

HIO'S & HYPPIES

AIDS VANCOUVER ISLAND
#301-733 JOHNSON STREET
VICTORIA, B.C. V8W 3G7
TEL: 324-2366



Vol. 1, No. 3

July 1998

WELCOME TO HO'S & HYPES!

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 3rd issue of *Ho's & Hypes*, a 'zine for 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, 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.

Send stuff to:

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

or drop it off at SOS:

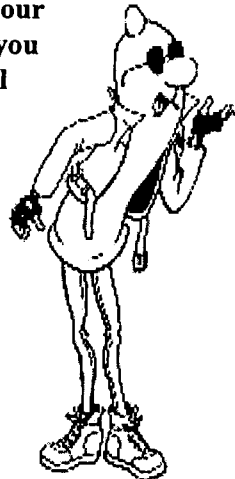
1220 Commerical Alley
(off Yates St, between Wharf & Government, behind Pizza Hut)
Phone: (250) 384-1345

CREDITS FOR ISSUE #3

Contributing writers: AG, Amanda, Annie Sprinkle, Brian, Fritz, Patrick Rafferty, Ramona, Remé, Rune, Seth Gotro, Shiner, Sketchy Jesse Jones, Stephen Patrick MacDonald, Toilet Trained, Willie Blake, Louise the Street Nurse, Claire, Kate, Joshua, Megan, and some anonymous friends.

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

Contributing artists: Megan (p. 7), Mike (p. 14)



Next issue: COPS

Got something to say about the police? A story, opinion, poem, drawing -- whatever you want.

S.O.S. SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
3:30-6:00	open as usual, 3:30 - 6:00 pm						
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>CHR nurses</i> 7:00-9:30 <i>Acupuncture</i> 7:00-9:00	<i>just the usual smiley crew</i>		<i>Acupuncture</i> 7:00-9:00

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



OUR FIRST LETTER!

March 30, 1998

Dear friends:

Thank you for sending us a complimentary copy of *Ho's & Hypes*. Good stuff!

I read with interest the 'INSIDE/OUTSIDE' column. Please thank M.P. for the compliment.

Also I recognized the name of one of your poets. I've enclosed a copy of a poem he wrote for our magazine some time ago. Perhaps you can give it to him.

I'm sending you a poem I wrote that may be suitable for your publication. It describes the perils of cocaine use -- the reason I've been behind bars for the past eleven years, with four more to go before parole eligibility.

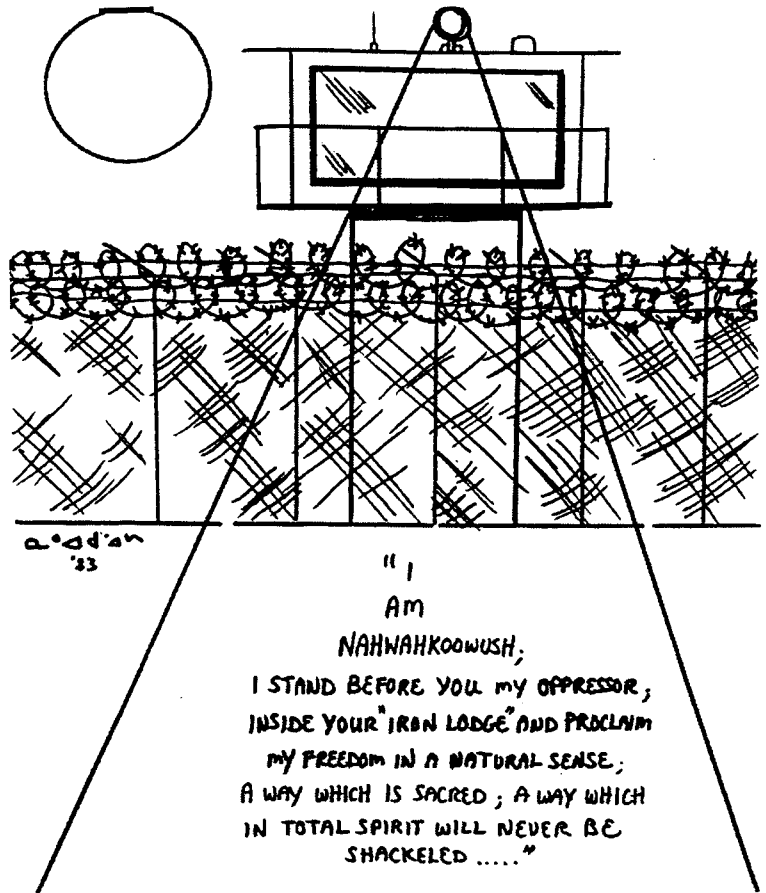
With the help of Native Spirituality, particularly the Sweatlodge Ceremony, I've been able to stay clean of all drugs for the last four years now. It's only a small battle I've won, the war against temptation rages on.

Keep up the good work and please continue to send us *Ho's & Hypes*.

Respectfully,

Patrick Rafferty, editor
Out of Bounds magazine
William Head Institution
PO Box 4000, Station A
Victoria, BC Canada V8X 3Y8

Something you want to say to folks who are reading *Ho's & Hypes*? Send us a letter! You don't have to sign it if you don't want to.



a.d.d.'an
'83

"I

AM

NAHNAHKOOWUSH;

I STAND BEFORE YOU MY OPPRESSOR,
INSIDE YOUR "IRON LODGE" AND PROCLAIM
MY FREEDOM IN A NATURAL SENSE;
A WAY WHICH IS SACRED; A WAY WHICH
IN TOTAL SPIRIT WILL NEVER BE
SHACKLED

SHOOTING DREAMS

a deadly steel sliver impales the vein, again
interrupting life's straight progression
red flag flying signals: direct hit
tongue tasting ether blows breath away
heightened hearing -- hissssssing
popping pupils -- peering, peering
while the walls whisper their slimy secrets
30 units of Escobar's poisoned piss
30 years of good living gone amiss
friends, family, future dreams
plunger hits bottom, the body screams
momentary ecstasy, that's all it is
everything *means* nothing? the eternal quiz

- Patrick Rafferty

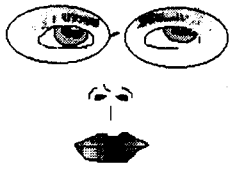


HO'S & HYPES



3

a face you can trust



Dear Kate

Dear Kate:

I noticed the posters telling people that there's super strong dope in town and to do a tester first. I think people are OD'ing 'cuz they don't know what they're doing. What do you think?

