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7 slain on holiday weekend

The holiday weekend murder toll climbs to seven, as four people are slain in a 12-hour period. Page 4

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Gays, supporters march for rights

By MIGLISA CAPO
 Of The STAR Staff

Some 100 homosexuals and their relatives marched through the streets of San Juan Sunday in what they described as a stepping stone to equal treatment.

The "Gay Pride Parade" was the first to be held in Puerto Rico. It was also the first to be permitted by the city and the Commonwealth.

Some 300,000 homosexuals and lesbians live in Puerto Rico, parade organizers said. Most of them hide their sexual preference to avoid discrimination, they added.

"We make up a significant part of the population; we are voters," said Mercedes Garriga, who represented the lesbian community.

"We want this march to open the doors to us, so that we are not ignored when the government drafts its public policies."

Some 100 persons marched from Luis Muñoz Rivera Park in Puerta de Tierra to Liberty Park in Condado. The march was headed by Christina Hayworth, a veteran of the 1969 Stonewall riot in New York City.

In June 1969, police raided The Stonewall, a gay bar in Greenwich Village. The action grew to riot proportions when the gays struck back, forcing police into the bar, which was later set afire.

Hayworth led the march dressed in a white strapless dress and heels. Hayworth was accompanied by parade marshals Garriga and Joe Toro, representing the gay community. The crowd was preceded by several limousines carrying performers and employees at gay discotheque Krash in Santurce and Atlantic Beach Hotel in Condado. A convertible carried the gay parade queen, a slim



Gay rights activists march on Ashford Avenue Sunday to demand more rights for homosexuals and denounce discrimination against them. STAR photo by Jorge Matos

homosexual dressed up in a long, red gown with spangles.

Marchers shouted slogans such as "Rights yes, homophobia no." Others carried posters alerting viewers to maintain their sexual preferences.

"Our problem has to do with civil rights," said Toro. "We are still victims of discrimination in areas such as employment, housing and child custody."

Toro said that many employers discriminate against homosexuals because they perceive them as unproductive. Homosexuals are also the target of gossip from fellow workers, he added.

Garriga's case was different. She was kicked out of her Protestant church and her building because she is a lesbian.

"Those situations force many homosexuals to live a dual life in which they hide

their sexual preferences to meet society's demands," said Toro.

Another aspect of the march was AIDS. Hayworth said that it is vital for homosexuals and the government to fight the virus together. The gay community is also trying to get the government to repeal laws that make sodomy a crime.

The march was attended by members of the Puerto Rico AIDS Foundation; ACT-UP, an advocacy group that wants better AIDS treatment and services; and P-Flag, a group of relatives and friends of homosexuals.

Elena de Jesús is a mother of two sons — a homosexual and a heterosexual.

"At the beginning I sought help to find out what I did wrong," she said.

"Now I share time with my sons. One brings his girlfriend home and another his male companion."

Ticket brigade to battle illegal parking

By MELBA FERRER
 Of The STAR Staff

Starting in July, The Transportation Department is sending out its newly formed ticket brigade to do battle with illegal parking in Hato Rey.

Twenty uniformed men and women will take to the streets to crack down on illegally parked vehicles.

These meter guys and gals will write parking tickets and order illegally parked cars towed away.

This is the Commonwealth's first attempt to use civilian employees to crack down on illegal parking and free police for more serious crimes. Part of the brigade's mission is to help unsnarl traffic congestion caused by illegally parked cars.

The cadre will begin its new duties

with an information campaign before cracking down on traffic violators.

"Their first effort is to educate people to respect traffic laws and to keep traffic flowing," said Transportation Secretary Hermenegildo Ortiz.

For the first few weeks, the ticket brigade will hand out "courtesy tickets," informing drivers that they are breaking the law. Soon after they will begin to issue real parking tickets.

For now the brigade will be limited to patrolling the Muñoz Rivera Avenue in Hato Rey, which includes San Juan's banking district. The Transportation Department expects to expand the patrol to other areas in the city.

"We'll add more people as we see how the brigade works," said Ortiz. The 20-member group underwent special training at the Transportation Department.

Besides handing out tickets, the brigade will also have the authority to order vehicles towed away. Ortiz said the police or the municipal government will provide the tow trucks.

The brigade will issue \$15 traffic tickets, of which \$8 goes to a Transportation Department fund for brigade budget and \$7 is destined for the Treasury Department.

