

WOMEN'S CENTRAL NEWS

Arizona's Lesbian Newspaper published since 1974

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Looking for a GREAT way to get involved with the community

For the 7th year in a row the Valley of the Sun Gay & Lesbian Community Center and many other valley area businesses are sponsoring the largest event in the Southwest to celebrate National Coming Out Day - October 11, 1998. Last year more than 700 happy folks attended this event. We have surpassed our mark each year and want this year to be no exception. LET'S BREAK 1,000!!

This event is organized completely by motivated volunteer energy...that's where you come in!! We are in need of folks like you who can dedicate your time over the next 4 months to make things happen.

Are you or people you know up for this much fun and hard work? Your time commitment for meetings will be approx. one hour per week over the next few months. Meetings become more frequent as the event draws closer. We need assistance in many areas:

- * securing game prizes from sponsors
- * securing food products from various food suppliers
- * developing graphically pleasing posters and other advertising items
- * securing other donated items from suppliers to aid in the overall success of the event.

If you or others you know are interested in having FUN planning a FUN event. Feel free to e-mail kvkelly@smtpgw.maricopa.gov or do it the old fashioned way, call 254-4426.

What's up?

By Robin Dee, WCN staff writer
Minister leaving

United Methodist minister Rev. Jimmy Creech was taken to task for performing union ceremonies for same-sex couples. While he beat the charges against him and started a dialogue within the church on gay issues he ultimately has paid the price for his love of all God's creatures. Nebraska Bishop Joel Martinez said he would not reappoint Creech as senior pastor of the congregation. Rev. Creech preached his last sermon in Omaha on June 7th.

President Clinton takes another step

President Clinton took another step on the road to equality for all Americans when he signed an executive order on May 28th protecting homosexual federal workers from job discrimination. "Individuals should not be denied a job on the basis of something that has no relationship to their ability to perform their work," he said in an accompanying statement. In the statement he also asked Congress to pass a long-pending bill to extend protection

A Man Who Dared

By Robin Dee, WCN staff writer
Speaking with a New York

Times reporter Barry Goldwater said, "The only thing I want them to remember me by is, I was honest. I did everything I could, some of it was damn good and some of it wasn't."

Now that's a heluva statement. The word 'politician' and the word 'honest' just don't seem to go together these days.

Barry, always outspoken, always pursuing freedom for all, (remember the bumper sticker, "What part of ALL don't you understand?") advanced our cause for equal treatment.

Goldwater stood up for us in 1992 when Phoenix was proposing a city ordinance that would have banned discrimination against gays in employment, housing and public accommodations.

He told the *Advocate* in 1993, "There has always been homosexuality, ever since man and woman were invented. I guess there were gay apes. So that's not an issue. The Republican party should stand for freedom and only freedom. Don't raise hell about the gays, the Blacks and the Mexicans. Free people have a right to do as they damn well please."

Goldwater stood with us and for us. The Arizona Human Rights Fund which supports civil rights for all

people, particularly gays and lesbians, gave its first service award to Goldwater in 1993.

The AHRF gives yearly national service awards to an individual and a corporation. What do they call their awards? *The Barry Goldwater Human Rights Award* of course.

Barry Goldwater's life has been covered in mainstream news from infancy to death. Whatever was left out, if anything, probably doesn't count.

Reading it all, I was most struck by a passage in a letter he sent his daughter in 1948, when she was 12. He wrote that beauty is not just a pretty face or a pretty body; real beauty is when people like to be around you, because you smile and help others, because you're kind and thoughtful.

Happy Trails Barry.



from discrimination to all American workers, in both public and private sectors.

National Gay and Lesbian Task Force Study

The National Gay and Lesbian Task Force released a study on May 29th which showed that significant gains have been made in the acceptance of homosexuality among Americans. Seventy-five percent of the American people disapproved of homosexuality in the late 1980's. In 1996, the most recent year examined, 56 % disapproved.

Gay sailor happy to leave on own terms

Timonth R. McVeigh is a highly decorated 36 year-old master chief petty officer, the Navy's highest enlisted rank. His troubles began last December when the Navy began investigating him after he was linked to an Anonymous America Online profile suggesting he was interested in men, though he has never publicly discussed his sexuality. McVeigh successfully fought his dismissal and will retire after 18 years of exemplary service to his country, with full benefits and a payment of \$90,000 for his legal fees. America Online will pay McVeigh damages for violating his privacy by providing the Navy investigators confidential information without a warrant or court order.

MEN WHO DARED - Barry Goldwater

Barry Goldwater (b 1909 - d 1998) "There has always been homosexuality, ever since man and woman were invented.....stand for freedom and only freedom....free people have the right to do as they damn well please."

Letters to the Editor

Dear WCN,

Thanks for a fabulously produced paper. Gym Mythology last edition changed my outlook. Each minute I work is a bonus, rather than I should do more. What a difference.

Thank you, Jaqui

Women usually victimized by offenders they know

U.S. DEPARTMENT OF JUSTICE
BUREAU OF JUSTICE STATISTICS
WASHINGTON, D.C. -- Women were attacked about six times more often by offenders with whom they had an intimate relationship than were male violence victims during 1992 and 1993, the Department of Justice announced today.

During each year women were the victims of more than 4.5 million violent crimes, including approximately 500,000 rapes or other sexual assaults. In 29 percent of the violent crimes against women by lone offenders the perpetrators were intimates--husbands, former husbands, boyfriends or former boyfriends.

The victims' friends or acquaintances committed more than half of the rapes and sexual assaults, intimates committed 26 percent, and strangers were responsible for about one in five.

Forty-five percent of all violent attacks against female victims 12 years old and older by multiple offenders also involved offenders they knew.

During 1992 approximately 28 percent of female homicide victims (1,414 women) were known to have been killed by their husbands, former husbands or boyfriends. In contrast, just over 3 percent of male homicide victims (637) were known to have been killed by their wives, former wives or girlfriends.

Men, however, were more likely than women to experience violent crimes committed by both acquaintances and strangers. In fact, men were about twice as likely as women to experience acts of violence by strangers.

About a fifth of the lone-offender attacks against women involved a weapon. Strangers used weapons 30 percent of the time, compared to 18 percent for intimates. However, women were injured by intimates in 52 percent of the attacks, compared to 20 percent of the attacks by strangers.

Women from 19 to 29 years old were more likely than women of other ages to be victimized by an intimate. Also, the rate of intimate-offender attacks on women separated from their husbands was about three

times higher than that of divorced women and about 25 times higher than that of married women. However, because the survey records a respondent's marital status only at the time of the interview, it is possible in some instances that separation or divorce followed the violence.

Women of all races, as well as Hispanic and non-Hispanic women, were about equally vulnerable to attacks by intimates. However, women in families with incomes below \$10,000 per year were more likely than other women to be violently attacked by an intimate.

The data are from the Bureau of Justice Statistics' (BJS) National Crime Victimization Survey, which was redesigned two years ago to improve estimates of difficult to measure crimes, such as rape, sexual assault and domestic violence. The success of the redesign means that the numbers in this report are not directly comparable to earlier estimates.

Annually approximately 50,000 U.S. households and more than 100,000 individuals participate in the survey. The redesigned format gives additional information on rapes and sexual assaults and on domestic violence that was not previously available. Unlike the Federal Bureau of Investigation's Uniform Crime Reports, which are based solely on crimes reported to the police, the BJS survey measures crime from the victim's perspective.

Estimating rates of violence against women, especially sexual assault and other incidents committed by intimate offenders, continues to be a difficult task, the report noted. Many factors inhibit women from reporting these crimes either to police or to government interviewers. The private nature of the event, the perceived stigma and the belief that no purpose would be served in reporting the crime keeps an unknown portion of the victims from talking about the event.

The special report, "Violence Against Women: Estimates from the Redesigned Survey" (NCJ-154348), was written by Ronet Bachman, Ph.D., a BJS statistician, and Linda E. Saltzman, Ph.D., a senior scientist at the Centers for Disease Control and Prevention.



President's Message

Dear Readers,

'Nothing is as constant as change.' I don't know who said that, but it sure is true! We live in a constant state of change, in technology and how it affects us, in our parent's aging, in the rapid evolution of the world around us, both politically and socially. And here at WCN, we are changing also.

We are looking in new directions, coming up with fresh ideas, and gaining new faces to help bring the sense of community to you, the reader. Some change is anticipated with glee and delight, such as gaining new writers (some of whom you will see in this issue), and some is greeted with deep breaths and optimistic attitudes, such as the coming changes you will be seeing in some of our editorial functions and formatting.

But all changes we do for the end goal of making the WCN something you WANT to read, you seek out, you tell your friends about, and you are glad you are a part of.

