

used in a number of ways. Place a drop or two on a tissue and keep it in your pocket for a quick lift. Make massage oil from up to 20 drops of oil to 1 oz carrier oil (sweet almond is a good choice) and apply. Add up to 8 drops to a tubful of water, 10-15 drops in a Jacuzzi or hot tub, or 4-5 drops for a soothing footbath. Place 1-2 drops on your pillow before bed.

They can also be used around the house. Put a couple drops in the trashcan, in the laundry wash, down the kitchen drain, or in your sock drawer. There are a variety of diffusers on the market that allow you to spread scent throughout the house, or you can make a diffusion with 10 drops oil to 7 tablespoons vodka or pure alcohol, well shaken, in a spray bottle. Sandalwood oil, placed on a cotton ball and left in closets, by doors and windows, is a good bug repellent.

Because essential oils are volatile, they have to be handled with care. Never put them on your skin undiluted; they can burn. If you are concerned about allergic reactions, place a drop of diluted oil on the

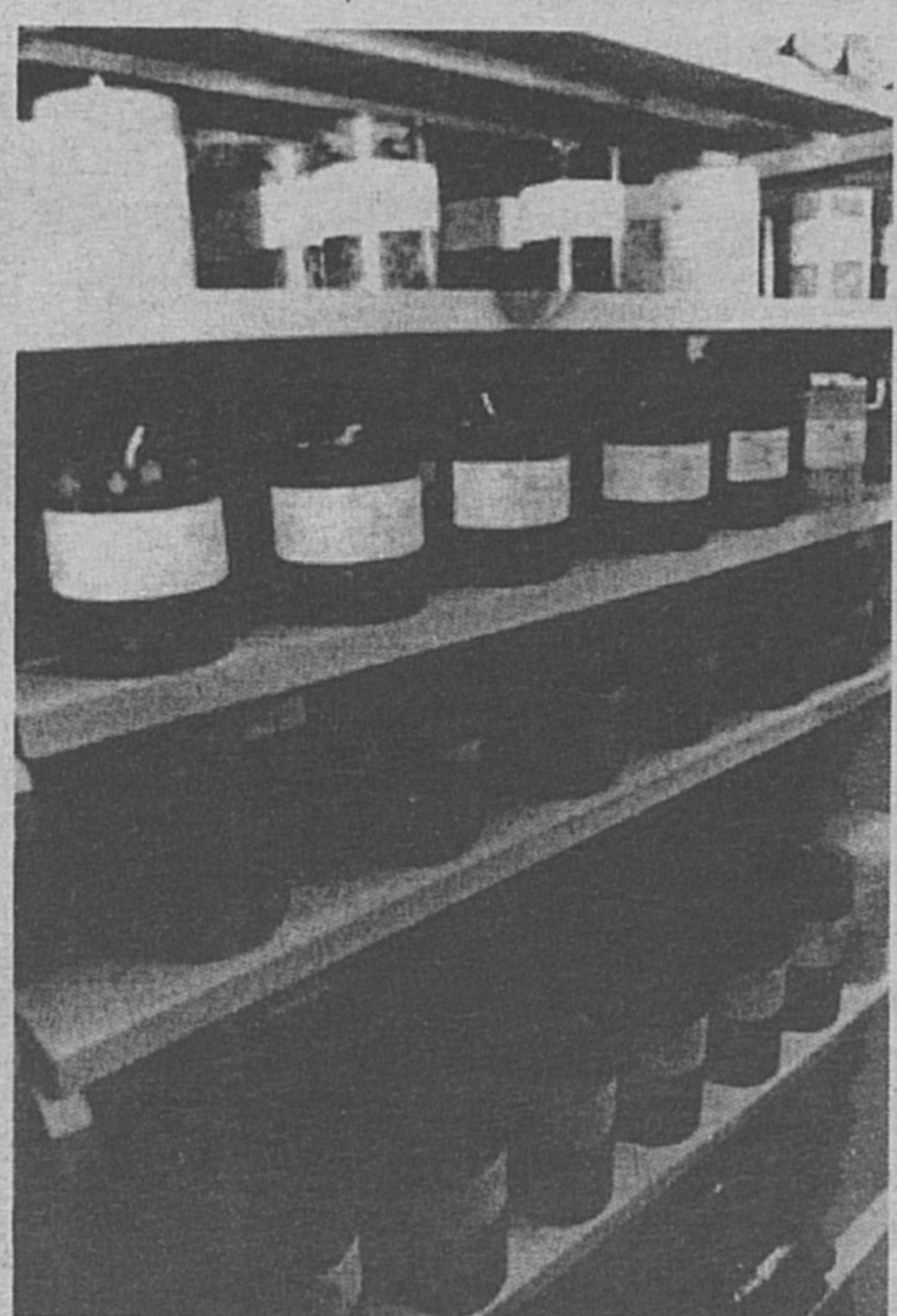


photo Jordan Silverman

inside of your elbow, cover with a bandage, and wait 24 hours. When making mixtures, always use the smallest possible amount of oil.

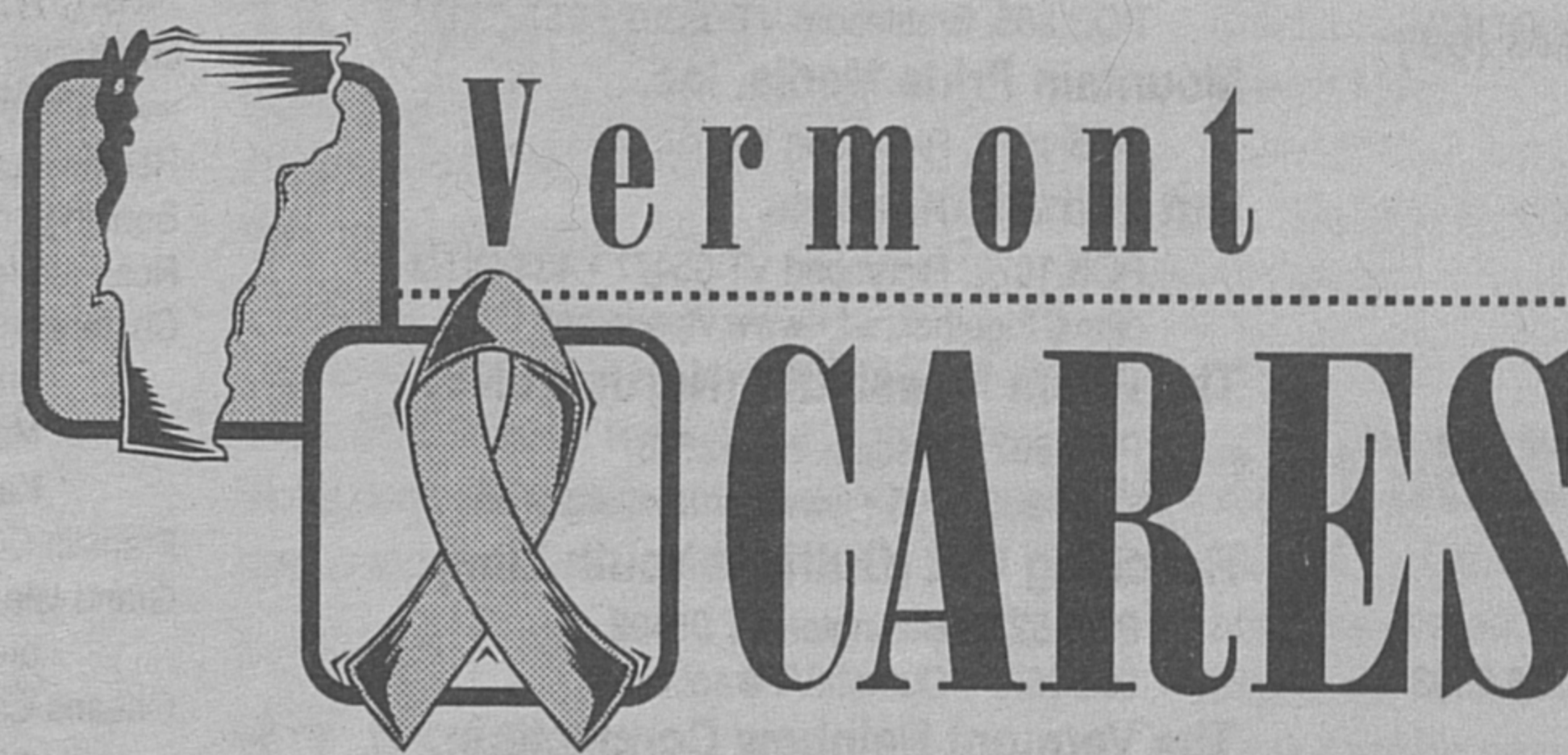
People with asthma or bronchial problems should avoid aromatherapy, as should pregnant and nursing women. It can also be harmful to small children. Oils can be poisonous and should not be taken internally. And they're highly flammable, so keep away from heat and open flames. ▼

