

OUTREACH

» AIDS & HIV

CAREAssist pays for health insurance premiums, prescription drugs and insurance plan co-payments and deductibles for eligible people with HIV/AIDS. Program of the Oregon Department of Human Services and the Ryan White CARE Act. (8 am-5 pm Monday-Friday, 503-731-4029 or 800-805-2313. www.healthoregon.org.)

Cascade AIDS Project (CAP) educates youth and adults about HIV prevention, supports people with HIV and their families and advocates for sound HIV policy and legislation on the national, state and local levels. Spanish-language assistance available. (Suite 300, 620 SW Fifth Ave., 503-223-5907. Oregon AIDS Hotline 800-777-2437.)

CityGuys hosts monthly HIV testing nights at The Escape and Steam; provides free risk reduction counseling, condoms and lube; and offers free rapid HIV testing and STD screening at the Men's Wellness Center. (5-9 pm Tuesday [HIV/STD] and Saturday [HIV only], 928 SW Stark St. 503-445-7699. cityguys@cascadeaids.org.)

Clackamas County Community Health in Oregon City offers anonymous and confidential HIV testing and counseling for gay and bisexual men. No needles! Free condoms! Call for appointment or walk-in testing times. (3:30-6:30 pm Tuesday, 1425 Beaver Creek Road, Clinic: 503-655-8471. Information: 503-742-5382.)

Clark County offers free rapid HIV testing and hepatitis A and B vaccinations to men who have sex with men in Vancouver, Wash. (5-6:30 pm Thursday, 3701 E Fourth Plain Blvd. 360-397-8098.)

Columbia County Public Health offers anonymous and confidential HIV testing, counseling and case management to anyone. Se habla español. We lend HIV books and videos and offer educational materials and free condoms. (503-397-4651 or 800-244-4870.)

Daily Bread Express provides home delivery of high-quality meals to HIV-positive individuals in need. Fresh meals delivered weekdays, frozen meals for weekends. Volunteers invited to inquire

anytime. (Mara 503-460-3822.)

Esther's Pantry in Milwaukie provides food and personal care items to people with HIV/AIDS. Call to donate or for services. (503-349-4699. www.ourhouseofportland.org/programs/estherspantry.)

Fuzeon Information Group welcomes people contemplating, using or caregiving for Fuzeon recipients. Facilitated by experienced patients, nurses and social workers. (5:30-7 pm second Wednesday, 5525 SE Milwaukie Ave. RSVP to Julia 503-230-1202. ext. 235. www.ohsu.edu/partnership/fuzeon.html.)

Health, Education, AIDS Liaison (HEAL) offers information about alternative views of AIDS causation and HIV testing. Call for a free packet of information. (503-227-2339. buport@comcast.net.)

Multnomah County Health Department's HIV Community Test Site offers confidential testing by appointment with or without your name. Some walk-in testing. Sliding-scale fee. Se habla español; other interpretation by appointment. (9 am-4:45 pm Monday-Friday except 12:30-4:45 pm Wednesday, 426 SW Stark St., Sixth Floor, 503-988-3775.)

HIV Day Center offers hot meals, counseling, laundry facilities, clothing, showers and hygiene supplies, computers with Internet access, phones, mail drop, recreational activities, massage and haircuts. Volunteers invited to inquire anytime. (9 am-3 pm Monday-Friday, 2941 NE Ainsworth St. 503-460-3822.)

The Link, a social networking group for HIV-positive gay and bi men, meets the second and fourth Wednesday of every month for social events, discussions and other outings. (928 SW Stark St. 503-223-6339, ext. 555. thelink@cascadeaids.org.)

Manifest (formerly Q-LAND), a nonprofit men's wellness community, prevents and addresses HIV and STDs by empowering men to pursue their wellness passions together through programs like yoga, cycling, hiking, meditation, healing touch classes, vision teams, wellness coaching, information and referrals. (503-223-8822, ext. 1. www.manifestpdx.org.)

Multnomah County offers free HIV rapid testing to gay, bi and trans guys. Se habla español.

(5-7:15 pm Tuesday, 5329 NE Martin Luther King Jr. Blvd. 503-988-3030.)

OHSU HIV Clinic provides comprehensive health care for people living with HIV/AIDS. Services include HIV specialty care, psychiatry, counseling, addiction treatment (including buprenorphine/suboxone), case management, same-day visits and online chart access. Appointments are available regardless of insurance. (503-494-8562.)

Our House of Portland provides Oregon and southwest Washington's only network of integrated health and housing services for people with HIV/AIDS. Programs include Our House (24-hour residential care), Neighborhood Housing and Care, Community Services and Swan House. To volunteer, contact Kathryn Siebert. (503-234-0175. www.ourhouseofportland.org.)

