



Observing Tucson And
The Greater Arizona Community

OBSERVER

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ISSUE 662

Hawaii Gets Ready For Marriage Showdown

HONOLULU, HI (NP) - High noon approaches in Hawaii, as state legislators sharpen the weapons, the attorney general brings in a hired gun, and a new organization opposed to equal marriage rights wants us all to be one big holy family.

While the Hawaii House-Senate conference committee bang heads over the differences in legislative approaches to prohibiting Gay and Lesbian marriage, the state has shelled out the big bucks for an anti-Gay mainland attorney for the final defense of marriage discrimination in the Hawaii Supreme Court, and the public pressure groups are gearing up on both sides.

Three main public pressure groups have long been vocally opposing the legal same-gender marriages heralded by the 1993 state Supreme Court decision, but now there's a new one too, Pro-Family Hawaii (PFH).

PFH, building from the base of a Catholic congregation, says its mission is "to support and strengthen traditional family life in Hawaii and oppose that which threatens or weakens the family," the latter category including "rampant promiscuity, abortion, euthanasia and the effort to legalize same-sex marriage relationships in a formal marriage state.

To PFH's minds, such issues currently represent an imbalance between individual rights and community rights, and, "We cannot just sit back and allow a few to impose their morals on us." Instead, PFH seek donations for political action to "support politicians, regardless of party, who have a high moral vision of family life in Hawaii and oppose those who do not." PFH believes that, "Our patron in this work is the Holy Family of Nazareth."

But the various Gay and Lesbian groups working to gain equal marriage rights aren't sitting still. They're making arrangements to receive training from a top-drawer fund raiser for a leading Gay-friendly foundation.

Meanwhile, it's up to the state attorney general's office to provide the literal "defense of (heterosexual-only) marriage" when the case of Baehr v. Miike makes its final appearance before the state Supreme Court later this year. Grabbing all the gusto they can get, the attorney general's office has obtained a constitutional expert, Charles Cooper of Washington D.C.'s Cooper & Carvin law firm to act as their hired gun in the showdown.

To deputy attorney general Dorothy Sellers, Cooper is simple "the best we can get." But Dan Foley, the local non-Gay private attorney who's carried so much of the burden of "Baehr" since its inception, at considerable personal sacrifice, said, "Out of all the attorneys on the mainland, they chose one known for tak-

ing anti-Gay positions in court," rather than "taking the high road" as the state had promised to do previously.

Foley noted two of Cooper's writings which had been rejected by the U.S. Supreme Court, one a policy memo on AIDS he wrote to the Department of Health and Human Services while serving under President Ronald Reagan as an assistant attorney general, the other a brief in defense of Colorado's Amendment 2.

The 1986 policy memo supported allowing employers to fire people with AIDS based on their fears of transmission - even though those fears might be irrational ones.

The 1994 brief supported a successful ballot initiative that would have prevented Colorado's local governments from enacting laws to protect the civil rights of Lesbians, Gays and Bisexuals, the measure which in 1996 was struck down by the U.S. Supreme Court in perhaps its most powerful ruling ever regarding sexual minorities. Cooper's brief contended that the concept of equal protection under the law did not allow the rights of every "independently identifiable" group to override the state's constitution, an argument which was categorically thrown out with several others because the U.S. Supreme Court perceived them as based on anti-Gay feeling.

The state is prepared to shell out \$75,000 for Cooper's time at \$275 an hour. The attorney general's office's investigation of potential advocates did not turn up anything about Cooper they saw as anti-Gay. And they did need the help - the home team attorney who tried to take the high road in the last episode did not make a strong showing in the hearing that led to Judge Kevin Chang's December decision favoring the Gay and Lesbian plaintiffs.

Meanwhile, the House-Senate conference committee continues to hold brief but intense meetings on the topic of the differences between the anti-marriage and pro-domestic partnership bills each house approved, with both sides pleading their case more in the newspapers than in the chambers.

In their last meeting, the veneer of polite debate distinctly began to crack. The House version of the domestic partners bill allows four new rights for non-married pairs (any two people, including adult blood relatives); the Senate version expands them into some 200, although many are related and few promised any financial impact.



Supervisors Vote To Extend Health & Medical Benefits To 'Domestic Partners' Of County Employees

BY MARK R. KERR
Observer Political Reporter

TUCSON - During their March 25 weekly meeting, the Pima County Board of Supervisors voted 3-2 to extend health and dental benefits to the "domestic partners" of county employees.

"Domestic partners" under the Pima County proposal covers both homosexual and unmarried heterosexual couples who can show they are in a long-term and stable relationship and share financial responsibilities in the relationship. The county's new policy will take effect for FY '97/'98, July 1, 1997.

The vote to extend benefits was the culmination of efforts by the Pima County Domestic Partner/Dependent Health Care Committee, consisting of four county employees: Damien McNeal, Dolores Kropf, Cecilia Monroe and Mike Humphrey. The four had worked for two years, gathering documentation (from other cities and counties) in support of the effort for extension of health and dental benefits.

According to Damien McNeal, it was an incident a couple of years ago that started the effort for "domestic partners" coverage. Damien's life-partner, Richard McLean, had taken ill and had to go to an emergency room of a local hospital in Tucson. The emergency room physician said McLean should be admitted for care, but there was a problem, McLean had no health insurance and didn't want to be saddled with hospital bills. McLean eventually recovered, but the incident troubled McNeal, who was a long time county employee with health insurance, but couldn't add McLean due to policy forbidding it.

McNeal decided to work to change the policy and extend health care and dental benefits to "domestic partners." With the help of three other county employees, Monroe, Kropf and Humphrey, they started their bid to extend benefits.

After two years of persistent lobbying, and a change of the Pima County Board of Supervisors, the proposal was considered on the March 25 meeting agenda. Here are highlights from the meeting:

Board Chair Raul Grijalva, D-District 5, stated the proposal was a request by county employees and opened up the meeting for discussion and speakers.

One of two opponents of the proposal, Samuel Winchester Morey, then spoke. Morey called the measure "bad public policy that would promote illicit relationships and a waste of taxpayers money."

The other opponent, Mary Schuh,

stated the proposal was against the "cohabitation" law and that it would "reward people for breaking the law."

Dolores Kropf, one of the Committee, then spoke. Kropf said the proposal promotes stable relationships, key to the success for America. Kropf then rebutted the argument that divorced spouses have coverage, by saying, "I'm divorced and I received short term health care benefits."

County Administrator Chuck Huckleberry stated that a potential total of 106 unmarried households of county employees exist. Huckleberry said the cost to extend benefits would be between \$63,000 and \$160,000. He added that the county spends \$12-\$13 million annually on health care and dental insurance for county employees. Huckleberry added that the question existed if the three county HMO's, Intergroup, Humana HealthCare Plans, Partners, and the County dental plan, Employers Dental Services would extend policies.

Cecilia Monroe, supervisor of benefits for Pima County, said that all four plans had already agreed to extend benefits to "domestic partners."

Chairman Grijalva then put the question forward and Supervisor Sharon Bronson seconded the motion.

Supervisor John Even (R) then spoke. He said that he "was not prepared to vote against it at the present time." Even said he had concerns, he felt it was a budget issue that could impact county employment costs. Even then made a substitute motion to delay the measure to capture "true" date to compile with FY '97/'98's budget process. Supervisor Mike Boyd (R), agreed and seconded Even's motion. Boyd said this proposal, "should be part of the upcoming bond package vote this spring."

Supervisor Dan Eckstrom stated the substitute motion was moot, since this proposal would take effect for the next year and the next open enrollment period, (in May). Eckstrom said the current proposal would do as Even and Boyd wanted.

The Board then voted on the substitute motion, defeating it by a 2-3 vote: YES - Boyd, Even. NO - Eckstrom, Bronson, Grijalva. The Board then voted on the original motion by Grijalva which passed by a 3-2 vote: YES - Eckstrom, Grijalva, Bronson. NO - Boyd, Even.

Three members of the Committee, Kropf, Humphrey and McNeal watched

CONTINUED ON PAGE TWENTY

UPDATE

Shanti Wish List

TUCSON - Shanti Foundation of Tucson is in need of a few items and as always, would appreciate any of the following items for Shanti's pantry and Shanti's office, 300 East Sixth Street:

Laundry detergent; shaving supplies; plain paper fax machine; shampoo; toothpaste; filing cabinet.

Your help does make a difference. For more information call Shanti, 622-7107.

ATTENTION: G/L Seniors

TUCSON - A new Tucson G/L film production company, Ruby Moon, invites any interested G/L Elders, born prior to 1940, who have stories to tell and are willing to be interviewed for a forthcoming documentary.

Tentatively titled, "Silver Linings: Paths of Gay and Lesbian Elders," the film will include interviews with Gay and Lesbian Seniors discussing their personal development, the stigmas and challenges they endured prior to the Gay Liberation movement of the late sixties.

For more information, contact Joe Saracco, producer, (520) 750-8636.

Volunteers Needed For Phoenix Pride Parade

TUCSON - Come join TLGA march in Phoenix's parade. Volunteers needed, and their cars, to drive to Phoenix.

Those interested are to meet at Ain't Nobody Bizness in Tucson, March 29, 6:00 A.M., for carpooling, or at the Park Central Mall in Phoenix, 8:00 A.M. The parade begins at 9:00 A.M. Hope to see you all there!

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IGTA Member

APC Hires New Coordinator

TUCSON - After two months of searching, the AIDS Prevention Collaboration has hired a new project coordinator, Joseph Aponte, to run the Gay Mentor Project and the Gay Men's Health Project.

Aponte comes from Phoenix, and has worked with queer youth as the coordinator of Valley One In Ten Youth Services Programs. He has been involved with HIV/AIDS Prevention for ten years, originally in California before moving to Arizona.

Through his ten-years of involvement with social services, Joseph has built an excellent reputation for leadership and in-depth knowledge of public service. "As a young person at age sixteen, I served as a volunteer for a local HIV/AIDS services agency. It was in this capacity that I first realized the value of maintaining a strong focus in my community." Joseph has implemented a number of programs throughout California and Arizona including the Latino Youth Developmental Program, Gay and Lesbian Speaks Out, and Peer-to-Peer Prevention.

Joseph has not done it on his own. "I have always had a strong pool of volunteers. It's the volunteers that have made the programs work. Also, I know that the community of Tucson is ready and willing to take part in new and innovative ways of prevention in our community."

In talking with Joseph, he has stated his desire to maintain a consistent and strong Gay focus. "I have always, and will continue to support Gay positive programs with the following philosophy: BY Community, ABOUT Community, FOR Community." With this philosophy Joseph comes into these programs that already have a successful focus on community involvement. His transition is sure to be a smooth process. Welcome Joseph!

For more information about volunteering and programs for Gay men from 14 and up call, (520) 322-6226, and ask for Joseph, Arthur and Ernie. Se habla Español.

AZ NOW State Conference

TUCSON - The Tucson Chapter of the National Organization for Women (NOW) will host the Arizona NOW State Conference, April 4-6.

The conference will be held at the Inn Suites Hotel-Tucson, Randolph Park, 102 North Alvernon. The theme of this year's conference will be "Storming the Bridge to the Twenty-First Century." Prominent guests and speakers will be: Kim Gandy, National Executive Vice President of NOW; Earleen Edberg; NOW Southwest Region; Elizabeth Toledo, California NOW State President; and Nancy Mairs, local author of "Remembering the Bone House," and "Waist High in the World."

The public, men and women, may attend the conference. There will be workshops on Saturday and Sunday. Child care will be provided. To make a reservation contact Tucson NOW, 240 North Court, Tucson, AZ 85701 or call, 622-6992.



Women for Women

Breakfast Meetings Change

TUCSON - On Wednesday, April 2nd, the Woman for Women Breakfast Group will be meeting at the new Terra Nova Restaurant in the plaza on the southeast corner of Wilmot and Broadway (in the former location of the Old Good Earth Restaurant) This group of Lesbian Business women meets regularly on the first Wednesday of every month at 7:00 a.m., to network, exchange ideas and discuss their businesses in an informal setting over breakfast. The group had to make the move due to a schedule change at their previous meeting place, the Blue Willow.

Meetings are very informal. Topics are selected by consensus of the group and planned a few months in advance. Usually one of the members of the group leads the discussion, lasting about 10 to 15 minutes. The remainder of the time is used for networking and general discussion of business issues and ideas. The group is open to all Lesbian business owners.

This month, Colette Barajas will present 'Who's Who in the Tucson Community', a short discussion of the various groups and organizations that exist within the community for social and business purposes. In May, Carol Brown will be discussing the Basics of Organization, and in June there will be a speaker from the Tucson Women's Commission providing information about their group

If you are a business owner, or would like to meet and talk with Lesbian Business owners in Tucson, please join the group on the first Wednesday of each month at the Terra Nova Restaurant, in the plaza on the southeast corner of Wilmot and Broadway.

(Women for Women currently does not charge a membership fee. Breakfasts are ordered from the menu and paid for individually. If you have any questions about the group, you can call Sally Rogers at 795-6985 or Mae Krueger at 7482830.)

Beds Etc. & Spring Air Donate Mattresses To PACT

TUCSON - Representatives of Tucson-based BEDS ETC. and Spring Air Mattress company, Phoenix joined together to present a gift of six mattress sets to the People With AIDS Coalition of Tucson (PACT).

Jorge Lezcano, owner, BEDS ETC., Tucson, and Bob Leitz, Spring Air Mattress Co, Phoenix presented the gift to Ken Leist, Director of Development and Marketing, PACT.

The mattress donation, valued at \$2,500, is part of Chicago-based Spring Air Company's national "Bed Bank" program to benefit charities around the country. BEDS ETC. has teamed up with Spring Air in celebration of its fifteenth anniversary in the Tucson community. The bedding will be used in PACT's housing units.

Lezcano said he is pleased to join with Spring Air making this donation to PACT because of the excellent work the organization does for AIDS patients in the need in the community.

