A THREE-PART SERIES:
ALTERNATIVE HEALING & AIDS
PART ONE
ACUPUNCTURE WORKS

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CONTENTS

4 AN OPENING WORD  Jo Kenny & Michael Perlman
5 LETTERS
5 NATIONAL MARCH UPDATE  Gary Reynolds
6 SANTA CRUZ AIDS PROJECT UPDATE  Gerald Landers
7 NEWSWATCH: LESBIAN/GAY DOMESTIC PARTNERS
9 COMMUNITY AT LARGE
11 THE 13TH ANNUAL SANTA CRUZ LESBIAN/GAY PRIDE CELEBRATION
12 GAY EVENING IN MAY  Mary Bryant
13 NETWORKING: Allison Claire
15 COVER STORY: ACUPUNCTURE WORKS  Rich Mick
18 THE POLITICAL CLIMATE  John Laird
20 REPRINT: Kore Hayes Archer
23 THE SPRING CALENDAR  John La Riviere & Will Russell
30 POINT OF VIEW: Frank Klin
31 COMMUNITY RESOURCES

LAVENDER READER  P.O. BOX 7293  SANTA CRUZ, CALIFORNIA 95061  408-684-1542
An Opening Word

The "Alternative Healing & AIDS" Series

Our cover story kicks-off the first in a three-part examination into the many facets that make up the alternative healing movement. Rich Mick's article, "Acupuncture Works," opens the series with a closer look at traditional Chinese medicine and how its practitioners view and treat people with AIDS/ARC. In part two, we'll take a broader look at the holistic health movement and survey the many avenues available to people interested in maintaining or regaining their health. Part three will concern itself with the psychological and somatic benefits Yoga has to offer people interested in achieving 'wellness.'

A Co-Sexual Challenge

As lesbians and gay men, we have a common bond that stems from our oppression by the dominant homophobic society. Yet, we sometimes have problems working together because lesbian and gay male cultures are very different. For example, while some gay men might call each other 'girl' or 'miss' as a term of affection, some lesbians find it offensive, viewing it as a parody of a role oppressive to women. Also, gay men often have a difficult time with what they view as "self-righteous" moral judgements some lesbians make concerning gay male sexual practices, such as anonymous sex.

We are all products of the larger society we grew up in. A society that is composed of many races and cultures. As we strive to gain a knowledge of, and appreciation for, our different racial, ethnic and cultural identities, so as to be lesbians and gay men we need to educate each other about the diversities in our cultures.

This is our challenge. As a co-sexual publication, Lavender Reader will endeavor to create an environment where we can discuss, struggle and understand and value what we have to offer each other.

But we can't do it alone. We need your contributions: ideas, articles, poetry and artwork, reflecting your uniqueness as gay and lesbian people. We also need ongoing feedback, your feelings and thoughts, so that we can go through this process together, as a community.

-Jo Kenny & Michael Perlman

LAVENDER READER

P.O. Box 7293
Santa Cruz, CA 95061

Dear Friends:

I very much appreciate the article on "Women & AIDS," the cover story of the Winter 1987 issue. I believe it is right on target; it provided me with information and views that I had been looking for in vain until I picked up your quarterly.

I am a volunteer on the Los Angeles Sex Information Helpline, and we are constantly seeking new information about how our callers can take better care of themselves. I am sure the information you have offered will be appreciated by all of our listeners as well as our callers. Of course, you must realize that I am speaking only for myself, but you may be sure that I will get a copy of your article in the hands of our training committee.

I have also enclosed a small contribution to the AIDS work you are doing in Santa Cruz. Thank you very much.

Sincerely yours,
Allan Lange

MARCH ON WASHINGTON
FOR LESBIAN AND GAY RIGHTS

OCTOBER 11, 1987

Preparations are underway for the National March on Washington for Lesbian and Gay Rights scheduled for October 11th in the nation's capital. The initial organizing meeting was held in November. Since then, a list of demands has been written, and a national structure has been set up.

The march, whose motto is "For Love and For Life, We're Not Going Back," is being called in response to the increased attacks upon the lesbian and gay community of the last few years. There are specific demands calling for increased AIDS funding, an end to racism, and for the right to reproductive freedom.

There will be nearly a week of events, culminating with a major Civil Disobedience Action on October 13th. Organization is well underway in Northern California. A network of activists, including Pat Norman, Harri Brit and Cleve Jones, have been meeting in San Francisco since February.

Locally, a group of lesbians and gay men met March 11th to begin the organizing necessary to ensure a healthy Santa Cruz delegation. Fundraising, publicity, and arrangements for transportation need to be coordinated starting now! Our next meeting will be Wed., April 8th at 7pm at 515 Broadway. For more information, call 429-1388.

-Gary Reynolds

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OUR NEXT ISSUE:

THE 1987 SANTA CRUZ LESBIAN/GAY PRIDE CELEBRATION PROGRAM

Publication Date: May 26 Editorial Deadline: May 1 Advertising Deadline: May 9 Calendar Deadline: May 15

Carter Wilson>Irene Reit>Rob Velzl>Scott Brookie>Alison Claire>John Laird>Jo Kenny>Sally Blumenthal>Peter Bergan>David Thomas>Laura Gilges>Mark Gillard>Randy Clark>Jaun Cohen-Terry Covarrubia>Dennis Altmann>John Fried>Michael Perlman>Gerald Landers>Will Russell>Robin White-and more!
SCAP QUARTERLY UPDATE

The Santa Cruz AIDS Project's Executive Director, Gerald Landers, continues to move the Project ahead. The Project has quickly become one of the county's leading information and resource centers for those concerned or interested about AIDS. Most days there are volunteers available to answer questions over the telephone and to receive interested visitors. Volunteer staffing continues to improve to provide consistent coverage on a Monday through Friday schedule. The office address is 234 Santa Cruz Avenue, Aptos, CA 95003 (behind Manuel's Restaurant). The office telephone number is (408) 688-7641.

There are three continuing groups available for support. There is a group for persons with AIDS/ARC diagnosis in the county. Call 688-7641 for further information on the location and time. There are four positions available for the Volunteer Companion Training sessions offered through the Hospice Caring Project. The training sessions are scheduled to start in late April and run through May. Please call Hospice at 688-7684 to have an application sent to you.