Change is good, it keeps us from believing that we have all the answers, and it keeps us responding to you. Enjoy this issue, and let us know over the next several months what you think of our changes!

Mary

\$130 million available for violence against women grants

Justice Dept.

The Justice Department announced the availability of \$130 million in grant funding for the states to assist police, prosecutors, and victim service providers in combating domestic violence and sexual assault. The STOP Violence Against Women formula grants were authorized by the Violent Crime Control and Law Enforcement Act of 1994 (the Crime Bill). STOP stands for services, training, officers and prosecutors.

The grants will be used by the states to train law enforcement officers, expand law enforcement and prosecution agencies, develop more effective strategies and programs to prevent violent crimes against women, and apply advanced technology to improving data collection and tracking systems. By law, at least a quarter of the funds must be dedicated to enhance direct services for crime victims.

"We view these grants as a major step in advancing the promise of the Violence Against Women Act," said Attorney General Janet Reno. To receive these funds, states must submit an implementation plan, indicating how they will coordinate efforts among police, prosecutors and service providers. Priorities for this year's grants include: judicial education and court related programs; strengthening intra and interstate enforcement of pro-

tection orders; and addressing sexual assault, stalking and underserved populations. The grants will be distributed by the Violence Against Women Grants Office in the Office of Justice Programs.

Bonnie J. Campbell, Director of the Violence Against Women Office, indicated that states are being encouraged to enhance the coordination of anti-violence efforts among law enforcement agencies and victim service agencies. "It is vitally important that the collaborative relationships envisioned by the Violence Against Women Act continue to develop and we look forward to working with the states as they put this funding to work," Campbell said.

Over the next four years, a total of \$800 million in federal funds is scheduled to assist states as they restructure their law enforcement response to address violent crimes against women. Last year, \$26 million was available for the programs, with each state receiving \$426,000. This year, and in future years, funds will be allocated according to state populations, with each state guaranteed a base amount of \$500,000. Four percent of each year's appropriation will be available to Indian tribal governments through a discretionary grant program.



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SUBMISSIONS

You are encouraged to send in your event announcements, book reviews, dining experiences, news analysis, commentaries, poetry, coming out stories or anything of interest to the lesbian community. WORD LIMIT: Letters to the Editor: 200 words; Articles: 350. Submissions must include name and address. You may request that your name be withheld. Submissions cannot be returned. We reserve the right to edit for clarity, brevity and spelling. Copyright remains with each contributor. Deadline - 15th of the month.

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Second Annual HRC National Dinner.

WASHINGTON -- The weekend of Sept. 17-20 is shaping up to be one of the most exciting ever for advocates of lesbian and gay equal rights as the Human Rights Campaign presents OutVote '98, its second national political convention, and the Second Annual HRC National Dinner.

OutVote '98 is expected to draw 1,000 lesbian and gay activists to Washington for the most cutting-edge political training available. The two-day convention culminates with the Second Annual National Dinner Sept. 19. Among the dinner speakers will be the world-renowned poet Dr. Maya Angelou. HRC will also present its first National Family Civil Rights Award to rocker Melissa Etheridge, her partner, actress/model Julie Cypher and their daughter.

"These two events are extraordinarily important for the lesbian and gay political community because of the caliber of trainers and speakers participating in both," said HRC Executive Director Elizabeth Birch. "Putting them together in the same weekend was a logical combination."

"OutVote '98 will take place the same weekend as the Christian Coalition's Road to Victory conference which gives us the opportunity to contrast our messages with the extremist messages of the Christian Coalition," said HRC communications director and senior strategist David M. Smith.

The Second Annual National Dinner promises to be as exciting as the first. The black-tie gala will feature poet Dr. Maya Angelou as well as national political leaders. HRC has developed a special pricing schedule for people who register early for OutVote and for those who wish to purchase combination tickets to OutVote and the National Dinner. For registration and pricing information, call Box Office Tickets at 1-800-494-8497. Early Registration (Before August, 1), \$105 Registration (After August, 1), \$135 Onsite Registration, \$150 OutVote '98 National Dinner Package (Until August, 1), \$299

Travel-On is HRC's official travel agency for the weekend. We urge you to make your airline through them at 800/333-1225 or 301/495-5990, account #410. And for the latest updates on OutVote '98 and the Second Annual National Dinner, visit the HRC web site at <http://www.hrc.org>.

The Human Rights Campaign, the largest national lesbian and gay political organization, with members throughout the country, effectively lobbies Congress, provides campaign support, and educates the public to ensure that lesbian and gay Americans can be open, honest, and safe at home, at work, and in the community.

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The Spinal Column

By Dr. Susan C. Rayeski

Q. Are chiropractors real doctors? Candy Jo, Phoenix
Dear Candy Jo,

Great question! I am glad you asked! First of all perhaps it would be a good thing if everyone knew what the word doctor actually means. The word "doctor" comes from the Latin word *docere* - "to teach". Yep, doctor really and literally means teacher. Here in the United States we have gotten so far from the real meaning of the word. Over the year's society has changed the meaning so that whenever we hear the word doctor we automatically think of a person in a white lab coat who writes prescriptions for medication - a far cry from teacher.

As far as a chiropractor's education is concerned - most chiropractors have a four year undergraduate degree (BA or BS) majoring in biology, chemistry, physics or psychology and a four year doctor of chiropractic (D.C.) degree. That's eight years! Concurrently, chiropractic students must complete a 2-year internship program, successfully pass four national boards and sit for the state board in the state where they wish to practice. Then...depending on which state they practice in, there are continuing education credits required for relicensing each year.

So how does a chiropractor's and a medical doctor's education differ? Well, for the most part, they don't. For the first 6 years of their education chiropractic and medical students take the very same subjects - after all - it is the same body we are studying. We start off on the same path, studying subjects like anatomy, physiology, biochemistry, endocrinology, pathology...etc. (You know, the easy stuff.) Somewhere around the 7th year of schooling, the path splits: medical students study pharmacology (drugs) and surgery and chiropractic students study radiology (xray), the nervous system and chiropractic technique. Chiropractors focus on the cause of life instead of the cause of disease.

The next time you see your doctor, don't be afraid to ask questions. Make your doctor do her job—teach. Knowing how your body works is an important part in maintaining your health.

Are chiropractors real doctors? You bet. Grab your girlfriend and stop by your local chiropractor's office for a visit. You'll be glad you did. Thanks for the questions.

Would you like to know more about chiropractic? Questions and comments are encouraged. Write to Dr. Susan, 5527 N 27th Ave., Phoenix, AZ 85017, fax 602-242-0494 or e-mail wcn@swlink.net.



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And the "Beat" Goes On

Boyd Foster-Burns, Department of Exercise and Wellness ASU

About 15% of all visits to a doctor are in regard to chronic tiredness that just doesn't seem to go away. This fatigue doesn't have anything to do with healthy exercise and the normal, satisfying exhaustion that may follow. This is the kind of draining weariness that seems to settle in the bones and leave you feeling completely washed out. Even sleep fails to overcome this "beat" feeling; the morning comes and you still start the day with a lack of energy.

Usually this kind of tiredness comes from anxiety, frustration, feelings of unfulfillment, and a sense of being "stretched too thin". You may feel as though your days (and nights!) are fragmented, unconnected when you feel as though you have a certain goal or sense of purpose, you find the energy to continue. It is the sense of fragmentation, the feeling that nothing can ever really be accomplished or completed, that makes life seem tiresome. Fatigue like this can both cause and mask depression, which often occurs when life feels as though it is out of one's control. Women are especially prone to this fatigue because iron deficiency frequently manifests itself as fatigue. The problem is compounded with job demands, household demands, and family demands all clamoring for attention. Repetitive chores and job requirements, the pressures of demanding employers, coworkers, or family members, all contribute to a daily round of tedium and the resultant exhaustion to be seemingly endlessly continued every day. It is no wonder that even sleep doesn't bring relief.

However, there are some way to beat fatigue and renew your sense of self. Keeping a daily schedule can help you to plan your time. Even if you're not the "list" type, completing even one thing written on a calendar block can contribute to a sense of achievement and a feeling of accomplishing something. Plan a broad structure to each day and stick to it, including scheduling time just for yourself and for you and your partner together.

Avoid feeling guilty about taking time out for something all your own. If you feel overwhelmed at home, work with your partner and children to come to an agreement on

how to share the household chores fairly. Rotate jobs around so that everyone has different "challenges" every week to "overcome" (no one wants to be the permanent "poop scooper").

