

HIQ'S & HIPPIES

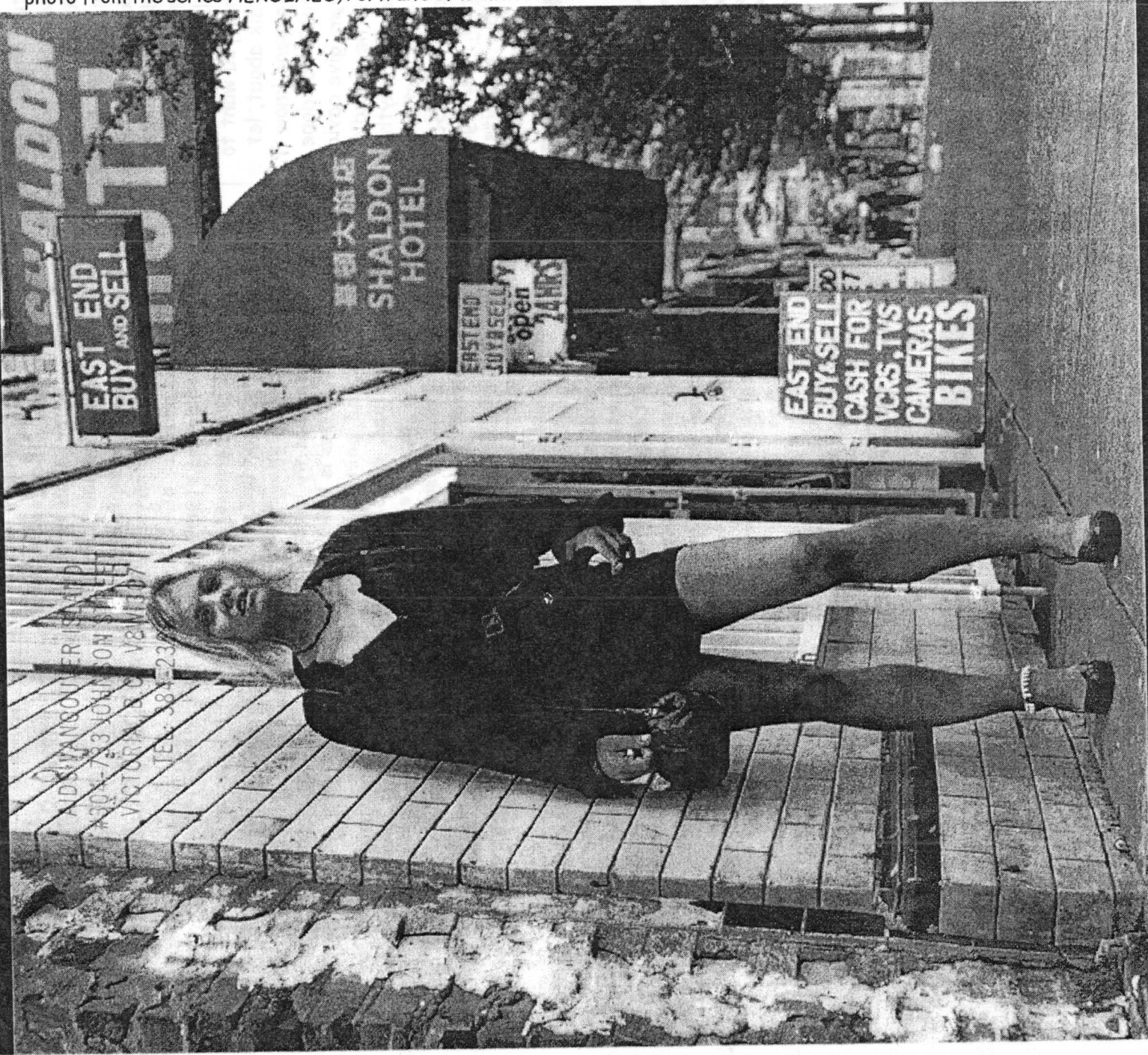


photo from the series *HEROINES, Portraits of women in the downtown eastside of Vancouver 1998*, by Lincoln Clarkes

Vol. 2, No. 1 January 1999

WELCOME TO HO'S & HYPES!

Send stuff to:

Ho's & Hypes
c/o SOS
#304-733 Johnson St.
Victoria, BC V8W 3C7

or drop it off at SOS:

1220 Commerical Alley
(off Yates St, between Wharf &
Government, behind Pizza Hut)
Phone: (250) 384-1345

There is lots of stuff inside. We need your help though. Anytime you want to come in & write a column, drop off some artwork, find out about new laws that you want to talk about, let everyone know if there's bad dope in town, give advice to new needle users, or anything else, just let someone at SOS know. You'll get your two bits worth in.

Welcome to the 5th issue of *Ho's & Hypes*, a 'zine for & by current or past drug users and sex trade workers. Our goal is to provide a space for people to share ideas, provide info on how to be as safe as possible, have fun, and build community for everyone who uses the services of Street Outreach Services (SOS), a program of AIDS Vancouver Island.

We'll try to put this out on a quarterly basis (January, April, July, October), but we need your help. *Ho's & Hypes* is looking for your ideas and poetry, letters, articles, opinions, rants, art, or anything else that relates to injection drug use, the sex trade or life on the street.

Submissions may be edited due to space. Racist, sexist, homophobic, etc. stuff won't be printed. Just send us your stuff and we'll try to put it in. If you don't want us to use your real name let us know. First names or street names are ok too.



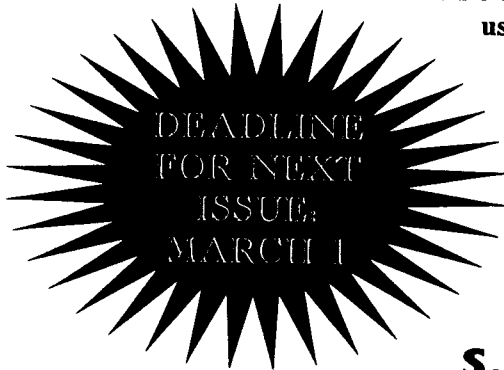
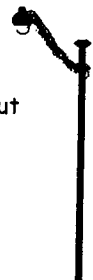
CREDITS FOR ISSUE #5

Contributing writers: Aaron Smeltzer, Anne, anu, DV8-RTD, Ed Allerie, Jess, Marty P., Mike, Peter Blackridge, Ramona, Rune, SPDM, The Infamous Mark Idczak, Willie Blake, Zen Master Wolf, Louise the Street Nurse, Kate, Joshua, Megan, and some anonymous friends. Plus, of course, the *Weekly World News*, who unknowingly sponsored a whole lot of this issue.

Ho's & Hypes was produced and edited by Josh & Megan. Much assistance from Chris, Kate & Claire.

Contributing artists: Colin Ash (p. 3), Casey Bowman (p. 6), Megan Lewis (p. 8 & 10); cover photo by Lincoln Clarkes

Thanks to you for being part of S.O.S!
We're nothing without all of you...



S.O.S. SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3:30-6:00	open as usual, 3:30 - 6:00 pm						closed
6:00-7:00	closed						
7:00-11:00	open from 7 - 11 pm every night						
	<i>Drop-in art</i> 7:30-9:30	<i>CHR nurses</i> 7:00-9:30 <i>Acupuncture</i> 7:00-9:00	<i>CHR nurses</i> 7:00-9:30 <i>Bellydancing</i> 7:30-8:30	<i>CHR nurses</i> 7:00-9:30 <i>Acupuncture</i> 7:00-9:00 <i>HIV Peer support</i> 7:00-9:00	<i>just the usual smiley crew</i>		<i>Acupuncture</i> 7:00-9:00



Hi guys,

Well, it's that time of year. How's everyone doing? It's good to be back at the keyboard writing again. This is my third stab at this article. Moods change quickly and with mood changes come changes of thought. My last couple of cracks at this article have ended up as brutal attacks on the justice system and after rereading my last one I knew it would never make it through V+C. so I decided to tone down the criticism until next issue, and talk about the exchange a little this time.

I did write the Solicitor General's office in Ottawa regarding our rights to a needle exchange, but because of the turmoil in his department regarding the unprovoked pepper spraying of innocent university students during the A.P.E.C. summit, I doubt that the letter made it past their garbage can. I am not going soft, not in the least. I'm coming at them twice as hard next time and hopefully with some statistics that I hope to obtain from the wonderful people behind this rag to back me up.

For the new guys in there I am a federal recidivist who just hit warrant on a major heroin and cocaine conspiracy. During my last bit I never gave a clean piss test once, got busted for heroin twice, did 15 days in the digger the first time and thirty days the second, and went down swinging when the bulls tried to grab my rig. I guess the rig was more important than my dope. Harder to get anyways. I am anti-integration, anti-management, pro-con, old school until the end and have lived most of my adult life in the fast lane.

My opinions are my own personal opinions and in no way reflect upon the opinions of anyone involved with AIDS Vancouver Island (A.V.I.), this rag, or any of the great S.O.S. workers down at the exchange. One thing we all do agree upon is the need for implementation of needle exchanges within the federal institutions in this country. Not for the promotion of illicit drug use but for the prevention of spreading of fatal diseases such as H.I.V. and Hepatitis. I have Hepatitis B and chronic C which I'm sure I caught in Matsqui. I personally believe in the legalization of drugs including heroin, the legalization of prostitution, our right to unmonitored phone calls, the methadone program and all kinds of other shit that would take all day to mention. I know there are a lot of guys in there that don't like what I'm doing or don't like me, but this article is for my buddies, and for those that don't like it, don't read it.

