



THE
MEN'S
CENTER

MEN TALK

THE MEN'S CENTER NEWS

June/July 2003 VOL. 27 #3

Whatever Happened to AIDS?

— BILL BURLESON

Coming of age in the late 70's meant, as a queer man, I enjoyed the golden age of gay sexuality: discos, bathhouses, and a new feeling of freedom to enjoy the harvest of both the gay liberation and the free love movements.

Living in the 1980s meant facing my own and my community's mortality.

In 1981 AIDS hit with headlines and panic in the gay, lesbian, bisexual and transgender communities, in the pages of Newsweek, if not in the White House. The country was fearful of just what the scope of this new epidemic would be. The fear was well justified: since 1981 almost a half million American's have died of complications from AIDS. We now live in a country where it's estimated that 850,000 to 950,000 now have HIV. Although there has been progress in treating HIV/AIDS, there is still no cure.

Yet one would think there is a cure. In my job as a HIV/STD prevention worker for the Red Door Clinic, I talk with people in support groups, at bars, treatment centers, and cruising areas. What I find is a complacency bordering on self-destruction.

To be fair, one could be excused for thinking there has been a cure; that HIV/AIDS has gone the way of typhoid, polio, and the passenger pigeon. What was once front-page news as we saw people waste and die—the famous, not so famous, young and old alike—is now receding from the nightly news and the public consciousness.

Yet in the United States about 40,000 people are newly diagnosed with HIV every year. In Minnesota, new cases since 1993 varied from a high of 355 to a low of 283, and in 2002 there were 305 people diagnosed with HIV. The Red Door Clinic has tested, and had positive test results from, pretty much the same number of people every year for the last ten years. The epidemic marches on at an amazingly steady pace. So why aren't we still moved to action?

One reason is medical advances have made HIV/AIDS less of a threat for immediate death. Life spans of people with HIV/AIDS have increased. Indeed, some would argue that it is now like diabetes, a chronic and manageable condition. All true, and that's certainly good news for those living with HIV/AIDS. On the other hand, I wouldn't wish diabetes on my worst enemy. Besides, HIV is a crafty little bug, and the drugs seem to have a limited window of usefulness before a person's HIV evolves a defense, meaning some HIV positive people are running out of useful treatments. Another problem is some of the drugs have major and bizarre side affects. These are powerful drugs, and no one should ever have to find out what it is like to take them by the fist full. So while treatments have changed and improved, HIV/AIDS remains a terrible, deadly disease.

I would guess part of the reason for complacency is that it's hard

to maintain an air of crisis for an extended period of time, even though it truly is a crisis. We all get tired of hearing about it. We all get tired of hearing about anything if you hear it enough. But if we, the public, have a short attention span, we're like elephants compared to the media. Crisis de jour appears to be the mission of the popular press. We can tune in at 5 and hear OCD coverage of whatever is the fancy of the day: OJ Simpson, Elian Gonzales, Tonya Harding, J-Lo's dress; need I go on? These stories have the virtue of pulp novels in they have a beginning, middle and an end, at which time the cameras return home and the object of the story is left in the dust bin of history. AIDS has no end to the story, at least not yet.

As opposed to tabloid news stories, ignoring HIV/AIDS has real consequences. Like I said, some individuals are tired of hearing about it, which is fine. However, some people are tired of protecting themselves from it, which is not fine. We need to pay attention to HIV/AIDS, both as individuals and as a society. It must again become a priority. And the media has to do its part. We need to hear and remember the message of living safe from HIV/AIDS at least as much as we hear and remember the messages "Dude, you're getting a Dell" and "Just do it."

What can you do to address this issue? Get mad. Practice safer sex. Demand attention. Practice safer sex. Speak up. Practice safer sex. Lastly, get yourself tested for HIV. If everyone knew their status, then we all could protect each other (and take care of ourselves) better.

We can prevent HIV/AIDS. We can protect ourselves. We can live full lives complete with a satisfying sex life without dying. If you don't know how, find out. AIDS is not going away; we can't pretend it will by ignoring it. Questions about HIV? You can reach Bill at the HIM program of the Red Door Clinic at 612.348.6641, or visit www.cdc.gov/hiv

See Us at Pride 2003 !



Library Corner

—TED BRADFORD,
LIBRARIAN



Thank you, National Coalition of Free Men – Twin Cities chapter, for your recent donation of *If Men Have All the Power How Come Women Make the Rules?* by Jack Kammer. This book can be found in the newly re-organized Men's Movement/Masculinity section of the Men's Center Library

In fact, all sections in the library have been re-organized in the past three months and we have received some good new books. Using the library is a membership privilege. To check out a book, all you have to do is write your name, phone number, and the date on a check-out card and leave it in the box. Or just come in and browse – you will be surprised at how stimulating it can be to expose yourself to the books in our collection. So come on in and take a look.

We also have many useful periodicals, such as:

- Men's Health
- Voice Male
- Everyman (April-June Issue featuring Gay Men and Homophobia)
- Lavender
- Men's Journal
- Transitions
- Rainbow Families
- Bi All Means
- Wellness Journal
- The Edge
- and others

In recent weeks, some of the books on display have been removed without being checked out. Please be sure you use the library check-out system. And if you have overdue books, please return them so others can benefit from them.

Enjoy your library!

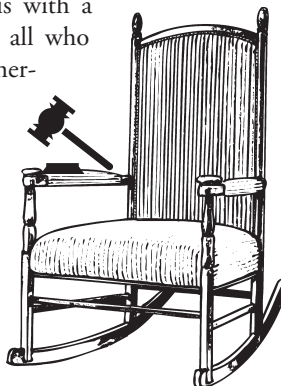
Address change notifications from the post office cost the Men's Center \$1.14 each. Please let us know in advance of mailings! Thanks!

Letter from the Chair

The Men's Center is doing well. Though not all successful, we have tried some new support groups and have collaborated with Chrysalis with a Couples Class. Thanks to all who have put their hearts and energies into the new projects.

The Men's Center is doing okay financially. Our heads are above water but don't let that stop you for supporting us financially. We count on your contributions to run the organization.

Happy Belated



Mother's Day to all the mothers/mother figures and Happy Father's Day to all fathers/father figures out there. Your role in someone's life is so important.

May those in the GLBT community have a fulfilling Pride Celebration in June.

For Men, For All,

TOM PERRAULT
BOARD CHAIR

SEXUALLY TRANSMITTED DISEASES UP 19 PERCENT IN 2002

According to a new report from the Minnesota Department of Health (MDH), the number of reported sexually transmitted diseases (STDs) in the state rose 19 percent in 2002 from 2001. The report shows that a total of 13,304 reportable STD cases were recorded by the MDH in 2002 compared to the 11,158 cases in 2001.

"The increase in reported STD cases in Minnesota emphasizes the need for education and early detection," said Dr. Harry Hull, state epidemiologist and director of the Division of Infectious Disease Epidemiology, Prevention and Control at MDH. "The more education on safe sexual activity we can provide, the more sexually transmitted diseases we can prevent."