As a part of our goals, we are looking for gay men to sponsor educational forums in their homes for friends, where someone from SCAP will come and teach about safe sex. This approach is called the KOOL AIDS method of teaching. If anyone is interested in being a sponsor, please call the Project.

The Santa Cruz AIDS Project will be sponsoring a Safe Sex workshop free of charge for gay men only at the Santa Cruz Hospice on April 18. If anyone is interested, please call 458-4999 to reserve a spot. Also, on May 15, the Project will be sponsoring a workshop for mental health professionals in the county. Call 688-7641 for further information on the location and time. There are four positions available for the Volunteer Companion Training sessions offered through the Hospice Caring Project. The training sessions are scheduled to start in late April and run through May. Please call Hospice at 688-7684 to have an application sent to you.

NEWSWATCH

National March Demonstration for Lesbian/Gay Domestic Partners

WASHINGTON, DC — On March 1, the coordinating Committee for the National March on Washington for Lesbian and Gay Rights received a report outlining the basic plans for The Wedding for October 10, 1987. The Wedding is a national demonstration officially sponsored by the National March on Washington to emphasize the demand that lesbian and gay domestic partners in committed same-sex relationships be entitled to the same rights as married heterosexual couples. The demonstration will include a non-sectarian union ceremony to celebrate existing on-going relationships followed by a reception for the participants, guests, sponsors and media representatives.

The report was presented by Carey Junkin representing COUPLES, Inc. This Los Angeles based group is the National Organization for the Advancement of Lesbian and Gay Couples. The goal of The Wedding is to have at least one thousand couples celebrate their existing on-going committed relationships in such a way as to draw attention to the March demand for couples' rights. The Wedding is not intended to be a marriage ceremony for new couples, but the organizers will not restrict participation by defining couples' acceptable relationships. COUPLES, Inc. will be inviting representatives of numerous religious groups and non-religious leaders to serve on an advisory board to help define the demonstration. Several nationally recognized figures will be invited to conduct the demonstration.

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1. Lesbian & Gay Action Alliance
2. Lavender Freedom Alliance

Insert all clever concepts, whims and fancies! Mail to: FDC P.O. Box 7293 SC 95061
We'll see you on the 29th!
PDQ Bach
Will Russell directs The Morning Star Early Music Ensemble in what will no doubt be a hilarious and musical evening of entertainment on Friday, May 29th, at 8pm in the First Congregational Church (900 High Street) in Santa Cruz. The concert is entitled "PDQ Bach on Parade" and will feature a four part choir, brass quintet, and no less than three (simultaneously playing) keyboardists performing works by Johannes Brahms, Arthur Sullivan and of course, PDQ Bach.

ALL DRESSED UP AND NOWHERE TO GO?
Why not try BINGO? That's right, BINGO. The Santa Cruz AIDS Project will start having monthly Bingo games beginning in July, but if you can't wait, SCAP will have an Early Bird Bingo at the Live Oak Grange Hall located at 1900 17th Ave. on May 2nd starting at 7:30pm...Sorry, but due to county ordinance, children and young adults under 18 are not permitted in the Hall during the games...We'll play 12 games, with the winners receiving their choice of prizes such as: Dinners, Tickets to the Movies, Merchandise and Gift Certificates. All from contributing local merchants, plus much more...What a blast we had at March Bingo. A good turnout and a net profit of $420.1 would like to also thank everyone who helped out, but especially our good friends, Supervisor Gary Patton, Council Members Marty Wormhouse and Mike Rotkin for calling out the numbers for us.

NOW FOR SOME INFORMATION.
$5.00 buys you 12 paper Bingo sheets. Each sheet has four games so you have 48 chances to win. 50 cents buys a marker (if you don't have one already). Your choice of colors. Come early for good seats!...Anyone interested in helping with the Bingo games or the snack bar can sign up at the May game or if you can't wait, call 458-3602 and leave a message for Aaron....So for one heck of a good time and a heck of a good cause, plan on being with us on Saturday, May 2nd. Besides, you were all dressed up already....Until next time Bingo fans, goodbye from the man with his hand in your pocket.

Aaron Miller^Fundraising Chairman for the Santa Cruz AIDS Project

SANTA CRUZ LESBIAN/ GAY PRIDE CELEBRATION
Saturday, May 30th
OPENING NIGHT BENEFIT
FILM PRESENTATION:
CHUCK SOLOMAN: COMING OF AGE-NOT ALL PARENTS ARE STRAIGHT- TOGETHER AND APART
Sash Mill Cinema
7:30 Pm Reception to follow/ $6-$10 Sliding Scale: Advance tickets call 684-1542
KUUMBWA JAZZ: RIANNON AND MARY WATKINS
8pm -Tickets at Cymbeline Records & UCSC Box Office. A Lea Lawson Production.

Sunday, May 31st
GREAT OUTDOORS:
VOLLEYBALL & PICNIC
Noon- 5pm, Fredrick Street Park. Call 427-1936 for details

Monday, June 1st
CLOSED CIRCUIT RADIO A SPECIAL PRIDE WEEK PRESENTATION
KZSC 88.1 FM 4pm

Tuesday, June 2
COMMUNITY FORUM:
DURABLE POWER OF ATTORNEY FOR HEALTH CARE
515 Broadway / 7:30pm -Call 425-4734 for details

Wednesday, June 3rd
COMMUNITY FORUM:
PARENTS OF GAYS AND LESBIANS
7 pm- Santa Cruz Public Library- Presented by FDC

Thursday, June 4th
BENEFIT CONCERT:
ROMANOFSKY AND PHILLIPS
8 pm- Moraga Hall-One Show Only/ $6-$10 Sliding Scale

Friday, June 5th
VIDEO PRESENTATION:
EXPLORING THE HEART OF HEALING IN AIDS
RAM DASS AND STEPHEN LEVINE / Large Screen Presentation
Sessions House/Cabrillo College 7:10pm/ Refreshments served / Presented by the Freedom Foundation, Huna-Man Foundation and the Santa Cruz AIDS Project. For information call 684-1542

Saturday, June 6th
PARADE & RALLY
with our very special guests-THE SAN FRANSISCO MARCHING BAND
11pm meet at Colfart & Cedar 10am
Followed by our annual extravaganza in the park-Entertainment, City Proclamations, Food, The Raffle, M.C. Linda Moses

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10 LAVENDER READER
"Gay Evening in May" at the Civic

