



# MEN TALK

THE MEN'S CENTER NEWS

April/May 2005 VOL. 29 #2

## *Low carb, High risk: A critique of the latest diet craze*

— BY JIM LOVESTAR

I'm here to expose a secret. This secret is protected by most of this culture we live in. It is based on sales figures of diet books (mostly women) and preconceived notions. Here is the secret...ready?...we men are concerned with how we look. We do all kinds of things to lose weight, look "buff", be sexy, and attract a mate. We do all that differently than women.

A man is mostly loathe to admit that he is trying to lose weight (with the exception of the man you are thinking of right now who loves to talk about his struggle with fat). He might be thought of as vain or horrors, effeminate.

The Adkins Diet and its kin have led to something of a change in that attitude. You can "eat all you want", chow down on red meat at every meal, be a protein gobbling manly-man. You can take action instead of denying yourself the foods you love.

You are probably aware of the cautions regarding heart disease and cancer when consuming a high protein and fat/low carbohydrate diet. I'll discuss some of the lesser-known aspects of the situation. The hype about these eating plans leaves out several important sets of facts.

1. The consumption of excess protein leads to osteoporosis. You are probably familiar with the information about the millions of women who suffer from this condition. Men, as we age, can also develop osteoporosis. In fact, two million men a year are diagnosed with osteoporosis. Two million.

How does protein contribute to osteoporosis? Simple, protein is composed of amino acids. That last word, "acids" is crucial here. The body strives very hard to maintain a constant acid/alkaline balance. When the food you eat is too high in acid, the body draws calcium from the bones to balance it out. Decalcified bones become osteoporosis.

Certainly, there are other factors that contribute to osteoporosis. Today, though, we are talking about protein. How much protein is too much? We'll get there.

2. At least one study has demonstrated a high correlation between the high protein and fat/low carbohydrate diet and hair loss. Did that get your attention? Yes, hair loss. This is one area we men admit our vanity and those who promise to prevent hair loss or replace what we've lost make a ton of bucks.

Again, in simple terms, these diets tend to lack important nutrients. The nutrients support the growth of healthy hair and in their absence, hair goes away. Many of these nutrients are found in complex carbohydrates, fruits and vegetables.

3. The excess amino acids, once bound to calcium, are carried to the kidneys for elimination. If the kidney is overworked on a daily basis, you will experience kidney damage. The effects of kidney damage, like osteoporosis, are cumulative. You'll feel fine now, unless you develop a kidney stone, and hurt a lot later.

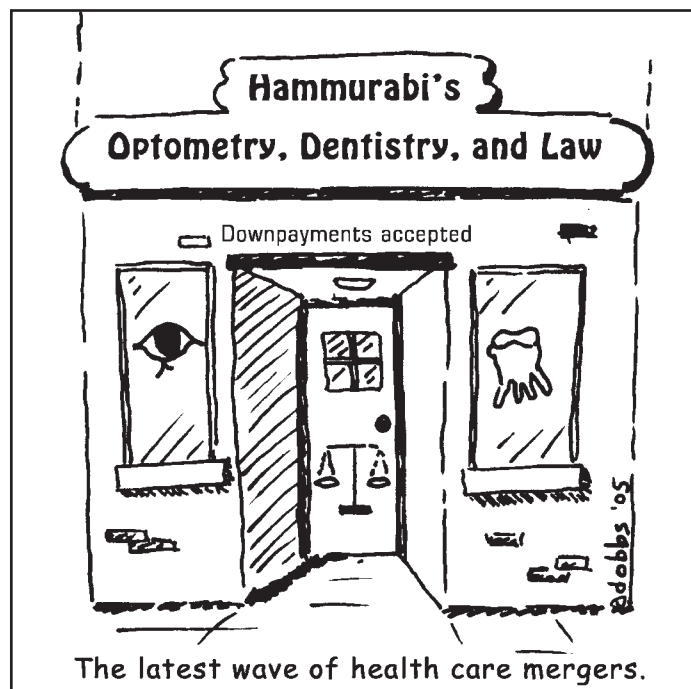
You can find lots more information about this in the May, 2004 issue of *Men's Health* magazine. *Men's Health* has the largest circulation of any magazine published for men, more than *GQ*, *Playboy*, or *Esquire*. Perhaps a subtle sign of our vanity, especially when you check out the pictures of men in the magazine and on the cover.