Anyways since I last wrote there have been a couple of changes. For one I moved to Vancouver two months ago, and I'm taking a substance abuse course. I'm in touch with the guys at S.O.S. several times a week and doing this article, so to all my pals in there, when you hit the street, pop down to the exchange, show them your pen cards, and they'll hook us up as long as you're not into using.

Hopefully I'll be back by the summer. Kate and Claire have talked about letting me sit on the Street Outreach committee and teaching me stuff to pass on to you guys, it really would be an honor. Realistically I can't do much without going back to school. I am heading in the right direction but it hasn't been an easy road. I have encountered some major obstacles since my release and thanks to these guys I have managed to overcome them and honestly I couldn't have done it alone. I've never really had to depend on anyone before. We're not just talking counselling, we're talking cabs, smokes, and all kinds of other shit that I won't get into. I guess going to school, then working for a living is the solution.

I have known Claire, a wonderful woman and the coordinator of S.O.S., since she took over the needle exchange several years ago, and met Kate when her and Claire came into the joint to give workshops on A.I.D.S. and Hepatitis when I first started my last bit. Back then I was very naïve to A.I.D.S. and other things such as gays and although I personally am heterosexual my total outlook has changed on many different aspects of life especially gay people. I have never met such a bunch of caring, educated, dedicated people in my life and I'm really proud to have been given the opportunity to meet these beautiful individuals. I have tried to find words to describe them and the closest

one I could come up with is ANGELS.

I also didn't know a thing about A.I.D.S. back then either but what I do know now is several of my friends are dying of it and I am there until the end. Living with liver disease isn't a piece of cake either and if we can

all work together helping each other, getting people off their asses, and educating the ones that have the power to change the laws and implement rig exchanges in the pen maybe some of the guys will make it out alive. Maybe I'm fighting a losing battle but I won't give up and I know the guys at S.O.S. won't let me give up. If you guys are in for it, let's fight together. United we must stand.

There are many other things involved with S.O.S. besides needle exchanges. One of the things that comes to mind is the great work that Megan, who works at S.O.S., does with P.E.E.R.S., and her dedication to working with and helping prostitutes. Keep up the good work Megan. Also the counselling they are doing with people infected with fatal diseases. I know myself that when I was down and out and had no-one to turn to, and was afraid to turn to them because I was afraid it would cost me this article, they were the first ones there. They pieced me back together and got me going again.

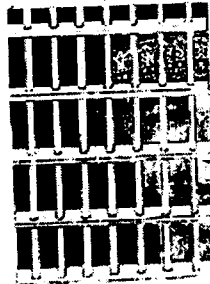
It's true I'm not 100% yet but I'm trying to replace heroin addiction with computer addiction and spend several hours a day on the computer instead of high. Also I am taking Spanish lessons, and have met this chick I really like. I'm back into the weights too and working very hard at keeping things on track. Living in a city like this where the heroin situation is so out of control, you have to find other things to keep you occupied. Any time I'm depressed I pick up the phone and call the exchange and one of my friends always has an open ear, and I find talking to these guys always gets me through the rest of the day straight. Don't think that things are perfect. Far from it. I do have a roof over my head, the bills are paid, I am very poor, but I am not using.

It's really hard writing without criticizing our beloved justice system so I'm going to cut this article short. Next time I write, I want proof backing me up before I open my mouth. I have quite a few people to thank for helping me out and for helping this article come to be. Some you will know, some you won't. My roommates Ken and Rick, my new friends Trevor, Val, Antonio, Paul and gorgeous Tracy. Dr. Slobodian, Dr. Woodburn, Dr. Lydon, R+W, my punk rocker friends, Kris, my co-accused and Kevin for their financial assistance, Brian and Barb, Mindy, Barry and my deadly friends down at S.O.S. Mary Kay, Chris, Lisa, Echo, Megan, Claire, my buddy Josh and dear friend Katie. Thanks with all my heart to you guys. Hi to Shirley, her sister and her edible niece, a special hi to Mike, Ron, Luc, Tony, Darrell, Tim, Kevin, Smack Jack, Keith, Shane, Mikey, Speedy, J.P. A-4, F-6, E-5 and all the other good guys in the federal penitentiaries.

Talk to you later.

INSIDE / OUTSIDE

A regular feature of Ho's & Hypes
by Marty P.



HO'S & HYPES



write to Marty P.:
c/o SOS
AIDS Vancouver Island
#304-733 Johnson St.
Victoria B.C. V8W 3C7

a face you can trust



Dear Kate

Hey readers & followers of this column, (are there any of you out there? Is this working for ya or what? let me know) - please submit questions and queries related to 'the life' and staying healthy or else i'll have to keep amusing you with gory anecdotes like this:

There's some scary shit happening in the using community right now, and it's name is *necrotizing fasciitis*, more commonly known as 'flesh eating disease'. I've heard of 2 users who are in the hospital here in Victoria, lucky to be alive cuz this is some aggressive shit.

You may have heard that Quebec leader Lucien Bouchard lost his leg not so long ago - well, it was because of this disease. Junkies shooting contaminated black tar heroin down south are no stranger to this nasty bug as they've watched their friends lose arms, legs and even their lives in a relatively short time. So now that you're freakin' out, here's a bit more about it...

Necrotizing fasciitis is a bacterial infection caused by the same bacteria that causes Strep throat, but a much stronger (and nastier ☹) version. Having said that, having Strep throat doesn't mean that you're gonna get the flesh-eating version, because the flesh-eating version is a different strain of bacteria.

If you have a question, then Kate is the one to ask. Kate will answer your questions on everything: safer injecting practices, what to do in uncomfortable events, your love life... She is a trained professional. She accepts no liability for the answers she gives. "Kate" is a fictitious name. But she's awfully smart. She knows a lot, and we like her for it. Rumour has it that she is actually a space alien but we don't discriminate. Hell, anything goes around here...

To get it, you usually need to have an opening in the skin (like where you just poked, a cut, skinned knuckles, etc.) and you need to have been around someone or be someplace where Strep A is. It can live in blood and on contaminated surfaces (eg. your kitchen table, your cooker, the point of someone else's rig)

What this means is that the best way to avoid it is to be as clean and sterile as possible in your dope using. It's safest to always use clean syringes, sterile water, a new filter and a bleached spoon/cooker every time you shoot. And it's extremely important to *always use alcohol wipes to disinfect your skin before you shoot.*

This munching menace attacks the soft tissue under the skin, causing it to die & rot. It's hungry and moves *very* quickly, but it's also sneaky cuz it's under the skin, not on top where it can be seen. Once tissue becomes necrotic (dead) it has to be removed, which means you have to be on top of things to notice if shit is happening and to act fast!

How do you tell if shit is going on? Well, the affected skin is very painful, red, hot & swollen (kinda like an abscess). The skin may become purple and form blisters as the tissue underneath is dying. You may have a fever and a fast heartbeat. Toxic shit will be floating around in your system making you feel generally sick.

In addition to dead tissue, the severe infection can cause the rest of your body to shut down—trouble breathing, heart failure, low blood pressure, and kidney failure. If it goes untreated, you will die so this is some *serious serious* shit.

If this disease is caught early, tissue loss can be "relatively" small, with removal of flesh and tissue and fat only—it doesn't usually attack muscle or bone. But if it isn't caught early enough—and we're talking within hours—you may lose a limb or die.

So, what are you supposed to do if you think something may be going on? Get the fuck to the hospital, pronto! It's better to be safe than sorry when we're talking about 'flesh eating disease'. If you are diagnosed as having necrotizing fasciitis, the hospital will give you antibiotics and remove infected dead tissue.

If hospital staff don't take you seriously or treat you badly because you're a drug user, call someone to help advocate—us, the street nurses, or anyone else that you're hooked up with (the YMCA Youth Van if you're under 25, PEERS if you're a prostitute, etc.)

The good news is that if you live, this won't come back years later, and you'll have some kick-ass stories to tell your friends. And we'd love to print your story in upcoming issues of *Ho's & Hypes*.

IN MEMORIAM:

Since the last 'zine came out in October, there have been several deaths. If anyone wants to write any memorials to anyone who has died — stories about that person, whatever you remember — the space is here.

~ RANDY ~ DESIREE (ROBIN) ~



GITTIN' MAD



I'll try briefly to give you a chronological timeline of events regarding my Hep C.

I received 2 litres of blood from a north central BC hospital in August '88. Shortly thereafter I began feeling ill - typical poor liver functioning symptoms. On December 5 I was incarcerated in Surrey, BC. At that time blood was taken and found to be Hep C positive. The lab knew, the Center for Disease Control was informed and prison officials knew; all within days. I was never told!

I was a year under the Provincial correctional system, and 3 years within the Federal corrections system. All the while feeling ill. I'm diabetic as well and handling my own blood not knowing I had a communicable disease. I was not using drugs or sharing needles during this time.

In December '96 I requested a Hep C blood test after reading in the paper the high incidence of Hep C being reported around that time.

To my disappointment a positive test came back.

I could not figure out how I became infected. I was not injecting drugs.

I decided to access my Provincial and Federal corrections health records through the Freedom of Information Act. To my surprise and dismay the day I was arrested and blood was taken it tested positive for Hep C. Now I had the answer to why I felt the way I did.

In early '97 I saw Dr. Anderson. Eventually a biopsy was performed and showed I had fibrosis and necrosis of the liver [Editor's note: fibrosis is scarring of the liver; necrosis is death of some or all of the liver.]