"The occurrence of these types of STDs can be reduced through increased prevention efforts," Hull said. The Centers for Disease Control and Prevention (CDC) recommends that latex condoms, when used consistently and correctly, can reduce the risk of getting of STDs when the infected areas are covered by the condom.

To combat the epidemic, the MDH Partner Services Program provides follow-up to all cases of early syphilis, HIV infection, AIDS and untreated persons with gonorrhea and chlamydia and their sexual partners who may need examination and treatment. In addition, the MDH has expanded its chlamydia and gonorrhea screening efforts with 8 clinics serving areas with the highest rates of infection.

"We estimate that one-third of the increases in chlamydia and gonorrhea were due to the new 'active' component of our surveillance system that reminds physicians to report all of their diagnosed cases of chlamydia and gonorrhea," Hull said. "But this doesn't account for all of the increases and we certainly can't ignore the fact that we had over 13,000 STD cases reported. This is an epidemic."

"Another point of concern is the rise in early syphilis cases we saw in 2002," said Hull. "Early syphilis cases (primary, secondary and early latent stages of syphilis) are the most important stages to monitor since they represent the most recent infections and when syphilis is most infectious."

Health officials emphasize that chlamydia, gonorrhea and syphilis can be spread through unprotected oral, anal and vaginal sex. Once detected, they can be treated and cured with antibiotics. However, untreated chlamydia and gonorrhea can cause infertility and other long-term reproductive health problems in women. Syphilis can lead to blindness, brain damage, heart problems and even death in both men and women. In addition, these STDs can increase the risk of getting or spreading HIV infection.

"These diseases are all preventable," said Hull. "We need to make sure that Minnesotans know the risks of unprotected sex and ways to stop the spread of STDs."

The complete STD Surveillance Report - 2002 and STD fact sheets can be found on the MDH website at <http://www.health.state.mn.us>. The new CDC treatment guidelines for STDs are available online at <http://www.cdc.gov/std>. People can call the Minnesota Family Planning & STD Hotline, toll free, at 1-800-78-FACTS (voice or TTY) for confidential information about the prevention, testing locations and treatment of STDs.



MEN'S CENTER EVENTS

The mission of the Men's Center is to provide resources for men seeking to grow in body, mind, and spirit; and from that foundation to advocate for healthier family and community relationships.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	SUPPORT GROUPS General Issues 12:30 p.m. Men/Women 7:30 p.m.	SUPPORT GROUPS Gay Issues in Mpls Divorce/Uncoupling/General Issues in St. Paul 7:30 p.m.	PRESENTATION No Presentation 7 - 9 p.m. 20's GLBT Re-Entry 7:30 p.m.	SUPPORT GROUPS Div/Unclpl/General Male Surv. Sex Abuse Emotional Abuse 7:30 p.m.	SUPPORT GROUP Men's Bisexual issues 7:30 p.m.	SUPPORT GROUP 20's GLBT 1:00 p.m.
8	MEN'S RETIREMENT 5:30 p.m. BOARD MTG. 7 p.m. SUPPORT GROUPS General Issues 12:30 p.m. Men/Women 7:30 p.m.	SUPPORT GROUPS Gay Issues in Mpls Divorce/Uncoupling/General Issues in St. Paul 7:30 p.m.	PRESENTATION Presentation 7 - 9 p.m. 20's GLBT Re-Entry 7:30 p.m.	SUPPORT GROUPS Div/Unclpl/General Male Surv. Sex Abuse Emotional Abuse 7:30 p.m.	SUPPORT GROUP Men's Bisexual issues 7:30 p.m.	SUPPORT GROUP 20's GLBT 1:00 p.m.
15	FATHER'S DAY BRUNCH 10:00 a.m. SUPPORT GROUPS General Issues 12:30 p.m. Men/Women 7:30 p.m.	SUPPORT GROUPS Gay Issues in Mpls Divorce/Uncoupling/General Issues in St. Paul 7:30 p.m.	PRESENTATION Music Caused Hearing Loss 7 - 9 p.m. 20's GLBT Re-Entry 7:30 p.m.	SUPPORT GROUPS Div/Unclpl/General Male Surv. Sex Abuse Emotional Abuse 7:30 p.m.	SUPPORT GROUP Men's Bisexual issues 7:30 p.m.	SUPPORT GROUP 20's GLBT 1:00 p.m.
22	SUPPORT GROUPS General Issues 12:30 p.m. Men/Women 7:30 p.m.	SUPPORT GROUPS Gay Issues in Mpls Divorce/Uncoupling/General Issues in St. Paul 7:30 p.m.	PRESENTATION Prosperity and You 7 - 9 p.m. 20's GLBT Re-Entry 7:30 p.m.	SUPPORT GROUPS Div/Unclpl/General Male Surv. Sex Abuse Emotional Abuse 7:30 p.m.	SUPPORT GROUP Men's Bisexual issues 7:30 p.m.	PRIDE FESTIVAL SUPPORT GROUP 20's GLBT 1:00 p.m.
29	PRIDE FESTIVAL SUPPORT GROUPS General Issues 12:30 p.m. Men/Women 7:30 p.m.	SUPPORT GROUPS Gay Issues in Mpls Divorce/Uncoupling/General Issues in St. Paul 7:30 p.m.	PRESENTATION Understanding Relationships, Part I 7 - 9 p.m. 20's GLBT Re-Entry 7:30 p.m.	SUPPORT GROUPS Div/Unclpl/General Male Surv. Sex Abuse Emotional Abuse 7:30 p.m.	FOURTH OF JULY HOLIDAY	SUPPORT GROUP 20's GLBT 1:00 p.m.
6	SUPPORT GROUPS General Issues 12:30 p.m. Men/Women 7:30 p.m.	SUPPORT GROUPS Gay Issues in Mpls HIV Testing Divorce/Uncoupling/General Issues in St. Paul 7:30 p.m.	PRESENTATION New Meds for HIV & Diabetes 7 - 9 p.m. 20's GLBT Re-Entry 7:30 p.m.	SUPPORT GROUPS Div/Unclpl/General Male Surv. Sex Abuse Emotional Abuse 7:30 p.m.	MT. ARTICLE DEADLINE SUPPORT GROUP Men's Bisexual issues 7:30 p.m.	SUPPORT GROUP 20's GLBT 1:00 p.m.
13	BOARD MTG. 7 p.m. SUPPORT GROUPS General Issues 12:30 p.m. Men/Women 7:30 p.m.	SUPPORT GROUPS Gay Issues in Mpls HIV Testing Divorce/Uncoupling/General Issues in St. Paul 7:30 p.m.	PRESENTATION Men Can Stop Rape 7 - 9 p.m. 20's GLBT Re-Entry 7:30 p.m.	SUPPORT GROUPS Div/Unclpl/General Male Surv. Sex Abuse Emotional Abuse 7:30 p.m.	MT. FINAL DEADLINE SUPPORT GROUP Men's Bisexual issues 7:30 p.m.	SUPPORT GROUP 20's GLBT 1:00 p.m.
20	BRUNCH 10:00 a.m. MEN'S RETIREMENT 5:30 p.m. SUPPORT GROUPS General Issues 12:30 p.m. Men/Women 7:30 p.m.	SUPPORT GROUPS Gay Issues in Mpls HIV Testing Divorce/Uncoupling/General Issues in St. Paul 7:30 p.m.	PRESENTATION Introduction to Kundalini yoga 7 - 9 p.m. 20's GLBT Re-Entry 7:30 p.m.	SUPPORT GROUPS Div/Unclpl/General Male Surv. Sex Abuse Emotional Abuse 7:30 p.m.	SUPPORT GROUP Men's Bisexual issues 7:30 p.m.	MAILING PARTY 9:00 a.m. SUPPORT GROUP 20's GLBT 1:00 p.m.
27	SUPPORT GROUPS General Issues 12:30 p.m. Men/Women 7:30 p.m.	SUPPORT GROUPS Gay Issues in Mpls Divorce/Uncoupling/General Issues in St. Paul 7:30 p.m.	PRESENTATION Understanding Relationships Part II 7 - 9 p.m. 20's GLBT Re-Entry 7:30 p.m.	SUPPORT GROUPS Div/Unclpl/General Male Surv. Sex Abuse Emotional Abuse 7:30 p.m.	The Men's Center number is 612 / 822-5892. Call for info on Anger Management. classes.	