"Companies must do more than sell products and services, and we have always recognized that businesses are an integral part of the community," Lezcano said. "Our participation is directed toward opportunities in which we can help our

Southern Arizona AIDS Foundation Upcoming Fundraising Events

- **Classical Concert #1:**
Acoustical guitar concert featuring Roberto Capocchi. Friday, April 18th at St. Andrew's Episcopal Church, 7:30 PM
- **Laff's Comedy Benefit:**
Local professional comedians and ASO clients share the lighter side of living with HIV. Tuesday, April 29th. Laff's Comedy Cafe.
- **10th Annual Reno Gannon Memorial Jell-O Wrestling Extravaganza**
A zany afternoon of slipping and sliding in America's favorite dessert. Sunday, May 18th at the Graduate
For More Info Call
PACT, TAP or Shanti

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IBT's News Gay-zette

Your Source for What's Hot & Happening in Tucson • Published Weekly in the Observer

Happy Easter!



SUN, MARCH 30, IBT'S EASTER PARTY WITH IBT'S EASTER EGGS

Everyone is guaranteed to WIN with IBT's Easter Eggs. From Open to ?? See what the Easter Bunny left for YOU!

THE GIRLIE SHOW



Wednesday, April 2
Showtime 9 PM

Hosted By Lucinda Holliday and featuring Bulemia De Havilland, Electra Bleu & Miss Gay Tucson Felice Renard.

Lucinda Holliday, (left) Tucson's Queen of Comedy, will thrill and amuse you... and then there's the rest of the gang! Not to be missed.

The Love Company Presents "Puttin on the Lips"

9:00 PM - Easter Sunday

Lipsinc Contest with performances by Felice Renard and Mr. Kenneth Blake.

Sunday's Benefit BeerBust/BBQ for Shanti Foundation, 4:30-7

COMING ATTRACTIONS

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- Headgames

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IT'S NEWS TO ME . . . BY STEVE RISLEY

Taxing Times: It's that time of the year again; time for the annual trip down to the office of my tax return preparer, Willy Fixit, to find out whether I'll be eating Kraft macaroni and cheese for the next six months or digging up the yard in search of edible grubs. I think filing tax returns is like going in for a root canal - you dread it, it has to be done, and you know it's going to be horribly painful and costly.

Mind you, I understand I have an obligation to pay my fair share of the installments on the national debt but I bet if it was coming out of the paychecks of the people who vote for federal budgets that always exceed federal income we'd solve that little problem real quick. You have to believe that if you or I were unemployed trillion dollars in debt someone would cut off our credit faster than Hillary Clinton can change the sheets on the Lincoln bed.

And although I get a little upset paying for the cost to protect the habitat of the few remaining Muckenthaler's Mud Moths, I know that the world would collapse and life as we know it would surely come to an end without this critical component of the ecosystem. After all, look what's happened since the dinosaurs became extinct.

But it's finding all the forms, receipts, the W-this and W-that required to complete my returns that gives me acid reflux and terminal toe cramps. As careful as I try to be about saving and organizing all these vitally important bits of paper, I always end up having to embark on some mad scavenger hunt for documentation.

Well, I think I've run down everything I'm going to need so that Willy can work his magic but I sure wouldn't mind a return to the days when you simply turned over a bushel of rutabagas, a few chickens and a pig to the king. Nowadays you have to substantiate all your costs for growing the rutabagas, document what you did with the eggs the chickens laid, and provide a depreciation schedule for the value of the pig.

And then it was now.....

SPORTS

Desert Coyotes Bowling League Spring Standings

	W	L	T
Hung Hoes	19	9	0
Three's Company	19	9	0
R.E.D.	18	10	0
Tres Amigos	16	11	1
Smokin Bears	15	13	0
Triple T & Me	14	14	0
Erratica	13	14	1
Two	13	15	0
Rubber Queens Return	13	15	0
Straight Shooters	11	17	0
Garfield & Girls	9	19	0
Stoned Rollers	6	22	0

Lambda Lizards Bowling League Spring Standings

	Won	Lost	Tied
Desert Divas	22	5	1
Faerie Tails	16	12	0
Tastee Buns	16	12	0
Lesherados	15	13	0
Rubber Queens	14	13	1
Pink Flamingos	12	16	0

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I mean, how critical is it if I forget to report the \$2.71 I earned on my savings account last year? From now on I'm keeping a Dillard's shopping bag next to my desk and I'll just toss everything I think I'll need at tax time into it.

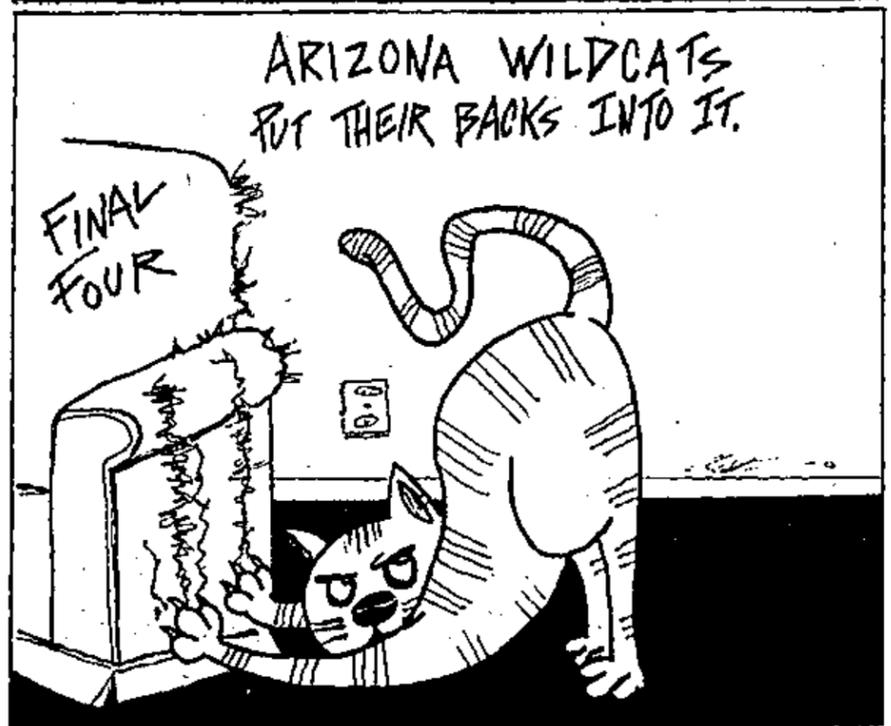
With all that's required of the American wage earner these days it's no wonder kids don't operate lemonade stands anymore. Used to be that you didn't even apply for a social security number until after you left school and began a "real" job. Now the government gives you 14 days from the time you vacate the womb to apply for one or face 10 years in jail and/or a \$100,000.00 fine.

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AS I SEE IT..... BY CLARK





TUCSON GREATER SOFTBALL ASSOCIATION

Team Tucson Squeaks By The Biz

With apologies to the Hill Foot Gems, who have shown they can play at the competitive level, this reporter believes that Team Tucson's 3-2 squeaker over The Biz was a preview of the Women's Division Competitive Championship Game, based on recent history between the two teams.

The game featured outstanding defense and pitching, (Bertie-Team Tucson and Jeanette-Biz), by both teams. Debbie L., singled in the game winning RBI in the bottom of the seventh inning before a large and appreciative crowd. Both teams' coaches are really proud of their team's effort throughout the hard fought battle.

In other Women's Division games, The Hill Foot Gems beat the Lavender Laces, 10-3. The Gems were led by Nettie and Barb's perfect night at the plat as well as Ginger's triple to break open a close game.

In the second game of a double-header, the Gems used 8 runs in the top of the seventh and used Barb's excellent pitching to secure a 14-9 victory over Girls' Night Out (GNO). GNO coach, Laurie S., commends Jeannine C., for her outstanding hitting and the entire outfield for some excellent plays.

In a make-up game, Team Tucson defeated GNO, 10-0. After the game, GNO coach, Laurie S., was in awe of the Team Tucson shortstop, Karen and second-baseman, Debbie for their excellent

defense that kept the GNO hitters at bay. GNO pitcher, Kelly, had an outstanding game in defeat. Laurie also mentioned that GNO will be a team to be reckoned with as soon as they get a bit more experience and put together a seven inning game.

In Open Division Play, IBT's Twisters beat Best Choice Realty (BCR), 11-7. Robb G's excellent pitching was the difference in overcoming a lackluster hitting and fielding night by the Twisters. Elsa M., BCR coach, praised her pitcher, Sue G., as well as the rest of the team. This was only BCR's second game together.

In the night-cap, the Arizona Aces showed little mercy until the game was well in hand in defeating Venture-N, 29-5. The Aces had the offense and defense gunning on all cylinder's. Venture-N coaches, Shane A., and Dan F., were pleased with the team's effort and appreciate the team's never give up attitude.

Thanks to the fans who showed up to support their favorite players/teams. Due to Easter, there are no games scheduled next Sunday, March 30. [Note: The column will be back in two weeks]

For more information on TGSA, please contact League Commissioner, Mary O., 770-9979. [Note: All games are played at Freedom Park, 29th, between Swan and Craycroft.]

BEAR SCRATCHINGS

by Kevin Jackson

Grr-eeetings! Election time has come again for the Bears of the Old Pueblo and we've had a passing of the baton in three of four offices. We'd like to welcome Steve Finch as our new president, Steve did a hang-up job as the vice president last year and eagerly accepted his nomination.

When I asked Steve what his goals were for the coming year was he stated "I'd like to see the Bears really grow this year. We really did a wonderful job with La Fiesta De Los Osos and we want to continue the tradition for Fiesta '98. This year we'd like to reach out to bears and admirers in the community and encouraged to take a look at our friendly little group." Steve fills the position but not the shoes of our beloved former president Bob Rowe.

After two years on the governing board Bob is taking some much deserved time off to pursue his work in Archaeology. We will miss you buddy, thanks for everything. But Bob won't be completely missing in action though as Bob retains his duties as "Web Bear" for our Bears of the Old Pueblo Homepage on the internet.

Stepping in as vice president is Scott Davey. Scott has been an active member in the group for quite a while now and really wanted to get in and make himself available to help. Scott has some specific goals for the club this year and when asked said, "The comraderie in the club is what I and others really find appealing and I'd like to see us really expand the club to include anyone who would like to be a member. I also want to broaden our activities to include more cultural events in addition to all the great outdoors

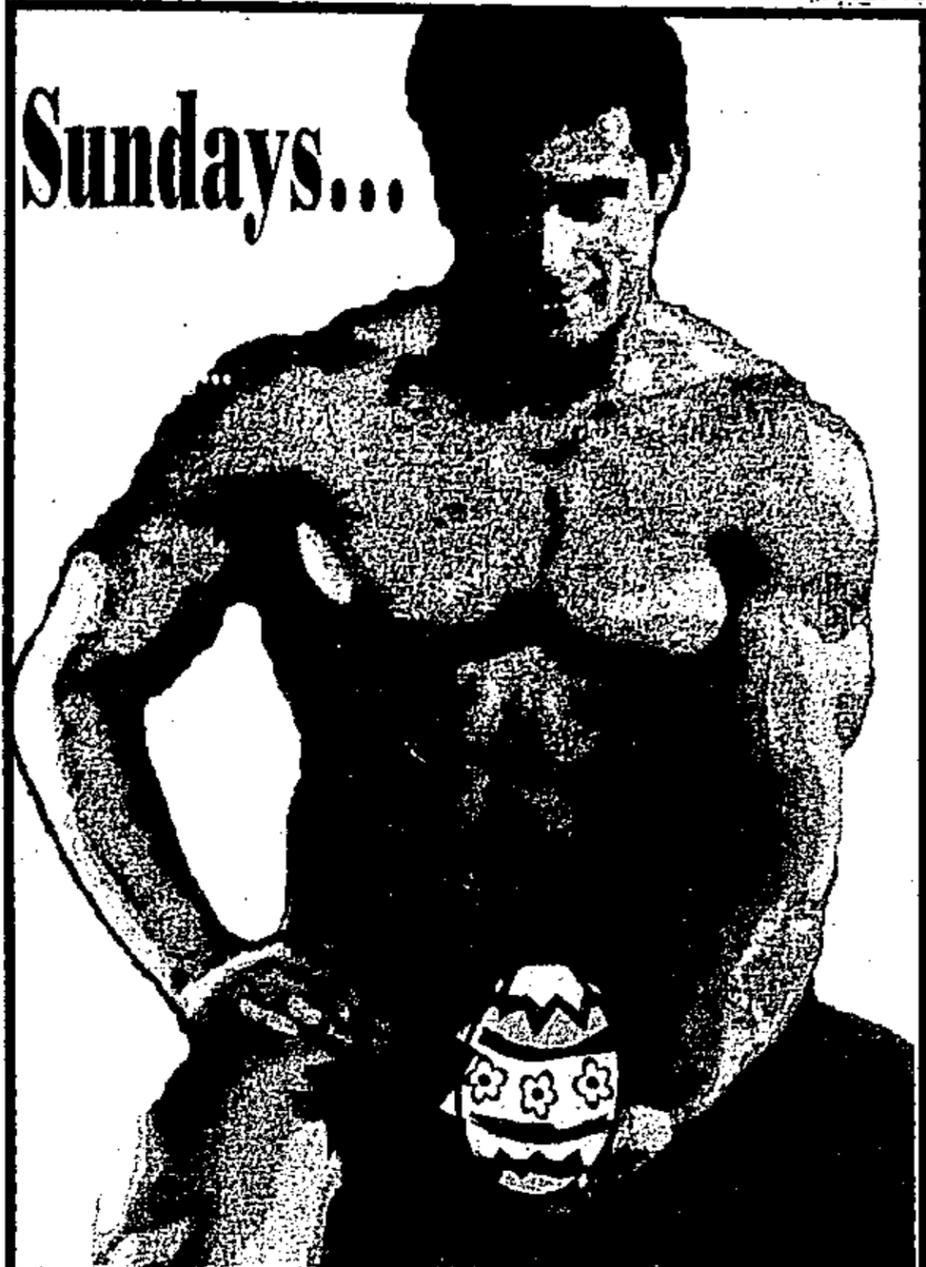
gatherings that the club is known for." One of the first duties that Scott has a Vice President is working on a "Meet 'N' Greet Social" for this coming month as part of a larger outreach plan for the year. Look for details in the next column.

