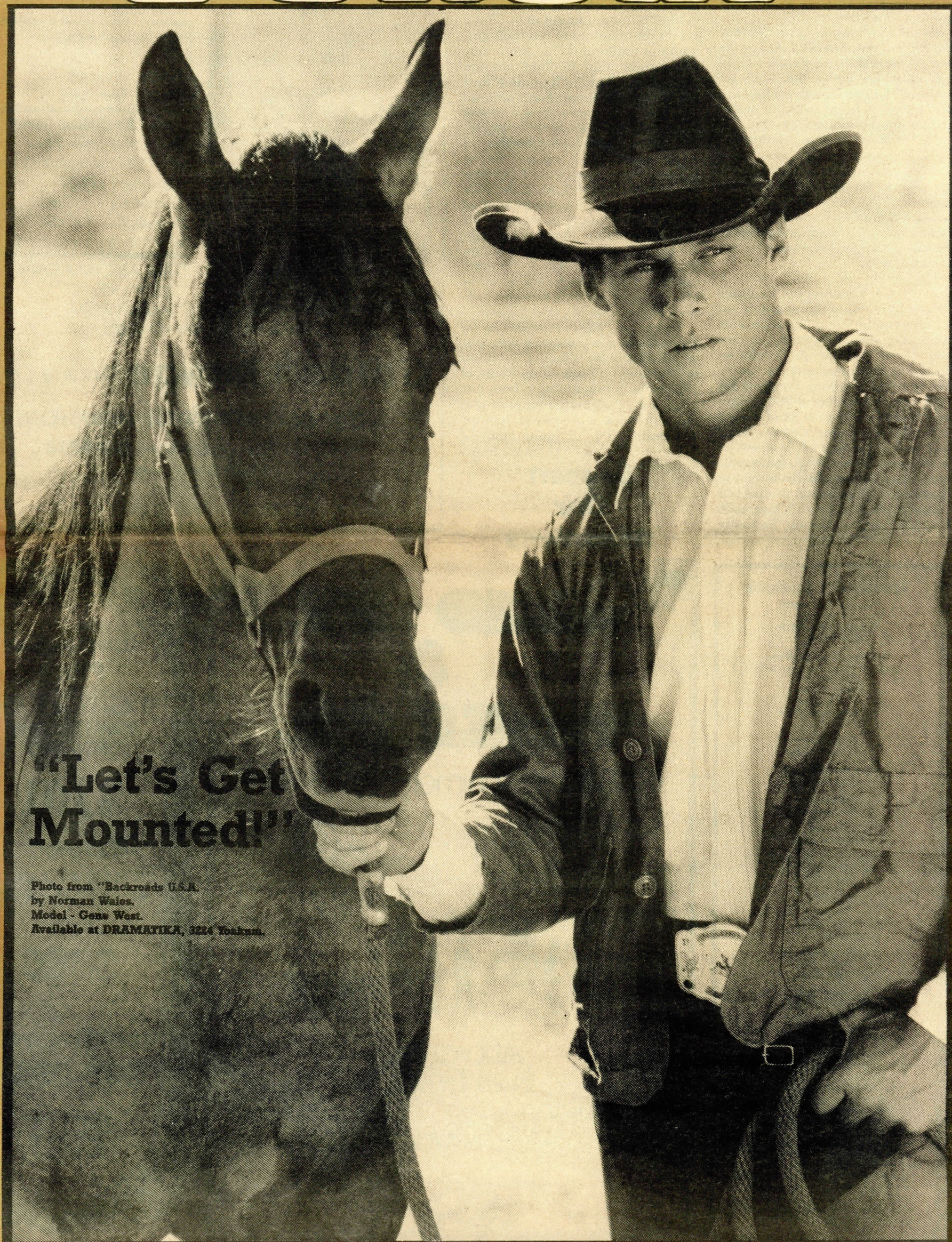


H O U S T O N **FORUM**



"Let's Get Mounted!"

Photo from "Backroads U.S.A."
by Norman Wales.
Model - Gene West.
Available at DRAMATIKA, 3224 Yorkman.

Let's Get Real

Les, as the cover says: "Let's get mounted!" It is now time to climb on our horses—as individuals and as a community and ride on to new and better lives, both as individuals and as a community.

Yes, the referendum was dread-filled and the elections were hate-filled. And, in the midst of the health crisis it made our lives NO easier. Just harder. But, "Let's get mounted!" Let's get on with our lives to a new and better future; to greater quality and joy in our lives and lifestyles.

The Forum seeks to be an important factor in this regard for each reader as individuals and for our collective readers as a community. You may note below that our slogan is: "The best revenge is a great lifestyle". We trust you have noted in recent months dramatic changes and growth in the new Forum. You—the readers are very important to us.

The new Forum, is well, something, quite different. We believe that you should be spared a re-hash of the same news and the same press releases you see in the other publications. The 2nd or 3rd time it is not new or news. The other publications are doing their jobs and we are doing ours. We believe our job is to bring you greater life, light, love, and laughter as best we can - week in and week out. A lot of thought and tender loving care goes into this "baby" each week and we want it to be a joy-filled and/or interesting/involving experience for every reader. We want the Forum to be an "experience"; a "happening" that you look forward to and delight in each issue. You'll have your favorites—Amanda, Zip Codes, Network—but watch us grow and watch us

go! Join in and share in it! It's an INVOLVING experience!

Please note this week two new "events" (additions) to the Forum: "Let's Dig Deeper" —where we examine as a community, in depth, the "Worried Well" response to the health crisis. It is important to **KNOW** that you are **not** alone. This is just the first of many matters of abiding interest that the Forum will dig deeper into. Also note in "Can We Talk?" the new "Quest for Mr. Right" a "happening" from now through Christmas where the Forum and others in the community will strive to bring those people genuinely looking for love, romance, relationships together. As a community it is our answer to the old fashioned church socials and college mixers (not debutante balls!!). In the midst of the AIDS crisis there is a legitimate need for new and better ways to meet people. We had thought of a free "Personals" campaign but sadly that all too often ends in "Sex for Stamps" and "Stamps for Sex" scenarios. "The Quest for Mr. Right" — check it out for yourself or for friends seeking a greater sense of connectedness.

