

AN INTRODUCTION TO HOMEOPATHY
— a 5-week class using Homeopathy at home. Tuesday evenings Nov. 11-Dec. 9. Call to register — Dr. Suzanne Scopes 255-3200. \$5 per class for \$25 for 5 weeks.

INCREASE SELF-ESTEEM & CONFIDENCE, CONTROL STRESS, SMOKING AND ADDICTION CONTROL. We get results! Portland Hypnosis Center, 224-1277.

Seeking a professional woman who needs a place to stay weeknights (Mon-Fri) in Eugene. Amt. \$ negotiable, \$125-175/mo., depending on arrangement. 1-343-3086.

Chart a clear course with **NORTHSTAR TAROT.** Call Amy at 234-6567.

PROFESSIONAL, AFFORDABLE BODY WORK — Robin, 236-1252.

WOMEN! Come drum with us! "WICKED RHYTHMS" will meet every Thursday night from 8 to 10 pm for Goddess chants, Drumming, Jamming and a Hoo-Ha time! Please call 234-6567. Let's drum up some power.

PORTLAND LESBIAN CHOIR FORMING!! Wanted: All womyn who love to sing, write or play music and anyone interested in making it happen, call Cathryn Heron for info at 239-7716 (Meeting Nov. 16 at 6:30 p.m.)

'TIS THE SEASON and the holiday frenzy is upon us. It's a good time to treat yourself or a friend to the serenity and nourishment of a massage. Sensitive and professional. Gift certificates. Sliding fee \$15 to \$25. Nonsexual massage only. Annie Dudley, LMT. 238-9697 (02).

If you remember LWW and all those fun times wishing you welcome to Portland, now is your chance to give the welcome. Volunteers are needed for the **LESBIANS WISHING WELCOME** effort. Donations are being sought. The LWW coordinators are looking for small square boxes to make up welcome packages for lesbians new to town. These boxes will be available at the upcoming March event and plans are to have them at A Woman's Place Bookstore for newcomers on a year 'round basis. LWW boxes will be of the welcome/survival type, filled with items and goodies any woman new to our community would welcome. Donations of the monetary kind are also encouraged to keep LWW going and growing. Preparations are now underway for the big March event. Want to know what they have in mind this year? Call 234-2054 or 281-4502 to volunteer and satisfy your curiosity.

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GROUPS

GFs NEWLY FORMED Professional Women's Group, offering social activities. For information write PPOW, P.O. Box 22821, Milwaukie, OR 97222.

ONGOING GAY MEN'S SUPPORT GROUP. Call Phoenix Rising for more information, 223-8299.

JUST FRIENDS

LESBIAN, 36, SEEKS LESBIAN 30 to 40 who knows how to have fun. I like to dance, ski, get crazy, take photos, make love, have a good time. Could you love an Annie Lennox fan? No Barry Manilow fans or Christians, please. Right! Write right now: P.O. Box 06072, Portland, OR 97206-0072.

TO ALL READERS OF JUST OUT: How about being supportive. We finally have a source to network, make contacts and meet our own types. Don't settle for just reading and just waiting 'cause you'll be just wasting and just lonely. Support this newspaper by placing your ad. And if you're a GF, appx 40, fem, must be feminine, kind, nice personality and not selfish, then you're my type; write *Just Out* ... Blind box 142, P.O. Box 15117, Portland, OR 97215.

SOCIAL NETWORKING for intellectually oriented GF's, ages 29½-49¼. Get acquainted at small group dinners. Informal, no organization to join. Common interests include foreign films, ethnic restaurants, classical music. No smoking, please. Call 282-1529 6-9PM or write P.O. Box 12410, Portland 97212. (It is ironic that some lesbians have attacked this ad for being elitist since right-wingers have often attacked "homosexual communist intellectuals." It is no more elitist to consider yourself intellectually oriented than to consider yourself athletic or artistic or whatever YOU are most interested in.) (02)



phoenix
rising

223-
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PROFESSIONAL COUNSELING
for
Lesbians
and Gays

Individual
Couple &
Group

Sexual activity guidelines

HIV, the virus which causes AIDS is transmitted through direct contact with infected body fluids; i.e., blood, semen, urine, feces and possibly vaginal secretions. To insure that sexual activity is safe avoid contact with body fluids.

UNSAFE SEX

- Vaginal or anal intercourse without a latex condom
- Fellatio without a latex condom
- Semen, blood or urine in the mouth
- Blood contact of any kind
- Oral-anal contact
- Fist fucking
- Sharing sex toys

SAFE SEX

- Massage
- Hugging
- Body-to-body rubbing
- Voyeurism, exhibitionism, fantasy
- Masturbation

SHARING NEEDLES IS UNSAFE IN ANY SITUATION

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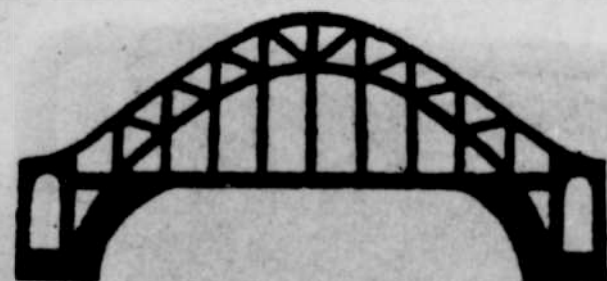
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