After two years of dedicated work our Treasurer Ralph Geror has decided to step down and hand the reigns over to our new Treasurer, Bob B. Ralph did a great job keeping track of all the details especially during La Fiesta De Los Osos and his successor was our victorious Fiesta Coordinator. In preparation for seeking non-profit status for the club Bob has been a godsend seeing to the details and keeping us on the straight and narrow and I can't think of a better man for the job.

Yours truly is the sole office not to shift positions in the coming year. I retain the secretary's office and my goals for the coming year are mirrored by the rest of the guys; more outreach, more brotherhood, and more fun! As secretary I'm looking to improve communications with the local and bear communities and you'll be seeing more "Bear Scratchings" columns and our events regularly in the Observer as part of that effort. I am also working to make myself more available to answer questions about the club and working to streamline the email, and postal information flow from the club to you. I'm starting my third year as a member of The Bears and have enjoyed every minute of it, these burly brothers of mine have really become an extended family and I want to encourage anyone who has given us a thought to drop us a line and give us a look. You'll be glad you did!

CONTINUED ON PAGE TWENTY

Sundays...



**Now Open at Noon on Sundays
Easter Bonnet Contest...**

\$50.00 Dillard's Gift Certificate For Best Bonnet
drawing to be held at 10 pm

Dance Party with DJ Raymond at 9

Karaoke with Nancy
6 - 9 pm

Bar Employee Appreciation Night...
All Call Liquor \$2.00 6-close for Bar Employees
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As Always On Sundays
\$1.25 small Pitchers
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ALYSON ADVENTURES



POLITICS 1997

By MARK H. KERR

"Four Peons And Two Years!"

Who would have thought it? It is not thought, it is now the new policy of Pima County government. It took "four peons" a total of "two years" to set this historical precedent in the state not known for precedents. What could it be?

Yesterday, March 25, the Pima County Board of Supervisors, by a 3-2 vote, approved a policy to extend health care and dental benefits to the "domestic partners" of Pima County government employees. This measure will take effect for the next fiscal year, FY '97/98, for Pima County government, July 1, 1997.

How and by whom was this achieved? Four county government employees, Mike Humphrey, Damien McNeal, Dolores Kropf, and Cecilia Monroe were behind the effort for "domestic partner" benefits. The events affecting one employee though, McNeal, was what started the movement to extend health and dental benefits to "domestic partners" of county employees.

Two years ago, McNeal had to take his life-partner, Richard McLean, who was ill, to the emergency room of a local hospital. The emergency room physician said McLean would need to be admitted to the hospital, but there was a problem, McLean had no health insurance and didn't want to be saddled with hospital bills. McLean eventually recovered, but the situation troubled McNeal. McNeal was a long time employee with Pima County government had health insurance. His life-partner McLean did not, and the Pima County policy wouldn't let McNeal put Richard on his policy. McNeal then decided to work to expand eligibility for Pima County government employee health care and dental benefits.

McNeal held meetings with other concerned County employees, known as the Domestic Partner/Dependents Health Care Committee. Six employees attended, then it went down to three, then Cecilia Monroe, joined the effort to make the final four.

The four continued to meet, gathered information from other cities and counties with domestic partners' benefits, such as Seattle and Multnomah County in Oregon and put their case together. Cecilia Monroe, supervisor of Pima County employee benefits lobbied and wrote the three county Health Maintenance Organizations, Humana HealthCare Plans, Inter-group and Health Partners, and the County dental plan, Employers Dental Services about expanding coverage to "domestic partners."

The Committee obtained the endorsement of the Pima County Employee Council for their "domestic partner" plan. With all that, the Committee then went to the five people who could change the policy, the Pima County Board of Supervisors. The Board, at that time, consisted of three Republicans and two Democrats, they were: Mike Boyd (R), Paul "Dim Bulb" Marsh (R), "Mr. Ed" Moore (R), Raul Grijalva (D) and Dan Eckstrom (D). The odds were not in their favor, but the Committee persisted, led by the efforts of Mike Humphrey, who constantly lobbied Supervisors to extend benefits.

Persistence kept the Committee going, especially with the road blocks put up by members of the Board. According

to Humphrey, Kropf and McNeal, several of the road blocks were; the Committee, on many occasions, was told that the item would be placed on the agenda; were told "to just wait after the 1996 primary election," since all five were up; and were told certain Supervisors would vote in favor to extend benefits, being teased. In this case, words were much louder than actions!

The 1996 elections took place and Monroe, McNeal, Kropf and Humphrey were dealt a better hand and the light could be seen "at the end of the proverbial tunnel." The Democrats regained control of the Board. Democrat Sharon Bronson was elected from District 3. "Mr. Ed" Moore was sent to the glue factory. Paul "Dim Bulb" Marsh burned out, replaced by John Even. Things looked up, and they continued their efforts to extend benefits.

All the work, the endorsements, and the approval of the County Administrator, Chuck Huckleberry paid off. After discussions and questions from some Supervisors, the item was placed on the agenda, by Board Chairman Raul Grijalva, for the March 25 meeting. Now the hard part! According to Kropf, McNeal and Humphrey, they expected the proposal to be deferred due to questions, by Supervisor John Even, if the policy violated the state's archaic "Cohabitation" blue-law. Their expectations weren't met on this, fortunately, and the consideration/debate went forward.

The main crux was the cost to extend health and dental benefits. According to County Administrator Chuck Huckleberry, it would be between \$63,000 and \$160,000 depending upon the number of employees' who signs up and meets the requirements for eligibility. This is just a "drop in the bucket," according to Huckleberry, who said the county spends between \$12 and \$13 million annually on health and dental insurance for employees.

Two people, ultraconservative Republicans, spoke against the proposal, saying it was wasting taxpayer dollars on illicit and immoral relationships. Dolores Kropf spoke in favor, eloquently deflating the two opponents' arguments about relationships and coverage from divorced spouses. The two Republicans on the Board, Mike Boyd and John Even tried to delay the measure by substitute motion to get data on how many employees would sign up as "domestic partners." Mike Boyd made the statement that this should be part of the 1997 Pima County Bond Election package of proposals.

Dan Eckstrom shot down the motion by stating this proposal does go along with Boyd's and Even's ideas since it would take effect during the next fiscal year. Eckstrom called the question on the substitute motion and it was defeated 2-3, all Democrats voting against the Republican "stall."

Raul Grijalva then called the question on the original motion to extend health and dental benefits to "domestic partners," the vote was 3-2 in favor: YES - Eckstrom, Bronson, Grijalva. NO - Boyd, Moore. It was over and done! The three, Kropf, Humphrey and McNeal let out a muffled cheer and headed out of the Board Room to celebrate. They went into

Cornerstone Fellowship Memorial Garden

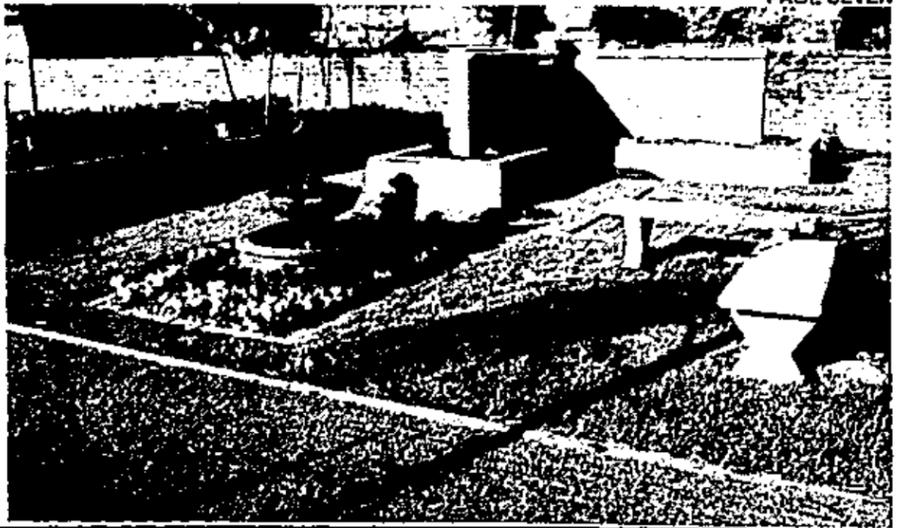
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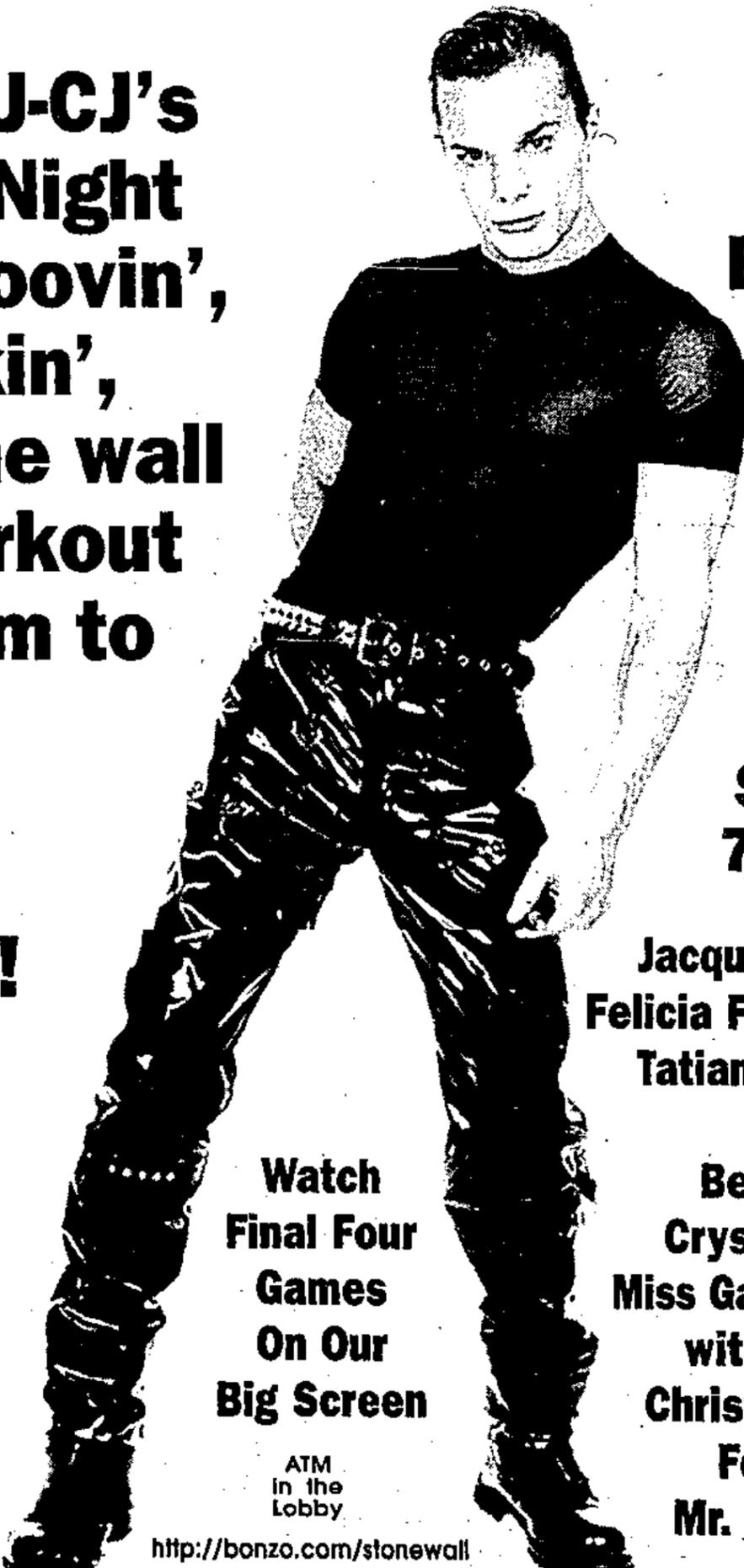


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PERSPECTIVE....
by Tracy Manthey

Trauma Resolution: Filling In The Gaps

I recently met a man and I wonder what impact he may have on my life. I am a trauma survivor just like everyone else, and I have been living with the signs and symptoms of Post Traumatic Stress Disorder as best I can. What this man proposed to me is a possible end to my pain and suffering.

working on my stuff for a long time and playing with it holds no great thrill for me, especially the lions and tigers and bears part. But, Baum assured me that no re-traumatization takes place. The key to doing this work is creating a safe place, going in, doing what needs doing and getting out. Unlike other processes that may take hours, 3 to 5 memories may be addressed in a single one hour session using this technique.

The man I speak of is Brent Baum, Trauma Resolution Specialist and consultant to Cottonwood de Tucson. Cottonwood is a treatment center which focuses attention on its clients' history of trauma in order to alleviate the symptoms of addiction and dysfunction. Brent got my attention and I proved an open listener.

Clients of Brent's report feeling tingling and fuzziness, especially in the two outside fingers of each hand as the energy from the traumatizing event is discharged. An important factor in really grounding this work and lowering the percentages of re-surfacing, relapses, and depressions, is filling the space created by the discharge with a healing and nurturing replacement. This is an empowering experience for the client.

Brent says that no horrific events need take place for us to be traumatized: being yelled at by a teacher, listening to your parents argue as you lay in bed at night, or witnessing a death can all bring about a trance state as our bodies become overwhelmed and encode the memory within the nervous system for future processing. So it sounds like anyone who has taken a left at River Road on a yellow light, expecting a green arrow and not getting one, or watching a coyote make off with their toy poodle could use to do this work. We are all survivors.

Through Brent's work at Cottonwood, he has found an especially strong niche among adolescents who easily rummage around in their sub-conscious, make the changes they need, and get on with their day. Others who have had strong results with this work, by addressing the roots of their disease, have been afflicted with ADD, cancer, fibromialgia and other immune disorders.