An October 1990 law paved the way for the creation of ticket brigades to crack down on illegal parking and free police for other duties.

But there was one problem. The Legislature failed to assign funds for the program. The Transportation Department then sought help from the private sector.

Private companies are paying for the brigade's motorcycles, uniforms and materials, Ortiz said.

LIFELINES

By Christine Vega

'Benching' guidelines



The popularity of step or bench aerobic programs is growing by leaps and bounds in the United States and in Puerto Rico. This conditioning program consists of stepping up and down on a bench with varying arm and foot patterns. The exercises are performed to music.

Step classes are often a favorite for men as they are generally less dance oriented than regular aerobic classes. And, a step class can be very challenging when it is done long enough or fast enough.

A step class generally follows the same format as an aerobics class. In other words, there should be a warm-up and cool down along with calisthenics in addition to the time spent stepping up and down on the bench.

Many gyms in the San Juan area and some gyms around the island are offering step classes. Or, you can do step aerobics at home with one of the many new videos that are on the market.

The height of the bench will determine the intensity of the exercise. Start with a four or six inch-high bench or platform if you are out of shape. An eight inch-high bench can be used if you are in relatively good shape. Those of you who are in top condition can use a 10 or 12 inch-high bench. (Step aerobics are contra-indicated if you have hip or knee problems.)

There are a few guidelines to follow when "benching"

1. Warm-up for a least 5 to 10 minutes before starting to step on the bench.
2. Keep your body fairly erect with the head forward, chest out and a slight bend at the waist.
3. Place the entire foot in the center of the bench before rising up on the bench.
4. Be sure to lower yourself off the step instead of giving into gravity and "falling" off. Step down from the bench by placing the ball of the foot on the floor first and then lower the heel down. This will control the intensity of the impact.
5. Be sure to attend a class or use a video that has varied step patterns so that you do not cause an overuse injury of the knees. An even safer class will intersperse aerobics on the floor with aerobics using the bench.
6. Wear shoes that have good support such as aerobic dance shoes or cross training shoes. Reebok even has a new shoe out for stepping.
7. Be sure to stretch the muscles of the thigh and lower legs before and after step training.

It is very easy to do step training at home. All you need is a video and a platform. You can write to the following companies for Step videos.

Step 'N' Motion 1 & 2 with Chathe Friedrich (\$39.95 each or \$60.00 for both, including shipping and handling) To order, call Creative Instructor Aerobics at 1-800-435-0055.

Pump 'N' Step II (\$29.95, includes shipping and handling) To order, call 1-800-678-BRIC.

Bench Aerobix Video starring Connie Collins Williams (\$29.95 plus shipping and handling) To order, call 1-800-25-BENCH.

Steps can be ordered from a variety of manufacturers.

The Snap Step (39.95) - To order, call 1-800-288-2348
 The Step (\$74.95) - To order, call 1-800-SAY-STEP
 Bench Aerobic Step - To order, call 1-800-25-BENCH

High-tech view of sinus offers answer to chronic problems

By E. ROSENTHAL
 New York Times News Service

In the past, doctors have had few satisfying answers for people with chronic sinus problems: antihistamines when allergies flare, antibiotics at the time of infection. In desperate cases, maybe surgery to clean out the sinuses, often a major ordeal.

But, because sinus problems are rarely dangerous, the refrain was, "Live with it."

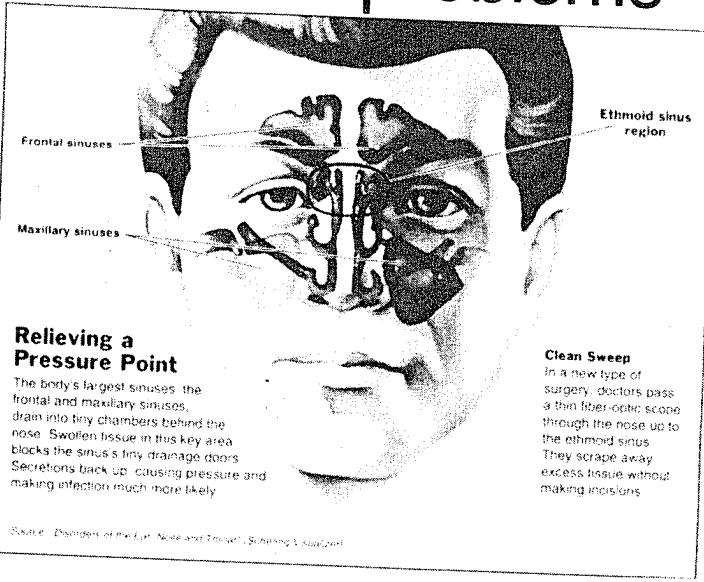
These days, as doctors are perfecting less invasive sinus surgery techniques, that advice is changing, promising relief to the thousands of Americans who suffer from the grinding headaches, eye pressure and frequent bouts of infection that leave sinus patients generally miserable.