We just say: "STAY TUNED!" As individuals and as a community right now we **NEED** more life, light, love, and laughter! As we say— "Laugh for the health of it!" It's true. We are striving to bring that to you and to help bring it out of our collective selves as a community. Let's get mounted!!!!

Stewart McCloud
for the Forum

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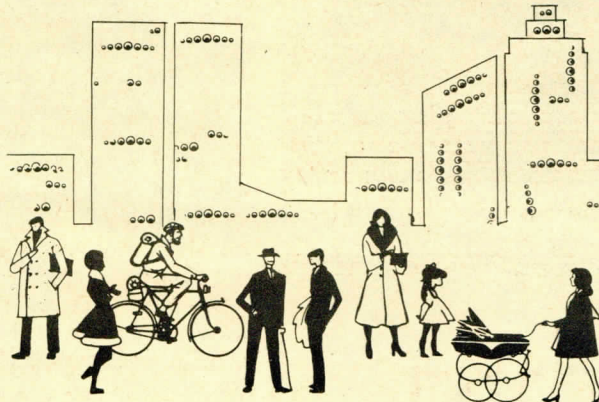
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Can We Talk?

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A SPLENDID GRAND OPENING!!

Yes, sports fans there is indeed a splendid new grand opening this week, BEAR'S at 6121 Hillcroft just south of the S.W. Freeway. Lots of drink specials and do check out their display ad for the Grand Opening in the Forum. Another outside the Loop alternative and freeway close for everyone!! Houston's newest country and western dance bar and good people on top of it all. Heck—go check it out—new faces—new places!!!

DYNASTY NIGHT AT RASCALS

Krystle lying dead on the floor—playing dead—what fives?? You know kids a fun evening is Rascals on Wednesday. Stop by after work for a little Happy Hour with friends or meet new ones—then you can try their new menu (or try their new light menu if you are watching your weight or wallet or both)—and then an after-dinner drink or two with like-minded individuals also hooked of "Dynasty" enjoying it on their big screen. And don't forget that they have Shiela Ceaser appearing through Nov. 16th. Rascals still one of a kind and a place where quality counts. And—be sure—not to miss Monday Night Show Cases—really superb—Maxine Weldon—is certainly well-done. Don't miss her. Keep that talent coming to us—Rascals!!

We Did It!



"You like me, oh, you really like me!!!" Thank God and the majority — Kathy is back!

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"Mr. Right" K

T

The quest for Mr. Right

his Sunday, November 10th, will be the first of many happenings in the "Quest for Mr. Right" continuing event. We know that there are many, many folks out there—single, divorced, newcomers—looking for love and romance. Houston IS a big city and all too often it seems like looking for love in all the WRONG places. We do want to help—and at first we considered a free "Personals" campaign but for several reasons we concluded that that just was not IT. This is IT!!

The "Quest for Mr. Right" is a series of "happenings" from now through Christmas—culminating in a nice old-style Christmas sit-down dinner party—which is designed to help you meet other like-minded people who are looking for boyfriends, new friends, dates, or longterm relationships. By Christmas you should NOT be alone or feel lonely if you get with the spirit of these events. And—unlike—Personal Ads, dating services, video connections, or the like there is no outright charge.

The first few events WILL be held in bars—for several reasons. This Sunday, November 10th, from 6 to 9 p.m. the "Quest for Mr. Right" will begin at the Venture-N—an appropriate enough name—huh??? Now in a public place like that you can just "Happen to stop by"—"Oh, what a coincidence"—or you can really get with the swing of things (see below). At the Venture-N—which will offer their regular bar service (no cover charge), they will also offer their "Option Play" (full beer bust only \$3 or liquor bust only \$7). This—with alcohol available for social lubricant and a public place with no cover charge will encourage people to venture out. The bar atmosphere, good music, and mellow mood will allow you to scout out the first week's prospects—whether 40 or 400. Just dip your toe in the water—Rome was not built in a day!!

It is important in the "Quest" to think in terms of 1 or 2 months and not 1 or 2 tricks. This IS a mini-series. This Sunday at the Venture-N is just the start of it all. You can stay 3 minutes or 3 hours—it is all up to you—but the idea is to MEET people not just grab any man on two feet and split.

In the coming weeks there will be other such "Happenings"—outside bars—like open houses, sit-down dinners, movies, and more. We'll want your ideas and suggestions, too. "The Quest" will have a life of its own and you the attendees are vital to its start-development. Also along the way when you start dating or — ultimately do tie the knot—LET US KNOW—so we can share your good news with others on the "Quest", too.

So—some basic guidelines. Sunday—just show-up, casually, at the Venture-N, 2923 Main (call 522-0000 if you need directions). We all get in ruts and yes, the Venture-N may well not be your regular stomping grounds or maybe you are not the bar type—that's fine, too—but it will be a new experience for EVERYONE there—you are NOT alone. Just relax, be open and receptive for the prospect of something wonderful developing, for new experiences, new people, and new friends in your life—and maybe even MR. Right. This has got to beat what most of us would be doing most Sundays at 6 to 9 p.m.

Now if you REALLY want to get in the swing of things wear red, white, or blue. Even blue jeans will do. Something, no matter how coy, that reveals you are on the Quest. Blue jeans, a red shirt, or a white



t-shirt would do. And—you won't blow your cover if you are just "stopping by" to check things out.