"Trauma," Brent went on to say, "is an event experienced by a person as a frozen moment in time, indelibly encoded within the nervous system. The 'gaps' we experience, the addictions, mood swings, depression, lack of memory - are most often due to this freeze in time that one's system undergoes at or around the moment of the trauma." The technique that Brent Baum uses to assist clients in filling in the gap with new, more palatable, gentler information is called Holographic Memory Resolution.

Presently, Brent is in Japan sharing his work with seventy other therapists who want to incorporate this technique into their practices. His teaching tour this year will include stops in Cuba, Sweden, and London. Brent has used this technique with the staff of the TWA flight 800, and survivors of the Oklahoma City Bombing. His work will be further researched in San Francisco using bio-feedback equipment to scientifically measure the effects of the treatment. And for all of us wanting a more in depth look, Brent has a book coming out this fall titled, "The Healing Dimension: Resolving Trauma in Body, Mind and Spirit."

Baum uses a technique of client self-hypnosis as well as hands on work to help enhance visualization so that those individuals not normally able to be hypnotized, can be. This allows the client to go within themselves and re-parent the child, the adolescent, or the adult into a scene of safety.

Not only can you experience this work for yourself, but you can also learn the technique and use it to help others create healthier insides. And you don't have to be a therapist either. Brent is being sponsored by the Arizona Polarity Institute of Tucson, to teach his technique at a workshop titled "Healing Trauma on the Cellular Level".

Brent notes that what changes is not the memory, but the effect the memory has on the previously overloaded system. "We make the scene a safe scene and reframe it and place that in the nervous system where the scene of trauma previously existed," says Baum. "My role as a therapist, is as a catalyst. The mind has the ability to heal itself. I demonstrate to the client that they have the ability to hypnotize themselves, to create the bridge between the conscious and the subconscious mind. I believe that true trauma imprinting is on an emotional level.

The workshop is Saturday and Sunday, April 19th and 20th. This is preceded by a free lecture Friday evening, on the same topic, to which all are invited to attend. For further information call the Arizona Polarity Institute at (520)322-0995. And who knows, you may even get to swap trauma trivia with me! See you there!

Remember, the trauma experience is a moment frozen in time at a particular age with particular clothing, and particular body sensations. The only way to change the experience is to work with that ego state. The traumatized person must go 'in' and reframe the traumatic experience. I help the individual with an awareness of their adult strength, parenting skills, assets and positive characteristics so they can step inside and repair themselves, nurture themselves in a literal way by stepping into their own memories and taking responsibility for that wounded part."

Now, I'm someone who has been



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THE WHOLE MAN

ROBERT FELDHAUS, PH.D.

The Uses Of Juices - Part Two

Freshly made fruit and vegetable juices are the most concentrated source of nutrients you can put into your mouth. I'm not talking about juices you buy at the store. There's a big difference between buying orange juice out of the dairy case and juicing your own oranges. Orange juice out of a bottle or paper container hasn't been real oranges for a long time. In the meantime, that juice has been pasteurized and preserved, and therefore it has lost a lot of its nutrients. When you juice your own oranges in your own kitchen, and then drink the juice right away, all the nutrients in those oranges are going directly into your system. The fact that fresh-squeezed is so much more delicious than bottled juice is just another indicator of how much better for you it is.

The principle is this: raw fruits and vegetables are the best thing you can put in your body, as far as your health is concerned, and the more, the better. Then it's a short step to seeing that you can't eat even a fraction of the fruits and vegetables you can juice. By juicing, you are getting the nutritional value of large amounts of fruits and vegetables into your system, where they can do their wonderful work of nourishing and cleansing you. Raw fruits and vegetables are much better for your body than cooked items are. Fruits and vegetables, in all their wonderful variety, co-evolved on the planet with us, and are the perfect foods for our bodies. Cooking removes some of the vital nutrients, but in juicing, you get almost everything nature put into the original fruit or vegetable.

There is a juice bar I can recommend here in Tucson, right on the corner of Park and University, across from the main gate to the University of Arizona. It's a little store tucked into the corner, and you can order lots of delicious juices and smoothies for a reasonable price. That's probably the best way to test out the idea of juice, since to do that, you don't have to invest any money in the juicer. Start out easy, with a carrot based juice, with perhaps some celery or cucumber thrown in. Carrot is the most palatable of the vegetable juices for most people, and it's used as a base for most vegetable juice. Sip it and see if you don't

agree that it's delicious!

If you decide that you want the benefits of fresh fruit and vegetable juice in your life, the next step is to buy a juicer. A good juicer is a solid investment in your health. I recommend either a Juiceman II (roughly \$150) or a Champion (roughly \$200). A Juiceman is more convenient to use and clean than a Champion, but a Champion makes richer juice. They are both available at Reay's on Speedway.

Once you have your juicer, it's time to go to the produce section of your supermarket and look for some delicious vegetables and fruits you'd like to consume. (Having a juicer makes a visit to the produce department much more interesting than ever before, because you find yourself looking for new things to juice.) Start out with carrots, though (a 5 lb. bag won't be too much), and some celery. After a few glasses of carrot-celery juice, you'll be ready to try other things. You'll want to find some green vegetables, for example, broccoli or lettuce, to blend in with your carrot and celery juice. Beet juice is also, like carrot juice, very sweet and palatable. The trick is to blend small amounts of less palatable juices, such as broccoli or green beans, into a base of sweeter juices such as carrot or beet. Make sure you strain your juices with a simple, fine-mesh kitchen strainer, because this also helps the juice taste better.

Vegetable juices require a little getting used to, but fruit juices are so naturally delicious that people like them best of all. Freshly made orange juice, for example, is something most people can drink with gusto. Apple-cranberry juice is also very good (and good for the prostate, too!). Almost any fruit except for bananas can be juiced, and fruit juices can be blended almost at will. The only thing is that they can be overpoweringly sweet for some people. You can always dilute your juices, vegetable or fruit, with water, up to a 1:1 ratio of water to juice. This is tastier for some people, and some experts believe it's better for your stomach. However, you never want to mix fruit juice and vegetable juice, with the exception of apple juice, which can be mixed with anything. Vegetable juices fortify the body, while fruit juices, especially citrus, are the natural cleansers and energizers of the body.

I'm just trying to give you an idea of how to get started, but you will need more input than I can give you in this column. You can talk to the clerks at any health food store about juicing, and they can answer many of your questions. Finally, you will probably want a good book about juicing. I recommend "The Juiceman's Power of Juicing," written by Jay Kordich, available for a few dollars at New Life health food stores. Or you can contact me by phone or email and I'd be happy to answer any questions you might have.

The experts recommend strongly that we get five servings of fruits and vegetables every day. There's no better (or tastier) way to get those five servings than through juice!

[Robert Feldhaus, Ph.D. is a counselor in service to the Gay community. For more information about services, please call Robert at (520) 623-1732 or email: hobby@azstarnet.com.]

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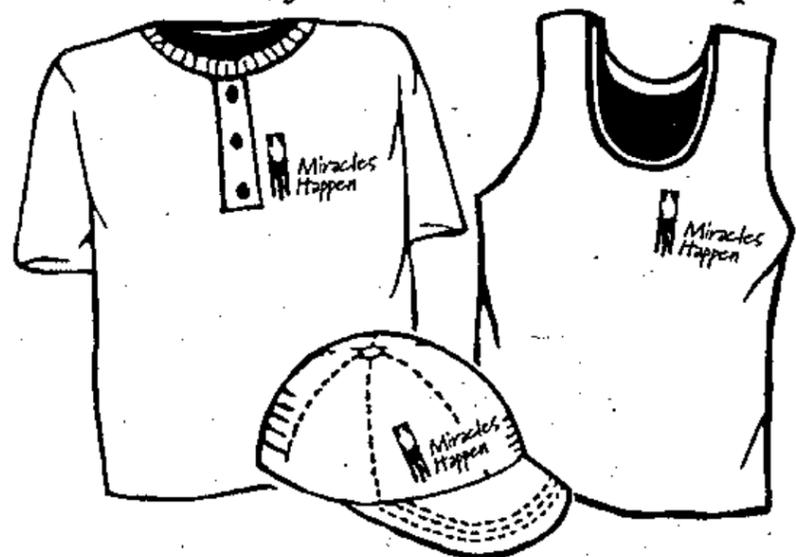
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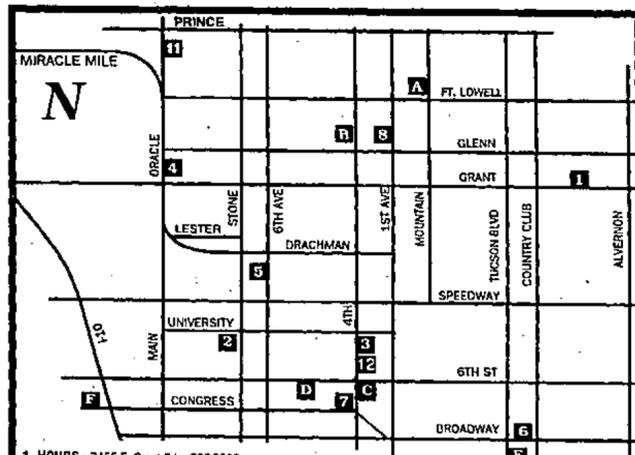
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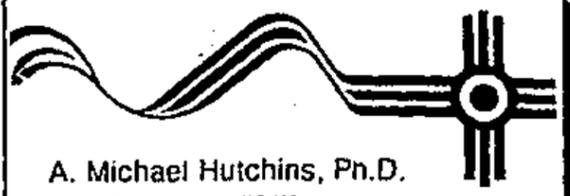
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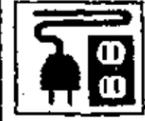
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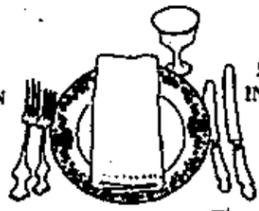


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A Taste of the Water of Life

by Bob Feldhaus

News from MCC Tucson

In the Christian world, this week is the climax of the year: Holy Week and Easter Sunday. Many of the most powerful symbols in Christianity are celebrated this week. Let's take a little tour of what's going on in the hearts of Christians during this holiest of all weeks.

First of all, this Thursday is Holy Thursday (also called Maundy Thursday). This is the day we celebrate the institution of the Lord's Supper. According to tradition, on this Thursday, Jesus was celebrating the Passover meal with his disciples. This is the night Judas betrayed Jesus, handing him over to the legal authorities to be executed. In the course of that night, Jesus instituted his memorial meal. He took some bread, blessed it, broke it, and said to his friends, "Take this and eat it, all of you, for this is my body, which is given up for you." When supper was ended, he took the cup. Again he gave God thanks and praise, gave the cup to his disciples and said, "Take this and drink from it, all of you, for this is the cup of my blood, the blood of the new and everlasting covenant. It will be shed for you and for all so that sins may be forgiven. Do this in remembrance of me." With these sacred words, he gave us a way to encounter him whenever we do the same things in his memory. Most Christian churches have some form of this in their services; Catholics call it the Mass, Protestants call it the Lord's Supper. At MCC, we celebrate communion every Sunday, and all are welcome to eat the bread and drink the wine. It is a way of remembering Christ's sacrifice and making it personal: he died on the cross for each one of us, and taking communion is a way of saying, "I want to participate in this and receive this gift, through faith."

The day after Holy Thursday is Good Friday, the day on which Christ died. He was nailed to a cross and suffered and died "for all," as he said of his shed blood at the first Lord's Supper. Christians meditate on the mystery of God incarnate dying on a cross for all, and enduring humiliation and physical pain for the sake of the human race. He was reduced to nothing, he entered the darkness willingly. It was, apparently, a complete defeat. He died the death of an executed

criminal, a death that he dedicated to the service of human beings everywhere and at all times in history, including us.

Holy Saturday is the day in which Christ was lying, dead, in the tomb. Tradition says he descended into hell on this day, to preach the good news of salvation to the souls of the dead. It is the in-between time, the time of cessation and darkness. The most dramatic liturgy of the whole year takes place, in the liturgical churches, on the evening of Holy Saturday. We meditate on the mystery of Christ's very real death. It is the moment of the most intense darkness, the moment when evil seems to have won the battle.

Sometime between Holy Saturday and Easter morning, the transition was made: Christ passed from death to new life. He rose from the dead. The darkness yielded to light. Death could not contain him. His message of love was vindicated. He advocated trust in God, even in the midst of the most horrible death imaginable, and the Christian tradition says that God raised him up from death, never more to die. He is now accessible to us as Lord and Savior, and he offers us his resurrection power in our lives as well. We too, according to Christian faith, will be raised up at the "end of time," to enjoy everlasting life with God and all the angels and saints. Death is no longer the final reality for Christians, for in Jesus, love has proved stronger than death. Celebrating that faith is what Easter is all about.

All are welcome at MCC's Good Friday and Easter services, even if you haven't been to church in awhile. Easter is a good time to touch base with God. Good Friday service is at 7:30 PM. On Easter Sunday, there will be a sunrise service at 7:00 AM, followed by a breakfast; and our usual Sunday service at 10:45 AM. Feel free to attend!

[MCC Tucson is a church where all are welcome, regardless of gender identity or sexual orientation. All are welcome at the 10:45 AM Sunday worship service. For more information, please call the church office at (520) 292-9151.]

A View From The Rock

A Commentary From Cornerstone Fellowship

What makes the difference between a good basketball player and a great basketball player? Both kinds of players know the rules. They both may have the physical equipment to play the game: height, "wing-span," quick hands and feet. They may even have the same mental toughness. But there is something which great players do which separates them from the so-so. In Sunday's paper, one of the key players for the Providence College Friars, whose free throw average is 89.1 percent, said this about how he was able to have such a great percentage: "You can take somebody off the street, and if they can make one, they can make 100 in a row when you think about it. It's always the same distance, the same ball. It's muscle memory. If you do it day in and day out, you can make those. I know it's boring as hell, but I set up a toss back net under the basket and sometimes I shoot about 300 free throws in about 45 minutes." This player's willingness to take the time to practice, practice, and practice is what has made him a great free thrower. And you can be sure that not only is he satisfied with his performance, his teammates, and more importantly, his coaches are also

pleased with how he performs at the free throw line.

