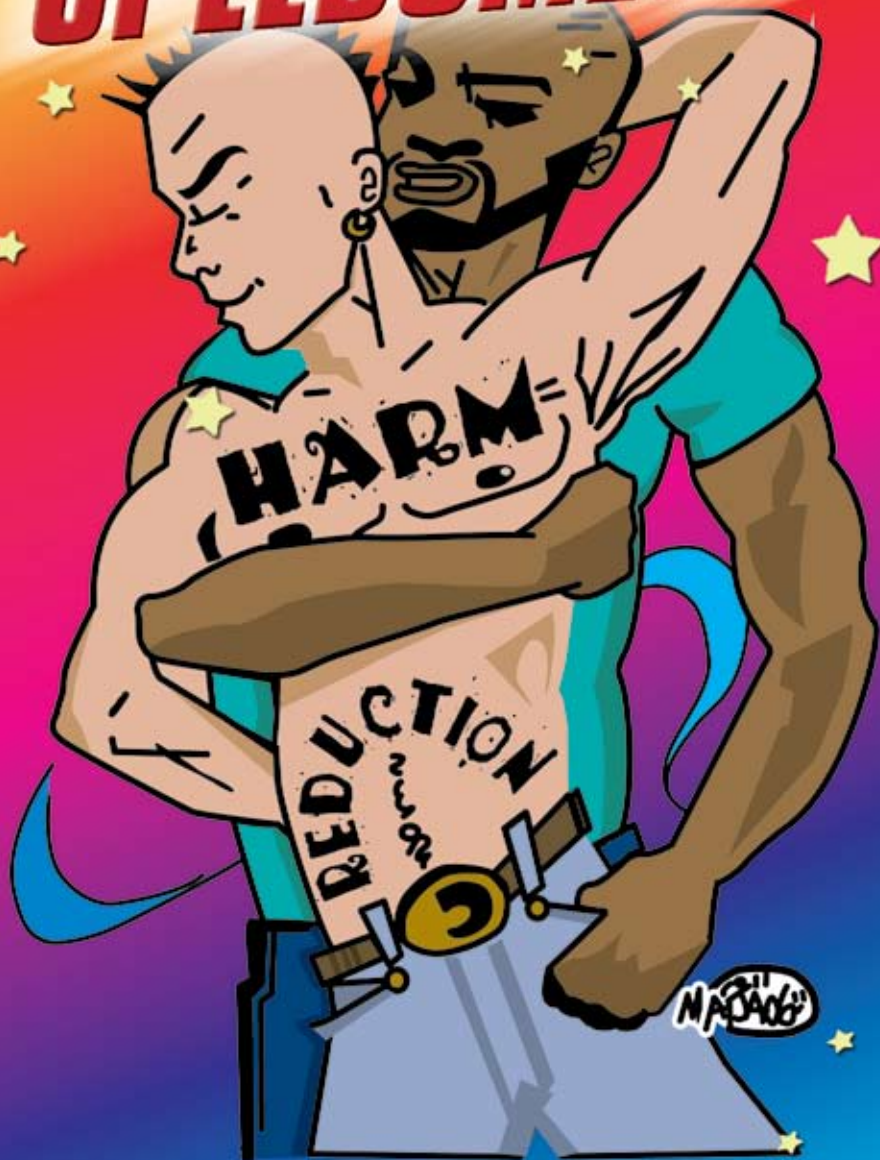


ISSUE NUMBER 11

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# SPEEDOMETER



# WARNING!

Speedometer is a publication put together by members and participants of The Speed Project of the San Francisco AIDS Foundation. The news, views and opinions are those of these guys and not of SFAF. As the guys are telling their stories and truths, this Zine contains some sexually explicit material and is therefore only intended for adult gay and bisexual men who use speed.



Speedometer is a harm reduction publication for gay, bisexual and heteroflexible men who snort, smoke, hot rail, booty bump, or inject crystal meth. This zine is not intended for anyone else. So please help us by keeping it in the family!

The Speed Project exists to improve the safety and health of guys who use speed. If you are trying to quit speed right now, or have recently quit, and are worried that you might be triggered into using again, you might want to look at other resources at the end of this Zine (p.70), call us at 415.788.5433 or contact Stonewall at 415.487.3100.

The SF AIDS Foundation doesn't encourage or recommend the use of meth but we understand and know that some people will choose to use. It is safest not to use crystal meth. We see drug use as a health issue and believe that users have a right be treated with dignity and respect and to information that will help them make decisions about their health. We believe that men who have experience using speed are best suited to share their stories and strategies with other men who use about what works for them in terms of reducing the spread of HIV, hepatitis, STDs, and other harms associated with the use of crystal.

This zine contains personal stories, opinions, artwork, and articles from people who use crystal meth and by local health, social service, and drug treatment providers.

You might not like or agree with everything you read or see. We do not edit, censor, or change people's submissions- the views expressed here are those of the author or artist, not the SF AIDS Foundation.

Please call the SPEED PROJECT with any comments or questions at 415.788.5433.

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# Hot Mess

I grew up in Detroit, Michigan.

At around age four someone abused me and that shut it all down.

I don't know what trauma went down.

I have no idea.

But I was four when I knew something wasn't right. I became covetous about other people's physicality- I felt inadequate and wanted to have it, wanted to be it. Later, I understood it to be gay-ish, but it was a bitter, isolated thing- an inadequacy thing. I had all this body-tripping hatred and was anorexic in high school-I wouldn't eat.

I was tormented in public schools and eventually put in a gifted children's school. At the gifted school there were a lot of gay people but we didn't really talk about it. No one did anything like dating. I didn't understand the horny thing because none of my peers were discussing that.

In 1983 I went very, very new wave. I did a very extreme look for Michigan. Big floppy hair seagull wings dyed

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manic panic red, huge rhinestone earrings, weird art clothes I painted head to toe with giant eyeballs. I started going to the New Wave Night Clubs with my sister. Really bad, ghetto, bombed out "can't find it" nightclubs with dead rats in the toilets. We'd be up 'til four in the morning on weeknights. My mom let us because we'd get up and go to school the next day. I went as extreme with it as I could, and that attracted a lot of people. We had fake IDs, drank a lot, met all kinds of older people and got to see gays, trannies and freaks. It was a very mixed crowd- early hip-hop people- grand master flashy sounds mixed with Dead or Alive and Morrissey. We felt very elite, very adult, and very cool.

I was completely

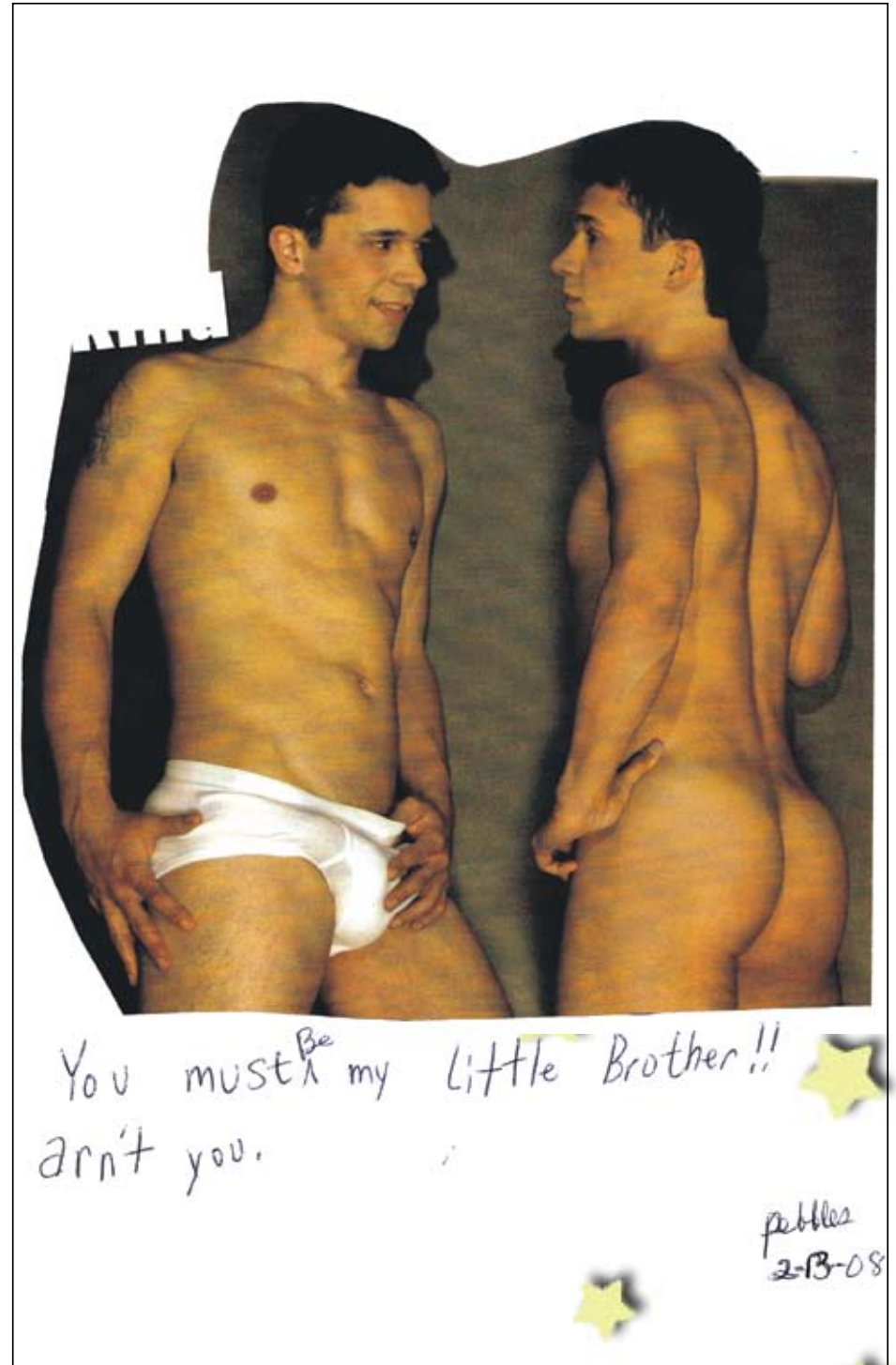
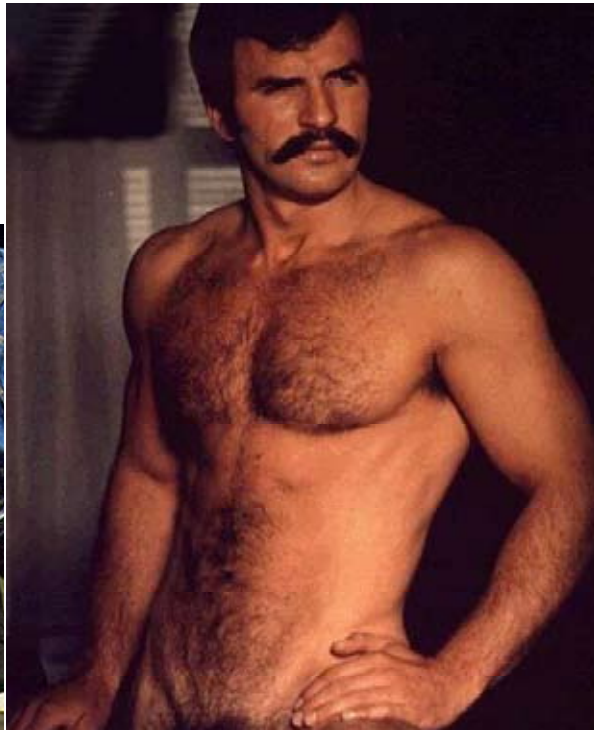


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sexually shut down in high school; I had never orgasmed. In high school normal guys circle jerk if they're straight, gay, or whatever. There was none of that. No one taught me to jerk off. I had no idea what that was about- and the AIDS thing really put a squelch on it. I remember reading Newsweek around 1985 "They've traced it to anal sex and gay men". I remember all of these articles damning anal sex that didn't have scientific merit. The behavior was demonized. Because of that and because the clone culture made me sick, I didn't want anything to do with it. The clones seemed pinched, uptight, and creepy. I think what I smelled on them was the artifice- all those signifiers- tight 501's, flannel, handlebar mustaches- ugh! It seemed so contrived.



*What I was looking for was freedom- to be*



*unaffected and unafraid.*

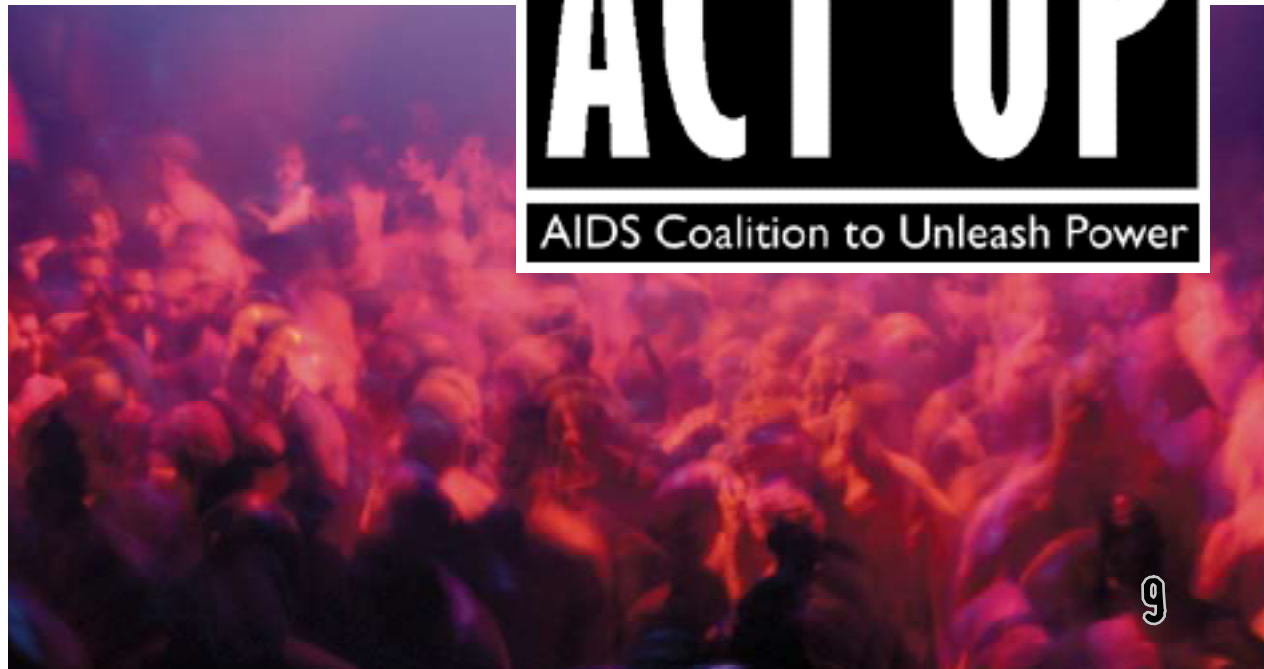
*To be “real” like strait teenage boys in swimming pools- I yearned for that freedom and facility- because I was always very in control of my body and hiding it, and saw myself as if from a third camera at all times.*

So, I didn't really know what this 'gay thing' was or how I fit in or didn't- but I remember thinking "This is never going to fly in Detroit." You've got to get away from your family, everyone who knows you, and the guilt by association AIDS. After going to various art schools, I came here to San Francisco with high school friends thinking, "Well, if you're going to be a freak, this is the place to do it!"