In August '97 I was paroled. Upon release with my health deteriorating, life was not as I had left it 6 years earlier. I could not work at my accustomed agility or endurance. I became quite upset with Corrections Canada for not telling me for 4 years that the reason I felt so ill all the time was because I was infected with Hep C and it was doing its damage. I spoke with various lawyers and was told I had a good case for medical malpractice and my right to be informed, but not on a contingency basis.

Thank to Dr. Anderson and Natalie Rock I began interferon treatments in May '98. To the wonderment of my doctor, his clinical nurse and myself, it seemed to be working and the Hep went into remission. Unfortunately, the

initial side effects of the interferon were hard to handle. I thought I was prepared mentally for them. I wasn't. Unfortunately I turned to an illegal drug to cover the side effects (ie. heroin), not considering the consequences to my health or freedom. I eventually paid the consequences. I breached my parole and have spent the past 7 weeks in a correctional substance abuse program under lock and key. My interferon was withheld for 6 weeks. The doctor in charge of this institution tells me because I slipped and used an illegal drug, all interferon treatment is being withdrawn. My blood tests and my health had improved tremendously for the first 5 months of treatment, but now... At this point in time I need a few hours sleep midday or I wouldn't make it. I'm 46, feeling an old 76. It's very depressing and frustrating.

I am very grateful to Dr. Anderson and Natalie Rock for their unwavering support. At their urging, because of my positive test results my treatments were started again. I also reassured them I'll not jeopardize my progress again.

Sometimes I feel singled out with this disease, and wonder how officials could have let it happen.

First being infected by government. Not being told

by government. Treatment being withheld by government. For years, through persistence and nagging finally being treated - then (through my own fault) being denied treatment even though I was in remission and stopping treatment could mean relapse.

Basically all I've heard from the officials I've had to deal with or who I've related this to is "Oh. That's too bad." It seems those of us infected have a fight for our rights around every corner.

Hindsight is great, had I known maybe I'd have thought twice about using. No-one thought I'd do so well on the treatment. So now I guess the virus will continue to grow and continue to ruin quality of life. Should I pay such a heavy price for making a poor choice? What about the Hippocratic oath? Should I not be allowed to finish treatments?

I believe we have a real problem with government bodies who have too much power unto themselves, where the average citizen cannot afford to fight them to at least obtain what is and should be free - a reasonable quality of life.

Again, a sincere thank you to Dr. Anderson and Natalie Rock.

- Mike

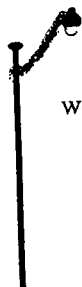
Gotta gripe? Write it down and we'll print it up for you! Want to bring an issue to every one's attention? Write it down We'll print that too.

A PRISON HEP C STORY - FROM THE STREET

HOS & HYPES



5



THE IMPACT

I guess what woke me was the sound of a hand slapping a cheek; then came the words that clued me in immediately—"Keep walking, pour some water on him; make him drink some water, etc." I looked out of my second floor window at Streetlink & watched from a most unusual, but somewhat cinematic view. Here I was watching a man dying—there were a dozen or so people there. I ran down & said to Liz (behind the desk) "I think someone's OD'ing outside." She looked at me and said "Yup". Now, Liz is one of my very favorite staff members here & by no means did that "Yup" come from someone who doesn't care. This lady cares very much; I guess after working here for a while overdoses are a part of the job. I went back to my room, by this time the paramedics had arrived, and it looked like a shot of Narcan would save this man. I lay down, but something had happened to me. I lay there & thought, "...here I am—44 years old, homeless (temporarily), my husband's in jail in Nanaimo, so there is no verbal contact. I have Hepatitis C, am HIV+, have TB (in remission) and I just watched a young man come so close to the final doors of death." I looked at the eight teddy bears I not only sleep with, but they console me; I can always hug them, and then it hit me. I have been a big talker of one's ability to make their own choices; but the events of a five minute period slapped me the way the woman's hand slapped the dying man. So often I've come so close to that young man's predicament and yes, I can whine, sulk & sleep away those shitty things in my life—but I am here and I have a choice. And I do so very much want to laugh again, be happy again. And to that young man—I want to thank you for shaking me up enough to recall that laughter & my choice to happiness is there, it's find it.

HO'S & HYPES



**M
y
O
p
i
n
i
o
n...again**



Now you may say "don't be a pansy. It's only a bad date if they really hurt you, otherwise it just comes with the territory!" My answer to that is that many guys who do things that are iffy at first, end up getting worse. This is called "escalation". For example: a guy gets off on calling a woman names and handling her roughly, then when he gets bored of that he may slap her, then he will escalate to beating her, and that may end in murder. So, if anyone starts to get weird, the idea is to report it *before* someone gets badly hurt. Not afterwards.

The other reason to report bad dates is because if there is a creep going around hurting people and it ever goes to court (if someone charges him) then the bad date sheet would show a pattern (although it's not considered to be legal documentation). This had been done before where police have asked to look at the date sheets to find someone who was beating up girls.

Now the other part of this of course is how you deal with it afterwards. Everyone deals with bad dates differently. And you will deal with it differently with each type of date. But however you do deal with it, it is important too keep yourself safe.

One way that people deal with bad dates is by trying to forget right away and *disassociating* (not really being present in your body). Some people do a big bang of dope to numb out, some brush themselves off and go right back to work.

Now, if you are doing a lot of dope, or going right back to work or disassociating, then you have to be particularly careful because that is when you are the most vulnerable. Creeps can pick up on when someone is a little fragile and then you can be targeted again. Nobody needs two bad dates in one night. That's for sure.

If you are hurt physically, go to the hospital - Victoria General if you have the choice, rather than the Royal Jubilee. By

going to the hospital, your injuries get treated, but they also get documented so that if the creep gets picked up, it can be used against him so that he doesn't continue with other girls. You can page the PEERS outreach if you need/want someone to go with you- 995-9846 and leave your numeric phone number. It's nice sometimes to have some support.

It's wise to just go home for the night if you can. Do your dope, cry on your cat, yell at that picture of your ex-boyfriend, do what you need to do, but go home, or, if you don't have anywhere to stay, then a shelter like Sandy Merriman House.

If you can't actually leave for the night, then make sure that you get the chance to have a break. Stop, have a coffee somewhere, smoke a butt, try to eat something (eating can help to re-centre yourself. Comfort food is best!). If you need to, you can come in and talk to the staff here as well. Sometimes it helps to put things into perspective. Or you can page a PEERS support worker at 995-9846.

The next thing you will need to think about is whether you need to go to the nurse for the morning after pill (depending on the nature of the date), get your blood tests and so forth. Also, the nurses can do follow-up on any injuries that you may have sustained. By all means talk to them about it. None of us at SOS is naive about what goes on in the world.

I would like to end this column with a heartfelt prayer that anyone out there, working their ass off, not be subjected to the assholes and creeps of the world and if they are, that they heal fast and easy. It's hard out there. We are strong.

- Megan Lewis

Today I'm going to talk about everyone's most hated subject....Bad dates.

I know that it's not the most pleasant thing to talk about, but it is a serious enough subject that I think that it deserves some discussion.

First off, I would like to say that a bad date is:

- ⊗ anyone who beats you up
- ⊗ anyone who rapes you
- ⊗ anyone who hurts you in any way
- ⊗ anyone who doesn't pay what was discussed
- ⊗ anyone who takes off or breaks the condom
- ⊗ anyone that handles you roughly and doesn't stop when you tell them to
- ⊗ anyone who dumps you out of the car before you're back downtown (or wherever you agreed to be dropped)
- ⊗ anyone who gives you the creeps
- ⊗ anyone who is really degrading or tries to humiliate you
- ⊗ anyone who tries to intimidate you or threatens you



GOT A HOT TIP TO LET PEOPLE KNOW - HOW TO STOP CONDOMS FROM BREAKING, WAYS TO MAKE THE DATE COME FASTER, TIPS ON KEEPING AS SAFE AS POSSIBLE, ETC? DROP IT OFF FOR THIS 'ZINE!

**t
i
p
s

f
r
o
m

t
h
e

p
r
o
s**

**C
A
R

S
A
F
E
T
Y**

BEFORE YOU GET IN THE CAR:

- ☛ Negotiate services & prices before you get in.
- ☛ Walk around the car completely before getting in, so that you know where the door handles are and how many people are in the car.
- ☛ If the date is in a van, and you can't see in the back from the outside, ask the date to open the back doors so you can check if there's more people back there. Or if you don't want to do that try to at least look behind the seats as you're getting in.
- ☛ If you've got a spotter, or you're working with a group of friends, get someone to take down the license plate, or shout it out. Also let them know when you expect to be back after pulling the date.
- ☛ If you don't work with friends, pretend to. The trick may think twice about pulling shit if he believes someone has his plate number and car description.
- ☛ If you think the car is stolen, be aware that knowing the plate number may not do much for you. Trust your instincts. If there aren't any keys in the ignition, the car is stolen.

WHILE YOU'RE IN THE CAR:

- ☛ At all times, keep an eye on your way out and don't let the trick block your access to the door.
- ☛ Picking your own parking spot helps you stay alert & in control of the date. A place far away from help is more risky than a place with a 24-hour store or something else within running distance.
- ☛ If a trick is pulling weird shit in the car, grab his keys and throw them out the window, as far as you can. He'll go for his keys, and that gives you a chance to get away.
- ☛ Make him keep his hands on his belly when giving bj's.



**STAY SAFE!!
STAY IN BUSINESS!!**



CLOTHING & JEWELLRY

- ☛ Nylon underwear, pantyhose, and tight pants can cause vaginal infections, as your crotch can't breathe easily. Cotton underwear/stockings and crotchless underwear helps get air circulating and prevent bacterial buildup.

