

**PRIDE** *alive*

A PROGRAM OF THE MINNESOTA AIDS PROJECT™

SHAMM!

# THE "P" ISSUE

Spring 2005

**FULL OF USEFUL CARNAL KNOWLEDGE**

**CAUTION: CONTENTS OF THIS  
PACKAGE MAY BE HOT**

**MAP RATING**

**LEVEL 5**

Intended for a mature,  
sexually active  
audience

*This newsletter is distributed as a free service to PrideAlive participants.*

*No Public Funds are used to produce this newsletter.*

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PrideAlive is the queer men's initiative at the Minnesota AIDS Project. We're a group of gay & bisexual men confronting social issues including homophobia, HIV/STD prevention & heterosexism. We want to construct a space for all queer folk to work together, play together & collectively create community.

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**MAP RATING LEVEL 5**

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# Mrs. Pederson's Ps & Qs

**Hello all:** BY MRS. PEDERSON

I would like to introduce myself and tell you about the exciting new role I have assumed here at the Minnesota AIDS Project. I have been asked to assume the editorial function of the fine publication "Shameless". Many of you are aware that this publication has been in existence for a little over a year and has been bringing you edgy, thought-provoking material intended to titillate and educate our Gay/Bi male readership (and their allies). As I perused the past editions of the publication, I noted that the content is very good (and reliable) but the presentation lacked a little – what might we say... "Pizzazz".

Well, I have consulted with the bevy of queer-eyed participants and confidants available to me through the PrideAlive network and we have come up with a new look, and a consolidated and consistent content and "vision" for you to behold. Being the liberated Scandinavian Expatriate that I am (found the flavor of the southern palate to be much spicier and enjoyable) I am not shy in stating I prefer bold rather than cold. In keeping with this tenet, I enlist and engage you in the task of deliberation. I will be using this column to frankly discuss your queries.

You may send them to me at:  
**[Mrs.Pederson@mnaidsproject.org](mailto:Mrs.Pederson@mnaidsproject.org)**.

You may ask, "What is an appropriate question to ask Mrs. P"? Well – let's examine the meanings of the phrase "Ps & Qs"

**Mark Israel states:**

“This expression, meaning, "be very careful to behave correctly", has been in use from the 17th century on...Theories include: an admonishment to children learning to write; an admonishment to typesetters (who had to look at the letters reversed); an admonishment to seamen not to soil their navy pea-jackets with their tarred "queues" (pigtails)” <http://alt-usage-english.org/excerpts/fxmindyo.html>

I prefer thinking of Ps and Qs as Pricks and Queries. Pricks (stop giggling) are those things that cause you to take notice or irritate slightly. Queries being those things our little inquiring selves are longing to inquire about but didn't know whom to ask.

So, Muffins (Is it ok if I address you in the traditional Scandinavian breakfast endearment, right?) there it is. You write in, I answer (with the assistance of a very talented editorial team). Let's have fun! Don't be shy! Remember the wise words that have floated around for generations now.. “SEEK AND YE SHALL FIND”

