

health & wellbeing

PRIMARY CARE IN FRANKLIN COUNTY

Mara Vijups, M.D.
Family Practice Specialist
NMC Rural Health Services

Caring for Adults & Children

Enosburg
933-5831

Swanton
868-2454

East Fairfield
827-3032

WOMEN'S CHOICE

GYNECOLOGIC ASSOCIATES

Cheryl A. Gibson M.D.
Susan F. Smith M.D.

23 Mansfield Avenue
Burlington, Vermont 05401
802-863-9001
Fax: 802-862-9637

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Op-Ed: Marijuana is Medicinal, Not a Menace

Marijuana, the plant responsible for thousands being arrested, is not the evil weed many people believe it is, and in fact been shown to have medically beneficial uses. This plant has been shown to relieve arthritis pain, migraine headaches, and nausea. Marijuana has also been shown to help people with HIV and AIDS in a variety of ways. It helps to relieve stress, depression, and eliminates nausea from anti-viral treatments. It also reduces pain and fights the "wasting syndrome" by stimulating the appetite.

Because of these benefits, and in spite of the legal sanctions on this plant, Medical Marijuana Buyers' Clubs have sprung up in the last five years. The most well-known ones are in California which passed Proposition 215, the initiative that made possession of marijuana

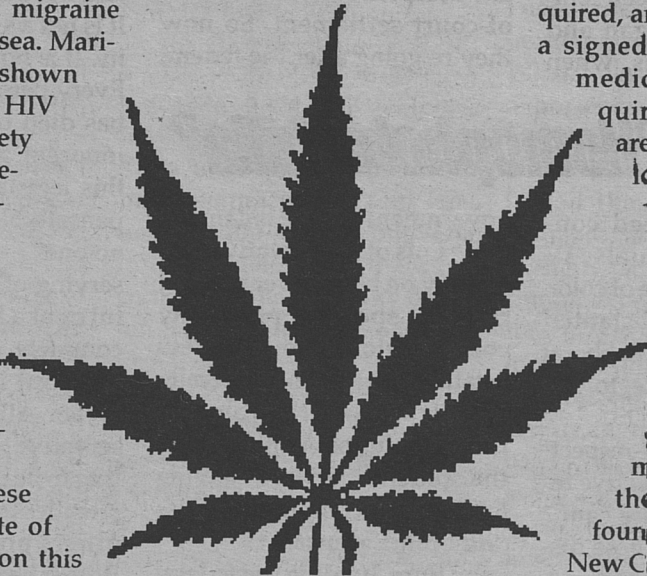
legal with a doctor's recommendation. There are Buyers' Clubs in New York City, and one that formed 6 months ago in Elmira, NY.

According to Johann Moore, coordinator of the New

York City Medical Marijuana Buyers' Club, there are numerous benefits to people who belong to a buyers' club. There is lower risk of arrest as opposed to buying it marijuana off the streets. If arrested, members have a strong case for a medical necessity defense since in California a written recommendation for using marijuana signed by a physician is required, and in New York City, a signed diagnosis of their medical condition is required. Also, meetings are rotated to different location each week to further lower the risk of arrest.

Another benefit that Johann mentions is that the Clubs are able to provide medical grade marijuana to members, instead of the varying qualities found on the streets. The New City Buyers' Club also claims to be able to provide marijuana at the lowest prices in the country.

The buyers' clubs recognize the need for their members medical records to remain confidential. Although there is



the health source

JULY 1998

HEALTH

ALANA Health Care Organization

POB 357 • 179 S. Winooski St. • Burlington VT 05401 • 864-2631/864-2632

Dawland Center (Native American)

POB 1358 Barre St. • Montpelier VT 05601 • 229-0601

Lesbian Cancer Support group

660-8386

Men's Health Project

POB 5248 • Elmwood Ave. • Burlington VT 05401 • 863-2437 • (800) 649-2437

North Star Holistic Health Care

RR2 Box 3255 • Morrisville VT 05661 888-2858

Tribal Remedies

(ALANA Community Organization)

8 Williston • Brattleboro VT 05301 • 254-2972

Twin State Women's Network

POB 3 • Cavendish VT 05142-0003 • 226-7807 • Margoc@mail.tds.net • <http://www.dartmouth.edu/~hivnet/orgs/twsn1.html>

VT Dept. of Health, Office of Minority Health

108 Cherry St. • POB 70 • Burlington VT 05402 • 863-7273

Vermont Women's Health Center

336 North Ave • Burlington VT 05401 • 863-1386

Alcoholics Anonymous

Burlington, 658-4221 • POB 5653, Burlington VT 05402
* Sundays, 5pm, Christ Church Presbyterian, Redstone Camp., UVM.
* Thursdays, 7pm, St. Paul's Cathedral, Cherry Street, 658-4221.
Concord, NH 603-357-4300
* Wednesdays, 7:30pm, First Congregational Church, North Main and Washington St.
* Saturdays at 7pm (call for location).
Hanover, NH
* Thursdays at 6:30pm, Dartmouth Hitchcock Medical Center.
Women only.

Keene, NH (603) 357-4300
* Saturdays, 7-8:30pm Call for location.
Manchester, NH
* Sundays, 7:30pm, UU Church, 669 Union St.
Nashua, NH
- Mondays, 7:30pm, Nashua Unitarian Church.