*Newsweek*, August 2, 2004 also has a related cover article that you, who are concerned about your health, might find interesting.

Now, how much protein is too much protein? The guidelines I work with say that we should consume .4 to .9 grams of protein per pound of body weight a day. The low end is for the sedentary man and the high end is for someone who is extremely athletic. There are 28 grams in an ounce. You do the math.

Yes it's true, you may need less than quarter pound, four ounces of protein a day. Quarter pound, where have I heard that before? Certainly,

*Low carb, high risk continued on page 2*



**Library Corner**

—DON JENSEN,  
LIBRARIAN



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 checkout 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 have a new book, thanks to Francis, *Men Freeing Men - Exploring the Myth of the Traditional Male*, edited by Francis Baumli, Ph.D. We also have many periodicals and newsletters for your use:

- Men's Health
- Voice Male
- Lavender
- Men's Journal
- Transitions Nov/Dec 2004 - *The Invisible Victims of Domestic Violence*
- Rainbow Families
- Bi All Means
- Wellness Journal
- The Edge
- Everyman
- D.A.D.S #1

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!**

*Men Talk* is a bi-monthly publication of the Twin Cities Men's Center, a non-profit organization. Call 612-822-5892 for subscriptions, or e-mail us at [tcmc@tcmc.org](mailto:tcmc@tcmc.org)

**Editor**  
Bill Dobbs

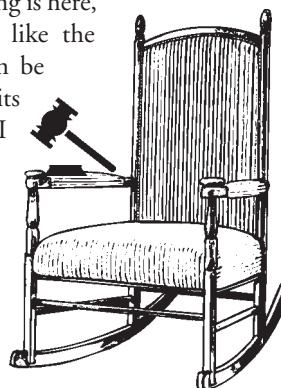
- Board of Directors**
- Bob Eng, Chair
  - Langford Dudley, Vice-Chair
  - Norm Petrik, Secretary
  - Gerry Obremski, Treasurer
  - Malik Holt-Shabazz
  - Tommy Jones
  - Andy Mickel
  - Bobby Schauerhamer

**Letter from the Chair**

Greetings everyone. Spring is here, sort of, and it seems like the desire to hibernate can be shrugged off. One of the benefits of living around four seasons, I think, is to experience the cycles of nature.

Most of us tend toward routines that hypnotically lead to an ignorance of those inner voices that ask us to widen our perspective on things. In terms of our health that's a set up for problems.

We've all gone through high stress times when we might have wondered, in morbid fascination, what was going to break down first; our body, our mind, or our spirit.



I think the Men's Center usually gets THE CALL during those times. We continue to be an important resource year round come rain, snow, or sleet of life. Numbers are up over this past year for support group attendance.

Answering your inner call to reach out is a good thing. Best not to wait until you're frozen or fully baked.

**LIVE LONG AND PROSPER,  
BOB ENG,  
BOARD CHAIR**

**MEMORIAL**

An anonymous donation was given to The Men's Center for the Anger Management fund as a memorial to Marion Anderson, Bob Anderson's mother.

**Thank You.**

*Low carb, high risk continued from page 1*

this is less than most men are accustomed to eating.

**What can you do?**

1. Eat vegetables, food that has color. Drop food that is processed, except for an occasional treat. Dairy products —high calcium, yes, and also high protein— are a source of controversy . If you want calcium, cultivate a taste for greens like kale and collards. They contain lots of easily assimilated calcium and help keep the bowels regular, too. Beans and tofu are good sources of calcium and are lower protein than dairy products.

2. Become more active physically than you are now. Forget the concept of "exercise". For many men this seems to much like work. Just take the stairs instead of the elevator, park at the far end of the lot, or connect with a friend while walking instead of eating. Those who are physically active are resistant to osteoporosis and weight gain.

3. Drink lots of water. The water burns fat as the body brings from room temperature to body temperature. Water is also the single best prevention practice for kidney stones. Water is your friend.

