

HEY KIDS

CALL

LINE

#

3

POW

HEY BOARD of ED.
TEACH SAFE
SEX NOW

ENFORCE
THE AIDS
MANDATES
NOW

FIGHT
AIDS!





YELL Zine #3 went to press in March 1999. That is almost twenty years since the AIDS epidemic first began ravaging the country. Many of you reading this would have been born either shortly before the first case of AIDS was diagnosed in the U.S., or right in the middle of this horrible epidemic.

That means that many of you would have grown up with AIDS as a fact of life, either because newspapers regularly run stories about AIDS, or you have HIV, or know someone who does.

So why is a zine like this still necessary?

For one thing, your school is probably not giving you the information you need to stay safe and keep your friends safe. Right wing extremist groups have hijacked school boards across the country and have imposed sex education curriculums that force teachers to wag their fingers rather than give you condoms and dental dams if you're having sex.

And most of all, people are still dying – millions of them – around the world, across the country, in your home town. And many of them are young people like you. In the U.S., AIDS is a leading killer of young people. In New York City alone, seven school-age kids contract HIV every day.

This zine is necessary because your life matters.

Many adults have written off our generation as apathetic slackers. Many of them don't trust us enough to give us basic information about safer sex, or worse, some of them think that if we get HIV or another sexually transmitted disease, then we deserved it.

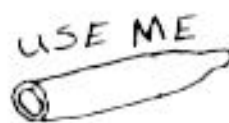
It's time for young people across the country to stand up for ourselves. Demand that your parents and teachers make teaching safer sex a priority. Demand an end to the AIDS crisis.

Even as a young person, you have the power to make a difference. Read this zine to find out how.

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STEVE



¡Hasta la revolución siempre!

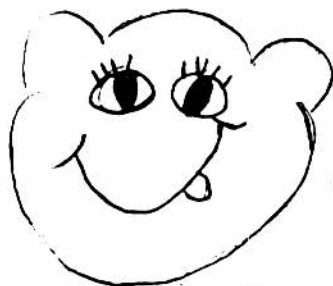


DAN

Kate



Jonathan



Karen

JONEL
(before contacts)

WHO'S WHO?

Steve: a lizard-owning, pot-smoking, early music enthusiast and sleaze queen

Kate: a ceramic-sculpting plant-growing red haired prison AIDS educator.

Dan: a performance artist who is trying to get a Ph.D.

Karen: a hip hop listening, sex enthusiast with a special passion for accessories.

Jonathan: a college going, fire eating, object maker and puppeteer.
Jonel: a future nobel prize winning struggling writer/psycho rollerblader.



Laughter at the Board of Ed

by Dan Bacalzo

At the Board of Education Committee of the Whole meeting on June 18, 1997, Fran Goldstein, Director of Student Services, led a series of adults and students giving the Chancellor's report on the state of AIDS education in the New York City public schools. The report was laughable. They claimed that overall, Chancellor Crew had a good record on AIDS education and that most schools were in compliance with State mandates. From YELL's own survey of students at a number of different schools, we knew this to be false. In some schools there isn't any AIDS education, in others there's not enough. Some schools teach only abstinence, and some don't make condoms available. Some discourage students who are trying to organize peer education, and other schools don't involve parents. But you would never know this if you just listened to the Chancellor's report.

Like I said, it was laughable. And so that's what YELL did. We had bought several "laughter bags" which would emit this loud, annoying laugh whenever it was pressed. At various points in the presentation, whenever some really ridiculous claim was being made, a laughter bag would go off. Kate also piped up every now and again, questioning or contradicting something one of the presenters was saying. She also pointed out that while the Chancellor's report included students brought in to testify that AIDS education worked in their school, there were many, many more schools where it was not working. And why weren't we hearing from them? YELL has talked to a number of students at these schools; they've filled out our surveys. At the time of the Board of Ed meeting, YELL had documented at least eight schools which had little or no AIDS education and were clearly not in compliance with the mandates. Goldstein claimed they'd only found one school in violation (the *New York Post* reported that seven schools were in violation, but I don't recall this being said during the actual report). Goldstein lied.

The State of New York mandates that high schools teach six AIDS education lessons to students per year. A student representative who sat on the Board of Ed claimed to have gotten some AIDS education, but didn't know what the six lessons were. Goldstein's reply was that sometimes students are getting AIDS education and don't know it. This provoked widespread laughter in the entire room. We didn't even need the laughter bags at this point.

After the report was over, YELL members stood up, yelling and chanting about the importance of AIDS education and holding up our signs. Five of us were arrested -- two of us for the first time (me and Angela). Our names were even published in the *New York Post* the next day. I got several calls from concerned friends who thought I might still be languishing in jail (in truth, we were only in the station house for about 15 minutes). The official charge was "Disorderly Conduct," although I maintain that it is the Chancellor's conduct in regards to AIDS education in the NYC public schools that is far more questionable and should be a prosecutable offense.

DENTAL DAMS



Who Needs the Dam(n) Things Anyway?

So, we're talking about dental dams, and it's not the same as talking about condoms. For one thing, no one seems to have any idea what they are. So I'll start there. Dental dams are squares of latex, a couple of inches wide and a couple inches high, that are designed for use in oral surgery. In the last few years, people have started to think that dental dams might be useful in preventing the transmission of sexually transmitted diseases through oral sex on a woman or through rimming, which is licking your partner's anus. They are used the same way as you would use a condom for oral sex on a man -- as a barrier between your mouth and your partner's secretions.

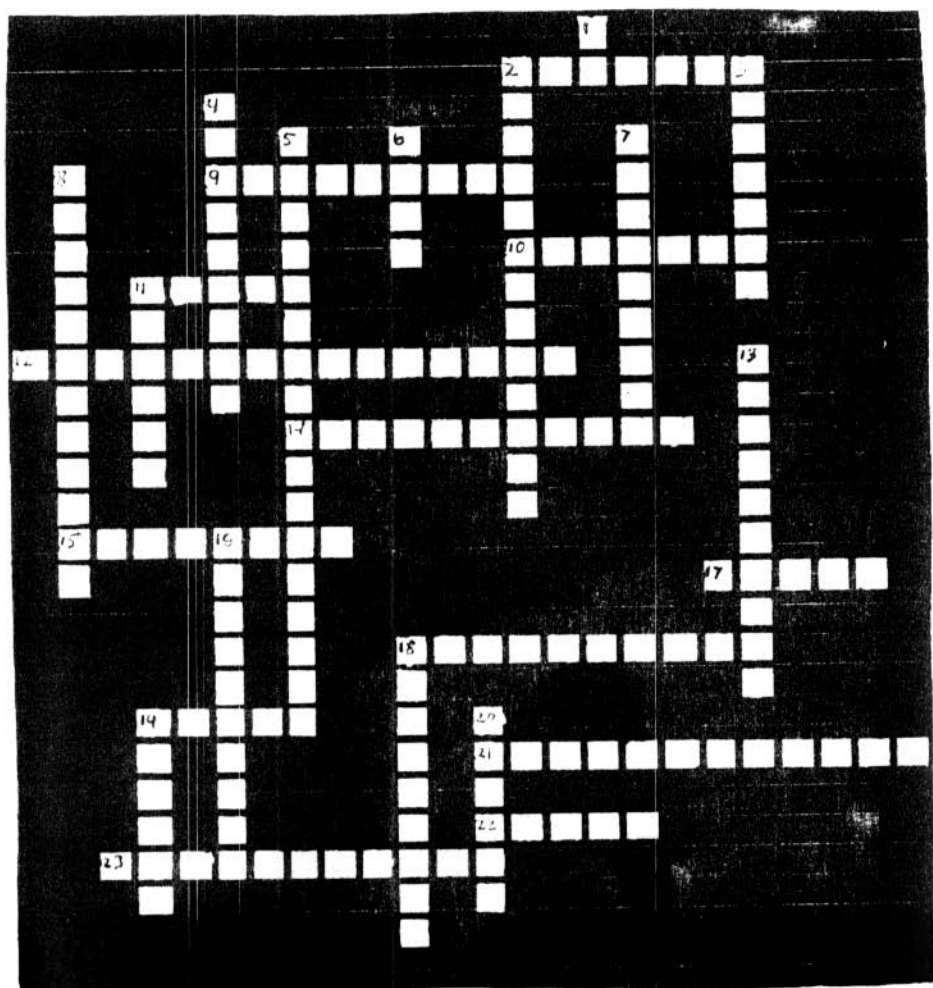
Now that we've cleared that up, you're probably wondering why you haven't heard much about them if they're so important. There's a couple of reasons. The first is that there just hasn't been a whole lot of research done on whether STD's -- especially HIV -- can be transmitted this way. We do know that women who are HIV-positive have HIV particles in all of their bodily fluids. But different fluids have different concentrations of the virus, which is why someone can't give you the virus by sweating or crying on you. We don't know for sure if the concentration of HIV particles in a woman's vaginal secretions is high enough to infect her partner during oral sex. There's also a theory that saliva and stomach acids might actually destroy HIV particles before they can infect him or her. But people sometimes have cuts in their mouth, even very small ones that they can't feel (from flossing, for example), and that could also give the virus a place to enter your bloodstream. We just don't know for sure. The flip side of all that is that we don't know for sure if someone with HIV can pass it on to his or her partner by performing oral sex. The thing is, there are a couple of ways to protect yourself even without having all the information we need. You should use a dental dam every time you have oral sex with a partner. If neither one of you is having sex with anyone else, and you've been together for six months, go get tested for HIV. If you both test negative, throw the dam(n) things away. You're all set. You should remember, though, that herpes -- which is the virus that can cause really painful genital sores or cold sores on your mouth -- can be transmitted pretty easily through oral sex if either one of you has a sore or is about to break out with a sore. Plus, herpes is a virus, so, like HIV, it can't be cured. Herpes won't do any permanent damage, but it's pretty unpleasant and you run the risk of having outbreaks of sores at different times during your whole life. But dental dams, as long as you use them right, will keep you from contracting or passing on either HIV or herpes.