The Santa Cruz Civic is the site of the year's Gay Evening in May Talent Show and Dance on May 16, 1987. Following in the two year tradition of this extraordinary event, the finest Gay and Lesbian performers throughout Santa Cruz will join in an evening of fun and celebration. The 1987 show will highlight a broader range of talent than ever before, with dancers, singers, actors and actresses, comedians and more. Gilbert Moreno will direct this year's presentation of Santa Cruz's gay performers. The 1987 show will highlight a broader range of talent than ever before, with dancers, singers, actors and actresses, comedians and more. Gilbert Moreno will direct this year's presentation of Santa Cruz's gay performers. The 1987 show will highlight a broader range of talent than ever before, with dancers, singers, actors and actresses, comedians and more. Gilbert Moreno will direct this year's presentation of Santa Cruz's gay performers. The 1987 show will highlight a broader range of talent than ever before, with dancers, singers, actors and actresses, comedians and more. Gilbert Moreno will direct this year's presentation of Santa Cruz's gay performers. The 1987 show will highlight a broader range of talent than ever before, with dancers, singers, actors and actresses, comedians and more. Gilbert Moreno will direct this year's presentation of Santa Cruz's gay performers. The 1987 show will highlight a broader range of talent than ever before, with dancers, singers, actors and actresses, comedians and more. Gilbert Moreno will direct this...
"Gay Evening in May" at the Civic

Tickets for the Third Annual Gay Evening in May Talent Show and Dance will go on sale beginning in early April. General Admission for the show and dance is $6, Donor Seating, $10, and VIP Sponsor seating, which includes a pre-show party, $25. For ticket information contact Mary Bryant at 476-0777 days or The S.C. Civic Box Office. For show information concerning audition or volunteering for staging contact Gilbert Moreno at 426-5044. For information concerning Food Sales or volunteering for a portion of the evening to assist with serving food contact Aaron Miller at 438-3602.

-Mary Bryant

Networking / by Allison Claire

Working as Allies: Overcoming the Barriers of Racism and Anti-Semitism

To what extent can oppressed peoples act effectively as allies for each other? How can we move beyond the divisions that racism and anti-Semitism create among us? These fundamental questions were addressed March 22nd in a four hour workshop called "Working As Allies: Overcoming the Barriers of Racism and Anti-Semitism," organized by the Resource Center for Nonviolence and Kolaynu (Santa Cruz New Jewish Agenda) with the generous support of the city of Santa Cruz. The FDC was one of many community groups sponsoring the event, which drew a wide range of area residents - Black, Latino and white; Jewish and gentile; gay and straight - working for a united community.

The workshop featured two dynamic activist speakers who came to Santa Cruz for their first double-bill. Bria Chakofsky, from Seattle, is the national chair of the progressive New Jewish Agenda, and Rev. C.T. Vivian, featured in the recent PBS documentary Eyes On The Prize, is director of Black Action Strategies in Atlanta, Georgia. Rev. Vivian's opening remarks got the afternoon rolling in the tradition of Black Southern Baptist preaching and civil rights agitation by challenging us to confront what it means to be members of a racist nation, and spoke movingly of the impact of racism on Black lives. Bria Chakofsky also spoke personally about the effects of oppression on her people, while celebrating Jewish traditions of resistance. Both speakers stressed the need for reconciliation between Jews and people of color, stating that divisions among minority groups weaken everyone's struggle for freedom.

Vivian and Chakofsky share a particularly significant about turf between the Black and Jewish communities, but attempted to broaden their remarks to address racism and anti-Semitism as they affect other groups as well. A question and answer session followed, with speakers addressing issues of Black Jewish relations. The one near explosion of the day came with a question about Israeli's relationship to South Africa. Emotions ran high on all sides and decorum temporarily dissolved, but facilitator Denna Hurwitz kept the workshop from turning in a free-for-all. Clearly this issue needs to be addressed in a forum of our own.

In the second half of the forum, the focus was broader and more locally based. A panel presentation by local representatives of Temple Beth-El, the NAACP, Somos Hermanas, the Native American Support Group, and the FDC tackled problems of racism and anti-Semitism in the Santa Cruz area. It was acknowledged that Asian perspectives were absent from the workshop. The speakers' testimony belied the comfortable image (mirage?) of Santa Cruz as a tolerant oasis immune to the vulgarities of prejudice. Liz Alpert of the Temple spoke of vandalism and swastika graffiti perpetrated by Neo-Nazis, eyes that had happened here. Luther Wallace reported abysmal levels of unemployment among Black workers, and the critical situation of area Blacks; Marcia Rincon-Gallardo reminded us of the critical situation of southern California farmworkers, canny laborers and "illegal," as well as documenting racism in the local Central America solidarity movement.

As the lesbian on the panel, I commented that I was the single representative of a minority group not defined by color or ethnicity. Gayness has nothing to do with gender, but everything to do with cross-cultural relations, as we come from every people, every religion, group, and every ethnicity. This means that racism and anti-Semitism directly affect many lesbians and gay men, and homophobia directly affects all Jews and people of color. I reminded the audience that lesbians and gay men also face housing and job discrimination, personal mistreatment and the threat of physical violence. Yes, even in Santa Cruz.

My remarks focused on racism and anti-Semitism within the lez/bi/gay community, and how we are working to overcome these barriers. Rabbi Rick Litzvav had earlier referred to the successful statewide coalition effort of gays, Jews and people of color that had trounced the diabolical LaRouche initiative last election. I agreed that such coalition work is vital, and that the campaign was in many ways a successful model, but reminded the audience that here in Santa Cruz the coalition had not been seamless. I recounted the controversy that ensued last fall when the No On 64 campaign scheduled a fundraiser on Rosh Hashana, and discussed briefly how this has happened and what we had learned from it. I believe it is critical not to erase the threat of physical violence. Yes, even in Santa Cruz.
such incidents from collective memory as soon as apologies are made and surfaces patched up. There is no learning from such a response. The point is not to save face but to risk change, so that the alliances we need can be more than pretty, or "correct," words.

The lesson I learned from that incident (which some still consider minor and others are still angry about) has to do with respect. Overcoming the barriers of racism and anti-Semitism demands listening to the voices of those different from us; actively seeking out such voices (many of them — not just one or two we assume to be barometers for their community rather than individuals,) and incorporating the understanding this affords into our actions, not just our images.