*Jim Lovestar is the founder and president of the Institute for Men's Health and Well-being. More information is available by visiting [www.consciousbody.info](http://www.consciousbody.info) or calling 612-588-8984. He recently presented this information at a Wednesday night workshop at The Men's Center.*



# 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	
<h1>Apr/May05</h1>				The Men's Center number is 612 / 822-5892. Call us about Anger Management classes.		<b>SUPPORT GROUP</b> Men's Bisexual issues 7:30 p.m.	<b>SUPPORT GROUP</b> Healthy Sexual Boundaries 10:00a.m. Transition 1:00 p.m.
				3	4	5	6
	<b>SUPPORT GROUPS</b> General Issues 12:30p.m. 20's GLBT 7:30p.m.	<b>SUPPORT GROUPS</b> Addiction Busters & Gay Issues in Mpls Divorce/Uncoupling/General Issues in St. Paul 7:30 p.m.	<b>PRESENTATION</b> Men, Sexuality, And Aging 7-9 p.m. Transition 7:30 p.m.	<b>SUPPORT GROUPS</b> Div/Uncpl/General: Male Surv. Sex Abuse. Emotional Abuse 7:30 p.m.	<b>SUPPORT GROUP</b> Men's Bisexual issues 7:30 p.m.	<b>SUPPORT GROUPS</b> Healthy Sexual Boundaries 10:00a.m. Transition 1:00 p.m.	
10	11	12	13	14	15	16	
<b>BRUNCH</b> 10:00 a.m. <b>MEN'S RETIREMENT</b> 5:30 p.m.	<b>SUPPORT GROUPS</b> General Issues 12:30p.m. 20's GLBT 7:30p.m.	<b>SUPPORT GROUPS</b> Addiction Busters & Gay Issues in Mpls Divorce/Uncoupling/General Issues in St. Paul 7:30 p.m.	<b>PRESENTATION</b> Meditation for Ordinary People 7-9 p.m. Transition 7:30 p.m.	<b>SUPPORT GROUPS</b> Div/Uncpl/General: Male Surv. Sex Abuse. Emotional Abuse 7:30 p.m.	<b>SUPPORT GROUP</b> Men's Bisexual issues 7:30 p.m.	<b>SUPPORT GROUPS</b> Healthy Sexual Boundaries 10:00a.m. Transition 1:00 p.m.	
17	18	19	20	21	22	23	
	<b>SUPPORT GROUPS</b> General Issues 12:30p.m. 20's GLBT 7:30p.m.	<b>SUPPORT GROUPS</b> Addiction Busters & Gay Issues in Mpls Divorce/Uncoupling/General Issues in St. Paul 7:30 p.m.	<b>PRESENTATION</b> No Presentation Transition 7:30 p.m.	<b>SUPPORT GROUPS</b> Div/Uncpl/General: Male Surv. Sex Abuse. Emotional Abuse 7:30 p.m.	<b>SUPPORT GROUP</b> Men's Bisexual issues 7:30 p.m.	<b>SUPPORT GROUPS</b> Healthy Sexual Boundaries 10:00a.m. Transition 1:00 p.m.	
24	25	26	27	28	29	30	