Hugs and Blessings,  
*Mrs. Pederson*

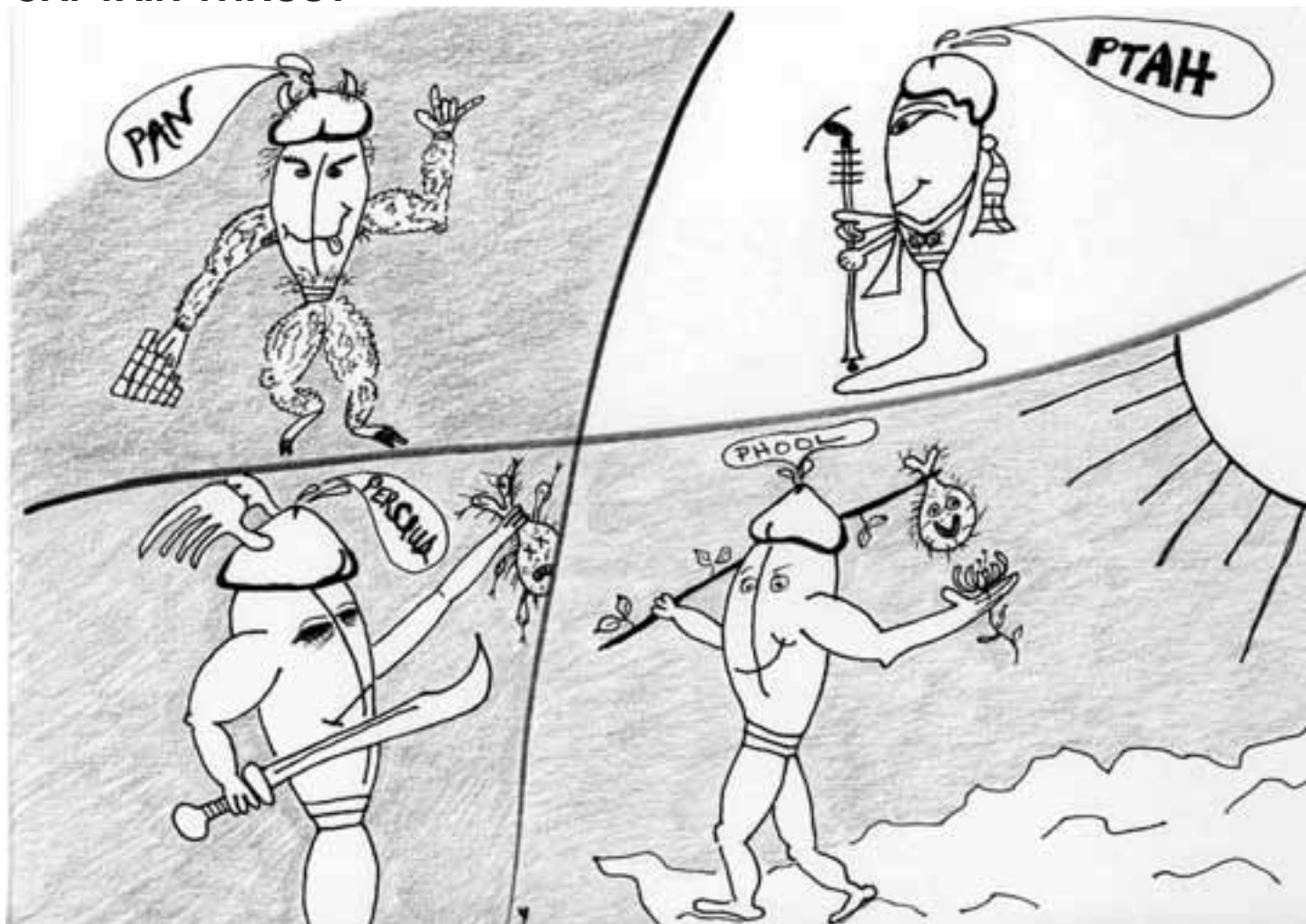
*“Keep In Touch  
Darling!”*



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**CAPTAIN THRUST**

written and illustrated by Ty Richardson



# Mrs. Pederson's recipe for WORD SOUP

In this very complicated world of multimedia messages and never ending assaults on our senses, I find one thing to be of great comfort - a hearty cup of soup.

This section of *Shameless* is devoted to one of my favorite recipe collections. This is the collection of media sound bites that produce anticipated and calculated audience results.

Today's word is **PERVERSION**

While you may think that this word is inherently indicative of bad things (dark characters luring young children with suckers and such) – I would like to share the following for your musing.

Perversion produced no results when I went to the online thesaurus for synonyms and/or antonyms that would further enlighten me as to its greater meaning.

I did, however, gain insight when I looked it up in the online dictionary (thoughtfully provided to us free of charge by Merriam-Webster Online).

Step one:

Look up Perversion – click one of the mouse

“Pervert” is the root form - click two brings you to...

Main Entry: 1per·vert

Pronunciation: p&r-'v&rt

Function: transitive verb

Etymology: Middle English, from Middle French *pervertir*, from Latin *pervertere* to overturn, corrupt, pervert, from *per-* thoroughly + *vertere* to turn

Misinterpret is also listed in this section of the dictionary as a way to understand pervert...  
click three

One entry found for misinterpret.