- Been around the Block

Dear Been,

Yup, you're partially right. Some people are OD'ing 'cuz they don't know what they're doing. People, and not just new users, learn incorrect using habits from other people who've "been around the block"—I dunno how many long time users I've talked to who don't know about using alcohol swabs before you shoot, not after—and the list goes on.

There seems to be a bit of a trend I've noticed lately where people are mixing their substances and goin' down because of it.

If you're mixing dope and pills and booze and haven't slept or eaten or you happen to also be on prescription drugs like anti-depressants or tranqs or meth or HIV drugs then the effects can be intensified—sometimes lethal. Even the mood you're in when you're using can be enough to push you over.

If you have a question, then Kate is the one to ask. Kate will answer your questions on everything from safer injecting practices, what to do in uncomfortable events, or your love life.

She is a trained professional. She accepts no liability for the answers she gives. She is a pool of people. "Kate" is a fictitious name. But she's also 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.

So be smart and don't be a hero. Test your dope to check the strength—even if you know your dealer, but especially if you don't. You can always add to your high but you can't take back what you just shot.

I know this may be a stretch, but BE PATIENT: wait a few minutes for the drugs to take effect before you start taking other stuff. Some drugs are creepers and lots are intensified by alcohol.

So, if you're already fucked up, ask yourself if you need to get even more fucked up, especially if you're drunk or depressed.

Use with other people around so if you do go down, someone can deal with it. If you come across someone who's OD'd (having trouble breathing, unconscious), CALL 911 NOW—tell them that it's an OD & tell them what they were using (if you know). If you can, roll the person onto their side.

Hide your dope but don't panic about the cops—even though it's a heat score, the person who's down will appreciate that you didn't bail and that you probably saved their life—and will do the same for you if you should (hopefully never) need it.

Dear Kate:

I'm a ho and I keep getting yeast infections. Is there a link between using rubbers and yeast infections?

- Itchy

Dear Itchy:

Yes, there is a link between frequent use of latex condoms and vaginal yeast infections. Yeast is caused by an overgrowth of the naturally-occurring bacterias in your crotch.

This could be because of: (a) taking antibiotics; (b) wearing tight clothing that doesn't allow air to get at your crotch; (c) using chemicals and soaps and douches in your vagina; (d) diet; (e) hormones (eg. the Pill); (f) injury to the vagina from too much friction without enough lube; (g) sexual transmission; (h) HIV/AIDS; (i) latex condoms.

If you think you might have an infection 'cuz your crotch is swollen, itchy, burning, smells like bread or beer, has a yellowy 'cottage cheesy' discharge (mmm), see the Street Nurses or your doc. They can help you out with a treatment plan. (Hint: 1-day treatments don't work—you need to treat it for at least 3 days and often up to 7 to totally get rid of it.)

If you want more info, let me know and I'll write more in the next issue -- there's just soooooo much I could say on this tasty topic.





GITTIN' MAD

*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.*

GITTIN' MAD

COPS

Got something to say about the police? Bring it in by Sept. 15 for the next 'zine.

I'm pissed off 'cuz dick-heads keep pissing in the xchange doorway which stinks up the joint. At SOS they've done a good job making the space nice so we don't have to feel like all we deserve is a dump. So stop fuckin' pissing in the doorway.

- Toilet trained

BEWARE OF UN-CUT SHIT! DON'T OD

TASTE WON'T TELL (if it's X-tra strength)

TAKE a test-drive
(1/4 Your regular issue; do you feel OK after 5 minutes?)

if a friend ODs, call 9-1-1

HOME EQUITY LOAN

*Small Craft Warning
is now a Small Craft Advisory
but the weather is still the same
Unruly flying gunk
evicted from space
There is no sense
to think of bitter things
I know the one to blame.*

*The time has come
the walrus said
and although my horns hang down
delusions are granted
the sweetest gift
says the empathic clown.*

*The watch is broken
but it works fine
to realize that a second won't be lost*

*surrealism meets the so-called sanity
time should not have a cost
the departures still linger
there are twonkys galore.*

*name and address are permanent
irrelavency diminished
but even so ,,,*

*- Stephen Patrick
Dargon MacDonald*



WHORES ARE

Last year I went to a conference that was put on by Global Alliance Against The Trafficking in Women (GATTW). There I met an assortment of amazing people who were working on the issue of prostitution from various angles. There were many arguments, debates and discussions. Most of us had very different opinions. We were all right. There are as many different situations a person prostituting can be in as there are people in it.

When I was there I met some heroes of mine. Priscilla Alexander, Carol Leigh AKA Scarlot Harlot, Gail Phetersen, Margot St. James. These women work out of the United States. They are Prostitutes Rights activists.

Carol Leigh does lots of demonstrating and writing, demanding the right to work in the sex trade and demanding that there be choices so that anyone who doesn't want to work can get out.

Margot St. James founded COYOTE (Call Off Your Old Tired Ethics) which is a prostitutes rights group in San Francisco. She started the Whores Congress, The Hookers' Ball and other huge meeting events for prostitutes around the world.

Priscilla runs a needle exchange and Gail is a researcher, an academic who wrote *-A Vindication Of the Rights Of Whores* - an excellent book.

I have added to Annie Sprinkle's list; here it is.