Low Cost HEPATITIS A & B Clinic

March 11, 2000

Limited Space Available
Call by March 3 to reserve space

Hepatitis A series \$40
Hepatitis B series \$65



1-800-649-2437

For more details, call Thomas.

health source

HEALTH

ALANA Health Care Organization

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

Alcoholics Anonymous

Burlington, 658-4221 * POB 5653 Burlington VT 05402 * Thur, 7pm St. Paul's Cathedral, Cherry St
Concord, NH, 603-357-4300
Wed, 7:30pm, First Congregational Church N. Main & Washington St.
Hanover, NH, Thursdays, 6:30pm, Dartmouth Hitchcock Medical Center Women only.
Keene, NH, (603) 357-4300 * Sat, 7-8:30pm. Call for location.
Manchester, NH, Sundays, 7:30pm UU Church, 669 Union St.
Nashua, NH, Mondays, 7:30pm Nashua Unitarian Church

The Comprehensive Women's Program (CWP)

POB 5248, Burlington 05402 802-863-2437 or 800 649-2437

Dawnland Center (Native American)

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

Hepatitis Support Group

VA Hospital White River Jct., VT Mary Chaffee RN * 802-296-5191 hepccmary@hotmail.com

Lesbian Cancer Support group

660-8386

Men's Health Project

POB 5248, Burlington 05402 802-863-2437 or 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 www.dartmouth.edu/~hivnet/orgswswn1.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

HIV/AIDS SERVICES

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

AIDS Community Awareness Project (ACAP)

POB 608, St. Johnsbury VT 05819 748-1149

AIDS Community Resource Network (ACoRN)

578 Hartford, White River Jct VT 05001 802-295-8777/800-816-2220 acorn@valley.net

AIDS Services for the Monadnock Region

(800) 639-7903

AIDS Services of Southwestern VT

108 Union St. #3, Bennington VT 05201 Alice Mazur 447-8007

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

Comprehensive Care Clinics

Hotline: (800) 763-2460
Brattleboro: 257-8860
Burlington: 847-4594
Rutland: 747-1831
St. Johnsbury: 751-7603

Franklin/Grand Isle AIDS Task Force

Kara at 800-649-2437

National Assoc. for People with AIDS

(202) 898-0414

NH/VT HIV Information Network on WWW

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

Rutland County AIDS Network

Mary Kathryn 775-5884

Vermont CARES

Vermont.CARES@vtcares.org
Web: www.vtcares.org
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
Living w/HIV AIDS support groups:
- Washington County, Rick 229-4560
- Rutland County, Mary Kathryn 775-5884
- Burlington, Kara 863-2437
- St. Johnsbury, Rick 748-9601

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

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 www.sover.net/~vtpwac/

Washington County AIDS Network

Rick at 229-4560



anonymous HIV testing/counseling sites

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
748-7478
Northeast Vermont Regional
Hospital
Hospital Drive
St. Johnsbury, VT 05819

WINDSOR

Leahy Hitchcock Clinic
674-2193