I also noticed the lack of extensive Spanish-language outreach on Prop. 64 in this county, (despite our best intentions) due to the lack of resources. It was, after all, a pretty white campaign.

I mentioned the recent structural changes in our organization, and my heartfelt hopes that our renewed commitment to local networking would lead to strong relationships with the various other groups participating in the workshop. It's only by talking together and working together that the barriers of racism and anti-Semitism — and homophobia — are overcome.

The afternoon also included small group discussions for sharing personal reactions and brain-storming possible community organizing tactics. By the end of the workshop we had generated a long list of ideas for community action, including a community-wide canner strike evaluation, north county involvement in south county politics, "rap sessions" bringing together members of different minority organizations, and further workshops. (Ricky Sherover-Marcuse, from the Bay Area, volunteered to lead a "Coalition Building" workshop here in the fall.) The Resource Center will be organizing a follow-up meeting to discuss implementing some of these ideas.

Communication is the crucial first step, and much genuine communication took place in this workshop. Many people affiliated with community groups left excited at the prospect of informal discussions with other organizations — not business meetings, just people with people, talking about their lives, learning to listen. The barriers are not insurmountable. They will exist only as long as we allow ourselves to be divided.

M artha Benedict is a small, lively woman with deep brown eyes. She was the first Caucasian to be licensed as an acupuncturist in the State of California, and practices in a converted red barn behind her home in Santa Cruz. I met her four days after a driver opened the door of his car into the bike path on East Cliff Drive, throwing me over the door onto my head. I had a severe concussion which gave me headaches. I stumbled every time I got up from bed. I left my first acupuncture treatment without a headache or vertigo.

A bit of cynicism falls away. In Santa Cruz we're so used to hearing about alternative everything that we joke about it. But when there's pain or glaring need or life-threatening
to open up, to experiment. There are even
people with AIDS. She says that her		
San Francisco AIDS Alternative Healing Project

The Quan Yin Acupuncture & Herb Center of SF has recently developed a comprehensive program for people diagnosed with ARC or AIDS. The program's components include: acupuncture, nutritional counseling, supplement counseling, massage therapy, herbology, medication, hypnotherapy, professional counseling, and support groups. The program requires a six-month commitment (most people move to the city for it if they're not residents), and there is a sliding-scale fee. For information, contact Misha Cohen at 415-861-1101.

The Center also provides a free referral service for holistic health practitioners nationally (though most are located in the greater Bay area). That number is 415-558-9292. The Center does some of its fundraising through a publication, the September 1986 issue of EAST/WEST Journal has stated, "Most important, it (Western Medicine) sees the disease as an outsider which only antibiotics, poisons, or radiation can fight while the body stands aside as a passive spectator."

Ted Kaptchuk wrote in The Web That Has No Weaver, "The Chinese Medicine that is making Chinese medicine more accessible to the West, "Western Medicine is concerned mainly with isola­ble disease categories or organs of disease, which it zeroes in on, isolates, and tries to change, control or destroy. The Chinese physician, in contrast, diverts his or her attention to the complete physiological and psychological individual. All relevant information is gathered and woven together until it forms what is called a 'pattern of disharmony.' This describes a situation of imbalance in the patient's body... The Chinese system is not less logical, it is less analytical.

In a re-evaluation of their traditional medical system in the 1950's, the Chinese performed thousands of experiments and clinical studies. In 1958 the Central Committee gave traditional and modern medicine equal respect, and concluded that Chinese Medicine does work clinically. Both Martha and Susan remind us that "we start off balanced." The progression of the disease takes time. We need to commit ourselves now to finding the niche where we will maintain peace of mind. Susan, using a sort of clock-model with her hands, says, "Symptoms don't manifest until imbalance is well-established."

Quan Yin — The Goddess of Compassion and Mercy. Logo art courtesy of Quan Yin Acupuncture & Herbs Center of San Francisco (Reprinted with permission).

"And By Came An Angel, With a Bright Key" — William Blake, Songs of Innocence

Early detection is so very important, as well as prevention. For PWA's (People With AIDS) or people who think they have been exposed, my job is to help them get their bodies functioning at their highest potential.

Susan talked about her work with people with AIDS. "For a PWA we are generally strengthening the kidney energy which is called 'the storehouse of ancestral chi.' We build and support the spleen energy, which, with the stomach, is considered responsible for our daily energy, primarily through the foods that we eat, and also plays a major role in an effective immune response.

"We must detoxify the liver," she adds, "especially for people who have used a lot of drugs, including coffee, alcohol and antibiotics, or have had acute or chronic hepatitis. And we must keep the lungs clean and cleared of phlegm which congests the lung energy.

"By talking primarily about young men, we don't see many problems with the heart. But we do see emotional imbalance and anger, emotional imbal­nce, tight chest, short breath, palpitations..." The Center was founded on the Five-element Theory between 2,000 to 5,000 years ago. Through this theory we truly understand relationships, which AIDS so classically demonstrates, almost making it, if I might go so far, pathologically beautiful. We see what's going on and how to go about treating it.

"One of the reasons so few people have come out with AIDS in remission or healing is that the belief system is so strong in our society that they will die," says Jason Serinus, bodyworker, healer, and editor of Psychoimmunity and the Healing Process: A Holistic Approach to Healing and AIDS (Celia, Arts, 1986). There are many people with AIDS and ARC (AIDS Related Complex) doing remarkable things.

Susan confirms this, talking about some of her patients. "Mark began treatment for lymphoma and this week begins a 12-week intensive chemotherapy program. We will go through it together, using herbs like ginseng, an astragalus to stimu­late the immune system and increase the white and red blood cells and platelets the entire time, and help to control nausea and vomiting, loss of appetite and mouth ulcers, during the acute phases."

"Walter is beginning his fourth year of diagnosed AIDS," she continues. "His first symptoms were CPD and KS. Though we work continually in cleaning the lungs (continued on page 29)
Harry Britt's Bid for Congress

"Gay Power is surrounded by myth. The political leadership is fragmented. One day, someone at City Hall is going to trip over the cord of gay power and pull it from the plug. The lights won't go out." Jerry Falwell? Phyllis Schlafly? No, this quotation is from the San Francisco Examiner in a March 13 editorial by Paul Shinnoff — and it represents the gut-level homophobia that is being expressed by opponents of openly gay congressional candidate Harry Britt.