1. *Whores have the ability to share their most private, sensitive body parts with total strangers.*
2. *Whores have access to places that other people don't.*
3. *Whores challenge sexual mores.*
4. *Whores are playful.*
5. *Whores are tough.*
6. *Whores have careers based on giving pleasure.*
7. *Whores are creative.*
8. *Whores are adventurous and dare to live dangerously.*
9. *Whores teach people how to be better lovers.*
10. *Whores are multicultural and multitalented.*
11. *Whores give excellent advice and help people with their personal problems.*
12. *Whores have fun.*
13. *Whores wear whatever they want to and with style.*
14. *Whores are dramatic.*
15. *Whores survive no matter what the political climate, economic situation, culture, country, city....*
16. *Whores are sensitive.*
17. *Whores are smart.*
18. *Whores have patience and tolerance for people that other people could never manage to put up with.*
19. *Whores make lonely people less lonely.*
20. *Whores are independent.*
21. *Whores teach people to have safer sex.*
22. *Whores are a tradition.*
23. *Whores are hip.*
24. *Whores have a good sense of humour.*
25. *Whores relieve millions of people of unwanted stress and tension.*
26. *Whores heal.*
27. *Whores endure despite of the fact that many people have prejudice against them.*
28. *Whores make good money.*
29. *Whores always have a job.*
30. *Whores are sexy and exotic.*
31. *Whores have special talents that other people don't have. Not everyone has what it takes to be a whore.*
32. *Whores are interesting people with lots of exciting stories.*

TOP
48
REASONS
WHY



MY HEROES

These women are my heroes because they were the first to stand up and say to an unfeeling world 'HEY LOOK AT US! WE ARE PEOPLE WITH RIGHTS AND FEELINGS AND INTELLIGENCE! WE ARE THE EXPERTS IN THE FIELD OF PROSTITUTION!! LISTEN!' Margot St. James came very close to becoming the Mayor of San Francisco. That made them look up I guess.

I'm telling you all of this because I'm leading up to something here. I got on this topic because I was given something that was written by Annie Sprinkle. She is a whore and an artist and a writer and an activist. She wrote a list of 40 Reasons Whores are her Heroes. I wanted to share

them with you, Hookers of Victoria. Because we should be each others heroes. We deserve it.

Many of you may be offended by the word Whore. Many activists have chosen this word instead of the others. I prefer hooker – it sounds kinda playful to me. But it doesn't matter. If it offends you, just use a different word that you like more.

I have the most respect for everyone who works their ass off (literally) night after night. I know what it's like. Cause I did it too. Everyone reading this:

NEVER LET ANYONE TELL YOU THAT YOU ARE WORTHLESS. You should be treated like gold. You work harder than anyone.

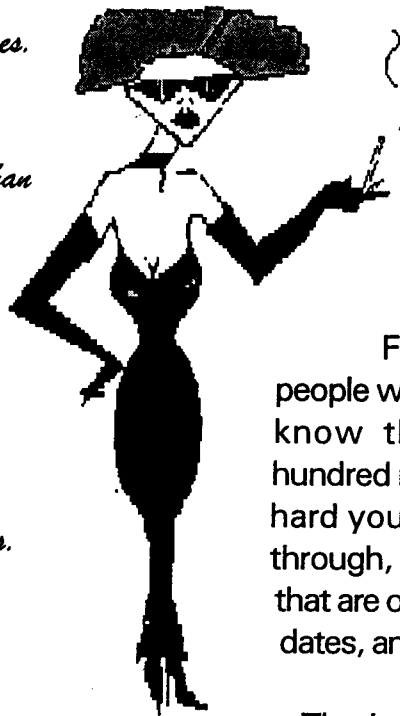
W
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33. Whores get laid a lot.
34. Whores help people explore their sexual desires.
35. Whores explore their own sexual desires.
36. Whores are not afraid of sex.
37. Whores can get dressed to go out faster than anyone.
38. Whores have the best taste in shoes and nail polish.
39. Whores are my community.
40. Whores hustle.
41. Whores sparkle.
42. Whores are entertaining.
43. Whores have the guts to wear very big wigs.
44. Whores are not ashamed to be naked.
45. Whores help the handicapped.
46. Whores make their own hours.
47. Whores are safe sex professionals - everyone else is just an amateur.
48. Whores are rebelling against the absurd, patriarchal, sex-negative laws against their profession and fighting for the legal right to receive financial compensation for valuable work.



Now, we all know that not *everyone* peddling their ass fits the entire list. But it sure is a good list of why we're amazing.

For all the hundreds of people who will put you down, know that there are 11 a hundred more who know how hard you work, what you go through, your talents and skills that are only appreciated by the dates, and how strong you are.

That's why we have to stick together. The world doesn't like people who sell (rent) sex. It frightens them, they don't understand. At least we, who have frozen our tails in the winter, blistered our feet in the summer and can run in heels better than anyone, understand each other.

- Megan Lewis



INTERVIEW WITH BRIAN, FROM THE METHADONE CLINIC

Methadone is a synthetic opiate. Licensed clinics and doctors can prescribe it for people who are addicted to any kind of opiate (heroin, morphine, Dilaudid, Percodan, opium, etc). In the right dose, methadone stops you from getting dope sick and prevents cravings. It won't get you high unless you take a high dose of it. So it's sort of between being the low of being sick and the high from doing dope.

Some people stay on meth for a short time, in gradually lower doses, till they've kicked completely. Some people stay on a low dose for a long period of time to help them stay clean. Each person is different, so everyone's program is set up for them specifically.

Ho's & Hypes interviewed Brian, the director of the meth clinic in Victoria, to find out more about how the clinic works.

JOSHUA: If someone's wanting to go on meth, how do they do it? Can they just walk into the clinic?

BRIAN: Yeah, people can walk in. They'll have to fill out a form, basic stuff like their name and the drugs they've been using. All the information that people give us is totally confidential.

After people fill out the form, they'll be asked to leave a urine sample. Over the next week, they'll need to come in and chat with one of the staff, one of the doctors, and leave 2 more piss tests. This sounds like a lot, but we try to make it as low-key as possible.

Once a person is accepted as a client, they'll need to come in once every 2 weeks to see the doctor at the clinic.

JOSHUA: Where do people pick up the meth?

BRIAN: We can't give it out, that's one of the laws. Specific drugstores are licensed to dispense it. For the first 3 months on the program, you have to pick up your meth daily. After 3 months, you can get 2-3 day carries. If people need to go out of town, we can figure out a way they can pick up where they're going.

JOSHUA: How much does all this cost?

BRIAN: The clinic fees are \$70/month. If you're on welfare in Victoria, welfare will cover some of it – they take \$70 off your cheque, then you get \$41.66 back, usually within a week or so. If you're on UI, nothing is covered.

JOSHUA: That's the clinic fees. How much does the meth cost?

BRIAN: It used to be 3 cents/mg. Recently, some of the drugstores raised it up to 10 cents/mg. Welfare will cover the cost of the meth, but UI won't. And if you're a native person using a status card to cover your health costs, that doesn't cover methadone either.