	<b>SUPPORT GROUPS</b> General Issues 12:30p.m. 20's GLBT 7:30p.m.	<b>SUPPORT GROUPS</b> Addiction Busters & Gay Issues in Mpls Divorce/Uncoupling/General Issues in St. Paul 7:30 p.m.	<b>PRESENTATION</b> Issues Relating to Divorce 7-9 p.m. Transition 7:30 p.m.	<b>SUPPORT GROUPS</b> Div/Uncpl/General: Male Surv. Sex Abuse. Emotional Abuse 7:30 p.m.	<b>MT. ARTICLE DEADLINE</b> <b>SUPPORT GROUP</b> Men's Bisexual issues 7:30 p.m.	<b>SUPPORT GROUPS</b> Healthy Sexual Boundaries 10:00a.m. Transition 1:00 p.m.	
1	2	3	4	5	6	7	
	<b>BOARD MTG.</b> 7 p.m. <b>SUPPORT GROUPS</b> General Issues 12:30p.m. 20's GLBT 7:30p.m.	<b>SUPPORT GROUPS</b> Addiction Busters & Gay Issues in Mpls Divorce/Uncoupling/General Issues in St. Paul 7:30 p.m.	<b>PRESENTATION</b> A Circle of Warriors 7-9 p.m. Transition 7:30 p.m.	<b>SUPPORT GROUPS</b> Div/Uncpl/General: Male Surv. Sex Abuse. Emotional Abuse 7:30 p.m.	<b>MT. FINAL DEADLINE</b> <b>SUPPORT GROUP</b> Men's Bisexual issues 7:30 p.m.	<b>SUPPORT GROUPS</b> Healthy Sexual Boundaries 10:00a.m. Transition 1:00 p.m.	
8	9	10	11	12	13	14	
<b>BRUNCH</b> 10:00 a.m. <b>MEN'S RETIREMENT</b> 5:30 p.m.	<b>SUPPORT GROUPS</b> General Issues 12:30p.m. 20's GLBT 7:30p.m.	<b>SUPPORT GROUPS</b> Addiction Busters & Gay Issues in Mpls Divorce/Uncoupling/General Issues in St. Paul 7:30 p.m.	<b>PRESENTATION</b> Resist the Many Social Pressures 7-9 p.m. Transition 7:30 p.m.	<b>SUPPORT GROUPS</b> Div/Uncpl/General: Male Surv. Sex Abuse. Emotional Abuse 7:30 p.m.	<b>SUPPORT GROUP</b> Men's Bisexual issues 7:30 p.m.	<b>MT MAILING</b> 9:00 am <b>SUPPORT GROUPS</b> Healthy Sexual Boundaries 10:00a.m. Transition 1:00 p.m.	
15	16	17	18	19	20	21	
	<b>SUPPORT GROUPS</b> General Issues 12:30p.m. 20's GLBT 7:30p.m.	<b>SUPPORT GROUPS</b> Addiction Busters & Gay Issues in Mpls Divorce/Uncoupling/General Issues in St. Paul 7:30 p.m.	<b>PRESENTATION</b> Transforming Difficult Emotions 7-9 p.m. Transition 7:30 p.m.	<b>SUPPORT GROUPS</b> Div/Uncpl/General: Male Surv. Sex Abuse. Emotional Abuse 7:30 p.m.	<b>SUPPORT GROUP</b> Men's Bisexual issues 7:30 p.m.	<b>SUPPORT GROUPS</b> Healthy Sexual Boundaries 10:00a.m. Transition 1:00 p.m.	
22	23	24	25	26	27	28	
	<b>MEMORIAL DAY HOLIDAY</b>	<b>SUPPORT GROUPS</b> Addiction Busters & Gay Issues in Mpls Divorce/Uncoupling/General Issues in St. Paul 7:30 p.m.					
29	30	31					

