

Rose City Softball Association

★★★★★★★★
PORTLAND AND VANCOUVER'S
LES - BI - GAY
SOFTBALL
LEAGUE SINCE 1995!

Men's, Women's and
Co-ed Teams Forming!

All Skill Levels Welcome

Come Join the Fun!

PLAY RUNS APRIL-JULY

For information, call:

503/246-7678 Men, Co-ed
503/254-4150 Women's



or write to us at:

RCSA, P.O. Box 22322
Milwaukie, OR 97269

Sign up at one of
these fine locations:

Fri. 3/20, 11 pm-1 am: RAGE
Sat., 3/21, 10-1 am: EMBERS
6-8 pm: EGYPTIAN ROOM
Fri. 3/27, 10-1 am: Scandals
Sat., 3/28, 10-1 am: JOQ's

Open Practices for new
and returning players:

Sun. 3/29- Clinton Park
and
Sat., 4/11 - Lents Park

Wos'. Div. at 10 am,
Men, Co-ed at 2 pm

SOMOS ORGULLO LATINO PRESENTS

NOCHE CALIENTE

WITH

CHOCHA FRESCA direct from Seattle

and featuring Portland's own **MISHA**

SATURDAY 9:00 PM
APRIL 4TH **ADMISSION \$10.**

EXTASIS

2845 SE STARK
(ABOVE "CHOICES")

NO HOST BAR

FOR TICKET OR
EVENT INFORMATION
CALL 503-223-9670
OR EXTASIS AT 736-9956

SOMOS ORGULLO LATINO
PROVIDES SUPPORT TO LATINO GAY AND
BI MEN AND OTHER SEXUAL MINORITIES.
WE RAISE COMMUNITY AWARENESS
ABOUT GAY LATINO CULTURAL, SOCIO-
POLITICAL AND ECONOMIC CONCERNS.

CO-SPONSORED BY:

**OREGON COUNCIL FOR HISPANIC ADVANCEMENT;
SPEAK TO YOUR BROTHERS / CASCADE AIDS PROJECT
AND MCKENZIE RIVER GATHERING FOUNDATION**

BOOKS

Wisdom from the front lines

New book offers pragmatic advice
for caregivers at the final frontier

BY BOB ROEHR

The *Complete Bedside Companion: No-Nonsense Advice on Caring for the Seriously Ill* by Rodger McFarlane and Philip Bashe is the kind of book you buy and put on the shelf as an insurance policy. You hope you never have to read it but, when the time comes, you are grateful it is there.

Gay and lesbian "baby boomers" have been hit hard by AIDS and, if they haven't seen it already, are increasingly likely to face the health challenges of their aging parents. Whether in a support role or as a principal caregiver there is much to do, and *The Complete Bedside Companion* is an indispensable guide.

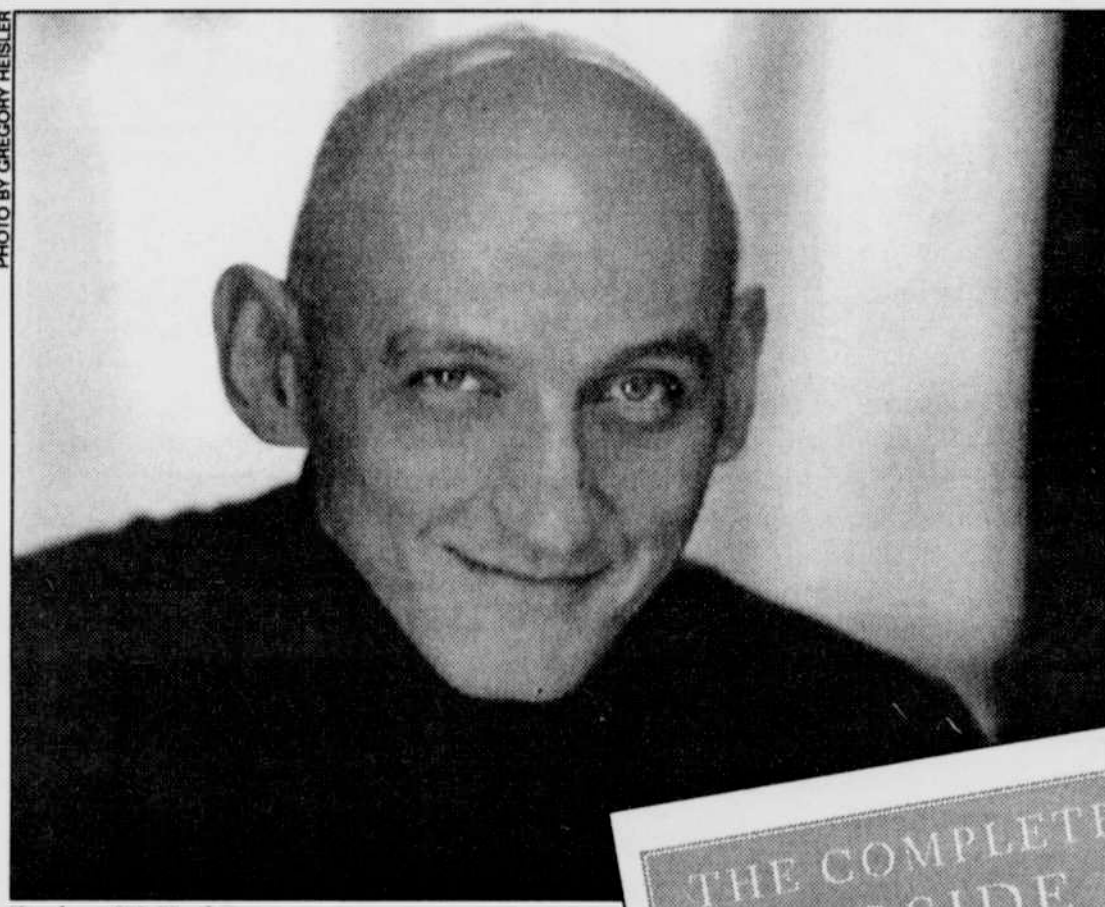
"Death had been demystified for me at an early age," McFarlane says of his childhood. The experience prepared him well for working