By the time you read this, the April 7 San Francisco congressional election will be history. And real history could be made by the outcome, as the first openly gay non-incumbent congressional candidate now stands at even chance to fill the vacancy.

This election is the first time since 1964 that a member of the Burton family has not appeared on the San Francisco congressional ballot. The late Rep. Phil Burton moved from the state legislature to Congress in 1964, and held the seat until his death in 1983. His widow, Sala, was elected to succeed him in 1983, and served until her death in early February. The race was set up by a visit of a small delegation of political associates to Sala Burton at a Washington, D.C. hospital in January. She indicated that her choice to continue the Burton tradition in the congressional seat was San Francisco Demo­cratic Party activist Nancy Pelosi.

The race has narrowed to a heated contest between Pelosi and Supervisor Harry Britt. Harry was president of the Harvey Milk Gay and Lesbian Democratic Club at the time of Harvey Milk's assassination in 1978, and was appointed to the board shortly thereafter. He has been re-elected three times, (in both city wide and district elections). Harry has been outspoken on lesbian and gay issues — as author of the San Francisco domestic partners legislation (voted by Mayor Diane Feinstein), as a leader in the fight for additional AIDS funding, and as a national spokesperson for gay rights.

Harry has also been a leader in the effort to forge a grassroots progressive political coalition in San Francisco — of renters, women, seniors, gay men neighbor­hoods, third world people, environment­alists and workers. He is supported by most of the other supervisors not running themselves — Board President Nancy Walker, John Molinari, Tom Hseih and Richard Honisto.

The conventional wisdom has Pelosi running a campaign bankrolled by the Democratic establishment, and Harry spearheading a grassroots coalition effort.

This has been borne out by Pelosi's support from Lieutenant Governor Leo McCarthy, Assembly Speaker Willie Brown (who has also endorsed Supervi­sor Doris Ward), and Senator Alan Cranston. Her campaign manager is former Representative John Burton (Phil's brother). She was endorsed by the San Francisco Examiner two days after the homophobic editorial that began this article.

Harry has won key support from the Asian community, including the backing of Supervisor Tom Hseih and commun­ity College Board Member Julie Tang. He is supported by the Sierra Club and other environmental organizations, and beat out Pelosi to finish first among a straw poll of local labor unions. He also has good support in the neighborhoods, because his efforts limit downtown highrise development.

The race is being compared to the 1976 Assembly primary, when Harvey Milk ran against Art Agnos for a vacant Assembly seat. Then billed as "Harvey Milk vs. the Machine," the major Demo­cratic politics backed Agnos, and Milk had grassroots support from different progressive constituencies. Agnos won, but Milk surprised everyone with is strong showing.

The San Francisco gay and lesbian community has frequently been divided politically. The Milk Democratic Club has been seen as more progressive politically, and the Alice B. Toklas Club — the first in the City for gay men and lesbians — has been viewed as more "moderate." Harry has not always had perfect relations with the Toklas Club, but he chose a Toklas club meeting to make the announcement of his candi­dacy. He was overwhelmingly endorsed by club members.

The two largest gay weeklies in San Francisco — the Bay Area Reporter (B.A.R.) and the Sentinel — endorsed Harry early and strongly. Their pages are filled with stories of his campaign and the support he is receiving.

However, a monthly gay paper, Com­ing Up, backed Nancy Pelosi and caused a firestorm in the gay community. A front-page editorial accused Harry of not backing the candidacy of open lesbian Pat Norman for supervisor strongly enough in 1984 and 1986. Pat is strongly backing Harry, and there is general agreement that these charges are false.

Pelosi has run full-page advertise­ments in the gay press featuring a letter from February 1985 thanking her for meeting with the National Association of Lesbian and Gay Democratic Clubs. That organization has also strongly backed Harry, and urged that Pelosi stop misusing the 1985 letter.

This election could bring a major change to San Francisco politics that would be felt for the next few decades. In the 1950's the "Burton Machine" began to win elections — based on a coalition of labor, third-world people, seniors, and environmentalists. Willie Brown, George Moscone and John Burton rose through the ranks to win public office as this coal­ition gained strength in the 1960s.

The spirit of this coalition is repres­ented by the grassroots Britt campaign. The established leaders of this coalition —Brown, Burton, and others — are all backing Nancy Pelosi. This is more than a struggle for the political soul of San Francisco. It is thought that 25 percent of the vote will be cast by gay and lesbian voters. If Harry can win that vote (with a normal turnout) by a 4-1 margin, he is believed to be in a good position to win that race.

One Examiner poll, which had a small sample, put Pelosi in the lead by over 10 percent. But almost half the voters were still undecided.

Two Saturdays before the election, I went up to San Francisco early to join S.F. Board President Nancy Walker and Berkeley Mayor Loni Hancock in send­ing off that day's precinct workers. I drove through rain and hail to get there — only to find two hundred workers ready to charge into the precincts.

It is going to right down to the wire, and as you are reading this, I hope you have been thrilled to hear of Harry Britt's election to Congress. We have a lot riding on this election.
I do in-home health care, so I have a lot of contact with elderly women. There’s this one old lady, she’s 94 years old, that I’ve been taking care of for the last six months, three shifts a week. She’s had a stroke, and the left side of her body is paralysed. She’s also incontinent; we eat meals, dressing and ambulation. I walk with her when she needs to use the toilet or, on days when there’s no sign of the paralytic. She needs assistance with her tripod of her cane, her sturdy right leg, and the cane, as I kick her rag-doll left leg forward. Then we lurch to the left, just long enough to lift the two right legs forward. We pitch and roll from side to side, following an irregular rhythm, like an old fishing boat in the harbor. In this odd duet, our bodies come together in careful synchronization, pressed warmly against each other for safety, her shapeless butt against my belly, my right breast squashed into her spine, my two breaths synchronized, pressed warmly against each other for safety, her shapeless butt against my belly, my right breast squashed into her spine, my two breaths.

I made some progress. I can feel it now, a given fact: I will not let her fall, no matter what. And this still amazes me.

So our time with each other is very physical, very intimate. Our sense of co-balancing is fine-tuned. To balance that much weight between two moving people demands and develops certain abilities. Trust, Timing. Inner listening. These are some of the qualities I’m acquiring in this role with her, gifts from the Crone.