Also this is NOT to be an S&M (Stand and model) event. All are welcome—beauty is in the eye of the beholder—just relax. Be open and receptive to JUST meeting people. Come alone or surrounded by friends—but RELAX and be open and receptive. You will be there to meet people not to get laid. Quick tricks (safe or unsafe) will not help you meet someone special. There may be a few wolves there, but do not submit to their advances (at least immediately)!!

If you can get a few names and phone numbers great!! If you just have a few hot prospects in mind for the next Sunday (Nov. 17th) that's cool, too. And a date this week would be marvelous!! Relax, be open and receptive to the good coming your way. How about a re-read of "How To tell If They're Interested".

"THE QUEST FOR MR. RIGHT"—Starts This Sunday, November 10th, 6 to 9 p.m. THE Venture-N. See you there—try to wear red, white, or blue. Come on join the fun—if nothing else it SHOULD be interesting.

HOW TO TELL IF THEY ARE INTERESTED

- They give you a slight smile and bashful look, then they turn their eyes away. Hopefully, this goes on and on.
 - They hold your gaze for a fraction of a second longer than usual when they look into your eyes—the mirror of the soul!
 - They make small gestures that allow them to touch your body.
 - They move closer to you than would be normal. They enter what would otherwise be your "private space" and linger there.
 - They keep their mouths slightly open and unconsciously look and even stare at parts of your body. Which parts??
 - They nod their heads in agreement no matter what you are saying and agree with the silliest and most irrational things you have to say.
 - They use their hands a lot more than usual—as if they are of Italian heritage—and seem to speak fluently with their hands.
 - They moisten their lips more often and are at the ready to seize a kiss... any kiss.
 - They make an effort to find subjects for conversation on which you both are most likely to agree. How 'bout the Forum??
 - They finally get up the nerve and pop THE question.
- THE question: "May I see you again?" "Could I have your phone number?" "How about having coffee somewhere else?" "Want to come over for dinner this week?" There are plenty of good questions. . . . !!!

ZIP CODES

77005

77006

77009

77057

All ZIP CODE
characters are entirely fictitious

77057

This week 77057—Life at
Rosebrush Gardens

Cliff: As you may recall, Cliff our 39 year old volume drug dealer just moved into Rosebrush, into a large 3 bedroom unit which has been turned into a veritable "Drug Fair". Business is quite brisk and Cliff hired on three Vana White (Wheel of Fortune) type hostesses to market drugs in his three "show-rooms" tagged as "Up", "Down", and then "Anything and Everything". Open house at his "Drug Fairs" has become so very popular that the management now suspects that foot traffic through the complex are not out to shop the joys of living outside the Loop. Hmm.

Life can be hard — and just when things start to look good they turn sour. Employee relations — even in the underground economy — it is so HARD to find GOOD help. Sigh. Vana #1 the "Up" hostess has been carrying on and on about expansion. She feels that they should conquer the world of drugs with franchises throughout the greater Houston area. She gets quite excited about the franchise concept and constantly gets on the phone enthusiastically trying to hawk "Drug Fair" franchises to one and all and then extolls the virtues of going retail to all her clients. Then there is Vana #2 the "Down" hostess. She is another trip. She is overwired about taxes and wants Cliff to make deductions for social security and FICA or - whatever it is!! Only 24 she acts 84!! She is now so down that

even downer customers are moving on to show-room # 3 "Anything and Everything". And no wonder why—Vana #3 is turing tricks!!

Vana #3 often closets herself in the powder room loudly extolling the virtues of this or that drug — leaving vast quantities of drugs unattended. She claims that this is only a marketing technique that encourages larger purchases and repeat business. When Cliff advised her that that "Just would not cut it!", she then indicated that she was demonstrating the aphrodisiac qualities of some of her products. Some "Anything and Everything" customers are quite happy but the vast majority are miffed and are complaining loudly. Cliff wonders if they are just not disappointed that Vana #3 has not taken them to the powder room for live demonstrations — but then "The customer is always right". Also being quite practical the theft of all those drugs in Vana #3's absence is something serious to consider. We just don't give out that kind and amount of free samples at "Drug Fair".

Well, sadly Vana #3 just MUST GO! It is never easy dismissing anyone, but especially a possibly vicious young queen when you are running a high volume illicit/controlled dealership. SIGH. What is one to do??

Cliff fully realizing Vana #3's capacity for revenge tries to soft-peddle the matter as a "Lay Off" and even offers her a free trip to New Orleans — all expenses paid for a month. "No dice!" replies Vana #3, who proceeds to stash several thousand dollars (wholesale value) of drugs in her large clutch bags and storms out of Cliff's apartment/dealership. What's a person to do??

Well, a week goes by and Cliff feels all is well until one fine Saturday at his open

house—8 squad cars and a paddy wagon and 22 of Houston's finest appear at the door. Trying to be philosophical Cliff reflects that one bust in 10 years ain't that bad. He was often told that any truly good drug dealer worth his salt had one bust to his record. The main problem though is that the "street value" of the drugs confiscated in his unit ran over \$100,000 and the stern Judge he had to appear in front of wants an equal amount in bail money. Cliff ain't got it and they want some MONEY!

Without bail Cliff is languishing in jail and a fellow dealer has referred a real slime-bag attorney to represent Cliff. Now that he is in jail he has no visitors — no friends and it gives him the creeps to just meet with his lawyer. Then he just sits in his cell day in and day out worrying about the secret desires and lusts of the jail officials. He had read in the local rags about the things that went on. Lord!! And to boot the these characters make Sheriff in the "Dukes of Hazard" look like a Prince. Definitely Frog City. All alone, and not even a telephone.

Finally he gets a visitor — alas help is on the way! He goes out and a nice looking young man proceeds to hand him an eviction notice from Rosebrush. Now not only has he lost all his inventory, but the lease at Rosebrush to boot. But, he understands it all but it don't make it any easier. SIGH.

Another dreadful week goes by not even a visit from his slime-guy — and an ugly cold turkey period to boot — hmm.