**When we came here I was in homosexual denial.** To make it less threatening I went to a coming out group at UC Berkeley- it was a therapeutic environment- a good tactic. I was 21 and they were all like 18. They'd invite me back to their dorm rooms, sneak me to the top bunk and try to fool around with me, and I didn't know what to do with them. **Because of my post-traumatic things it was very hard to be touched physically.** Fortunately I was always saved by campy dorm room drama- "Don't let the straight roommate know we're up here fooling around!" Saved from the horrors of having to get off with these guys. Back then there wasn't really anal sex involved. You simply didn't do that. Later in life we would just get so drunk that both parties would pass out, which meant you wouldn't have to approach the subject of AIDS and safe sex. So, anal stuff was pretty much not done in that generation-that time period- that age group.

At that time the Queer Nation explosion was happening. I dabbled in groups like that and ACT UP.

It was socially fun, purposeful, and interesting. When you went to a bar, you were there to make connections, plan meetings, and talk about agendas. **There seemed to be an urgency and a relevance to being “party trash.”** The two went hand in hand- art, politics, partying, sex. Queer Nation did good things- it brought people together in ways that loitering around bars wouldn't do. I'd get into sexual situations with ACT UP people but I couldn't stand their meetings. There was so much in-fighting, it was such a harsh vibe. I'd go to some demonstrations- make some funny politically relevant art sign and hope to get in some



magazines.

It was not expensive to live here. There were always art freaks running around and I met cool people who were older-mentors. Everyone was starting their own clubs.

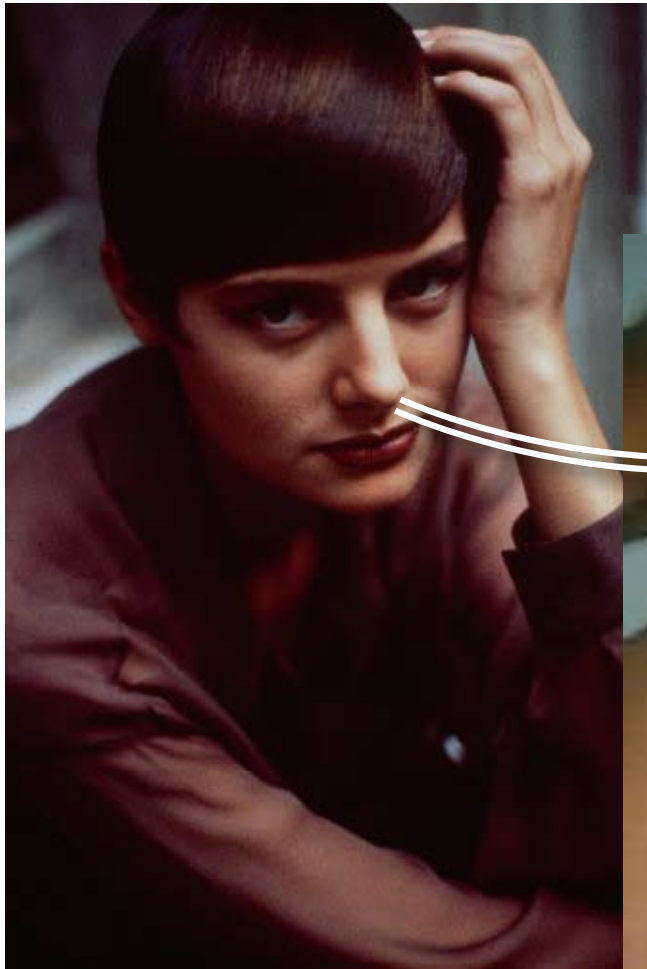


After ACT UP meetings we could go to Club Chaos at the Crystal Pistol. There was Klubstitute and Uranis-performance clubs mixing theater, rock and roll, alt culture and people from all these different scenes and genders; writers, theater people, and political people. Those are the people I started having sex with sometimes-

freak boys and performer people.

**It was always a big, sloppy alcohol scenario to abate the whole fucking aspect of it and to avoid the HIV drama.**

My social group didn't want me to know they were on speed all the time. I had a car and they relied on me to drive them around while they were twirled out. They were a little bit older than me and I guess they were protecting me. They decided to



let me have some speed one night. I had no idea what it was. I had never even done coke before. I was totally naïve about it. **After doing it I felt so together, and up, and confident, and fun.** I, of course, put on many outfits before going to a party. These guys were into different types of drag and often spent the evening putting on twenty outfits and maybe spending 10 minutes at the bar, that whole routine. At first meth was social and later sexual.

**Meth induces for me,** and I think for the majority of gay men, a hyper-hyper sexual mind state. I don't really know the mechanics of brain chemistry but **I know it hits your dopamine pretty hard which makes you horny as fuck.** Around that time I won some money and later Daddy kicked off and I got a trust fund. It wasn't much, but I had the privilege of being able





to trip out for days on crystal with people and get real intense into these psycho-sexual head trips.

**Speed made me feel very horny** when normally I would never be horny.

This went on for years and my alcoholism would come and go. I've had sexual experiences with over 2,000 people.

I didn't really hang out with full tilt/full-time tweaker people.

Being "a tweaker" wasn't an identity thing back then- but I had started using it for sex a lot. I would keep it to once a month and think that was all right. I still

could never fuck. All of these weird fetishes came to the surface so I was too busy doing that to even bother with fucking. I had the safest sex for years. ***I don't have HIV now. I really should, but I think it's because speed kept me from fucking like a normal person, irony of ironies.***

My sex thing was stuck and there I was thinking I could tweak my way through it. I became a real sex club hound. I was compulsively picking up guys, two or three times a week, spending at least a day or two with them. Many men who use speed for sex know ...or at least I know... it puts me on autopilot. I don't have a lot of repression issues around most sexual acts- except the fucking thing. Maybe it was stigmatized through AIDS. I actually find fucking repulsive. I don't like penises or asses. I'm not interested. It's all about torso's and face's for me. Every time I'd have a sex scenario with someone, for some reason it became a psychotherapy marathon. People were very needy and I'm not saying I am some magical therapy-Mother-Teresa person, but I was genuinely very interested in people on a personal level and they bonded with me on an emotional level. **Maybe for me, it helped detract from the fact I couldn't get off and that I had all this body trauma. I knew I was covering over a lot of things that were broken in my life.** Masking things and creating that horniness-illusion that my body couldn't physically do on its own. I also knew the connections were an illusion, when the last line was gone, the whole scenario would be gone.

Knowing that, I couldn't really be in the moment. I think the drug works better for some people and covers up this stuff more completely. For me, I'm always conscious about the illusionary aspect of it, and that is somewhat depressing- especially with the crash. Thinking about how much time I spent having those kinds of sexual experiences- it kind of made sex more of a problem for me. It made it more repugnant or

repulsive.

I met my first boyfriend tweaking at the End Up. He was eight years older than me. I had no experience with dating, love, making boundaries, what codependence is, or any of that crap. I was a nervous wreck around him because he was so controlling. He was alternately abusive, adoring, codependent, nuts, brilliant, sad. He wanted to know where I was at all

times. He wanted exclusive monogamy. We were co-using. He didn't work. He was a mess. I enabled him all the time and visa versa. I rescued him a lot. I felt that need to be needed. I became a 24/7 drunk.

When he got tossed out of his apartment, I took him in. I started to pay for things. I didn't know he was incredibly in debt. **It became this weird parental rescue trip, which I didn't**

I want the best person for  
the job.



Sit back and relax with the *You Got Served* star, because this is one romantic brother. "I like to take a woman to a little spot on the beach and watch the waves and the sunset."



**realize I had been doing most of my life and would continue doing even after him.** My downward spiral started then and I haven't been the same since then. I left him when he got violent with me.

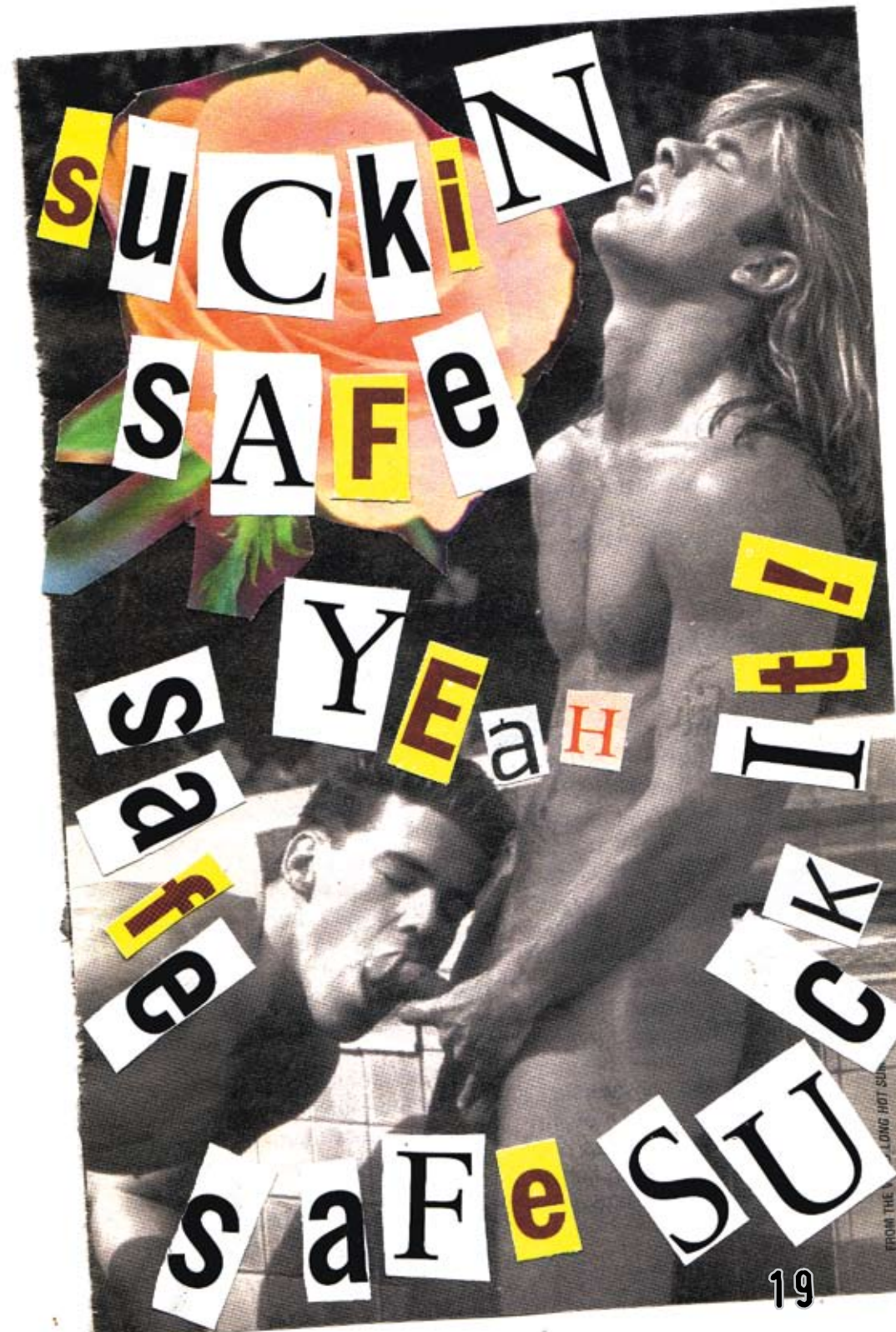
Then came a rebound boyfriend- a very sweet young hot Italian boy who I thought was way out of my league. It was a big crystal connection. Going to his apartment was fun and got me away from my household- which was having its own speed drama from hell (including orgies in my living room and people spooging on my leather furniture). When we partied and would do the same amount of speed it became apparent he was tweak-damaged, it had a totally different physiological and mental effect on him. On top of that, he would stay up for five days in a row, get psychosis and lose his mind. It didn't work out.

I finally learned to shoot my wad so to speak. It's so weird, when I orgasm this emotional wave comes, like a tide coming over me- immediately drenching me in shame and self-disgust. And it's not like I was raised Catholic or otherwise instructed to demonize this stuff. It is what it is. I've never been really afraid of AIDS- I just thought, "Well, you do what you do and protect yourself and the other person. How hard can it be?" And there have been accidents. I have bottomed. Speed allowed me to bottom out for the two boyfriends and various other people, which I don't really like doing, but I love being the object. Speed puts me in this weird narcissistic tripped out state- enjoying myself as an object and getting into seeing myself as an object in mirrors. Even though I have body issues, when I am high I am able to self fetishize. Thinking you're hot, being able to isolate body parts or sex acts away from the grid. It's like OCD and things become disembodied pieces and parts. There are often a lot of different things going on at the same time- you are simultaneously hyperfocused and being in many places at many times- you can steer your mind through however you want to do it.

With speed there's also a really great social thing- everything was so amplified. Fuck, you spend like two days with someone that you don't even know. They're endlessly fascinating, they reveal so much. Then of course, once the last line is gone, you're like, "Oh well, here's my phone number." That's the kiss of death. I used to have trash bags full of them. Does anyone call anyone? Is it a real number? It's not really relevant. This is all pre-internet stuff. I've actually never done internet hook-ups. ***I like the hunt. I like the vibe. Which speed was great for, at the time. It really put me in that animal exhilarated "flight or fight" hunter mode.***

**It always began with a couple drinks.** It's not uncommon- then several more drinks. **Leading to the decision "Oh, I think I'll tweak today."** You call up a dealer, go rendezvous, and then you're on autopilot. Sometimes I would think "Oh my God, I should just go home and do some art or play with my sad cat, do laundry-something." But, no. It's this night of the week and this thing is happening in this bar that attracts this type of guy you are interested in. Despite whatever inadequacies I felt in those cruising situations I wanted to be there anyways. Because for me 'not participating' has always been much worse. I feel like I've got to throw myself into the snake pit because the 'non-participating thing' plagued me all through childhood and high school. I accrued all this pent up covetousness ***I had to over compensate for later.***

Speed would force me into a state where things would just happen. I think a lot of gay men are on a very similar trajectory- letting that drug do all the work for them when they don't really know how to manage it themselves. Personally I don't have any problem with being emotionally vulnerable- I'm an open book with people. I actually like myself quite a bit and always have. **When I do speed I'm looking for a more physical type of fix. It always feels like a fix, the sex hunt thing, it's like a fix.** I think I have this in common with so





many gay men- speed puts you in a "me- as -animal" state. It's like emotional armor that allows guys to do things and present themselves in ways they wouldn't otherwise. Like someone putting on a leather harness they would normally never even think about wearing- when you are high suddenly it lifts, supports, and separates in ways you could never imagine!