Look after you body. Treat it with respect, and it will supply all the energy you need. Although right now you may feel "too tired" to exercise, regular exercise, even 20 minutes a day, can produce a sense of invigoration, release some positive energy, and give the sense of having done something just for yourself. Exercise conditions the body and pumps extra oxygen to the muscles and the brain. Believe it or not, exercising early in the morning can even pep up the rest of the day (if you a confirmed non-morning person, this is probably not for you, however). A balanced diet is crucial to beating fatigue not only is it healthier, but a sense of self-accomplishment accompanies a well-prepared, or even just a well-thought-out, meal. You've beaten the temptation to just go through the nearest drive-through, taking the easy way out; you've shown an interest in your own wellbeing by packing a banana, a bagel with cheese, some pretzels, and a yogurt in a bag for lunch.

Don't skip breakfast! Just like early exercise can invigorate you for the day, so do those morning calories. Regular well-balanced meals are what your body craves. Include lots of vitamin C, to help build resistance to infections. Quit or at least cut down on smoking, smoking deprives the body of oxygen and every cigarette depletes 100 milligrams of vitamin C. While nicotine indeed does act initially as a stimulant, this brief boost is followed quickly by a feeling of lethargy. Same thing for refined sugars in candy and cookies: a quick "boost" followed by a "crash".

A feeling of tiredness at the end of the day is not always a bad thing. A full day of work and play well done can create a perfectly normal, healthy type of exhaustion for you, that is overcome with a good night's sleep. It is the type of fatigue that counts; if you can't seem to "get over the hump" every day, with sleep providing no refreshment, check back through your day and ask yourself exactly what it is that you think drained your resources.

Israel's El Al accepts first female pilot

Orit Katsir became Israel's El Al Airlines first female student in the airline's pilot program after successfully suing the company for sex bias.

Prior to Katsir's lawsuit, El Al's hiring policy had been to accept applicants who were former Israeli air force pilots. Until last year, the air force only accepted men in its pilot course.

After the suit, the airline announced a new policy that allows for the employment of civilian pilots.

Slow progress in the fight for US girls

"The Girls Report: What We Know and Need to Know About Growing Female," looked into over 200 studies to produce an extensive compilation of statistical data on girls.

Unfortunately, the data shows that girl's education and health may be declining in many ways. Smoking among eighth grade girls is up from 13% in 1991 to 21% in 1996. Depression is twice as likely to affect adolescent girls than adolescent boys. Girls are also more likely to attempt suicide than boys.

The report also noted girls' victimization by sexual predators, citing that "one in three to one in four girls are sexually victimized by the time they are 18 years old." According to the study, adolescent girls were by far the most likely to be raped in comparison to other age groups. Indicated as well in

the report is that many girls do not have access to adequate health care.

However, not all of the studies findings were negative for girls. The report showed that girls' grades in math have almost caught up to boys'. Since 1992, the teenage birth rate is falling at a steady rate and more girls are using contraception than ever before.

Along with statistics, the report also gave suggestions for the future. It recommends that women's groups concentrate more on violence against adolescent girls and that policy makers institute preventative measures. Better and more widespread access to reproductive information, products, and services for adolescents, the report concluded, is a necessity. The report also credited sports programs with improving girls' health and self esteem.

"If you have made mistakes...there is always another chance for you...you may have a fresh start any moment you choose, for this thing we call "failure" is not the falling down, but the staying down."
—Mary Pickford

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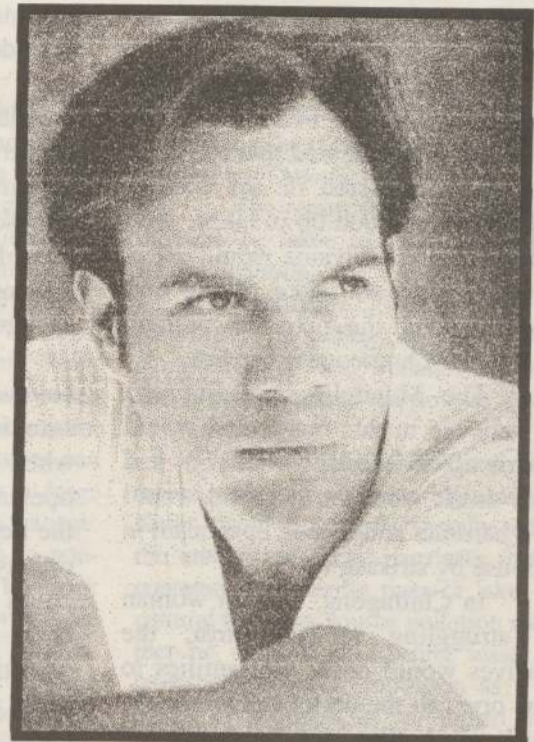


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A Benefit for the Youth Services Programs of the Valley of the Sun Gay and Lesbian Community Center

Celebrate Yesterday's Triumphs and Heras; Fight Today's Stupidity and Villains

First, this wonderful note from Mary Ruthsdotter, of the National Women's History Project: "1998 marks the 150th Anniversary of the Women's Rights Movement, launched by five women friends in Seneca Falls, New York in July, 1848. Today we are living the legacy of their determined efforts to achieve equal rights for all women.

To celebrate this landmark anniversary, a multitude of events is being planned both on and off the Internet. Check out the growing list of programs around the country reported at <<http://www.legacy98.org>>. It also provides an extensive chronology and short narrative history of the movement, referrals to contemporary organizations carrying out the goals of the Seneca Falls Convention, as well as great ideas and materials to make it easy for you to plan a program, too.

We owe it to ourselves and our foremothers to bring this 150th Anniversary to widespread public attention. Here are a few ideas to get your creative energy flowing:

The features editor of your area newspapers always needs ideas for timely articles. Suggest interviews with local organizations and activists that are promoting women's rights today. Tell them about the extensive background information (and media ideas!) available at <<<http://www.legacy98.org>>>, and offer to help identify good subject groups or individuals.

Your town's summer or fall parades need a contingent to celebrate this 150th Anniversary. Invite the Girl Scouts to provide a color guard (carry flags), and women's organizations to join with their banners or placards about the

advances the movement has made. Everybody wearing red/white/blue will make it clear that the Women's Rights Movement is as American as democracy.

Show a video about the history of the movement for a brown bag lunch where you work, a meeting of an organization you belong to, a high school history class, or a general community program.

Offer to put together a display in local libraries, focusing on the books in their collection or using the inexpensive materials available through the National Women's History Project's catalog. Get a copy free by e-mailing <<NWHP@aol.com>>.

Whatever you decide to do, submit your program plans to <<NWHP@aol.com> to get them publicized on the national schedule!"

Simplify but don't throw these away

By Robin Dee, WCN staff writer

There is a big movement today to simplify, to clean up and clean out. Throw away those years of Readers Digest gathering dust next to your desk and pitch the miscellaneous papers of your life. But here is what you should keep:

KEEP PERMANENTLY- tax returns, and records on home sales, purchases and improvements. **KEEP SEVEN YEARS -** all income records, check registers, payroll records and items used for tax deductions. **KEEP FOUR YEARS -** bank statements and cancelled checks.

If you have any question on whether you should keep it or toss it **KEEP IT.**

Theresa G. Phoenix
ASTROLOGER

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Myths Made Mentionable

By Pamela Fitzpatrick, WCN staff

A friend of mine announced that she was going to have her first baby and questioned me as to what it was like to be pregnant, what was labor like and who was my doctor. I replied, undecipherable, undecipherable and, well, I had a doctor with my oldest and a midwife with my second.

She then asked the secrets to an easy labor, I told her she had me confused with someone else. But if she had asked the ancient families of the East Indies their reply would have been more like this.

During pregnancy, the mother is not to tie knots, braid or fasten anything as it was feared that the child would be constricted or the mother herself would be tied up in labor. The Germans of Transylvania would go as far as opening all locks, doors and drawers to aid the pregnant woman with a type of homeopathic magic.

The Mandelings of Sumatra also believed in this magic and would pull lids off all chests, boxes, pans and if this didn't work the husband would take a hammer and loosen up a beam in the house by striking it.

In Chittagong, when a woman was struggling in childbirth, the midwives would order the families to throw open all the doors and windows, uncork all bottles, let loose all the cows, horses, dogs, chickens...everything that was bound. Wow, you could get shot around my little town for doing something like that....

Speaking of midwives, throughout time they have played other important roles in aiding the pregnant woman. In the Aztec culture, midwives were involved in naming the child and performing the rituals involved in determining the child's future. In other cultures a midwife was

a necessity as they were the only ones allowed to be with an 'unclean' woman in labor. All men were to stay far away from a woman during her 'time'.

The women in Africa were smart, they took this belief and turned it into a girl party. All the women in the village would gather at the laboring woman's home and bring food, drinks and would eat, dance and perform various sacred rituals that no man was to know about during the woman's 'time'.

In Egypt there were a variety of goddesses associated with childbirth that were called upon during pregnancy, labor and child rearing. Taureret, the goddess of childbirth and maternity, Meskhent who also represented childbirth, delivery and the fate of a newborn, and then there was Renent, goddess who presided over the suckling baby or the death of a baby.