June/July 03

1976 - In Our 27th Year - 2003
of Public Service

Check out our web site: www.tcmc.org

email: tcmc@tcmc.org

PRESENTATIONS

Workshops and presentations have been a part of The Men's Center offerings to the community since it's beginning 27 years ago.

We welcome your suggestions for new topics and presenters.

Presenters new to the Men's Center are: **David Kaar, Amanda Tatra, and Jay Walder.** Returning to continue their support of the Men's Center are: **Peter Campbell, Jim Duffy, Doug Erickson, Jim Gerharter, and Harry Greenberg**

The Men's Center Board appreciates the volunteer presenters who return from time to time and welcome first timers. Their presentations add a new dimension to our weekly Wednesday night gatherings.

All presentations meet at TMC, 3249 Hennepin Ave. So, Suite 55, unless otherwise noted. These low cost presentations are shown in the Calendar of Events and a more extensive description follows. No pre-registration is needed; entrance fees collected at the door are:

Non-Members of TMC – \$5.

Regular Members (\$20 level) – \$3

Sustaining Members – FREE

Please take time to read the descriptions and plan to attend if they stimulate your interest. Bring a friend to share the experience and acquaint him/her with the Men's Center.

Each presentation is intended to promote personal growth, stimulate your interest in a topic, and to give you an opportunity to interact with other attendees.

Note: All events are for men only unless otherwise stated.

Presentations are the sole responsibility of the presenter(s). The Men's Center does not endorse, takes no specific position, nor does it hold any opinion on the presentations, or of any information imparted, or of the presenter(s) themselves.

DESCRIPTIONS

No Presentation

When: Wed., June 4

Presentation

Presenter: David Kaar

When: Wed., June 11, 7:00-9:00pm

No description available.

Music Caused Hearing Loss

Presenter: Doug Erickson

When: Wed., June 18, 7:00-9:00pm

Open to Men and Women

Have your ears started ringing yet?

Mine do, and I am learning that I probably could have prevented it. It's also our own unamplified instruments, stereos, headphones, car stereos, plus lawn mowers, leaf blowers, snowblowers, hobbies, etc. Join me for a discussion about hearing loss and how we can minimize the damage we do to our own hearing. Men and women including professionals in field are welcome.

Doug Erickson is a retired sound system consultant. He has been interested in men's issues for many years more recently in health issues.

Prosperity and You

Presenter: Peter Campbell

When: Wed., June 25, 7:00-9:00pm

Open to Men and Women

Your most deeply held beliefs are creating your experiences in life. If you want your Prosperity to improve, and you realize that this will mean changing core beliefs, this seminar is for you. You will learn how having a healthy emotional life can open doors to prosperity in all areas. You will receive tools and techniques which, when used, will show you immediate results.

Peter Campbell is a minister and a graduate of Theophilus Divinity School and a residential building contractor. He is owner of Conscious Contracting Inc. He has led workshops on prosperity, self-esteem and relationships, releasing guilt and sacrifice, and he has also taught lessons in A Course in Miracles. Peter teaches what he lives and that means surrendering to the wisdom behind his defenses. FFI please call 612 202 4578.

New Developments in Understanding Relationships, Part I

Presenter Jim Duffy

When: Wed., July 2, 7:00-9:00pm

Part I - Lecture See Part II, July 30,

Questions-Discussion

Open to Men and Women

There has been a lot of exciting and valuable research published in recent years on the subject of behaviors that help or hinder success in intimate relationships.

From scientific researchers such as John Gorman and Neil Jacobson to psychiatric authors such as Bernard Appelbaum and Ellen Wachtel these recent results are both immensely practical and profoundly fascinating in what they teach us about human nature. Come and hear a summary presentation of some of the recent research and learn more about how you can study in depth the new developments in understanding of intimate human relationships.

Jim Duffy is a writer and freelance researcher in a wide variety of areas of the human studies. He is a humanist, educator and consultant whose popular presentation

and many subjects at the The Men's Center have been well received as both interesting and useful as well as often controversial.

New Meds for HIV & Diabetes

Presenter: Amanda Tatra

When: Wed., July 9, 7:00-9:00pm

Amanda Tatra, a pharmacist has a special interest in studying new medication for the treatment of HIV and diabetes. Her presentation will focus on recent findings and developments in the treatment of HIV and diabetes.

Men Can Stop Rape

Presenter: Harry Greenberg

When: Wed., Jul 16, 7:00-9:00pm

Open to Men

Men commit the majority of all sexual crimes with studies showing that between 10 to 20% of all males are sexually violated at some point in their lives. What is our responsibility AS MEN to expand the concept of prevention and address the root cause of this problem. Many have classified our society as a rape culture?

This is an educational and provocative workshop that will help assess your attitudes concerning rape, and provide a new direction for men who wish to do popular education and organizing to stop rape in our community.

Harry Greenberg is a trained mediator assigned to Ramsey County Court Services in St. Paul. His work as an external consultant focuses on the area of organizational development with special emphasis on conflict management systems and anger management programming. Both his paid and volunteer work incorporate his life long commitment to the elimination of institutional racism and social and economic justice.

Introduction to Kundalini yoga

Presenter: Jay Walder

When: Wed., Jul. 23, 7:00-9:00pm

Open to Men & Women

Kundalini Yoga is an ancient art that integrates active movement with stretches, breath, meditation and mantras. It can be used to break through old patterns, elevate the spirit, increase endurance, clear the mind, heal the body and build energy.