In the new type of surgery, doctors pass a thin fiber-optic scope through the nose to a tiny chamber between the eyes and behind the nose where the body's four major sinuses (one pair of maxillary sinuses and one pair of frontal sinuses) drain; it is a sort of anteroom of the sinuses.

Swollen tissue in this key area blocks the sinuses' tiny drainage passages, leading to a backup of secretions, and this causes a sensation of pressure and a predisposition to infection.

Peering into the tiny chamber with the scope, the surgeon carefully scrapes away excess tissue without making incisions. Before the new scopes were available, doctors had no way to see into the recess, called the ethmoid sinus, without major surgery.

"We're able to remove diseased tissue very precisely without disturbing normal areas, so we can do a very thorough procedure with far less disruption," said Dr. Steven Schaefer, professor of Otolaryngology at the University of Texas Southwestern Medical Center in Dallas.



New York Times illustration

The scopes also help doctors pinpoint a specific defect, like a mound of tissue blocking an outlet, in patients "who we would have in past told that there was no clear reason for symptoms," Schaefer said.

As opposed to traditional sinus surgery, which is bloody, the new procedure involves minimal blood loss. It is simple enough to be performed as outpatient surgery, and it can be done using either a local or general anesthetic.

Although patients who undergo the traditional surgery leave the operating room with noses stuffed with gauze, packing is not need in most cases of fiber-optic surgery.

"I've had patients who've had both types of surgery," said Dr. Scott Gold, a sinus surgeon at Beth Israel Medical Center in New York. "They say from the patient's point of view this is much, much better."

Because it is less traumatic, "it has expanded the pool of patients who can be helped," he said. "In the past, See SINUS, Page 18"

Out of the closet, into the university

By FELICITY BARRINGER
 New York Times News Service

Exactly when it all began is hard to trace with precision. But sometime in the 1970s a few scattered seminars on gay literature, anthropology and history began finding their way into the curriculums of some American colleges.

Now, as African American, native American and women's studies did before them, gay and lesbian studies are vying on some campuses for recognition as a full-fledged academic discipline. But the question is whether what began in the 1960s as a political movement for homosexual rights can convert itself into something that qualifies as scholarship.

Last year the City College of San Francisco established the first department of gay and lesbian studies in the United States. Last month the City University of New York established the first Gay and Lesbian Studies Center. Research seminars have sprung up at Columbia

University and the Massachusetts Institute of Technology.

In November, some 800 scholars, students and activists attended the fourth annual Lesbian, Bisexual and Gay Studies Conference, at Harvard University. Some participants, who wore pink triangles like those used to mark homosexuals in Nazi camps, objected when a conservative group chalked blue squares around Harvard Yard.

The incident had no bearing on the legitimacy of studying homosexual culture. But the symbolism was a reminder that gay and lesbian studies grew from the gay liberation movement. Such origins leave some scholars, straight and gay alike, skeptical of the discipline's capacity for intellectual independence.

Some academics worry that gay and lesbian studies, like women's and minority studies, is populated by many scholars who reject the idea that knowledge can be apolitical.

The novelist Edmund White, who recently became an

See HOMOSEXUAL, Page 18



BY ANN LANDERS

Cheating will lead to more problems

Dear Ann: I was very much interested in the letter from the man who signed himself, "Don't Want To Be Another Statistic in Falls Church." His wife's anxiety attacks were exhausting his patience, and he was considering an affair. I saw myself a dozen different times as I read what he had written.

I have suffered for the past 29 of my 49 years with anxiety attacks and depression. It is like being in hell. I've been taking medication for so long that I am terrified of what will happen when the medicine no longer works.