In Alfoors and Celebes it was believed the soul of a baby did not enter it until the time of birth, therefore when a woman was in labor every opening in the house was closed, even the keyholes in the doors. Chinks and cranny's were filled all so the soul could not get lost on its way into the child. Many even tied the mouths of all animals inside and out closed and birth attendants were not allowed to speak. Quite a contrast to the Germans and Mandelings beliefs where everything was to remain open.

So, the secret to easy labor or safe birth... there are possibly no guarantees, but I think that when my friend goes into labor I will gather the girls together and we can dance around her bed and eat Doritos while she suffered, at least there would be a guarantee that someone would have a good time.

Pamela can be reached at pamela@sedona.net

San Diego Pride's two-day Festival, July 25 & 26

Known for their candid roles as a gay man and a lesbian in MTV's prime-time, docu-drama *The Real World*, Norman Korpi and Beth Anthony will head up the San Diego Lesbian and Gay Pride parade at noon, July 25. The expanded parade route begins at Normal and University, continues west on University, then south on Sixth Avenue to Ivy Lane. Nearly 200 colorful contingents and floats will be showcased.

The pair will also speak at Pride's Spirit Of Stonewall Rally, which begins at 8 p.m., July 24, outside the Lesbian and Gay Men's Community Center, 3916 Normal St.

Korpi and Anthony each "came out" to MTV audiences in two different seasons of *The Real World*, a program that documents the dynamics and personal lives of seven strangers as they take up residence under one roof -- in real life. It is the first time that either cast member will serve as grand marshal of a Pride parade.

In addition to the rally and parade, Pride weekend will include a sprawling two-day festival in Balboa Park from 2 to 10 p.m. July 25 -- and noon to 10 p.m. on July 26. For more information about Pride weekend, July 24-25, call 619-297-7683.

Famous club divas, popular bands and rousing comedians will hit the main stage at the San Diego Lesbian and Gay Pride festival on July 25 and 26.

Many of this year's acts feature accomplished artists such as Grammy-winning disco star Thelma Houston, recording pop vocalist Joi Cardwell, hard rockers Pansy Division, all-girl dance band The Herreranes and nationally acclaimed comedian Bob Smith, to name a few. Everything from funk to punk, jazz to Country Western

and soul to rock will be showcased.

San Diego Pride Executive Director Mandy Schultz said, "Our goal was to roll out an eclectic list of artists that conforms to this year's theme." The motto for July's Pride weekend is "Unity Through Diversity: It Begins With Us..."

The performances will run non-stop from a towering main stage that features the San Diego skyline in the backdrop. The two-day festival takes place at Marston Point in Balboa Park, with gates opening at 2 p.m. July 25; and at noon on July 26. It continues until 10 p.m. both days, and features dance floors, a Children's Garden and hundreds of exhibits and vendor booths.

For more information about Pride Weekend, or performance schedules, call 619-297-7683.

"...Some things...arrive on their own mysterious hour, on their own terms and not yours, to be seized or relinquished forever."

—Gail Godwin



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- Anonymous

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If you've got an itch to scratch out on paper, join us for an eight week writing group at The Center. Noted writer and facilitator, Ren Northup, will lead the group through exercises and discussions focused on the creative act of writing.

The group will meet at The Center, 7pm on Thursdays beginning June 4. Space is limited so call Anne at 256-2365 to reserve your spot. All you need is pencil and paper. Novices and pros, all welcome!

Asian financial crisis leads to more sweatshop workers

Because of the current financial crisis occurring in lower Asian countries, more people are being forced to work in factories with grueling sweatshop conditions.

Workers now compete for jobs that a year ago they would have scorned, according to the New York Times. Some women now consider a sweatshop the greatest aspiration for themselves and their children.

"On such issues such as safety standards and health standards, the government might wink at violations now," said a Western analyst in Thailand. "It's better to have an unsafe job than no job at all." As a result, women and young girls are forced to work long hours in horrible working conditions for wages that can barely sustain their lives and the lives of their families.

Health talk

Free health talk every Thursday, 8-9 PM at Dr Susan Rayeski's office A Chiropractic Place, 5527 N. 27th Ave., Phoenix, AZ 85017 602-242-2370. All are welcome!

New time and day for Scrabble League

Beginning immediately, the Friday night Scrabble League is moving to Tuesday nights. We will be meeting at The Coffee Plantation in Tempe, on Mill and 6th Ave., at 6:00 PM. We usually meet in the back room, and if the weather is nice, move the game outside. This change of schedule should alleviate the parking problem we've had in downtown Tempe on Friday nights. Tuesday is a less busy night for a lot of people, so we hope to attract some new players. All skill levels are welcome. For more information, call 732-7916 or 946-5570.

Latina group forming

Latinas wanted for a new organization for cultural/heritage get together.

Seeking women in the community that miss La Familia in their lives.

Planning festivities, concerts, outings, mexican food, possible Spain/Mexico tours and lots of fun. Collaborating with Tuscon Latina Group for future plans. Email Personnal@aol.com or 803-9952 for info.

A little pollution, a big problem

Ocean News, June 10, 1998

In a well-groomed suburb, a woman sprays fertilizer on her lawn. Across town, a construction worker uses a hose to rinse out the inside of a dump truck. Twenty miles away, a farmer uses manure from his livestock to fertilize his crops. What these three don't realize is that each of them, in their own small way, is contributing to something they have probably never even heard of, "nonpoint source pollution."

A new report, "Nonpoint Pollution of Surface Waters with Phosphorus and Nitrogen," presents an in-depth look at the problems caused by urban and rural runoff and the possible solutions. The report is the third in the Ecological Society of America's "Issues in Ecology" series. Water pollution can be divided into two categories, point and nonpoint. Point sources, such as sewage pipes, are much easier to identify and control than nonpoint sources. In contrast nonpoint sources can be intermittent and spread over a large area, making them very difficult to manage.

The biggest contributors to nonpoint source pollution are large livestock and farming operations, which can have fertilizer and manure runoff; land development, which can contribute through construction site runoff and development in areas that lack sewers; and fossil fuel burning.

While each of these can contain a wide variety of pollutants, the ESA report focuses on the effects of phosphorus and nitrogen. While both of these are important nutrients for plant and animal life, too much of either can drastically alter an ecosystem.

According to the report, the most serious problem associated with nonpoint pollution is eutrophication. This occurs when the excess nutrients in the runoff, specifically phosphorus and nitrogen, cause a burst of algal and bacterial growth that leads to a loss of much of the dissolved oxygen, which, in effect, suffocates other aquatic life.

This can lead to fish and marine mammal kills, the loss of coral reefs, shellfish poisoning in humans, and outbreaks of Pfiesteria, the toxic microbe that has plagued mid-Atlantic waterways.

The report lays out several steps that can be taken to help ease nonpoint source pollution.

Landscape management and restoration, including vegetation buffers alongwaterways and wetlands restoration, can greatly decrease the flow of pollution into waterways.

Additionally, the report recommends reducing fertilizer applications to better match crop needs, thereby reducing the amount of excess nutrients that may contaminate a nearby river or lake. Agricultural nonpoint source pollution can further be reduced by treating waste from intensive livestock production as a point source of pollution, as are human wastes. Nutrients can be removed from the waste before it is released into the local environment.

For urban runoff, the report recommends designing more efficient sewer systems, retention ponds, constructed wetlands and greenways, and reducing concrete and asphalt pavement, which exacerbates runoff.