This yoga is fun and efficient, challenging yet achievable! Come ready to hear more about it and learn by doing. Wear comfortable, loose fitting clothes.

Jay Walder is a runner, dancer, and a dedicated Kundalini yoga practitioner. He has a BA in Physics from Carleton College, and teaches classes for men and couples, exploring the benefit of yoga for emotional clarity, addiction recovery, deeper intimacy and a greater sense of happiness. FFI - email <walderaj@yahoo.com> or call 651-675-



A MEN'S ANGER MANAGEMENT CLASS

For men who feel that their verbal and emotional expression of anger is out of control.

For men who desire to significantly improve their relationships at home and at work.

Presented by:



The Men's Center
3249 Hennepin Ave. S
Minneapolis, MN 55408

A 501-C3 nonprofit organization serving men for 25 years
612-822-5892
www.tcmc.org

- **When it restricts your ability to have fun and relax.**

Intense anger takes you out of the moment and often directs your focus to resentments from the past or difficulties you may imagine in the future. As a result, you can end up losing spontaneity, playfulness, joy, and the ability to "slow down and smell the roses" in your daily living.

- **When it begins to create physical symptoms.**

Intense anger takes an enormous toll on your body. You can actually end up damaging yourself physically by developing headaches, stomach upset, back pain, chest pain, and even major cardiovascular problems like heart attacks and strokes.

- **When it leads to guilt, remorse, shame, and low self-esteem.**

Intense anger often leads to saying and doing things that you regret afterwards. It also may lead to some very real consequences (e.g. losing or creating emotional distance in your relationship with your partner or having less time to spend with your children). This inevitably affects, in a negative way, how you end up feeling about yourself.

- **When it leads to throwing, hitting, or breaking things.**

Intense anger can lead to making choices to destroy objects and property that are important to you and others. This not only costs money but these behaviors are also threatening to those around you and create fear in the people you say you care about.

- **When it leads to emotional, verbal, physical, and sexual**

abuse.

Intense anger and the hostile and negative thinking that accompanies it set the stage for acting out the anger in an aggressive or violent way toward other people. These sorts of actions are never helpful in addressing important issues and resolving problems and always create fear, resentment, mistrust, and emotional distance in the relationships you have.

- **When it leads to legal consequences.**

Your explosive and abusive anger has the potential to get you involved with the court system through disorderly conduct and assault charges or restraining orders. If you threaten others or use physical force with another adult, you're breaking the law and the result can be arrest, having to appear in court, being put on probation, and even ending up in jail.

Think about your own anger. Do you see yourself or others you care about in the list above? If you do, consider the option of attending an anger management workshop or seeing a counselor. In a workshop or in counseling, you can learn what anger is and isn't, how and where you developed your attitudes about anger, how to be more aware of your anger triggers and your escalation process, and what you can do to slow down and begin to address anger when it arises in a more respectful and productive way.

Anger does not have to be a "dark side" that come in and takes over, ruining your life and destroying your relationships with others. If anger has been a problem for you, take the risk and the time to try something new and different in this area. Learning how to handle your anger more effectively really can change who you are, how you feel about yourself, and how others (especially the people most important to you) feel about you.

Dave Decker, MA, is a licensed psychologist who is currently in private practice at Birchwood Centers in Eden Prairie, MN and who will be moving to his own solo practice in St. Paul, MN in early May 2003. He has worked with individuals, couples, families, and groups for 20+ years on issues related to anger, domestic abuse, and road rage. In addition, he has written a book entitled Stopping The Violence: A Group Model to Change Men's Abusive Attitudes and Behaviors, which was published by Haworth Press in 1999. Excerpts and modifications of this book are used as the curriculum for the Men Helping Men With Anger classes at the Men's Center. He can be reached at 612-725-8402.

Is Your Anger A Problem

(For You or Others)?

— BY DAVID J. DECKER, M.A., L.P.

Sometimes it feels like anger is everywhere. Take a moment to imagine some scenarios you may have seen or experienced in your own life. The parent who yells at and jerks her child by the arm in the grocery store. The driver who screams at you and "flips you off" when he thinks you're going too slow. Or couples who verbally abuse and humiliate one another, all in the name of communicating their feelings.

But is this actually anger? My answer to that question is an emphatic "no!" In reality, anger is an emotion that everyone experiences at times. It is a fact of life and a normal and natural human response. The behaviors noted above are, in fact, distortions of anger.

Anger as an emotion often serves as a "warning signal" that something important is happening that needs to be attended to. It might be that you're feeling threatened. It could be that you're unable to control someone or something. It might mean that your wants, needs, and rights aren't being adequately addressed. Or it could mean that an old hurt from the past is being reactivated by a person or situation in the present.

Anger as an emotion is a part of being human. How your anger affects you and others depends on the way it is handled. Your anger can build self-confidence, self-respect, and self-esteem and enhance your relationships with others. Or it can create guilt and shame and destroy trust and intimacy. It all has to do with how you experience and express it. When expressions of anger become shaming, punishing, abrasive, vengeful, and abusive or when you don't express your anger at all, it begins to take a toll on your emotional, spiritual, and physical well-being and on your relationships with others.

What are some signs that anger may have become a problem in your life? Take a look at the list below and see if what is discussed triggers any concerns for you about your own or someone else's anger.

- **When it occurs too frequently.**

There are plenty of justifiable reasons to get angry. Everyone gets angry at times. But there are also lots of other times when anger is not useful or necessary. If you find yourself frustrated and angry much of the time, slow down and take a look at why this is happening.

- **When it lasts too long.**

When anger is prolonged (often by what or how you're thinking about it), your physical stress arousal is more difficult to handle and it's harder to bring yourself back to "normal" levels. This means that you are continually "on edge" and set yourself up for even more aggravation by many of the minor annoyances

and inconveniences in day-to-day life.

- **When the intensity is too great.**

Small or moderate amounts of anger can be helpful to energize you or motivate you to act in a productive way. But high degrees of anger cloud your thinking, decrease the potential for effective problem-solving and conflict resolution, and create unnecessary "wear and tear" on your physical self.

- **When it disrupts relationships.**

Intense and explosive anger is often misused as a way to resolve conflicts. Some people think that, "If I just yell loud enough, I will be able to make my point, change others' minds, and get my way." In reality, this type of behavior often creates hurt, resentment, fear, and intimidation in partners, children, and others. As a result, you may actually end up driving away the very people you say you want to be close to.

- **When it interferes with getting things done or creates problems for you on the job.**

Intense anger makes it more difficult to concentrate and harder to focus on and accomplish projects you want or need to do at work or at home. Explosive anger also will cause co-workers to shy away from you, limits your creativity on the job, and may even lead to quitting jobs abruptly or being suspended or terminated at work.

We Need A Few Good Men!