Main Entry: mis·in·ter·pret

Pronunciation: "mi-s&n-'t&r-pr&t, -p&t

Function: transitive verb

1: to explain wrongly

2: to understand wrongly

So – it seems that what society often thinks of as “morally degenerate” could actually just be a little twisted around...

And all this in just three clicks of the ruby red LED mouse (Dorothy was such a pioneer)

Words for thought kids...

‘Til next time enjoy your soup

“MMMMMMMMMM good!”

# P is for Pee

## BY ANDY BIRKEY

You can't have a 'P' edition of Shameless without talking about pee. And whether or not it's your cup of tea, urine is involved in some people's sex life. This article will talk about safer watersports (one practice is commonly referred to as a **Golden Shower**):

### What are the risks associated with urine?

Normal urine is sterile. Ninety-five percent of urine is water, 2.5 percent is urea, and another 2.5 percent is made up of minerals, salt, hormones and enzymes. Urea is commonly used in facial products such as firming creams, lotions, and other beauty products. Field survival handbooks for the military used to (and still might) recommend using urine to clean and sterilize wounds in situations where there is a shortage of water.

Urine is safest when it doesn't enter the body, but even when it does, it's low-risk for STDs. It can contain chlamydia and gonorrhea bacteria, and other bacteria if a partner has a urinary tract infection. If urine is a part of your sex life, remember the safest way to play is to not get it inside your body.

### Ouch!

Does it burn when you pee? If you answered yes, you should see your physician or take a trip to the free clinic. It could be an STD. Keep in mind that many STDs don't cause symptoms, and some can damage your body without you even knowing it. Regular STD screenings should be an essential part of any

sexually active man's routine. Here are some STDs that cause burning urination:

**Trichomoniasis** (sometimes referred to as Trich – pronounced "trick" - but not the fun one) is caused by a parasite, a one-celled protozoan. Trich is the second most common STD in the United States.

**Chlamydia** is a bacterial infection that can cause nongonococcal urethritis (NGU), which basically means an inflammation of the urethra that is not caused by Gonorrhea.

**Ureaplasma urealyticum** is another bacteria that is sexually transmitted that can cause burning sensations when urinating.

**Gonorrhea** is a bacterial infection that can cause a burning feeling.

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Oh - and one more thing...

### HERE'S THE POOP!

**Know your risks** associated with sexual activity. Do you like to eat ass (rimming), Butt Fuck (anal intercourse) or participate in SCAT play (if you don't know what this is you can look up *Corprophilia* to get a clearer idea)?

### Have you been vaccinated for Hepatitis A & B?

If you answered YES and NO, next question is WHY? There are many clinics that can vaccinate you for free. Vaccination is nearly 100 percent effective AND it is one more thing you can add to your personal arsenal of reduced sexual risk weaponry. Hepatitis A and B can be transmitted through fecal matter, blood and bodily fluids. Hepatitis B is the ninth leading cause of premature death worldwide (Hoofnagle JH N England J. Med. 1990; 323: 337-339)

FREE, EFFECTIVE and LIFE SAVING  
I call that a NO BRAINER!

Love you kids... Mrs. P

# Do You “P” in a Perfect World?

## BY MICHAEL LEE

As you’ve already seen throughout this illustrious new issue, the letter “P” is quite prominent in the everyday lives of queer men. But what happens when you’re “P” shy? I’m not just talking about those awkward moments when you stand with your wiener hanging out at a urinal stall. “P” also stands for putting yourself out, taking chances, and transforming your hopes, dreams, and desires into action. How often do you feel that what you really want in life is beyond your grasp? Have you ever talked yourself out of going someplace new, or talking to someone just because “it won’t work out anyway?” Or, if you’ve reached that point of finally being intimate with your boyfriend, plaything, or flavor of the moment, have you found yourself swallowing your questions about sexual history, safer sex, HIV, and STDs for fear of spoiling the moment?

Anxiety is a fairly common condition we all experience, and as queers living in a homophobic society, it doesn’t take much to throw more pressure onto our shoulders. If you spend your average workday in heterosexist modern America, keeping your identity discreetly tucked away, and then emerge into the complicated, sometimes confusing world of queer hookups, dating, relationships, and friendships, you may find that the pressures in your social, sexual, and romantic scenes are far too much for you to handle. So, let’s take a quick but realistic look at some of the common ways for queer men to be “P” shy.