Vermont Vegetarian Network

Patrick • 849 6359

HIV/AIDS

Hotlines

Vermont (800) 882-2437
NH (800) 752-2437
NY State (800) 541-2437
MA (617) 522-4090
ME (800) 851-2437
National: (800) 342-2437
National TTY: (800) 243-7889
Teen Hotline: (800) 234-TEEN

Addison County AIDS Network (ACAN)

Maureen 863-2437

AIDS Community Awareness Project (ACAP)

POB 608 • St. Johnsbury VT 05819 • 748-1149

AIDS Community Resource Network (ACORN)

POB 2057 • Lebanon NH 03766 • (603) 448-2220/(800)816-2220 • acorn@valley.net

AIDS Services for the Monadnock Region

(800) 639-7903
*Coffee Clatch meets Tuesdays from 1-2:30pm at 25 Roxbury St, Keene

AIDS Services of Southwestern Vermont

108 Union Street #3
Bennington 05201 • Alice Mazur 447-8007
*Support group for persons infected and affected by the HIV virus
1st and 3rd Tuesdays, 7pm

Bennington Area AIDS Project

POB 1066 • Bennington VT 05201 • 442-4481 or (800) 845-2437

Brattleboro Area AIDS Project

POB 1486 • 67 Main St., 4th fl. • Brattleboro VT 05302 • 254-8263 or 254-4444 • sbell@sover.net
*Support group for PLWA, friends, and families. Wednesdays 1-2pm
*Support/discussion group for gay/bi men. 2nd and 4th Sundays 3-5pm
*Support group for HIV+ Women Greenfield MA.
*Mondays, 3:30-5:30pm.
Call (413) 773-8888.

Comprehensive Care Clinics

Hotline: (800) 763-2460
Brattleboro: 257-8860
Burlington: 656-4594
Rutland: 747-1831
St. Johnsbury: 748-7361

Franklin County AIDS Network

Cricket 863-2437

National Association for People With AIDS

(202) 898-0414

NHVT HIV Information Network on The Web

<http://www.dartmouth.edu/~hivnet/>

Rutland County AIDS Network

Mary Kathryn 775-5884

Vermont CARES

Vermont CARES@Gte.net

POB 5248 • Burlington VT 05402 • 863-2437 or (800) 649-2437
PO Box 6033 • Rutland, VT 05601 • 775-5884
PO Box 275 • Montpelier VT 05601 • 229-4560
PO Box 503 • St. Johnsbury VT 05819 748-9061
*Support groups for people living with HIV/AIDS in:

- Washington County, Melanie 229-4560
- Rutland County, Mary Kathryn 775-5884
- Burlington, Michael 863-2437

Vermont Deaf AIDS Project

POB 172 • Brattleboro VT 05302 • (800) 257-1123/ (TTY) (800) 253-0195/ fax 257-2013

VT Dept. of Health AIDS Program office

108 Cherry St. • POB 70 • Burlington 05402 • 863-7245

Vermont People With AIDS Coalition

POB 11 • Montpelier, VT 05601 • 229-5754 or (800) 69VTPWA • vtpwac@sover.net • <http://www.sover.net/~vtpwac/>

Washington County AIDS Network

Melanie at 229-4560

DESIGNATED HIV PROVIDER ANONYMOUS COUNSELING & TESTING SITES IN VERMONT

BARRE-MONTPELIER

Berlin Health Center
371-4342
RD #4, Box 1370
Montpelier, VT 05602

BENNINGTON

Bennington Family Practice Assoc.
447-1191
140 Hospital Drive
Bennington, VT 05201

BRATTLEBORO

Comprehensive Care Clinic
257-8860
Brattleboro Memorial Hospital
9 Belmont Avenue
Brattleboro, VT 05301

BURLINGTON

Community Health Center
864-6309
617 Riverside Ave., Suite 200
Burlington, VT 05401

COLCHESTER

Family Health
655-2055
311 Malletts Bay Avenue
P.O. Box 35
Colchester, VT 05446

DANVILLE

Health Center, Inc.
684-2275
Box 185, Hill Street
Danville, VT 05828

HARDWICK

Health Center
472-3300
High Street, P.O. Box 535
Hardwick, VT 05843

ISLAND POND

Health Center
723-4300
Middle Street
Island Pond, Vt. 05846

MIDDLEBURY

Open Door Clinic
388-0137
PO Box 95
Middlebury, VT 05753

NEWPORT

Northeast Kingdom Health Center
334-5008
30 Coventry Street
Newport, VT 05855

PUTNEY

Thomas Hoskins, M.D.
387-5581
Main St., P.O. Box 247
Putney, VT 05346

RUTLAND

Comprehensive Care Clinic
Rutland Regional Medical Center
747-1831

ST. ALBANS

Robert Zelazo, M.D.
524-9553
2 Crest Road
St. Albans, VT 05478

ST. JOHNSBURY

Comprehensive Care Clinic
748-7476
Northeast Vermont Regional Hospital
Hospital Drive
St. Johnsbury, VT 05819

WINDSOR

Leahy Hitchcock Clinic, 674-2193