We learned in the Anger Management Classes that it is OK to ask for help when we can't do it alone. Well, I can't do it alone. I'm asking for your help to build up our Anger Management Facilitator Training Program. The volunteers are the heart and soul of the classes. They need ongoing support and new volunteers need training to join this special group of men "who are doing well by doing good works". Please donate to help build this unique program and contribute to a more peaceful world. Your contributions are tax deductible!

Mail your checks to The Men's Center, or call in a pledge to 612-822-5892. These are the categories:

BE A GOOD SPORT: \$25.00 - \$50.00
BE A GOOD GUY OR GAL: \$50.00 - \$100.00
BE A PAL: \$100.00 - \$200.00
BE A PARTNER: \$250.00 - \$500.00
BE AN ANGEL: \$500.00 and UP!

Note: *The Men Helping Men With Anger Program is supported entirely by private contributions and class fees. We do not get government funding. You are our support!*

Spin-off

– Anger Management Has Many Applications

– BY BOB ANDERSON

(Editor's note: This is an excerpt from the Foreward to a course in anger management for the visually impaired developed by one of The Men's Center's facilitators.)

I developed this curriculum based on my experience facilitating anger management classes at the Twin Cities Men's Center. While that program focuses on ending abuse in relationships, I found the concepts and skills – and more importantly, the process – helpful in dealing with my blindness. This was an unintended result, not at all why I entered the program. For years, I have wrestled with issues of anger: rage, righteousness, passive-aggression, defensiveness, withdrawal, depression and control issues – you name it, I've been there.

But what I found as a consequence of my involvement in the Men's Center program was something surprising. With respect to my growing blindness – I am in the later stages of retinitis pigmentosa – I mellowed, became more gentle, developed the capacity to flow with situations and learn what they had to teach me.

Instead of getting flustered when I got disoriented in the Minneapolis skyways, and feeling embarrassed and humiliated at my confusion, enraged at the obstacles in my path, the people who bumped into me or tripped over my stick, the walls that seemed to materialize out of nowhere and box me in like a trapped rat who couldn't find the cheese; instead of glowering and muttering and shrugging off expressions of concern and offers of help from anonymous passers-by – I found myself at peace; I flowed. I tapped gently and deliberately, my breathing calm, my body relaxed, taking each obstacle as another clue, each mistake as a gentle correction to keep me on my path. Each offer of help was further evidence that the universe was not hostile or indifferent, but with me all the way, providing what I needed. You could call this magical thinking; I call it moving in harmony.

I reported another break-through in a

subsequent class. I was walking along Marquette with my cane one afternoon during rush hour, when a car pulled out of a parking garage, ran over my stick and snapped it in two like a twig. A few years earlier, I would have stamped and railed like Rumpelstiltsken, exposed in my vulnerability. But this time I kept my cool. The driver apologized, said he didn't see me, and offered to drive me to my destination. I realized immediately, even before he spoke, there were two sides to this situation. The exit was a narrow opening in the wall, which was flush with the sidewalk, and I had veered from the center of the broad walkway and was tapping against the wall to get my bearings. Maybe he didn't see my stick until it was too late. Maybe he was harried, distracted, careless for a moment – I have been there, in the tumult of downtown. All this flashed into consciousness in an instant, along with my terrible vulnerability, the sound of that snapping stick. I have lost five or six sticks to cars in my career; my mom always tells me, "Be glad it wasn't you," when I am tempted to rage at the idiocy of drivers and lament my awful predicament – and as usual, there's wisdom in her counsel.

I reported this incident to my group with some pride, because part of what we learn in anger management is to develop a sense of perspective and detachment, and a sense of empathy, mutuality and respect for the other creatures with whom we share this planet. But in all honesty, I had to report that I declined his offer of assistance. There is in me still a sense of pride and independence that is not always healthy; and I had to confess, as I turned and hobbled home, my back bent, tapping my half-stick in front of me, its crushed end flopping lamely on the sidewalk, I wanted to shame him, hurt him. The ugly part of us dies hard. A step forward, a step back – anger management is life-long work.

I have told these stories at length, because that is what we do in anger management, tell stories. In the telling, and the hearing, we are healed.

I have gained immensely as a blind man from my work with anger management. There is a great grieving and anger associated with vision loss; we can get stuck in it, or we can flow with it, learning as we go. I invite you to see your vision loss, and your grieving and anger around that loss, as a path to insight and healing. That is why I have written this curriculum, and why I am teaching this course.

P E A C E

in the world starts with peace
within ourselves
then to those around us,
same as the concentric,
ever expanding ripples
made by a stone dropped into a pond.

We Are Unique!

A mens education and support class dealing with our anger issues and actions.

Facilitated by men who volunteer to help other men by teaching and sharing.

Helping over 500 men is 12 week classes since 1997 bringing some peace and joy to their lives.

We don't do miracles but we see them.

It takes most men a lifetime (at least it feels that long) to get where they really, really hurt and are able to ask for help.

*Joy will happen
with hard work
and honesty
with effort over time
beliefs can be unlearned
actions can be changed
its worth it
to really start living
with joy and happiness
and peace within
and all around.*

Picking Up the Telephone!

— BY M. MAKI

Making the telephone call for help is one of the hardest first steps to do. Getting the information can seem hard too. Finding the right "help", the right "group", the right "person" is a major task when you are scared and hurting.

Herb has answered hundreds of calls from guys that are looking for "help". It wasn't that easy for him to make the first call either. In fact, it took almost 3 years from his first call to The Men's Center to work through his fears, phobias, and stereotypes before he walked through the door to see how he could contribute. His journey took him through the Adult Children of Alcoholics groups first. He wanted to stay on the growth journey, founded the Anger Management Program, and realized that he needed to take it himself! While some men express anger outwardly, he repressed it and it led to depression.

What a difference it made! He really got into it and read and practiced the material on a daily basis. You can't find a man who believes as sincerely as he does in the program. He has heard from many men how much understanding anger issues helps to deal with them in a positive and rewarding manner. Call him for information at 612-827-3393.

Make the telephone call. Take the class. It will change your life in the most profound manner.

JUST DO IT! NOW!

CLASS STRUCTURE

The focus of the twelve week anger management class is both education and support. Through class interaction, experiential exercises, lecture, and homework assignments, men will develop new ways to manage their feelings of anger.

Following completion of the class, participants can join an ongoing support group to reinforce their new skills. These ongoing support groups will also be facilitated by the trained volunteer facilitators.

Testimonials From Classes:

"Liked tonight, good humor, lots of participation, and gained plenty of insights. Heard great things about this course and it's fully lived up to them." — John

"I liked the sharing of people's backgrounds. I felt not so alone with this problem of ashamed of it." — Cory

"Sharing my experiences and getting feedback from other men." — Anon

"Time was allowed for everyone to share personally if they wanted. The chemistry feels good even though I'm a bit scared." — Anon

"The very personal sharing. It allowed for real connections to begin and I realize I'm not alone anymore." — Anon

"Well structured, non-judgemental, good sharing by everyone including the facilitator." — John

"Good materials and forum for exploring emotions and responses to anger. Good to get perspective from others." — Phil

"I really liked tonight - listening to others and sharing and seeing others grow. The facilitators are great!" — Cory

What is Next?