In addition to the cost of the meth itself, drugstores charge a dispensing fee. Some will charge you for dailies every time you pick it up, some won't.

By the time you add up the cost of the meth and the dispensing fee, it can be \$15/day, so it works out to about \$450 a month, plus the clinic fee.

JOSHUA: Are there any rules about who can and can't go on the program?

BRIAN: Basically there's two sets of laws – federal laws that dictate how the clinic works, and laws set down that the doctors who work here have to follow.

Five years ago, the law was that you had to be over 30, and wired for at least 10 years. Now there aren't as many rules.

Actually people who are under 25 do better on methadone than people who are older and really entrenched. It's harder to stop using when you've been in and out of jail, you have no job experience, all your friends have been using for years, and you have the really heavy physical addiction that comes with years of being on junk. That's not to say that people over 25 can't kick; a lot of our clients are over 25. But I've seen the younger people do really well.

JOSHUA: What about people who are using more than down – coke, speed, pills, whatever? Can they still go on meth?

BRIAN: Every situation is different. We do take

people who are using lots of different stuff in addition to opiates of some kind. Meth doesn't work if you're not wired to opiates, so if you're only wired to coke there's no point in going on meth. If you're honest with us about what you've been doing, we can tell you if we think it's right for you or not.

JOSHUA: How often do people get piss-tested? What happens if the test is hot?

BRIAN: The doctors can ask for a piss-test at any time. If someone has a hot sample, that's just something we have to talk about with that person. It doesn't mean they'll get kicked off the program. If people are doing well on meth, we try to work it out so they can stay on it.

JOSHUA: In the U.S. there used to be a law that if you were on meth you were legally impaired, so you couldn't drive, and it was hard to find work.

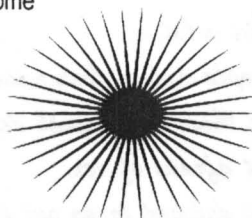
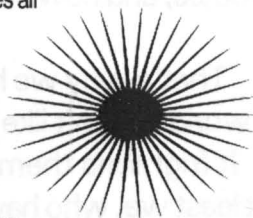
BRIAN: That's not true in Canada.

You're not legally impaired – on the right dose, meth doesn't make you high. Some people that have been on the program here worked at logging camps while they were on meth, and it wasn't a big deal. We can help with questions like that, like what to do if you're starting a new job and for some reason you need to tell your boss that you're on meth.

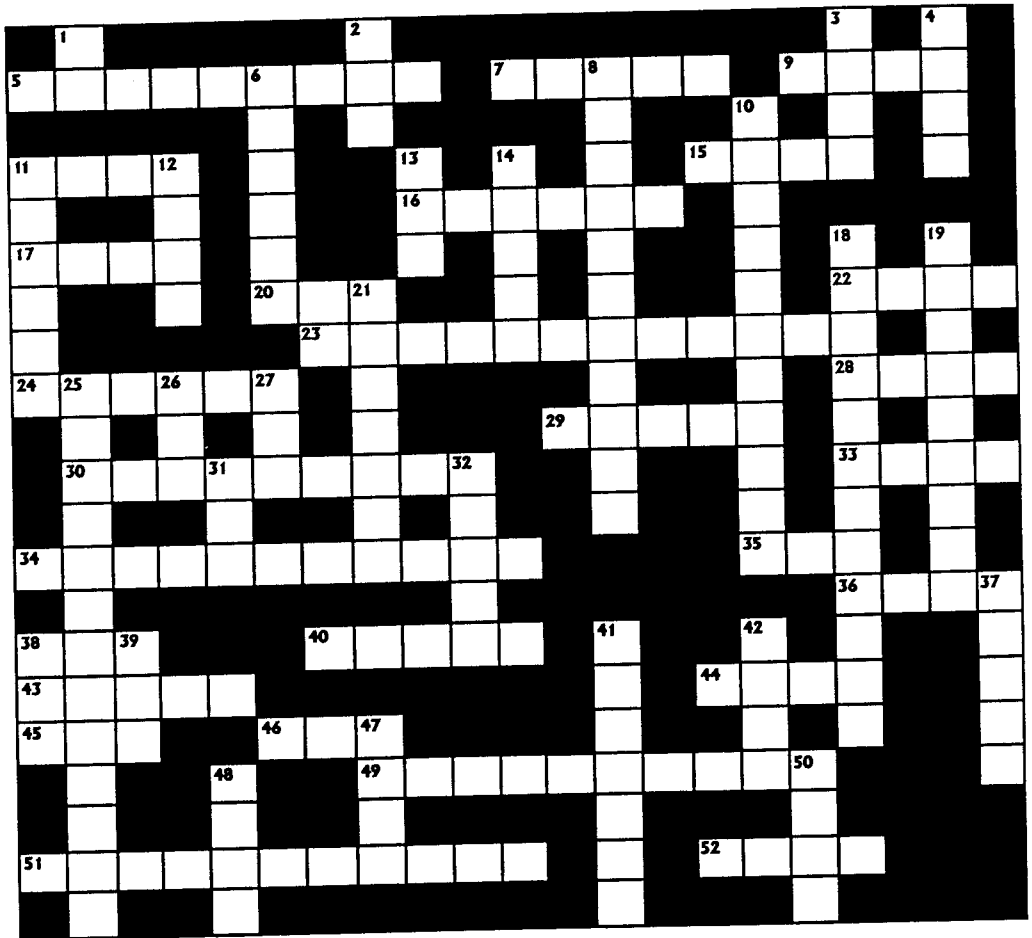
JOSHUA: Is it true that meth is harder to come off than heroin?

BRIAN: It's different for everyone. If you're going off methadone cold, that's hard, because it lasts longer than H. You can miss a day without much problem. It kind of creeps up on you, then it gets really bad on the 3rd or 4th day. People usually feel crappy for a long time. The thing is, people don't have to quit cold. We can taper the dose down slowly, to make it less painful.

Got questions? You can reach the Methadone Clinic at 480-1232, or drop by 2004 Fernwood Rd: Mon/Tues/Thurs 9-5, Wed 9-8, or Fri 9-2.