Watch for stuff that a trick could use to hurt you.

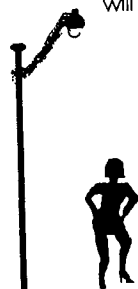
- ☛ **NECKLACES:** these can be used to choke you - whatever the length. It's safest to have a clasp that will break easily if it's pulled on.
- ☛ **EARRINGS:** small or clip-on earrings are safer than large dangling earrings.

- ☛ **SHOES:** if you can't run easily in them, then it's good to wear ones that you can kick off easily. Also if they're too tight, you may get into a car despite your instincts, to stop your feet from hurting. This can put you at risk!

CONDOM SENSE

- ☛ If a guy wants to fuck you from behind, check to make sure he hasn't pulled off the condom before or during the lay.
- ☛ Do you shave your pubes/ass/high up on your thighs? If so, watch for stubble. Bristly hairs can rip the safe. Guys: watch for stubble around your mouth breaking the safe when you're giving head.

Many thanks to Ramona, the folks from DV8-RTD, and all the other sex workers who passed on tricks of the trade!



HIO'S & HYPES



Sitting brisk among the beggars, life to be unexpectedly lost, never found. I walk along the path of life, lusting for attention, lusting for a part of anything for nothing. Dying, cold, hungry wishing to have a part of the life I used to live, grasping yet not receiving, looking not finding. Family's gone, most of my friends turn their heads.

I sit alone, looking yonder at everyone's smiling faces and wonder just what they are thinking. Do you ever ponder? I thought so! So then if you sit at home and ponder and that's alright, then what

the fuck's wrong with me pondering on a street corner, when I don't have a home? So why do you ridicule me? I am only human after all.

To get a job, you have to have an address. If you think that I should get a job than give me shelter, if you think I shouldn't ponder on a street corner, than why should you ponder at home? All I'm saying is, "Think before you say unto what you do not understand", and "After all we are all just human and remember we all have to co-exist!"

- Aaron Smeltzer

What to do if someone is OD'ing

- ☞ call their name and pinch their ears to try to revive them
- ☞ splash a bit of water on their face

IF THERE IS NO RESPONSE, OR THEY AREN'T BREATHING:

CALL 911!

Tell the 911 operator that the person OD'd, and what dope the person OD'd on.

Time is really important. If the person stops breathing, they only have a few minutes before their brain starts to die.

Don't fuck around, get help! It's not worth risking someone's life on the chance that they might make it without medical help.

OVERDOSE

HOW TO TELL IF SOMEONE IS OD'ING

- ☞ they turn blue or greyish
- ☞ their breathing is slow or shallow, or they aren't breathing
- ☞ they have a slow pulse, or no pulse
- ☞ they may puke
- ☞ they may have a seizure

You are more likely to OD:

☞ if you mix your drugs. Doing down with booze or benzos (like Valium) is especially risky. Plus mixing makes you more likely to puke and/or pass out.

☞ if you haven't used in a few days. Your tolerance goes down quickly.

☞ If you don't know how strong your dope is, ie. if you're buying from someone new. Even if it's your usual source, it's a good idea to do a test shot every time, so you can see how strong the dope is. If you absolutely won't do a tester, push it in rreeaall sslllooww & see how you feel.

☞ If you use alone, an OD is more likely to kill you, because no-one's there to help.

Waiting for the ambulance

Keep trying to wake the person up:

- ☞ call their name, talk to them
- ☞ pinch them, shake them gently
- ☞ splash lukewarm water on their face

If they're not breathing, doing rescue breathing can help prevent brain damage. It's best to learn how to do it properly (ask SOS, we can set it up for you to learn how), but in an emergency...

- ☞ lie the person on their back
- ☞ pinch your friend's nostrils together so air doesn't leak out
- ☞ cover their mouth with yours and blow into it, hard enough to make their chest rise
- ☞ take your mouth off theirs, and let go of their nose; their chest should sink as the air comes out
- ☞ count "1 one thousand, 2 one thousand, 3 one thousand, 4 one thousand, 5 one thousand" and repeat

If at any point your friend pukes, it's important that they don't inhale their vomit. It can choke them, or get in their lungs and mess them up. So...

- ☞ if you don't need to breathe for someone, prevent them breathing in their vomit by lying them in the "recovery position": on their stomach, with one leg bent, and their head turned slightly to the side



Recovery position

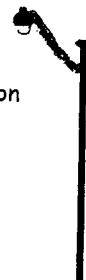
- ☞ if the person pukes while you are doing rescue breathing, quickly take your mouth off theirs, turn them on their side, and use your finger to scoop out the puke. It's gross, but you may save their life.
- ☹ don't put them in a freezing shower - that could make them go into shock
- ☹ don't put them in a bath - they could pass out and drown
- ☹ don't kick them in the crotch - it's cruel & unusual and doesn't work

911 & Cops

If you report an OD, in addition to an ambulance, the cops will show up. Understandably, this is not an appealing option to most people. But there are things you can do to prevent hassle from the cops, without risking someone's life by not calling 911.

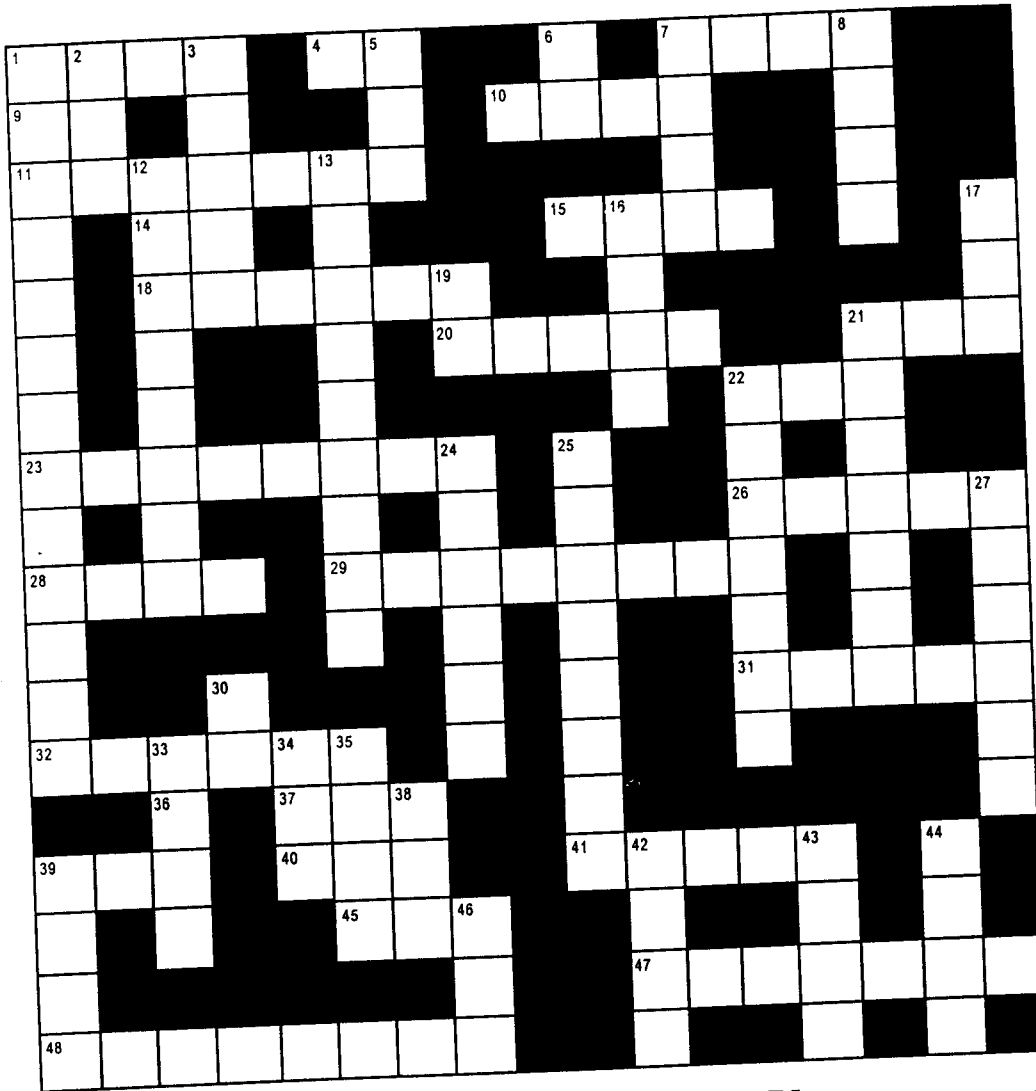
If the person who has OD'd has warrants, you can take their wallet or any ID that they may be carrying before the cops show up. Keep this stuff safe to return to the person later.

It usually takes a few minutes for the cops/ambulance to get there after you call 911. If you have dope, or rigs/cookers with your prints on it, now is the time to get rid of your stuff. If you have to go stash something, get someone to stay, in case the person who's down stops breathing.