**My life was pretty hideous.** My alcoholism was so full tilt I was seizing up if I didn't have a drink every fifteen minutes. Eventually I was like "Shit." I went home to Michigan where there wasn't any crystal. When I decided to move back to San Francisco I had finally gotten SSI for depression- I bounced from place to place with various degenerate messes. **My alcoholism came back several times; I had some seizures, some hospitalizations... not pretty.** The drinking was stealing all my rent money and I'd get physically addicted quickly. I quit drinking because it was putting me in seizures, making me look bad, ugly, bloated icky. Alcohol as a crutch doesn't make you socially acceptable. You go into a store. You stink like booze. You're dropping things. Hello, get away from him...you know what I mean? You think you're being more connected and it's easier, but it just makes everything so much harder. Booze is one of the most evil, insidious, hideous, drugs. I was like "to hell with this shit."

I had dabbled in recovery before. I used to go to Stonewall. I went to NA for a while; I understand how it works for people. It doesn't really work for me. I don't do instructions- even if I buy a clock radio- I just don't. I thought NA would be a healthier place to meet people on a social level than floating around bars. Bars are so alluring as temporary fixes. Ultimately I think that speed can be very, very isolating. It may seem social and sexually accepting, but later it's very isolating for me- and I've seen it be like that for a lot of other people.

I ran into an old trick of mine that I had speed sex with like 12 years ago. He was now homeless and had lost all his teeth, which often happens. We hung out a few times and that started some consequential thinking in my head. He wound up at a residential program and told me about it on the street.



He said "Jason, you've got to get out of this scenario you're in." I interviewed for the program and it went well. I knew that beyond my drug and alcohol use- the bigger part of the picture that needed fixing were my social ills, my feelings of inadequacy, isolation, alienation, rejection and economic disempowerment.

*I knew I was really broken and isolated. Coming back to San Francisco after being away in a Michigan- everyone in SF seemed so perfect, so money, so young, so built, and so gay.* I felt so alienated

because it wasn't the funky, punk rock art kookiness that I had lived in. I felt like I could not keep up with anything in this city anymore. That led to more isolation, and so I thought, "Well, this residential program environment might teach me some things that I really don't know anything about." I thought it might help me address the bigger picture that causes me to use- because the using is just a little band-aid on the rest of it.

It was a gay specific program and the counselors were very smart and the program let you learn to self advocate. It's an intense 3 month boot camp. Gay men in this culture, often we don't know how to be intimate with each other in a supportive way and not in a sexual combative way, and that happened there very intensely. You're with these people almost 24/7 at first. To feel cared about mutually is a very intense and beautiful thing.

My big problem at first was that I didn't listen enough and I was too quick to make sure my needs were getting met- I was being competitive. I was



looking for the differences instead of the similarities, the commonalities, between me and other people. **If you are going into a program, really examine the way you interact with people and society on a bigger level. To me, that is really the cause of whatever chemical "addiction" problems you might be having.** Just be really, really open, you know? And try to have a good time with it, because actually it is a lot of fun. They do try and make it fun and interesting

for you. Enjoy the people for who they are. Everyone is interesting. Everyone is fascinating on some level. Try to avoid the drama. Especially if you're with a bunch of gays- just try to do everything you can to diffuse that. Don't play into anyone's manipulation and don't get into your own...don't think you're a little kid at school being a brat to the teacher. There's a difference between self advocating and being socially dissident- looking at something in your own perspective and being fucky for fucky's sake, there's a big difference.

Don't victimize yourself with labels. Don't be identified by some "addiction." Look at the bigger picture. Depending on the program you go to, they might try and do that with you -they think it helps because it seems to work for some people. Don't let other people identify you. Figure it out on your own. You're the authority of yourself. People might think they can guide you because they think they're experts, but nobody is really truly an expert. They might just give you a certain perspective. And if you're fortunate enough to be in a group situation, let all of the different and diverse voices work for you. That has been very helpful for me.

That program taught me amazing things that I never could have predicted. It taught me a lot of self acceptance and acceptance and admiration of other people. I gained appreciation for things in myself I never knew I had- and in other people, too. I learned to be more diplomatic- **we're all kind of like untrained dogs, you know? With our various ill socialized behavior problems.** It was a lovely, lovely experience, it didn't concretely teach much about "recovery" per se. But it fit my concept of recovery as a more holistic thing.

### **Nowadays I do one-on-one therapy at Stonewall**

and groups with other people- it's about being yourself and thriving with yourself. I try look at everything on a more appreciative and open level- you could say spiritual. I'm not quite sure what that means, but it doesn't all have to be about

sex, drugs, and no rock and roll. Thriving in life and thriving with other people is my kind of recovery. Offering and getting respect and being fully in the moment and fully engaged and not isolated and hiding and terrified. And **it's about not letting the things that are broken about me totally rule and define me.**

I began appreciating the moment. It is about **being** it's about right now. Right now is fine. I've always felt that if I have something to protect, something that's worth living for, something I'd want to keep in my life- it would keep me sober or at least not a spun-out, dependent, drug altered mess at all times- so I pursue it.

### **I don't really plan on doing meth any more. It's not interesting anymore. I'm not going to shoot low and settle for something that doesn't feel supportive to me.**

That's what I used to do. On drugs I used to do it all the time. It needs to be more authentic to me now, not like the disposable illusions that meth would always bring me.

That extends to everything in life... I can't keep on shooting low or accepting things that aren't right for me. Being codependent and taking care of other people- getting caught up in that need to be needed. I can't keep on doing that. I'm forty. I don't like this aging thing at all, never did. But life is short and I can't keep on making those compromises. That's what's keeping me together now.

I really feel an obligation to give to other people. I don't want people going through the crap that I've gone through. Eventually I will help out with some art thing, some therapy thing, work with youth, right now I really don't know. I'm going to keep myself together first.

*I am still in a program, so in some ways I'm not in the real world yet. We have curfews and we can't go to or do X, Y or Z. We have to account for every minute. In some ways I just want to chuck it all and get the fuck out of there, but I have a strong sense of self preservation.* I'm not going to wind up in some gutter- I have done far too much work on myself. I can't really put everything on hold and pretend it doesn't exist- the sex thing, the body hatred thing. I've got to get my body back to a place where I can somewhat accept it. I've got to establish some kind of social support system because I don't really have any. That isolation, that loneliness- that will totally do me in and lead me to drugs and self-destruction. Those are things I need to build in order to get back into the real world. And that will be the real test.

## Resources:

1) **The Stonewall Project** is a harm reduction counseling program for men who have sex with men (meaning queer, gay, bisexual, transgender, questioning, or no label) who have questions about speed, want information about speed, want help dealing with speed etc. There's no requirement that you be clean and sober, or even want to be, to join us.

### Walk in One on One Counseling is Available!

Mon-Friday 4PM-5PM at 3180 18<sup>th</sup> Street, Suite 202 (near Folsom)

Wed. 5:30-7PM and Sat. 2PM-4:30PM at Magnet 4122 18th Street (near Castro)

### Stonewall Drop In groups

Wednesday at 6:30PM-8PM, 3180 18th Street, Suite 202 (near

Folsom Street)

Stonewall (415) 487-3100

Magnet (415) 581-1600

2) **Tweaker.org** Is a site for gay guys who use crystal meth. Tweaker.org does not promote meth, glorify it or glamorize it. Tweaker.org does not condemn using it, criticize it or demonize it. Instead, tweaker.org provides information, support, and resources.



# SHANTI'S LIFE

## PROGRAM: LEARNING IMMUNE FUNCTION ENHANCEMENT

Thanks to peer educator extraordinaire Michael who thought readers would like to know more about SHANTI's program and interviewed them for this article. Enjoy!

**Michael:** Thanks for doing this interview for SPEEDOMETER. Please tell our readers who you are.

**John:** My name is John Olesen. I am a counselor at the L.I.F.E. Program of SHANTI.

**Michael:** SHANTI has been a valuable asset to the HIV/AIDS community for how many years?

**John:** SHANTI has been around for 34 years. It started as an organization to help people with cancer. In the early 80's when the "gay cancer" kicked in then "GRID" (Gay related immune deficiency) then HIV, SHANTI has consistently



responded to the needs of the community.

**Michael:** Could you tell me about some of the things you offer at SHANTI?

**John:** SHANTI has many different programs. SHANTI's HIV services offer care navigation- which is similar to case management. HIV services is a hub for what's happening in HIV around the city, SHANTI's care navigators can help people find out about different services and different funding sources around the city.

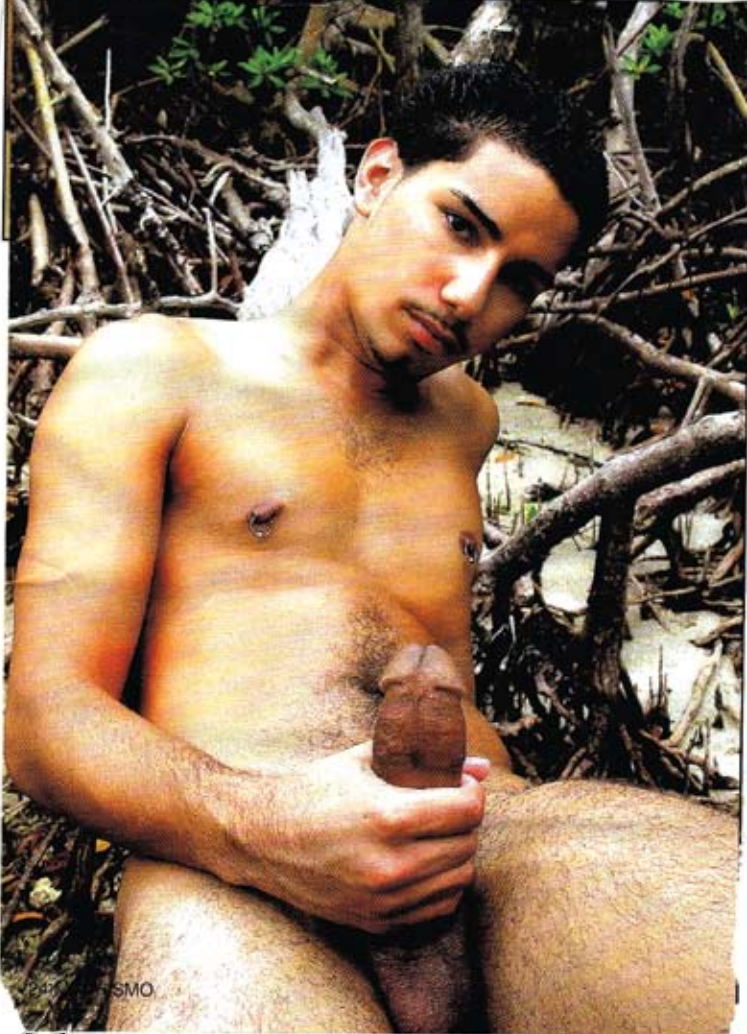
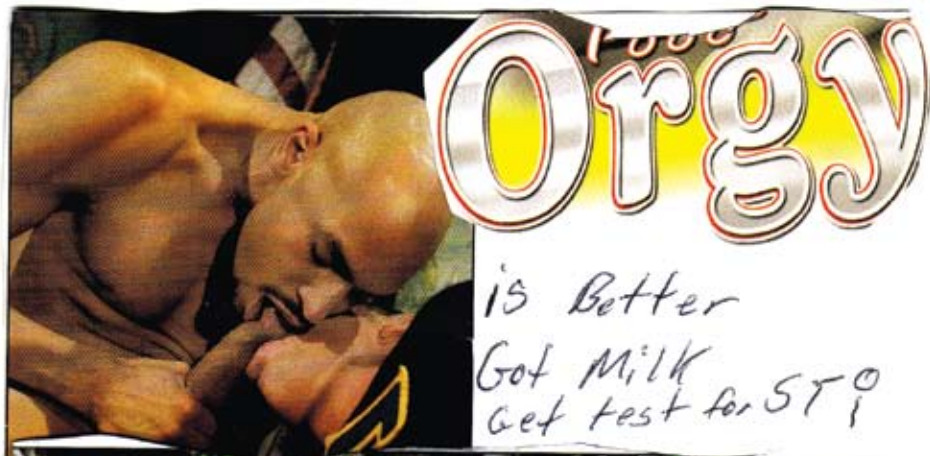
We offer a drop-in lounge that's open Tuesdays, Wednesdays and Thursdays from 9:30AM-12:30PM. It's a nice place where you can come have a cup of coffee and meet your friends.

I do a group every Tuesday with Keith Anatasi from 11:30-12:30 called Health Chat. It's a discussion group. We have some fun, it can be light- but we also get down and talk about serious health concerns.

HIV services has an activities desk. Theater tickets, concert tickets, and other tickets are often available to SHANTI and our clients are able to go to events free of charge.

Another service SHANTI offers is called Lifelines. Lifelines is a service for women who have breast cancer. Lifelines offers care navigation to help women get access to services and healthcare.

SHANTI houses the L.I.F.E Program- that's where I work. L.I.F.E stands for Learning Immune Function Enhancement. We offer an 18 week workshop that focuses on physical, emotional and spiritual co-factors (co-factors are issues that affect HIV+ health). We also offer one to one health counseling which is a little bit different than mental health counseling. If a person



Remember - STD's  
 Still here ask MS Will, I call  
 Educate You  
**BLACK COCKS**

wants to look at their behaviors, their attitudes, and their belief systems around HIV this is a great place to come and get support. I could go on, but I think those are the main things.

**Michael:** Got anything coming up? Any special events?

**John:** The next special event is in June- the Pride Weekend. We try to have a presence at street fairs. The one that we really like to hit is Folsom street. As far as special things, I do a drop-in potluck dinner workshop at the gay and lesbian center on Thursday nights that's open to gay and bi poz guys. Also, on Tuesdays 11:30-12:30 we have this discussion group at SHANTI on Polk Street. I didn't mention the movie night, the haircuts, all those things are very important. Everyone will just have to



stop by and check SHANTI out.

**Michael:** You throw a heck of a Christmas party. Is there anything

you'd like to add?

**John:** Sure, I think SHANTI is really unique. SHANTI's model is based on being open-hearted and accepting. Because it's an open hearted program it is based on unconditional acceptance.

**Michael:** Yeah, everybody is treated with respect. And there's nobody above you.

**John:** Yeah, that hierarchical thing

**Michael:** They don't have that here. John, thanks for doing this interview about SHANTI!

# RESOURCES

## **S.H.A.N.T.I HIV Services**

730 POLK STREET, San Francisco 415.674.4700  
www.shanti.org

## **Activities**

Activities offers SHANTI clients an opportunity to enjoy some of the Bay Area's interesting activities and events while socializing and establishing connections with their peers. Event tickets are free and include concerts, live theater, sports events, opera, ballet, workshops, classes, day trips, movie night and more. Call 415.674.4743 for more information.

## **Care Navigation**

Care Navigators offer intakes and updates into the Reggie System and information and referral to HIV service agencies in San Francisco. Care Navigators also connect clients with peer support volunteers who provide emotional support and practical assistance. Call Eric Sutter at 415.674.4754 for more information.

## **Drop- In Service Center**

The Drop-In Service Center is a comfortable and safe place where Shanti clients can drop in, meet and talk with other clients, speak with a Peer Advocate, Treatment Advocate or Care Navigator, review resource materials or just sit and have a cup of coffee. Call Eric Sutter at 415.674.4754 for more information.