Late one day a jailer announces a visitor — and after so long even the slime-bag will be a relief from the monotony. Across the glass is a preppy looking young lawyer-type with Gucci loafers and cute to boot.

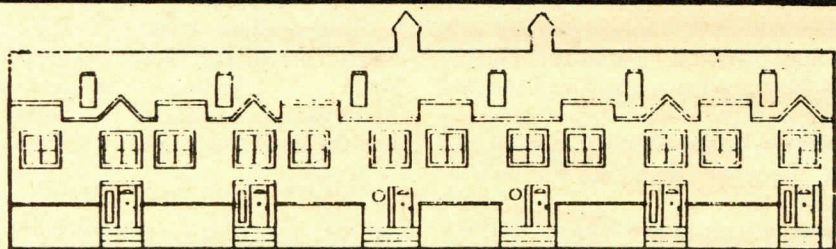
This is the white knight no doubt. Prince Charming welcome aboard!! The

guy introduces himself as a Probate Attorney who has been looking "All Over" for Cliff. He states he is sad to announce the untimely death — in hushed tones — an O.D. — of Sally Big Bucks — a wealthy Montrose madcap — and dear client of Cliff's. Cliff can't figure this guy's angle. He is already in jail and he didn't kill Sally — if she can't handle her stuff that is HER problem. He is getting a little ticked when the guy starts pulling out papers and starting in on some long-winded briefing.

Cliff finally in exasperation asks "What the heck are you talking about?" These lawyers ALL talk so funny — for it seems they get paid 50¢ for each big word and a buck if you can't even imagine what they are talking about!!

Turns out — Sally Big Bucks had no heirs and has left her entire estate to her dealer!! In her will she runs on and on about their long-standing professional relationship of over a decade and her contention that Cliff did more for her than anyone else during her last sojourn in this vale of tears. Some tomato!! The good news continues. This lawyer as executor has access to ample bail money and Cliff can be sprung immediately and move into Sally Big Buck's Montrose Mansion. What will the neighbors say — or just maybe it is time to mend his ways and go clean. Whatever "Let's get the heck out of here!" And away they go.

Comfortably established in his new mansion, awaiting the trial date, Cliff wonders about all his other "friends"— easy come, easy go — and plots out numerous schemes for revenge on Vana #3. He will find her — and then she'll pay the piper. Hmmm. But, then, two weeks of cold turkey — at county expense — all dried out — clean — maybe selling Mary Kay products out of Sally Big Bucks' mansion might just be the thing. Hmmm. A new life???



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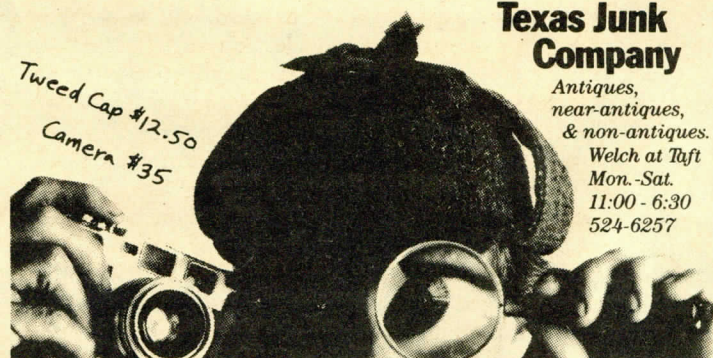


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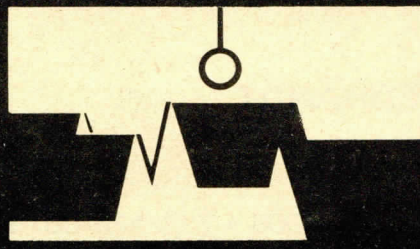
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AMANDA

Ye won! Amanda nearly lost her rhinestone Star of Pasadena bangle brooch in the churning, hysterical crowd at the Westin Oaks Tuesday night when our Dear Friend Kathy Whitmire won the election. It was so reassuring to look around and see so many nice happy faces. It was so wonderful to realize that Houston has retained some sanity over the din of the past year or so of hateful rhetoric that has been flying all over the place.

When we went to vote, wearing our Fall Black Autumn Tush Tunic with matching pillow sleeved strangle skirt, we were dismayed when a man came up to us and offered a Straight Slate brochure for our inspection. Well, we stared at him and said, "We think it is so strange that we respect your right to be here, but you don't respect ours!" Then, we left him standing there with a swish of our 32 yards of orange tulle and went in to vote.

Oh the nights we lay awake, worrying that our fair city would fall into the evil clutches of such hateful forces, Dear Fans. We re-read "The Diary of Anne Frank" about four times, and even started on "Lord of the Rings" so that we could once again picture that dark cloud of evil looming over the peaceful land. But when we saw Kathy get up on that stage and heard the simply deafening screams from the crowd, we were completely put to rest.

Kathy said that we must bury the hatchet and she is certainly right. The election is over, and we need to go about our business like before, and try and forget the slanderous and dreadful comments heaped upon our community by certain elements in the outer limits of the city. But we must remember, Dear Fans, that Kathy is only safe for another two years, and God only knows what fantasm will come and replace Welch as the next threat. The next one may even be cute! And that would cause problems—especially if he was a bigot in disguise! One thing about old Louie, he was at least open about his bigotry, but we may not be so lucky in the future.

Another thing we must remember, Dear Fans, is that in this last election, the gay community certainly played a big part in Whitmire's re-election, but the gay community was not acknowledged in her acceptance speech. We have done what we needed to do to get Kathy elevated to her present status, and now that we have served her as that vehicle, we are deligated to a more or less silent position in the background. We are like servants, Dear Fans. We are entirely necessary, yet urged to remain invisible. The GPC didn't publicly do much for this election, and the gay community of Houston certainly appeared in



force at the acceptance speech—without formal thanks. We are part of a coalition, Dear Fans. And that means that we are indispensable, yet not totally desirable.