I live with a wonderful man who is some kind of saint for putting up with me. The man who wrote to complain said he loves his wife but she is no fun anymore and he is tempted to have an affair to see if he is still alive. I pray he doesn't go that route. Cheating is never a solution. Invariably it leads to more problems. — Islip, N.Y.

Dear Islip: Thank you for a letter that could have been written only by someone who had experienced the problem. Rarely have I seen such compassionate and sympathetic mail as that which resulted from that column. Read on:

From Somerville, Mass.: The woman who had panic attacks in Falls Church, Va., was a wonderful wife and mother during their 26 years of marriage, according to her husband. She had five children, which suggests that her life has been pretty much devoted to child-rearing. When children leave home, a strange and frightening gap remains. That woman should be encouraged to build a new life — become involved with community work and civic groups. And she should get some counseling to help her find what resources she has and how they can best be used to find new interests. Any woman who can raise five children who turned out wonderfully well must have intelligence, creativity and strength.

New Castle, Pa.: So "Falls Church" is toying with the idea of having an affair because his wife, who was recently discharged from a psychiatric hospital, is no longer "cheerful and fun-loving." Well, isn't that just peachy? He should be told that nobody chooses to be mentally ill. I know what mental illness is about because I have suffered with it for several years.

Kansas City: After our first child was born, my wife suffered from postpartum depression. It would never have occurred to me to find fun elsewhere. Seven years later, I had a serious heart attack. That dear woman pulled me through by sheer determination and round-the-clock encouragement. This is what love is all about.

Fresno: I boiled when I read the letter from the man whose wife was mentally ill. Whatever happened to "in sickness and in health, 'til death do us part"? What a jerk.

Dallas: My mother has been clinically depressed and phobic for 12 years. She is on some wonderful new medication that is working a miracle and her life is 100 percent better. So is my dad's. He never once cheated. He has been a model for his sons to follow. What a giant he is in the eyes of his children. Such integrity and gentleness are rare. How lucky we are to have him.

Calendar of events

Alcoholics Anonymous/Aguadilla (English) Ramey: 8 p.m., Room 8, Coast Guard Air Station Plaza (890-2291), Shamburger, 882-3511, ext 1804.

Alcoholics Anonymous/Caguas (Spanish) - 8 p.m., 58 Muñoz Rivera Ave., 743-7936.

Alcoholics Anonymous/San Juan (English) - Noon, 5:30 & 8:30 p.m. daily (open 11 a.m. to 11 p.m.), Serenity Club, Carmen Apts., Suite 22, 51 Muñoz Rivera Ave., near Caribe Hilton (740-4875) (723-4187) for women: 7 p.m.

Alcoholics Anonymous/Vieques (English) - 8 p.m., Rectory, Immaculate Conception Church, Isabel Segunda (741-8513).
Puerto Rico Duplicate Bridge - Noon, 2nd. Floor Elks Club, 996 Ashford Ave., Condado.

Overeaters Anonymous/Santurce (English) - 7 p.m. Step/Big Book Study Meeting, Grace Lutheran Church, Del Parque and Baldorioty de Castro. 791-4147 or 724-7994.

Overeaters Anonymous/Rio Piedras (Spanish) - 8 p.m., Community Center, Summit Hills Urb.

Recovery Inc./Caguas - 7 p.m., Iglesia Episcopal Cristo Rey, B Block, Mayaguez Street, Villa del Carmen Urb.

Recovery Inc./Rio Piedras - 7:30 p.m., Iglesia La Merced, Espada and Antonin streets, Roosevelt Urb.

The STAR publishes news of community interest as a service to its readers. It cannot guarantee the publication or return of any photos, letters or articles submitted for publication.

Homosexual

From Page 17

English professor at Brown University, said a course he plans to teach on gay and lesbian fiction is no more narrow or tendentious than a course on American colonial writers. Still, he said he is concerned that the fresh perspectives and intellectual energy of some gay scholars could be waylaid by the prevailing gay political agenda.

"There's a lot of fascinating work to be done, but I hope we don't get locked into dogma," he said.