CACTUS CITIES SOFTBALL LEAGUE - STANDINGS

As of 5/25/98

WOMEN'S DIVISION

Rank	Team	Record
1	Cash Inn	13-1
2	Bas Bleu Productions	11-0-1
3	2GirlGraphics/Page Whitney	9-4-1
4	Castle Boutique Players	7-5
5	Roscoe's Heat	6-6
6	Nasty Habits	6-7-1
7	Desert Reproductions	6-8
8	Movies on Central Renegades	5-7
9	The Mavericks	3-9-1
10	Ain't Nobody's Biz/Experience This	2-10
11	All About Destinations	2-11

OPEN DIVISION - COMPETITIVE

Rank	Team	Record
1	Roscoe's	10-1
2	Wink's	9-2
3	Pookie's	0-12

OPEN DIVISION - RECREATIONAL

Rank	Team	Record
1	Roscoe's X-Treme	9-1
2	First Family Medical	7-1-1
3	Bunk House Scorchers	5-5
4	Wink's Warriors	4-6-1
5	BS West Express	4-7
6	Gay Community Yellow Pages	2-9



PHOENIX MERCURY

Date	Day	At Home	Away	TV
6/11/98	Thursday		SACRAMENTO	
6/14/98	Sunday	LOS ANGELES		NBC
6/15/98	Monday	WASHINGTON		
6/21/98	Sunday	CHARLOTTE		
6/24/98	Wednesday	HOUSTON		
6/26/98	Friday	UTAH		
6/28/98	Sunday		WASHINGTON	
6/29/98	Monday		NEW YORK	ESPN
7/2/98	Thursday		CLEVELAND	
7/4/98	Saturday		CHARLOTTE	NBC
7/8/98	Wednesday		DETROIT	
7/10/98	Friday	CLEVELAND		LIFETIME
7/13/98	Monday	LOS ANGELES		ESPN
7/15/98	Wednesday	DETROIT		
7/18/98	Saturday	NEW YORK		NBC
7/20/98	Monday	SACRAMENTO		ESPN
7/21/98	Tuesday	HOUSTON		
7/23/98	Thursday		LOS ANGELES	
7/27/98	Monday		UTAH	
7/28/98	Tuesday		HOUSTON	
7/31/98	Friday		LOS ANGELES	
8/4/98	Tuesday	WASHINGTON		
8/6/98	Thursday		HOUSTON	
8/8/98	Saturday	UTAH		
8/10/98	Monday		CLEVELAND	
8/11/98	Tuesday		NEW YORK	
8/14/98	Friday	DETROIT		
8/16/98	Sunday		SACRAMENTO	
8/17/98	Monday		UTAH	
8/19/98	Wednesday	SACRAMENTO		

Resource directory for Verde Valley

Want to know what's going on in the Gay and Lesbian community in the Verde Valley? The Verde Valley Alternative Lifestyles Directory is now available to provide resource, social events, and friendly services available to the Gay and Lesbian community. For info. call 520-634-1405 or e-mail martimac@sedona.net.

House Majority leader Dick Arney follows Trent Lott's lead and attacks Gay Americans

From Human Rights Campaign. Tuesday, June 16, 1998
 WASHINGTON, DC --House Majority Leader Dick Arney today followed Trent Lott's disparaging comments about gay Americans by calling homosexuality a sin. Arney's remarks are the latest in a barrage of blatant attacks against gay men and women that the Republican leadership has used to pacify James Dobson after he threatened to bolt the Republican party unless they adopted his far-right agenda, asserts the Human Rights Campaign.

The Republican leadership has gone through contortions to appease James Dobson, and this extremist rhetoric will backfire because the majority of Americans oppose discrimination," said HRC Communications Director and Senior Strategist David M. Smith.

Citing biblical verses from Corinthians, when asked if he agreed with Lott's statements Arney said, "My faith is very important to me...I do not quarrel with the bible on this subject."

This is not the first time Arney has insulted gay men and lesbians. In 1994, Arney referred to openly gay congressman Barney Frank as "Barney Fag."

In response, the Human Rights Campaign sent a letter to Lott today, requesting a meeting to educate him on gay issues. A letter requesting a meeting has also been sent to Dick Arney.

"We hope he agrees to meet with us so we can help him get his facts right on issues affecting gay Americans. Both Lott and Arney are behind the curve and don't seem to realize that poll after poll shows Americans reject this inflamed rhetoric and oppose discrimination," says Stachelberg.

Lott's statement is in conflict with modern science which points out that sexual orientation is most likely biologically determined. They also contradict mental health experts. In August 1997, the American Psychological Association overwhelmingly passed a resolution, at the APA convention that asserts that there is no sound scientific evidence on the efficacy of "reparative therapy," which seeks to "cure" homosexuals. In 1973, the American Psychiatric Association removed homosexuality from its list of mental disorders.



WREN hike

On Saturday July 18th WREN hikers will meet at Bell Road and I-17 in the Denny's Parking lot at 7:30 AM. We will leave Denny's and travel North for about 3.5 hours where the nearest community is Strawberry. The hike will be in the Coconino National Forest around the Blue Ridge Ranger District. This is a moderate hike that last 4.5 miles through Ponderosa Pines. Barbershop trail drops into two canyons so bring your cameras. For more information contact April at 897-6017.

Internet sites to visit.....

☎ Find an honest and capable auto repair shop in metro Phoenix at - www.marksalem.com

☺ Information gathered by the Environmental Protection Agency on 653 plants and factories in five industries, auto assembly, pulp manufacturing, petroleum refining, iron and steel production and primary smelting, is now available at - www.epa.gov/oeca/sfi

☹ Young people can get into investing their money at this site - www.fool.com/teens

"Los Amigos Del Sol"

Now 22 years old, Los Amigos Del Sol continues to benefit its members and the community as a social organization of men and women working together for the fun of it.

For information on the location of business meetings held the 2nd Saturday of each month at 3pm and the social events call GB at 997-2411.

Mother Earth

By Pamela Fitzpatrick
 I lay beneath the spreading oak where branch and bark do lowly part. Upon lush grass that slowly licks beneath my flesh, into my heart.

I climb beneath the carpet thick to find a depth to never share. The smell of root and soil wet taunting me as I enter there.

Within the womb of mother earth I seek my place with restless sigh. Her cool hand soothes my heavy soul subduing my long and sullen cry.

Curling about my chest and throat so tight I gasp in wanting pain. Release me not unto myself for there I do not dare remain.



1998 Ride Calendar

July 11/12 - Showlow/Globe overnight
 August 8th - Saturday - Saguaro Lake rest. Dinner ride
 September 13th - Sunday - Prescott via Wickenburg
 October 11th - Sunday - Jerome
 November 8th Sunday - to be announced
 If you are interested in joining us on any scheduled club ride or event call Deb at 279-9228 for times and meeting locations. Desert Hearts Motorcycle Club wishes you happy and safe motoring.

Murden begins trek to become first woman to row across the Atlantic

Tori Murden began rowing into the record books, Sunday, as she started her quest to row solo across the North Atlantic. "It's right out at the edge of my ability, and that's where I want to be intellectually, physically and work-wise", she commented.

The 3,635-mile, summer-long adventure began at a North Carolina pier and will end at the west coast of France. Murden tentatively expects to row for about 10 hours and cover about 50 miles a day at sea. The treacherous journey across the Atlantic has been completed by only six other people.

In 1989, Murden interrupted her divinity studies at Harvard University to become the first American to ski the geographic South Pole. Murden's progress across the Atlantic can be followed at www.oceanrowing.com.

AMA places its first female President in office

On Wednesday, June 17, Dr. Nancy W. Dickey became the first female president of the American Medical Association (AMA). Dickey, also the youngest president of the AMA in this century, is a family physician from Texas. She has served the AMA as a delegate, chair of the Council on Ethical and Judicial Affairs, and as chair of the board of trustees.

The AMA is currently backing a health care reform plan that would require employers to make set contributions to employees' health insurance.

Glenna's Community Potluck



We will meet at 1111 W. Summitt #62 on July 18th at 6 PM.

Take highway 60 East toward Globe. Exit at Alma School Road south. Summitt is between Guadalupe and Elliot. There are two Summitts - it's the one to your right or west. Look for a one-story townhouse. Lake Side Villas. First driveway, but park on the street. It's the first townhouse behind the flagpole. #62.

Bring a dish to pass, drinks and table service.

Any questions call Glenna at 345-7453 or 671-4166

Women sought for Tennis Team

An all lesbian/gay tennis team has openings for new teammates on existing World Team Tennis league. World Team Tennis contains teams of both men and women. This format stresses equality between the sexes. The six set matches are made up of a set each of women's doubles and singles and men's doubles and singles and two sets of mixed doubles. The total number of games won determines the winner. The lesbian/gay team will make its second appearance in the local World Team Tennis league that plays in North Central Phoenix on Monday nights. "The format is both fun and competitive" team captain Doug McNeil said, "You get a feeling of camaraderie."

Team members should be a "B" or "A" recreational player or have a National Tennis Rating Program (NTRP) rating of 3.0 to 4.0. The next season will start in June. If you are interested in participating please call Doug at 971-4387.

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Same Time/Same Place Breakfast Club

WOMEN: Please join us at the Coffee Talk, 48 N. Robson, in Mesa (east of Country Club and North of Main). We meet every Sunday at 10 AM to talk, eat, talk, drink coffee, talk and talk.

For more information call Robin 848-0083.

Xena

Do you thrill to the weekly adventures of Xena, Warrior Princess and her devoted Bard? Come meet with other lesbian and bi-women who share your passion for the dynamic duo, our "Amazon" heroes for the 90's.



Xena group activities include: reading lesbian fan fiction from the Internet, viewing early episodes, interviews, bloopers, sharing information about posters, articles, books, and merchandise.

This summer, the group is meeting twice a month on Sunday, 1-3:30 pm. at Augustana Lutheran Church, 2604 N. 14th St., Phoenix (corner of 14th and Virginia).