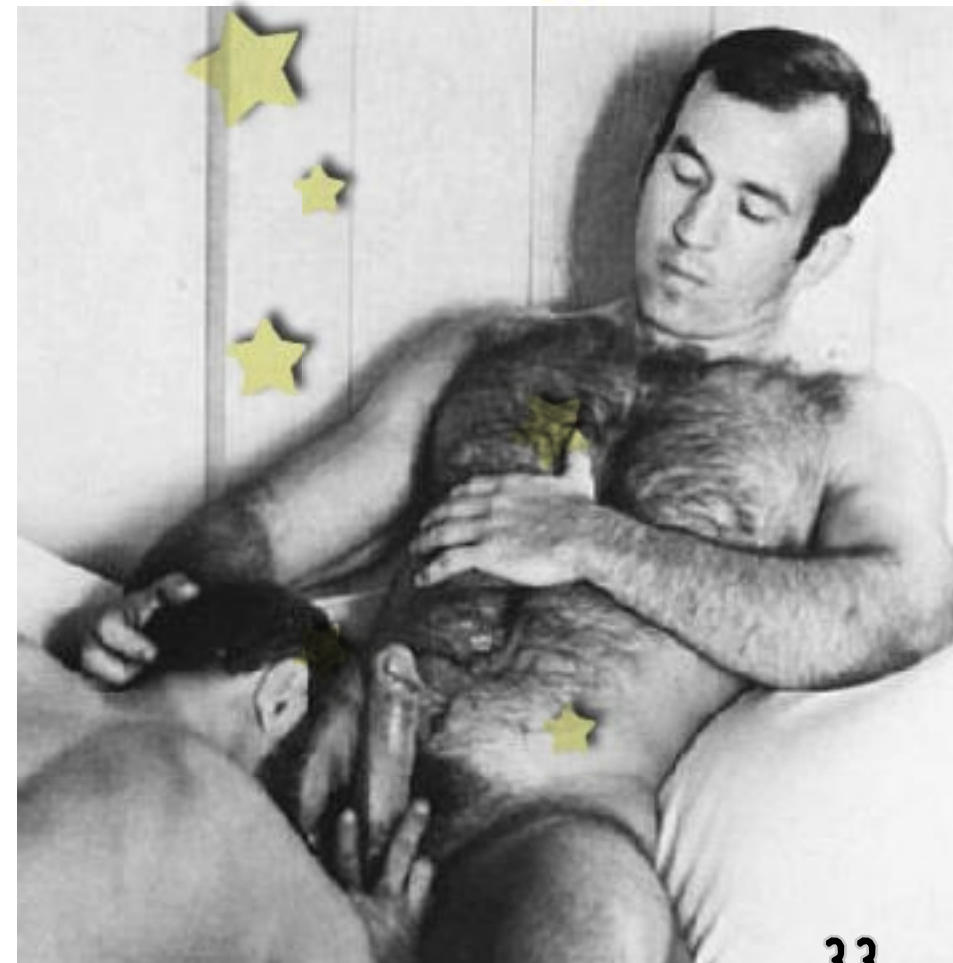
## **HealthChat**

HealthChat is a lively and interesting discussion group focusing on topical health issues that affect HIV+ men and women.

Social interaction and support are encouraged through group games and monthly contests. Call John Olesen at 415.674.4713 for more information and group tiems.

## **Peer Advocacy**

Peer advocates provide outreach, basic assessments, information and referrals, medication adherence counseling, practical assistance and emotional support. Peer Advocacy services are primarily available for clients who also receive services at Black Coalition on AIDS, Instituto Familiar de la Raza, and St. Mary's Hospital. Call Mark Molnar at 415.674.4726 for more information.



# HIV Services Schedule

## Drop In Lounge/drop-in hours

Tuesdays 9:30AM-11:30AM/ Wednesdays and Thursdays 9:30AM-12:30PM

## Activities

Tuesdays, Wednesdays, Thursdays 10AM-12PM

## Haircuts

Tuesdays (ask Care navigator for dates) 10AM-12PM

## HealthChat

Tuesdays 11:30AM-12:30PM

## Massage and Accupuncture from Quan Yin Healing Arts Center

(these activities alternate weekly) Thursdays 10AM-12PM

## Women's Space

Fridays 10AM-12PM

## Movie Night

Every 2<sup>nd</sup>, 3<sup>rd</sup>, and 4<sup>th</sup>  
Thursday of the month  
5PM-7:30PM  
(movie starts at 5:15)

HIV services  
is closed for lunch M-F  
1PM-2PM.

By Appointment  
only Tues. through  
Friday 2PM-4PM.  
Call Eric 674.4754 or Kelly  
674.4704



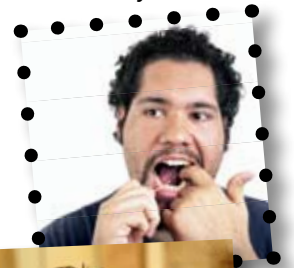
# The Meth Monster: The Speed Project's Advice Columnist

**SPEEDOMETER:** Hello speedometer readers! We are here this afternoon with the Meth Monster and he is going to answer some questions that readers have submitted. Ready for the first question?

**METH MONSTER:** growls...

**SPEEDOMETER:** Okay. Here it is. Is speed bad for my teeth?

**METH MONSTER:** It sure is. When you are on a speed high you get dehydrated and the vitamins and Calcium in your body get depleted. Everybody's mouth has bacteria in it- the bacteria is decreased when we brush and floss- if you don't brush and floss those bacteria eat the sugars in our mouth and they secrete (poop out) acids. When you are high you don't produce as much spit and your mouth is dry. Your saliva has an enzyme in it that neutralizes acids in your mouth. Those acids are what actually eats away at the enamel of your teeth and causes tooth decay- so if you don't have spit in your mouth- you don't have what's necessary to fight that acid, so all that acid can just go for it. That's a big part of it. You also might be eating a lot of sugary foods and soda pops or smoking cigarettes which contribute to gum and teeth



problems. Plus the grinding and everything else you do during a hit can affect your teeth.

**SPEEDOMETER:** Okay, well if I am on a run- what can I do to take better care of my teeth?

**METH MONSTER:** You should brush and floss even if you aren't eating because someday you are going to want to eat. Drink plenty of water. Use a mouthwash- that will kill some of the bacteria in your mouth and reduce acids. Take a vitamin supplement- but it should be approved by your doctor first. Less grinding.



**SPEEDOMETER:** You got any tips for me if I am a grinder? How to stop?

**METH MONSTER:** Well, if you've got dentures, take 'em out- it might save you a few bucks. And if you have real teeth just try to be conscious that you are grinding- if you aren't aware of it maybe you have done too much speed. You can also ask a friend to poke you and say "Stop grinding your teeth!"

**SPEEDOMETER:** Then next question is this... When my speed use goes up- when I am using a lot of speed I get more and more abscesses. What is going on?

**METH MONSTER:** It may be because you are dehydrated- not drinking enough water and the vitamins and minerals that you need to survive and keep your immune system going are being depleted by the speed. Your immune system may be very low and so you can't fight off infections.

**SPEEDOMETER:** And why might my immune system's functioning dip if am using a lot of speed? Why would my immune system not be working as well?

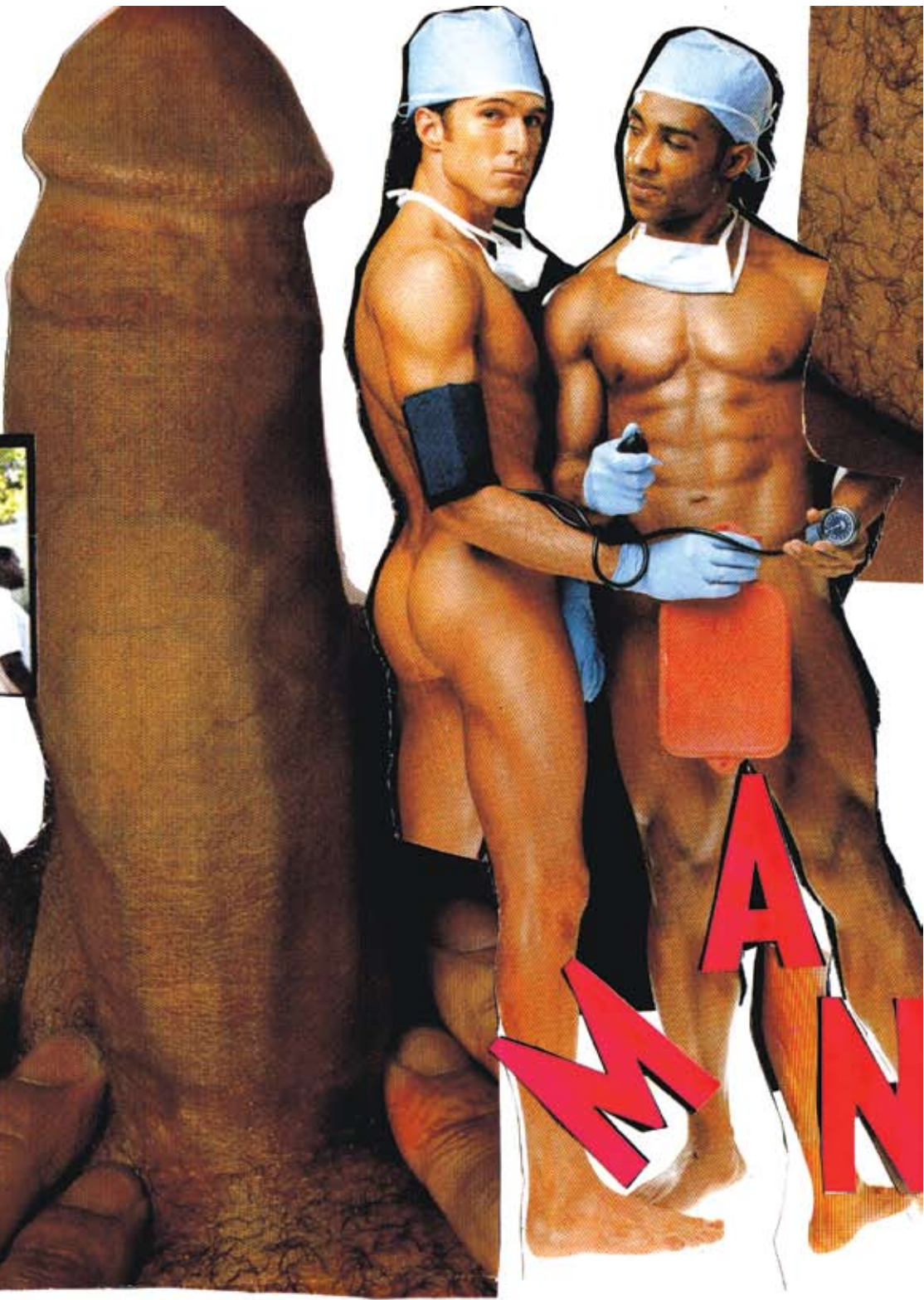
**METH MONSTER:** Well, of course viruses like HIV and hepatitis C can affect your immune system- but many things besides HIV can cause your immune system to go down. Speed itself taxes your immune system, and not eating, not sleeping and not drinking water can affect the immune system.

If you are HIV+ you need to try to take your meds whether you are high, down, low, pissed off, or on a mission. Your meds should be your #1 priority.

**SPEEDOMETER:** Some people have told me it's really hard to take pills when they are getting high. Do you have any tips for people who have a hard time?

**METH MONSTER:** Well if your mouth gets so dry it's hard to swallow they might try milk- sometimes milk helps pills go down easier- or juice.

**SPEEDOMETER:** What if I have a hard time remembering to take them, I just forget.



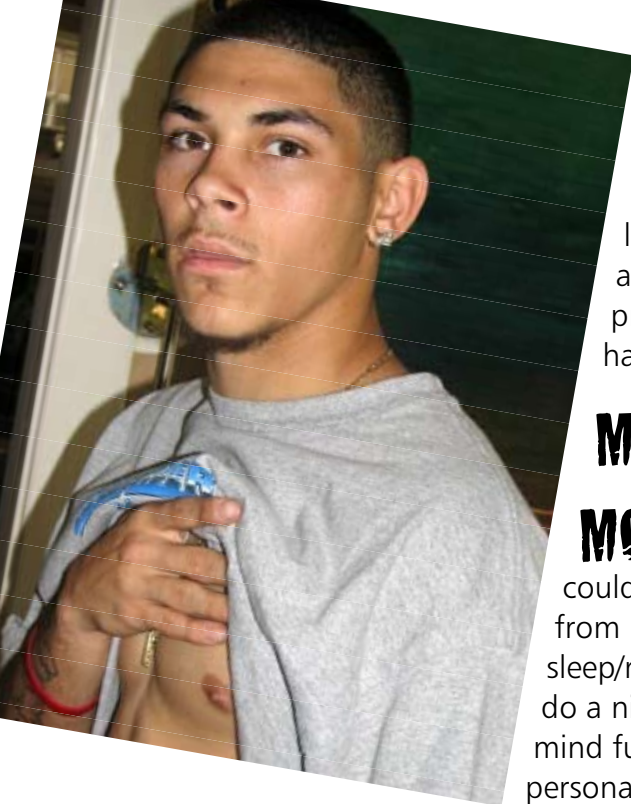


**METH MONSTER:** Improper injection technique- like not inserting the needle correctly with the hole (bevel) pointed up, or going into the vein at the wrong angle (it should be a low angle- around 20 degrees), not injecting in the direction of the blood flow- towards your heart- sticking the needle through the vein and going too deep, fishing around for a hit and making the injecting hole bigger and bigger, pushing the shot in too quickly so it leaks out around hole in the vein into the surrounding tissue. They may be using dirty needles- they may be using blunt needles. You should use a new one every time. If they already have some vein damage their circulation might not be good at the site of a missed hit so it is harder for their body to fight the infection and they are more likely to get an abscess. If you don't have as much blood flowing to an area because of vein damage you will have less of an immune response- less blood means less white blood cells to fight the infection.

**METH MONSTER:** Set an alarm in your room, on your watch or your cell phone, write a note to yourself on your hand, have whoever you are partying with tap ya on the shoulder and say "Its time to take your meds" they are right there and can help you out.

**SPEEDOMETER:** Meth Monster, what are some other things that might cause me to get abscesses?

**The main reasons why people get abscesses** is not cleaning the injection site- you have to clean it real good because everything that is on the skin when you inject, whatever's on that spot you are going to inject in- will be pushed inside to the tissue under the skin and into your bloodstream. It's best to use warm soap and water to clean an injection site, if you don't have that use alcohol pads. It is the friction (the rubbing) more than the cleanser that gets rid of the bacteria, so take your time and really clean it well- say the alphabet- use a few pads- rub it son! That's right, rub it! Rub it some more. If you are using alcohol pads let the alcohol evaporate- that's part of the cleaning process. Don't wipe it away.



**SPEEDOMETER:**

Say my first day partying I am injecting like a champ- I am hitting with no problems- what can happen later on a run?