Okay, I've convinced you, right? So here's how to get them. Because the FDA hasn't tested them, you can't get them in drugstores like you would condoms. You have to get them in a dental supply store or in a sex toy store. For the people who aren't comfortable going into either of these places (which most of us aren't), there are ways around this. Saran Wrap is just as effective and actually more fun because it's less embarrassing to buy, easier to use, and tastes better. Plus, you won't get in trouble if your Dad sees it lying around your room. Some people think that you shouldn't use microwaveable Saran Wrap because it gets porous if it gets too hot (and could conceivably let the HIV particles get through), but actually, "too hot" for Saran Wrap means about 165°. If you know how to get your partner's body temperature that high, you can put Dr. Ruth right out of business.

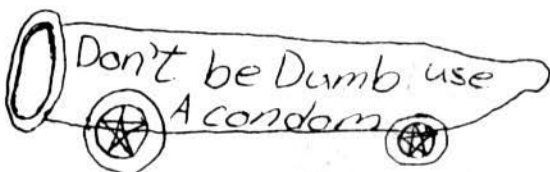
So, in the heat of the moment, you take the dental dam or a piece of Saran Wrap (a good guideline is that it should be big enough to cover most of your face) and put it in between your partner's legs. Just remember that it should cover any part of her that's wet. You can hold it in place with your hands or have your partner hold it. If you want your hands free, your partner can wear a garter belt and use the elastic to hold the dam in place (this also looks sexier than holding it), or you can spread some lubricant like Astroglide or Sex Grease (make sure it's water-based, because oil-based lubricants will destroy latex) on one side of the dam and press that side against your partner's body -- it will stick. Don't reuse the dental dam, and don't flip it over while you're using it, because that will defeat the purpose.

It's hard to get in the habit of using something new everytime you have sex, but if you talk about it with your partner when you're not in the heat of the moment, it will be easier when the time comes. If you forget, don't beat yourselves up over it, but do talk about ways that will make it easier for you, like cutting pieces of Saran Wrap beforehand so they're easy to use. There are other ways of making it more erotic and fun, as well -- use Saran Wrap to wrap sandwiches in front of each other, making it as sexy as you can. You will both end up laughing, which always makes things easier. Good luck!





SAFER SEX CROSSWORD PUZZLE



ACROSS

2. Whether to engage in a sexual activity and whom with, are examples of individual _____.
9. A birth control method that will not protect you from HIV.
10. _____ condoms are intended for show only and should not be used for sex.
11. This male fluid can transmit HIV.
12. These are the types of sexual intercourse that can transmit HIV (3 words).
14. This word means making safer sex fun.
15. Type of lubricant that should not be used because it breaks down latex.
17. The material condoms are made out of.
18. Nonoxynol-9 and SK-70 are two examples of _____.
19. The condom should be placed on the tip of the erect _____ and rolled all the way to the hair.
21. This type of condom should be used for performing oral sex on a man.
22. _____, semen, vaginal secretions, and breast milk are the four fluids that can transmit HIV.
23. Sexual activities that don't involve getting a partner's fluid inside you.

Yo do you have
A condom



DOWN

1. You always have the right to say _____.
2. _____ between partners is an essential part of safer sex.
3. _____ (2 words) should not be shared; they can be covered with a condom or cleaned with bleach and water between partners.
4. Alcohol can put you at risk for HIV by impairing your _____.
5. Oral sex on a woman is risky because _____ (2 words) can transmit HIV.
6. "going down" or "eating out" are two slang words for _____ sex.
7. This type of condom can prevent pregnancy, but does not protect against HIV.
8. This sexual activity does not transmit HIV because it doesn't involve anyone else's fluids.
11. Kissing is safe because this fluid does not transmit HIV.
13. The correct type of lubricant to use with latex.
16. _____ means not having sex.
18. If a dental dam isn't available, you can make one out of a _____ (2 words)
19. This fluid can cause pregnancy and transmit HIV.
20. A slang word for condom.

OFFICE TAKE-OVER: ACT UP Occupies Glaxo Wellcome's Park Ave. Office

On June 24th 1997, seven members of ACT UP New York were arrested and charged with criminal trespassing for invading Glaxo-Wellcome's investment office. Amy and Angela, two members of YELL, were among the arrested AIDS activists.

Glaxo Wellcome is the pharmaceutical company which produces (and profits from) AZT, dT4 and Norvir, AIDS treatment drugs. About nine years ago Glaxo developed a new drug called 1592. 1592 is the same type of drug as AZT, but is less toxic. The only problem is Glaxo will not release 1592 because they do not want to introduce competition for their cash-cow, AZT. People who are failing their current AIDS treatments NEED 1592 TO SURVIVE.

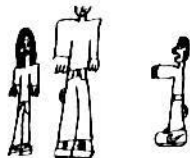
ACT UP and other organizations have attempted to negotiate with Glaxo on numerous occasions. Each time, Glaxo refused to release 1592, citing production deficiencies -- not enough drugs for people who need them. (This is a common lie that was used before the release of AZT.)

This meant it was time to take action -- again. ACT UP had targeted Glaxo at two demonstrations preceding the office takeover. After both demos Glaxo still refused to meet ACT UP's demands - RELEASE 1592. As a result, civil disobedience was planned and executed.

At 9:15 am on June 24, Glaxo's receptionist buzzed me into their front office to receive an annual report. Little did she know I was followed by eight AIDS activists and a photographer. Each person occupying the office had a specific role. Three people tried to get Glaxo's CEO, Robert Ingrham, on a conference call to discuss our demands. Two people phoned and faxed the media and international Glaxo offices. (The office manager, Jack Smith, ran desk-to-desk unplugging phones. We plugged them back in. Silly Jack.) Two more people "decorated" the office walls, windows, desks and kitchen appliances. Before the police arrived on the scene, our support people left the office with the cameras (incriminating evidence). Protected by the cops, a trembling, stuttering Jack Smith informed us that our presence in his office was illegal (Oh, whoops!) and we would henceforth be arrested. Moments later we were individually carried out the front door, into the paddy wagon on Park Avenue. We spent 4 hours in jail.

All in all the office take-over was an effective action. Although we did not receive substantial media coverage, we scared the pants off Glaxo (and Jack). Glaxo has not made a serious effort to release 1592 since the action, but they know that ACT UP is watching and holding them accountable for their (in)actions.

Oh, by the way, Glaxo Wellcome also produces Zantac and Zovirax. If you are among the many people disgusted with Glaxo's greed and murderous inaction, JOIN OUR ACTION! BOYCOTT ZOVIRAX AND ZANTAC.



My First Arrest HA HA HA!

by Jonathan Berger

I've done direct action for five or six years now, and I'm used to the whole routine of a protest: the cops, the chanting, the marching, and that feeling of being a sardine right in the middle of a packed can. However, in 1993 I saw something different. I was behind the police barricade at an ACT UP demo outside Lincoln Center, where Bill Clinton was speaking. Suddenly, as if it were some sort of choreographed dance, a huge banner dropped from the balcony the demo was facing. The banner-droppers were dragged away by the police, but through that action, they sent our message very clearly to President Clinton and those who were attending his dinner - a message which our legal demo alone could not have conveyed.

Ever since that time, I've contemplated the idea of getting arrested. I thought about it a lot! Especially as a minor, I had lots of concerns. What would happen to me? Would I go to jail forever? Would I jeopardize my parents' custody of me? Would I have to change schools? Would I get beaten up? Would I have a permanent record?

I decided to get civil disobedience training through ACT UP. This five hour training covered everything from going limp to jail solidarity to court and much more. As I contemplated arrest, I maintained an ongoing, and mostly exhausting, conversation with my parents about it. They were pretty good, I must admit. Their only concern was my safety.

Four years later, after many close calls and almost-arrest scenarios, I decided the time had come. It was the tenth anniversary of ACT UP, and we had planned a huge demonstration on Wall Street to protest the profiteering of all drug companies manufacturing AIDS drugs.

I worked with an affinity group that included a number of people from YELL. Our plan was simple. We knew ahead of time that there would be security checkpoints around the area of the Stock Exchange for employees. We got on one of these lines and tried to get as close to the Exchange as we could. Tom was at the front of our group. When he was asked for an I.D., he yelled, "We're here to crash the market!" at which point we all sat. We blocked the checkpoint for about ten minutes before the police arrived. They gave us one warning and then began to carry us away. Going limp was surprisingly easier than I thought it would be in that tense situation. We were put into a police wagon and taken to Central Booking where all eighty arrestees were held together for six hours before being released.

