LESBIAN, BISEXUAL SUPPORT GROUP. Meetings 2nd & 4th Wednesdays, 7pm. 320-1319 for information.

RECREATIONAL VOLLEYBALL every Sunday at 2pm at St. Francis in the Foothills for anyone who likes to play and have a blast call Davey 888-1708 for more info.

ARIZONA SPANISH PROJECT, S.L.D.A. - AIDS INFO LINE 827-3833. Also seeking volunteers who are bilingual (Spanish/English) and are interested in presenting information about AIDS to Spanish groups in Arizona and Sonora, Mexico. Early Intervention Center, 601 West Congress, Tucson, AZ 85745. 770-1314.

PERSONALS

ARIZONA GAY RODEO ASSOCIATION (AGRA) TUCSON CHAPTER. Interested? Call 323-0805 or write AGRA/Tucson, P.O. Box 40894, Tucson, AZ 85717.

CYBER CRUISE - Meet Arizona Gay men and women as well as people all over the U.S. Gay owned. www.mvno.com 850

SOURCES UNLIMITED, a Lesbian & Gay referral service. Business and individual listings are free of charge. All information available to anyone just simply by asking. 322-6653. Leave message.

ATTENTION - ATTENTION - ATTENTION Si eres hombre que desea salir con otros hombres y quieres ayudarnos a aprender y apoyar los programas para Los Latinos. Te ma para una entrevista estrictamente confidencial al 322-8228 y programo por telefono. 845

GAY DOWRY CLUB - Nationwide Personal Ad. Advertisers welcome too. Send stamp for information: Mavericks, Box 2543, Santa Fe, NM 87506.

If you are a Latino man who is having sex with other men and you want to help us to support and expand our programs for Latinos, call for a confidential interview at 322-8228 and ask for Ernie. 845

ATTENTION ALL BUDDISTS - Tucson Tanners is a meditation group open to all - nude activities scheduled both indoor and outdoors. Not "Gay Only", but Gays are welcome and invited to join. For further information send SASE to: Tucson Tanners, P.O. Box 84-G, Cotaroo, AZ 85652.

HOUSING/FOR RENT

INNER WISDOM - Try hypnotherapy for pain relief, past life exploration and addiction release. Also available: Spiritual Counseling and Dream Interpretation. 578-9020

2 BEDROOM HOUSE FOR RENT. Very secluded. Weekly 780-1880. 844

COCHISE COUNTY LESBIANS AND GAYS. P.O. Box 818, Bisbee, AZ 85803 / (602)432-5581. Rap Group, Youth Group, Social and Political Events.

CLEAN, QUIET STUDIO FOR RENT. 1st and P. Lowell area. Close to everything. \$295/mo. Includes utilities. \$50 pet deposit. Available now. 298-7301. 844

SUPPORT GROUP FOR MEN IN SAME SEX RELATIONSHIPS who have ever been physically, verbally or sexually abused, is now forming. Call Randy Dierhoff, Ph.D. at 570-0027 for more.

VARIOUS CENTRAL TUCSON LOCATIONS. 1 & 2 bedroom apartments from \$325 - \$495. Clean, private, quiet. Many extras. 883-8022. 845

BEARS OF THE OLD PUEBLO - a social club for bears and bigger, more robust men (and of course, those who prefer their company). For more info, call the Bears Hotline (820)723-0400, write 1830 E. Broadway #124-4G3, Tucson, AZ 85719, or come to our general meetings the second Friday of every month. Location listed on our hotline.

ROOMMATES

TUCSON ROOMMATE LOCAL SERVICE Man and woman welcome. Office 574-2772.

ROOMMATE TO SHARE EXPENSES. Central location. \$250/mo. + 1/2 utilities. 770-8845. 845

LAMBDA CAR CLUB, a local organization of Gays and Lesbians who share interest, information and fellowship involving collectible vehicles. Call 298-9434.

GM ROOMMATE TO SHARE large 4-bedroom house with private pool, gas grill, big screen TV and more. \$285/mo. Includes utilities. 888-7878 or 820-1770. 845

LESBIAN AND GAY ALANON - Affected by someone's drinking? Meeting every Tuesday 8:45 to 9:45 p.m. at Lambda Center, 2940 E. Thomas, Phoenix. Ellis 681-8850 or Ronn 888-2384.

MASSEURS

CHRISTIAN SCIENCE GROUP - Outreach to Gay and Lesbian people in Arizona. Meets monthly. Write to P.O. Box 893, Phoenix, AZ 85001 or call Eddy Walters, (802)371-1102

ULTIMATE PLEASURE - A relaxing and sensual FULL BODY massage for discriminating men. Private and discreet. A memorial full hour \$35.00. Rick 298-1792. 845

EMERGES SOCIAL GROUP. A social group for Gay men who enjoy the fellowship of their peers. Call Merle at 888-7284.

