

## Health (continued)

### Substance Abuse and AIDS (from page 7)

Try to separate your intake of chemicals from sexual activities. That may mean looking outside of bars for sexual partners, meeting them instead through friends, community groups, at beaches, or other non-drinking environments. It could mean eliminating or strictly limiting your alcohol intake when you go out to a bar. Or it could mean deciding that some nights are drinking nights and some others are cruising nights. The key is to honestly assess when you are most likely to take chances, and to do everything possible to make sure that you don't put yourself in those situations.

And if you use injected drugs, make sure you never share needles. Either buy clean ones or clean them between uses by rinsing them out, first twice with bleach and then twice with water.

Finally, ask yourself if your use of alcohol or other drugs is a problem in your life. Is practicing safe sex impossible because of your drinking or drug intake? Is it taking control of other parts of your life?

If so, you can do something about it. Self-help groups like Alcoholics Anonymous (including special gay groups) and Narcotics Anonymous, outpatient and inpatient counseling and treatment, detox facilities, and other options exist. If you think you have a problem with alcohol or other drugs, contact your health care provider or a substance abuse facility to find out where you can get help.

It isn't always easy to make an honest assessment of our own practices, and it can be even harder to make the necessary changes. But the effort is worth it - and when we talk about AIDS, the stakes are too high to ignore. Besides, you may be surprised to find out that sex can be even more fun when you're in control and aware of what is happening.

For more information about AIDS/HIV testing and related issues, call the Vermont AIDS Hotline at 1-800-882-2437.

### Outright Vermont Begins Hotline Training

OUTRIGHT Vermont will begin a volunteer training program this September to staff a statewide youth Hotline for this fall.

The training sessions will focus on issues facing lesbian, gay, and bisexual youth, including: available resources, homophobia, crisis intervention, information on substance abuse and suicide, sexuality, and safer sex practices.

Anyone interested in the training sessions or in volunteering to work with OUTRIGHT Vermont, please contact Josie at 865-9677.

### The Passion of Pearls...

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| August 3  | Women's Dance and Buffet<br>\$5.00 5-9 p.m.            |
| August 12 | Men's Dance, Buffet, and Draft<br>\$3.00 6-10 p.m.     |
| August 18 | Ladies Lounge Dance (an oldies dance)<br>\$1.00 7 p.m. |

Don't forget our nightly specials:

Monday: Well Drinks \$1.75

Tuesday: Bud \$1.00

Wednesday: Miller Lite \$1.00

Thursday: Corona \$1.75

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