**METH**

**MONSTER:**

You could definitely be too shaky from lack of food/water/ sleep/rest or too high to do a nice hit. You could be mind fucking yourself. I know personally- that if I couldn't hit was doing something wrong

it had to be me- I if after 20 years of practice I am not able to hit myself. If I am having problems it's either mentally/my headspace or I am doing something wrong I don't normally do, or I have done too much speed and don't need to do more.

The bummer about shooting speed again and again on a long run is that when you are dehydrated your veins shrink and crystal causes your blood pressure to go up and your veins to shrink also- so you are going after veins that aren't popping like they were earlier on your run. Your veins on your first hit are really different than your veins on your third hit. Keep in mind that when you have been up partying awhile you are not working with the same set of tools you were working with when you got started- physically and emotionally. You might not have the patience you had earlier; you might not be getting the payoff you're looking for from your later hits either.

**SPEEDOMETER:** So for the reader who asked that question- who wants to stay up for 5 days- that's how he rolls- is there any chance he will switch from injecting to another route at a certain point on that run?

**METH MONSTER:**

Oh yeah- it can be done. I had a rule that for myself- I would try twice to hit and I wouldn't try the third time because by the third time it was either time to change locations or change plans. Either I would change injection spots on my body or drink it or I would booty it.

**SPEEDOMETER:** And what were the benefits of doing that?

**METH MONSTER:**

I didn't get an abscess. I didn't have to go through the mental bullshit and everything. I got a hole back there that I couldn't miss. (booty bump) If I missed that one I should give up speed!

**SPEEDOMETER:** For people who are injecting and they miss, is there anything they can do that would help avoid an abscess?

**METH MONSTER:**

Yes! Go to the bathroom and turn the hot water on and run it over the spot they missed- it might burn, but keep it under there until you need a break. Bring it out, and then do it again. And that's it. It should be gone in the morning. If you don't have a shower or running water go to a cafe and get some hot water in a cup and do a compress.

**SPEEDOMETER:** Why does that work?

**METH MONSTER:**

It dissolves the speed and helps it absorb into the tissue instead of just staying there in a clump.

Of course, you could have avoided all that by just bootying it.

**SPEEDOMETER:** How would someone know if they are missing?

**METH MONSTER:** They are gonna feel it, it's gonna hurt- it burns. Where you have the tip of the needle- a bump will come up. Then you know you missed and you want to stop- don't just keep going- don't keep pushing it in- I don't care- stop. Pull out, you have a problem. If you shoot everything in there- it's not going in your vein anyways and you might get an abscess.

**SPEEDOMETER:** How would someone know for sure they are in a vein when injecting?

**METH MONSTER:** When you register. That means that you get blood up into the syringe. You stick the needle into the vein and pull back the plunger a bit to check. If you are in a vein dark red blood should come into the barrel of the syringe- then you can push in your shot. Push it in slow and steady and pull the needle out at the same angle you went in.

**SPEEDOMETER:** Any other thoughts for our readers, meth monster?

**METH MONSTER:** I hope everyone gets their dipsticks checked! And have a good Gay Pride! growls.... grrrr....'til next time.

**Want more info on speed?**

**Check out:**

Tweaker.org

Crystalneon.org

Erowid.org

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# With Speed Life Happens Part 2

To all the guys and gal at the "Speed Project" I want to say thanks for all your help these past two years and keep up the good work. Not everyone will agree that harm reduction is the way to go but I haven't met a soul yet that would disagree that stopping the spread of HIV with such a slogan as "suck, fuck and party safer" is not only a cutting edge approach-but it seems to be working. We have lost some peer educators and dear friends these past two years... and in the case of Mama T I don't think Jesus himself could have risen from the dead in better fashion. She is "GLAMOUR!" and I'll miss her cute smile but I WAS SO GLAD to see SHE WAS AMONGST the LIVING on the day of her eulogy.

For the record it took me 37 years to get to SF and 7 to leave but as recent events have demonstrated, SF, speed, etc....is one thing, but I haven't seen my mom in 6 years and as she has gotten up there in years, its time to stop the music, grow up a little, and go see my mom.

I don't know when I'll return or even if, but as my interview detailed my life from age 28 til 40...I remember crying because I didn't know my HIV status at that point. Well, as of December 28, 2007 I am still negative. (Also hep C and syphilis negative). So keep the female condoms in mind because it's not written in stone

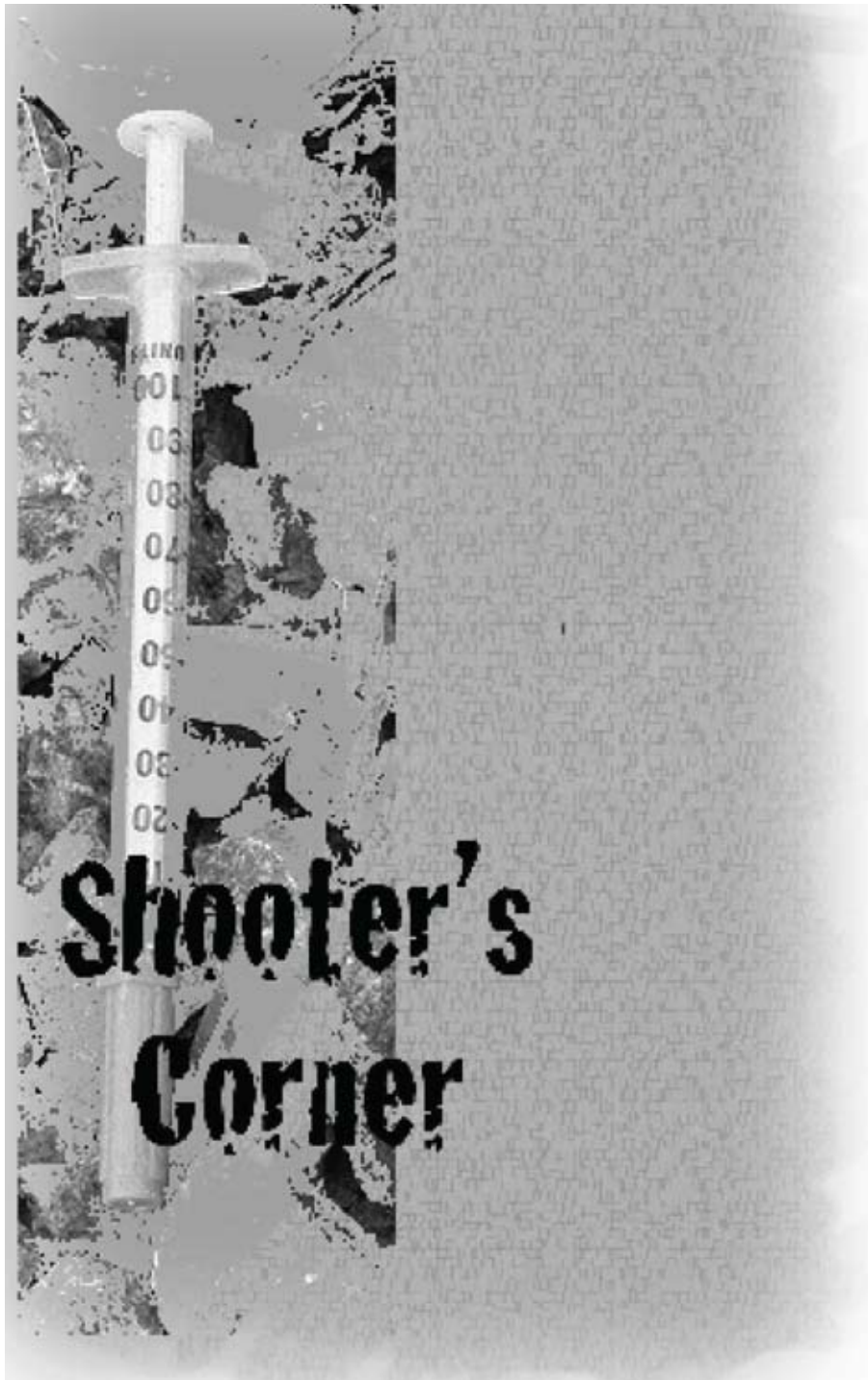
that the top must strap one on. When all that may be required of him is to simply hit the bull's eye and keep it inside the circle. I love you guys... Miss T, keep trudging that road and never take no for an answer and if there were ever a true friend, you provide it...unlike most of my meth friends who vanish when I am in a true moment of need...you were there. A black belt in al-anon could not have done better at showing tough love...and for that I am grateful.

All of you guys I love you and I will miss you. P.S. I didn't want to be brutally honest with the public and whoever reads the speed project. My speed career has not just been one of a big rosy orgy. I was arrested at age 38 for the first time in my life, subsequently arrested 2 more times for the same case and finally was convicted of possession of methamphetamine for sale and sentenced to 6 months in jail. So as the title says, "With Speed, Life Happens" also what goes up sometimes comes down hard.

Love Lot's



Ken



# Check out these tips from the Friend to Friend website.

Friend to Friend provides sexual health information, referrals to area resources, answers, insight and support for Louisville's M4M community. We're concerned community members dedicated to educating our friends on HIV and how to prevent new cases.

Friend to friend got this information from Safe Works AIDS Project, the oldest operating syringe exchange in the Minneapolis / St. Paul area.

Vein Care & Safe Injection Pages

www. <http://www.friendtofriend.org/drugs/vein-care.html>

## **Vein Valves & Tourniquets**

All the veins in your body have valves. You can find the valves by running your finger slowly along a vein.



In the picture the valve is located where the blood stops. A valve allows blood to flow in one direction only. When shooting up, locate the valve and inject either above it or below it, never into it.

Injecting into the valve can lead to permanent vein damage or collapse.

TWEETER TWEETER  
 LITTLE WHORE,  
 IS THAT YOU AGIN AT MY DOOR?  
 ROUND & ROUND ALL NIGHT LONG,  
 ARE YOU BACK FOR MORE?  
 TWEETER TWEETER LITTLE  
 WHORE ...



When you lift your finger, the valve will open and that's when you know you found a valve.



Here are four kinds of tourniquets. Moving from left to right, you have the best to the worst represented. The rubber tourniquet on the left is best because it is soft wide and elastic. It is easily released prior to injection and will cause least vein damage. Basically you want the gentlest tourniquet available to avoid crushing your veins.

### Injection Sites



Tie your tourniquet near the veins you will be injecting into. When using veins in your upper forearm tie off just above your elbow.



When shooting in veins lower down on your arm move the tourniquet below your elbow.



And even lower when shooting into veins just above your wrist.

When injecting into veins in your hand place the tourniquet



just above your wrist. Wherever you tie off with a soft rubber tourniquet, DO NOT TIE A KNOT in the tourniquet, just tuck the rubber underneath itself in a comfortably snug position, so it can be easily released after the needle is in the vein but before you press the plunger down.

The veins in your hand are more fragile and smaller than the other veins in your arm. Try to use smaller gauge needle and inject much more slowly than you would into a big honkin' arm vein. The reason for that is that you inject too fast, you put too much pressure on your delicate vein which can burst.



You always want to inject in the direction of your blood flow. Trying to inject against the flow will increase the chance of blowing out a valve, doing damage to your vein or wasting drugs.



### Site Preparation



It is very important to clean your injection site as well as possible. Anti-bacterial soaps are really great and you can get them anywhere. It's good to wipe thoroughly with an alcohol pad BEFORE injecting, not after. This will help prevent track marks, infections or abscesses, because when you get rid of dirt and germs on your skin you don't jam them into your body.



Wash your hands if you can before touching your injection site, needle, cooker/spoon, cotton, and your drugs. Even though there may be unknown stuff in your drug, you still want to be as clean as possible and reduce any harm to yourself.



Wash your injection site thoroughly before you shoot.

### Injection Preparation



All filters are not created equal. Dental cotton is the best because it is made of very long, flexible, clean fibers, that will not break off and get injected into your vein. It also has a little hole in the center that helps protect the point of the needle. Dental cottons are also best because they are already rolled into a ball and you don't have to handle them much, so there is less chance of breaking fibers or getting other stuff in your mix. Other filters, cotton balls, cigarette filters and Q-Tips may contain short, sharp, brittle fibers that can easily break off and be injected along with your drug which can cause all kinds of bad stuff, like infections, abscesses and clogged veins.

Syringe exchanges provide dental cotton in convenient little plastic bags, which makes them easy to carry and keeps them clean. This way you don't have to fool around with other types of filters. Some people say dental cotton is too small and put two or three of them together into the cooker. Although this is better than using other filters, just one works better than two or three, if you place the needle directly into the little hole in the cotton.



Sterile water is perfect for dissolving your mix, because it doesn't have any junk in it to gunk up your veins or bacteria that can make you sick. If you're going to use tap water, its best to boil it first, to kill the bacteria. Then mix it up, draw it up into your syringe. Put the cap back on the syringe and wait for it to cool before shooting. Don't inject anything hot, you will cook your veins.



Cooking your mix does not sterilize anything, it just helps to dissolve the drug.



After your mix is ready draw it up into the syringe through the cotton filter, making sure the point of the syringe is well into the cotton. Drawing up slowly helps eliminate formation of air bubbles.



Hold your syringe point up and tap on it to make any bubbles rise to the top. Then depress the plunger just a little bit to push any bubbles out.



Let it cool, before you inject, by resting the syringe on something so that the needle is not touching anything else.



While your syringe is cooling, put your tourniquet in place near the vein you're going to use and wipe the area thoroughly with an alcohol pad.



Wiping after injecting will sting and make it hard for the wound to heal.

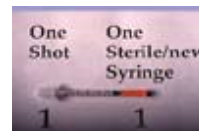
## Syringes



There are many kinds and sizes of syringe to choose from. The smaller the needle the better for maintaining healthy veins.



Shown here are two types of syringes.



Syringes were designed to be used once and thrown away. After just one use they are already dull enough that further use causes damage as it punctures the vein. Instead of making a sharp clean entry, the point may tear or rip the vein, which makes the wound harder to heal and more likely to be open to infection

and scarring. Blood and other bits of things may remain in the syringe after use which can clog the needle, making it harder to depress the plunger and possibly forcing dangerous debris into your bloodstream.

Using a syringe once and only once is the best way to be safe if you are injecting drugs. When you don't share your works, you don't run the risk of either passing on or contracting any diseases.

### **Injection & Aftercare**



Wrap the tourniquet around your arm and tuck it into itself. Make sure that it's not too tight or you may damage your vein. Insert the point of the needle at a 45 degree angle into the vein, remembering to inject with the flow of the blood. Injecting against the flow can cause turbulence which screws with the proper pressure that veins are made to take. Not only could this damage the vein but also possibly the valves.

When you think you've got the needle in the vein, test to see by pulling up on the plunger a little. If blood enters the barrel, you are ready to go. Before you press the plunger down, release the tourniquet.



It's important to release the tourniquet before injecting because otherwise you place way to much pressure on the vein, which is like a delicate hose. If you close off the hose and then increase the pressure by putting more liquid inside it, you can make it burst, which causes leakage, waste of drug, and bruising. If you let the tourniquet go first then you are working better with the way your body works naturally, and will cause less damage to yourself.