The concluding chapters focus on issues particular to diseases such as AIDS, cancer and Alzheimer's. The 10-page table of contents, comprehensive index and internal cross-referencing make it easy to locate the information you need.

The book's principal flaw is that it completely ignores online resources. Medical therapy for many diseases is evolving so rapidly that printed materials have a short shelf life. Online resources are often more up-to-date. Moreover, disease-specific chat rooms and message boards can offer networking, support and welcome release for caregivers who often must stay near-by their ailing loved ones.

The Complete Bedside Companion excels in two ways: First, by explaining the gritty details in a thorough, clear and non-patronizing way.

PHOTO BY GREGORY HEISLER



Rodger McFarlane

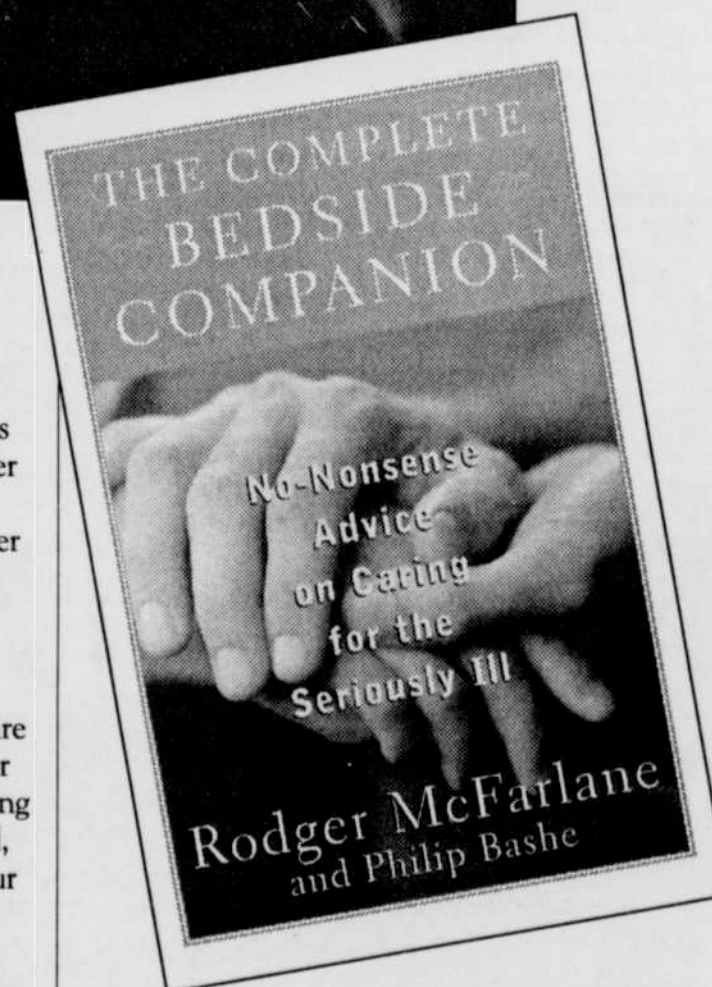
in a hospital intensive care unit and later as executive director of the Gay Men's Health Crisis and Broadway Cares/Equity Fights AIDS.

His description of the caregiver's role pulls no punches: "In blunt terms, being a caregiver is about wiping your adult brother; carrying your mother to the bathroom and cradling her head as she retches violently into the toilet; bearing painful witness to the loss of control that disease often inflicts on once capable adults."

Being a caregiver "demands that we acquire the necessary practical skills, the strategies for bearing up physically and emotionally, learning how to get the help we need from others and, above all, the self-confidence to transcend our fears and inhibitions."

The book is a compendium of life experiences, offering examples of how people have faced the demands of terminal illness. It is laid out in the best tradition of self-help books, with practical suggestions in short sections, easy-to-read language, and ample references for those who wish to explore further.

Two-thirds of the book is devoted to a walk-through of the process, from first diagnosis to grieving. The authors clarify the hierarchy of the hospital, giving concise explanations of what each job title really means. They cover the basics at home, from how to take a temperature to how to give CPR. There is even valuable advice on paying the bills.



Second, by capturing the pain and the heroics of dying with simple, searing honesty.

Death is a reality we may wish to avoid, but ultimately we cannot. This book is the companion you want beside you when you and your loved one must make that journey.

■ **THE COMPLETE BEDSIDE COMPANION: NO-NONSENSE ADVICE ON CARING FOR THE SERIOUSLY ILL** by Rodger McFarlane and Philip Bashe. Simon & Schuster, 1998; \$27 cloth.