For meeting dates and further information, call XenaFan at 813-8681

or e-mail me at xeanafan@worldnet.att.net

Stop watching repeats alone, for Amazons' sake!

Networking meetings for Reiki

Workshop Networking Meetings for Reiki, Chiropractic and other Alternative Healing Practitioners continues the third Tuesday of every month at the Hand of Love Ministry, 6605 N. 14th Street, Phoenix (between Maryland and Glendale).

The regular weekly service at the Hand of Love Ministry is at 9 am Sunday morning. Rev. Roderic Vickers and Rev. Tom Lee presiding. For information call 602-264-1470.

"We don't see things as they are, we see them as we are."
—Anaïs Nin

Womyn 2 Womyn Connection

Sat 7/11 - Womyn to Womyn's "Breakfast with Friends" 10 a.m. The Eggery, Central & Camelback Contact Cheryl at (602) 780-3102 or sammie@psn.net for more information.

Sat 7/11 - Pool party at Anne's 2 p.m. It will be a coordinated potluck. Contact Anne at 220-9091 for directions and other information.

Women To Women Connection is a way for Arizona women to meet and have fun. Couples and singles are welcome. Please visit the monthly events web page at: <http://www.psn.net/~sammie/events>. If you'd like to propose an activity, please drop an email to Anne S. at sammie@psn.net.

Support group in Verde Valley

Women's Chat in the Verde Valley. Every Wednesday night 5 to 7 at the Huff n Puff Straw Bale Inn near Sedona, 520-567-9066 for more information.

Telephone Tree

Let's keep the messages flowing. The way to send a message, no charge, is by the Telephone Tree. Tell us what you have to sell, what you want to buy. Ask for a roommate or a place to live. Announce a new business. Anything of interest to the Community. Call me with your news and it will be passed down the line.

Volunteers are needed to make just one call. The more people on the tree, the more people hear your message. Call Jean at 954-8007 for news or to volunteer.



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Herpes Resource Center, American Social Health Association, Department PR85, P.O. Box 13827, Research Triangle Park, NC 27709. Enclose \$1.00 to cover postage and handling.
COMMUNITY SERVICE

Phoenix area women's shelters

National 24-hour Domestic Violence Hotline: 1-800-799-7233

Metro Phoenix shelters and safe homes:

- *My Sister's Place, Chandler, 821-1024,
- *Faith House, Glendale, 939-6798
- *New Life Shelter, Litchfield park, 935-9161,
- *Autumn House, Mesa, 835-5555
- *DeColores, phoenix, 269-1515
- *Chrysalis Shelter, Phoenix, 944-4999
- *Sojourner Center, Phoenix, 244-0997
- *Chrysalis Shelter, Scottsdale, 481-0402



WOMEN'S SPIRITUALITY GROUP

Providing Sacred Space for sharing Personal Spirituality focusing on the Healing & Transformation of ourselves, our Community, Humanity & the Earth

We meet the 1st & 3rd Mon. of the month

No Meetings will be scheduled for the month of July, but we will still have a Social Gathering this month.

Fri. July 10th - Mercury Game 6:00 Cash Inn Country afterwards.

For more information call : Patti - 678-5729 or Sue 253-8498

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A non-Christian religious experience

Dykes To Watch Out For by Alison Bechdel

TIPS ON HELPING YOUR DOG BEAT THE HEAT

Dr. Kathy Gaughan, Kansas State University's College of Veterinary Medicine
Prepared by Christina Foust

MANHATTAN -- People usually prepare themselves for the dangers of increased temperatures. But as the dog days of summer approach, canine companions also need special attention to insure that they don't get burned. Dr. Kathy Gaughan, a veterinarian at Kansas State University's College of Veterinary Medicine, says that the next few months bring an increased danger of heat exhaustion and heat stroke for dogs.

People naturally regulate their body temperature by sweating. According to Gaughan, dogs mainly cool themselves by panting -- breathing in through the nose and out through the mouth. This directs air over the mucous membranes of the tongue, throat and trachea (windpipe) to facilitate cooling by evaporation of fluid on these membranes. Other mechanisms that help to dissipate heat include dilation of the blood vessels in the skin of the face, ears and feet.

However, just like people, dogs can become overheated. Gaughan says that a dog's normal body temperature is 100.5 to 102.5 degrees Fahrenheit. If it rises to 105 or 106 degrees, the dog is at risk for developing heat exhaustion. If the body temperature rises to 107 degrees, Gaughan says that the dog has entered the dangerous zone of heat stroke. "With heat stroke, the damage that can be done is irreversible. Organs start to shut down, and a veterinarian should be called immediately," Gaughan said.

Fortunately, if owners recognize heat exhaustion, they can prevent the dog from entering heat stroke. Gaughan says that people can easily recognize when the heat gets to them because they become lightheaded and fail to sweat. For dogs, the signs of heat exhaustion may include failure to salivate and a dry mouth. Gaughan explains that heat exhaustion may also include a dog lying down and looking tired, losing its appetite, and becoming unresponsive to owners.

If heat exhaustion progresses into heat stroke, Gaughan says that the dog will be hot to touch and may have seizures. Many dogs also have internal blood clotting that causes damage to their organs. "If you think it's heat stroke, call your veterinarian if you're close to a phone. If not, get the dog out of the sun and cool the dog down with cool water baths. It's important to use cool water as opposed to ice water. Provide a fan, especially if you wet the dog down, and encourage it to drink water," Gaughan suggests.

While these steps may help dogs al-

ready under heat stress, Gaughan says that the best treatment is prevention. In order to prevent overheating, some owners may opt to shave their dogs. However, Gaughan explains that this isn't always the best option. "Not all dogs have to be shaved because the hair coat can also keep the dog cool by trapping cool air next to the animals skin and reducing the amount of heat transferred from the environment," Gaughan said.

Dogs with long or thick coats that have problems with matted hair are often good candidates for clipping. "Owners that do not have time to adequately remove mats and debris from their dog's coat may prefer to clip the coat short. Matted hair can cause skin irritation and is undesirable," Gaughan said.

For owners who haven't shaved a dog before, Gaughan recommends taking it to a groomer and learning by observation. If the dog is outdoors often, owners need to be careful of sunburn. Gaughan says that sunscreen may be applied, but to consult with a veterinarian before doing so. Here are some other tips to keep your dog cool this summer:

Keep dogs indoors, in air conditioning, if at all possible on very hot days.

Do not leave dogs in a car during the summer. Even with the windows down, temperatures inside a car can quickly rise to above 120 degrees.

Make sure outdoor dogs have plenty of shade to relax in. Keep fresh water available for dogs at all times.

Exercise dogs early in the morning or late in the evening, or indoors in an air conditioned environment if possible.

If your dog enjoys water, provide a sprinkler or wading pool on very warm days. Spray water on the dog and place it in a breeze or beside a fan. However, if heat exhaustion or heat stroke has set in, take more aggressive measures to cool the dog.

If you take the dog to a lake, make sure it is allowed time to drink plenty of water and get wet. Gaughan says that most dogs can drink lake water without adverse effects. If the dog has a light coat or exposed skin, be careful of sunburn.

According to Gaughan, dogs can acclimate to warm climate and have no trouble staying outdoors in the heat. However, dogs that are used to cool climate or air conditioning should not be placed outside on warm days. Gradual acclimation is the key.

Harassment will not be tolerated

Las Vegas - A school board has stripped the language of a proposed harassment policy to the bare bone, eliminating any reference to sexual orientation, race, or other minority status.

After nearly two months of hearings, the board adopted a simple, direct statement for its policy that says: "Harassment will not be tolerated, regardless of its basis."

The short sentence emerged from a clause in drafts that stated, "Harassment is prohibited regardless of whether it is based on race, color, age, creed, religion, national origin, sexual orientation, handicap, or marital or

parental status, or any other basis," Steve Friess reported in the *Review Journal*.

Trustee Ruth Johnson, who proposed the briefer version, insists it is all-inclusive.

"I felt the gay rights issue got a little blown out of proportion, frankly," said Johnson, the board's vice president. "We are taking a strong stand that we will not allow harassment on any issue. We stand for all students."

The list of specified groups was removed amid several minor changes proposed by Johnson. It then was approved with almost no discussion.

"Age is something that doesn't matter, unless you are a cheese."

—Billie Burke

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We invite you to open your eyes, ears, minds and hearts to experience the magic that is always there. Minerals, plants and animals can be our teachers as well. We will make talking sticks and medicine bags with our personal totems. They can open us to ideas and emotions that have been blocked from the heart for too long a time. We have forgotten that we are connected to all of our relations on the earth. We have imprisoned ourselves in tight little worlds of man-made creations. We have forgotten how to hear the stories and songs that the winds can bring to us, forgotten to listen to the wisdom of the rocks that have been here since the beginning of time and we have forgotten how the water refreshes and renews us.