1976 - In Our 29th Year - 2005  
 of Public Service  
 Check out our web site: [www.tcmc.org](http://www.tcmc.org)  
 email: [tcmc@tcmc.org](mailto:tcmc@tcmc.org)

## PRESENTATIONS

Workshops and presentations have been a part of The Men's Center offerings to the community since it's beginning 28 years ago.

We welcome your suggestions for new topics and presenters. Please call Randy at 61-822-5892 with your suggestions.

Presenters new to the Men's Center are: **Brent Derowitsch**, and **Jay Maasch**. Returning to continue their support of the Men's Center are: **William Cox**, **Jim Duffy**, **Scott Lewis**, **Kelley Lorix**, and **Andy Mickel**.

The Men's Center Board appreciates the volunteer presenters who return from time to time and welcomes 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

### Men, Sexuality, And Aging

Presenter: **William Cox**

When **Wed. April 6, 7:00-9:00 p.m.**

*Open to Men Only*

Our identity as men is inextricably bound to our sexuality. As we age there are expected and unexpected changes in our sexual functioning. What meaning and new possibilities do these changes offer in our elder years? This workshop will involve information, readings, reflection and sharing as we explore Sexuality and Aging. You will help create the agenda.

*William was a member of the founding*

*Board of Directors of The Men's Center in 1976. He is a member of the Community Faculty of Metropolitan State University and for the past twenty years has offered an independent study course, The American Male. In his retirement he is a Life Transition Coach and leads seminars on "From Age-ing To Sage-in: A New Vision of Growing Older!" In his previous lives he has been an United Methodist Minister, a counselor, and an organizational consultant.*

### A Circle of Warriors

Presenter: **Andy Mickel**

When: **Wed, Apr. 13, 7:00-9:00 p.m.**

The Mankind Project is an organization of men working together to improve their lives and help other men. As New Warriors We are an order of men called to reclaim the sacred masculine provides a model for men to generate and maintain a world in such a way as to include and yet rise above one's own issues for the betterment of one's self, one's own family, tribe, nation and race.

We are all familiar with a man's physical tools (a hammer, a sword, a plow....) Is this enough? What about integrity, commitment, action and clarity? I know that most men want and need these tools. The New Warrior Training Adventure can help. Join a circle of warriors to ask questions and hear how the adventure adventure has changed men's lives.

*The initiation of men is the hope of the world. - Don Jones, former chairman, ManKind Project.*

### Authentic Meditation: Meditation for Ordinary People

Presenter: **Jay Maasch**

When: **Wed, Apr. 20, 7:00-9:00 p.m.**

*Open to Men and Women*

Do you need to go to India to learn to meditate? NO! Can you be a good Christian or even a good atheist and meditate? YES!! Can you reap major benefits in 15-30 minutes per day? YES!!! In this presentation we will discuss what meditation is, what it is not, and HOW IT BENEFITS YOU!! Meditation naturally restores balance and harmony in the body and mind, and academic studies verify it's power to REDUCE STRESS and LOWER BLOOD PRESSURE. You will learn about Authentic Meditation, a simple, easy-to-learn technique that is not affiliated with any religion or formal philosophy. After discussion we will do a short practice meditation to give you a feel for what meditation is like, followed by a question/answer/sharing period.

*Jay Maasch is a certified teacher of Authentic Meditation, A student in the Therapeutic Coaching Program of the Meta Institute, and a New Warrior in the*

*Mankind Project. His evolving mission is to support people in discovering and developing their own spirituality and personal growth.*

### No Presentation

When: **Wed, Apr. 27, 7:00-9:00 p.m.**

### Issues Relating to Divorce

Presenter: **Kelley Lorix**

When: **Wed, May 4, 7:00-9:00 p.m.**

*Open to Men and Women*

Kelley's presentation will include how to prepare financially and strategically for divorce, child support, spousal maintenance, custody and visitation – what the options are and how it will affect support, property – what happens to the house, pensions and other items acquired during the marriage. This session will include question and answer session geared — helping you with the exact problems you may be faced with in your lives.

*A private practice attorney, Kelley Lorix has better than fourteen years in state courts throughout Minnesota litigating, arbitrating and mediating the issues of concern to all of us as we go through divorce. Kelley has presented numerous times at the Men's Center.*

### A Circle of Warriors

Presenter: **Andy Mickel**

When: **Wed, May 11, 7:00-9:00 p.m.**

The Mankind Project is an organization of men working together to improve their lives and help other men. As New Warriors We are an order of men called to reclaim the sacred masculine provides a model for men to generate and maintain a world in such a way as to include and yet rise above one's own issues for the betterment of one's self, one's own family, tribe, nation and race.

We are all familiar with a man's physical tools (a hammer, a sword, a plow....) Is this enough? What about integrity, commitment, action and clarity? I know that most men want and need these tools. The New Warrior Training Adventure can help. Join a circle of warriors to ask questions and hear how the adventure adventure has changed men's lives.

*The initiation of men is the hope of the world. - Don Jones, former chairman, ManKind Project.*

### How to Recognize & Resist the Many Social Pressures to Feel Crazy: Part II

Presenter: **Jim Duffy**

When: **Wed, May 18, 7:00-9:00 p.m.**

*Jim's first talk on this subject was so*

successful that many participants asked for Part II, in which Jim further discusses many social pressures our society places on us to become self-hating. There are so many ways society tries to make us feel crazy and bad about ourselves. Learn at this seminar about more social pressures to use poor judgment (i.e., to feel crazy) and to falsely believe we are ever unworthy human beings (to feel self-hatred).