CRAZY-ASS CROSSWORD



ACROSS

- 5 Despite its name, this mixture has nothing to do with amphetamines
- 7 When you do a lot in a little time
- 9 What the judge hands out
- 11 Fold it up in a piece of paper, and you've got a
- 15 Stuff you want in your pocket, or the man who wrote "Boy named Sue"
- 16 Spoon, bottlecap, etc.
- 17 If your condom has a hole in it, it might _____
- 20 Stoolie
- 22 Stick your knives in the stove, doo da, doo da
- 23 One of the household ingredients you use to make base
- 24 Take something that belongs to someone else
- 28 Withdraw sharply
- 29 Hide away stuff
- 30 High-track footwear
- 33 One of these rides around and jacks you up
- 34 When you only need five and there's no one around

- 35 If you have eaten, you are _____. Or, what are the RCMP?
- 36 "Hands up everyone, it's a _____"
- 38 Did time, or scams
- 40 With a rig, with a finger, you can _____
- 43 A scam
- 44 Feeling yucky, time for those nurses again
- 45 Taking the _____ for someone
- 46 Oldtimers' measure for pot
- 49 A stint at Wilkie
- 51 What you get if you use cotton balls to filter
- 52 It sounds like forever, but it's really 20-25 years

DOWN

- 1 This causes dopamine buildup in your brain; it doesn't bring you down
- 2 You should see the nurses if you feel _____
- 3 A squeaky voice, a mountain peak, how you feel when you've done dope
- 4 Six feet under
- 6 Pill popper
- 8 \$20 rooms with a \$10 guest fee
- 10 Bit of this, bit of that when you pull a date
- 11 Don't use cotton to do this, or you will get 50 across
- 12 Make a hole with a needle
- 13 Cold dope
- 14 Bread, dough
- 18 If you don't cook it...
- 19 Too much of a good thing can give you "coke _____"
- 21 New to the game girl
- 25 If the cops ask questions, it could turn into a _____
- 26 Liquid hash
- 27 A lie, an untruth, a prevarication
- 31 Lighted
- 32 See #16 across
- 37 Pull, date, john, sugar...
- 38 Mode of transportation
- 39 When you're tired and crabby, find a blankie and curl up for a _____
- 41 Amigos, compadres, buds, companeras, pals
- 42 What you exchange at SOS
- 47 Mediterranean fruit, or a trick
- 48 Another word for snow
- 50 Condom



Answers on page 14



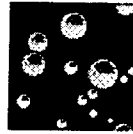
POETS PAGE POETS PAGE POETS

Flower Petals... for Michelle M.

Falling like snow
 Covering the grey and the green
 Trees lining the streets
 Like day trips to nature
 They keep us slightly sane
 A token piece of life
 To placate our conscientiousness

Parks and zoos
 A piece of peace
 Comfort zones
 There are so many
 Raw survival
 Is forgotten here
 In the great white Northwest

- Anonymous



LAUGH

*How do I explain
 All this grief deep inside
 All this pain I cannot hide
 Left outside in the driving rain
 From the tears that I have cried*

*All of these feelings
 Buried deep in my mind
 Burn my eyes and make me blind
 But still I see rotten dealings
 No solace I can ever find*

*Here today, forgotten tomorrow
 How can I laugh when I'm alone
 Mind and body and soul are wasted
 How can I laugh when I'm alone*

*All these pains inside
 Fill the aching hollowness
 Never more, always less
 Within darkness do I hide
 Life for me was not success*

. RUNE



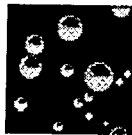
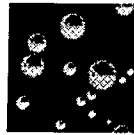
A FLOATING ROCK...

As I ponder over my yester years
 in my sorrows & in my tears
 I wonder how I came to be
 A floating rock on an untamed sea...

Standing beside me with tears in their eyes
 wondering & trying to realize
 just how their baby girl came to be
 A floating rock on an untamed sea...

Lost in that deep gutter of despair
 of this my parents were fully aware
 Lost in that gutter I was not alone
 there were thousands without faces
 hopes or homes;

Then my eyes were opened wide
 I began to see from the other side
 hoping I'd never again come to be
 A floating rock on an untamed sea...



*Was pullin' down a mark,
 They had me charged with greed.
 When the judges gavel fell,
 Fucken' concrete guillotines.
 Been ushered thru the streets
 In a steel bar limousine.
 Illusions of my freedom,
 Razor wire realities.
 So when it 'seems' your time
 is up, and the door is just revolving.
 Remember there is no time,
 it's only moments ... evolving!*

NIGHTSPAWN

I run through the forest
 feeling the wind whip
 through my fur.
 An exultant cry fills my
 throat, and is released in a
 soul shattering howl that
 echoes in the moonlit
 night.

The creatures of the forest
 settle deeper into their dens
 and remain silent in hope that
 I will pass them by.
 My senses filled them all, but I
 ignore them, as I enjoy
 the ecstasy of being
 one with the night.

Remé



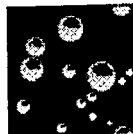
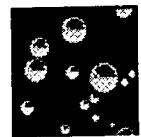
PAGE POETS PAGE POETS PAGE

It's called cocaine
 going down up-town to play the game
 being followed by sick
 selling my tricks to buy my fix
 rip off a trick to buy my fix
 Gypsy switch ha ha got a free fix
 working the streets
 they have no rules
 Rob and rip gullible fools
 playing the game
 it's called cocaine
 you lose your everything
 - then control
 I devote my death
 I can sell my soul -
 I can sell my tricks
 hush
 whack my fix
 rush.....?
 Turning tricks quite quickly today
 when it's over and done with
 just give me my pay
 off again to turn my tricks
 on again, I love to fix
 over and over, day's without end
 Fix more up, I'm ready again
 Fix the game called cocaine
 you feel no pain
 your never the same
 you've lost your worth and yourself
 I need a fix
 then I'll feel fine
 I play the game
 to cure the pain
 I need no change
 cause the game stays the same
 - Sketchy Jesse Jones

**Regression
 Suppression
 Depression
 Addiction ?
 Connection ?**
 - Ramona

**Sitting on the curb
 Staring at my shoes
 Too self conscious to beg
 Too upright for pity
 Penniless
 Directionless
 No bed or roof tonight
 Nothing to eat
 In the wrong city
 Cannot go home
 Afraid
 And lost
 Nothing to look forward to
 Nothing to be proud of
 Nothing at all**
 - Shiner