According to the national news, the election was really a contest between the gay community and the straight community in Houston—but we all know that that isn't true. Personally, Amanda would like to cuff Peter Jennings for saying the things he does on television, cute as he may be. But then, the media has always been guilty of oversimplifying things.

What the rest of the country doesn't understand, Dear Fans, is that Houston is the last battleground of American morality verses the 20th century. In fact, the rest of the world can never understand a city like Houston, which is so incredibly complex and sophisticated, yet subject to such paranoid bouts of religious fanaticism. After all, what other city supports Amanda with such grace and vigor? Where else can we find immaculate used ionosphere sunglasses with revolver handle rims? Only here, Dear Fans!

Kathy said that we have sent a message to the rest of the world that Houston is a great city, ready to meet the challenges of the future, where all people can live together in harmony and comfort. Well, there may be some more work to do before everyone is totally comfortable, but generally, Amanda had to nod in agreement. We have sent a message out to the world, and that message is that Houston's gay community is still alive and kicking, and that the rest of the city seems to believe that having a gay community in its midst isn't such a horrible thing after all. If anything, we were tickled pink to see so many handsome, well behaved, well dressed men and women on election night. They weren't gay or straight or Christian or pagan. They were simply Houstonians.

When we got home, we told Sebastian to go ahead and unpack the bags and cancel the tickets to Rio. It's not that Amanda doubted that Kathy would win. It's just that if she had lost, the consequences would have been hideous—and as a community, we must remember that those consequences are still smoldering out there, waiting for the next election.

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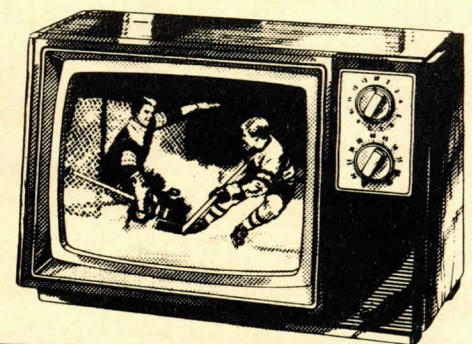
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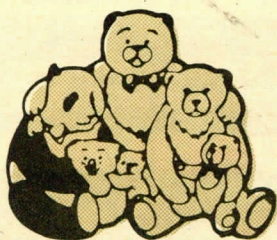
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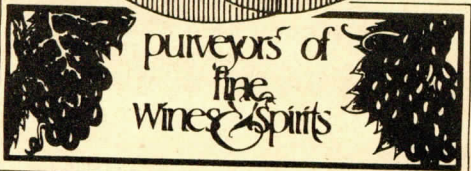
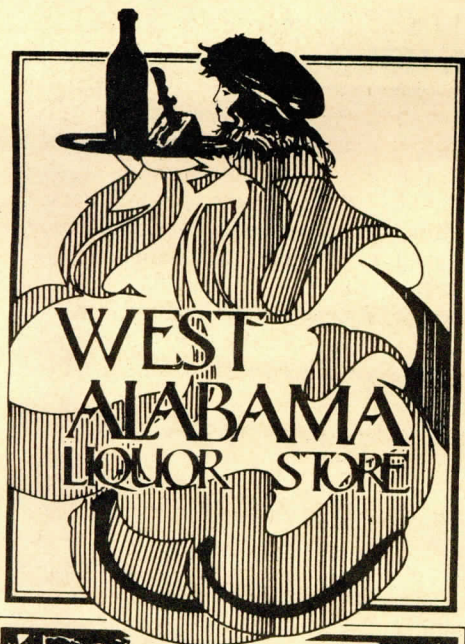
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ARIES: Things have been pretty hot and heavy with your mate, huh?? By Sunday, you will want/need a break. The eclipse on the 12th will likely bring mix-ups in your finances out in the open. This Sunday you may find yourself doubting intimate relationships.

TAURUS: The solar eclipse on the 12th spotlights problems with your mate and other intimates and a bad relationship may just end as Saturn leaves your partnership sector a week from this Saturday. Having more people flirt with you at work these days

GEMINI: This Monday, the 11th, should be a passionate day—but Monday??? You Twins have been looking for love in all the wrong places and you may well realize that quite soon. You are also questioning long-term job dissatisfaction. Food for thought.

CANCER: Still re-decorating and sprucing up that Crab Shell huh?? Well, you are SO domestic and then Christmas is coming—and who else?? Cleaning up has its joys now, too—and just how MANY cans of tuna do you have stashed away for rainy days?? Now- domestic city.

LEO: With Venus (love) and Mars (sex/aggression) in refined Libra you may well be meeting fascinating new faces at museums, galleries, and chi-chi cocktail parties. After all you are King of the Jungle—and a tasteful mate would be so?? nice!!

VIRGO: Have found yourself spending more and enjoying it too much?? Mars in your money sector may have you on spending sprees. Maybe some restraint is in order. You are also likely questioning your home—to move or not to move. Take a look around—and ponder.

LIBRA: This Monday should be lusty for you Librans—but a Monday? Take it where you can get it!! You should easily attract appreciative admirers now with your Libran charm, grace, and tact. The eclipse on the 12th only reminds you of worries. Move on!

SCORPIO: This is your month and the whole solar system seems to want to join your party. However, you may now be feeling over-worked and just too much stress -huh?? Saturn will be leaving your sign SOON so things should let up. Saturn can be a real bitch. Help is coming.

SAGITTARIUS: The eclipse on the 12th illuminates barriers to closeness with your mates and other intimates. You are so honest with others—what is going on?? Work on conquering your fears of real intimacy with others. You can do it and really want to, too!

CAPRICORN: You have been impressing people lately with your abilities to do teamwork but after this weekend you will be after solo assignments in which you generally excell. The eclipse on the 12th will strengthen your intimate relationships - wonderful for you.