ATTRACTIVE YOUNG MAN offers a very relaxing, sensual, one-hour massage at a very reasonable price. Days, evenings and weekends. Michael, 790-2884. 847

T-SQUARES Lesbian and Gay square dance club meets every Tuesday from 8:30-9:00 p.m. at Cornerstone Fellowship Social Hall, 2902 N. Gerónimo (near 1st Ave. and Laguna). Open to All. Call Jeff or Art (520)782-8155.

NEW ADDRESS AND PHONE NUMBER, SAME GREAT MESSAGE. Labyrinth, turbulent, relaxing, athletic bodywork by a certified, professional, friendly guy. Mike 531-4838 844

LIGHTING LIGHTING will provide lighting for AIDS and related benefits at no charge. For more info call Adrienne at 880-7298.

ANHH! BODY/MIND EUPHORIA! Stress-releasing, sensual (unconsciously non-sensual) professional therapeutic massage by experienced L.M.T. Appointment only. Matthew Egberts. 881-2140 845

MAKE MEN: Long-haired Gay male penpal network. Photo, 3 IRC's to join. Box 211, Station 8, Downs, CANADA, K1P6C4

SWEDISH MASSAGE FOR GAY AND BISEXUAL MEN. Full body massage by experienced masseur. Relaxing, comfortable, professional; private setting. First time intro rate. Central location. Call Dr. Bob at 820-1732. 845

GAY & LESBIAN SPIRITUALITY GROUP at St. Phillips in the Hills Episcopal Church meets first and third Mondays. Call David, 323-7843 for more information.

GREAT MASSAGE / EXPERIENCED HANDS. The best value around. This wonderful balance of 7 styles with 15 years experience is professional, sensual, stress-reducing, enjoyable, wholistic, terrific and tailored to your needs. You'll love it! By appointment, Marc Haberzhan, L.M.T., 881-4882. 845

"AT EASE AGAIN", a men's discussion group meets at Wingspan at 7 p.m. every Tuesday, 422 N. 4th Ave.

GREAT MASSAGE / EXPERIENCED HANDS. The best value around. This wonderful balance of 7 styles with 15 years experience is professional, sensual, stress-reducing, enjoyable, wholistic, terrific and tailored to your needs. You'll love it! By appointment, Marc Haberzhan, L.M.T., 881-4882. 845

LESBIAN/GAY WRITERS: Workshop at 7:00 p.m. third Wednesday of every month. Read and critique current projects. Network and support. For info call 325-4727.

DESERT VOICES, Tucson's Gay & Lesbian Chorus rehearses Monday evenings at 7 pm at Utah School of Music Rm #102. For information call 781-9882.

Join the LESBIAN & GAY PUBLIC AWARENESS PROJECT. In Tucson write Awareness Project, 3881 N. Campbell Ave, #388, Tucson, AZ 85719.

AA Meeting with HIV/AIDS focus, Wednesdays, 7:30 p.m., MCC Church, 3288 N. Mountain. All alcoholics welcome.

AA Meeting with HIV/AIDS focus, Wednesdays, 7:30 p.m., MCC Church, 3288 N. Mountain. All alcoholics welcome.

MEN'S SOCIAL NETWORK: Social organization for men of all ages. Building an extended Gay family in Tucson. Monthly social potluck gatherings the 1st Saturday of each month and almost weekly social activities. Call Jerry at 888-8886 for information and a newsletter. 888

SERVICES

TARGET READING. Learn about compatibility, romance, partners, career, family, etc. Private in-home readings. Tom 529-9800. 848

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AIDS Deaths Down In Pima County

CONTINUED FROM PAGE ONE

resistance develops, we add another, or switch to different ones. The key is combining the drugs."

Yet another new weapon in the doctor's arsenal makes this possible with near-pinpoint precision - a test to measure the amount the virus in a patient's blood. With that, doctors can tell almost immediately how a patient is responding to a drug, and can switch the patient quickly to a new regimen, before losing critical time while the virus thrives.

"Now we can know exactly how fast the AIDS train is going, and we can put on the brakes," as Carmichael put it.

But putting on the brakes is no small deal from the patient's point of view. These new drugs, plus other drugs to fight AIDS opportunistic infections, also vitamins and anti-depressants, can force a person to take from 20 to 50 pills every day - at a cost of about \$1,500 every month.

Although there are frightening reports of tens of thousands of underinsured Americans struggling to find ways to pay for these drugs, that does not yet seem to be the case in Tucson.

Carmichael praised the state program for the indigent, the Arizona Health Care Cost Containment System, for so far doing a decent job of covering the needed drugs for AIDS patients, and he has federal funds to draw on for those with no insurance who do not yet qualify for AH-CCS.

Also, the drug companies, aware of the problem, are making some quantities of drugs available free, and Carmichael's office has a full-time employee who does nothing but work to obtain thousands of dollars worth of free medications every month.

At this point, doctors say it is too soon to tell just how much the new drugs will extend the life span of an HIV-infected

person. Also, national studies are showing that about 15 percent have little or no response to them.