**I CANNOT EXPERIENCE
 THE OUTSIDE
 TO WRITE ABOUT;
 MY WHOLE TRIVIAL EXISTENCE
 IS TIED DOWN
 TO THIS...
 SO DON'T EXPECT ME
 TO WRITE ABOUT
 YOUR FLOWERS
 BEACHES
 OR TRESS,
 I CANNOT SEE
 FROM FOUR WALLS
 OF BARREN
 BARREN
 FRUSTRATIONS**
 - Willie Blake



VIEW TOWERS/JUNK SLIDE

A needle hangs from a dirty arm,
 Bright red blood still visible
 From the flag.
 Jimmy vomits up the last
 Fifteen dollars of his welfare cheque
 As the rig loosens off his bicep.
 If you knew him five years ago,
 You'd never recognize him now.
 He keeps waiting for the hot cap
 That will kill him,
 But either the shit he scores
 Isn't good enough,
 Or his body has quit
 Trying to die...
 - Seth Gotro

**Stinky kids
 with smelly diapers
 dogs shitting on the floor.
 Children screaming
 mothers bleeding
 daddy's with a whore
 please please no more**
 - Amanda

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.



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.

Inter-ruption 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 (endorphins).

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 (warming up your body by carefully burning herbs on your skin),

massage, or acupressure (pressing on acupuncture points with fingers).

You should allow about 1 hour per treatment. Usually people experience

some change after the first treatment, but acupuncture is most effective as a series of treatments over a period of time.

ACUPUNCTURE CLINIC AT S.O.S.

TUESDAYS 3:30 - 5:30

7:00 - 9:00

THURS/SUN 7:00 - 9:00

\$2 donation, or pay what you can

ANYONE WELCOME
NONAME REQUIRED

Every case is different, so the best thing to do is talk with the acupuncturist and work out a treatment plan.

The needles used in acupuncture are very thin. Usually they

don't hurt very much apart from a bit of 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 treatment for a wide range of emotional/physical problems. While it works better for some people than others (just like other medicine), acupuncture can be really helpful for:

- all kinds of pain
- immune boosting
- detoxing
- Hepatitis
- low energy
- insomnia
- depression

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

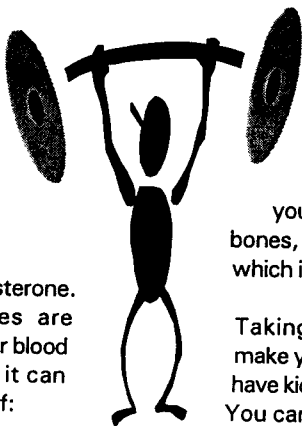
HEY STEROID USERS!

I've heard that there's a lot more steroids out on the streets right now. If you're using testosterone, with or without a prescription, here's a few things to be aware of.

If you're buying steroids on the street, you have no idea what you're actually shooting. So if you can, get it by script.

There are some side effects to testosterone. If any of the following changes are happening, it's a good idea to get your blood levels checked by a doc, because it can mean that your hormone levels are off:

- ☞ increased aggressiveness, or 'roid rage'
- ☞ stretch marks from muscle growing too fast and stretching the skin
- ☞ in women: excess testosterone can give you acne, stop your periods, increase your body & face hair, make you start going bald, and make your voice get a lot lower (so you sound like a guy). If you stop taking testosterone, your periods will start again, but the rest of the changes are usually permanent.



☞ in men: excess testosterone can make you start to grow tits, get acne, and go bald. Plus after a while your balls will shrink.

☞ in teenagers: excess steroids can make your bones stop growing. Because the muscles keep growing, you can end up bending your bones, or blowing your tendons, which is really painful.

Taking testosterone can also make you permanently unable to have kids, and fuck up your heart. You can't tell this is happening, so it's good to get checked by a doc regularly to make sure you're OK

The most important tests are for liver enzyme levels, testosterone blood levels, and cholesterol levels. If your liver enzyme/cholesterol levels are up, think about either going off the juice for a while or doing other things to help keep your liver and heart healthy like exercising, drinking more water, and cutting down on booze.

Taking steroids by injection is easier on your liver than taking it by pill. However, there are

risks to injecting steroids. So if you're doing it, do it right!

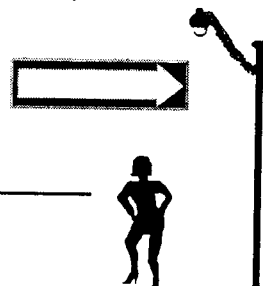
Sharing syringes (barrels/points) or vials can lead to getting Hepatitis B/C, HIV, and other diseases. To prevent getting infected, use new/clean rigs every time. If you're sharing vials, use a clean rig every time you draw out of the vial.

Steroids should be muscled, NOT shot into veins. If you shoot steroids into your blood, your body is overloaded and just converts it into something else, so it's a total waste of the juice.

The proper way to muscle is to clean your hands and site with an alcohol swab, then stick the needle into your arm/leg in one quick stab, pushing the needle in almost all the way.

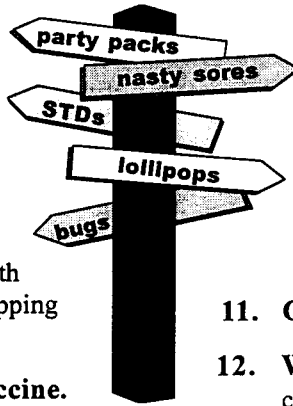
Check to make sure you're not in a vein by pulling back on the plunger. If there is blood in the syringe, pull the needle out a bit, then pull back the plunger again. If there is no blood in the syringe, you're in a good spot -- push the plunger down slowly.

More on next page



WHAT THE STREET NURSES CAN DO FOR YOU!

- 1. Anonymous HIV/AIDS testing.** You don't need to give your name - just 3 initials and a date of birth that you can remember so the nurses can find your file when you come back 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 gonorrhoea, or anything else, come get tested.
- 3. Hepatitis testing and Hepatitis B vaccine.** You can get tested for Hepatitis B and C, and get a vaccine that will protect you from Hep B. If you've ever shared a needle or not used a condom, get tested.
- 4. Vaccines.** Vaccine for Hep 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. Alcohol and drug referrals.** When you are ready to slow down, nurses can help you go in a direction that will help.