(FOR MEN WHO HAVE COMPLETED THE CLASS)

"The classes really opened doors to my emotions, my past experiences and I'm beginning to understand. The world is starting to look and feel better. But I want, and need, more structure and support. I need to be held accountable for my actions or inactions. Its easy to go back to my old patterns and choices that didn't work but somehow felt easier. What can I do to keep involved?"

HERE ARE THREE WAYS TO STAY INVOLVED IN ANGER MANAGEMENT SUPPORT!

1. ALUMNI SUPPORT GROUPS: Facilitated support groups meet every other week for 8 sessions to review the basic principles from the class and help support you in your current situation. The class meets with the same group and is limited to 10 men. \$80.00 prepaid.

2. PHASE 2, ANGER MANAGEMENT: A 10 week class for ongoing support with trained facilitators to help you deal with your own personal issues as you continue to apply the principles learned in the basic class. \$100.00 prepaid. Please call Herb for information.

3. FACILITATOR TRAINING: Become a volunteer facilitator and attend additional workshops to increase your skills and understanding. This will help you stay in touch with your own growth while helping other men learn new skills. Please call Herb (612-827-3393) or The Men's Center (612-822-5892).

CLASS STRUCTURE

DETAILS

The focus of the twelve week anger management class is both education and support. Through class interaction, experiential exercises, lecture, and homework assignments, men will develop new ways to manage their feelings of anger.

Following completion of the class, participants can join an ongoing support group to reinforce their new skills. These ongoing support groups will also be facilitated by the trained volunteer facilitators.

Length of Class:
12 consecutive weeks

Number of Participants:
Space is limited to 12 participants with 2 facilitators per class

Cost:
\$165 for Men Center Members
\$175 for Non-Members

Starting Dates and Times:
Classes will be scheduled as the waiting list fills. Please call TMC at 612-822-5892 to be placed on the waiting list. State name, address, telephone, preferred day of the week, and available starting date. Other questions, call Herb Jachne 612-827-3393.

REGISTRATION FORM

Name _____

Address _____

City/State/Zip _____

Phone Home Work _____

Register me for the class starting:

*Call TMC for class schedule.

Member of Twin Cities Mens Center? Yes No

Complete this form and send along with \$175 payment to:

Men Helping Men With Anger
The Men's Center
3249 Hennepin Ave. So., Suite 55
Minneapolis, MN 55408
612-822-5892

New Developments in Understanding Relationships Part II

Presenter: Jim Duffy

When: Wed., Jul 30, 7:00-9:00pm

Open to Men and Women

Continuation

Part II - Questions & Discussion about Jim's lecture on July 2. You don't need to have attended the lecture but it would be helpful.

There has been a lot of exciting and valuable research published in recent years on the subject of behaviors that help or hinder success in intimate relationships.

From scientific researchers such as John Gorman and Neil Jacobson to psychiatric authors such as Bernard Appelbaum and Ellen Wachtel these recent results are both immensely practical and profoundly fascinating in what they teach us about human nature. Come and hear a summary presentation of some of the recent research and learn more about how you can study in depth the new developments in understanding of intimate human relationships.

Jim Duffy is a writer and freelance researcher in a wide variety of areas of the human studies. He is a humanist, educator and consultant whose popular presentation and many subjects at the The Men's Center have been well received as both interesting and useful as well as often controversial.

Men's Rights in Divorce

Presenter: Jim Gerharter

When: Wed., Aug. 6, 7:00-9:00pm

Open to Men and Women

Jim will focus this presentation on men's rights and responsibilities in domestic relationships and pre-divorce actions which can help or hinder men in protecting their rights.

Jim Gerharter is a Minneapolis attorney practicing in the Uptown area. He represents primarily men in domestic cases. He is a longtime member of the Men's Center and has made numerous presentations at the center

SUPPORT GROUPS

"The mission of the Men's Center Support Groups is to create a safe place, in times of personal and social challenge, for any men and women to receive and give support to one another and share feelings and experiences to facilitate SELF-ACCEPTANCE and PERSONAL GROWTH."

The Men's Center support groups are hosted by a trained facilitator. Although

each group has a specific focus, all groups are open to general discussions and attended as a Drop-In basis. Support groups begin promptly at 7:30, so arrive early such that you can browse the many resources and library materials. A donation of \$3-9 helps keep TMC operational. Liquid refreshments are available at a separate donation rate. All groups are men only, except where listed for women and men.

• Minneapolis Location

3249 Hennepin Ave. S. Suite 55

• St. Paul Location

Memorial Lutheran Church
NE Corner Maryland Ave. & Earl St.
(not a mailing address.)

Men's and Women's Issues

General Mixed-Gender Issues

Open to Men and Women

Participants can express what it means to be male or female, and hear constructive feedback in a safe, mixed-gender environment.

- Mondays (Mpls) 7:30 - 9:30 pm

Emotional/Psychological Abuse

Open to Men and Women

This group is for people who are or have been in abusive relationships that interfere with health living.

- Thursday (Mpls) 7:30 - 9:30 pm

Twenty-Something GLBT

Open to Men and Women

A discussion/support/social group for Twentysomething GLBT persons. Any GLBT in her/his 20s is welcome to attend. GLBT topics and issues are discussed in an open, affirming and supportive environment. Ideas for discussion topics or social events are welcome!

- Wednesdays (Mpls) 7:30 - 9:30 pm
- Saturdays (Mpls) 1:00 - 3:00 pm

General Men's Issues/Relationship Issues

Divorce/Uncoupling/Family of Origin/Workplace

Men express feelings about separation, divorce, breaking up with a lover, and topics such as child custody/legal hassles. Men can express what it means to be a man in our culture and other issues in their lives.

- Mondays (Mpls) 12:30 - 2:30 pm
- Tuesdays (St. Paul) 7:30 - 9:30 pm
- Thursdays (Mpls) 7:30 - 9:30 pm

Gay Issues

Men express feelings about life's challenges and experiences, and what it means to be gay and male (you don't have to be gay to attend.)

- Tuesdays (Mpls) 7:30 - 9:30 pm

Re-Entry

This group is intended to focus on the

difficulties persons face when leaving a prison environment and reentering the community, where a former prisoner can go for emotional support when he returns to the community, and where he can be openly honest about his discouragements, frustrations, temptations, and fear of public attitudes.

- Wednesdays (Mpls) 7:30 - 9:30 pm

Male Survivors of Sexual Abuse

You may feel alone. It is a brave step to seek out other men who can share from this perspective the deep feelings of shame. Only by talking it out can freedom evolve from this secret prison.

- Thursday (Mpls) 7:30 - 9:30 pm

Bisexual Men

This group will allow Bi men to explore personal issues of all kinds while learning from each other what it means to be a Bi man.