Partnership Project provides services to people with HIV/AIDS, their families and those at risk. Programs include HIV Case Management; Supporting Healthy Options for Prevention (SHOP), behavior change counseling to motivate people to protect themselves and their partners; and HIV 101, providing basic information for people recently diagnosed. Se habla español. (Intake Line: 503-517-3590. SHOP: Laura or Kurt 503-230-1202 or 877-795-7700. HIV 101: 503-230-1202. Positive Living: Julia 503-230-1202, ext. 235. www.ohsu.edu/partnership.)

Portland Area HIV Services Planning Council is a county decision-making body that identifies services needed for people living with HIV/AIDS and allocates federal funds annually in a six-county area. Need volunteers from all walks of life. (20 NE 10th Ave., Second Floor, 3653 SE 34th Ave. 503-988-3030, ext. 25703. www.hivportland.org.)

Positive Direction Series offers life skill workshops to people living with HIV/AIDS at Cascade AIDS Project. Topics include employment, parenting, health, women's self-image and sexuality, budgeting and tenant education. (Shyle Ruder 503-223-5907, ext. 203. www.cascadeaids.org.)

Positive Living Series is a seven-week self-management series for people living with HIV/AIDS designed to assist you in taking care of your illness, give you skills to carry out normal daily

activities and provide you with the tools to manage emotional changes. (Julia 503-230-1202, ext. 235. www.ohsu.edu/partnership/fuzeon.html.)

•talk is a five-week program for people living with HIV designed to reduce stress around talking about your HIV status and negotiating safer sex. New sessions start monthly. (Josh 503-223-5907. jferrer@cascadeaids.org.)

Project Quest Integrative Health Center offers conventional and alternative health care, nutrition classes, support groups and recreational sports activities for people seeking a wellness focus to living and dying, especially those living with HIV/AIDS or cancer. (2901 E Burnside St. 503-238-5203. pquest@quest.net.)

The Research & Education Group provides access to HIV/AIDS research trials of new drugs and therapies for people in Oregon and southwest Washington. (2311 NW Northrup St. #105, 503-229-8428.)

The Risk Reduction Zone, a program of Outside In, provides a queer safe space that offers HIV, hepatitis C and STD prevention programs; Internet resources; peer counseling; referrals; and support groups in a nonclinical setting. (1030 SW 13th Ave. 503-535-3895.)

Social and Support Group discusses HIV issues for men at Quest Center. Meet other nice guys, share information and have fun. (7-8 pm Tuesday, 2901 E Burnside St. Terry 503-253-2292.)

Swan House is a specialized adult foster care home for low-income people with HIV/AIDS who need assistance with personal care, mobility, medications or drug/alcohol/mental health support. (Business: 503-786-4829. Volunteers: 503-234-0175. www.ourhouseofportland.org/programs/swanhouse.)

Tod's Corner in Milwaukie provides clothing, household items, companion pet care, cremations and more to people with HIV/AIDS. Call to donate or for services. (503-349-4699. www.ourhouseofportland.org/programs/todscorner.)

Washington County Health Department offers free HIV testing for guys who have sex with other guys at community health clinics. No appointment needed: Results in 20 minutes. Se habla español. (Beaverton: 5:30-7:30 pm Monday,

12550 SW Second St. Hillsboro: 4-5:30 pm Tuesday and 9-11 am Friday, 266 W Main St.)

» COMMUNITY
General

Babble-On Toastmasters meets at Red Coach Restaurant to develop communications and leadership skills, including prepared speeches, impromptu speaking and running effective meetings. (4-5:30 pm Sunday, 615 SW Broadway, 503-330-2706. www.babble-onfm.org.)

Bisexual Community Forum is a space to meet people and freely discuss issues relevant to the bi community at Red and Black Cafe. Everyone is welcome. (7:30 pm first Monday, 400 SE 12th Ave. Laury 503-285-4848.)

Deaf & Hearing Out Reach (DHOR) is a nonprofit organization dedicated to building community among deaf and hearing queers and allies. Visit our Web site for programs, services, events and community resources. (dhordpx@gmail.com, dhordpx.blogspot.com.)

Double Rainbow Foundation is available to help all queer parents who co-conceive children to be treated equally. We believe, regardless of gender, two adults in committed relationships who agree to co-create children should be given the same rights as heterosexual couples. (www.myspace.com/doublerainbowfoundation.)

Elder Resource Alliance is a coalition of organizations and individuals working to enhance the lives of older members of the sexual minorities community through education, advocacy, outreach and resource development. Activities include sensitivity trainings, creating social change, recreational activities, information and assistance. (3:30-4:30 pm first Wednesday, Friendly House Community Center, 1737 NW 26th Ave. Rachel 503-224-2640. eracoordinator@yahoo.com.)

Equity Foundation is a nonprofit organization founded by gays and lesbians to build communities that embrace the dignity and worth of all people. Equity has distributed more than \$3 million

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MS. BEHAVIOR by Meryl Cohn

Cruising for Bruising

What should I do about office mate who surfs gay porn obsessively?