White, whose novels "A Boy's Own Story" and "The Beautiful Room Is Empty" have a wide following among homosexual and heterosexual readers, plans to teach Henry James's "The Pupil," Christopher Isherwood's "A Single Man" and perhaps Virginia Woolf's "Orlando," as well as more recent works. But he said he resents the pressure to teach "books that are of low quality but simply written by gays" or "to teach a book like 'Moby Dick' as a gay work because maybe Herman Melville was

in love with Hawthorne."

In fact, there are signs that rifts are developing between gay political organizers and gay scholars and among gay scholars themselves.

Martin Duberman, a history professor who heads the new gay and lesbian studies center at the City University of New York, said that gay scholars continue to debate the extent to which homosexuality is biologically or culturally determined, while their politically oriented compatriots consider the subject taboo.

"To be an activist," Duberman said, "means you must assume that gay people have no choice, that we are caused, that it is a biological or hormonal condition: 'We were born this way. How can you conceive of not extending our rights to us?'"

Duberman said he sympathizes with this view but believes gay scholars can and should withstand the political pressure.

"We need to establish a presence to show that our work and experience has been so weighty we deserve our fair share in the standard text," he said.

Some see that as selling out and criticize gay scholars who seem more interested in using literary theory to analyze society's hidden sexual agendas than in promoting liberation.

Jeffrey Escoffier, co-publisher of Out/Look, a gay magazine, wrote that the striving for academic legitimacy "encourages lesbian and gay academics to respond more to academic and disciplinary standards than to the political and cultural concerns of the gay and lesbian community," and that gay scholarship "will become increasingly irrelevant."

To some conservative social critics even the most analytically abstruse exercises in gay and lesbian studies are an extension of a movement to undermine (or "deconstruct") the very notion of objective, politically neutral scholarship. Like some of the more radical proponents of multiculturalism, some gay and lesbian scholars say traditional scholarship is dominated by "DWEMs" — dead white European males.

In his book "Tenured Radicals," Roger Kimball wrote that "our most prestigious liberal arts colleges and universities have installed the entire radical menu at the center of their humanities curriculum."

The changes are "ideologically motivated assaults on the intellectual and moral substance of our culture," he writes.

William M. Chace, president of Wesleyan University, is not so apocalyptic. Echoing an article he wrote on multiculturalism, he said that the study of "particularisms" — race, gender, ethnicity, sexual preference — "has been and is going to be one of the driving energies of higher education."

"The question," he said, "is how inherently interesting are the intellectual problems posed? Some gay studies programs will be founded and fail. At other places they will be founded and will succeed. My guess is, that number will be small."

Sinus

From Page 17

many of these patients just didn't get treated."

Today, relatively few ear nose and throat surgeons know how to perform the delicate new surgery, although that is changing quickly as older surgeons take courses and surgeons in training are learning the procedure.

The new technique is generally offered to patients who have multiple sinus infections each year and lose considerable work time because of sinus symptoms. An examination and CAT scan must also suggest that the surgery will help. Conventional surgery is usually reserved for people with the most serious complications of clogged sinuses, like infections that antibiotics will not clear.

Doctors are praising the new technique because it restores the normal flow of secretions into the back of the nose from the sinuses in the forehead and the cheeks.

Sinus congestion occurs when one or more of the openings closes, usually because of blockage by a bulbous overgrowth of tissue, called a polyp, or by a nasal bone that is deviated or crooked. Inflammation of the membranes surrounding the openings because of allergies or infection aggravates the underlying problem.

Surgery through the fiber-optic scope does a sort of spring cleaning on these narrow passages.

In contrast, surgery used to be more of a commando affair: opening up sinuses, mopping them out and then breaking through the sinuses' walls to create artificial drainage passages.

Before the use of fiber-optic scopes, doctors were loathe to operate directly on the critical ethmoid area because they could not see it well and because it sits close to the brain and eyes.

"Even though older surgery sometimes helped, it doesn't address the roadblock," Gold said.

Although quite rare, complications from the fiber-optic surgery are still slightly more frequent than from conventional techniques.

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Newlyweds

Annabelle Camille Rivera, daughter of attorneys Gabriel Rivera-Dionisi and América García, was married recently to John H. Olinto, son of Anne and Crosby Olinto of Jacksonville, Fla., in a ceremony at San José Church in Jacksonville. The bride is a graduate of the University of Puerto Rico and works with A.B.F. Transportation Co. The groom is a graduate of the University of Florida and is a sales representative for Overnite Transportation Co. The couple has established residence in Jacksonville.