What makes the difference between a mediocre Christian and a truly outstanding one? Both kinds of Christians have the same rule book, the Bible. Both have the promise of sins forgiven and a glorious eternity in Heaven. Both are given the Holy Spirit when they accept Christ, so they have the same power available to them. Why is it then, that some Christians glow with the joy of serving Christ, which draws others to him, while others seem almost ashamed to admit they belong to him?

I believe that the answer is the same for mediocre Christians as it is for mediocre basketball players. To shine as a Christian, just like shining as a basketball player, a person has to practice. It's easy to see what kind of things have to be practiced to make someone a great basketball player, but what do we have to practice to lift us above the average in our Christian life?

Paul tells the Philippians believers

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that they must, "... continue to work out your salvation with fear and trembling, for it is God who works in you to will and to act according to his good purpose." (2:12,13) From other Scripture we know that our works do not purchase our salvation, so Paul must be talking about what he expects believers to do after they are saved, and that becomes obvious as we continue to read his letter. "Do everything without complaining or arguing, so that you may become blameless and pure, children of God without fault in a crooked and depraved generation, in which you shine like stars in the universe." (2:14, 15) Paul is telling us that we must work, work, and work (practice, practice, and practice) so that we can "shine like stars in the universe."

This admonition of Paul's not to complain or argue is just one of many commands given to believers throughout

the Bible. In order for each of us to become better than average Christians we must work on them all. Of course, the first step in working on them is knowing them, just like a basketball player must first know the moves needed to play well before he can practice them. And the way to know the rules of the Christian life is to read our guidebook, the Bible.

If you desire to please your Christian coach, the Lord Jesus, take some time this week to practice your Christianity!



CALENDAR of upcoming events

WEDNESDAY, MARCH 26

BTS - Murder Mystery Wednesday. Tonight: "The Case Of The Frat Boys Demise". Solve the mystery and get a chance to win a VCR. 8:00 p.m.

FRIDAY, MARCH 28

BOOM BOOMS - Noche Latina in the "Other Room". Hot salsa music with Eduardo. If you like your man "muy caliente" this is the place to be. \$1.75 tequila shots 9:00 p.m. to close.

SATURDAY, MARCH 29

BOOM BOOMS - Western Night in the "Other Room" \$50 Western Warehouse gift certificate give-away. Free drawing for all bubbas & bubettes decked out in their western wear. See y'all there.

SUNDAY, MARCH 30- EASTER SUNDAY

AIN'T NOBODY'S BIZ - Easter Sunday Egg Hunt! The fun starts at 3:00 p.m. You find the eggs and you get the prize. Prizes include 1 golden egg. The hunt goes until all eggs are found. Limit of 2 eggs per person. No cover. Great drink specials during the hunt.

BOOM BOOMS - Easter Bonnet Dance at 9:00 p.m. \$50 Dillard's gift certificate give-away for best bonnet. Pull out those old silk flowers and ornaments, get toasted and have a great time. \$1.75 well and domestic beer for everyone in a bonnet. Karaoke 8:00 to 9:00 p.m. BBQ Chicken Dinner \$4.00 starting at 2:00 p.m.

GRADUATE - Bucky's Omelette Bar 11:30 a.m. to 3:00 p.m. \$5.00 includes one well drink.

IBT'S - Easter Party! Guaranteed win with IBT's Easter Eggs. From opening till 7:00 Beer Bust and Bar-B-Que 4:30 to 7:00 p.m. Proceeds go to Stant Foundation. 9:00 p.m., the Love Company presents "Puttin' On The Lips" lipsync contest with performances by Felice Renard and Mr. Kenneth Blake.

STONEWALL/EAGLE - Egg Hunt with drink specials 3:00 p.m. Steak Fry 2:00 to 6:00 p.m. \$4.75 plus.... Two Shows: 7:30 p.m. Jacqueline De Savoi, Felicia Fahr and Tatiana. 9:30 p.m., Benefit show for Crystal Abrams with Electra Blue, Christina De Alexis, Felice Renard, Kenneth Blake plus a 50/50 raffle.

WEDNESDAY, APRIL 2

boom booms - Boot Scootin country western night. Dust off those old boots and come on down for some hootin' and hollerin' 2-4-1 well 9:00 to close.

IBT'S - 9:00 p.m. "The Girlie Show" hosted by Lucinda Holliday and featuring Bulemia De Harilland, Electra Blue and Miss Gay Tucson, Felice Renard.

SUNDAY, APRIL 6

STONEWALL/EAGLE - Birthday show for Jacqueline De Savoi with Tammie Caprice, Felice Renard with special guest, Christina De Alexis.

FRI-SAT-SUN, APRIL 11-12-13

BTS - It's time for the 4th Avenue Spring Street Fair. Mark your calendars and cruise, cruise, cruise!

SUNDAY, APRIL 13

BOOM BOOMS - Spring Cottillion. Southern hospitality at its best. Join Rhett and Scarlet for a down-home celebration. Chicken Fried Steak Dinner with all the fixin's, \$4.00. Free photograph of yourself and your beau as "Scarlett & Rhett".

Non-Bar CALENDAR

THURSDAY, MARCH 27

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 (C. W.) at 290-4266 or Donn at 325-4257 for details and directions.

FRIDAY, MARCH 28

Men's Social Network (Gay men of all ages; guests always welcome). 7:00 p.m. Join some of the MSN family at Hours as they sponsor a "Boot Scootin' Night" for the country boy in all of us. Don't know how to 2 Step? Stephen, Bill & El will have you twirling across the floor before the night is over. For details, call El at 881-0672 or Bill and Stephen at 647-3436.

SATURDAY, MARCH 29

Rainbow Families, Tucson's Gay, Lesbian and Bisexual Parents Network, takes the family out for a Spring Picnic and Egg Hunt at 11:00 a.m. today. All Gay, Lesbian and Bisexual parents, partners and family members are welcome. Bring a dish to share, eating utensils, something to grill and colored eggs to hide. Meet at Agua Caliente County Park near the lake. Call Craig at 318-8348 for more information and directions.

1. **Men's Social Network (Gay men of all ages; guests always welcome).** 10:00 a.m. That cowboy theme continues today as MSN hosts a horseback riding event. Pros to novices are invited to join us as we hit the trails for a morning ride. For reservations and details, please call Larry at 795-9125.

2. **Men's Social Network (Gay men of all ages; guests always welcome).** 7:00 p.m. Game Night at MSN offers all sort of game activities for the guys. Scrabble, Uno, Pictionary, Card Games, Taboo, and many other games are available for play. Join us for a night of fun! For reservations and directions, please call Bob or Martin at 623-1732.

SUNDAY, MARCH 30

Men's Social Network (Gay men of all ages; guests always welcome). 2:00 p.m. Join your gay family in Tucson for an Easter Polluck Dinner. The food is good, the conversation is flowing, and we'll even have games available for those who want to play. For reservations and directions, please call Jerry at 690-8565.

GiFriends presents Ana Egge in concert at 4:00 p.m. Tickets are \$7 or \$9 at the door.

MONDAY, MARCH 31

Men's Social Network (Gay men of all ages; guests always welcome). 7:00 p.m. Intermediate bridge night. Bridge for men who may want to refresh their bridge skills; table talk playing. Call Perry at 321-4387.

TUESDAY, APRIL 2

Women for Women breakfast Group will meet at 7:00 a.m. at the new Terra Nova Restaurant in the plaza on the southeast corner of Wilcox and Broadway. The group of Lesbian business women meet on the first Wednesday of every month to network, exchange ideas and discuss their businesses in an informal setting over breakfast. The group had to make the move to Terra Nova due to a schedule change at their previous meeting place, the Blue Willow. If you are a business owner, or would like to meet and talk with Lesbian Business owners in Tucson, you are cordially invited to these meetings. Women for Women currently does not charge a membership fee. Breakfasts are ordered from the menu and paid for individually. If you have any questions about the group you can call Sally Rogers at 795-8885 or Mae Krueger at 748-2830.

WEDNESDAY, APRIL 2

Tucson Prime Timers invites Gay men over 30 to their monthly Wednesday dinner at Mandarin Grill, 505 E. Grant Road (West end of Fry's Shopping Center at 1st and Grant). 6:30 p.m.

FRIDAY, APRIL 4

Taunya Villacana, account executive at Dear Witter Reynolds, Inc., will present "Investment 101: How to handle your money to meet your long-term goals" at Antigone Books at 7:00 p.m. If you want to buy a house, put a child through college, retire in 15 years, or just get rich slowly, an effective investment plan can get you there. Taunya will discuss how to get started in investing and how to choose the kind of investments that will work best for you. A brief question and answer period will follow and refreshments will be served.

FRIDAY, APRIL 18

7:00 p.m., Antigone Books, 411 n. 4th Ave. will present Tucson lawyer Pam Liberty, of Liberty and O'Neill Attorneys, who will speak about wills, living wills (health care directives), and powers of attorney. Are you comfortable that your property will go to the right person when you die? Do you know who will make medical decisions for you if you're unable to make them for yourself? These questions can be particularly important for Lesbians and Gay men because their relationships are not legally recognized and can be ignored all too easily in times of crisis. A brief question and answer period will follow and refreshments will be served.

SUNDAY, APRIL 20

Tucson Prime Timers (Gay and Bisexual men over 30) will have their regular monthly meeting from 4 to 6 p.m. at Wingspan, 422 N. 4th Ave. Following the meeting, members adjourn to Caruso's for a social dinner. Members of At-Ease-Again and Cronias Social Club are welcome to join us, as are all mature men. Become a part of Prime Timers, the largest Gay Social Club in the world!

TUCSON CALENDAR

Sunday

AIN'T NOBODY'S BIZ - Beer Bust 8-10, \$1.25 pitchers. Salsa Sunday! Great music, better dancing and 8 all begins at 8pm.
BOOM BOOMS - Open at Noon. Happy Hour daily 4-6pm. \$1.25 small pitchers of draft all day, all night. 8-9-10 2pm. Karaoke 8-9pm. Dance party 9-close.
GRADUATE - Happy Hour 4-8 pm all well \$1.25 Draft 766 Schaepps 766
HOURS - Bloody Marys and Screw \$1.25 W 7 pm. Country/Western Dance Instruction 6-8 pm. Country Dance Meals 8-1.
IBT's - Open Noon to 1am. Happy Hour 4-8 pm. \$1.50 domestic beer and well. Bonnet 8-9-10 and Beer Bust for community organizations 6-7:30pm. Hi energy dancing 9pm to close.
STONEWALL/EAGLE - Happy Hour Noon-7pm. 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 2-8pm 847 draft. 301 Dart Tournament 6pm \$1 entry fee. Bert Bangers 6-7, Tuff Staff Tool 4-11pm.

Monday

AIN'T NOBODY'S BIZ - Happy Hour 2-7 2for1 well and domestic beer. Free pool 2-4. Karaoke 8 to 1am.
BOOM BOOMS - Closed Mondays. See you out at the other bars.
GRADUATE - Open 9am. Happy Hour 4-8pm all well \$1.25 Draft 766 Schaepps 766 Bring in your VHS movie and they'll play it.
HOURS - Open Noon. Happy Hour 12 to 7pm - Well and Domestic Beer \$1.25. 60¢ 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.
STONEWALL/EAGLE - Longneck Specials all day & nite. Stonewall opens 9pm HI-NRG Dance Music. Party with Stephen.
VENTURE-N - Open 6am. Draft Beer 766 6am-8pm. Happy Hour Prices 6am-8pm.

Tuesday

AIN'T NOBODY'S BUSINESS - Happy Hour 2-7 2for1 well and domestic beer. Free pool 2-4. Pool Tournament 7 pm. Pot matched. \$1 domestic long necks 9pm-close
BOOM BOOMS - Happy Hour 4-8 baby. \$1.50 domestic bottle beer 5-1
GRADUATE - Open 9am. Happy Hour 4-8pm all well \$1.25. Draft 766 Schaepps 766
HOURS - Happy Hour 12 to 7pm Well or Domestic Beer \$1.25. Schaepps 766 7pm to close
IBT's - Open noon. Happy Hour 4-8 pm. \$1.50 domestic beer & well. 9 pm to close Tattoo Tuesday. \$1.25 well and \$1.50 domestic beer for those showing their tattoo. Prizes and surprises.
STONEWALL/EAGLE - Happy Hour Noon to 7pm. Stonewall opens at 9pm with Leda Music Party.
VENTURE-N - Open 6am to 1am. Draft Beer 766 6am-8pm. Happy Hour prices 6am-8pm.

Wednesday

AIN'T NOBODY'S BUSINESS - Happy Hour 2-7. 2for1 well or domestic beer. Free pool 2-4. \$1.25 pitchers 8pm to midnight. All request dance music 9pm-close
BOOM BOOMS - Boot Scootin' Country/Western Dance at 9pm. 2 for 1 well 9pm-close.
GRADUATE - Open 9am. Happy Hour 4-8pm all well \$1.25 Draft 766 Schaepps 766
HOURS - Happy Hour 12 to 7pm. Well or Domestic Beer \$1.25. 60¢ off all call drinks 7 to close. DJ Mixed Music Night: Request your favorite country, dance or disco.
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)
STONEWALL/EAGLE - Happy Hour Noon to 7pm. Stonewall opens at 9pm. Corona and Caervo Gold \$1.50
VENTURE-N - Open 6am. Draft Beer 766 6am-8pm. Caervo Gold \$2.48 drynight. Happy Hour Prices 6am-8pm. Backside open 9pm-close. Tuff Staff Tool open 8:30pm.