- Fridays (Mpls) 7:30 - 9:30 pm

Men Facing Retirement Issues

A support group for men thinking about retirement or who have already retired. It is an opportunity to share feelings with other men about the importance of work and what happens when paid employment is no longer part of a man's life.

- 3rd Sundays (Mpls) 5:30 - 7:00 pm

MEN AND WOMEN IN RELATIONSHIP CLASS

THE 6 WEEK COURSE DURING MONDAYS IN FEB AND MAR WAS SUCCESSFUL, AND WE ARE OFFERING IT AGAIN ON 6 MONDAYS 630-830 FROM JULY 14 TO AUG 18. THE FIRST 3 CLASSES OF ONLY MEN, WILL BE AT THE MEN'S CENTER, AND LAST 3 WILL BE TOGETHER WITH THE WOMEN AT CHRYSALIS.

TALK TO YOUR FEMALE PARTNER AND CALL CHRYSALIS 612 871-0118 TO REGISTER. FEE IS \$10 PER SESSION, BUT NO ONE WILL BE TURNED AWAY, PAYABLE AT THE MEN'S CENTER FOR THE FIRST 3 WEEKS, AND AT CHRYSALIS THE LAST 3 WEEKS WHEN MEN AND WOMEN WILL BE TOGETHER.

Here and There

– Edited by Andy Mickel

Please note the Men's Center's new E-mail address: <tcmc@tcmc.org>. - Andy Mickel, 2003-05-11.

Father's Day is June 15th this year. The Urban Ventures Center for Fathering sponsors a Run for Fathers on Father's Day morning. - Jim Lovestar, 612-588-8984, 2003-05-19.

The 13th annual Twin Cities Festival of Fathers and Families is scheduled for August 9th this year. - Zachary Tift, MELD Young Dads, 612-332-7563, 2003-05-19.

Eat and socialize at the next **Monthly Men's Sunday Brunches** (bring something to share/cook up). **Sunday, June 15th** (Father's Day—children welcome) at Jim Lovestar's backyard picnic table, 2629 Upton Ave N, Minneapolis (just east of Victory Memorial Parkway), 612-588-8984. **Sunday, July 20th** at Tom Weaver's & Steve Dobberstein's, 2324 E 37th St, Minneapolis (just east of Cedar Ave S and north of E 38th St) 612-729-9416. **Sunday, August 17th** at Dean Jurek's, 3620 W 32nd St #102, Minneapolis (just off Excelsior Blvd, west of Lake Calhoun), 612-922-8604. Men hang out together and enjoy good food with no agenda whatsoever. These brunches are **open to all men from 10 a.m. until 1 p.m.**; plan to come and chat and eat for a 1/2-hour to 2-hour period anytime – inevitably some men stay on until 2 p.m. 20 men attended April's men's brunch hosted by Harry Greenberg and 8 men attended last month's brunch at Rick Gravrok's "superkitchen". - Andy Mickel, 612-331-8396, 2003-05-19.

Call for Submissions: Unpublished Short Fiction by Lesbian, Gay, Bisexual and Transgendered Authors Blithe House Quarterly, <http://www.blithe.com/>, the leading online journal of lesbian and gay literary fiction, is pleased to open submissions for its 2003 issues. Now in its seventh year of online publication, **Blithe House Quarterly** features new short stories by lesbian, gay, bisexual, and transgendered (LGBT) authors — both emerging and established. With an average of over 24,000 readers per issue, Blithe House Quarterly is the most widely read of LGBT

literary periodicals. OUT Magazine has called us "the central publishing arm of new queer fiction." A recipient of Encyclopaedia Britannica's Internet Guide Award, we are also a featured site on Internet hubs. - Aldo Alvarez, 2003-05-11.

The 19th Annual Minnesota Men's Conference, *The Dragon of Grandiosity*, will be held September 9-14 2003 at Camp Miller on Sturgeon Lake in northern MN and led by Robert Bly, Robert Moore, Malidoma Some, Miguel Rivera, Doug von Koss and Tom Gambell. The Dragon can be compared to that little bit of grandiosity we have in ourselves, but we can see what happens when a country becomes too grandiose. *How can we participate in dragon power without encouraging it to kill thousands of people? The Grandiose One in us has a twin – Utter Worthlessness.*

Malidoma, from the Dagara Tribe in Burkina Faso, has written an autobiography, *Of Water and the Spirit* and is an astonishing teacher, able to bring in ideas almost unheard of in the West. **Robert Moore** is an expert on the partnership between psychology and spirituality whose latest books are: *The Archetype of Initiation: Sacred Space, Ritual Process & Personal Transformation*; and *Facing the Dragon: Confronting Personal and Spiritual Grandiosity*. **Robert Bly**, internationally known author and poet has taught men how to create a home for what is best in them and inspires men and women to lead a life of intensity and beauty. Musician & drummer **Miguel Rivera** recites poetry in Spanish and English. **Doug von Koss** will lead early morning chanting. **Tom Gambell**, will teach Aikido workshops.

Conference is limited to 100 adult men and 20 young men; \$625; \$325 youth 13-20. FFI: Craig Ungerman: 877/333-3136, <hiddenwine@earthlink.net>, <<http://www.hiddenwine.com/>> - Mark Stanley, 2003-05-14.

Stop it Now! Minnesota is a new group with a campaign to prevent child sexual abuse. FFI: <stopitnowmn@projectpathfinder.org> 1821 University Ave W, #385, St. Paul, MN 55104, 651/644-

8515, - Randy Genrich, 2003-05-19.

The next regular meeting of the **Twin Cities Chapter of the Coalition of Free Men** promoting "Equal Rights and Equal Responsibilities" is on their website: <<http://ncfm-tc.8m.com/>> P.O. Box 582023, Minneapolis, MN 55458-2023 (888) 223-1280. - Andy Mickel, 2003-05-19.

The University of Minnesota Institute on Domestic Violence in the Afro-American Community's Spring Forum, June 5-6 at the Minneapolis Convention Center is entitled: *"African-American Children and Domestic Violence: Prevention and Intervention."* FFI: 1-877/643-8222 or 612/624-5357.

Minnesota AIDS Project's HIV Resource Guide is still available! You can access the most updated information 24 hours per day by going to <http://www.mnaidsproject.org> and then clicking on "HIV Resource Guide." You can also order hard copies of the 144-page book, free of charge, by contacting Minnesota AIDS Project AIDSLine 612-373-2437 or 800-248-2437 TTY 612-373-2465 or 888-820-2437 <<http://www.mnaidsproject.org>>; <mapaidsline@mnaidsproject.org>

The next **Mankind Project Minnesota New Warrior Weekend** will be held Nov 7-9th, 2003 at Eagle Lake Camp near Brainerd, MN. The cost is \$595. Discounts available for early registration. Contact Andy Miller 612-269-7369 or see: <<http://minnesota.mkp.org>> for Open House dates/times and with any questions. Register with Tracy Bridge, 1003 Oakridge Avenue, Shoreview, MN 55126; 612-321-4723 (office); 651-482-0929 (business); E-mail: <Turtlelake4@aol.com> - Andy Miller, 2003-05-09.