Here is a variety of things you could use to put pressure on your wound after you finish the injection and withdraw the syringe. The best thing to use is the cleanest thing so that you avoid getting dirt on it. Given a choice between a rag or towel that has been sitting around and a roll of toilet paper, the toilet paper is probably going to be cleaner.



Apply pressure to the site cleanly and steadily, if possible raising it above the level of your heart. The combination of the pressure and the elevation greatly reduces bruising and helps the bleeding to stop sooner.



After all this, you have a hole in your body, which like any wound, heals better if you care for it. There are some products which may help the healing process, like vitamin E oil and antibiotic creams. Others products, like aloe vera or skin creams, may help promote healthy skin in a more general way. If you apply skin creams to the area around an injection, either wait till the wound has closed or try and use products that are free of colors and fragrances that may sting.

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Photos by: Hillary Issacs

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# TALAN'S CALENDAR OF FREE EVENTS!

I want to share this list with readers of Speedometer, because at a point in my addiction some time ago, I realized that I had become so wound up in all the madness and drama associated with speed and sex and tweaking, that I forgot how to live life outside that realm or even what that was.

How do people that don't do drugs live? What do they do with their free time to enjoy life? So I began to research this subject and relearn how to live and enjoy life without the use of drugs or "What can I do besides sleep when the drugs have run out?"

The world has many things to offer, especially in SF, people come here from all over the world to spend their hard earned money for vacation. I'm sure they're not all coming here for the drugs.

There are many museums of interest here in the city and all of them offer one day each month free admission. I haven't been to them all yet but I have been to some of them many times. I have visited them both high and sober, and I discovered that I gain more from the experience when I'm not high. When I'm sober I really notice the exhibits, but when I'm high all do is cruze for boys and I know that that's O.K. But I encourage you to check out the art and exhibits too.

Peace and Love from the deep wilderness of northern California,  
*Talan Fea Sphear*

## **First Wednesdays each month:**

**Exploratorium and Palace of Fine Arts**

**Museo ItaloAmericano**

**African American Historical & Cultural Society  
Fort Mason SF**

[www.exploratorium.edu](http://www.exploratorium.edu)  
[www.museoitaloamericano.org](http://www.museoitaloamericano.org)  
[www.sfbblackhistory.org](http://www.sfbblackhistory.org)



## **Third Monday noon - 6pm**

**The Contemporary Jewish Museum**

121 Steuart st. at Mission  
[www.jmsf.org](http://www.jmsf.org)

## **First Tuesday each month:**

**DeYoung Museum**

50 Hagiwara Tea Garden Dr.  
GG Park  
[www.deyoungmuseum.org](http://www.deyoungmuseum.org)



**Legion of Honor Museum**

Lincoln Park 34th Ave and Clement st.  
[www.deyoungmuseum.org/legion](http://www.deyoungmuseum.org/legion)



**Use Meth?**  
Thinking about cutting down or quitting?  
**We're studying a medication that may help.**  
**\$10-\$35 per study visit.**  
Call or visit our website to find out more about participating in a study exploring a medical alternative to crystal meth use for gay and bisexual men.

Art Direction/Photo Credit: Stuart Cook/Arten

**BUMP**  
San Francisco Department of Public Health

415.554.9013  
www.sfbump.com

**Asian Art Museum**

200 Larkin st. at Macallistor  
www.asianart.org

**Museum of Modern Art**

151 3rd st.  
www.sfmoma.org

**Conservatory of Flowers**

Golden Gate Park  
www.conservatoryofflowers.org

**Cartoon Art Museum**

655 Mission at 3rd st.  
www.cartoonart.org

**Every Thursday Noon - 2pm**

**Free Film Series at Main Library**

100 Larkin st. at Grove  
Koret Auditorium  
<http://sfp14.sfpl.org/news/events.htm>



# The Audacity of Dope

By Isaac

After the Global warming debacle, it should come as no surprise that the executive branch under the Bush Administration has politicized science to fit the Republican Xtian Right hate machine. Hopefully a change is in the air. As I write this essay, it appears that the next occupant of the White house will not confuse the "get out the vote" effort with the medieval town crier chants of "bring out the dead". The Polar Bears aren't the only casualties of the War on Reason.

For as long as this republic has existed, Washington, DC has been a separate colony controlled and funded by the Federal government, without representation or the ability to set the political will of it's mostly African-American population into action.



In light of the resistance of the Bush Administration's continued refusal to allow federal funding for the Needle Exchange, it is a disgusting irony that our president is now in Africa



criticizing the democratic congress for not funding more health care, while his office continues to eliminate monies that could be saving lives right here, right now,

PICKING UP  
THE PIECES

in America. As long as the federal ban on needle exchanges exists, the rates of HIV transmission can only increase. That would make 2008 just like 2007. A tragic year for America, right in the capital of the nation. Barrack Obama has shown leadership regarding the needle exchange issue. Besides being a role model extraordinaire by remaking the "photo-op as AIDS awareness" by taking an HIV test, his stated goal- once president- has always been to end the ban. Hillary Clinton was not on board at first, but she eventually changed her views from "this is not politically possible" to "yes, let's end it now".

I like to believe we live in republic that legislates on what is reality, not what we wish was true. This is a proven fact: giving IV drug users clean needles dramatically reduces the spread of HIV in this sub-group as well as the general population. The stigma that accompanies the illegality of drug use pushes users into personal shame and public denial. This is not advantageous for dealing with a public health epidemic. Honesty, openness, direct contact is what we, as peer educators have found to be the most efficacious route to providing health and safety to drug users.

The debate within the published literature on the causes of drug use, how natural (or unnaturalness of continued drug use is or isn't is vast and, frankly not to the point on the politics of public health for needle exchanges. Regular readers



of Speedometer know our position on this subject. People are using drugs, not just as the isolated junkie looking for a fix, but as self-aware social beings, sometimes managing to reduce the harm associated with drug use. Speedometer reflects this new social responsibility as it pertains to gay, bi and hetero-flexible men in the spirit of Post-eighties gay male living with HIV San Francisco realities.

Just as we have learned to adapt our sex positive and life-affirming gay male sexuality and social lives with the ever-present

antibodies (here people often discuss viral loads with the same nonchalance that people discuss CPU's in computers). I think this is very healthy. This does not glorify HIV nor does it create a sense that we are all going to die tomorrow. Just the opposite, the culture here encourages men who have sex with men to identify not with the fear or the unknown, but rather with the concrete, the possible and the affirmative. We can do this! We can have sex and not be afraid of HIV, of each other.

Speed users can use many techniques to minimize the negative aspects of drug use (from the medical/biological to the legal/sociocultural). Another way to put it is that President Bush doesn't act like he wants us to be ourselves. American. Male. Horny. Homosexual. He doesn't like condoms and he doesn't like clean points. Of course, only a small number of MSM also are IV drug users. But the majority of gay men don't have

HIV either. And we want to keep it that way. The miracle that is me being HIV negative has little to do with faith, but a lot to do with action. While faith can be a wonderful force in anybody's world-view, there is nothing transcendent about HIV transmission. Regardless of one's 'faith', HIV transmission is known as a three-headed hydra (ok, I'm Greek Active, pun intended): sex, mother-child transmission, and through blood to blood contact. As a black gay man, I feel that Washington DC needs more activists like me, rather than the activist judgment of Bush. We need to encourage, support, use and remove stigma from these three routes of transmission so that HIV will be become as isolated from humans, as our President is from the people who live and work where he does the same.

I hope as the sun sets on the Bush dynastic years, we will move toward political awareness, not simply politics as usual as practiced by the anointed in the Karl Rovian white house where people don't matter as much as whatever it takes to score gains for one's party or religion. One day, we will realize that living is winning. Tell your representatives at home and in the capital that truth and justice is still for all. Don't believe the hype. From the Supreme Court to Super virex Super-Delegates, liberty is unalienable. No matter how religious a leader claims to be. He or she has no right in our form of government to deny another American the freedom to be healthy in our runs to happiness.

## RESOURCES:

### **The Harm Reduction Coalition**

HRC advances policies and programs that help people address the adverse effects of drug use including overdose, HIV, hepatitis C, addiction, and incarceration. We recognize that the structures of social inequality impact the lives and options of affected communities differently, and work to uphold every

individual's right to health and well-being, as well as in their competence to protect themselves, their loved ones, and their communities.

[www.harmreduction.org](http://www.harmreduction.org)

### **The Drug Policy Alliance**

DPA is the nation's leading organization working to end the war on drugs. We envision new drug policies based on science, compassion, health and human rights and a just society in which the fears, prejudices and punitive prohibitions of today are no more.

[www.drugpolicy.org](http://www.drugpolicy.org)

### **Community HIV/AIDS Mobilization Project (CHAMP)**

is a national initiative building a powerful community-based movement bridging HIV/AIDS, human rights, and struggles for social and economic justice. In an era in which HIV rates are rising and prevention efforts are under concerted attack, CHAMP mobilizes people living with HIV, community activists, researchers, academics and policy advocates in our country, and links them with allies around the world.

<http://www.champnetwork.org/meet>

### **Blogging on Drugs**

A Blog dedicated to the Harm Reduction movement through the eyes of a Harm Reduction Activist living in and around the city and county of San Francisco, California, North America.

<http://bloggingondrugs.blogspot.com/>



# *Speed Limit.* **Substance Use Management**

**Welcome to Speed Limit, a new Speedometer feature on substance use management.** This feature invites you to think about the ways you already manage your speed use and ways you might like to manage your use in the future. Check out the recommended books, local counseling/group options, practical worksheets and tools at the end of the article.

The feature will always include either an interview with a counseling program in the city that might be helpful or with a person or people who have life experience managing their speed use. **If you are someone who would like to be interviewed about how you manage your use for this feature, please call Terry at 415.487.8043.**

***Please enjoy this Interview with 6 guys who party!***



**SPEEDOMETER:** Everybody, thank you very much for being here tonight to talk about substance use management. The questions I am going to ask came from members of the speedometer zine planning group. The first question is How do stress, emotions and feelings impact your ability to manage your use?

**SCOTT:** In general, stress is a kickoff point for using. It gives you a desire to medicate and reduce the stress. But I also think that sometimes using sharpens emotions you may be having.

**DEAN:** If there was a difficult event, if I learned some very bad news and wanted to escape that emotion- managed use is not going to seem like so much a priority as escaping is going to seem. So, the better mood I can have myself in (or prepare myself to be in) before using, the more successful my managed use will be.

**SWEET:** How do stress, emotions and feelings impact my use of speed and crack? Last night, I used because I was upset about something. Something didn't go the way I had hoped and it wrecked me. This morning I was with a friend, I said "You know what, dude? I was really upset." He said "I know." Then he said, "Well, you didn't really say nothing last night about being upset." "I know," I said "that's why I acted out." So for me it helps to have someone to talk to.

**SPEEDOMETER:** Okay, so the next question is...When you have a use plan and you don't succeed or you don't do the plan the way you had intended, how do you deal with it?

**SCOTT:** I always have a use plan of some sort before I go out and many times I don't succeed. It makes me wonder. I'll look back on the experience and see what happened. Did I follow the plan? Did something happen to take me off track? I try to learn from the experience and make adjustments. Of course, if there's repeated lack of successes- which I've gone through-

I have to look at my goals a little bit and assess if I'm being realistic in setting them. Trying to balance work, drug use and alcohol use is a little bit tough- so is money management- for me it's hard to not feel responsible for everybody around me- not just financially- but emotionally too. I have to learn to take a step back and not get so caught up with what other people are doing when I'm using and learn to be on my own trip and try to enjoy myself.

**SPEEDOMETER:** Thanks, Scott. Anybody else have anything you want to add to that, how you handle it if your use didn't work out as you had planned?

**DEAN:** I have a couple things to say about that. One of the things I really had to look out for was to not embrace the typical party line we all might take- the idea that what we are really trying to do is to quit meth forever. Many people end up doing meth again one year, one month, or one hour down the line. I won't say that I am quitting meth forever.

My approach in having a harm reduction plan is that you create one that is so easy that you can't fail. To me, the point of a harm reduction plan is simply to raise your own awareness about what you're doing- not create a situation that you will probably fail at. Doing your plan is creating a success that you associate with your use. But if you find that you're doing something that wasn't part of your plan, I think one of the smartest things to do would be to work on your plan. Include in your plan the flexibility to rework it so that you can still end up with a success.

**JOSHUA:** Ideally it's good to have a plan A, plan B, and plan C. Plan A never works anyway- so have a backup plan. My problem is usually I don't have a plan. I'm using more than I have in a long time and right now I counterbalance my use with other things I can do with my time that I schedule. Mondays and Tuesdays I have yoga and meditation. Wednesdays is the

drop in group on 6<sup>th</sup> street. Thursdays I have another group. I keep something on the positive side to do.

**SPEEDOMETER:** So for you Joshua, it helps to commit to some activities during your week. It sounds like your strategy is to plan your week out to include things that you see as positive and that give you balance instead of planning out a run. Is that right?

**JOSHUA:** Yeah, like my group Thursday I don't go to high. I'm still going to get high later, but not for group, you know? So I consciously don't use before that group.

**SPEEDOMETER:** So what are some things that are challenging about managing your substance use? What can be hard about it?

**SCOTT:** If the using itself doesn't go well- if I don't have the experience I was hoping to have- I have a problem letting it go and waiting until the next time. Sometimes I find myself trying to force a good time out of it- my weekend extends and interferes with other appointments.

Sometimes other people don't want to use in a healthy way or they balk at the fact that I have a harm reduction plan. They'll put it down. Sometimes they'll get nasty if they haven't had enough sleep or water and be bastards. Other people are the hardest thing for me to manage when I'm trying to manage my own use, so that they don't put me in a bad space. Not reacting to that bad energy is probably what's most difficult for me.

Finding a dependable and reliable dealer would help me manage my use. Someone that has good stuff and fair. If you can't get that accomplished, it throws everything off. Some people promise one thing- do another. They say "I'll have this" and they don't. It throws off your whole experience. The frustration can lead me to moving on to using other available substances I didn't even want to do.



**JOSHUA:** Mostly it's just keeping track of time- what day it is, how long I've been up.

**SPEEDOMETER:** The next question the zine planning group came up with is this...When you get ripped off and sold bad speed, does that throw your plan off the track?

**SCOTT:** Way off. I've had that happen several times and it just gets me so pissed off!! It can get you really upset emotionally and then you're running around trying to get it and it can go downhill in a real hurry.

**DEAN:** If I get bad speed, what's there to plan around? I thought I was going to get speed, and now I have kosher salt or something.

**JOSHUA:** For me getting ripped off is almost part of the plan. Nowadays in this neighborhood it just goes with the territory. A source that is relatively reputable you can rely on half the time. When you're talking about product it's like my mom's fudge- every batch is different. You also deal with a lot of people that

you wouldn't even talk to if you didn't have the same bad habit in common.

If someone rips you off on purpose, I usually just tell myself "Well, it serves you right" because I set myself up. Then I think about nailing them- setting them up, getting revenge or getting my money back. How far do you want to take that? That's a difficult thing to deal with. It always fucks up your plan to get something that's nothing- it will derail you.