Perhaps because English is not her native language, we have a lot of silence between us. The TV is on all day, and that gives us something visual to comment on, but most of the time our thoughts influence each other without spoken contact.

It’s a demanding, precarious workout for both of us. My first weeks with her I’d break out in a sweat halfway to the bathroom; now that I’m lifting weights in the gym, it’s gotten a whole lot easier. It gets easier and harder on different days, depending on how alert she is, whether or not she’s in pain, and how cooperative she’s feeling that day.

"We're all preoccupied with the ends, but the means are everything. It is the doing-of-it that transforms the world." —Patricia Sun

Again and again I rise to move her through the same exact routines, and we say the same exact things, with minute variations, each time: "You gotcha me?" "I gotcha, Grandma!" "I no zilt-a?" "Hope, I won't let you slip, I gotcha." And:

"OK, all ready!" "OK, Grandma, here I come!" "You take me and check me." "OK, I'm gonna lift you now, and check you then, OK, nice and clean now, Grandma, you can take the stick and go." "OK, I take a-the stick and go now. You gotcha?"

I've traded shifts, and so I'm here overnight. She’s had her Res-tori, her teeth are soaking in their plastic cup, the lights have been turned out, all but the seashell night-light in the bathroom. There is no bed for me here — the CNA who normally works this shift says she usually stays awake reading in the bathroom, but I'm already feeling drowsy, and that idea seems harsh to me, like an overnight in a Greyhound bus terminal.

I find myself curling up on the floor by the old woman’s bed, her lavender robe around me for a blanket. I can tell from her breathing that she's still alive, probably from the phantom pains in her left leg. I have placed myself so that she can see me from where she lies, propped up at a slant in the adjustable hospital bed. Lying here in the faint odor of lotion and old skin, I feel devoted, like a dog, and I realize once again that in so many ways this old woman is more to me than the client whose checks pay my rent. She is my employer and family at once to me; there's an emotional bond, motherly-daughterly warmth weaving around and through the professional relationship of caregiver and shut-in.

So I lie here on the lissy, moonstreaked rug, wrapped in my old lady's scent, relaxed yet ready in case she calls. And she will, I know, from the log we all keep: she'll need the bedpan at least twice and maybe three times, a pain pill or a massage if her muscles spasm up. She may soil the bed, or think it's morning and try to get up.) I lie here cherishing my chance to rest, and ready to attend her when she calls. This is not like the wakefulness of a woman who has something to say or think about — the生动ness is in her blood. It's economic necessity that brings me here, and in the having-to-be-here, something else has taken root. Lying here, I suddenly realize what this position

"Lying here in the faint odor of lotion and old skin, I feel devoted, like a dog, and I realize once again that in so many ways this old woman is more to me than the client whose checks pay to rent."
window-shaped moonlight splayed out on the tiles... her breathing... my straw pallet, long-softened by the sent and the shape of me. set here on the floor next to the fire, large bedstead with its embroidered linen and open canopy of heavy lace where she lies snoring. "Later tonight she'll call me, the voice in my dreams I wake up to, and I'll stagger, fighting back the slumber just long enough to haul the clay jar, lift her down to a squat, wipe her clean again, then hoist her back up and under the bedclothes with the right works, the answers her questions call for, the refrain between us as predictable and as countless as the cries of the birds who come every morning to fight for breadcrumbs on the parapet. These familiar phrases that pass between us as reassuring and inevitable as the swooping shapes the swallows leave in the metallic air when I come to empty the night's slops and stand there breathing in the light, feeling the coming clarity, observing the freedom of flight."

There is a place and a time where all the elders are called Grandmother and the newcomers are called Daughter. And this is the exchange: the young ones care and the older ones teach. Teach what? Steadfastness. How to dwell in the void. How to in-listen, how to nurture a life-giver whose life is peaking. To begin a clairvoyance of their own life's peaking. Teach how? By touch. In the receiving of touch. By silences. By rambling, fuzzy, intolerable monologues. By inventing and making subtle their potency they manage to transmit it, woman-to-woman.

And the Daughter? She takes the Grandmother's weight against her body, is depended upon. She begins to tap what has been hidden in herself. She comes close to the odors from the Old One's openings and crevices—brushes decay from the dentures, changes once again the stained sheets, caresses dried-up limbs with a steaming cloth. And in her elder's aura, in this sheltered, set-apart place where progress happens in a different way, where upward growth has stopped, she receives her inheritance.

Gay rights. 515 Broadway, 7:00 PM.

GAY VOLLEYBALL
First game of the season, Santa Cruz Main Beach Between Wharf and Boardwalk, 5:00 PM to sunset.

GAY VOLLEYBALL
5:00 PM to sunset, Santa Cruz Boardwalk.

Children and Violence, 7:30 -9:30 PM, at the Resource Center for Non-Violence.

GAY VOLLEYBALL
5:00 PM to sunset, Santa Cruz Main Beach, between Wharf and Boardwalk.

Children and Violence, 7:30 - 9:30 pm, at the Resource Center for Non-Violence.

Potluck for Lesbian and Gay Vegetarians. UCSC Women's Center, Noon - 5:00 PM. Info: 423-7315.

POETRY WORKSHOP
with Judith Berlington, 1:30 PM (pre-registration required)
Info and/or registration #423-4734.

WED \- 28
GAY VOLLEYBALL
5:00 PM to sunset, Santa Cruz Main Beach, between Wharf and Boardwalk.

MON 24
Closing Free Radio: Fags on Broadway. KZSC, 88.1 FM, 8:30 PM

WED 27
Lesbian Writing Workshop: Erotica, UCSC Women's Center, 7:00 PM. Info: 429-0702.

WED 20
MBWA: Homeless Lesbian Matters. 7:30 - 9:30 PM, UCSC Women's Center, UCSC.

WED 21
Lesbian Writing Workshop: An Interview with Fat Lip Reader's Theatre (part 2). KZSC, 88.1 FM, 8:30 PM.

TUE 20
Close Free Radio: An Interview with Fat Lip Reader's Theatre (part 2). KZSC, 88.1 FM, 8:30 PM.

TUE 16
Lesbian Writing Workshop: Anger. UCSC Women's Center, 7-9:00 PM. Info: 429-2072.