Thursday

AIN'T NOBODY'S BUSINESS - Happy Hour 2-7. 2for1 well or domestic beer. Free pool 2-4. Karaoke 8pm to close.
BOOM BOOMS - \$1.50 well 9pm-close. Rave Dance 9pm-close.
GRADUATE - Open 9am. Happy Hour 4-8pm all well \$1.25 Draft 766 Schaepps 766
HOURS - Happy Hour 12 to 7pm. Well or Domestic Beer \$1.25. Heineken or Corona \$2.50 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 - w/a pair of Cathy Klein underwear. \$1.25 Well and \$1.50 Domestic Beer to those in their underwear. Hi energy dancing 9pm-close.
STONEWALL/EAGLE - Happy Hour 12pm-7pm. Patio specials all night long. Stonewall opens 9pm with hot male strippers from Phoenix.
VENTURE-N - Open 6am. Draft Beer 766 6am-8pm. Pool Tournament 7pm \$3 entry fee. Happy Hour prices for Men in Leather 9pm to close. Backside open 8pm-close. Tuff Staff Tool open 8:30pm

Friday

AIN'T NOBODY'S BUSINESS - Happy Hour 2-7. 2for1 well or domestic beer. Free pool 2-4. Complimentary Horn D'Ouverture Michael spines 3rd energy dance music 8:30p. To close. Drink specials every 1/2 hour.
BOOM BOOMS - Happy Hour 4-8pm. Latasa Noche in the "Other Room". Hot Latin music with Eduardo at 9pm. Dance Party with Raymond in the main bar at 9pm.
GRADUATE - Open 9am. Happy Hour 4-8pm, all well \$1.25 draft 766 Schaepps 766
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. Patio Bar with Looney 9-1. Dance Party 9 to 1 with DJ David Z
STONEWALL/EAGLE - Happy Hour noon-7pm. Hot Horn D'Ouverture 6pm. Stonewall opens 9pm. Wear Stonewall T-Shirt and get happy hour prices all evening long.
VENTURE-N - Open 6am. Draft Beer 766 6am-8pm. Happy Hour Prices 6am-8pm. Backside open 9pm-close. Tuff Staff Tool opens at 8:30 pm.

Saturday

AIN'T NOBODY'S BUSINESS - Pool Tournament 4 pm. Pot matched. 1st: 70%, 2nd: 20%, 3rd: 10%. Michael spines hi energy dance music from 8:30pm - 1am. Drink specials every 1/2 hour
BOOM BOOMS - Dance to the latest club mixers in the main bar at 9pm. Boot Scootin' Country/Western dance in the "Other Room". \$1.50 shots of schaepps all day, all night.
GRADUATE - Open 9am. Happy Hour 4-8pm, all well drinks \$1.25 draft 766 Schaepps 766. Pool Tournament 2pm. \$3 entry fee, pot matched.
HOURS - Open Noon. Strawberry & Banana Delights, Pilsa Coleitas \$1. Country/Western Music 8-1.
IBT's - Open Noon to 1am. Happy Hour noon to 8pm \$1.50 domestic beer and \$1.25 well. Patio Bar with Looney 9-1. Dance 9 to 1 with DJ David Z.
STONEWALL/EAGLE - Happy Hour Noon to 7pm. Free pool Saturday afternoons. Stonewall opens 9pm with High Energy Music.
VENTURE-N - Open 6am. 847es & Begets w/81 Bloody Marys 6am-noon. Happy Hour Prices 6am-8pm. Backside open 9pm-close. Tuff Staff Tool Opens at 8:30pm.

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by Dr. Eleazar Gordo

¡Hola!, saludandoles, al igual que cada semana, y sobre todo agradeciendoles las llamadas que nos hacen, y seguimos con la esperanza de poder darle cabida a cada una de las preguntas y los comentarios que nos hacen, gracias! de verdad es lo que nos motiva y nos da ánimo para "hacharle" ganas a lo que tratamos de hacer por nuestra comunidad...

En esta ocasión, tomaremos el tema de la "Doble Nacionalidad". En diciembre de 1996 el Congreso mexicano (la cámara de senadores y diputados) aprobó la propuesta que el Señor Presidente Ernesto Zedillo les envió para reformar los artículos 30,32, y 37 de la Constitución mexicana. El propósito de esta reforma fue para que los mexicanos que adquieren otra nacionalidad no pierdan la nacionalidad mexicana. Antes, aquellos mexicanos que adquirían otra nacionalidad, perdían la mexicana y recibían, por tanto, trato de extranjeros en México.

¿A quiénes beneficia la reforma? A todos los mexicanos por nacimiento. ¿A quiénes se les considera mexicanos por nacimiento? Son mexicanos por nacimiento: Los que nazcan en territorio de la República, sea cual fuere la nacionalidad de sus padres. Los que nazcan en el extranjero, hijos de padres mexicanos nacidos en territorio nacional, de padre mexicano nacido en territorio nacional o de madre mexicana nacida en territorio nacional. Los que nazcan en el extranjero, hijos de padres mexicanos por naturalización, de padre mexicano por naturalización o de madre mexicana por naturalización y... Los que nazcan a bordo de embarcaciones o aeronaves mexicanas, sean de guerra o mercantes. Y son mexicanos por naturalización: los extranjeros que

obtengan de la Secretaría de Relaciones Exteriores carta de naturalización. La mujer o el varón extranjeros que contraigan matrimonio con varón o mujer mexicanos, que tengan o establezcan su domicilio dentro del territorio nacional y cumplan con los demás requisitos que al efecto señale la ley.

¿Qué hacer en caso de haber adoptado otra nacionalidad con anterioridad a esta reforma? El artículo 2o. transitorio del decreto de reforma constitucional prevé que aquellos que se encuentren en este supuesto contarán con cinco años a partir de que entre en vigor la reforma para recuperar su nacionalidad mexicana. El procedimiento se está estudiando y será definido durante este año, de manera que sea ágil y sencillo.

¿Qué pasa con mis propiedades en México? Al continuar siendo mexicano mantienen todos sus derechos, prerrogativas y obligaciones, independientes de que adquieran otra nacionalidad y vivan en el extranjero.

¿A partir de cuándo se hará efectiva la reforma, es decir, cuándo entrará en vigor? En 1998. Un año después de su publicación en el Diario Oficial de la Federación, que seguramente se llevará a cabo durante 1997, o sea que la ley iniciará su vigencia hasta 1998.

Se le recuerda, estimado lector que, es importante obtener la ciudadanía norteamericana para hacer valer su voto y su palabra, y evitar tantos problemas que ya se presentan y que se presentarán en el

futuro por los cambios en las leyes de migración de este país. Para su información: 6.6 millones de latinos se registraron para votar en las elecciones presidenciales el pasado año; esto representa un incremento de 1.5 millones sobre el registro de 1992. Mientras la votación promedio para las elecciones presidenciales fue de 49%, el 50% de los latinos emitió su voto.

Para los demócratas, los latinos constituyen la segunda fuerza votante, solamente abajo de los negros. El 72% de los latinos votó por el presidente demócrata William Clinton. El 74% votó por los candidatos demócratas para el Congreso.

Hay muchas organizaciones que le ayudan con el proceso de aplicación a la ciudadanía por naturalización, no deje esta oportunidad de poder decidir mediante el voto...

Otro de los grandes eventos por realizarse es la "Feria de Salud para Lesbianas" que esta patrocinando la YWCA bajo el proyecto de prevención al cancer. La Feria se llevará a cabo el día sábado 19 de abril en la histórica Y de la 5ta. avenida al sur de University Boulevard desde las 9:00 a.m. hasta las 4:30 p.m. habrá comida, puestos con información, y sobre todo talleres informativos con la participación de reconocidas expertas en el tema; además se ofrecerá cuidado de niños, todo será GRATIS! No deje la oportunidad de divertirse al tiempo de aprender y convivir con grandes amistades... Si necesita más

información sobre la Feria o sobre el proyecto por favor comunicarse con Juanita al telefono (520) 323-8283 o con Regina Winter al (520) 884-7810 y sobre todo se están necesitando voluntarias para trabajar con el mencionado proyecto... En la siguiente edición de esta Columna Abierta se le dará a conocer el contenido del programa a llevarse a cabo en dicha Feria...Haga los planes ..

Por hoy es todo los esperamos la siguiente semana. D.M.

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

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

Theresa Mendez, 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 St., Tucson, AZ 85716
(520)795-9756 - FAX: 795-1365

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ARIZONA RENAISSANCE FESTIVAL & ARTISAN MARKETPLACE



Sometimes the most delightful things come from the most unexpected places. This week, the Sun conjuncts with stern old Saturn and delightful Venus. Don't turn up your nose at a seemingly less than attractive opportunity lest the wart-laden frog you refuse to kiss turns out to be royalty. Read ahead kids and see where you can find gold among the dreck.

ARIES

MARCH 21 - APRIL 20

There is more than enough activity going on in your sign this week when Sun, Venus and Saturn in Aries conjunct and set off sparks. Queer Rams should take their pride to the streets while this fabulous energy propels you into the limelight. Be kind and magnanimous to all; you never know who will figure prominently in your life's goals and it would be a shame to snub them.

TAURUS

APRIL 21 - MAY 21

A spark of intuition leads to new rewards during the Sun, Venus, Saturn face-off. Proud Bulls feel at one with our community as the planets provide an outlet for your charitable efforts. The problem is that you may not see Cinderella as a breakthrough role. But grab it while you can dear, queer friend. Once you clean the chimneys, you will get to the ball and fit those glass slippers.

GEMINI

MAY 22 - JUNE 21

Who knows what pals are capable of during the Sun, Venus and Saturn conjunction? Try not to be to suspicious of all the friendly goings on; you may jump to the wrong conclusions and upset the applecart of true comradeship. Go with the flow queer Twins and give your social circle a wide berth. The group dynamic may in fact direct you to your life's mission so stop kvetching and listen!

CANCER

JUNE 22 - JULY 23

Pink Crabs may feel on the short end of a professional stick but the conjunction of the Sun, Venus and Saturn can turn all sticks into golden divining rods. Step up to the corporate plate and hit a home run. You know much more than you think and are capable of much more than the current administration believes. Prove them wrong, stage a corporate coup and throw the bums out.

LEO

JULY 24 - AUGUST 23

You have probably been travelling more but enjoying it less. Take heart Gay Lion, there is a good lesson to be learned from all your travels and travails; everything will fall into place during the Sun, Venus and Saturn conjunction. Who knows, you may embark on a new phase of study which will prove to be extremely rewarding. Become too smart for your own good.

VIRGO

AUGUST 24 - SEPTEMBER 23

Since the conjunction between the Sun, Venus and Saturn heats up your sexuality, I suggest that you give lovers and potential lovers a long, long rope (for lassoing). The scaly toad that you turn your nose up at today could be the kind or queen of your dreams tomorrow. So hedge your bets queer Virgin and play deliciously hard to get. (Some of us like it that way!)

LIBRA

SEPTEMBER 24 - OCTOBER 23

Just when you may toss it all away in a particular relationship, the Sun, Venus, Saturn conjunction rearranges priorities. Wet towels on the floor and dirty under-

HOROSCOPES

♈ ♉ ♊ ♋ ♌ ♍ ♎ ♏ ♐ ♑ ♒ ♓

BY: C. LICHTENSTEIN

wear on the pillow aside, there may be one or two things that you like about the old dear. Gay Libras should not take any firm stands now. I advise reclining or prone position instead.

SCORPIO

OCTOBER 24 - NOVEMBER 22

Even if you feel like a mangy old rat on a treadmill, the Sun, Venus, Saturn conjunction will make even the most onerous job a little easier. Try to learn as much as you can from every little boring task. Queer Scorps may soon begin to see the light at the end of the tunnel at work. (Let us hope that it is not the light of an oncoming train.)

SAGITTARIUS

NOVEMBER 23 - DECEMBER 22

If the Sun, Venus and Saturn pile too much on your goodie plate, don't panic. Proud Archers may not be as energetic as

they used to be but are certainly no slouches around the party scene. But all play and not work make Gay Sag a dull party hound. Use this fabulous opportunity to hone your more artistic skills. What's your motivation?

CAPRICORN

DECEMBER 23 - JANUARY 20

Queer Goats may find their home life a center of activity with the Sun, Venus, Saturn conjunction. Take the bitter with the better in any family situation; who knows what breakthroughs are possible now? Strive for mutual respect. Of course they may have their inane opinions but as long as you remain proudly true to yourself, you will prevail.

AQUARIUS

JANUARY 21 - FEBRUARY 19

Aqueerians may inherit a case of foot in mouth during the Sun, Venus and Saturn

conjunction. But all's well that ends well as the frank opinion that you blurt out may be just the bit of fresh air needed to get things going on track again. Perhaps it's time to write that great Gay manifesto, although I suggest removing any references to nuclear warheads.

PISCES

FEBRUARY 20 - MARCH 20

Money lessons his fast and furious during the Sun, Venus and Saturn conjunction. All that glitters may not be gold so get your values in sync with your finances. A minor setback could prove to be a valuable lesson but who wants to take unreasonable risks with your dough? Pink Fish need to don the green eyeshades and do their financial homework.

For entertainment purposes only. For best results, read both your Sun sign and Ascendant. For a free ascendant calculation, send birth date, time, place, name of this publication and s.a.s.e: Lichtenstein, POB 1726, Old Chelsea Station, NY 10011

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This column will devote the next three weeks to a letter sent out by Marylee Pangman, executive director for People With AIDS Coalition of Tucson (PACT) dated March 14. This letter points to many harsh realities that surface in facing continued funding cutbacks. . . .

I am writing you to share with you the results of PACT's cutbacks and plans for the future. As you might be aware, the PACT Board of Directors was attempting to cut \$11,000 of expenses a month between March and June. PACT felt this would stabilize our current deficit position. Then, as our collaborative fund raising is successful, it will improve PACT's financial position for this fiscal year end.

Making cuts that effect clients and staff is always difficult. With the four programs that lost significant funding over the past 13 months, PACT's ability to fully serve clients was at great risk. PACT needed to attempt to balance the fiscal crisis with our commitment to clients.

To this end the following decisions have been enacted:

Terminate the following positions: Receptionist, held by Sara Hammond, March 7; Property Rehab., held by Cricket Miles, March 7; Program Assistant,

held by Janet Smith, March 21; Wellness Coordinator, held by Dan Nunez, half time until April 1.