Visit our web site, <<http://www.tcmc.org/>> for all kinds of Men's Resources for Twin Cities men! **E-mail:** <tcmc@tcmc.org> - Andy Mickel. - 2003-05-19.

PROTECT YOURSELF, PROTECT YOUR LOVED ONES

The HIM program of the Red Door Clinic will be doing free HIV testing from 6:30pm to 7:30pm on Tuesdays, July 8 and 22, prior to the Gay Issues group.

The program will continue Tuesdays, August 5th and 19th. No appointment necessary. Confidentiality is assured.

This is an oral HIV test. Results take two weeks.

RETIREMENT GROUP RESCHEDULED

In honor of Father's Day, the June retirement group will meet the 2d Sunday Jun 8, at 530, instead of the usual 3d Sunday at 530. The July meeting will be the 3d Sunday, July 20th at 530. This support group is for men who have retired or who are thinking about retiring, and the feelings associated with this major life change. So come join us if this issue applies to you.

Norm Petrik, Group facilitator.

The Men's Center ALL-PURPOSE COUPON

Clip this form and mail to The Men's Center. A regular annual membership at The Twin Cities Men's Center is \$20. With that you get access to the extensive reference library on Men's Issues, receive the Men Talk newsletter, participation in the annual meeting, and enjoy reduced fees to Men's Center sponsored events. If you are able to afford a membership at the Patron (\$40) level, you get free admission to all Wednesday workshops in addition to all the regular membership benefits.

- I want to sustain the activities of The Men's Center by becoming a "20 x 12 Honor Roll Member."
- Please ENTER/RENEW my membership at The Men's Center for the next 12 months:
Enclosed please find \$_____ \$20 (Regular) \$40 (Patron).
- I want to make an additional, tax-deductible gift of \$_____. Thanks much.
- My new/correct address/phone is printed below.
- Please remove me from The Men's Center mailing list; the pre-addressed gummed mailing label is attached.
- I have these feelings, thoughts, opinions, ideas, news items for The Men's Center:

Date _____

FROM: name _____
 Mailing address _____

 Home phone _____
 Work/other telephone _____

Syphilis Rising... among men who have sex with men (MSM)

- 56 early syphilis cases among MSM in Minnesota in 2002. About 45% were co-infected with HIV.
- Syphilis can be treated and cured. If not treated, it can be very harmful and even cause death. Syphilis can make it easier to spread or get HIV.
- Syphilis is spread by unprotected oral, anal or vaginal sex. Latex condoms can help provide protection -if used correctly and consistently- and when the infected areas are covered.
- Symptoms include a painless sore in or on the anus, penis, mouth or lips. A rash will appear later. Symptoms go away without treatment, but syphilis will remain until treated.

If you have had unprotected sex or have had symptoms, get tested at your own medical provider or at the:

Red Door Clinic Room 111 Clinic
 525 Portland Ave. OR 555 Cedar St.
 Minneapolis St. Paul
 (612) 348-6363 (651) 266-1352

For More Information About Syphilis
 Minnesota Family Planning & STD Hotline:
 1-800-78-FACTS voice/TTY
 Syphilis fact sheets online at: www.health.state.mn.us

UPTOWN AREA SPACE TO RENT

The Men's Center, 3249 Hennepin Ave S has daytime & weekend space available. Private, quiet, confidential. Especially suitable for therapists, small groups, or yoga classes.

Space Rental Rate Schedule:

	<i>Not for profit</i>	<i>Profit event</i>
Full Day (8 hrs)	\$50	\$100
Half Day (4 hrs)	\$25	\$50
Hourly	\$7.50	\$15

(612) 822-5892

THIS SPACE AVAILABLE FOR YOUR AD

Advertising Rate Schedule:

Full Page	7-1/2" x 10"	\$200
1/2 Page	7-1/2" x 4-7/8"	\$125
1/4 Page	3-5/8" x 4-7/8"	\$65
Business Card	2" x 3-1/2"	\$25

E-mail: tcmc@tcmc.org

TMC Office Hours: M, Tu, Th, F ;1-4:30pm. Our telephone (612) 822-5892 is answered 24-hours per day by US West voicemail, and an attempt is made to return calls within 1 or 2 days. Our FAX number is (612) 821-6424.

TMC is in the lower level of "Uptown Office Park," a brick office building on the Northeast corner of West 33rd Street and Hennepin Avenue in south Minneapolis, Enter through the door on the north (3249) end of the building (it has 2 numbers: 3249 and 3255!), immediately turn left and descend the stairway through the fire door to Suite 55. (Formerly) handicapped access is easiest through a side door on West 33rd Street.

Check out our web site: www.tcmc.org or correspond at our email address: tcmc@tcmc.org

The Men's Center
3249 Hennepin Avenue South, Suite 55
Minneapolis, MN 55408 USA

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MEN TALK

The Men's Center News

4

MINNESOTA DEPARTMENT OF HEALTH RELEASES 2002 HIV/AIDS DATA

The number of people diagnosed with HIV infections in 2002 rose 6 percent from 2001, from 288 to 305 cases, according to a new report from the Minnesota Department of Health (MDH), "HIV/AIDS Surveillance Report – 2002."

African-born, African American and Latino populations continued to have higher rates of infection compared to whites. Statewide rates for African Americans and Latinos were 12 and 7 times greater than whites. Rates for African-born communities were over 40 times greater than whites. Men who have sex with men (MSM) of all races and ethnicities continue to have higher rates of infection.

"Populations of color and MSM continue to be disproportionately affected by HIV in the United States and Minnesota, and we are deeply concerned when we see these health disparities continuing among our communities," said Dr. Harry Hull, state epidemiologist and director of the Division of Infectious Disease Epidemiology, Prevention and Control at MDH. "In order for us to turn this trend around, we need to continue to intensify and concentrate our efforts within these communities."

Health officials emphasize that the spread of HIV remains highly preventable. Latex condoms, when used consistently and correctly, are highly effective in preventing HIV transmission. Avoiding the sharing of needles or equipment to tattoo, body pierce or inject drugs will prevent the spread of HIV as well.

In addition, new initiatives have begun to reach Minnesota's African-born communities through a project consultant that was hired at MDH. "We are connecting our African-born communities with local HIV prevention education, HIV testing services, and trainings for their community educators," Hull said. "We are also assisting agencies and organizations serving these communities to expand their capacity to deliver HIV-related programs." The MDH web site has fact sheets about HIV and other sexually transmitted diseases that have been translated into the African languages of Oromo, Somali and Amharic. The complete HIV/AIDS Surveillance Report – 2002 and the fact sheets that have been translated into African languages can be found on the MDH web site at <http://www.health.state.mn.us>.

Information about HIV is also available from the Minnesota AIDS Project (MAP) AIDSLine, (612) 373-2437, 1-800-248-2437.

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