CRAZY-ASS CROSSWORD

ACROSS



1. When I get low I get ____
4. Too much of a good thing
7. What makes Tang worth drinking
9. ___/DC
10. Muscle juice
11. What's left in the rig
14. What cops often ask you to show them
15. A sneaky plan
18. _____ and conquer
20. Has an element of danger
21. The nasty
22. Tear
23. The cosmos
26. Lots of these, and you are rich!
28. A crooked cop is on the _____
29. Famous American prison
31. Guts, cajones, chutzpah
32. Heroin makes you sleep, or _____
37. "I couldn't visit you in prison dear, the dog ____ for me."
39. Someone who's done time
40. ____ out a living
41. Amphetamines
45. You need to do this if you want to gain weight
47. Look out for someone
48. Special K

DOWN

1. The philosophy of making things less dangerous
2. Crystal meth
3. Hollywood Madame Fleiss
5. If you get killed, then you ____
6. Slang for sex worker
7. '80s club drug
8. Slang for needle user
12. What Robin was to Batman
13. _____ precautions: when you have the same safety standards for everyone
16. Cash, dough, bread, moola...
17. A hit
19. Emergency ward at the hospital
21. Someone who'll take plate numbers for you
22. The area downtown that you're not allowed in
24. A pro who works inside
25. Take these to keep healthy
27. The pin on a gun that keeps it from going off accidentally
30. Hair__
33. Over with
34. Do drugs
35. Grab something without asking; same as 28 across
38. "High ____" at the Empress at 4 pm
39. Mix in a spoon and put fire under it
42. Jab
43. The stuff
44. The way out
46. What you wrap around your arm to bring a vein up

ANSWERS ON PAGE 16



PAGE POETS PAGE POETS PAGE

TORN BETWEEN TWO

I have been shown some happenings
of love of kinds
One that's deceiving and one that
can bind.
One says volume of glitter and gold
shall bring you to ecstasy
For he jumps and your weakness
of love and confusion
And his damn love brings you pain
and illusion
Quote the devil.

- Ed Allerie

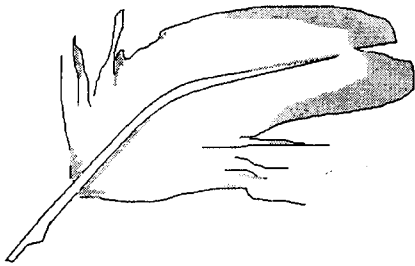
OH, FATHER

As I walk, I Talk there is a fire inside of me that is smoldering
And when I move my head it feels like I am hovering
When I go by I give the people a viewing
Because I know that the people are wondering
For I have everything in abundance and my mind is exquisite
Oh, Father I am humbled by all your gifts
Oh, Father strike me down if I should ever complain
I have everything except money and sex
What need do I have for pretty girls
To lie in my bed when I have you to give me comfort
What need do I have for money
When it will only corrupt me
What need do I have to rise to power
When I am already emperor of my world
What need do I have to make war
When all I feel in my heart is compassion
What need do I have for fame
When I can get you with my charisma
What need do I have for T.V.
When I have the third eye of wisdom
Oh, Father I am humbled by all your gifts
Oh, Father strike me down if I should ever complain

- Zen Master Wolf

TRUST TIME WORK
SWEAT TORTURE STOPPED
TEACHING ACTION
THEN
BROKEN TRUST ANGER
DEATH BLOOD AND TEARS
PAIN TIME BEHIND BARS
FREEDOM LOST

- ANONYMOUS CON



*I am blindly stumbling through
Facts & words,
Numbers & fiction.
But somehow I have made it through.*

*My brain is slurred with powdered angels.
My logic? Slurred - then gently resurrected.
Time? I have noted is slow,
But does not exist.*

*I have ground those very powdered angels
With a debt. A physical debt, but not without payback.
I may be looked down upon.
But I'm so high up that I can look down on everything.*

- Jess

Surges of hate and misery,
Reverberating through my veins,
pounding within my chest,
screaming within my brain...
The ache is empty and hollow
For I know no one can see,
My burning desire for a glimpse, or
a touch of humanity...

I curse the immortal forces
That have destined this child to be,
this creature that I am,
the one you cannot see...
Ever clawing at the emptiness,
ever falling helplessly,
Ever grasping for a reaching hand
never touching, humanity...

- Willie Blake



PAGE POETS PAGE POETS PAGE

Once in a pained distant delusion a thought occurred
 to me. It was your love lost too far away to see the
 blue of those eyes still reflect so warm in my heart.
 You're so far away I feel blind as if unable to see. I try
 to picture you in my mind but the vision is fleeting. I
 yearn for that love but it was too good too real it left a
 burning imprint on my soul I can't shake. And now I
 feel alone without you in my life things were never
 perfect as matters of the heart seldom can be. The day
 we gaze upon each other again thinking of this brings
 me pain. I guard the hope of reuniting our hearts and
 thinking of this gets me through this average day
 realizing you're probably feeling the same way and that
 you're really never too far away. I hold this heart open
 awaiting your desired return

- Anne

Take this , may it serve you well!!!
 Chairs for the standing army
 leave me distressed
 have a seat and ponder the dilemma
 For you have one brain cell
 working overtime
 parachutes that don't open properly
 and divorce court
 Awaiting the trial is better now
 Blue ribbons are different too
 Spaztic elastics are the same as blind guises
 but you already know that
 Await the morn to start anew
 amidst the cries of the Loon.

- SPDM

Behind bars.
 No respect for authority.
 What little I may have before I came in,
 Has evaporated from my body.
 Authority - they thrive on it.
 It's the swelled head complex
 They think they're above the law because they are
 Trying to make anyone do anything they want.

- anu



RITUAL
 AND COME TO ME AN ANGEL
 UPON WINGS OF FLAME
 BEARING HER BLACK HANDLED BLADE
 AND MAKES OF ME A SACRIFICE
 ON THE ALTAR I HAVE MADE
 AS MY BLOOD SPILLS FORTH
 ON BLACKENED STONE I LAY
 WITH GOLD FORGED CHAINS TO BIND
 MY SPIRIT TO HER SERVICE
 WILLING SERVANT TO HER KIND
 EDGED BLADE BITES DEEP
 CUTTING AWAY ALL PAIN
 BROKE SHARDS OF LIFE ARE SCATTERED
 DETRITOUS OF REALITY
 EXPOSE THE TRUTHS THAT MATTERED
 AND AS MY LIFE EBBS
 DELUSIONS FADE AWAY
 MY EYES PERCEIVE THE DARK SUN'S LIGHT
 I EMBRACE TRUE SALVATION
 BECOME ONE WITH ENDLESS NIGHT

- RUNE

TR

Poems are entered into the computer
 without being changed in any way
 except the type of letters used. If you
 want your name on it, add your name to
 your poem. If you want to remain
 anonymous, please send a little note
 with your work and we won't name it.



Grateful teen makes astonishing claim



THE GHOST OF ELVIS GOT ME OFF DRUGS!



helped him kick his addiction to painkillers and uppers.

"It happened last month - I was real high one night, listening to an Elvis album, when all of a sudden I realized that The King was standing there in front of me playing *Love Me Tender*," recalled Conrad, who is now back in school and drug free. "He was looking right at me as if he really saw me and really cared about me."

"Then he stopped playing and sat down next to me and began to talk about how dumb it was to use drugs."

"He said, 'I know - drugs killed me. I don't want that to happen to you.'"

Conrad says the encounter changed his life. The next day he awoke with the strong desire to quit drugs - and never popped another pill.

Today, the young student is working as a part-time drug counselor, spreading Elvis' message among young people and telling them about his face-to-face meeting with The King.

"We think maybe Elvis has come back to combat the thing that killed him," Dr. Demattosi said. "We think his spirit feels the need to wipe out the negative effects of his own drug-induced death. He's trying to tell young people that drug use is a terrible mistake. And he's having an unbelievable impact on kids everywhere."

Philadelphia, PA - Thousands of young Americans are being saved from addiction to life-destroying drugs - by the ghost of Elvis Presley!

That's the contention of Dr. Andrew Demattosi, a sociologist who says the spirit of the dead rock 'n' roll star has appeared to many troubled teenage boys and girls and successfully weaned them away from crack, cocaine and other drugs. He says the bizarre breakthrough in the war on drugs began late last year and sightings of Elvis are becoming more and more frequent.

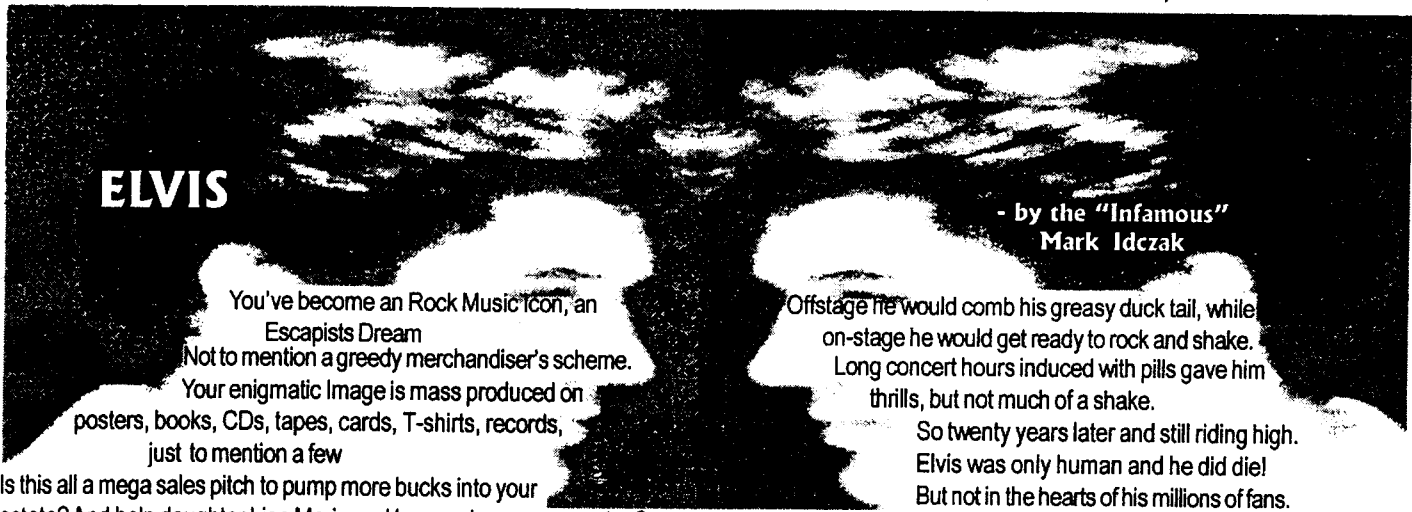
"The ghost of Elvis usually appears when the drug user is alone, and his spirit often comes back again and again until he has achieved his goal," said Dr. Demattosi, who heads a drug-treatment clinic catering to the

city's youth. "We've had reports that this is going on all over the country."