The Manager of Peer Counseling (Garry Fowlkes) will work half time through June 30, 1997. By this time PACT hopes that the collaboration will be able to develop a plan which will promote the continuation of the Peer Counseling Program. Garry will also continue to carry the responsibility for the Medications Assistance Program.

Finally, the Food for Life Program will be terminated from PACT as of March 31, 1997. Anne Bowen is attempting to find a new not-for-profit sponsor for Food for Life in order to carry out the meal program for people living with HIV/AIDS.

The Early Intervention Department put together a plan recommending which aspects of the Peer Counseling, Wellness and Buyer's Club to continue. The services will be adjusted as follows:

(Next week: Early Intervention Department recommendations.)

I leave you with this in mind, "There was never a night or a problem that could defeat sunrise or hope." - Bern Williams



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XOXO
Hug a PWA today!
XOXO



Surfing with Cyber-Queers

by Anne C. Schmitt

<http://.com>

I hope everyone is enjoying the new layout for the Online Observer. We keep making changes and there are still more to come. The latest one is the addition of a published guestbook. This means that when someone leaves a message it is there for everyone to read and respond to. Some are just "hello" from other parts of the world and some are folks looking to get email back from community members here in Tucson. Take a few minutes to check it out and if you can lend a hand in answering some of the questions that we get you may find a new friend on the other end.

This new version of the guestbook is also a good place to post messages about events, classified ads (no commercial businesses please), and personals. It is free and will be edited from time to time to keep it at a useable length. We do have the ability to remove postings which either obscene or just inappropriate for the Online Observer. This is the easiest way we could think of to fill the needs of the folks who want personals and the guests who send us mail asking about everything from the weather to where to stay when they visit.

Another change is that we have added a rotating banner on the Home Page. This means that all advertisers get to be on the front page. Each time it is loaded or reloaded a different ad comes up.

There is another big change happening with the Online Observer. That is our new affiliation with GayNet, a online service out of San Francisco which offers links to many of the Gay newspapers in the U.S. They also have chat rooms, personals, classified, AIDS information and much more. It is a subscription service (under \$10 a month) and is the banner ad which appears anytime you do a

search for "Gay" anything in Yahoo. This Yahoo banner currently brings them 10,000 extra visitors a day and will mean a lot of growth in visitors to the Online Observer as well. They are currently redesigning their website and adding some wonderful features which we will benefit from. One of these will be a Tucson Chat Room which will be accessed from a button on the Observer. The chat room will probably be functioning in a month or two at the most but will surely be worth it. It will be accessible locally as well as world wide.

I am working on an article with the history as well as the future plans of GayNet for those who are curious about who they are. Hopefully this will be my article for next week. But for now, go and check out GayNet at: <http://www.gaynet.com> - they are currently having a free trial membership so it's easy to spend some time seeing what they have to offer. Remember that they are also in the midst of redesigning their site and some parts are a bit clunky right now. These changes will be done over the next few weeks and the result will be a Gay online service with focus on what our community wants to find on the Internet.

A bit of local news . . . Jaime and I have been sneaking around town with our digital camera so we can add more photos to the layout. So far we've had a great time and have tons of crazy pictures.

See you in cyberspace.

He who has a thing to sell and goes and whispers in a well, is not so apt to get the dollars as he who climbs a tree and hollers.

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NOTICES

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

People with AIDS Coalition of Tucson (PACT ForLife), 801 W. Congress. Office hours M/W/F 8am to 5pm, Tu/Th 9am-7pm, Sa 10am-5pm. Anonymous HIV testing and support groups available. Call 770-1710 for more information.

SHANTI 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. 6th Street, 822-7107. VOLUNTEERS WELCOME.

P.F.L.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 575-9660 or write P.O. Box 38764, Tucson, AZ 85740-8264. All replies confidential.

LIVING WATERS FAMILY CENTER now meeting in the front building of MCC Church, 3269 N. Mountain. Worship services on Mondays at 5:00 p.m. Counseling provided for couples and individuals. For more information call 795-7268.

ARE YOU GAY OR LESBIAN and someone else's drinking is getting to you. Call information and referral about Alcoholism 881-1794 in Tucson info about special groups for Gays and Lesbians.

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 pm. You are not alone. For more info call Wingspan, 624-1778.

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.

TUCSON AIDS PROJECT (TAP), 151 S. Tucson Blvd., Suite 252 (The Broadmoor Center Bldg). Direct services for persons with and affected by HIV/AIDS. Prevention education programs. Business hours, M-F, 8-5. 322-8226. AIDS Hotline: 328-AIDS.

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 881-1794. 9 a.m. - 5 p.m. Mon - Fri.

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

GAY OR BI-SEXUAL MEN in relationships with women. Need friends you can talk to? Weekly support group meets Wednesdays 8:30 - 9:00 pm. Licensed psychologist facilitator. Call 745-8877 in Tucson for more information. Strictly confidential.

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), 8:00 p.m. Information 624-1778.

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 32. Call the church at 298-9063 for information.

LUTHER HONOR CLUB for women of all ages and backgrounds of life. Hike with other women. Listings in Ruby's Journal available at Antelope Books, 411 N. 4th Ave.

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

LESBIAN SUPPORT GROUP addressing a full spectrum of issues, problems and situations. Meetings 2nd & 4th Wednesdays 7 to 8:30 p.m. at Wingspan, 422 N. 4th Ave. 624-1778.

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

RECREATIONAL VOLLEYBALL every Sunday at 1:00 pm at St. Francis in the Foothills for anyone who likes to play and have a blast call Davey 886-1208 for more info.

ARIZONA/SONORA PROTECTO, S.L.D.A. - AIDS INFO LINE 882-3833. 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, 801 West Congress, Tucson, AZ 85745. 770-1314.

ARIZONA GAY RODEO ASSOCIATION (AGRA) TUCSON CHAPTER. Interested? Call 323-0806 or write AGRA/Tucson, P.O. Box 40894, Tucson, AZ 85717.

SOURCES UNLIMITED, a Lesbian & Gay referral service. Business and individual listings are free of charge. All information available to anyone just simply by calling. 322-5855. Leave message.

GAY COWBOY CLUB - Nationwide Personal Ads. Advertisers welcome too. Send stamp for information: Mavericks, Box 9543, Santa Fe, NM 87504.

ATTENTION ALL NUDDISTS - Tucson Tanners is a nudist 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, Cortaro, AZ 85652.

WHER WISDOM - Try hypnotherapy for pain relief, past life exploration and addiction release. Also available: Spiritual Counseling and Dream Interpretation. 579-9070

COCHISE COUNTY LESBIANS AND GAYS. P.O. Box 818, Bisbee, AZ 85803 / (520)432-5591. Rap Group, Youth Group, Social and Political Events.

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

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 (520)733-9409, write 1810 E. Broadway #124-403, Tucson, AZ 85718, or come to our general meetings the second Friday of every month. Location listed on our hotline.

TUCSON ROOMMATE LOCATOR SERVICE Men and women welcome. Office 574-2272.

LAMBDA CLUB, a social organization of Gays and Lesbians who share interest, information and fellowship involving collectible vehicles. Call 288-0454.

LESBIAN AND GAY ALANON - Affected by someone's drinking? Meeting every Tuesday 8:45 to 9:45 p.m. at Lambda Center, 2040 E. Thomas, Phoenix. Eline 581-8850 or Ronn 968-2384.

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, (602)371-1102

CHRONES SOCIAL GROUP. A social group for Gay men who enjoy the fellowship of their peers. Call Mark at 688-7264.

T-SQUARES Lesbian and Gay square dance club meets every Tuesday 8:30-9:00 p.m. at Cornerstone Fellowship Social Hall, 2902 N. Garconito (near 1st Ave. and Laguna). Open to All. Call Jeff or Art (520)782-9135.

LIGHTING LIGHTING will provide lighting for AIDS and related benefits at no charge. For more info call Adrienne at 899-7298.

NAME MERK Long-haired Gay male penpal network. Photo, 3 IRC's to join. Box 231, Station B, Ottawa, CANADA, K1P9C4

GAY & LESBIAN SPIRITUALITY GROUP of St. Phillips in the Hills Episcopal Church meets first and third Mondays. Call David, 323-7943 for more information.

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

LESBIAN/GAY WRITERS: Workshop in 7:00 p.m. third Wednesday of every month. Read and critique current projects. Network and support. For info call 325-4737.

DESERT VOICES, Tucson's Gay & Lesbian Chorus rehearses Monday evenings at 7 pm at UOJA School of Music Rm #182. For information call 781-9682.

Join the LESBIAN & GAY PUBLIC AWARENESS PROJECT. In Tucson write Awareness Project, 3481 N. Campbell Ave. #183, Tucson, AZ 85718.

AA Meeting with HIV/AIDS focus, Wednesdays, 7:30 p.m., MCC Church, 3269 N. Mountain. All alcoholics welcome.

NOTICES

MEN'S SOCIAL NETWORK: Social organization for men of all ages. Building an extended Gay family in Tucson. Monthly social potluck gatherings the 3rd Saturday of each month and almost weekly social activities. Call Jerry at 890-8585 for information and a newsletter.558

SOFTBALL - For info on the Tucson Greater Softball Association T.G.S.A., please contact, Mary 770-9078 or Bertie 318-3415.

CARE TEAMS ARE AVAILABLE to offer support to people living with HIV/AIDS. The Tucson Inroads HIV/AIDS Network offers trained, compassionate and committed volunteers to provide services including friendly visits, night 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 299-8063.

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 322-8226.

EVOLVERE's transgendered Support Group open to all T.Y.'s, C.D.'s, T.G.'s & T.S.'s. Dedicated to all our brothers & sisters. Offering our help and support in every way we can. Meetings held on 4th Saturday of each month at 2 p.m. Call 884-6541.

SCUBA DIVING CLUB. For information call digital pager 291-8602.

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

GAY VOLLEYBALL ON SATURDAYS. Competitive play. 88 or better players only. Grass court Northwest corner Himmel Park 5:00 p.m. Check it out!

THE MEN'S MESSAGE GROUP meets the 3rd Sunday of each month. It is a good way to meet other men of all ages, safely, and with the art of nurturing touch. There is a fee. You must sign up in advance to participate. Call Marc at 861-4582 for more information or sign up.

THE JOHN HANSEN MEMORIAL GROUP, a Catholic support group for Gays and Lesbians, meets on the 2nd Monday of each month at Saint Peter and Paul Catholic Church, 1946 E. Lee St. at 7:30 p.m. For more information call the parish office at 327-9015 or Jane Part at 328-8577.

COMMUNITY BUSINESS ASSOCIATION (CBA), Tucson's Gay and Lesbian business networking group holds regular meetings the third Thursday of every month. Call Greg Holliman 577-8133 for more info.

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

LEARN TO BE A LISTENING FRIEND. Unique Hospital Volunteer Program teaches listening skills to Volunteers who provide a safe/compassionate environment to at-risk patients. Training every 8 weeks. 894-7063.

THAN, 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+ health care, and interfaith services of healing and hope. For more information call 299-8647.

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 797-3118 for more information and a membership bio.

LESBIAN/GAY/BI OVEREATERS ANONYMOUS. Saturdays noon-1pm in UMC Dining Room "F". 323-8878 or 670-1954.

ANONYMOUS HIV COUNSELING AND TESTING (available through the Pima County Health Department) at sites throughout Tucson. Very Gay Friendly. For more information or to make an appointment call 781-7878.

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 Brnie721-2003 or Anna Marie at the Parish office 285-3573.

COCAINE ANONYMOUS "The Fruits of Sobriety" particularly for Gays and Lesbians (but everyone is welcome) meets every Tuesday night at 7:30 p.m. at the MCC Church, 3269 N. Mountain. Hotline: (520)328-2311

NORTHWEST CATHOLIC GAY/LESBIAN SUPPORT GROUP meets every 4th Monday at St. Odilia's Catholic Church, 7570 N. Paseo Del Norte in the Parish Hall Conference Room (Bldg. North of the Church) at 7:30 p.m. For more info call Mary 297-8602 or St. Joan 742-8900.

PERSONALS

FREE TO GOOD HOME. Female Shepard mix. 1 year old. Spayed, all shots. Must have room to run. Call 323-2107. 863

As of 3-15-97, I, Chuck Brady, am no longer responsible for any debts other than my own.