AQUARIUS: You may well need a little get-away just to get some space between you and current problems—especially at work. Even a weekend would be great. You should be persuasive at work soon and the eclipse on the 12th will show success in career matters. Go for it

PISCES: Venus and Mars - love and sex - in your sector of passion should make things steamy of late—and this will only encourage you to be more assertive in your quest for bed partners starting this weekend. Hmm, hmmm, hmmm. Eclipse on the 12th brings good insights.

Texas Gay Rodeo Next Weekend

Next weekend gay country-western enthusiasts from all country will assemble in Houston for Texas' biggest party — the second annual Texas Gay Rodeo to be held at the Houston Farm and Ranch Club in Bear Creek Park. Gay rodeos started with the National Reno Gay Rodeo less than ten years ago and are now held annually in Arizona, California, Colorado, Oklahoma, and Texas. They have become one of the most enjoyable of gay activities in the western part of the country, attracting many contestants and thousands of spectators.

The facilities at the Houston Farm and Ranch Club are ideal. The arena, stands, and concession and entertainment areas are all in a covered building, so that the festivities can proceed comfortably regardless of the weather. A large paved parking area is also available.

Contestants for the royalty titles of Mr., Ms., and Miss Texas Gay Rodeo 1985 have been busy holding fundraisers for their favorite charities — one of the criteria in determining the winners Since TGRA (The Texas Gay Rodeo Association, which puts on the rodeo) is a non-profit corporation whose purpose is raise money for charity through an annual rodeo, profits from the rodeo are distributed among the charities for which the royalty candidates have already raised money.

The weekend festivities begin with the selection of Miss Texas Gay Rodeo 1985 at The Brazos River Bottom Thursday evening, November 14. At 11 A.M. Friday the judging will begin to determine Mr. and Ms. Texas Gay Rodeo 1985 at the Farm and Ranch Club.

Friday evening will feature exhibitions by various dance groups from across the country; a barn dance with music by Dena Kaye, who will be returning from Nashville, where she will have represented Texas in the Wrangler Country Showdown; and the announcement of the three winners in the royalty contests.

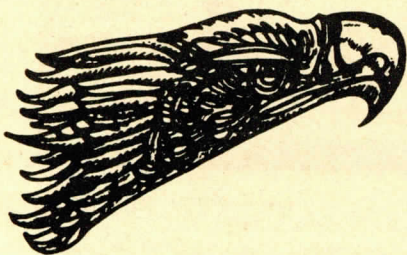
Rodeo performances will follow the noon grand entrances on Saturday and Sunday. Dena Kaye will provide music for dancing following Sunday's rodeo and prior to the awards presentation.

The Houston Farm and Ranch Club is 20 miles from the intersection of Montrose and Westheimer, via Montrose north to I-10, I-10 west to Highway 6 (Addicks), and Highway 6 north to Bear Creek Park.



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"Let's Dig Deeper" ARE YOU ONE OF TODAY'S WORRIED WELL???

Appropriately

The Worried Well Continuum

Inappropriately

In today's health crisis we have a growing response to it in our community which is best characterized as the Worried Well Syndrome. To learn more about this the FORUM recently interviewed Mr. Brian Guiot, M.A., the AIDS Program Director for the Montrose Counselling Center. Bryan and the Center have both witnessed an increasing "Worried Well" response to the health crisis and there is every indication that it is and should be a fact of life for every gay man today.

Today's Worried Well Person experiences anxiety or fear with regard to their health. As indicated above, Bryan stressed to the Forum that Worried Well is a continuum. On one side you have the appropriately Worried Well response and the other side, often an extreme response, is the inappropriately Worried Well Response.

Most if not all active gay men today should recognize that they are members of an AIDS high risk group. When they are honest with themselves they reflect on their past sexual histories; their episodes of substance abuse (various drugs); and their lifestyles. They recognize the need for concern and perhaps some alteration in their past patterns of behavior, but they have an appropriate response of concern mixed with resolve: "But, I AM healthy and I wish to remain so!" This is the appropriately Worried Well person and should likely include the vast majority of our gay male readers.

The inappropriately Worried Well person has the same history but has phobic responses to it as a result of his worry, anxieties, and fears with regard to his health. Bryan indicated that at the Montrose Counselling Center they have had a surge in referrals of such persons, usually by their regular medical doctors. The typical phobic response is swollen lymph glands where the lymph glands are swollen ONLY due to the person's continual rubbing and poking at them. Here, the person in question has traumatized his own lymph glands, and typically visits his physician who can find nothing wrong with him. This is typical of the inappropriately Worried Well person who also becomes inappropriately preoccupied with his own bodily processes such as constantly examining his tongue: urine; bowel movements, saliva, and semen. He is constantly watching for purple lesions or splotches on his skin and has a higher tendency to somatize ill health. This person will create illnesses and has higher tendencies to come down with the flu; colds; sore throats; ear aches; sinusitis; stomach viruses; and may also suffer from fatigue and depression. He often has the mind set to create the reality of illness and he does. He is typically in and out of his doctor's offices and other health care facilities—some even once a week.

That is the inappropriately worried well person, and Bryan indicates that there are many such gay men going through this right now in Houston and all over the country.

The worst case scenario for the inappropriately worried well person is the above combined with severe depression. The person then experiences loss of weight (from merely not eating and not eating properly); fatigue; and exercises less. He then gets into a cycle of merely going to bed; going to work; and then going to bed. That's his life—bed/work/bd/work—and many further worsen this with alcohol or downers which only further depresses the person and makes a bad situation worse.