*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 presentations on many subjects at The Men's Center have been well received as both interesting and useful as well as controversial.*

## Transforming Difficult Emotions

Presenter: Brent Jiku Derowitsch  
When: Wed, May 25, 7:00-9:00 p.m.

Women and men are welcome.

Brent will give an introduction to a five-step meditation for transforming difficult emotions. We can become stuck in our negative emotions. When stuck in anger or hurt our capacity to appreciate the moment and to connect with others is hindered. However, if we turn away from difficult feelings, we reject the truth of this moment and create more suffering. A negative emotion will persist until we thoroughly receive it. Healing begins with taking radical responsibility for our heart.

*Brent Jiku Derowitsch is a senior student at Clouds in Water Zen Center.*

## The Gifts of ADD

Presenter: Scott Lewis  
When: Wed, Jun. 1, 7:00-9:00 p.m.

*Open to ADD adults (men and women) and those who live and work with them.*

Attention Deficit Disorder (ADD) is not about a deficit or a disorder, nor is it an issue only for children. It is more about an inconsistency in attention, rather than a deficit. Plus, the challenges of ADD can continue into adulthood, along with the old messages of being lazy, crazy, or stupid. Although ADD is generally seen as a hardship, there are also wonderful advantages. These include high energy, intuitiveness, and creativity. Join us to take a look at these gifts ADD can offer. Through interactive discussion and small group work, we will explore these benefits, share practical how-tos and offer moral support to enjoy life with ADD.

*Scott Lewis coaches high functioning adults with Attention Deficit Disorder to enjoy their life and see ADD as a gift. He is certified by the Coaches Training Institute as a Professional Co-Active Coach. In his practice, he shares a passion for Nonviolent Communication® and Gremlin Taming®, which promote compassionate and powerful relationships without self-imposed limitations.*

*Scott has a Master's degree in Social Work and lives full-time in an RV, while coaching and traveling in North America.*

## 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.

### Men's and Women's Issues

#### 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!

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

#### Addiction Busters

*Open to Men and Women*

Struggling with chemical or behavioral addiction? AA not helping you? Frustrated with twelve -step programs? Don't like feeling powerless? Want to bust your addiction rather than being busted FOR your addiction? Would you like to talk about Rational Recovery, SMART Recovery, the works of Stanton Peele, Ann Fletcher, James Prochaska and others in a supportive, confidential, comfortable atmosphere? Come to Addiction Busters support group and discuss alternative, cognitive approaches that may help you battle your addiction in new and different ways!

- Tuesdays (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

### 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

#### Transitions

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
- Saturdays (Mpls) 1:00 pm - 3:00 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

#### Choosing Healthy Sexual Boundaries

Do you have concerns about your sexual behavior? Are you receiving negative feedback about your sexual choices? Worries about excessive, compulsive or obsessive sexual activities? Too much pornography in your life? Too many strip clubs? Ever feel like a sex addict? Feeling uncomfortable about inappropriate fantasies/thoughts/urges? Hurting or disappointing someone you love?

This group is a safe, non-confrontational, non-judgmental place to talk with other men about healthy sexual boundaries.

- Saturdays (Mpls) 10:00 am - 12:00 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

# Here and There

— Edited by Andy Mickel

Upcoming **Monthly Men's Sunday Brunches** (bring something to share/cook up): **Sunday, April 17th at Andy Mickel's**, 106 SE Arthur Ave, Minneapolis, 612-331-8396 (in Prospect Park off University Ave near I-94 and 280). **Sunday, May 15th** at Monterey Co-Housing co-hosted by Rick Gravrok and another man, 2925 Monterey Ave S, St. Louis Park, 952-926-6655. (on the west side of Lake Calhoun, off Lake St.). **Sunday, June 19th** (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.

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. - Andy Mickel, 2005-01-15.