"The contact occurs primarily to young people who are fond of Elvis Presley's music. The dead entertainer is a loving presence who speaks passionately about the harm the kids are doing to themselves. He tells them there is hope, he tells them he loves them. And his effect on young addicts is simply amazing."

While many drug-addiction experts believe the Elvis appearances are imaginary, Dr. Demattosi disagrees. He says they are happening even in isolated towns where word of the phenomenon has not spread.

The scientist's theories are backed up by people like Conrad Feltenshaw, an 18-year-old high school dropout who swears Elvis



ELVIS

- by the "Infamous" Mark Idczak

You've become an Rock Music icon, an Escapists Dream Not to mention a greedy merchandiser's scheme.

Your enigmatic Image is mass produced on posters, books, CDs, tapes, cards, T-shirts, records, just to mention a few

Is this all a mega sales pitch to pump more bucks into your estate? And help daughter Lisa Marie and her wacky paramours too?

Here's your story, sad but true,
Our fondest wishes and memories go on with you.
Way down yonder from Tupelo Mississipp
Came this singer with a swivel hip.

He sang songs all kinds, mostly Rock 'n' Roll,
Songs that touched your very soul!
Girls all shapes came from miles around.
He would tell them, "Easy babe, I'll make my round."

Offstage he would comb his greasy duck tail, while on-stage he would get ready to rock and shake.
Long concert hours induced with pills gave him thrills, but not much of a shake.

So twenty years later and still riding high.
Elvis was only human and he did die!
But not in the hearts of his millions of fans.

So look up in the sky, and not Burger King or the mall, and see
One of the brightest stars that shines for

E-L-V-I-S
P-R-E-S-L-E-Y



Before World War II there was a fellow named A.W. born in Great Britain. In his youth A.W. earned a degree in Biochemistry and mastered five languages. The languages A.W. spoke were English, French, German, Latin and Spanish.

During the World War II he became a Secret Agent for the British Forces. A.W. Paratrooped into a German Concentration Camp and assumed the identity of a German doctor. A.W. was involved at the camp in conducting experiments on the Pleasure Centers in the human brain.

Generally, A.W.'s practise would be to administer chemicals to emaciated victims and record any favorable results. This knowledge he gained during this time were the seeds for his exploits after the war.

Many years after the war A.W. was living at a property that was on the Trans Canada Hwy. located in between the City of Duncan and the Chemainus. At this Highway location he ran a chemical plant that manufactured skin creams and other fragrant body products. A.W. also obtained a Government Grant to grow Mushrooms. He grew his mushrooms all the time without disclosing the use for all the certain varieties.

About this time in 1970, I was 19 years old, a number of groups of people would purchase and sell a legal product from A.W.'s other infamous chemical laboratory. This other Laboratory was situated directly under the site of the Body Product manufacturing plant.

A group of students at Victoria High School would pool money together to purchase ounces of a new designer drug nick-named (MDA) Methyl di-Amphetamine. At this time there were no drug regulations for this newly introduced chemical; therefore, product distribution was not illegal under those drug enforcement laws. For a number of years the factory ran at full production creating the famed luv drug, meanwhile a number of other incidents happened.

The government laws were slowly being organized. The drug enforcement agents also studied the situation before making their move. While A.W. ran his chemical factories he was a pilot for a company we will call Scare

West. On one occasion a friend of A.W. was apprehended with a plane full of cocaine. A.W. and his acquaintances were fired and a strike because of unfair practices by the owner begun. During the strike some water-bombers and other planes were said to be sabotaged. It's not proven but at least one pilot who was a so called scab during the strike went down in his water-bomber.

The hidden passages were booby trapped so that following a person escaping would be made difficult. One tunnel had a staircase that would collapse under foot if the escapee did not step exactly correctly on each step. One tunnel had a hidden exit across the highway; once through the tunnel there was an escape vehicle waiting. A.W. was considered a 'Mad Genius'.

Even with all the precautions some charges were going to be laid on him. Anyway, before charges were laid A.W. was in a small aircraft crossing Satellite Channel (a narrow body of water that separates Vancouver Island and Salt Spring Island), and the plane

went down. There was no trace of A.W. found to this day. A.W. was presumed drowned.

Strangely enough about 3 months later his wife disappeared. Her house was found empty, the TV and radio on with food in the pets' dishes. Since that time there has been a mystery of where A.W. and his wife are. Did A.W. para-troop to safety on land or was he picked up by a boat? Did he later have his wife join him or did he have her put away for information she could give the authorities? There was one theory that he linked up with the underground highway for German war criminals and lives peacefully in Argentina. What do you think??

- RJ (Bob) McGillivray

THE MYSTERY OF A.W. - IS HE ALIVE OR DEAD?

A.W. was "Snug as a Bug, in a Rug", for quite a number of years, with mounding suspicions being cast on him. His property had the factory and two houses. One house was for his wife and the other was for him and his friends. It was rumored that A.W. and his wife did not get along well and he spent most of his time at the party house.

The underground factory had a labyrinth of hidden passages. The factory would take an extract from magic mushrooms and mix it with amphetamine to make a drug similar to LSD mixed with Speed.

The lab equipment was hand made out of stainless steel. There were a number of five gallon Erlenmyer flasks, fluxing and condensing equipment all made from stainless steel.

SLEEPWALKING COP STROLLS INTO STATION HOUSE STARK NAKED!

Copenhagen, Denmark - Rookie cop Lars Korsgaard was so dedicated to his job that he climbed out of bed in the middle of the night and walked five blocks to the police station - while fast asleep and stark naked.

A policeman spokesperson said Lars, 23, strolled into the nearly deserted precinct house and began going over the files of a case he had just been assigned. His nocturnal adventures came to an end when the night supervisor tried to question him and realized he was sound asleep.

- Weekly World News



SPHERICAL INWARD ARRANGED NEBULA PASTE
 REPRODUCTION INTERNAL MATTERS PRESSURE
 PLATES COLLIDE PULLING PLASMIC LAVA
 PUSHING BUBBLING STEAM HARDENING IRREGULAR
 FACETED BILLOWS OF BLACK CRUST CIRCULATING
 IN VORTEXED CURRENTS ABOVE REEXITING FAR
 BELOW CRACKING TRENCH WELL CELL
 SHOCK ENERGETIC KINETIC BLOCKAGE
 LOCKAGE LUGGAGE LINEAR FINGER FLOCK
 IMBEDMENTATION EARTH MIGHT CROCK A
 HEARTY SCOOP OF GOULASH WITH A WAFTY
 TIN STRIP LADLE LIFTING MOUNDS MOVING
 CROWNS COUNTING DOWN CHAPEL BELLS

RING ECHOING HORROR THROUGH CAVERN CRYSTAL
 UNDERGROUND VOLCANIC ISLAND TOWER TOWN
 SINGING CRIES POST HASTE A HEATY SLIP
 AND DOWN FALLING BOULDERS TUMBLING
 WEAK STOCKADE CLOWN WITH A NOSE LIKE
 RUDOLPH AND A PITCHFORK PIERCING MIND
 REDOX REINDEER PULLS A SLEIGH EMERGEY
 IN SPARKLING COSMIC PORTAL TIME
 REENTERED LINEAR LINE STREAM LIME GREEN
 PIE BOZOS FATAL TEMPTING WISH DRAWING HIS FLESH
 CLOSER FORGETTING A LAST MOMENTS KISS STAGGERING
 ON A DEVOUSLY PLACED BANANA PEEL ON STONE BRICK BRIDGE
 TRAIL BUMBLING OBTUSE OBSTACLE ORANGUTANG A CUTE VISION ANGLE

CROSSWORD ANSWERS

1	H	2	I	3	G	4	H	5	O	6	D	7	H	8	M	9	E	10	T	11	H
9	A	C	E	I	R	O	I	D	Y												
11	R	E	12	S	I	D	13	U	E	M	P										
	M		14	I	D	N			15	S	16	C	A	M	E					17	F
	R		18	D	I	V	I	D	19	E		A									I
	E		E		V				20	R	I	S	K	Y			21	S	E	X	
	D		K		E										22	R	I	P			
23	U	N	I	V	E	R	S	24	E	25	V				E		O				
	C		C		S	S								26	D	A	T	E	27	S	
28	T	A	K	E				29	A	L	C	A	T	R	A	Z		T			A
	I							L	O								O		E		F
	O			30	D											31	N	E	R	V	E
32	N	O	33	D	O	34	U	35	T												T
			36	O		37	S	A	38	T											Y
39	C	O	N			40	E	K	E		41	S	42	P	E	E	43	D		44	E
	O		E			45	E	A	46	T				O			O				X
	O													47	K	E	E	P	S	I	X
48	K	E	T	A	M	I	N	E						E			E				T

MCSEX NOW SERVED AT DRIVE THRU!