### Putting Out

We’re not talking about sex—yet. I’m talking about the reality that, despite living in a big, seemingly open-minded metro area with statewide human

rights laws to protect GLBT Minnesotans, it is still really difficult to take the big step and acknowledge for the first time, to ourselves and others, that we are gay, lesbian, bisexual, transgender, questioning, or anything that is not defined as “normal” heterosexuality. If you are a gay man, remember the first time you said the words “I’m gay.” Who were you speaking to? Yourself? A close friend? A group of people? All of the above? What did it feel like to cross the threshold and enter a “gay” establishment for the first time? Did you fear that you were making a statement you couldn’t take back?

Coming out is personal and private, but also a public and social experience for many queer people. For many, it changes the way we make friends, look for places to hang out and meet people, and prioritize our free time. It also may change the way we interact with the family, friends, co-workers, and other significant people in our lives. Given the negative depictions most of us encounter about queer lives, activities, and social venues, it’s not surprising that crossing over and identifying yourself with “those people” would be so scary. Even the most anonymous venture into a chat room, the most discreet peek at a gay publication in a coffee shop, or casual glance of admiration could be devastating to the lives we spent years creating.

If you are “P” shy for presenting yourself as any identity within the big queer spectrum, keep in mind that yes, it is scary, and yes, it seems like the rest of us did it with ease and grace. Many of us have been in your shoes, though, and will be throughout our lives. Coming out is a lifelong process, revisited every time we meet new people or join new communities. The first step is always the biggest,

but it's seldom the last step we take in putting ourselves out there in the big, complex universe.

## **Perfectionism**

Our larger American society is only just starting to take notice of the disturbing trends in body image problems among men. People with low self-esteem, high anxiety, and negative body image issues face a higher risk of developing eating disorders, the most common of which are Anorexia Nervosa and Bulimia Nervosa. And, Gayhealth.com cites a Harvard University study that indicates gay men are at higher risk for developing eating disorders, due to higher reports of distress and discomfort with sexual orientation.

So how does this relate to being "P" shy? Take a look around you. What images do you see of gay men in our media? To what degree do they look like you? To what degree do you see yourself as "acceptable" in your appearance to other men? What do you consider to be the most appealing features of the men to whom you are attracted? Do you have these features yourself? Have you ever thought to yourself, "I'll be able to go out and meet guys once I get my looks just right?" Or, have you ever "settled" for someone you consider unattractive simply because you didn't think you were good-looking enough for the guys you wanted to meet?

Often we put our entry into social scenes on hold until we feel we would be acceptable in these venues. We put loads of energy into looking just right, be it through physical shape, grooming, wardrobe, accessories, or other visible manifestations of ourselves. In other words, we operate under the influence of a particularly crippling kind of P: Performance Anxiety. It can inhibit our decision-making, force us to consider "safer" options for exposing ourselves to others' critical eyes, or make us simply give up on even

trying to come out and find meaningful relationships. How do we overcome this particularly crippling kind of P? Read on.

## **Practice, Practice, Practice**

Are you afraid of disappointment, of being let down by others or of not measuring up to their expectations for you? Have you ever had the courage to give your phone number to someone you like, or pick up the phone and actually call him when you are interested in dating? Have you held yourself back for fear of accidentally showing him your inner dork? What experiences do you have to draw on, that might tell you whether to expect success or failure?

As social creatures, we tend to base decisions like these on past experiences, using those to predict what kind of success or failure we might encounter. If you go to one of our friendly local gay bars and have a great time, are you likely to go back and try it again? Probably. If you go there and no one talks to you, or worse someone treats you like you don't belong, how likely is it that you'll be back anytime soon? Not so likely, right?

The same is true for approaching guys we want to meet for friendship, sex, or romance. If we look at our past experiences and see rejection, failure, or embarrassment, we're probably going to feel less confident about trying to talk to someone again. If we do make an effort, it will probably take no small amount of courage to swallow down that anxiety, push the past into the past, and try again. Yet, the reason we try again is because these efforts, these performances, are not intended solely for one-time, life-altering success or failure. We learn from them. We assess what worked, what went

Perfect World? continued on next page 10

# SeXual Abuse of Children

BY ANDY BIRKEY

## Radical Christians Use the Suffering of Children for Political Gain

Addressing topics like the sexual abuse of children is particularly difficult when segments of society trivialize it by using it as a weapon against another population. Sexual abuse of children is no more common among the GLBT population than it is among the general population. When we hear statistics arguing otherwise, they are distortions.