A number of things helped make my first arrest go well. First and most importantly, I felt this was something I had to do, wanted to do, and was ready to do. Second was the fact that I felt safe and comfortable with my affinity group. Another important thing was that because I had been CD trained and had attended and helped with other actions before this one, I knew what was happening to me. And finally, as a minor, it helped to have the support of my parents.

I do direct action and am willing to do civil disobedience because I feel that the AIDS crisis is far too serious and dangerous and ignored for me to sit and wait for someone else to solve. People are dying, and for me civil disobedience is a way of showing that I'm willing to put my body on the line in order to draw attention to this crisis.



TAKIN IT TO THE
STREETS

NIGHTMARE ON WALL STREET

by KATE BARNHART

On March 24, 1997 ACT UP commemorated our 10th anniversary by blocking access to the NY Stock Exchange to demand that pharmaceutical companies stop profiting from the deaths of people with AIDS. Approximately 500 people marched south from City Hall Park to Wall Street. At Wall Street, the majority of the demonstrators held a legal demonstration that included a cardboard coffin labeled "Wall St. limo for people with AIDS -- driven by greed"; a dozen eight-foot styrofoam hands (both black and white) that read "AIDS drugs: Out of Reach" and "AIDS Drug Prices: Out of Hand"; and two 16-foot high cardboard puppets representing pharmaceutical company executives who tossed a giant pill between them. Protesters wore cat masks labeled "pharmaceutical company fat cat," and distributed a convincing replica of the Wall Street Journal, "The All-Greed Journal." At one point, while police were removing protesters blocking traffic on Broadway, the coffin was turned upside down, releasing a cascade of empty pill bottles onto the street, confusing the police, who kicked aimlessly at the bottles as they rolled and crunched underfoot.

About 15 of us sat in front of the barricades that formed one of the checkpoints. The police opened up another checkpoint about two feet away, on the other side of the barricade from us. Sharon and I were closest to it, so we squirmed under the barricade and lay in front of the gap the police had just opened. I'm not sure exactly what happened because they grabbed us from behind, but I was lifted into the air by my hair, and they grabbed Sharon by the back of her coat and dragged us both under the barricade, scraping our knees, and then flung us back into the group of activists from City AIDS, who were sitting on the sidewalk. They did this without saying anything to us -- they didn't ask us to move or get up or anything; they just grabbed us.

Since one of ACT UP's earliest demonstrations was an infiltration of the Stock Exchange that stopped trading for several minutes when protesters unfurled a huge banner that read "Sell Wellcome" on the trading floor, the police were determined to prevent us from getting into the Exchange. The entire stock exchange, and all the streets around it, were blocked by police barricades. Police opened narrow checkpoints at several locations, to allow traders and other stock exchange employees to get through after presenting ID. About 75 members of ACT UP divided into several small groups, targeted these checkpoints, getting on line and then lying or sitting down to block access.

The police then opened another checkpoint near us, with no barricade in between, so the group decided there was no point in blocking something that was no longer a checkpoint. Sharon and I got up, and began to walk slowly away from the group. At first the police did not respond or attempt to stop me. Then suddenly they came at me from all directions, still not saying anything, so I started to sit back down, assuming that was what they wanted. As I was sitting down, they knocked me to the ground, face-up, and the backs of my hands slammed into the pavement. I didn't know what was going on, so I decided to just hold still. The police apparently decided they needed me face-down so they could cuff me, so they seized me by the right arm and rolled me over very roughly. At this point I was aware that the group had gathered around and was chanting, "No violence!" I was really worried that they would break my glasses, but I was afraid to move because I didn't want to make them angrier, so I just stayed limp. In the process of rolling me over, they wrenched my right wrist and shoulder, and they cuffed me, with metal cuffs, really roughly and way too tight, especially since my wrist was already swelling.

For a while, I was just lying there, face-down on the sidewalk. I couldn't see anything, but I could feel an officer holding me between his knees, with one foot on either side of me. Sharon crawled over to me and put her gloves under my face so I could lift my head a little. There was a photographer near my feet who kept asking me to look at her, but I couldn't move.

Finally they hauled me to my feet by the cuffs, and I had been banged up enough by then, so I walked to the van. At the van, an officer photographed me and switched the cuffs to plastic. Partly because of the swelling, the new cuffs were also too tight.

In the van, some City AIDS people slipped out of their cuffs and tried to loosen mine but couldn't, so they told every officer within earshot to loosen my cuffs. They insisted they couldn't, that they had no cutter and that it would be done as soon as we got to the precinct. It took me a long time for them to fill the van, and even longer to get to the precinct because they used the van to block the view from where the march had wound up, so that the marchers couldn't see the arrests. When we finally got to the precinct and they uncuffed me, my fingers were tingling and I had deep red lines etched into the backs of my hands and wrists.

By the next day, my right shoulder and both my wrists were very sore. Both wrists were swollen, and my knuckles were bruised and so swollen that the dimples in my hands disappeared completely. I had deep red marks and bruises criss-crossing the backs of my hands and wrists, a handprint bruise on my left upper arm, and a scraped left knee. When I brushed my hair, a bunch came out, and I had a headache for several days. I think it would've been considerably worse if I hadn't been dressed as warmly as I was -- since it was early morning and really cold, I was wearing long underwear under my pants, a T-shirt, shirt, sweatshirt, and my coat, so I had lots of padding.

Unfortunately, I wasn't the only one injured by police and what happened to me wasn't the worst of it. Of the 75 arrests, approximately 10 people were injured by the police, including Bill Thorne, from ACT UP/Golden Gate who had to be taken to the hospital after several officers repeatedly slammed his head into the ground while shouting anti-gay and anti-AIDS epithets. Ed Zold, also from Golden Gate, was punched in the face by a high-ranking officer. Another activist was restrained illegally by an officer who leaned on his neck, one young woman was kicked, and two young women were illegally strip-searched.

I have been an ACT UP member for almost seven years -- since my first arrest at age 15 -- and have been arrested four times and been in a lot of other potential-arrest situations, and I have never experienced anything like this before. I have been arrested by officers so AIDS-phobic that they wore multiple pairs of latex gloves to touch my sweatshirt. I've been arrested by clumsy officers who have almost dropped me. I was once arrested by someone so incompetent that the case got thrown out of court, but I have never seen such blatant malice. These officers knew that, under the Giuliani administration's get-tough-on-crime regime, they have total power and they were enjoying it. Particularly disturbing to me was the fact that a disproportionate number of the injured activists were young women. It is clear that the police department is regressing to an earlier attitude towards non-violent civil disobedience and this resurrected bigotry is something that we are all going to face as we continue our activism.

But we will continue. As long as people are dying of AIDS, as long as bigotry and injustice remain, as long as people are being denied basic rights, we will continue to fight.



By Anthony Ramos



By Anthony Ramos

HOW TO MAKE YOUR DEMONSTRATION AS SAFE AS POSSIBLE

• BEAR WITNESS

Video and still cameras are powerful deterrents to police violence. If violence does occur, be aware that police may attempt to destroy evidence of it by attacking photographers and damaging cameras.

• COMMUNICATE WITH POLICE

Depending on your philosophy, and the circumstances of the demonstration, you may be able to give the police certain information, such as signaling your intent to cooperate, if you are not intending to passively resist. At the very least, if the police are acting belligerent, assure them that you are not armed and that this is a non-violent protest.

• HOLD POLICE ACCOUNTABLE

If a particular officer is behaving inappropriately, be sure to get his/her badge number. The threat of being held accountable can deter police. If you can't write down the badge number, the best way to remember it is to recite it out loud - if you and the people around you are all chanting an officer's badge number, there is a good chance that someone will remember it.

• MAINTAIN SOLIDARITY

At any demonstration, especially one involving civil disobedience, the protesters are all depending on each other for support. If you see police behaving inappropriately towards someone else, don't let it go unremarked. Get the attention of the other demonstrators - a group of people surrounding an officer chanting "Shame!" or "No violence!" can make the officer reconsider, as well as alerting the media, legal observers, or support people that there is a problem. If someone's handcuffs are too tight, the group can refuse to cooperate with the police until they are loosened. Solidarity only works when there are several people together, so try to avoid being separated by the police.

WHAT TO DO IF POLICE VIOLENCE DOES OCCUR

• DOCUMENT THE VIOLENCE

During the demonstration, anyone who can should photograph or videotape the violence occurring, write down or remember badge numbers, and try to remember exactly what is happening. As soon as possible, photograph any injuries, marks, etc. that have been caused. Additional photographs should be taken days later, since bruises take a while to appear. Anyone who experienced police violence should seek medical attention, even if the injuries are minor, in order to provide documentation.

• GET MEDICAL ATTENTION

If someone is severely injured, the police must allow paramedics to examine and, if necessary, take the person to the hospital for treatment. Being taken to the hospital doesn't mean that that person isn't arrested - once they are treated and released, they will be returned to the precinct for processing, so unless someone really needs immediate attention, it's better to stay and be processed as a group and then seek medical attention once the police have finished with you.