- 8. Vitamins, Tylenol, cold medicines, etc.**
- 9. Finding a doctor.** Check out the list of doctors that are accepting new clients. You can also get help getting 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 on hand.

Schedule for Street Nurses (Louise & Priya):

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

When you're done, pull the needle out, cover the hole with a cotton ball or toilet paper, and massage the skin to help the steroids absorb.

You want to be shooting into a place where you can feel a lot of muscle. The outsides of your thighs or upper arms are the best bets.

The proper size rig is a 3cc barrel, with an 18g point to draw out of the vial and a 22g point to shoot.

Using a smaller needle can result in the point breaking off in your muscle, which hurts a lot.

Plus if your rig is too short, you may not be able to pierce through all the fat and skin layers to reach the muscle underneath, which means you'll end up shooting your juice

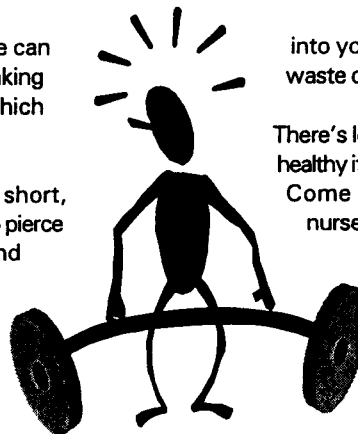
into your fat. This burns and is a waste of your shot.

There's lots you can do to help stay healthy if you're taking testosterone. Come in and talk to the street nurses -- they're great.

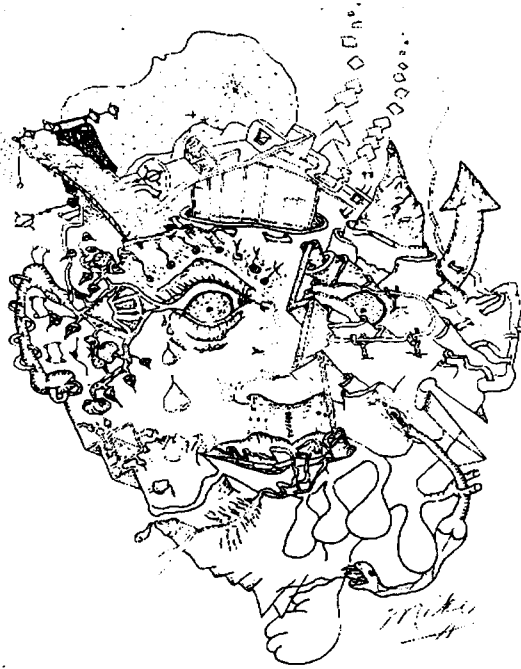
And you're welcome to come ask me questions at SOS.

- Joshua

from one steroids user to another



The trials and triumphs
 That we all face in life
 Can harm you or help you
 During your journeys of life
 When the hard times hit
 We can lay down and die
 Or stand up and fight.
 The choice is yours
 So make your choice
 And speak your voice!
 - AG



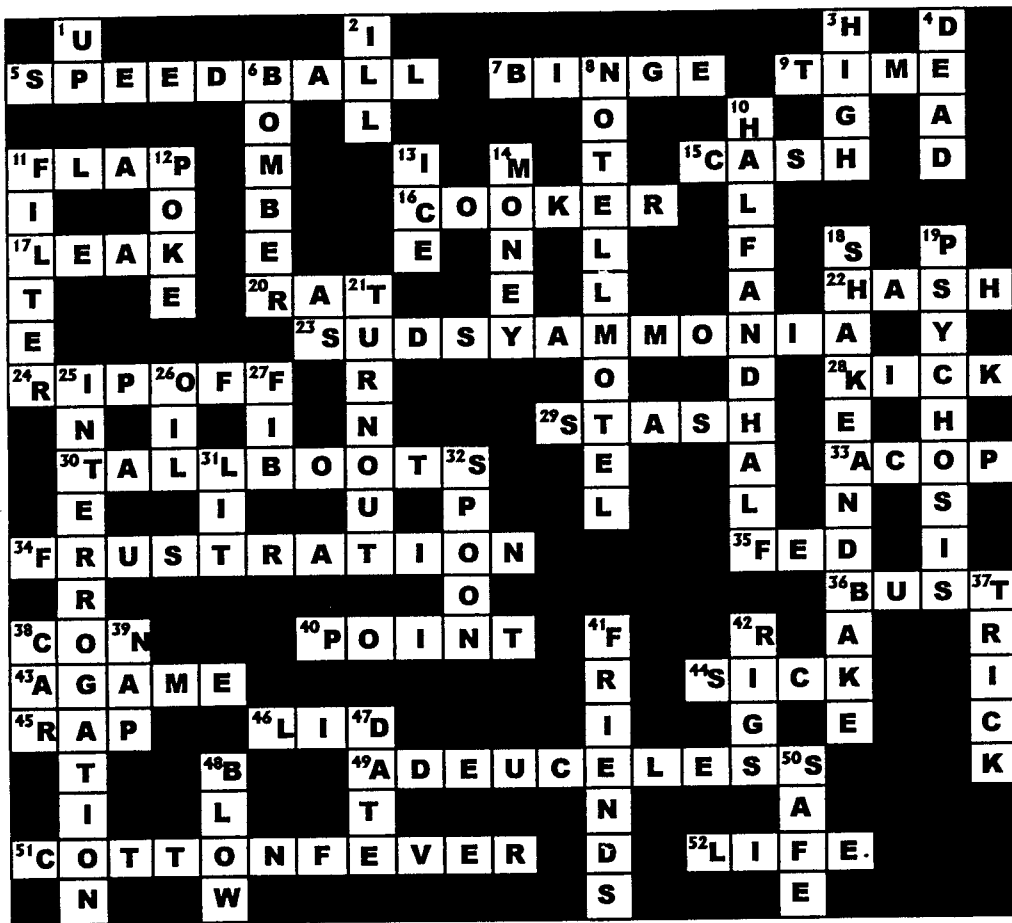
BRAINTEEZER

YYUR
 YYUB
 INOU
 RYY4
 ME

-Fritz

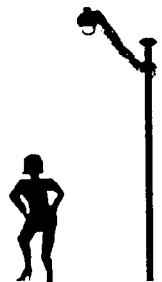
If thoughts are like bubbles
 Why do mine keep bursting
 before they reach the surface
 Or, are they like pebbles
 in the sand
 Too many to be counted
 & too loosely structured
 to have substance
 - Anonymous

solution to crossword



What I Do & Don't Believe

I don't believe in: violence, hatred, abuse, murder, crime, lies & problems.
 I do believe in: smiles, good humor, safety, coffee, volunteering and a good life.
 Want to try something good? Ask me how!
 The answer is a positive mind.
 - By = Someone Good



Good numbers to know

WHERE TO EAT

9-10 Club
740 View St.
Breakfast served 7:00 to 10:00 am,
Mon to Sat.