Popular culture often touches on these sensitive topics, and sheds light on the absurdity of stereotyping one population in an attempt to marginalize them.

Whether you like the cartoon or not, “South Park” has a knack for addressing these sensitive issues. In one episode, the third graders, Stan, Kyle, Cartman, and Kenny go to Boy Scouts. The scout leader, Big Gay Al, is very popular with the boys and does a great job as scout leader. However, the parents become concerned and have Big Gay Al removed because he is obviously homosexual. The Boy Scouts replace Al with a very butch heterosexual who then takes nude pictures of the boys. When the parents find out, they realize that the homosexual was no threat to their children. The pedophile was.

On the fringes of Christianity, there are groups that intentionally confuse homosexuality and pedophilia for political gain. To explain how groups such as the Traditional Values Coalition

do this, the words and concepts need to be explained clearly.

Pedophilia is a word used to describe adults who are sexually attracted to prepubescent children, meaning children who have not gone through puberty. Some act on this attraction, others don't. When this attraction is acted upon, it's referred to as sexual abuse of a child or child molestation. The offender is referred to as a pedophile.

Homosexual is a word used to describe a person sexually attracted to a person of the same gender, in the literal sense. There is a reason gay, lesbian, and bisexual communities prefer the identities ‘gay’, ‘lesbian’, and ‘bisexual,’ these terms also encompass romantic and spiritual attraction and relationships as well as sexual attraction, and include a sense of community and identity. Homosexual is one part of the gay, lesbian, or bisexual ‘whole.’

Minor refers to someone who has not reached the legal age of consent which is legislated state by state.

As the “South Park” episode shows, the heterosexual was the pedophile taking pictures of the boys. Even though the scout leader was the same gender as his victims, he identified as a heterosexual. The sexual abuse in this case was, in strictly literal terms, ‘homosexual’, but the perpetrator himself was not. To see this desire for power and exploitation in real terms, think about all

# and Homosexuality

the cases of child sexual abuse you've heard about in the news. Even the South Park episode shows hints of it. The scout leader is in a position of power and authority. Priests are in a position of power and authority.

Accessibility to a child is more important than the gender of the child, and in most settings where abuse occurs, the offender is in a position of power with children of the same gender, often in a mentor role. A priest is a mentor for altar boys, and a scout leader is a mentor for boy scouts. We don't often see men in mentor or power positions with girls, mostly because of our gendered culture (think priests and altar boys in the Catholic Church, where women can be neither), and the fact that men commit the vast majority of sexual abuses of children.

We should all find it disgusting that certain groups are using children who are victims of sexual abuse and molestation as tools for political gain.

To read more about how radical Christians distort the truth about child sexual abuse, read some of Gregory Herek's research at the University of California-Davis at [http://psychology.ucdavis.edu/rainbow/html/facts\\_molestation.html](http://psychology.ucdavis.edu/rainbow/html/facts_molestation.html)

The Tradition Values Coalition, a Washington, DC, faith-based organization is one of the worst when it comes to trivializing the victims of child sexual abuse for political gain. In the Homo sexual Urban Myths section of their website they cite instance after instance of homosexuals attacking children. They do this by applying a literal definition of 'homosexual.' If the sex offender is male, and the victim is male, then the offender is labeled as 'homosexual' even if he doesn't identify as homosexual or even have an attraction to people of the same gender.

Reversing this use of literal terms shows how absurd it is. If a man molests or sexually assaults a girl who is younger than the age of consent, do we call that man a 'heterosexual'? No, of course not. He's a pedophile if the girl is prepubescent, and a sexual offender if the young woman is post-pubescent but still a minor.

Another problem with labeling offenders based on the gender of their victims is that the gender of the victims often doesn't matter to the offender. The reason is that pedophiles are committing a violent act, not a sex act. Much the way rape is a violent assault against a non-consenting adult, child sexual abuse is also a violent act against a person who cannot consent. The pedophile, much like the rapist, is not aroused by gender or sexuality, but by power and exploitation. Both prey on real or perceived vulnerabilities of the victim.