• FILE A COMPLAINT

While you are being held in custody, inform any officer that gets near you that you would like to file a formal complaint - they may or may not let you, but it's worth a try. It's helpful to have a lawyer either present during the demonstration or standing by to be called if a problem arises. When you are arrested, your lawyer should come to the precinct and be allowed to speak with you. Let your lawyer know about any injuries then.

• LOCATE WITNESSES

After you are released, identify anyone who was a witness to the violence and have them write down what they saw while it's still fresh in their minds.

• GET LEGAL HELP

Pro bono lawyers are available from a variety of organizations - try the American Civil Liberties Union or the Bar Association for referrals. If there was a clear element of bias involved, contact the relevant organizations - for instance, for anti-gay violence, contact the Lesbian and Gay Anti-Violence Project.

• CONTACT THE PRESS

You may want to issue a press release and/or hold a press conference shortly after the violence occurred, especially if it wasn't reported in the coverage of the demonstration. At the press conference, photographs of the injuries and testimony from the injured people is very powerful.

• CONSULT YOUR LAWYER

You may wish to file criminal charges against individual officers, file a civil suit for damages, go to Federal Court with a civil rights violation case, or file a complaint with a local oversight board, if one exists in your area. How you respond to the criminal charges against you - whether you plead guilty, accept an ACD, or go to trial - will depend on what you decide to do about the brutality, so make sure to consult a lawyer about the brutality issues before your first court appearance on the criminal charges.

ASK KATE

Do you have questions about HIV, STDs, safer sex, pregnancy, etc.? Send them to YELL! No question too weird.

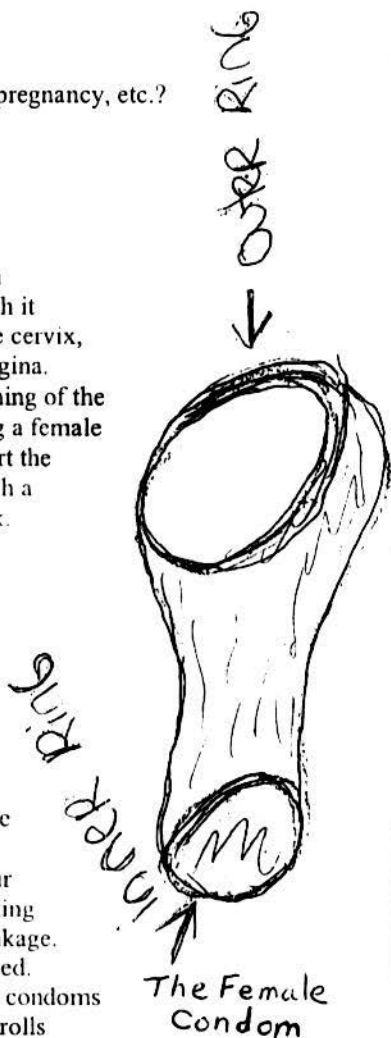
How do you use a female condom?

The female condom has two rings, one inside and one outside. To insert the female condom, pinch the inner ring into the shape of a figure eight and push it all the way into a woman's vagina until it reaches the cervix, then let go. The outer ring should hang out of the vagina. Men must aim carefully so the penis goes in the opening of the female condom, not around the side. If you are using a female condom for anal sex, remove the inner ring and insert the condom into the anus. Never use a male condom with a female condom since they can make each other break.

My condom always breaks during intercourse, how can I prevent this?

There are a variety of reasons that condoms break. Once in a while, a condom is actually defective, but usually it's caused by the way it has been stored or handled. First, always check expiration dates - some stores will sell expired condoms. Be careful about storage - avoid sharp objects or extreme temperatures. When taking the condom out of the package, be careful - don't tear the package with your teeth, watch out for long nails or jewelry. Avoid putting any oil on a condom - that's a common cause of breakage. If you need something wet, use something water-based.

Lubricants like Forplay which are made for use with condoms are best. Be sure to check which way the condom unrolls before putting it on, so that it will roll down easily. Always pinch the tip to leave room for the semen and be sure you don't have any air pockets, which could cause bursting. Roll the condom all the way to the hair - a condom rolled only partway down may slip off during sex. Be sure to pull out holding the condom against the base of the condom, since a condom can slip off as a man loses his erection after sex. Finally, if you have followed all these steps and are still having condoms break, try a different brand - various brands have different sizes and shapes, and they also make "extra-strength" condoms.

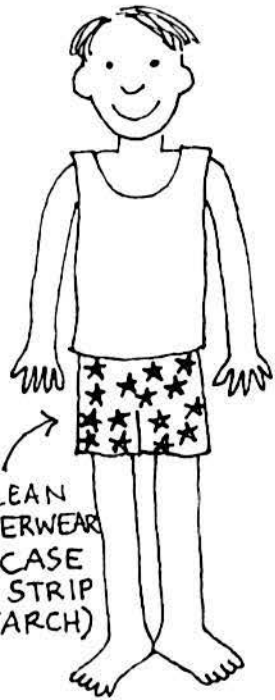




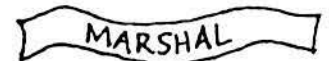
ART BY DEAN LANCE

DRESS FOR ACTIVISM!

★ UNISEX, ATTENTION-GETTING, UTILITARIAN ★



ACT UP!
FIGHT BACK!
FRIED EGGS!
(COOPS)



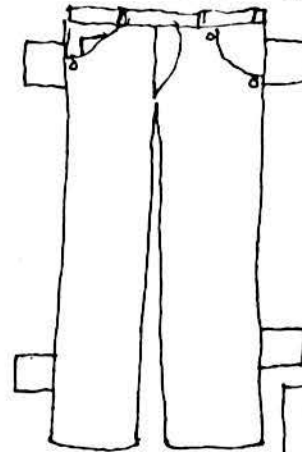
MARSHAL'S
ARM BAND

(IN THEIR ORIG. BOTTLES,
YOUR MEDS
(ONLY ENOUGH
FOR ONE DAY))



WATCH
(FOR TIMING
HOW LONG
YOU'VE BEEN
IN CUSTODY)

LONG PANTS
(SO YOUR KNEES DON'T
GET SCRAPED)



STUD
EARRINGS...
...NOT
DANGLY
ONES!
UNLESS
YOU WANT
THEM RIPPED
OUT!



PUT LONG
HAIR IN
A BUN
SO COPS
DON'T RIP
IT OUT



PHONE
NUMBERS
FOR SUPPORT
ON YOUR
HAND



CHAINS
FOR TYING
YOURSELF
TO BUILDINGS



I.D.
CARD
TO GET
OUT OF
JAIL



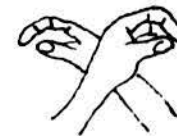
WATER



BASEBALL
CAP
(ALA ACTUP)

REMEMBER!!

IF YOU ARE BEING HANDCUFFED,
PUT YOUR WRISTS BONE-TO-BONE
LIKE THIS:



IT GIVES YOU
MORE ROOM
FOR CIRCULATION



BOOK
(TO READ IN JAIL)



PEANUT BUTTER
SANDWICH



AIDS Education Up in the Air

by Dan Bacalzo and Kate Barnhart

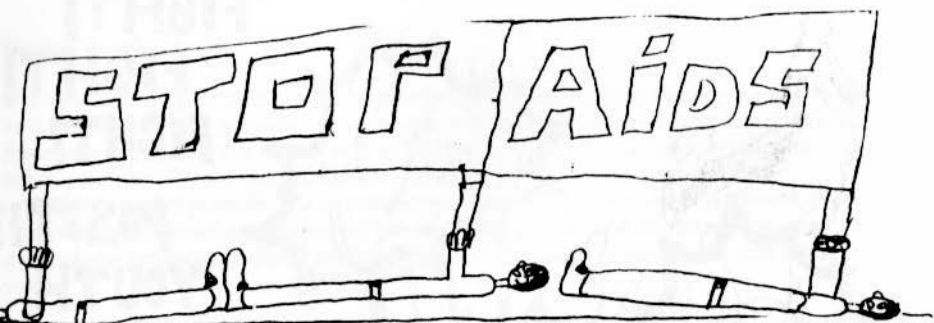
The Board of Education meeting was packed with students, teachers, peer educators, and activists. The vast majority were there to protest the lack of AIDS education in the NYC public schools. YELL had conducted a random survey of 739 high school students citywide, and found that they were not getting the AIDS education they needed. They were not even getting the AIDS education mandated by the State. 39% of students surveyed reported that they had not received any AIDS education **AT ALL** during the 1996-97 school year.

On November 19, 1997 YELL, along with the AIDS and Adolescents Network and the Parent AIDS Initiative, organized a picket in front of the Board of Ed to draw attention to this situation. We held a press conference to release the survey results, followed by testimonies at the Board of Education's public meeting.

This action was striking because of the number of high school students, particularly youth of color who attended. The energy was different from the usual ACT UP-only action, and the chanting was really energetic. During the meeting, close to 100 of our people had signed up to speak, and about 70 actually did. Quite a few got impatient and left early, so it was a little sparse towards the end. The youth speaking about their own experiences were particularly powerful. At one point, Board member Reyes called one of our speakers back to the podium to ask her specifically if she'd had any AIDS ed at school, to which she responded "No."