**SPEEDOMETER:** What happens to people's plans when you get really good speed?

**SLOW AND DEEP:** When you get something good you try to buy it all!!!



**SCOTT:** I wrestle with the idea that if you do find it, why not buy a large quantity? I've often thought psychologically, having a large quantity around takes the pressure off of having to do it because you know it's there and it's good.. And yet legal consequences and other issues keep me from wanting to have too much at once just in case something bad goes down.

**SPEEDOMETER:** So some people have said to me that they only buy what they're going to use on that run and that helps

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them manage their use. How does that work for people here?

**JOSHUA:** Most people, if it's there- then you use it. To have your drug of choice in a large amount, you're fooling yourself if you think you will leave it on the shelf like sugar.

**SPEEDOMETER:** Some people tell me they can have a large amount around and not use it all.

**DEAN:** I'm one of those people. I can have it on the shelf like sugar now. There was a time when I couldn't. I've experienced both sides. It depends a lot on how depressed I am, how hopeless I think life is, how hopeless I think the world is. When I can keep it on the shelf, I am not in that place of despair where nothing matters- that "fuck it, its there, I might as well just do it all" space.

When I started using I could have a bag around for a couple weeks, and it would be fine. Over the years, I went to a place where if it was there, I'm obsessing, I want to do it. Get a pipe, let's go! Now I'm going back to a place where it can be around and I don't have to do it. In fact, I don't want to do it. I want to get some sleep tonight. I want to wake up tomorrow. I want to be sharp, focused, not tweaked, not jittery, not anxious, not paranoid, not any of those things. No thanks; I'm not going to do it tonight. I'll wait until the weekend.

**SPEEDOMETER:** Do you do more than one drug? If you do, how does that impact or change your ability to manage your use?

**DEAN:** When I am doing speed another drug is actually part of my harm reduction plan. For coming down afterwards I make sure I have a Xanax at 5:00AM when I'm done partying, it takes the



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edge off so I can go to sleep. I get my seven hours and can wake up and be sane.

I've always thought of GHB and speed as the two sides of the coin. If you go too far this way you can do some GHB, or if it's too far this way, do more crystal. It can get you right where you want to be. Sometimes GHB can actually impact my managed use in a negative way. If you use too much GHB and need to bring yourself around- say you don't want to cross that point where you are so high on GHB that you put yourself at risk for STDs. So you might do more crystal to wake yourself up so you don't end up with all sorts of bugs inside you that you may not want. You might end up calling a dealer to get more speed, which is a bad thing because that was probably not in your plan. So GHB is one that can negatively impact the situation.

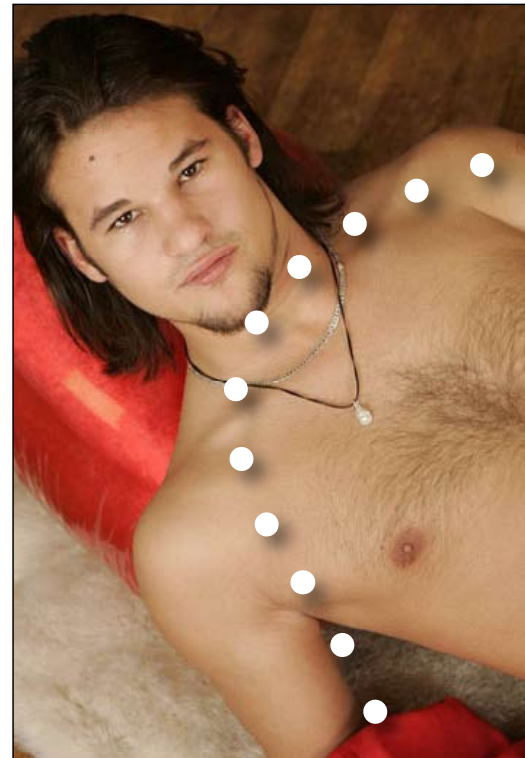
**SPEEDOMETER:** What about other people? How do other substances or drugs fit in with your speed use?

**SCOTT:** It's advisable to have sleep aid when you're coming down. It takes the edge off and makes the whole experience a lot better. When you come down the high is gone, but that edge is still there and you can be up for a long time- and not up in a pleasant way. If you can avoid that it's a good thing. That's a good combination for me- a bad combination for me can happen when I drink too much alcohol- it'll make me want to do a stimulant so much that I'll go ahead and change my plan. If I can't get speed it's tempting to go get cocaine and that throws things off, too. I think a bit of discipline and knowing the effect that each substance has on you emotionally and otherwise is a good thing to look at. Know your own pattern.

**SPEEDOMETER:** The zine planning group wanted to know Has there been a time in your life when you were in pain or felt alone and isolated and were not taking care of yourself? And how did you come out of that?

**JOSHUA:** Not just a time, I've had years like that.

**DEAN:** At times when my life was hardest, the only way for me to pull out of it was to be around people who were going to be compassionate and non-judgmental. For me, that meant



not going to a 12-step groups because there are going to be some members in the 12-step group that are going to judge me; not all of them, but some. And when I'm in bad a shape, all it takes is one- and goodbye. I mean not just walk out of the room goodbye- but goodbye like give me more drugs because I can't deal with it because I'm in such a precarious state.

So what I have to do is seek out people



## *“The Four Agreements”*



that I know will simply sit with me, even if I want to tell them “Look, I want to get more speed.” People who are not going to judge me and say “Oh, my God, that’s the worst thing to do. You’d better not do that!” Because guess what? I actually already know that, maybe. And the thing is, I’m in such a state of pain, I’ve already made the determination I am going to use and I don’t want to hit a roadblock with somebody. All I need is unconditional positive regard, some empathy, some compassion. So I find those people. That’s how I addressed it.

**SPEEDOMETER:** The next question is do you have a place or people you can go to for support? Kind of like a place where you can talk honestly about your life or listen to people who you can relate to.

**SCOTT:** Yeah, one of the places is most certainly the Speed Project, the people around it, the staff and the peer educators. This place is very nice. I also have a therapist I talk with.

**DEAN:** I go to Stonewall. I have a therapist there that I talk to that will be non-judgmental. .

**SLOW AND DEEP:** I go to the Harm Reduction Therapy Center and to a clinic where I have a psychiatrist and a therapist, and we have good rap sessions. The AIDS Foundation has two good support groups, the Speed Project and Black Brothers Esteem Program where I can go and put out my business and get good support back.

**JOSHUA:** The Speed Project’s probably the one place where I can be the most comfortable. I like the fact that in the speed project drop in groups you raise a lot of questions. You know, it’s a space to try to figure out what you do think about things. Sometimes people don’t want to think about it. They just do it. Thinking’s not part of the plan. I’ve got a primary care physician and I don’t tell him that I’m using because then it’s in my medical records- I can’t be honest with my own doctor, so that’s not a good thing. The other group that I go to is usually

#1



*Be Impeccable with your Word*

*Speak with integrity.  
Say only what you mean.  
Avoid using the word to speak  
against yourself or to gossip  
about others. Use the power of  
your word in the direction of  
Truth and Love.*

not about drugs. Most people there have done drugs and got past it. It's about other stuff; drugs don't really come up there.

**SPEEDOMETER:**

How do you control how much you use? This could be how you think about things, steps you put in place. What's worked

for you?

*Don't Take Anything Personally*



#2

*Nothing others do is because of you. What others say and do is a projection of their own reality, their own dream. When you are immune to the opinions and suffering of others, you won't be the victim of needless*

**JOSHUA:**

One way is to divide up your purchase into smaller measured amounts. At least that way you're kind of keeping track of how much you do in time. Instead of just putting it all out there and doing as much as you want and later trying to figure out how

much you actually did based on how much you got left. That helps you to be kind of conscious. Limits are hard to set if you aren't aware.

**SPEEDOMETER:**

Any thoughts on how to control how much you use?

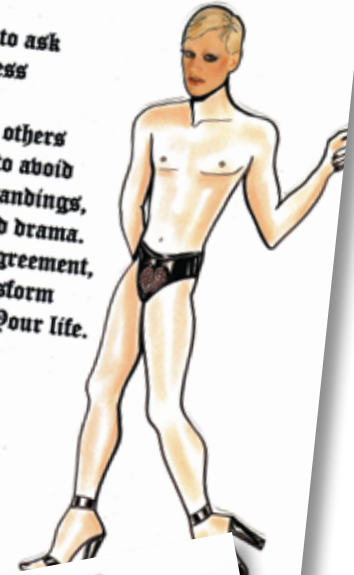
**SCOTT:** If you want to use on a weekend, you've got to pre-plan when you're going to start, when you're going to stop; other things you're going to do and try to stick to that. Because if you just let it kind of go on spontaneously without thinking you can end up using too much for too long.

**DEAN:** I had to make a decision. Why am I using? Am I using to numb my emotions and my pain, or am I using to have fun? Can I use not to numb my emotions,

*Don't Make Assumptions*

#3

*Find the courage to ask questions and to express what you really want.  
Communicate with others as clearly as you can to avoid misunderstandings, sadness and drama.  
With just this one agreement, you can completely transform your life.*



#4

*Always Do Your Best*



*Your best is going to change from moment to moment, it will be different when you are healthy as opposed to sick. Under any circumstances, simply do your best and you will avoid self-judgment, self-abuse and regret.*

but only to have fun? If I'm not going to follow an abstinence-

*Make me an offer.*



*Power to empower. Power to know the difference.*

only model its important that I cut this whole monster down into something I can manage, because otherwise I can't. If sometimes I'm using because my life is shit and sometimes I'm using to go out and have fun Friday and Saturday night-trying to cut down is just too complicated. There's too much going on.

So what I had to do was cut myself off from self-medicating. I had to decide "I am not going to use to numb my emotions anymore". If I'm having a bad day, I'm not going to wake

up in the morning, grab the pipe and fire up just so I can get out of bed. That was the most fundamental step for me about how I control how much I use. I had to decide "How do I really want to do this?"

I'm not going to tell myself I have to quit, I decided I really want this for fun- like it used to be way back when I first tried it. From that goal a detailed plan came forward for me. Basically, it just meant taking care of my body, taking care of my emotions and my mind, and thinking about the environments that I'm going to be in. The book *Over the Influence* helped me- I found the bio-psycho-social model made more sense in terms of how I actually created a plan.

How do I make sure I have fun? I go to the gym first and work out to get an endorphin high, and then I'm in a good mood. Then I make a deal with myself about how I'm going to talk to me. Am I going to allow myself to call myself an addict or to say that I'm weak, or that I'm nothing but a tweaker, or use any of those negative terms that I've heard used against me in the past? NO! I make a deal with myself; No negative self-talk. I consider whoever might be around me and I ask them "Do not call me an addict. Do not call me a tweaker, and do not harsh my buzz." I take care of my body and my mind and I set an end time. I decide "When do I want to end it?" Then, you know what I do? It was actually suggested to me by my therapist- whatever I have left over, I flush it. It's the most powerful thing. If I said to myself "I'm going to use this half tonight." and I go through two-thirds of it and there's still a third left; I flush it. Then you're proving that you actually have control over it, and that this is for fun and not because you're numbing your

emotions. So that's my two cents.

**SPEEDOMETER:** Does going to support groups or harm reduction groups fit into your substance use management plans; why or why not?

**SCOTT:** I got a lot out of going to STOP (the Stimulant Treatment Outpatient Program) that's run by UCSF. It was one of my initial experiences with harm reduction- it was great to be able to be upfront, open and honest about my use and not feel as I sometimes do in 12-step groups, that I have to hide something- if I slip or use- that I'm terrible or a bad person or whatever. I also found the group interaction really helped because you make some new friends and meet people going through the same things you are in a supportive environment. STOP is a long term thing- you go several times a week and you get a lot of great information.

**DEAN:** Support groups are really important for me. Friends can have good days and bad days- you can't always call them up and say "Hey, I've got to talk" because they might be having their own gig. Family, well... it takes a long time to get them to come to Jesus with harm reduction. Support groups- especially when they're being facilitated by somebody- make sure that you can get that unconditional positive regard and you can say "Look, this is how I'm feeling about something" and not be judged. That's what's so important.

**SLOW AND DEEP:** Well, for me, being in harm reduction groups with people that are still actively using and putting out their views has given me more knowledge. I admire the strengths that they have- you know- listening to their own truths. It works. It's given me more stuff to work with and made me stronger in my recovery and practicing my harm reduction.

**SPEEDOMETER:** I think a lot of times, if you're abstaining,

there's the idea that you shouldn't be around people that are using because it means you're going to use, right? What's that been like for you?

**SLOW AND DEEP:** I am a secondary exchanger, give people stuff to do it safely- and watching them and being around them gave me strength. I was there and I don't want to go back down that path. Self-love is what helps me- I can make conscious decisions on what I want for me.

**DEAN:** I really love that you're practicing harm reduction to succeed with abstinence. How long have you been doing that?

**SLOW AND DEEP:** In 11 more days, I'll have two years.

**DEAN:** That's cool.

**JOSHUA:** Can I chime in here? Slow and Deep I don't think most people are as far in their recovery as you are. A lot of people wrestling with their addiction don't go around people that are using. It is just too tempting for them, and painful. There's that saying- if you are in the barbershop long enough, soon or later your hair's going to get cut. For some people it is not logical to put yourself in situations where you're surrounded by something that is tempting to you- -you're going to do. On the other hand, if you have friends who use (who are friends not connections) you don't want to isolate yourself either, so it's not easy. Slow and Deep, you don't meet too many people that have your kind of attitude. Most people can't handle that environment- they can't be comfortable. I mean it's great if you can.

**SPEEDOMETER:** A member of the zine planning group wanted to know how often do you think about cutting back?

**JOSHUA:** Cutting back? I think about it all the time. When I first heard the term harm reduction, I thought it was ridiculous, some kind of psychobabble. But after thinking more about it,

it's not ridiculous- I was just thinking inside the 12-step box.

**DEAN:** For me, the value of managed drug use has been that it has afforded me the ability to stop obsessing on my drug use and look at why I'm in so much pain, and to do something about it. So I never really think about cutting back. "Why am I using so much?" was a better question for me because I could sit there and think about cutting back and probably succeed at cutting back for six months. And you know what? I'm going to go right back to chaotic use again if I don't address the underlying pain. I'm not going to judge myself for how much I use. I'm just going to make sure I don't bring harm to myself or someone else, and I'm going to work it out with my therapist about whatever's hurting me.

**SPEEDOMETER:** What's your motivation for trying to manage your use? Where is this desire coming from?

**EDMUND:** I want to have some sex without drugs in the mix. I was thinking, "Can I have rehab sex?" Most times with drugs and sex- you don't get the sex anyway. Go to the arcade versus dealing with some terrible stuff. Because I'm going to want some sex, and they're going to lie to me to get drugs. Maybe we shouldn't mix these things together.

**SPEEDOMETER:** What about other people, what motivates you to want to manage it?

**SCOTT:** I have a new job that turned out to be a really great opportunity and I don't want a usual pattern of drug use to ruin that. There's a lot of other things in life that are fun to do- like going on dates sober and having a romantic relationships- exercise, health and sports, movies, theater, getting to the gym, eating a nice dinner with friends or seeing family- ultimately getting a better life standard by not letting the drug use control your whole pattern.