The inappropriately Worried Well gay man also exhibits some or all of the fol-

lowing changes in their behavior patterns. They withdraw socially from active participation in a gay lifestyle; they stop going out to gay bars; they leave gyms that are heavily gay and move to other gyms or quit entirely; they decrease their exposure to cruising—whether it be areas of town, the Galleria, whatever—a typical example in Montrose is they stop "Krogering" and start marketing the "safe-way" at grocery stores outside the Montrose; and they break off friendships with persons who for example have not so altered their lives or perhaps continue to smoke dope or engage in other practices the inappropriately worried well person can not refrain from when others are so engaged.

Now the appropriately worried well person is a cheerier situation and one we should all reflect upon. He educates himself about the health crisis—he reads and he is well-informed; he can separate fact from fiction; he recognizes hysteria; he is exercising more; he is watching his diet and he has eliminated junk foods or is eating less of them; he is socializing MORE and is looking for quality friends, groups and relationships in his life; he is practicing safe sex and may in fact be having more sex—BUT safe sex these days; and perhaps most importantly he has a positive mental attitude: "I am healthy; I am going to stay healthy; and I am going to beat this damn thing!"

As regards sex, under safe sex guidelines, Bryan indicated to the Forum that there should likely be more sex not less these days. However, we agreed that there appears to be less at this time due to several factors. Gay men are NOW having trouble meeting and negotiating the "sexual contract"—likr just what are we going to do when we get home at your place or mine?? They are ill at ease in discussing sex beforehand often due to the fact that for so many years people just jumped in bed and whatever happened happened. They also may have shame, guilt, or anxiety. Bryan noted that when changing behavior patterns like this that it is very important to keep your sense of humor. Yes, you may be unfamiliar with rubbers and you may be ill at ease and lose an erection, but keep your sense of humor. And as regards sex, Bryan and the Forum agreed that practicing safe sex is a big change for some people. We are all human and make mistakes and when on occasion you may fail to have practiced—safe sex—get up—dust yourself off—and resolve to do better. As Scarlet said: "Tomorrow is another day." Much like being on the wagon for alcohol—take it one trick at a time—just as A.A. tells drinkers to take it one day at a time. Don't riddle yourself with guilt and remorse. Get up and get on with your life and honestly resolve to do better.

Bryan and the Forum both noted that J.O. Clubs are taking off in New York and California and a group called the New York Jacks has a big reputation. The author would note that the publisher of one of the "other publications" has indicated an interest in sponsoring/opening one here in Houston. Bryan and the Forum agreed there is likely a need and a place for such in the community at this time.

The Overall Response

The Worried Well response to the health crisis takes on a pattern both for individuals and for entire communities and it appears to manifest in the following stages:

1st—Denial—the person and the community hide their heads in the sand and try to ignore it all—hoping against hope it will go away.

2nd—Anger—Realizing that it won't go away they are angered by deaths about

them and changes in their behavior and lifestyle that must come.

3rd—Withdrawal—Becoming depressed with deaths and needed changes in behavior they withdraw; often become apathetic; some try the so-called geographic cure and move out of Montrose—even make the popular move to Austin (which is not a cure or an answer)

4th—Reintegration—As Bryan calls it "Get a grip, Girl!" They resume their lives as appropriately Worried Well persons—and rejoin the community.

As a community (Houston) we appear to be for the most part in stages #3 and #4. Our poor showing in the Referendum vote last January was likely aggravated by the depression and the apathy of the Withdrawal phase. Many gay business owners will readily appreciate the adverse effects of the 3rd Phase on their operations. But, the Reintegration phase seems to be increasing in our community and perhaps with the elections behind us that will help promote Reintegration (Phase#4).

What can you do??? Have a healthy social life and learn how to say "No". Support groups and "Safe-Sex Workshops" can help; get involved in your community—make a contribution; and follow the patterns of the appropriately worried well person as listed above. And remember, after reading even this piece, with SO much

news about the health crisis all about us—day in and day out—it is often important just to shut this all out ONCE IN A WHILE and stop worrying—whether it is appropriately worried well or not. Pause to smell to roses once in a while and savor/enjoy that you are ALIVE.

As Bryan Guiot concluded his Forum interview saying; "The healthy worried well person is well informed; is exercising more; is eating better; practices moderation with alcohol and recreational chemicals; understands and practices safe sex; is socializing more; has renewed respect for the quality and importance of relationships in his life; and because gay sex today is safer, is more sexual than 2 to 3 years ago. I also think he is more community aware in terms of volunteerism and involvement and most importantly keeps his sense of humor—he can still laugh at himself. He has learned to say "No" so that he can say "Yes" to new experiences, growth, and a new quality lifestyle."

Individual counselling on Worried Well as well as for recommended Safe Sex Workshops - call the Montrose Counselling Center, 900 Lovett at 529-0037. Free literature available in their reception area. Our thanks to Bryan Guiot, M.A., AIDS Program Director of the Center. A real asset to the community. Thank you