One peer educator attempted to do a condom demonstration as part of her testimony. She was forcibly removed by security (though they have allowed this in the past) at the direction of the Board members. In reaction, we released a group of helium balloons, with condoms dangling from the bottom. Our balloon package quickly rose to the high ceiling of the meeting room, to the cheers and applause of the crowd. This also triggered the release of helium-filled condoms all around the room. We had managed to sneak in several of them, although our banner and one set of helium balloons were confiscated as we entered the building. Several of the condoms no longer floated (we had filled them with helium several hours ago, prior to the picket), and so were batted around the room by students until they were taken away by the security guards. Others rose to the ceiling to join the balloon package, or stuck to the walls half-way up.

The Board's response was actually better than it has been in the past, although they did their usual routine of not paying attention to speakers, leaving etc. and Chancellor Crew was conspicuously absent. However, Dr. Gresser requested a copy of the report and the student members asked to meet with us. Bill Thompson, interviewed afterwards by Andy Humm stated that he heard "concern" and acknowledged that there might be a problem, though he may have a sudden attack of forgetfulness when it's time to go on the record. Following the condom balloon release, everyone in the room -- including board members and security -- kept looking up at the ceiling. As more and more people gave their testimony, the floating balloons and condoms served as a constant reminder that AIDS education in the NYC public schools was, indeed, up in the air.



Die-In at the Board of Ed.

by Juliana Nannarone

In 1989, the Board of Education mandated that every New York City public school student must be given six lessons of HIV/AIDS education every year. However, as many as 90% of students surveyed by YELL reported that they are not receiving the full six lessons, and many of those receive no information at all.

As one of many actions intent on getting the Board to enforce the mandates, 12 members of YELL were arrested in a civil disobedience action at the Board's public agenda meeting on May 20th. To begin the action, Jonathan Berger (who had signed up under an assumed name to speak at the calendar portion of the meeting) stood up and began shouting. The rest of us followed his cue and came out into the aisles yelling, "Chancellor Crew, shame on you! We need AIDS Ed. now!" We lay down in the aisles as the shocked and embarrassed Board members disappeared from the room.

Lying down in front of the podium (and two people hopping the gate behind it) we continued chanting, and uncovered our signs and body stickers which read "Students are Dying for AIDS Ed! Enforce the Mandates!" Kate Barnhart and Karen Ramspacher held up a banner until it was ripped away.

The audience watched closely and a sign language interpreter hurried to translate the goings-on to a group of hearing-impaired people at the meeting. School Safety wasted no time in encouraging us to get up or risk arrest. We stayed in place, however, and within a few minutes we were handcuffed and dragged from the hearing room while supporters cheered.

After a short wait we were bussed to the police station. The school safety officers were very courteous and did their best to keep us safe from the walnut-sized chunks of hail that had begun to fall.

Once at the station we were dealt with fairly quickly and each given a summons, with the exception of 15-year-old Robyn Calder, who, as a minor, was released to Jonathan's parents. At our court date later this month (June 1998) we will most likely be given a charge of Acquittal Contemplating Dismissal (ACD), which will be erased after six months if we are not arrested again during that time.

Although I have worked with sexual health issues for five years, this was my first arrest, and I think it went very well. We got a lot of attention (from both the Board and the public) and, most importantly, we made our intent clear, and demonstrated that we will not tolerate the Board's lack of responsibility on such a critical issue, and we will not allow them to put the lives of young people in danger.



**FIGHT!
FIGHT!
FIGHT!
POSITIVE
YOUTH
UNITE!!**

Starting A Positive Youth Group

If you are an HIV+ youth, you may feel very alone and isolated. If you've tried going to a support group or joining an AIDS organization, you may have found that all the other people with HIV you meet are older than you and have different issues.

But you are not alone - half of all new HIV infections are in people under the age of 25, and a quarter are people under the age of 20. Two people under 25 are infected every hour somewhere in the U.S., so the chances are very good that there are other young people living with HIV in your community.

Since HIV+ youth are not very visible, you may decide you want to do what many others across the country are doing - start a group to bring positive youth together. Starting a group may seem like a big project, but here are some ideas to help you get started.

Where will the group meet?

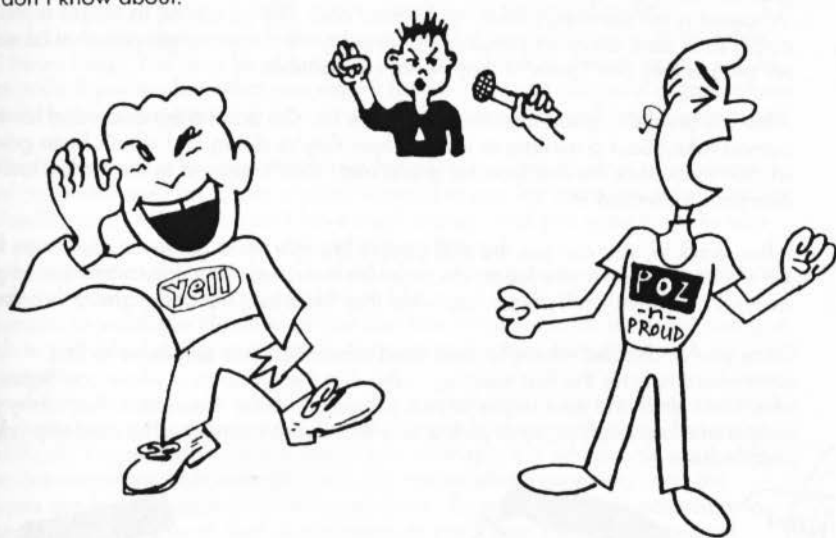
Since confidentiality is such a huge issue for most positive youth, it is important to choose your meeting place very carefully. It should be somewhere that feels comfortable, safe, and private. Possible choices might include an AIDS service organization, a gay/lesbian organization, a youth agency, a church, or a clinic, or a member's apartment.

When you are trying to choose a meeting place, consider demographic issues - for instance, if you hold your meeting at a gay organization, gay positive youth may feel very comfortable, but straight people might not. Many positive youth groups meet at hospitals so that youth can come for medical care and group at the same time. Although this is convenient, hospitals may not feel comfortable or safe. Meeting at member's homes helps with privacy and comfort, but it can be intimidating for new people.

Finding Positive Youth

The most difficult part of starting a positive youth group is usually finding people to be in it. Contact service providers in your area who are likely to come in contact with these young people - this means staff at HIV testing sites; clinics that specialize in either youth or HIV; the local Children's Hospital if your community has one; organizations that provide STD or pregnancy services, like Planned Parenthood; drug and alcohol treatment programs that serve youth; AIDS service organizations; gay and lesbian programs; school counselors; and shelters and group homes that serve youth.

Make a list of these agencies, and send them a letter explaining the project, as well as flyers they can give out to advertise it. Don't stop there, though - call each agency and talk to the staff. The more they feel like they know and trust you, the more likely they are to send people to your group. Ask if you can come visit their program and talk to the youth yourself - although you'll probably be speaking to mixed audiences of positive and negative youth, you may find some positive youth the adult providers don't know about.



Advertising the group

Another way of reaching positive young people is to advertise the group. Ads in the newsletters of local organizations, announcements at meetings of local youth groups, information in zines, posters, and flyers are all ways of reaching people. Be careful how you advertise your group, so that the group stays confidential. For instance, if you post fliers all over saying that positive youth are meeting on Thursday at the local church, people might be afraid to come, because they may feel like someone who sees them going into the church on Thursday will know they're positive. One way of dealing with this is not to give the time or address on the flyer - if you just give a number to call for more information, it may feel more private. On the other hand, it may be intimidating for people to have to make that initial call. Another way of dealing with this is to meet somewhere at a time when lots of stuff is going on. That way people won't feel as stigmatized just being there.

Something else to consider is what you call the group. Hanging a sign that says "Positive youth in here" on the door may not be a good idea - a lot of groups call

Agenda

Before your first meeting, you'll need to set an agenda. Try to plan about how much time you want to allocate for each thing on the agenda. When you get to the meeting, go over your agenda with the group and see if anyone has anything to change or add.

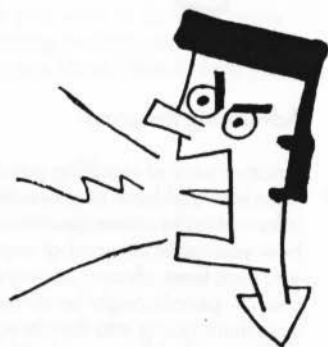
At your first meeting, or whenever you have new members, start by going around the room with an introductory exercise. For instance, have the first person say their name and favorite food. Then have the next person say the first person's name and food, then add their own. The third person then says the first and second and adds their own until you've gone all the way around.

After introductions, it is often helpful to do an icebreaker to get people moving and loosened up. An example of an ice breaker is a game called "The Big Wind." Have everyone move their chairs into a circle with one less chair than the number of people. Stand in the center and say "The Big Wind moves for everyone who . . ." and fill in something, like "wears glasses." Everyone in the room wearing glasses has to get up and switch chairs (be sure to grab a chair for yourself!). Whoever is left standing makes up the next one. Things can be as simple as hair color, shoe size, etc or as personal as sexuality. If it starts to get personal be sure to tell people they can "pass" if they're not comfortable.