# Do You “P” in a Perfect World?

(cont.)

**BY MICHAEL LEE**

wrong, and what we could do better the next time. No one emerges into his or her social universe knowing the perfect formula for winning friends and influencing people. It takes time and (one of my favorite “P” words) process.

Now, that being said, we have to acknowledge that less-than-positive feelings will be a part of that process. It’s natural to be nervous or afraid. It’s also perfectly natural to feel ashamed, embarrassed, or angry when putting yourself out doesn’t produce the desired social reaction. The reason why “P” stands for practice, friends, is that not a one of us gets it right the first time. We develop a look, a wardrobe, a script, a formula for taking what we feel inside and what we hope will occur and producing a visible outward presentation that matches. The more we practice, the more confident we become in matching our public selves to our private ideals.

## **Protection for Your Privates**

Now, the final “P” in our arsenal today could also be called “Pulling the Trigger,” because all of the “Ps” we’ve discussed can be transferred to prevention of HIV and STD transmission. If you have been practicing, and building up your courage and resilience to actually reach the point of sexual intimacy with your boyfriend, hookup, friend with benefits, or one-night stand, then you have been practicing skills that can help you negotiate safer sex and sexual risk reduction.

Talking about condom usage and sexual history with a partner doesn’t have to be embarrassing, nor does it necessarily make you seem suspicious or untrustworthy in your own right. Every “P” we’ve talked about relates to presentation—presentation of yourself to others when you want to be accepted, liked, loved, kissed, licked, sucked... you know. In our most vulnerable moments, then, when we are exposing ourselves to each other, it is perfectly legitimate to tell your partner what makes you feel comfortable or uncomfortable. You may have already done some of this if you’ve talked about the kinds of sex you want to have. Adding into the mix a comment like, “I’d feel a lot more relaxed if we use condoms,” or “I’m going to enjoy it more if we do it this way” focus the issue away from anxiety, suspicion, and blame, and toward having the kind of sex you’ll both (or all) enjoy.

So, if you’re feeling “P” shy, let this be a friendly pick-me-up in your efforts to put yourself out, present the more perfect you, and practice with your privates in protective ways. Rest assured, you aren’t the first queer person to experience performance anxiety, and you won’t be the last. But you can become part of a community of peers (another of my favorite “P” words!) so that the next time you, or someone you know is afraid to pull the trigger, you’ll know where to look for practical, personal support.

# Prince Albert and SeX?

BY JEFF JONES

Here ye, here ye. Calling all of you princes named Albert, that is the one and only, Prince Albert. That's right genital piercing. There are as many different names of genital piercing's as there are ways to pierce the dick. There is the Prince Albert, the Ampallang, the Apadravya, the Frenum, the Guichea, the Hafada, and the Reverse Prince Albert. These piercings go sideways, loop-de-loop, up the shaft, through the head, they can go up through the urethra, and as many times as the pierced man can handle. And when the pierced man has sex it can feel good for both partners.

There are some precautions to take though as any new openings in the skin can lead to a greater chance of contracting HIV or an STD. The pierced person should wait for at least a week before engaging in any kind of sex. A lot of friction can irritate the piercing and healing can take up to anywhere between two and four months. But you can have some fun in this period. (Discomfort due to the friction can be alleviated by applying a water-based lubricant on the jewelry and on the inside of the condom as well as the outside of the condom.) You shouldn't use saliva for lubrication because saliva can transmit bacteria that might infect the piercing and both

partners should wash their hands before having fun.

Some men have found that anything smaller than a 12-gauge can be uncomfortable as it can pinch during sex and the bottom partner might find that it can poke or tear. So once the piercing is healed it might be beneficial to stretch the gauge a little to alleviate the pinched feeling. As far as what kind of condom to use, well, any kind will work but it will feel more comfortable to use a condom with a larger receptacle end, which will fit nicely over the jewelry.

The healing process should go smoothly but the jewelry itself should be of the highest quality surgical stainless steel, and don't worry about cleaning yourself too much after urinating as the wearers own urination can help clean the wound.

Well have fun you rowdy ones.

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OFF!

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