Rutland, BC - Valentine Weekend, McDonald's staff at Willow Park Centre noticed a car had pulled up late at night in the parking lot. Staff could not see the identity of sexes, but noticed at that moment that clothing was coming off. Ten minutes later, police arrived and two guys were caught naked and having sex. No charges or arrests were made. Police gave the guys a warning, and soon dismissed them after questioning. The guys claimed that they just met that night, and were in the mood for a brief late night sexual encounter. The two admitted that they were at a rave for gays, lesbians and bisexuals that night, and had been somewhat intoxicated.

- Junior



Rat pack proves no match for the RAC-PACK!



RACCOONS turn into party animals and attack members of the Red Street Rogues motorcycle club, above, after drinking beer from half-empty cans left by the bikers.

Naples, Florida - A gang of motorcycle toughs were attacked and terrorized - by hundreds of drunken raccoons!

BIKER GANG RIPPED TO SHREDS -- BY BAND OF DRUNKEN RACCOONS!

The 17 bikers from Ft. Lauderdale were camped in an area near Big Cypress National Preserve in the Florida Everglades. Drought conditions are killing large numbers of animals in that area and hunger is rampant among the wildlife.

The near-starvation is causing normally shy animals like opossums, deer and raccoons to grow bolder in their quest for food.

Naples naturalist Dr. Ray Albistor, who often camps in the Glades for weeks at a time and knows the area as well as anyone, was one of the first on the scene after hearing screams in the early morning hours of June 20.

"I was camped just east of a stand of cypress," said Dr. Albistor. "I was awakened about six in the morning to loud cries of help on the other side of the trees."

"I ran over to see the most incredible sight: about 300 raccoons had surrounded a group of motorcyclists. The raccoons were biting at their feet and legs and the bikers were screaming and crying at the top of their lungs."

"Some of the animals were weaving around, sometimes falling over on their sides, making strange, snarling noises."

"I used my cellular phone to call for help."

"One of them stole my %*&! leather!" said one peeved biker.

Authorities say the raccoons had become intoxicated on the bikers' beer and were trying to get their food.

The motorcyclists made two mistakes: First, they fed several raccoons - giving them potato chips, raw hot dogs, and other food. Second,

they left dozens of half-empty beer cans around.

The raccoons drunk some of the beer and it made them unusually aggressive. The smell of the food drew even more raccoons and soon it was all out of hand.

Six members of the club - the Red Street Rogues - were badly bitten and were treated at a nearby hospital.

Three others were scratched by the beasts' claws.

"The bikers were literally surrounded," said Dr. Albistor.

"They didn't realize they were standing between the raccoons and the food tent. That's the reason the raccoons bit them."

Dr. Albistor says that campers enjoying the outdoors should not feed wild animals.

"It's bad for the animals and it often turns out bad for the ones who feed them, just as it did in this case," said one wildlife official.

- Kevin Creed, *Weekly World News*, Sept. 8/98

FLYING RACCOONS ATTACK VILLAGE - AGAIN!

Morro, Brazil - Peasants say packs of flying raccoons are again attacking their village - just as they did in the late 1970's!

(I think we are all forewarned about our little woodland creatures now!)



WHAT IS ACUPUNCTURE?

Acupuncture is a form of traditional Chinese medicine that has been practiced for thousands of years. It is based on the principle that energy flows through the body in specific channels.

Interruption of that energy can lead to illness. Acupuncture works by prodding the body to heal itself and to release the body's own natural painkillers.

Acupuncture involves inserting very thin, sterile needles at specific acupuncture points to stimulate energy flow in particular channels.

There are also other methods that might be used, like moxibustion (carefully burning herbs on your skin), massage, or acupressure (pressing on specific points with fingers instead of needles).

You should allow about 1 hour per treatment. Usually people experience some change right away, but acupuncture is most effective as a series of treatments.

ACUPUNCTURE CLINIC AT S.O.S.

TUESDAYS, THURSDAY, SUNDAY
7:00 - 9:00 pm

\$2 donation, or pay what you can

ANYONE WELCOME
NO NAME REQUIRED

Every case is different, so the best thing to do is talk with the acupuncturist and design a treatment plan that is right for you.

The needles used in acupuncture are very

thin. Usually they don't hurt much apart from a twinge as the needles first go in. If it hurts a lot, tell the acupuncturist - they can change the position or take it out.

The World Health Organization recognizes acupuncture as treatment for a wide range of emotional & physical problems. While it works better for some people than others (just like standard medicine), acupuncture can be really helpful for:

- hepatitis
- insomnia
- detoxing
- all kinds of pain
- immune boosting
- low energy and fatigue
- depression

and many other problems.

To find out if acupuncture can help you, come in and check it out.

WHAT THE STREET NURSES CAN DO FOR YOU!

1. **Anonymous HIV/AIDS testing.** You don't need to give your name - just 3 initials & a date of birth that you can remember so the nurses can find your file when you come in for results.
2. **STD counselling, testing, and treatment.** If you're wondering whether that last sexual encounter you had left you with bumpy warts, a weird little sore spot, dripping gonorrhea, or anything else, come get tested.
3. **Hepatitis testing and Hepatitis B vaccine.** You can get tested for Hepatitis A, B and C, and get vaccines that will protect you from Hep A & B.
4. **Vaccines.** Vaccine for Hep A & B, influenza, and tetanus/diphtheria booster. Avoid getting lockjaw from a minor cut by getting your tetanus booster every 10 years.
5. **Free pregnancy testing.** The nurses will give you a pregnancy test and can refer you to a tailored service to help you manage if you are pregnant.
6. **Vein maintenance/harm reduction issues; abscesses, endocarditis, and 'blown' veins can be prevented!** Come talk to the nurses about the best way to shoot safely.
7. **Vitamins, Tylenol, cold medicines, etc.**
8. **Alcohol and drug referrals.** When you're ready to slow down, nurses can help you go in a direction that will help.
9. **Finding a doctor.** Check out the list of doctors accepting new clients. Nurses can also help you get a B.C. Carecard. Everyone who lives in B.C. is entitled to medical care regardless of \$\$.
10. **TB testing.** Find out whether or not you have TB, and how to stay healthy if you do.
11. **Got itchy scratchy bugs? We have Kwellada.**
12. **Wound management.** We have bandages and cleaning solutions.

Schedule for Street Nurses:

Tuesday	1:00 - 2:00 pm	Sandy Merriman House
	2:00 - 4:00 pm	Victoria Street Community Association
	4:00 - 6:00 pm	Alliance Club
	5:30 - 6:30 pm	YM/YWCA van
	7:00 - 9:30 pm	AVI's Street Outreach Services
Wednesday	4:00 - 4:30 pm	Inner City Youth Works
	4:30 - 6:00 pm	Alliance Club
	5:30 - 6:30 pm	YM/YWCA van
	7:00 - 9:30 pm	AVI's Street Outreach Services
Thursday	2:00 - 4:00 pm	Open Door
	4:00 - 6:00 pm	Alliance Club
	5:30 - 6:30 pm	YM/YWCA van
	7:00 - 9:30 pm	AVI's Street Outreach Services
	9:30 - 10:30 pm	Stroll



Good numbers to know

WHERE TO EAT

9-10 Club 740 View St.
Breakfast served 7-10 am, Mon to Sat.

AIDS Vancouver Island - Bean Scene
384-2366 #304-733 Johnson St.
Lunch by and for people who are HIV+, 10 am-2 pm, Mon to Fri.

Alliance Club
382-7553 behind Pizza Hut, Yates St.
For youth under 19.

Mustard Seed Food Bank
953-1575 625 Queens St.
Food hampers for families on Mon, Wed & Fri, 9:30 am-2:30 pm, except the week after welfare cheques. Dinners every Saturday, at 7:30 pm.

Open Door 385-2454 502 Pembroke St.
Food cupboard, free clothes, drop-in centre.

Our Club 384-2261 1225 Hillside Ave.
Meals for \$1.50, for people with schizophrenia.

Salvation Army Community Services
386-8521 1911 Quadra St.
Mon to Fri, 9 am-4 pm. Emergency food hampers, tickets to the Upper Room.

Q-C.A.R.E. 475-3039
Food served out of the Q-C.A.R.E. car, and at S.O.S.

Salvation Army
384-3755 525 Johnson St.
Meals served at Wharf & Johnson entrance Sundays, at noon & 6 pm.

Streetlink Emergency Shelter
383-1951 1634 Store St.
Breakfast at 7 am, lunch at noon, dinner at 5 pm. Non-residents are first-come, first-served; pick up tickets at 3:45 for 4 pm dinner.

St. Vincent De Paul Society
382-0712 840 View St.
Mon to Fri, 9 am-4 pm. Emergency food, max once every 30 days.

Upper Room Society
388-7112 919 Pandora Ave.
12 & 4 pm, Mon-Sat. \$26/month or \$1/meal.

YM/YWCA Youth Outreach
386-7511, ex 114 or page 388-6275, #1351
880 Courtney St.
Food, clothing, toiletries for youth 13-21.

WHERE TO SLEEP

Streetlink Emergency Shelter
383-1951 1634 Store St.
For homeless people who are sober & over 18. 44 men's beds, 11 women's beds in segregated quarters. Check in 3:30-8:00 pm; must be in by 11:30 pm. Three meals/day, laundry & showers, counselling.