After ice breakers, good next step is a check in. Go around the circle and have each person take about 5 minutes to just say how they're doing and what's been going on in their lives since the last time the group met. Don't respond to each other until after everyone's checked in.

After check in, you can use the stuff people brought up to guide the discussion for the rest of group. Before you leave, do a closure exercise. One easy one is just to go around and have each person say what they liked best about the group that day.

Once you've decided where to meet (and remember, you only have to find somewhere to have the first meeting - after that the group as a whole can figure out where to meet!), the next step is to pick a date and time. Remember that many young people are in school, so try to pick a time that doesn't conflict. The next step is getting people there.



What does the group do?

Now that you're meeting, your group may wonder what else to do. HIV youth groups do a lot of things - some groups have a monthly "day out" where they do something fun, like ice skating or seeing a movie. Some groups have pot lucks where each person brings something to eat. Some have holiday parties. Some groups organize fundraisers, demonstrations, do peer education or write brochures. Your group can invite guest speakers, discuss books, take trips. Let your group come up with ideas!

Facilitation

Something else to think about is facilitation - who will be running the group's meetings? There are lots of possibilities. You may want to facilitate, especially in the beginning - the drawback to this is that you can't participate fully in the group and facilitate, so your needs may not get met. A way of getting around this problem is to rotate, so that each person takes a turn facilitating a meeting. If you and/or the group members don't know how to facilitate, you might want to use an outside professional like a social worker. If you do this, your group will not be entirely by and for youth, but you will have access to the professional's support in case you or someone in the group needs it. Another possibility is for group members to participate in a facilitator's training - try contacting local organizations to see if any can offer you a training. Also, try to get hold of a book like "a manual for group facilitators" (see the resource section for more information).



Miscellaneous

There are a few other things to think about when you're starting a group.

Refreshments are often a good idea - especially if a meeting's going to be more than 2 hours long. You may be able to get a local business to donate pizza, snacks, and/or soda if you explain what you want it for. Or you can ask local organizations to contribute the refreshments, or you can raise the money yourself (see "fundraising" section).



If people are coming to your group from far away, you might want to organize a carpool or raise money for transportation stipends to pay for train/bus tickets and/or gas. Positive youth frequently don't have much money, and you want to make sure that all people who want to come can get to your group.

Another issue that might come up is child care - many positive young women and some men may have children. You may be able to get a volunteer from a local AIDS organization to watch the children, or you can hire someone to do it, or you can give stipends to individual group members so they can make their own child care arrangements.



A final thing to consider is accessibility. It's a good idea to try to avoid meeting in a place with stairs, since many people with HIV have had lung infections that make stairs difficult. You may also want to make sure your space is wheelchair accessible - that the doorways are wide enough, there are ramps where necessary, and the bathrooms are large enough and have grab bars. To make meetings accessible to deaf people, contact a local deaf organization to see if they can recommend an interpreter, either a volunteer or someone you can hire. Many groups require advance notice for sign interpretation.



If you need more resources, help, support, etc. while you are starting your group, contact the National Alliance of Positive Youth (see "resources" for contact information.)



YOU ARE NOT ALONE.



NEW YORK POST, THURSDAY, JUNE 19, 1997



AIDS ACTIVISTS INVADE ED BOARD MEETING

Five AIDS activists were busted and dragged out of a Board of Education meeting yesterday after they accused the board of not teaching kids enough about the deadly disease.

The activists from Youth Education Life Line — a subsidiary of ACT UP, the AIDS action group — interrupted the 3 p.m. meeting at the board's Brooklyn headquarters several times.

One member yelled repeatedly while board administrators said they had surveyed 1,088 schools and found only seven in violation.

But activist Kate Barnhart claimed many students say they don't get the AIDS education they should.

Besides Barnhart, others arrested included Dan Bacalzo, Karen Ramspacher, Anthony Perry and Angela Daigle.

They were issued summonses charging them with disorderly conduct and released, police said.

Denise Buffa



How to Put a Condom on with Your Mouth

Hint: To avoid embarrassing mistakes, practice by yourself using a cucumber, banana, or dildo before trying this on a real person.

Step 1: Choose a condom. For oral sex, a non-lubricated condom is best since lubricant tastes yucky. Flavored condoms designed for oral sex are available. If you are planning on having vaginal or anal intercourse after you put the condom on, use a lubricated one since the friction of sex may break a non-lubricated condom.

Step 2: Check the expiration date. Don't use it if it is passed.

Step 3: Open the package carefully, being sure not to tear the condom with teeth, nails or jewelry.

Step 4: Holding the condom so that the reservoir tip faces the back of your throat, place it in your mouth, just inside your lips.

Step 5: Use your lips and tongue to place the condom on the tip of the erect penis and roll down to the hair. Be careful not to let your teeth touch the condom.



WAYNE FISCHER MEMORIAL

by KATE BARNHART

I spent the last couple of weeks searching through my memories of Wayne, trying to decide what to say today. I came up with plenty of stories, some of them funny, some not. And as I tried to decide which to share today, I realized that they all - even the one about a near-riot at the Board of Ed - share a common theme.

Wayne was a teacher. In the most obvious, academic sense he taught high school students. That alone would have been remarkable because, in a world where many young people are very alienated and alone, Wayne was able to reach his students on a deep enough level to form lasting bonds. He had a spiritual strength that allowed him to speak to his students about AIDS - and everything else - with a level of honesty and compassion that is extremely rare. These qualities led to his role as a teacher in ways that went way beyond the academic sense.

Wayne taught us all how to live with AIDS in both a personal and global context, with grace and sanity.

When I first came to ACT UP, I was 15 and I was very intimidated. The never-ending Monday meetings, the ongoing insanity at the Board of Ed, and the level of dedication and intensity of people like Wayne scared me. But Wayne, and the other teachers and friendly adults in YELL drew me in, helped me find my voice, and provided me with role models that have shaped my life. They taught me concrete things like how to write a press release and how to hold my hands when I'm being arrested. But they also helped me learn much less tangible things about AIDS, life, death, and most importantly, myself and my role in all this.

I think that, of all of Wayne's legacy, this is what we have to carry on. I think we are all challenged by his memory to find within ourselves the energy to reach out to the generations who are right now being born into this epidemic. We have to teach them, not only how to live in a world with AIDS, but how to face it head-on. How to become the powerful, angry leaders that this world needs. It won't be easy, but truth rarely is. We'll have to not only speak the words, but live them, because as Wayne showed us, lessons learned by example are the most effective kind. And sometimes, there will be people who don't want to listen. There'll be people who try to silence us. And there will be obstacles that come from within us, exhaustion and doubts.

And when these things get in our way, we will call on Wayne's spirit and borrow just a little of his strength to help us keep on.

And, the final thing I'll say today is. If every teacher cared as much about his students as Wayne cared about his, we'd be a lot closer to the kind of world we all want to live in.



Wayne Fischer, 39, Teacher; Chronicled His AIDS on TV

By DAVID W. DUNLAP

Wayne David Fischer, a New York City high school teacher who publicly disclosed his infection with the AIDS virus and then chronicled the progress of the illness in a weekly television program, died of the disease on Sunday at Cabrini Medical Center. He was 39 and lived in Manhattan.

On Mondays, Mr. Fischer appeared in "AIDS: A Journal of Hope," on the cable station New York 1 News, with the reporter Debby Feyerick.

With his own hand-held camera, Mr. Fischer simply recorded the events of his life: injections and infusions of drugs, candlelight vigils and trips to Brazil, hospitalizations and family gatherings, and — so vital for a lifelong Yankees fan — the sixth game of the World Series last year.

"For a lot of people this was the first person they knew with AIDS," Ms. Feyerick said on Monday.

Until he retired in 1993 because of his illness, Mr. Fischer had been a special-education teacher at Martin L. King Jr. High School on the West Side of Manhattan, specializing in math.

He thrust himself into the spotlight in 1990 during the storm over a proposal by Schools Chancellor Joseph A. Fernandez to distribute condoms to public school students to curb AIDS transmission.

At a crowded meeting of the Board of Education in September 1990, Mr. Fischer, in backing the distribution of condoms, disclosed that he was gay and infected with H.I.V., which causes AIDS. He said he believed he was the first public school teacher in New York to acknowledge his H.I.V. status so openly.

A month later, as reported in *Newsday*, he was discussing AIDS with a health-education class. "You have to make choices," he told the students. "You do have the opportunity — assuming you're all H.I.V.-negative — to stay H.I.V.-negative."