WED 15
Freedom Foundation - Community Meeting for Organizing the Gay and Lesbian Week of Festivities, Parade, Rally, and Dance, Resource Center for Non-Violence, 515 Broadway, Santa Cruz, 7:00 PM.

GAY VOLLEYBALL
5:00 PM to sunset, Santa Cruz Main Beach, between Wharf and Boardwalk.

Children and Violence, 7:30 - 9:30 pm, at the Resource Center for Non-Violence.

Poetry Writing Workshop, with Judith Berlington, 1:30 PM (pre-registration required)
Info and/or registration #423-4734.

Matrix Coffee House.

TUE 15
Close Free Radio: SILVER SPRINGS season finale. Plus a special segment featuring Tracy Lee and Gary Reynolds. KZSC, 88.1 FM, 8:30 PM.

WED 13
Close Free Radio: On Israeli-Palestine Peace. 7:30 PM, at the Resource Center for Non-Violence.

Audre Lorde, "On Israeli-Palestine Peace". 7:30 PM, at the Resource Center for Non-Violence.

Sunday, for info call Gene: 479-1077.

FRI 13
Large Lively Lesbians: Is the body image of our community getting you down? Come together and heal in a supportive safe atmosphere. UCSC Women's Center, 7-9:00 PM. Info: 429-2072.

TUE 14
Lesbian Writing Workshop: Eroticim, UCSC Women's Center, 7-9:00 PM. Info: 429-2072.

MBWA: Lesbian Money Matters. 7:30 - 9:30 PM, UCSC Women's Center, UCSC.

FRI 12
$5 - $10 Sliding Scale...now will be turned away from lack of funds!

WED 10
LARGEST LESBIAN CONVENTION: Children and Violence, 7-9:00 PM. Info: 429-2072.

TUE 11
423-4792 or 458-4999. For Info: 423-4792 or 458-4999.

TUE 14
Lesbian Writing Workshop: Eroticim, UCSC Women's Center, 7-9:00 PM. Info: 429-2072.

TUE 20
Close Free Radio: An Interview with Fat Lip Reader's Theatre (part 2). KZSC, 88.1 FM, 8:30 PM.

TUE 09
Close Free Radio: New Attitudes Workshop, on living, loving, sex, and evil. 10:00 AM - 2:00 PM, 485 Soquel Dr. Appts. at the Hospice Caring Project. Pre-Registration is encouraged. For Info: 429-1388 or 458-9499.

SUN 19
Lesbian Writing Workshop: Eroticim, UCSC Women's Center, 7-9:00 PM. Info: 429-0702.

Rebecca Adams & Friends. Two Shows at the YWCA, 8:30 and 9:45 PM (a non-alcoholic event) $4 to $7 (sliding scale). Info: 426-7315.

African American Board of Family Practice
1505 Soquel Drive
Santa Cruz, CA 95063

$3 to $8 Sliding Scale.

KNOWLEDGE & ASSOCIATES Management & Development Consultants
Iola Gold
407 Avalon Avenue • Santa Cruz, CA 95060 (408) 425-6077

24 LAVENDER READER
SAT 2
SCAP sponsors Bingo for Prizes!
Live Oak Grange Hall, 1900 117th Avenue.
18 or older for Bingo.
Info: Aaron 458-3602.
(proceeds benefit SCAP)

SAT 16
A GAY EVENING IN MAY, Talent Show & Dance, Santa Cruz Civic Center. [see article]
Info: Mary 475-0251.

SUN 17
UCSC GAY/LESBIAN AWARENESS WEEK BEGINS

SAT 24
UCSC GAY/LESBIAN PRIDE CELEBRATION BEGINS
Opening Night Benefit: Chuck Solomon's Coming of Age, Not All Parents Are Straight, & Together and Apart FILM PRESENTATION at the Sash Mill Cinema - 7:30 PM. Reception to follow.
$6 to $10 sliding scale. also
KUUMBWA JAZZ CENTER: Rhamon and Mary Watkins, 8:00 PM.
Tickets available at Cymbaline Records & UCSC Box Office.

MON 26
Closest Free Radio: New Music & Surprises.
KZSC, 88.1 FM, 8:30 PM.

THUR 29
Pride Week: ROMANOVSKY & PHILLIPS Benefit Concert. 8:00 PM - Moraga Hall (one show only) $6 to $10 sliding scale. Watch for advance ticket sales!

FRI 30
Large Screen Presentation, at Cabrillo College's Sesnon House.
Details forthcoming. Call 684-1542

SUN 31
Pride Week:
GO: VOLLEYBALL & PICNIC. Noon to 5 PM.
Frederick Street Park.

SAT 30
SANTA CRUZ LESBIAN/GAY PRIDE CELEBRATION BEGINS
Opening Night Benefit: Chuck Solomon's Coming of Age, Not All Parents Are Straight, & Together and Apart FILM PRESENTATION at the Sash Mill Cinema - 7:30 PM. Reception to follow.
$6 to $10 sliding scale. also
KUUMBWA JAZZ CENTER: Rhamon and Mary Watkins, 8:00 PM.
Tickets available at Cymbaline Records & UCSC Box Office.

FOC Community Forum:
Parents of Gays & Lesbians. 7:00 PM.
Details forthcoming. Call 684-1542

THUR 6
Pride Week:
ROMANOVSKY & PHILLIPS Benefit Concert. 8:00 PM - Moraga Hall (one show only) $6 to $10 sliding scale. Watch for advance ticket sales!

SAT 2
GAY VOLLEYBALL
5:00 PM to sunset, Santa Cruz Main Beach, between Wharf and Boardwalk.

UCSC Lesbian, Bisexual, & Questioning Women: Speaker series: Lesbian Mothers. UCSC, Kresge 159, 7:00 PM.

GAY VOLLEYBALL
5:00 PM to sunset, Santa Cruz Main Beach, between Wharf and Boardwalk.

UCSC Lesbian, Bisexual, & Questioning Women: Speaker series: Lesbians During McCarthy-ism. UCSC, Kresge 159, 7:30 PM.

UCSC Lesbian, Bisexual, & Questioning Women: Women Against Rape. UCSC Kresge 159, 7:30 PM.

UCSC Lesbian, Bisexual, & Questioning Women: Women's Community in Greenwich Village. UCSC, Kresge 159, 7:00 PM.

UCSC Lesbian, Bisexual, & Questioning Women: FeminiS/M & Sexual Minorities.
UCSC, Kresge 159, 7:30 PM.