MAN TO MAN an introduction service for mature men and those who appreciate them. 322-9068 863

CYBER CRUISE - Meet Arizona Gay men and women as well as people all over the U.S. Gay owned. www.momo.com 865

ATTENTION - ATTENTION - ATTENTION Si eres hombre que tiene sexo con otros hombres y quieres ayudarnos a extender y apoyar los programas para Los Latinos, llama para una entrevista exclusivamente confidencial al 322-8228 y propugna por Ernesto. 860

If you are a Latin 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 Ernesto. 860

HOUSING/FOR RENT

NICE STUDIO APARTMENT FOR RENT. New tile and paint. \$325/mo. Includes utilities. \$150 dep. 887-8452. 863

BEAUTIFULLY RESTORED TERRITORIAL-STYLE COTTAGE APARTMENT. 4908 Linden. 2 bedrooms, 1 bath. Quiet mid-town location. Private garden / entry-courtyard and enclosed private backyard. Lighted off-street parking. \$800/mo + electric. Laundry facilities included. Pets (1) upon approval. Pima to Country Club; North on Country Club to Linden Street; East on Linden Street to brick entry gate. Available 4/15/97. For more info call Brad Hoffman (520)327-2558. 862

VARIOUS CENTRAL TUCSON LOCATIONS. 1 and 2 bedroom apartments from \$325 - \$485. Clean, private, quiet, many extras. Mention this Observer ad. 733-0000 863

ROOMMATES

GAY MALE WANTS A ROOMMATE WHO IS OVER 45 YEARS OF AGE. 2 bedroom, 2 bath with many extras. \$300 per month, plus \$100 deposit. After 8:00 p.m. 571-0888 863

SEEKING GM THIRD ROOMMATE to share a 3 bedroom house central Tucson. Rent \$275 monthly including utilities with one year lease. Must be employed and responsible. No drugs or smoking. Call 326-8228. 863

GM TO SHARE LARGE 4 BEDROOM HOUSE with private pool, gas grill, big screen TV and more. \$286/mo. Includes utilities. 888-7875 or 820-1770. 865

UPSCALE 2 BR. 2 BATH LUXURY APARTMENT TO SHARE WITH GM. AC, pool, jacuzzi, club room, spa, Results Fitness membership, top floor. \$319/mo. Includes utilities. Phone and cable extra. Sunny. 671-0830 864

MATURE MALE ROOMMATE (55+), QUIET, RESPECTFUL, wanted to share expensive 2 bedroom, 2 bath home near quiet Tucson Back/Valley area. House includes W/D, fireplace, large patio and lots of storage. All furniture provided except person's own bedroom furniture. Full privileges on use of all facilities. Call Jim, 325-4778. 862

GM TO SHARE 2 BR/2 APARTMENT. Tanque Verde/Sabino area. Pool, spa, fitness center, racquetball, tennis courts. Beautiful mountain views. \$300/mo. + 1/2 utilities. 751-6380. 862

Need A Good Roommate Fast? Call Arizona's oldest and largest roommate company. ROOMMATE FINDERS (602)886-4126. 867

EMPLOYMENT

LOOKING FOR SERVERS, HOSTS, FULL-TIME. Flexible hours. Must be service oriented. Apply M's, Tucson Blvd. & Broadway 2 in 4 daily. 863

MASSEURS

A MAN'S MESSAGE. Release your inner tensions with a one hour sensual, full body massage by Rick. Total body satisfaction for \$34.00. 298-1782 863

WONDERFUL, PROFESSIONAL BODYWORK in the SUN. Holistic/therapeutic massage at its best. 15 years experience. A real balance of sensual style including tantra tailored to meet your needs leaving you feeling euphoric. Call Marc 881-4582. 865

SWEDISH MASSAGE FOR GAY AND BISEXUAL MEN. Full body massage by experienced masseur. Relaxed, comfortable, professional; private setting. First time low rate. Central location. Call Dr. Rich at 823-1732. 867

SERVICES

STAINED GLASS if Anywhere in your home. A piece of art using your design criteria. Call Blue Moon Studio, 798-3212. 863

IT'S TAX TIME AGAIN!! Need help in preparing or figuring out your income tax? Call Joan at 328-5258 and let her do your worrying. 863

CATERING TO YOUR EVERY NEED - Theme Parties, Gift Baskets, Specialty Cakes, Intimate Dinners, Menu Planning. We also make Red Cakes and Green Cakes (oh so good, yum.) Call Becka or Craig at Masterpiece Catering 822-4223. 865

ALTERATIONS AND REPAIRS Let me keep your clothes fitting properly and in good repair. Experienced - Economical - Prompt. Mr. Marie Hudson, 888-7264 in Tucson. 862

GAY CHAT LINE SIZZLING LOCKER ROOM J/O ACTION CALL AND JOIN IN OR JUST LISTEN HOT PHONE SEX FOR THE GAY 90'S 1-900-745-0622 MORE ACTION AT 1-900-745-2045 SEXYX SAMPLES 1-800-714-4865 SOUTHWEST DATELINE ALL LIFESTYLES - LOCAL AND NATIONWIDE REAL PEOPLE 1-900-002-7283 REAL #5 \$2-3.99/min - VISIT US AT WWW.HIJK.COM = 18+YES

NOW SUBVINE TUCSON! NEW LOCAL LINE! CALL TONIGHT! MEET TONIGHT! HOT TUCSON MEET 1-800-267-0008 EXT:588 \$2.99/min. 18 or older. Hundreds of callers daily!

GROOVIN' GECKO GIFTS On the Back Patio at the Stonewall / Eagle (formerly Jungle Red Gifts) AN ALTERNATIVE LIFESTYLE RETAIL OUTLET CATERING EXCLUSIVELY TO THE GAY/LESBIAN COMMUNITY Gay Pride Jewelry Gay Pride Stickers / Static Clings Cards / Gifts Lube Much More.. Andy Mellor Graduate Masseur (520) 325-0195

Single & HIV+ Join other HIV+ single gay men in Arizona's spectacular Red Mountain area. Try our other active lifestyle groups for men and lesbians. Call for more info. 1-800-8-ALYSON (1-800-825-9766) ALYSON ADVENTURES

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Easter Activities at MCC

TUCSON, AZ - Water of Life Metropolitan Community Church (MCC), Tucson, announces special activities for the upcoming Easter weekend.

The church's dynamic interim Pastoral Leader Joyce Cook will be preaching at the Easter weekend services. The special activities begin with the somber Good Friday service commemorating the crucifixion of Christ, March 28, 7:30 P.M.

March 30, Easter Sunday morning the church will celebrate the traditional Resurrection of Jesus, beginning with an early 7:00 A.M. Sunrise worship service in the church's Memorial Rose Garden. A pancake breakfast will follow this early service at 8:45 A.M. The regular 10:45 A.M. morning worship service in the church's main sanctuary will continue the Easter celebration of the resurrection of Christ, and of the hope and abundant life in Christ Jesus.

Water of Life Metropolitan Community Church, located at 3269 North Mountain Avenue between Fort Lowell and Prince Roads, is a member congregation of the Universal Fellowship of Metropolitan Community Churches. The UFMCC was formed in 1968 in southern California with an affirming Christian ministry and outreach to the Gay and Lesbian community. Today, the UFMCC numbers more than 300 congregations in North America, Puerto Rico, Mexico, South America, Europe, Australia, New Zealand, the Philippines, Nigeria and South Africa.

All church activities are open to the public, and the congregation of Water of Life MCC invites everyone to come and share the celebration of Easter, and breakfast at the church! For additional information, please call the church office, (520) 292-9151.

OUToberfest 1997 T-Shirt Design Contest

by Erli Galindo

It's that time again for TLGA's annual t-shirt design contest. This year's theme is "Equality through Visibility." The lucky winner will receive \$75. The winning design will become this year's OUToberFest logo and will be displayed on t-shirts, hats, posters, etc.

Rules for the contest are as follows:

All entries must be received by TLGA by April 21, 1997. All entries must have the theme, "Equality through Visibility," and "TLGA and OUToberFest 18, 1997" on the design somewhere. There is a limit of six-colors for the work.

Please mail your entries to TLGA, POB 40301, Tucson, AZ 85717. If you have any questions, please call the TLGA hotline, 622-3200.

If you would like your design returned, please enclose a self-addressed stamped envelope or package. The winning entry will become the sole property of TLGA. TLGA reserves the right to alter the design as needed for printing purposes.

Be part of this year's big event! Send your entries now, who knows, you might be the winner.

Memorial Garden

Continued from Page Seven

the lives of those who have already left this world. At both ends of the garden sit raised "beds" containing plants, flowers, and trees. One of these is used as a sprinkling garden, in lieu of burial. Plaques accompany the plants, trees, and benches that have been given in memory of a loved one.

The Memorial Garden may be used for Memorial Services, and is opened from dawn to dusk. It is an ideal place to sit and contemplate on life, or just unwind from a hectic schedule. Everyone is invited to come by and use the garden.

For more information about the Memorial Garden you may contact: Cornerstone Fellowship Church, 2902 North Geronimo, Tucson, AZ 85705. (520) 622-4626.

Beds Etc.

Continued from Page Two

neighbors help themselves.

"We salute PACT's outstanding efforts in providing services for people living with AIDS, and we welcome the opportunity to provide our product for and existing need in this community," Leitz added.

Ken Leist expressed PACT's gratitude. "Donations from concerned corporate citizens like you are so vital in our efforts to support people living with HIV and AIDS in Tucson," he said. "We consider you a part of our team in the fight against AIDS."

Politics

Continued from Page Six

the next building and celebrated.

Dolores Kropf was "stunned but relieved, especially to have cohabitation resolved, and pleased it passed." Damien McNeal had a "sense of relief and gratitude to his co-workers and friends for their efforts." Mike Humphrey said it "restored his faith that a good issue, being championed by good people could sway the five people on the Board of Supervisors." Cecilia Monroe joined the three in celebration and expressed her gratitude that the Board voted to approve the extension of benefits.

Grijalva, Eckstrom and Bronson did a very courageous thing by extending health and dental benefits to the "domestic partners" of homosexual and heterosexual county employees. It took a lot to do so. Readers of the Observer and this column should call them, 740-8126, and leave their names and phone numbers and the message expressing gratitude for their vote.

Also, the question arises regarding Supervisor Mike Boyd (R). Since Boyd has openly-Gay aide, who in 1996 mounted an ill-fated campaign for the State House of Representatives, why he voted against the proposal that would have extended health and dental benefits to his aide's "life-partner?" Will we ever know? Well, we're waiting!

Bravo Damien McNeal, Dolores Kropf, Mike Humphrey and Cecilia Monroe! "Four peons" that took "two years," but put Pima County with 45 government bodies that offers extended benefits to "domestic partners." Your efforts paid off big!

So it goes for now kids!

Go In Good Health

by Rev. Andrew Brooks

This time, I am going to begin an A-to-Z discussion of some herbs, and their healing benefits. I cannot possibly list all the herbs that are out there, but I will cover many that have healing benefit. This information is not intended to replace proper medical care, but to assist you with knowledge of natural remedies that can promote your healing.

First, the herb Alfalfa, which is well known as a food source for horses and rabbits, also has benefit for people. It is nutritive, and has a high mineral and Vitamin content, including vitamin K. It helps to lower cholesterol, and detoxifies the body, especially the liver. This little powerhouse has calcium, choline, inositol, iron, and the Vitamins, A, B-complex, C, D, E, K, and U, among other nutrients. It is said to be good for diabetes, anemia, hemorrhoids, ulcers, and arthritis.

The herb Angelica is good for women, to be used when strong menstrual cramps with scanty flow are present. It is also of benefit as an expectorant for coughs (it will help you bring up mucous during a cold).

Arnica oil, which is only to be used externally, is good to rub on bruises, swelling, and other athletic injuries, such as after a fall during a sports event, where tenderness is present. I have used it and found it to be soothing.

Another beneficial herb is Astragalus, which I have used myself, with good result. It is a tonic that helps to protect the immune system, and aids adrenal gland function and digestion. It helps to increase your metabolism and endurance, promotes healing, and provides energy to combat fatigue. It is said to help chronic lung weakness and produces sweating (which eliminates toxins from the body.) This one is very good for anyone with a weakened immune system.

Bayberry is an astringent for venous congestions, and as a gargle for sore gums or sore throat. Bayberry is also used in a variety of digestive ailments such as diarrhea, and chronic gastritis. Bayberry contains the antibiotic agent myricitrin, which may help fight a wide range of bacteria. It is also said to be helpful in reducing fever. Do not use it in large doses, as it can cause nausea if too much is taken. It is sold in tinctures, and in capsule form.

Black cohosh is a potent herb, with antispasmodic herb, which means it is a muscle relaxant. It is said to help with sinusitis and asthma, and to lower cholesterol levels and blood pressure. It is of great benefit to women, helping with hot flashes, and menstrual cramps. Black cohosh is to be avoided during pregnancy, as it can cause miscarriage (it has been used in the past to induce labor). It is a powerful herb, best used under the supervision of a qualified herbalist, and only in small doses. Remember, herbs can have powerful effects, so they are not a hobby, nor should you casually take them in any amount desired. Like any other medicine, they have potent healing effects. Some of the milder herbs can be taken in higher amounts, such as the teas like peppermint and raspberry.

The herb Bladderwrack is used to help with obesity, and to aid kidney function. It is said to eliminate parasites, and to increase thyroid activity. I have seen it in herbal compounds in health food stores, and it is used to remove toxic minerals from the body.

The herb Blessed Thistle increases appetite, and stomach secretions. It helps to heal the liver. It is used to improve circulation, purifies the blood, and strengthens the heart. It is used to alleviate pneumonitis (inflammation of the lung tissue). Pregnant women should avoid this herb.

I will pause in my herb list for now, and tell you that herbs should be used like any other medicine, intelligently! Tinctures are herbs preserved in either alcohol and vegetable glycerine, and they tell you how much to take on the bottle. Also, dried herbs can be made into teas, and they are of great benefit in healing.

I recommend you do some reading on herbalism, many books are available now on the market, due to the rising popularity of natural medicine. Next time, I will continue my listing of some more healing herbs. I wish you all the best. If you have any questions, consult a health food store, or call me, I will be glad to help. Till next time, Go in Good Health!

Domestic Partners

Continued from Page One

the proceedings and let out a muffled cheer and then left the Board Room to celebrate.

Dolores Kropf said she was "stunned, happy and relieved," the measure was approved by the Board.

Mike Humphrey said this "restores his faith that a good issue, being pushed by good people could sway the five members of the Pima County Board of Supervisors." Humphrey added that "Pima County is the renegade in this state. With this precedent, more businesses and government in Arizona will follow Pima County's lead."

Damien McNeal expressed his gratitude and relief that two years of hard work finally paid off. McNeal was grateful of the efforts of his three heterosexual co-workers and friends for their work to get this passed.

McNeal added that when the guidelines are finalized, that he and Richard McLean will be the first couple to sign up for the extended health and dental benefits for "domestic partners."

Pima County becomes the 45th governmental body to have "domestic partners" coverage. Included are San Francisco, Chicago, New York, Seattle, Portland and Multnomah County in Oregon. Also, many major businesses offer extended benefits, such as: Bank of America, Microsoft, Apple Computers, Levi-Strauss and Disney.

Bears

Continued from Page Five

If you'd like more information on the club you can call the Bears Information Hotline and get a current listing of events for the month and leave a message for one of the offices or you can write to us or visit our WWW page listed below. We'd be glad to send along a complimentary copy of our newsletter or answer any questions you might have about the club. Stay tuned, there's always more to come! Hugs and Snuzzles!

[Bears of the Old Pueblo, 1830 East Broadway, #124-403, Tucson, AZ 85710. Hotline: (520) 733-9409 (24 hours/7 days) WWW: <http://www.csn.net/~jls2/bop>. Email: smokey@bearclan.com]