New York Times, 1992

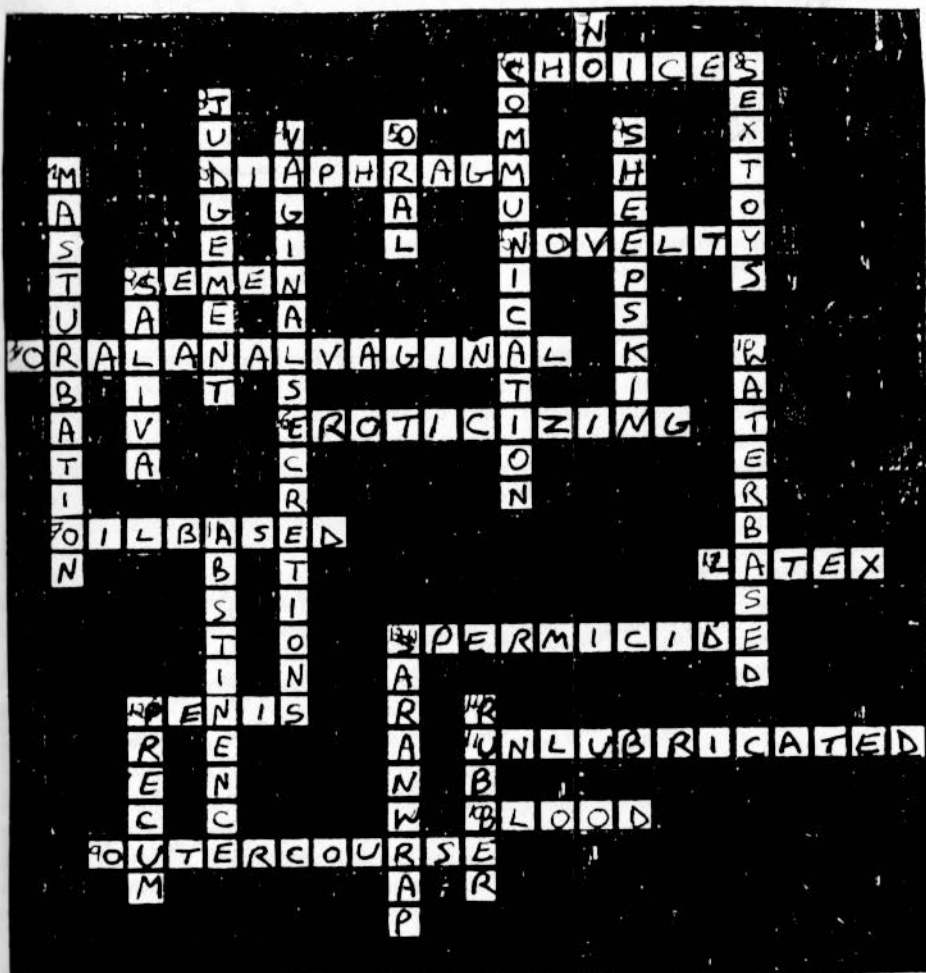
Wayne David Fischer

Ten years from now, I don't want you saying 'I didn't listen to Mr. Fischer and I have H.I.V.'"

Stephanie D'Amore, the principal at King High School, said Mr. Fischer's presence had encouraged the quick development of an AIDS prevention program and a gay and lesbian counseling group at the school. "He was a conscience for us," she said.

In February 1993, Mr. Fischer ran in a special election for the City Council from the East Side, handing out condoms with his campaign literature. He finished last in a field of seven. Five months later, he began his program on New York 1, which continued through Monday's final episode, in which Mr. Fischer was shown dying.

Mr. Fischer is survived by his companion, Jorge Bendersky; his mother, Evelyn Cassidy of Manhattan; a brother, Robert Fischer of Queens, and two sisters, Robin Simms of Staten Island and Diane Spinelli of Brooklyn.

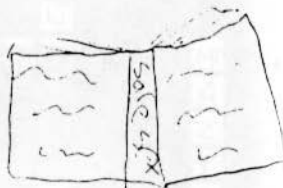


SAFER SEX CROSSWORD PUZZLE

ANSWERS

YELL READING LIST

Read a Good book
about youth, AIDS or
activism? Let us know.



It Happened to Nancy
Anonymous/Beatrice Sparks
Avon Flare Books
1994

This book consists of actual entries from the diary of "Nancy", a 14 year old girl who was date-raped, infected with HIV, and died of AIDS several years later. Her name, as well as the places have been changed at her parents' request, and the book was prepared for publication by Beatrice Sparks, who also edited *Go Ask Alice*. The strength of this book is that it preserves Nancy's voice and personality, and offers a clear view of her emotions. It is not a great source for factual information, despite a few questions and answers at the end, because Nancy herself was not well informed about the facts of HIV/AIDS. The main drawback to this book is not the text itself, which is quite compelling, but the melodramatic packaging. The cover bears a striking resemblance to a Harlequin romance novel, and bears the words "She thought she'd found love but instead lost her life to AIDS." If you can get past the cover, the story within is quite worth reading.



Do you publish a 'zine?
send us one!!

The Lost Generation?
5620 Morton St.
Phildadelphia PA 19144

This is a new 'zine published by the National Youth Network of Refuse and Resist! It focuses on the many ways in which young people across the country are resisting the right-wing, including youth activists working on issues of police brutality, curfews, homophobia, racism, etc. The first issue features an article about creativity and activism, a poem, an interview with a college student activist in Kansas, reports about youth activism nationwide, and an anti-homophobia editorial. It contains an order form for Refuse and Resist! T-shirts, including a Keith Haring design and one that reads "Abortion on Demand and Without Apology." The Lost Generation? Seeks contributions including: youth action updates; profiles of young resisters, art/writing by incarcerated youth, etc. To contribute writing, art, photography, or to become a distributor of the 'zine, write to the address above.

Although you can do a lot with absolutely no money, sometimes there's just no way to get around it. The only "rule" in fundraising is not to spend more than you're likely to make. Below are three ideas to get you started, but fundraising is a lot like organizing actions - there's lots of room for creativity!

1 Raffle

To have a raffle, you need prizes. One way of getting prizes is to go to local businesses, explain what you're fundraising for (be sure to bring some kind of paper with you to make you look legitimate!), and ask for donations of goods, services, or gift certificates. Once you have prizes, the next step is to sell tickets. Stationary stores often sell rolls of raffle tickets, or you can make your own. After you've sold the tickets, hold a drawing and give out the prizes. The drawing could be part of a larger event, like a carnival, or it could happen by itself.

2 Change Drive

Change drives are especially good for fundraising from youth, because most young people don't have much money, but almost anyone can come up with a dime or a quarter. A dime doesn't sound like much, but if every student in your school gave a dime, you'd wind up with a lot of money. One version of a change drive is a "penny harvest." Many people have bottles, jars, or dishes filled with pennies hanging around. Your goal is to collect these pennies, roll them (rolls for pennies and other change can be bought at dime stores and stationary stores or gotten free from banks), and take them to a bank to be turned into currency.

One way to organize a change drive is to design an official-looking label of some kind that explains what you are raising money for. Put the labels on containers (transparent ones are best, so people can see the money inside) - and put the containers places where people are handling money. Some places you might put them include by cash registers in stores (ask permission!), near the library fine desk, in the cafeteria, the laundromat. Make sure that you put your containers somewhere safe, so that nobody steals the money.

You can turn your change drive into a contest by giving prizes to the people who collect the most pennies.

3 Merchandise

Selling merchandise, particularly buttons and t-shirts, is a very common way that activist groups raise money. There are several problems you may encounter with merchandise. First, you need money to start with - you have to pay to have the t-shirts or whatever made, so this is not a good first fundraiser. The second problem is getting people to buy your merchandise - if people don't like the message or the design, or find the price too high, you'll be stuck with a lot of stuff that you paid for that's not earning you any money.

On the other hand, merchandise can not only earn money but it can help spread or organization's message. If you're new to merchandise, buttons are a good place to start because they're fairly inexpensive to make, and you can sell them cheaply enough that most young people will be able to afford one. The key with any piece of merchandise is the design - it should have a strong message and/or image, and look attractive. If you plan to have the buttons professionally printed, keep in mind that each color will raise the price. Once you have a design, you can either get a button-making machine and make them yourself, or you can have it done professionally.

Look in the yellow pages for a local business that makes buttons, or contact Donnelly/Colt. Design is also really important for t-shirts because t-shirts cost more, so people will only buy one they like. Things to think about when making t-shirts include sizes (large and extra large are often popular), colors, both of the printing and the t-shirt itself, sleeves vs. no-sleeves (tank tops are cheaper to make but may be harder to sell), what the shirts are made of (100% cotton may be slightly more expensive but is usually worth it).

You can make t-shirts yourself by silk-screening (look in a local library or art store for books about silk screening) or you can have them done professionally. Look in the phone book for a local t-shirt printer or contact Mirror Image at 1-800-370-7755. Remember, each color will cost extra.

Whether you're making t-shirts, buttons, or something else, always be sure to get prices from several companies before you choose one, to make sure you get the best possible price. Also be sure to ask to see samples of other jobs they've done, and a "mock-up" of what yours will look like, to be sure you're satisfied with the quality.



Book REVIEWS



100 Questions and Answers About AIDS
Michael Thomas Ford
Beech Tree Books
1993

This paperback is filled with clear, honest information. Presented in question and answer format, it addresses issues ranging from the basic "What causes AIDS?" to safer sex "What do I do if a condom breaks?" to the very personal "What do I do if I am HIV-positive?". A question list at the beginning makes locating specific information easy. This book includes a glossary and a resource guide, as well as interviews with four HIV positive young people. The only drawback is that, since this book was updated in 1993, the statistics are no longer current, but this is only a small amount of the information this book contains.