"But there is no doubt that national data in fact shows there is a prolongation of life, no question about it," said Dr. Neil Ampel, an AIDS specialist at the Tucson VA Medical Center.

"The people who do respond are gaining weight, feeling better and are seeing their CD4 counts go up. The disease doesn't progress as quickly, and people don't die as much. No doubt about it."

But what has doctors holding their breath now - and what will finally tell them how many more years people may expect to live, is whether and how soon patients will begin to develop resistance even to these drugs.

"That's the \$64,000 question," said Ampel. "Resistance has already been seen in some of the first patients to take them. But we don't know yet if everyone will develop it, or how soon. This is an extremely complex disease."

Everyone well remembers the early euphoria over the first truly useful anti-AIDS drug, AZT, and the doom that followed when patients developed resistance to it after only 18 months.

Even so, both Ampel and Carmichael see the very breakthroughs in biomedical understanding of HIV that led to these new drugs as likely leading to yet another new class of effective inhibitor-type drugs in the near future to overcome that problem.

And therein lies the key to the hope for a cure.

"We have no cure for AIDS," Carmichael said. "But the theory is, if we can completely stop all viral replication in the body for 18 months, then the body could cleanse itself completely of HIV."

For the first time, we have drugs that are putting us on the road to being able to do that. That's the theory on how we could cure this.

"We don't have the drugs yet to do that, but if we can slow this train - the march of this virus - down to a crawl, then most of these people will still be here when we do get there, when we can cure them."

[Carla McClain is a reporter for the Tucson Citizen, from which this article is reprinted.]

"If a man does not keep pace with his companions, perhaps it is because he hears a different drummer. Let him step to the music which he hears, however measured or far away."

- Henry David Thoreau

SHOULD GAYS AND LESBIANS BE ALLOWED TO LEGALLY MARRY?



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"I'm not a straight man, but I play one on television."

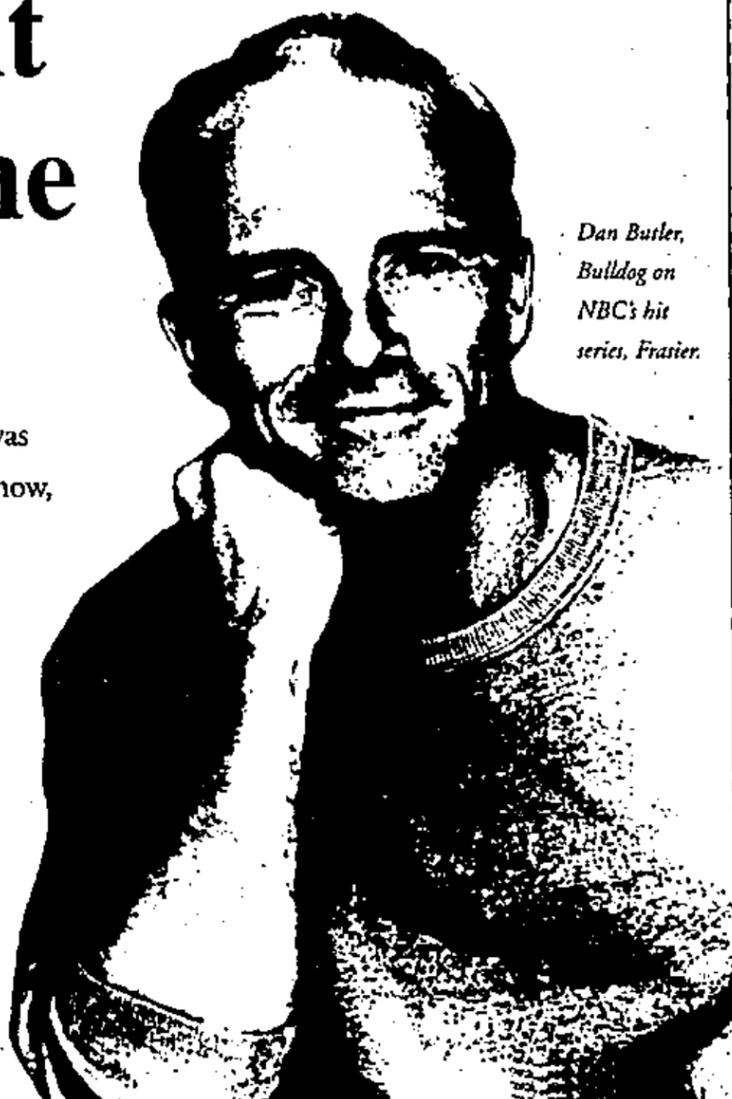
Many gay and lesbian people like Dan Butler thought acting straight was better than being open and honest. They hoped that others did not know, or that they feared friends and family would not accept them. After coming out, the love and support many receive tells them one thing -- that being themselves is the best act to follow.



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Dan Butler,
Bulldog on
NBC's hit
series, Frasier.