YM/YWCA
386-7511 880 Courtney St.
Residence at low rates, central kitchen. Young moms' groups, youth outreach; youth shelter Saturday nights, 11 pm-7 am (drop-in basis).

Casa Maria Emergency Housing
361-4613 #21, 1241 Balmoral Rd.
Provides emergency temporary housing for homeless families, with cost based on income.

Hill House Transition House 479-3963
Emergency shelter for women, with or without kids, escaping family violence. Open 24 hrs/day.

Victoria Transition House
385-6611: Crisis line
Temporary shelter & support for women & kids fleeing physical/emotional abuse.

Sandy Merriman House
480-1408 809 Burdett Ave.
Emergency shelter for homeless women, women who have been in jail, women who work as prostitutes, women with mental illness, and women with drug/alcohol issues. Open 7:00 pm-11:00 am; women's drop-in during the day.

Kiwanis Emergency Youth Shelter 386-8282
Short-term shelter for youth 13-18.

Gateway 361-1323 1400 Quadra St.
Overnight shelter for people over 19 who are drunk or high. Showers, laundry. First-come, first-served.

Salvation Army Rehabilitation Centre
384-3396 525 Johnson St.
Emergency shelter & hostel for men. Office open 8:30 am-4:00 pm. Cafeteria provides 3 meals/day.

ADVOCACY

Action Committee for People with Disabilities
383-4105 926 View St.
Individual advocacy, and lobbying.

Law Centre 388-4516 1221 Broad St.
Legal aid, other legal services.

Prostitute Empowerment, Education & Resource Society (PEERS)
388-5325 #414-620 View St.
Peer counselling and advocacy by people who have been in the sex trade. Non-judgemental.

Together Against Poverty Society
361-3521 #415-620 View St.
Advocacy on issues involving welfare, employment insurance, and tenancy. Open 8:30 am - 12:00 noon.

Tenants' Rights Action Group 480-7881
Education and advocacy about tenants' rights; provides referrals to other tenant agencies.

Victoria Street Community Association (VSCA)
386-2347 1517 Quadra St.
Advocacy, support services & employment training programs, *Red Zone* magazine, and a drop-in.

HEALTH CARE

Acupuncture Clinic 384-1345 at SOS
See p. 18. Chinese medicine for what you can pay.

AIDS Vancouver Island
384-2366 #304-733 Johnson St.
Support, education, advocacy, prevention info, and other services for anyone affected by HIV/AIDS.

BC Medical Services Plan
386-7171 1515 Blanshard St.
The free/low-cost medical coverage that every BC resident is entitled to.

Birth Control Clinic
388-2201 1947 Cook St.
Birth control, pregnancy testing.

Capital Health Region Street Nurses
384-1372 at SOS 1220 Commercial Alley
See p. 18. Free & confidential HIV/AIDS, Hepatitis, pregnancy, STD/TB testing; adult immunization; vein care; condoms; needle exchange; vitamins; referrals; and any other health concerns.

Hepatitis C Society
388-4311 1611 Quadra St.
Support, education, and advocacy for people with Hep C and their friends/families.

Swift Street Medical Clinic
385-1466 465 Swift St.
Medical care for anyone with no other health care.

Victoria AIDS Respite & Care Society
388-6220 2002 Fernwood Rd.
Services for people with AIDS and their caregivers, medical advocacy, help with daily tasks, respite care.

Victoria PWA Society
382-7297 541 Herald St.
Support, treatment info, and other services provided by and for people who are HIV+.

Victoria Youth Clinic
388-7841
Medical care for youth 12-24 years old, including pregnancy testing, STD testing & treatment, and any other health concerns.

HO'S & HYPES



19



Good numbers to know (cont.)

DRUG & ALCOHOL STUFF

- Alano Club** 383-9151 1402 Broad St.
Alcohol/drug-free environment; food, lounge, games room, 12-step meetings. Membership is \$6/month. Open Mon-Fri 8 am-11 pm, Sat 8 am-1 pm.
- Alcohol & Drug Services** 387-5077 #228-1250 Quadra St.
Drug & alcohol counselling, info & referrals to treatment programs.
- A.V.I. Street Outreach Services (SOS)** 384-1345 1220 Commerical Alley
Needle exchange, info on AIDS/Hepatitis prevention and safer drug use, free condoms. Open 3:30-6:00 pm Mon-Sat, and 7-11 pm every day.
- Dallas Society** 727-3544 #304-1095 McKenzie St.
Drug & alcohol counselling for people in Saanich and Sidney. Youth substance Youth substance abuse program. Full Circle Women's Day Program.
- Outreach Services Clinic** 480-1232 2004 Fernwood Rd.
Methadone program, referrals to other services.
- Pacific Centre** 478-8357 3221 Heatherbell Rd.
Programs for youth, adults, families.
- Pemberton House Detox** 592-5554
Supervised detox; must be over 16. Phone several days ahead to get a bed.
- Streetlink Emergency Shelter** 383-1951 1634 Store St.
Alcohol & drug counselling during day, including referrals to other services.
- Victoria Life Enrichment Society** 381-4343
Residential program; must be over 19. Open 8:30 am-noon and 1:15-4:30 pm.
- Victoria Native Friendship Centre** 384-3211 220 Bay St.
Counselling, education, prevention.
- Victoria Youth Empowerment Society (VYES)** 383-3514 533 Yates St.
Alcohol/drug counselling, drop-in for youth.
- Alcoholics Anonymous 383-0415 • • • • • Narcotics Anonymous 383-3553 24 hr lines

COUNSELLING / SUPPORT

- BC Society for Male Survivors of Sexual Abuse** 381-0493 #302-531 Yates St.
Victim services, individual/group therapy.
- Esquimalt Neighbourhood House** 385-2635
Youth, family, & peer counselling; programs for pregnant women; parent support; clothing.
- Family Violence Project** 380-1995 2541 Empire St.
Help for men who abuse their partners, and women who are abused by partners.
- John Howard Society** 386-3428 2675 Bridge St.
Counselling for anyone in conflict with the law, and their families.
- NEED Crisis Line** 386-2635 24 hr line
Crisis intervention, counselling, info & referrals. Access to emergency mental health services.
- Open Door** 385-2454 502 Pembroke
Counselling, support, food bank, advocacy.
- Our Club** 384-2261 1225 Hillside Ave.
Support, counselling, advocacy, drop-in for people with schizophrenia.
- Sandy Merriman House** 381-2847 809 Burdett Ave.
Support for women, available at both the shelter (7 pm-11 am) & the drop-in (11:30 am-7 pm, Mon-Fri).
- The Women of Our People Society** 652-2788 #3-7855 E. Saanich Rd.
Counselling, info, & support for native women.
- Victoria Native Friendship Centre** 384-3211 220 Bay St.
Employment & drug counselling, support.
- Victoria Transition House** 385-6611: Crisis line
Support for women & kids fleeing abuse.
- Victoria Youth Empowerment Society** 383-3514 533 Yates St.
Counselling, information, housing referrals.
- Women's Sexual Assault Centre** 383-3232: 24-hr line
Services for women who've been assaulted/abused.
- YM/YWCA Street Outreach Program** 386-7511, ext. 114/Page 388-6275, #1351 880 Courtney St.
Counselling, advocacy for youth 13 to 21.

STUFF TO DO

- Alano Club** 383-9151 1402 Broad St.
Alcohol/drug-free lounge & games room. Open Mon-Fri 8 am-11 pm & Sat 8 am-1 pm. \$6/month.
- Downtown Community Activity Centre** 383-0076 755 Pandora St.
Free drop-in sports & weights. Open Mon-Thurs 2-5 pm, and some nights.
- Movie Monday** 595-FLIC EMI Pavilion
A free movie every Monday (donations appreciated).
- SOS** 384-1345 1220 Commerical Alley
Acupuncture 7-9 pm Tues/Thurs/Sun; drop-in Art Mon 7:30-9:30 pm; Beginner's bellydancing Wed 7:30-8:30 pm; HIV/AIDS Peer Support Thurs 7-9 pm.
- YM/YWCA** 386-7511 880 Courtenay St.
Subsidized coverage for Y facilities: weights, swimming, etc.
- DROP-IN SPACES**
AIDS Vancouver Island: for HIV+ people; 384-2366
Alliance Club: for youth under 19; 382-7553
AVI Street Outreach Services: 384-1345
Our Club: for people with schizophrenia; 384-2261
Sandy Merriman House: for women; 381-2847
Victoria Street Community Association: 386-2347

JOB STUFF

- Pacific Centre Family Services Association** 478-8357 3221 Heatherbell Rd.
Counselling for whatever you can pay.
- Prostitute Empowerment, Education & Resource Society (PEERS)** 388-5325 #414-620 View St.
Peer counselling by ex-prostitutes.
- Salvation Army Family & Community Services** 386-8521 1911 Quadra St.
Family counselling. Also emergency food, transportation, clothing, & furniture.
- Cool-Aid Job Services** 388-9396 #407-620 View St.
Casual labour listings, employment preparation training, self-employment program.
- Esquimalt Neighbourhood House** 385-2635
Employment training programs.
- Inner City Youth Works Society** 381-0598 537 Chatham St.
Bike repair, drum-making, and a whole lotta stuff.
- Victoria Native Friendship Centre** 384-3211 220 Bay St.
Open drop-ins for urban natives, including work experience & employment counselling.
- Victoria Street Community Association** 386-2347 1517 Quadra St.
Pre-employment program, resume preparation.