DEAR MS. BEHAVIOR:

I have worked in the same place for nine years and am tight with Eddie, the guy who owns the place.

Recently, because of financial challenges, Eddie asked me to keep an eye out and help the organization figure out who should be let go. I'm not ratting out colleagues who occasionally take long lunches or waste time in minor ways, but I'm supposed to watch out for major inefficiency.

My problem is my office mate, Jake. The guy is good at his job, interesting and great-looking. So, what's the problem? Jake surfs gay porn obsessively during work hours. Oddly enough, his superb multitasking skills make it so that his work is not affected by his preoccupations. If I didn't think he was such a high contributor to the company, I'd have brought it up to management long ago.

I've made a few subtle comments to him about the impropriety of porn in a shared office, but he only smiles sweetly and winks at me. He simply doesn't seem able to curb his appetites.

Should I mention Jake's porn problem to Eddie and let Eddie decide if it's reason enough to add him to the downsizing list? Or should I mind my business and pretend not to notice, based on his excellent performance? What do you think? (I'm not interested in Jake; I just like having him around.)

—Confused in the Office

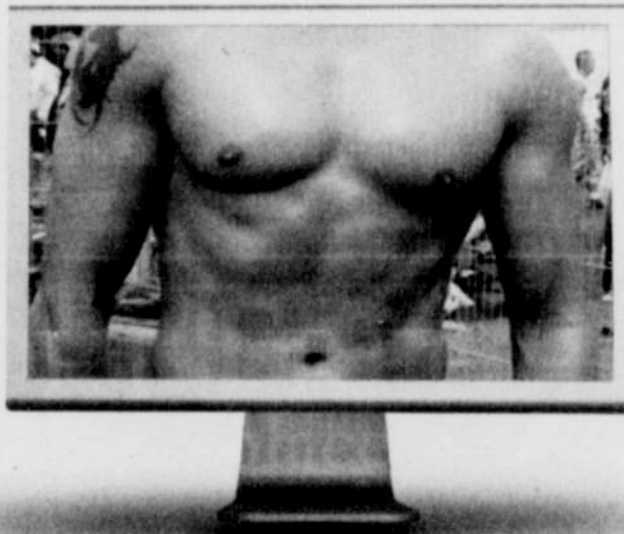
DEAR CONFUSED IN THE OFFICE:

Normally, employee performance is evaluated based on how well a worker meets the requirements of the job, not whether he is operating at his personal best. It sounds like someone else without a porn hobby wouldn't necessarily do a better job than Jake.

Because you're taking your role as Office Snitch so seriously, Eddie should provide the criteria he wants you to use to evaluate your co-workers, instead of letting you guess. But it also sounds like you need to ask yourself a few questions: Why are you a tattletale? If Jake were perusing cars or casserole dishes (instead of man meat) during work hours, would you still be tempted to turn him in? How would you know that Jake was looking at porn if you weren't either looking over his shoulder or sneaking onto his computer to check his browser history?

Your inability to decide what to do suggests that you're (a) harboring internalized

homophobia concerning the porn, (b) feeling jealousy and unconscious lust for Jake, or (c) both a and b. You'll figure it out. But meanwhile, try being a little less creepy. If you want to reduce your own discomfort, you might suggest to Eddie (without implicating Jake) that he block porn sites from the work computers.



DEAR MS. BEHAVIOR:

My friend Cindy has always made fun of lesbians who marry. It's been her main comedy routine at dinner parties and cocktail hours for years.

She recently met a perfectly nice woman (I'll call her Nan) and moved in with her. All is well and good, except that the big bomb was dropped last week when Cindy—without consulting any of her longtime friends—got on her knee in front of the Grand Canyon and asked Nan to marry her.

We, Cindy's circle of friends, are utterly flabbergasted. Of course, we're also concerned that Nan (who has a notice on Facebook announcing her engagement) may have pressured Cindy into it. Without seeming like

total drags or sourpusses over this, can we all get together and confront Cindy about what changed her mind so suddenly? My partner says it's unfair, but most of us are dying to know. Don't we need to rescue Cindy from a huge mistake if she is being pressured into the engagement?

—Skeptical

DEAR SKEPTICAL:

Your collective assumption that Cindy has gone crazy may be wrong; falling in love may actually have altered her strong feelings about marriage. You haven't mentioned anything that suggests that Cindy's love for Nan has rendered her insane. Perhaps the location of her proposal was tacky, but it hardly indicates she was kidnapped or lobotomized.

Even if Cindy is under Nan's hypnotic spell, you and your friends will have to endure it without "rescuing" her. Save the dramatic intervention for when a friend takes to the crack pipe or carves a song into her arm with a razor. ☐

MERYL COHN is the author of *Do What I Say: Ms. Behavior's Guide to Gay and Lesbian Etiquette*. Signed copies are available directly from the author. Send questions or correspondence to msbehavior@aol.com.