Alliance Club
383-3514
behind Pizza Hut on Yates St.
For youth under 19.

Mustard Seed Food Bank
385-0512
625 Queens St.
Food hampers for families on Mon,
Wed & Fri, 9:30 am to 2:30 pm, except
the week following welfare cheques.

Q-C.A.R.E. Program
475-3039
Dinner at 4:30 pm every Sunday, at
625 Queens St. (Mustard Seed).

St. Vincent De Paul Society
382-0712
840 View St.
Mon to Fri from 9:00 am to 4:00 pm.
Emergency food to anyone in need.
Maximum is once every 30 days.

Salvation Army Community Services
386-8521
1911 Quadra St.
Mon to Fri, 9:00 am-4:00 pm. Emergency
food hampers & tickets to Upper Room.

Salvation Army
384-3755
525 Johnson St.
Meals served at the Wharf St. entrance
(Wharf & Johnson) on Sundays at 12:00
noon and 6:00 pm.

Streetlink Emergency Shelter
383-1951
1634 Store St.
Breakfast at 7:00 am, lunch at 12:00
noon, dinner at 5:00 pm. For non-
residents, dinner is first-come-first-
served; pick up tickets at 3:45, to be
served at 4:00 pm.

Upper Room Society
388-7112
919 Pandora Ave.
9:00 am-4:00 pm, Mon-Sat. Meal times
are noon & 4:00 pm. You can buy a meal
pass for \$26/month or \$1 at the door.

WHERE TO SLEEP

Streetlink Emergency Shelter
383-1951 1634 Store St.
For homeless people. Must be sober and 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, alcohol/drug & mental
health counselling.

YM/YWCA
386-7511 880 Courtney St.
Residence at low rates, central kitchen.
Support/young moms' groups, youth
outreach.

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 hours every day.

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

Sandy Merriman House
480-1408 809 Burdett Ave.
Emergency shelter for women, including
those who have left home, who have been in
jail, who work as prostitutes, or who have
mental illness. Open 7:00 pm to 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, first-come-first-served,
for people with addictions who are over 19.
Juice, showers, laundry.

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

More on other side of page 

ADVOCACY

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

**Prostitutes' Empowerment,
Education & Resource Society**
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/advocacy about tenants'
rights; provides referrals to other
agencies.

**Victoria Street Community
Association (VSCA)**
386-2347 1517 Quadra St.
Provides advocacy and support to
people on low or no income. Offers tons
of stuff, including support services &
employment training programs, *Red
Zone* magazine, and a drop-in.

MISC GOOD STUFF

Downtown Community Activity Centre
383-0076 755 Pandora St.
Drop-in floor hockey, basketball, badminton, volleyball, and
weights, Mon to Thurs 2-5 pm, and some nights. Free.

 **HO'S & HYPES**  **15**

Good numbers to know (cont.)

DRUG & ALCOHOL STUFF

A.V.I. Street Outreach Services (SOS)
384-1345 1220 Commerical Alley
Needle exchange, info on AIDS prevention and safer drug use, free condoms. Open 3:30 - 6:00 pm Mon-Sat, and 7:00 - 11:00 pm every day.

Alcohol & Drug Services
387-5077 #228-1250 Quadra St.
Drug & alcohol counselling, info on treatment programs.

Dallas Society
727-3544 #304-1095 McKenzie St.
Drug & alcohol counselling for people in Saanich and Sidney. Youth program, Full Circle Women's Day Program.

Alcoholics Anonymous 383-0415
Narcotics Anonymous 383-3553
24 hr lines

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 first.

Streetlink Emergency Shelter
383-1951 1634 Store St.
Alcohol & drug counselling available during the daytime, including referrals to other services.

Victoria Life Enrichment Society
381-4343
Residential program for men wanting alcohol/drug treatment. 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
behind Pizza Hut on Yates St.
Alcohol/drug counselling, drop-in.

YM/YWCA Street Outreach Program
386-7511, ext.114/Page 388-6275, #1351
880 Courtney St.
Counselling, advocacy, clothing, food, & toiletries for youth 13 to 21.

HEALTH CARE

Acupuncture Clinic
384-1345 at SOS 1220 Commercial Alley
See article on p. 12. Acupuncture for \$2 or what you can pay.

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 article on p. 13. Free & confidential HIV/AIDS, Hepatitis, pregnancy, STD, and 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 HIV/AIDS Centre
384-2366 3rd floor - 733 Johnson St.
Support, education, & services for anyone affected by HIV/AIDS.

Victoria Youth Clinic
388-7841
Medical care for youth 12-24 years old.

COUNSELLING

Esquimalt Neighbourhood House
385-2635
Youth, family, & peer counselling; employment training; programs for pregnant women; parent support groups; clothing.

John Howard Society
386-3428 2675 Bridge St.
Counselling & referral assistance for prisoners, ex-prisoners, and their families/partners.

NEED Crisis Line
386-2635: 24 hour line
Crisis intervention, suicide prevention, counselling info & referrals. Access to emergency mental health services.

Open Door
385-2454 502 Pembroke Ave.
Counselling, advocacy, support, food bank.

Pacific Centre Family Services Association
478-8357 3221 Heatherbell Rd.
Counselling for all types of stuff, for what you can afford to pay.

PEERS
388-5325 #414-620 View St.
Peer counselling & advocacy by people who have been in the sex trade. Non-judgemental.

Women's Sexual Assault Centre
383-3232: 24-hr line
Support services for women who've been sexually assaulted or abused.