AIDS: Trading Fears for Facts
Karen Hein; Theresa Foy DiGeronimo
Consumer Reports Books
101 Truman Avenue
Yonkers, New York 10703
1993



This bright orange paperback was originally published in 1989, making it one of the first books about AIDS for youth. Updated in 1991, it is divided into 7 chapters: The facts about AIDS; AIDS and sex; AIDS and drugs; testing; after the test; treatment; AIDS in the future. It also contains a resource guide, glossary and index. Co-authored by a medical doctor, the scientific explanations are very detailed and clear, especially the "all about viruses" section. The statistics are out of date, as is the treatment information, but the other information is accurate. The book is illustrated with diagrams, posters, and photographs, including one of Olympic diver Greg Louganis with Ryan White in 1987. It also contains stories, such as one about the Rays, a family whose three hemophiliac sons are all HIV positive.

What You Can Do to Avoid AIDS
Earvin "Magic" Johnson
Times Books
1992

This book features a personal foreword from Magic Johnson, talking about his own diagnosis. It is divided into 7 chapters: What are HIV and AIDS; how to be sexually responsible; how to have safer sex; how to protect yourself from other STDs; if you do drugs or drink; if you or someone you know has HIV; if you're runaway or homeless. It also contains stories of HIV positive youth. The information in this book is clear and accurate, and it is written in a conversational tone, as though Magic Johnson was speaking, which makes it easier to read. It also contains a special message to parents from Magic. This book contains a state-by-state directory of resources, as well as listings in Canada. The book concludes with the following message from Magic "Take responsibility. It's your life. Remember: the safest sex is no sex, but if you choose to have sex, have safer sex each and every time. HIV happened to me, so I know it could happen to you. I want you to stay safe. Your life is worth it."

The following is information to help anyone who uses needles for any purpose (shooting drugs, tattoos, steroids, body piercing, injecting vitamins) avoid HIV infection and other health risks.

Shoot Clean

You can't get AIDS from a clean needle. The cleanest needle is a sterile syringe fresh from its sealed package. Needles sold on the street have sometimes been used and resealed. Even if they look clean, they may not be. Any blood trace in the needle, even one you can't see, is enough to carry HIV. Always clean a syringe with hospital-strength bleach and water if it is not new. Don't assume you know anyone's HIV status. Don't share needles, even those that have been cleaned, unless it is your only option.

How to Clean A Needle

First, rinse the set with cold water by drawing water into the syringe from a container separate from your water supply. Drawing directly from the water supply can contaminate it. Don't use hot water - it will cause the blood to clot in the syringe, making cleaning difficult. Use sterile water - other water can leave residue in the syringe. If you can't get sterile water, use bottled water or boiled water - let it cool! Shake the water-filled syringe for 30 seconds, then discard water. Fill the container with fresh water, draw water into the syringe, and shake again. Repeat with fresh water at least three times. Then fill the syringe with bleach and shake for thirty seconds. Finally, rinse at least three times with cold water - bleach is not something you want in your vein.

Equipment

Be sure that all of your equipment is clean. Any dirt in your cooker, filter, or syringe will go into your vein. Cookers sometimes rust. Don't scrub out rust and use the cooker - this will leave small remains of rust and metal. Don't use silver spoons to cook up - silver oxide will form and dissolve into your mix.

The filter you use is important. Always use a new filter. There is no safe way to reuse a filter. Cotton from pill bottles, Q-tips, cigarette filters, etc. is not safe, since they contain chemicals and bits can break off. Dental cotton, distributed at most needle exchanges, is the best filter. The pellets are pre-formed, so you handle them less, and they will not break up when heated. The corner of an alcohol prep or a piece of tampon are the best substitutes. If you use either of these, instead of shaping, tear a small strip and drop it into your mix. Rolling fibers can cause them to break into small, injectable pieces.

Use the gentlest tourniquet available. Soft elastic at least 3/4" thick is best - a narrower tie can crush your vein. Pantyhose are the best substitute.

It is important to use sterile water - any impurities in the water will go into your body. Cooking up does not sterilize anything just helps dissolve your drug. Bottled water or boiled water are the best substitutes. Let boiled water cool to avoid cooking your vein.

Safer Shooting

Before shooting, it is important to clean the injection site to reduce the chance of getting bacteria or dirt in your vein. Always use an alcohol prep before injecting. To avoid moving dirt around on your skin, put the prep at the injection site, and move outward in a spiral motion. Repeat, using fresh preps, until the prep comes away clean.

Don't use the tip of the syringe to mix. If it rubs even slightly on the metal cooker, it can bend back, causing a burr on the needle tip, which can damage your skin.

Insert the needle at a 45 degree angle, with the slant of the cut-away facing up to avoid tearing and passing through the vein. Release the tourniquet before injecting - injecting while it is tight can cause the vein to balloon or burst, which leads to bruising and scarring.

You NEVER want to inject into an artery - this can lead to injuries from severe bruising to losing limbs. If you feel a pulse, it's an artery. If you hit an artery, it will be immediately clear. The barrel of the syringe will fill with bright red, possibly frothy, blood. Only inject into surface veins. If possible, inject with blood flow.

Skin Popping

The usual sites for skin popping are the forearms, thighs, and stomach. It is important to clean the injection site with alcohol before inserting the needle. Slide the needle under the skin at a shallow angle and inject up to half a milliliter - to inject more, choose a new site and repeat. Don't skin pop pills, coke, or methadone - these cause abscesses.

Vein Care

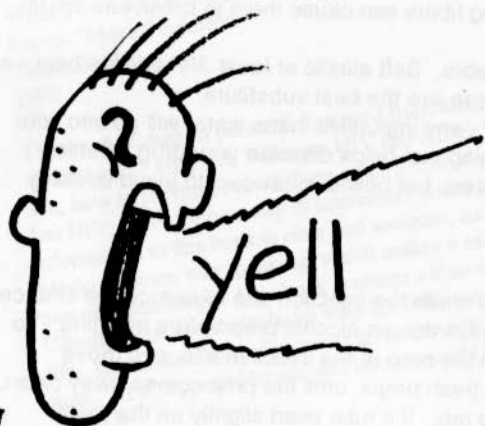
The veins in your arm are the best site for injection - they are large and strong. Injecting below the waist can cause circulation problems. Veins in the hands and feet are small and fragile - injecting there can cause problems. To avoid rupturing these veins, choose a smaller needle and inject slowly.

To avoid vein damage, use the smallest needle possible. Syringes are designed to be used once and disposed of. After one use, the point is dulled. Dull needles tear through veins rather than making a clean entry. Re-sharpening needles does not work and produces tiny bits of metal which end up in your veins and organs.

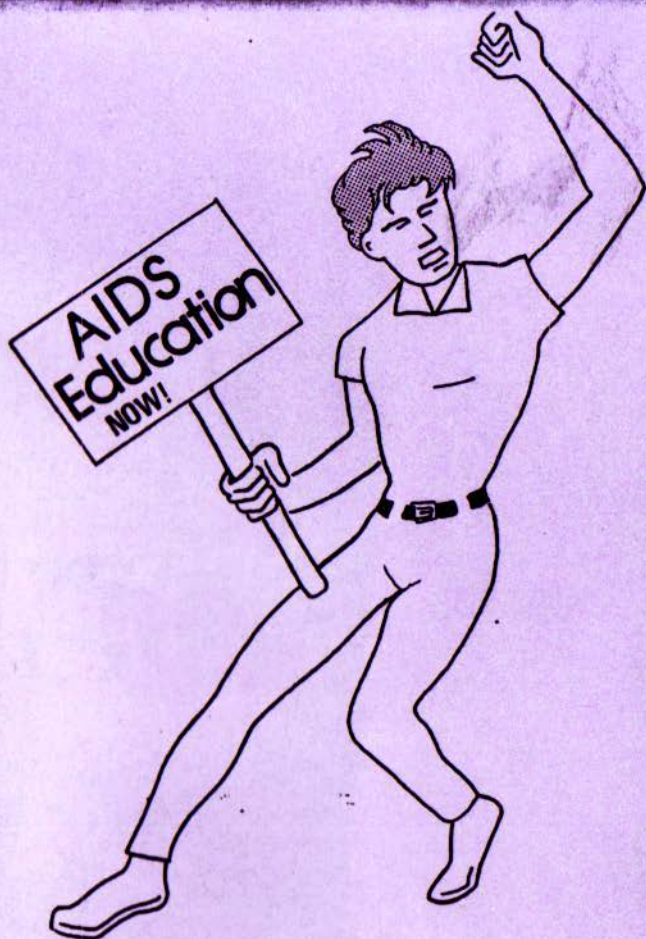
Medical Problems

Abscesses are red swellings which may feel hot. When they become hard and fill with pus, seek medical advice. Cleaning the injection site carefully reduces the risk of abscesses. "Cotton Fever" is caused by injecting dirt, bits of filter, etc. The symptoms are fever, nausea, shakes, vomiting, severe headaches, and kidney pain. The treatment is aspirin, rest, and fluids.

Septicemia and Endocarditis are both caused by bacteria entering the blood. Septicemia (blood poisoning) requires medical attention because it can be fatal. Early endocarditis is treatable, but it can also be fatal. Heart palpitations, chest pains, and fevers are signs of endocarditis, because it is caused by bacteria moving through your blood to the valve of your heart.



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