We leave August 21 at 5:30 PM from a designated meeting spot and return August 23 by 6:00 PM. Fee per person is \$146.00 and reservations must be made by July 31, 1998. All meals, gear and workshops included. Call Mountain Memories at (602)493-2406 pt 465-2522 for more information.



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1. Give people more than they expect and do it cheerfully. 2. Memorize your favorite poem. 3. Don't believe all you hear, spend all you have or sleep all you want. 4. When you say, "I love you", mean it. 5. When you say, "I'm sorry", look the person in the eye. 6. Be engaged at least six months before you get married. 7. Believe in love at first sight. 8. Never laugh at anyone's dreams. 9. Love deeply and passionately. You might get hurt but it's the only way to live life completely. 10. In disagreements, fight fairly. No name calling. 11. Don't judge people by their relatives. 12. Talk slow but think quick. 13. When someone asks you a question you don't want to answer, smile and ask, "Why do you want to know?". 14. Remember that great love and great achievements involve great risk. 15. Call your mom. 16. Say "bless you" when you hear someone sneeze. 17. When you lose, don't lose the lesson. 18. Remember the three R's: Respect for self; Respect for others; Responsibility for all your actions. 19. Don't let little dispute injure a great friendship. 20. When you realize you've made a mistake, take immediate steps to correct it. 21. Smile when picking up the phone. The caller will hear it in your voice. 22. Marry a woman you love to talk to. As you get older, her conversational skills will be as important as any other. 23. Spend some time alone. 24. Open your arms to change, but don't let go of your values. 25. Remember that silence is sometimes the best answer. 26. Read more books and watch less TV. 27. Live a good, honorable life. Then when you get older and think back, you'll get to enjoy it a second time. 28. Trust in God but lock your car. 29. A loving atmosphere in your home is so important. Do all you can to create a tranquil harmonious home. 30. In disagreements with loved ones, deal with the current situation. Don't bring up the past. 31. Read between the lines. 32. Share your knowledge. It's a way to achieve immortality. 33. Be gentle with the earth. 34. Pray -- there's immeasurable power in it. 35. ever interrupt when you are being flattered. 36. Mind your own business. 37. Don't trust a man who doesn't close his eyes when you kiss him. 38. Once a year, go someplace you've never been before. 39. If you make a lot of money, put it to use helping others while you are living. That is wealth's greatest satisfaction. 40. Remember that not getting what you want is sometimes a stroke of luck. 41. Learn the rules then break some. 42. Remember that the best relationship is one where your love for each other is greater than your need for each other. 43. Judge your success by what you had to give up in order to get it. 44. Remember that your character is your destiny. 45. Approach love and cooking with reckless abandon.

That Time Of The Month!

Semi-Coherent Opinion by Margot Marie Bronski

▼ I went to the Camelback Business & Professional Association's annual awards dinner last month. It was a very nice evening and they had a record crowd of 90, up from 38 the year before -- talk about a jump. It was my first contact with CBPA. Contrary to some perceptions, it is not a "boys club". There are several women on the Board of Directors, and heading up sub-committees. Among them is Judy Neill, a long time WCN supporter. So, if you are a businesswomen, I'd suggest you look into CBPA.

▼ I have been forced to come to a terrible realization...I AM A COMPUTER JUNKIE! My PC fell down and went boom. For a week plus I couldn't log on the Net, and I couldn't check my e-mails. IT WAS AWFUL! I was like a hophead in withdrawal. I once had to give up caffeine for 24 hours. That was tough. This was worse. Two years ago I couldn't even spell *net* and now I'm hooked on one. Had 140+ emails when I finally got logged back on. Now I'm in the process of rebuilding addresses, "Favorites" and the like. Those of you who've lost a system know what a joy that is.

▼ Here's an interesting take on the demise of *Ellen*. Lynn Elber is a writer for the Associated Press. She recently

did an article on the return of "girls" to the television line up. "Women" such as Murphy Brown, Cybill and Julia Sugarbaker of *Designing Women* are out. They've been replaced by sweet "girls" such as Ally, Dharma and Caroline. Elber notes "Add to the crowd the cancelled *Ellen*, whose title character started out a dithering, confused girl but ended up an assured woman. Maybe it wasn't the lesbian thing, after all, that proved her undoing."

▼ Speaking of the tube. Last month PBS aired a documentary on *The Castro*. It was very well done, and at times had me crying. I didn't know this, but *The Castro* was one of the original San Francisco communities. It was in major decline before the gays and lesbians started moving in and restoring the area. The previous residents had been doing that move-to-the-burbs thing.

▼ Recently a woman at work was talking about the AFI's list of "America's 100 Best Movies". At some point she mentioned that she had never seen *Citizen Kane*. Never seen *Citizen Kane*!?! The greatest film in the whole history of the world and she's never seen it! Oh well, maybe it's just a generational thing.

(Margot can be reached at margotm@swlinl.net. If her computer stays up, she might even reply to you.)

NEWS MARICOPA COUNTY

Department of Public Health

Public Health directs local fight against tobacco

Despite the efforts of ad campaigns, education programs and proving parents, teen smoking is on the rise across the United States.

Use of tobacco products shot up 32 percent nationally in 1997 and 43 percent of all high school students now say they smoked a cigarette in the last 30 days, according to the Centers for Disease Control and Prevention (CDC).

The news is slightly better in Arizona. Just 33 percent of Arizona high school students admit smoking a cigarette in the last 30 days, a full 10 percent below the national average, according to preliminary figures from the Arizona Department of Health Services (ADHS).

The Maricopa County Department of Public Health Tobacco Use Prevention Program (MACTUPP) is funding six projects that will help to push Arizona smoking rates even lower and keep them below that of the rest of the nation. The Tobacco Tax and Health Care Act, which increased the sales tax on tobacco products, provide the funds. Twenty-three percent of the revenues from this tax are set aside for tobacco prevention and education and are distributed by the state to counties around Arizona to fund tobacco education and prevention programs. The six projects funded by MACTUPP are arranged geographically around the county and encompass school districts from Queen Creek to Surprise, according to Melissa Fochesato, training and development specialist in the Tobacco Use Prevention program. MACTUPP will assist these projects in setting up tobacco education, prevention and cessation services around the county and help to train personnel. Public Health also will help the projects target their efforts to populations with te greatest need.

Overall tobacco use, which includes smokeless tobacco products, shot up 32 percent nationally. Use of tobacco products was highest among white students, with 46.8 percent, followed by Hispanics at 36.8 percent and Black Americans at 29.4 percent, according to the CDC.

The biggest increase in the period was in smoking rates among black teenagers, according to CDC officials. Cigarette smoking rose by a whopping 80 percent among black students in the six-year period, the CDC reported.



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SE HABLA ESPANOL

Midori

By Alyssa K. McLoney

The closeness was becoming unbearable.

My thoughts were racing between my making the first advance and dreaming of her assuming dominance over the situation.

Oh no!

She just asked me a question and I wasn't lending attention to what she was saying.

Just look how her lips curl to meet her teeth and make a distinct difference between the vowels and consonants.

"I'm sorry. What was that?" I asked with hypnotic guilt.

"I asked if you liked Van Gough?"

"No. No, not really," I said with a look of insecurity, "I'm not big on earless artists."

She chuckled.

Oh Goddess.

Was that a laugh of shallow respect for my un-witty response or was it a laugh for my limited humor?

I questioned and kicked myself.

But how could I be expected to perform, to impress, to shine when everything about her inundated my mind with chaotic fantasies.

"Well-" she continued with the conversation, "who is your favorite artist?"

"Tamara Lepinski." I announced between sips of my Diet Coke through the florescent red straw.

She loved that answer.

Whew.

A save from my previous session of inquisition.

The music was getting louder as more and more people entered the club.

She moved closer to hear.

I moved closer to look, to smell, to listen, to dream and hopefully melt into the perfume on her silk blouse.

She started to pay for another Midori Sour, placing a ten on the bar top.

Slowly, with an aura of patience and purpose, she looked up as if to inspect some retinal condition I might have.

I froze.

We shared a moment within moments.

A moment void of moments.

It was at that point that gravity took over.

That blessed force that Newton wrote so extensively about; that law that propels two masses at each other, the same force that helped separate to earth from the firmament, was now pulling us together.

We fell.

We fell into each other's gaze and our lips got warmer as each felt the heat from the other.

My eyes closed and orbs of lavender filled my visions.

Her eyes closed and scenarios of explanations to her husband of the lipstick on her filled her mind.

Then as quickly as the fears procreated, they were aborted by the softness of the kiss.