**DEAN:** I came up with an analogy. Let's say you have a kid,

and you also have to work. You're not going to worry about the kid if you take it to daycare. You know the kids being managed- he's not going to get into any trouble. That allows you to go to work and do the things that you need to do to make changes and make your life better. That's the point of managing use for me. If it's managed, I don't have to worry about it anymore, and I can start focusing on the things that are going to bring real change in my life.

**JOSHUA:** Well, anybody with an IQ of above room temperature knows if you don't manage it, it's managing you. It's probably managing you anyway. Depending on how far gone you are in your addiction- early on you can manage it. I think a lot of people cross the line, and they don't realize they've crossed the line. They're fooling themselves, thinking that they're keeping a handle on it, and they're not. To thine own self be true. Don't fool yourself. Lying to yourself is easy to do- sometimes you catch yourself doing it, but you just kind of gloss over it. You won't let it penetrate. Man, I just said a bunch of bullshit, but that's okay. You just kind of let it slide. You know, if you're not conscious about what you're doing- when you've crossed your own line- it's easy to do that- you bullshit yourself saying it's not of much consequence to you- it's no big deal- you get more and more lost.

**SCOTT:** We're not getting any younger. I'm not 20 anymore; speed is tough on the body. It's harder and takes longer to recover from too much use. As you get older, you want to keep your health and try to cut down for that reason.

**SPEEDOMETER:** So anybody else, before we close, want to add anything? No? Okay. I want to thank you so much for your words and your experience; Thank you very much.

# RESOURCES

## 1) THE STONEWALL PROJECT

The Stonewall Project is a harm reduction counseling program for men who have sex with men (meaning queer, gay, bisexual, transgender, questioning, or no label) who have questions about speed, want information about speed, want help dealing with speed etc. There's no requirement that you be clean and sober, or even want to be, to join us.

Drop in One on One Counseling is Available!

Monday through Friday 4-5PM

3180 18th Street, Suite 202 (near Folsom Street)

Wednesdays 5:30-7PM and

Saturdays 2-4:30PM

at Magnet 4122 18th Street  
(near Castro)



### Stonewall Drop In groups

Wednesday group counseling at 6:30PM-8PM

3180 18th Street, Suite 202 (near Folsom Street)

Stonewall (415) 487-3100      Magnet (415) 581-1600

## 2) THE HARM REDUCTION THERAPY CENTER

Harm Reduction therapy is a non-judgmental approach to helping substance users reduce the negative impact of drugs and alcohol have on their lives. It respects that people use drugs for a variety of reasons. Want more info? <http://www.harmreductiontherapy.org/>

### Drop in One on One Counseling is Available!

HRTC offers sub use/mental health services 5 days a week at Tenderloin Health (187 golden gate), Monday through Friday, with drop-in every morning from 9 to noon and appointments in the afternoon. The best way to have someone come to us is to come through one of our drop-in times. The closer you

show up to 9AM the less time you will have to wait around.

HRTC offers substance use/mental health services at Hospitality House (290 Turk) Drop-in mental health counseling is available on Mondays and Tuesdays from 1 to 5pm.

**Harm Reduction Therapy Center Drop In groups** Talk with others who are going through it and get the input of the professionals who facilitate. All groups are FREE and



CONFIDENTIAL and run by the Harm Reduction Therapy Center.

When: Mon, Tue, Wed, and Thurs. 1:30-2:30PM

Where: Self Help Center 288 Turk at Leavenworth

When: Wed 9:30-10:30AM and Thurs. 2PM-3PM

Where: Tenderloin Health 187 Golden Gate at Leavenworth

## 3) THE STIMULANT TREATMENT OUTPATIENT PROGRAM

(S.T.O.P.) is an outpatient program for people wanting to change their use of methamphetamine or cocaine.

Phone: (415) 502-5777

3180 18th St., Suite 202

San Francisco, California 94110

## 4) MEDITATION GROUP AT GLIDE

No "previous experience" required! A weekly meditation providing a safe and supportive environment for meditation, contemplation, silent prayer, and spiritual development. Every Monday Evening in the Sanctuary at 6:30PM Please call 415 674 6090 for info <http://groups.yahoo.com/group/glidemeditation/>

# Microwave Cooking

with Miss Tomas



Miss Tomas welcomes you to try out some recipes she gathered for Speedometer readers.

## First, check out some microwave cooking safety tips.

- Don't turn on your microwave when it's empty because the microwaves may damage the cavity. If you accidentally turn an empty oven on, leave a cup of water in it to absorb the microwaves.
- Only use it to heat food. Do not use your oven to dry or heat clothing.
- Microwaves cannot pass through metal. Do not use metal in the microwave.
- Arrange food items evenly in a covered dish and add some water if needed. Cover the dish with a lid or plastic wrap; loosen or vent the lid or wrap to let steam escape. The moist heat that is created will help destroy harmful bacteria and ensure uniform cooking.
- Do not cook large cuts of meat on high power (100%) Large cuts of meat should be cooked on medium power (50%) for longer periods this allows heat to reach the center without overcooking outer areas.
- Stir or rotate food midway through the microwaving time to eliminate cold spots where harmful bacteria can survive, and for more even cooking.
- Never partially cook food and store it to finish cooking later- this allows harmful bacteria to grow.

- Only use cookware that is specifically manufactured for use in the microwave oven. Glass, ceramic containers, and all plastics should be labeled for microwave oven use.
- Plastic storage containers such as margarine tubs, take out containers, whipped topping bowls and other one use containers would not be used in the microwave. These containers can warp or melt, possibly causing harmful chemicals to migrate into the food.
- Microwave plastic wraps, wax paper, cooking bags, and white microwave safe paper towels should be safe for use. Do not let plastic wrap touch foods during microwaving.
- Never use thin plastic produce bags, plastic grocery bags, or brown paper bags, newspaper or aluminum foil in the microwave oven.

Okay, scared yet? Get cookin!

## Microwave Fruity Oatmeal

Prep Time: 5 minutes

Cook Time: 5 minutes

Oatmeal is rich in vitamins and iron, low in fat and cholesterol, contains a good amount of dietary fiber and can help ground you and give you energy. This is an inexpensive healthy meal.

- 1 1/3<sup>rd</sup> cup oatmeal (not instant) uncooked
- 2 2/3<sup>rd</sup> cups of water
- 2 tsp. sugar
- 2 tps. Cinnamon
- 1 apple chopped
- 1 Tbs. raisins
- 1 tbs chopped walnuts
- 1 cup skim milk



Combine all ingredients EXCEPT MILK in a microwave safe bowl. Microwave on high 2 minutes. Serve with milk.

## Hot and Fast...Microwave Sweet Potatoes

Sweet potatoes are good for you, gentle on the stomach, filling, and soft/easy to chew.

For best results if you are cooking more than one potatoe choose potatoes that are about the same size. Wash the sweet potatoes. Puncture a few times with a fork. Place on paper towel in the microwave-safe dish. Cook on high. Turn over potatoes and rearrange half way through cooking time. Cooking time will very depending on potatoe size but roughly its...

Sweet Potatoes	minutes
1	4 to 6
2	6 to 8
3	8 to 12
4	12 to 16
5	16 to 20

Sweet potatoes may still feel firm when done. Let stand 5 minutes to soften.

Add butter or margarine if you want.

**YUM!**



## Resources and Information

# HOOK UP ONLINE?

# CHECK OUT....

[www.dotmen.net](http://www.dotmen.net)

Better cruising through technology! A program of the STOP AIDS Project in San Francisco this amazing website includes tips on writing a great profile, choosing a photo, strategies to protect your health, privacy, possessions and identity, a dictionary of online jargon, information on software, browser ad-ons, tools to help you find directions to a hookups house and much much more!

<http://www.hookinguponline.org>

Advice for how to make hooking up online more enjoyable for everyone.

<http://www.californiamen.net>

An online forum where you can rate cruising sites, read blogs by cruisers, and keep an online 'black book' of your tricks and hookups.

# SEXUAL HEALTH

## RESOURCES...

<http://www.hivtest.org>

Enter your zip code and find the nearest location to get tested for HIV. You can search by \$, anonymity, & type of test (oral vs. rapid).

[www.magnetsf.org](http://www.magnetsf.org)

Art openings, community events, holistic healing, HIV/STD testing, counseling and more for gay men at a lovely spot in the Castro.

[www.inspot.org](http://www.inspot.org)

If you discover you have an STD, inSPOT provides a way to anonymously inform your past sex partners via email.

CALIFORNIA AIDS  
HOTLINE [www.aidshotline.org](http://www.aidshotline.org)  
(415) 863-AIDS  
or 800-367-AIDS  
**Harm  
Reduction,  
Safer Using,  
Personal  
stories**

[www.tweaker.org](http://www.tweaker.org) This site is dedicated to gay guys who use crystal meth.

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Includes useful information on speed's effects on the body, mental health, tweaker discussion forums, tips for safer using, and strategies for cutting back and quitting.

[www.tpsf.com](http://www.tpsf.com) This is the Speed Project's site. You will find Speedometer the SF zine by and for gay/bi/heteroflexible guys who party with speed, respectfully offered information and resources, and info about events, workshops, drop in groups and movie night!

[www.crystalneon.org](http://www.crystalneon.org) A program of Seattle Counseling Services this amazing website is home to AMPHETAZINE a zine for gay/bi guys who slam speed. Great info about harm reduction, safer speed use, and making changes.

[www.erowid.org](http://www.erowid.org) Erowid.org is an online library of information about psychoactive plants and chemicals along with other related topics. The information on the site is a compilation of the experiences, words, and efforts of thousands of individuals including users, parents, health professionals, doctors, therapists, chemists, researchers, teachers, and lawyers.

[www.harmreduction.org](http://www.harmreduction.org) The Harm Reduction Coalition is a national advocacy and capacity-building organization that promotes the health and dignity of individuals and communities impacted by drug use. Overdose prevention, syringe access, safer using. Awesome information for drug users and their loved ones and trainings for professionals who want to work with drug users respectfully.

[www.dancesafe.org](http://www.dancesafe.org) club drugs!

[www.anypositivechange.org](http://www.anypositivechange.org) The Chicago Recovery Alliance's awesome site on safer drug use and substance use management.

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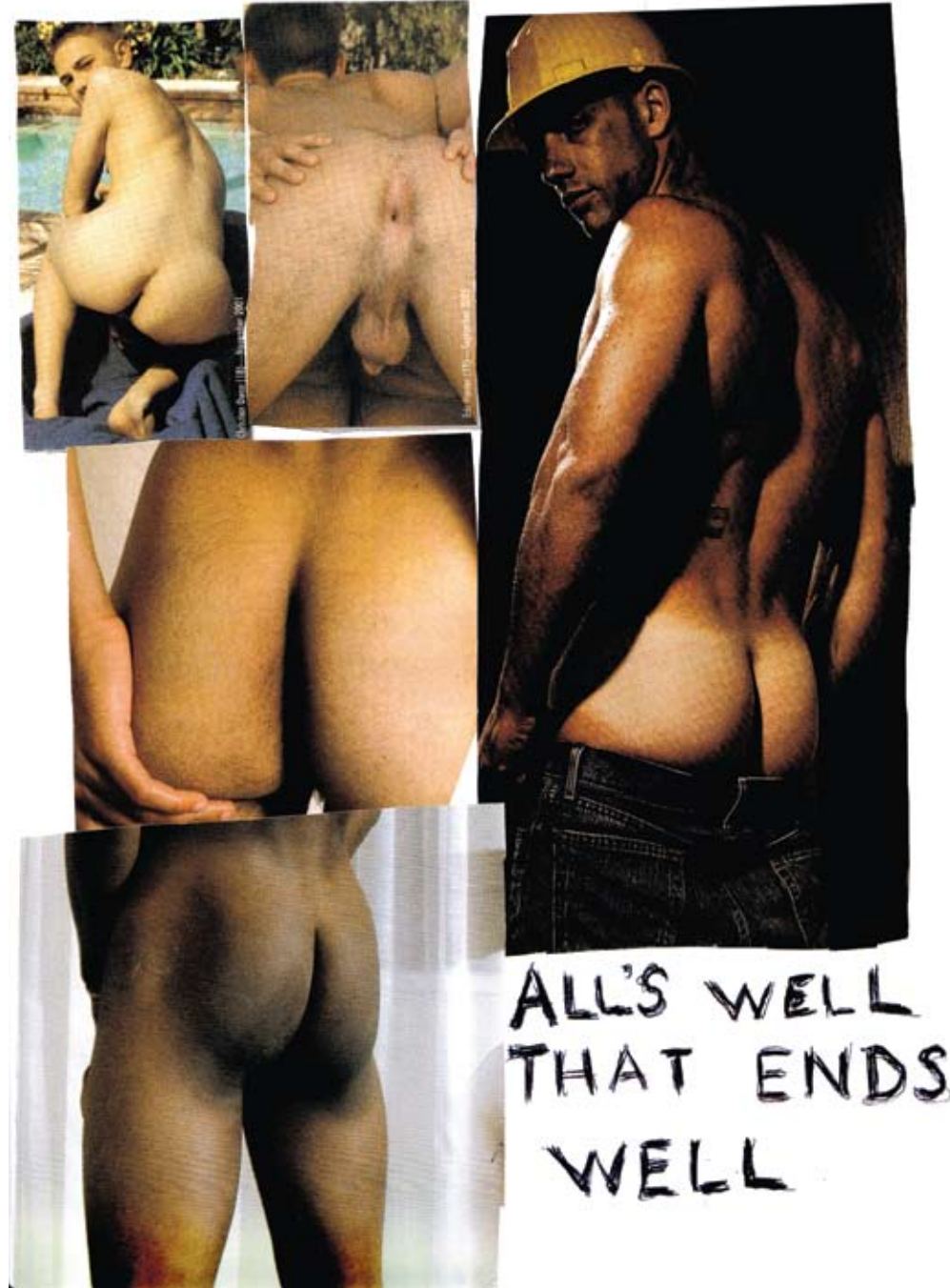
**Counseling, cutting down,  
managing use and/or quitting**

## RESOURCES

**The Stonewall Project** a harm reduction program for gay/bi men (415) 502-1999 [www.stonewallsf.org](http://www.stonewallsf.org)  
S.T.O.P. Stimulant Treatment Outpatient Program (415) 502-5777

**New Leaf Services** (415) 626-7000 for gay/bi/trans/lesbian/ queer folks seeking counseling. [www.newleafservices.org](http://www.newleafservices.org)  
Harm Reduction Therapy Center (415) 863-4282 [www.harmreductiontherapy.org](http://www.harmreductiontherapy.org)  
PROP Positive Opportunity Reinforcement Project (415) 355-2000 [www.propsf.org](http://www.propsf.org) for gay/bi men- incentives to quit speed.

**Crystal Meth Anonymous** [www.crystalmeth.org](http://www.crystalmeth.org)  
Recommended Book: *Over the Influence: The Harm Reduction Guide for Managing Drugs and Alcohol* by Jeannie Little and Patt Denning.





**Back issues  
of Speedometer  
are online**

**[www.tspssf.com](http://www.tspssf.com)**

**Speed Project  
events**

**415.788.5433**