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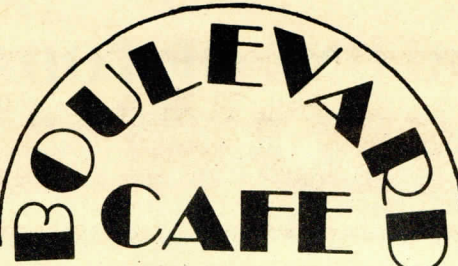
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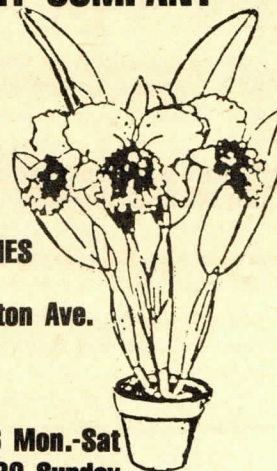
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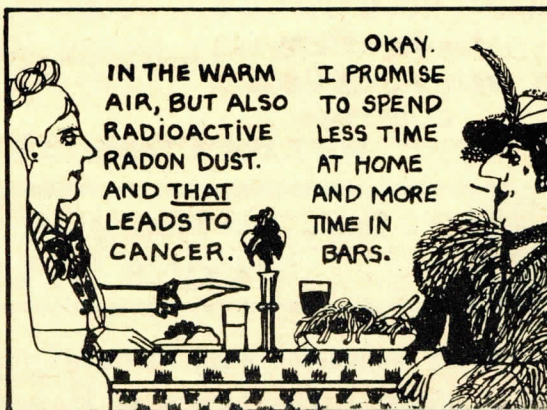
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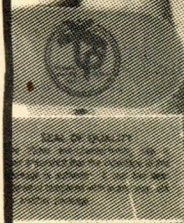
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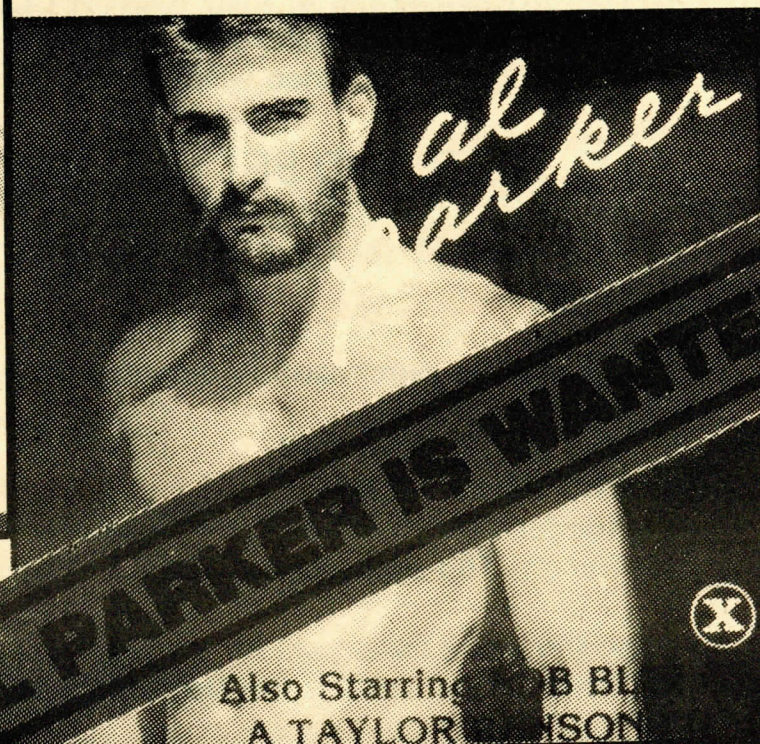
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The Second Annual Texas Gay Rodeo will take place November 14-17, 1985 in Houston. Rodeo performances will be held at the Houston Farm and Ranch Club on Highway 6, two miles north of Interstate 10 (Katy Freeway). The arena is a covered, all weather facility, so that the festivities can proceed regardless of the weather.

THURSDAY, 8PM, NOVEMBER 14

AT THE BRAZOS RIVER BOTTOM

Selection of Miss Gay Rodeo, 1985

FIRDAY, NOVEMBER 15

AT THE HOUSTON FARM AND RANCH CLUB

Afternoon—Selection of Mr. and Ms. Texas Gay Rodeo 1985

Evening—Starting at 8PM

Performances by dance groups

Barn dance with music by Dena Kaye

Announcement of Mr., Ms, Miss Texas Gay Rodeo, 1985

SATURDAY, NOVEMBER 16

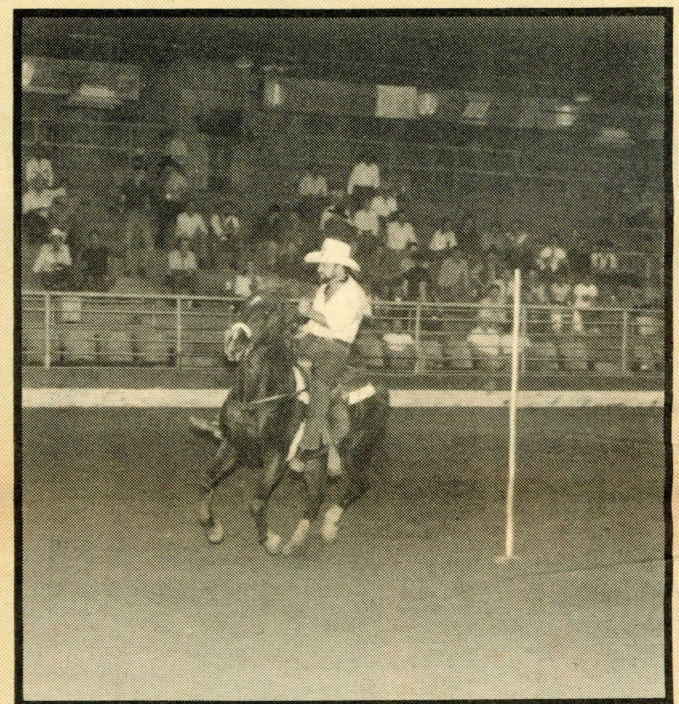
Noon—First rodeo performance at the Houston Farm and Ranch Club

Evening—Tours of Houston bars

SUNDAY, NOVEMBER 17

AT THE HOUSTON FARM AND RANCH CLUB

Noon—Second rodeo performance, followed by dancing to Dena Kaye and announcement of rodeo winners



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During the rodeo tickets will be available at the Houston businesses, the host hotel, and the rodeo grounds. Host hotel for the rodeo is the **Manor House Motor Inn West**, I-10 at Highway 6. (713) 497-5000.

Members of the Houston Organization of Bar Onwners (HOB0) are planning to have a fleet of vans to provide transportation among the hotels, the rodeo site, and Houston bars. A schedule of the tours will be available at the host hotel, the rodeo arena, and participating bars.

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