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GREAT OUTDOORS:

LUCIE BLUE TREMBLAY & NANCY VOGEL at the Kuumbwa Jazz Center, 8:00 PM. Tickets available at Cymbaline Records & UCSC Box Office.
Info: 458-3054.

SATURDAY

REPA Coffee House: Open Mike, YWCA, 303 Walnut, SC. 8:00 PM. Info: 426-5044.

Matrix Coffee House: Featuring Rebecca Adams & De Clarke. YWCA, 303 Walnut, SC. 7:00 PM. Info: 433-1238.

Closest Free Radio: An Interview with Judith Berington. KZSC, 88.1 FM, 8:30 PM.

GAY VOLLEYBALL
5:00 PM, Santa Cruz Main Beach, between Wharf and Boardwalk.

UCSC Lesbian, Bisexual, & Questioning Women: Speaker series featuring Marge Franz, Lesbians During McCarthy-ism.
UCSC, Kresge 159, 7:30 PM.

GREAT OUTDOORS:

KZSC, 88.1 FM, 8:30 PM.

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GREAT OUTDOORS:

KZSC, 88.1 FM, 8:30 PM.
Pride Celebration:
Cathcart and Cedar at 11:00 AM.
FRANCISCO MARCHING BAND.

Our annual extravaganza follows the parade in the San Lorenzo Park - Entertainment, City Proclamations, Food, The Raffle.

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5:00 PM to sunset, Santa Cruz Main Beach, between Wharf & Boardwalk.

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"It's not live or die, but how you play...how you live!"

What are some of our obstacles in alternative healing? One is cynicism, another is negativity. It's difficult to trust, especially when you're afraid. Eastern Medicine has a different terminology and viewpoint. But acupuncture is 5,000 years old and the use of herbs for healing is the oldest system of medicine in the world. Herbs, particularly Chinese herbs, are effective. Research shows how they work on a chemical level, what organs they affect, and the specific diseases they cure. Herbs can detoxify the body, improve circulation, tone organs, sedate overactive glands, and perform other healing functions.

There are other obstacles. Overuse of antibiotics has been cited by macrobiotics and acupunctureists as a co-factor for alternative healing? One is cynicism, another is negativity. It's difficult to trust, especially when you're afraid. Eastern Medicine has a different terminology and viewpoint. But acupuncture is 5,000 years old and the use of herbs for healing is the oldest system of medicine in the world. Herbs, particularly Chinese herbs, are effective. Research shows how they work on a chemical level, what organs they affect, and the specific diseases they cure. Herbs can detoxify the body, improve circulation, tone organs, sedate overactive glands, and perform other healing functions.

There are other obstacles. Overuse of antibiotics has been cited by macrobiotics and acupunctureists as a co-factor for alternative healing. Another co-factor is the extended use of recreational drugs, including marijuana and alcohol. MDA and MDMA (aka "Eskay") blant the kidney energy.

Rich Shames, a psychotherapist in Mill Valley, California, considers spirituality (not necessarily in conjunction with formal religion) "the most important factor in immune system function, and the most overlooked aspect in conventional health care."

Non-Western approaches to AIDS are also not afraid to look at the larger questions about sickness and dying. "Why is AIDS on this planet?" asks Louise Hay, who leads healing groups for people with AIDS and ARC in Los Angeles. One key is, "it brings us to more profound issues of love and intimacy, which are more difficult than sex."

Susan Johns says, "This primarily young group of people are going through transformations which most of us will never experience in all of our lifetime."

There is still ample cause for outrage. Hospital costs are astronomical. One of Johnson's patients has barbecues with friends to raise money for his health care.

Diego Lopez, who was Director of Clinical Services for the New York City Gay Men's Health Crisis, died recently at the age of 40 of Kaposi's Sarcoma. He had said he considered that his death was the "most overlooked aspect in conventional health care."

Nonetheless, with all the sadness and mourning of the last few years, there is progress on many fronts, and cause for hope. Martha Benedict reminds us that, "The immune system responds to hope!" For many involved in alternative healing, even death is not defeat. As Susan Johnson says, "It's not live or die, but how you play...how you live!"
For the past seven years, 23 year old Detroy Allen has been a soap opera addict. If he didn't have his daily fix of "One Life to Live" or "Dynasty," he would be impossible to live with.

He dreamed of being up there on the screen with his favorite characters. "I would know how to treat Steven Carrington," he would think to himself, "And I wouldn't be embarrassed about it!" You see, Detroy hated what would happen almost every time someone played a gay character. The first thing he'd know, articles would come out in papers and magazines saying, "So and so is playing this gay part, but in real life he's straight as a board," which would be followed by examples of how they've been married such and such a number of years, see their happy children. Made Detroy want to gag.

In October, his dream became a reality. With the help of friends Phillip Sargent and Flora Murray, "Silver Springs," set in the fictional city of Silver Springs, Oregon, was billed as "A continuing story of one man's addiction and where it led." The series revolves around 4 main characters: Arthur Norris, a recently divorced, middle-aged man trying to put his life together with constant interference from his ex-wife, a teen-aged son trying to come out, and a man who wants to be his lover;

Michelle Hampton, a 27 year old woman who moves back to her hometown to help run the family business while trying to keep a relationship going with the lover she's left behind in Portland;

Victor Morrison, new man in town, escaping from the painful breakup of a relationship and trying to hold on to the possibility of a new one when his ex shows up;

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Victor Morrison, new man in town, escaping from the painful breakup of a relationship and trying to hold on to the possibility of a new one when his ex shows up;

And finally, Jeffrey London, a teenager coming to terms with his sexuality at a private religious co-educational boarding school.

With the writing talents of Allen, Sargent, Murray, Franklin, Nancy Fox, Bill Streuberg, Jim Reynolds, Richard Malcolm, Joyce Brown and Dan Rodlin, scripts for ten episodes were put together and recorded. As of this writing, nine episodes have been aired.

In the meantime, something else is happening. There are other stations that carry gay and lesbian programming. During the break, Detroy will be sending out cover letters and program samples to these stations so that "Silver Springs" can be heard across the country. A station in Philadelphia, the City of Brotherly Love, has been targeted as the first station to carry the show. According to Detroy, the actors—both men and women, but so now's the time to get addicted. Who knows where it will lead?

by Frank Klin