The next **Mankind Project Minnesota New Warrior Training Adventure** will be held April 29-May 1 at Eagle Lake Camp near Brainerd, MN. The cost is \$595. **Open Circle of Warriors** events at the Men's Center on second Wednesdays, 7-9 p.m. Contact **Andy Mickel 612-279-6416** or see: <<http://minnesota.mkp.org>> for Open I-Group dates/times and with any questions. Register with Marc Salzl, 15215 Court Rd, Minnetonka, MN 55345, 952-933-0541, <[mshalzl@mn.rr.com](mailto:mshalzl@mn.rr.com)> - Andy Mickel, 2005-01-11.

**The Tracking Project, "Bringing the pieces together again"** has issued its list of Classes & Gatherings for Spring and Summer, 2005 including New Mexico, Camp Puh'tok, Maryland, and Polynesia. FFI: John Stokes, Box 266, Corrales, New Mexico 87048, 505-898-6967. - John Stokes - 2004-12-12.

**Everyman - A Men's Journal** issue #67 Jan-Mar 2005 appeared and are sponsoring the **8th Annual Everyman Gathering, May 6-8, 2005** on the theme: "**Feminine & Masculine: Tension by Intention**" A number of thinkers have observed that in the last forty years the gender dialogue has been more of a monologue. While women have found ways to express their issues, during that same period men's issues have taken a back seat. ...We have forgotten that our masculine and feminine differences are the very source of our wisdom...We will explore contentious gender issues in an environment of passion and respect, where differences are valued at the same time that integration is sought. Attendance fee: \$100 if more than 90 minutes driving time from Ottawa. FFI: David Shackleton, 613-832-2284, <[publisher@everyman.org](mailto:publisher@everyman.org)>, Everyman Gathering, P.O. Box 4617,

Station E, Ottawa, ON K1S 5H8 Canada. - David Shackleton, 2005-02-20.

The Men's Center and the Mankind Project will jointly staff a booth at the **Living Green Expo at the Minnesota State Fair, Saturday April 30th and Sunday May 1st**. Come check us out (and all of the other wonderful energy saving/futuristic technologies. Yes, the Men's Center and Mankind Project are in the technology of human relations division, emotional energy saving process. - Andy Mickel, Rick Gravrok, 2005-02-25.

**Cultures of Multiple Fathers: The Theory and Practice of Partible Paternity in Lowland South America** by Paul Valentine (from amazon.com): This book is the first to explore the concept of partible paternity, the aboriginal South American belief that a child can have more than one biological father--in other words, that all men who

have sex with a woman during her pregnancy contribute to the formation of her baby and may assume social responsibilities for the child after its birth. - Jim Miner, 2005-02-07

**Just Between Men Brunch**, 1st & 3rd Saturdays of every month from 11 a.m.-2p.m., Pillsbury House, 3501 Chicago Ave. S., Minneapolis. Sponsored by: Just Between Men FFI: Call R C Cass at 824-0708 x127,

Visit our web site, <<http://www.tcm.org/>> for all kinds of Men's Resources for Twin Cities men! - Andy Mickel. - 2005-03-15

## FEELING STRESSED? Authentic Meditation

A non-religious meditation method to:  
Reduce Stress, Make time for yourself!  
Identify with Self beneath thought & emotions.  
Two 1-1/2 hour sessions, free support after.  
**LEARN MORE: JAY MAASCH 612-986-5091**

## New Support Group: Addiction Busters!

**BEGINNING APRIL 5, 2005,  
TUESDAYS: 7:30- 9:30 PM**

STRUGGLING WITH CHEMICAL OR BEHAVIORAL ADDICTION? AA NOT HELPING YOU? FRUSTRATED WITH TWELVE -STEP PROGRAMS? DON'T LIKE FEELING POWERLESS? WANT TO BUST YOUR ADDICTION RATHER THAN BEING BUSTED FOR YOUR ADDICTION? WOULD YOU LIKE TO TALK ABOUT RATIONAL RECOVERY, SMART RECOVERY, THE WORKS OF STANTON PEELE, ANN FLETCHER, JAMES PROCHASKA AND OTHERS IN A SUPPORTIVE, CONFIDENTIAL, COMFORTABLE ATMOSPHERE? COME TO ADDICTION BUSTERS SUPPORT GROUP AND DISCUSS ALTERNATIVE, COGNITIVE APPROACHES THAT MAY HELP YOU BATTLE YOUR ADDICTION IN NEW AND DIFFERENT WAYS !

*THIS IS A MIXED, OPEN GROUP: BOTH MEN AND WOMEN ARE WELCOME!*

## The Men's Center ALL-PURPOSE FORM

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 \_\_\_\_\_

### Anger Management Program

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:  
\$185 for Men Center Members  
\$195 for Non-Members

Starting Dates:  
The next classes are starting March 29th at Christ Presbyterian in Edina, which Bill Baldwin will be leading, and April 5th at the Men's Center, which Len Zimney will be leading. Gerald Obremski and John Hesch are planning to start a group on May 4th in Hopkins.

Classes are filled on a first come, first served basis. Please call TMC at 612-822-5892 to be placed on the waiting list. State name, address, telephone, preferred starting class. Or call our Anger Management coordinator, Bill Baldwin, at 612-229-3102.

### MEN TALK 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
Biz Card	2" x 3 1/2"	\$25

### The Institute for Men's Health and Well-Being 612-588-8984

What's working - What I will change -Steps I will take to change - Support I will accept - My vision of who I will become as I change in six weeks - six months - one year.

**Jim Lovestar stands ready to support your well-being. For your coaching or therapeutic massage appointment, call 612-588-8984.**

### Weekend Carpenter

No Job Too Small • Free Estimates  
*The jobs the big contractors do not want!*

**Ken Kunz**  
763-509-0645

**Aaron Huddleston**  
612-670-4626

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](http://www.tcmc.org) or correspond at our email address: [tcmc@tcmc.org](mailto:tcmc@tcmc.org)*

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

ADDRESS SERVICE REQUESTED

Non-Profit Org.  
US Postage Paid  
Minneapolis, MN  
Permit No. 1100

## MEN TALK

## The Men's Center News

4

### Prostate Gland Health

by Jeremy Laurance - 20 September 2004

The only available test for prostate cancer was last week declared "all but useless" by the Californian professor who developed it 17 years ago. The warning from Professor Thomas Stamey of Stanford University has left men wondering what they should do to protect themselves against the commonest form of male cancer. Professor Stamey's work on the PSA test - for prostate-specific antigen, a protein that can indicate prostate cancer when found in high levels in the blood - has made it a standard worldwide. Now, he has recanted, and suggests that the test merely indicates the size of the prostate and may do more harm than good by encouraging over-treatment. Many of the cancers detected by it are too small to be clinically meaningful and many men may have been unnecessarily treated. "The PSA era is over," he said in *The Journal of Urology*.

So how can men protect themselves from a disease that claims 10,000 lives a year?

Not all the men with a high PSA had prostate cancer. Even

among those in whom it was confirmed by biopsy, "probably more than half" did not need treatment and the treatment carried serious risks, says Professor Cooper. "In the US they are making tens of thousands of men impotent for no reason. I hesitate to use the word 'scandal' but I can't think of a better word for it. It is beyond belief."

In his view, only men with symptoms - difficulty peeing, a weak stream, or getting up in the night to pee - should have a PSA test. However, one in three men over 50 experience these symptoms anyway, which are often caused by benign enlargement of the prostate and not by cancer. Any man with a high PSA test must therefore be referred for a biopsy to confirm the presence of cancer.

Professor Cooper's advice is that for those with "low-grade, low-volume" tumours in whom the PSA level is not too high, active surveillance may be the best option. The crucial task is to develop a better test for prostate cancer - one that can distinguish between the slow-growing, non-threatening tumours and the more aggressive kind.

*Ed: This is an excerpt from a recent article on prostate health.*

### What's Inside

Page 1 *Low Carb, High Risk*  
by Jim Lovestar

Page 2 *Library Corner*  
by Don Jensen

Page 2 *Letter from the Chair*  
by Bob Eng

*Memorial*  
Page 3 *All Purpose Coupon*  
*Anger Management*

Page 4 *Prostate Gland Health*  
by Jeremy Laurance

Inserts *Apr/May Calendar*  
*Here & There*  
by Andy Mickel