After a moment in Eden our lips parted; both of us composing our breathing.

She looked at me revealing her passion and dissimulating her fears.

The back of my hand, as if it was controlled by Cupid's puppeteer, caressed her cheek, moving upward and falling around past the back of her ear.

She folded her neck receiving the touch, closing her eyes in submission and once again we meet, our lips pressed, energies forming a bond stronger than anything explained in chemistry.

The bartender, who am I certain was skillfully trained in the art of discretion, silently delivered her the change from the Midori - less the tip of course - and left us to continue uninterrupted with a gypsy love.

Medical Experts Warn Against Douching

vitality magazine

A recent study linking douching with bacterial vaginosis (BV), a vaginal infection that has been associated with potentially serious health risks, provides important new evidence that this common practice should no longer be considered harmless, according to medical experts at a roundtable during the recent meeting of the American College of Obstetricians and Gynecologists here.

"Up to now, physicians have generally turned a blind eye toward a practice that was assumed inconsequential," said Dr. David Soper, professor and director, Division of Gynecology, Medical University of South Carolina. "But with the links we are seeing between douching and BV as well as other factors, our obligation as physicians to 'do no harm' means that we must educate women to understand that douching is not only completely unnecessary but also may alter the vaginal environment in a way that makes it susceptible to infection."

In a recent study where 182 women initially free of infection were observed for two years, those who practiced douching were twice as likely to develop BV, according to Dr. Sharon Hillier, director of Reproductive Infectious Disease Research at Magee Womens Hospital, University of Pittsburgh, one of the authors of the study published in the *Journal of Infectious Diseases*.

Previous studies have associated douching with complications such as pelvic inflammatory disease and ectopic pregnancy.

Bacterial vaginosis is not only the most common vaginal infection, but mounting clinical evidence has linked it with such increased gynecological health risks as pelvic inflammatory disease, cervicitis, postoperative infection, abnormal cytology and susceptibility to HIV infection and other sexually transmitted diseases, as well as obstetric complications such as preterm labor and low birth weight.

Dr. Hillier noted that three quarters of the 182 women in the recently published study reported using some kind of over-the-counter (OTC) vaginal product. Studies from the national Centers for Disease Control have shown that about 25 percent of American women between the ages of 15 and 44 douche. Moreover, about 200 million douche products were sold last year in the United States.

"Most women do not understand that a lot of the products for sale on the shelf - douches and vaginal deodorants, for example - are vaginal cosmetics that have no proven medical utility," Dr. Hillier said. "Women need to know that douching for hygiene, although it's meant to help us feel fresh and good, may actually have deleterious, harmful effects on our normal ecosystems."

She explained that douching disrupts the protective flora that are present in the healthy vagina, opening the way for potential infection. The vagina normally maintains a balance of healthy bacteria, including lactobacilli, which excrete the

natural disinfectant hydrogen peroxide that keeps potentially unhealthy bacteria under control.

Bacterial vaginosis is caused by an overgrowth of primarily anaerobic bacteria. Women who have been diagnosed with BV have been found to have up to 1,000 times more anaerobic bacteria than women without the disorder.

The practice of douching for cleanliness suggests that women are uncomfortable with normal vaginal secretions and odors, said Dr. Soper, noting that the healthy vagina produces a normal discharge.

"I think we need to teach women to get more comfortable with their normal physiologic processes," he said. "If a woman feels a need to douche, she should be evaluated by a doctor so she can learn whether her discharge is normal or the result of an infection."

Any of the following are signs of vaginal infection: a change in the amount or consistency of vaginal discharge, a foul odor or itching. These symptoms can vary and may not be present at all times. Moreover, because BV and other vaginal infections usually are not part of the testing process during a routine gynecologic or pelvic examination, panel members emphasized that women must discuss these symptoms openly with their health care providers and ask to be tested, or treatment may not be offered. Contrary to popular belief, a Pap test is not designed to screen for vaginal infections.

Dr. James McGregor, vice chairman and professor of Obstetrics and Gynecology, University of Colorado Health Sciences Center, said that physicians should strive to help their patients learn how to avoid vaginal infections and should make diagnosis and treatment a routine part of their examination procedures.

He stressed that physicians performing annual Pap smears or other gynecologic exams should also be on the lookout for BV and other vaginal infections. Tests to diagnose vaginal infections are quick, inexpensive and accurate, he noted.

"Physicians also should be persistent in asking their patients questions about vaginal hygiene practices," Dr. McGregor said. "The great numbers who buy douching products indicate that many women are douching. However, many women will not admit they douche the first time they are asked."

Panel members said the keys to maintaining vaginal health are women themselves, who must take an active role by avoiding potentially harmful practices and by seeking help from health care professionals when they notice any of the signs of infection.

For a free educational booklet, called "Women's Guide to Vaginal Infections," write the National Vaginitis Association, 117 Cook Street, Suite 315, Barrington, Illinois 60010.

(Resource: National Vaginitis Association, Barrington, IL.)

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When the lights go out in Arizona

By Robin Dee, WCN staff writer

On June 12th a Senate committee met for the first time to investigate the Year 2000 computer problem. Many, if not all computers and their legacy software as well as embedded chips used in the power industry only recognize the last two digits of the year.

When the computer date rolls over on January 1st, 2000 computer scientists believe that computers and their software will become confused and just stop or otherwise malfunction, maybe spew out the wrong information.

Experts have been warning everyone of the Y2K problem for years. Some computers can be reprogrammed through tedious rewriting of code but many devices have embedded microchips that must be physically replaced.

This senate panel focused on the nation's utility industry by surveying 10 of the nations largest electric providers, serving 50 million people, what contingency plans they have in place. The answer was; none of them have complete contingency plans. One of them doesn't even know the line amount of code needed to be rewritten, and therefore doesn't even know the extent of his problem.

Most electric plants use date-sensitive software to run built-in clocks to monitor and control the flow of power, even to electronically control security at power plants.

Sen. Chris Dodd, D-Conn, was quoted as saying, "We're no longer at the point of asking whether or not there will be any power disruptions, but we are now forced to ask how severe the disruptions are going to be."

Committee Chairman Bob Bennett, R-Utah, urged the panel against alarming the public and creating a panic. He was quoted as saying, "We can't be Chicken Little. We cannot give too much aid to people who say the sky is falling," although Bennett also said he was "genuinely concerned about the very real prospects of power shortages."

For further information on this critical issue enter "Y2K" into your www search engine of choice and start reading.

Nova Scotia protects privacy of sexual assault victims

In a victory for female sexual assault victims, a Nova Scotia program has been instituted to keep personal records out of the hands of the accused. The yearlong, \$100,000 project will also offer free legal support and counseling to victims who otherwise could not afford to hire a private lawyer or defend themselves. Nova Scotia is the third province in Canada to offer this kind of support.

According to victims' rights groups, many women, under the threat of having their personal, medical and counseling records on public display, drop their cases. This is a process that, according to Irene Smith, director of the Avalon Sexual Assault Center, is designed to "discredit the witness" and "put the victim on trial."

Anne Derrick, lawyer in an ensuing case for victims' rights, sees the motion as a feminist issue. "We don't produce the private records of bank tellers in cases of bank robbery...I think it really plays into the kinds of myths that have swirled around sexual-assault cases for a long time."

Students protest Prop 209 by walking out on Gingrich speech

As House Speaker Newt Gingrich delivered the commencement speech at the University of California, San Diego, about forty students turned their backs and walked out, some chanting "No University Without Diversity."

According to one student, the protest against the Georgian republican was in response to the "crisis in minority representation" that resulted from Proposition 209, the 1996 measure that has destroyed many of California's affirmative action programs.

Some of the 8,000 students present at the address booed Gingrich as he approached the podium. Gingrich was undaunted by the event, later saying that he participated in protests when he was a student and that he recognized the value of differing opinions.

ACLU files suit after Alaska moves to deny public-funded abortions

Abortion-rights activists filed suit against the Alaska Department of Health and Social Services Thursday in response to a recent move by the state's legislature to end public funding of abortions for low-income women. Before the recent policy change, the state of Alaska had a long history of funding abortions for poor women.

The suit, filed by the Alaskan Civil Liberties Union, Planned Parenthood and others, will seek a restraining order and declaratory judgment to block the new policy, which denies women's rights to equal protection under state law.

Alaska legislature eliminated a medical assistance program that provided low-income residents both publicly funded abortions and treatment for severe illnesses. The new, replacement program denies abortions except in cases of incest, rape, or threats to the life of the pregnant woman and will jeopardize the health of many women, especially those with severe health disorders such as epilepsy and heart disease.

Pride...here 'n there

From the International Association of Lesbian/Gay Pride Coordinators, Inc. (IAL/GPC). This is the ninth release of the InterPride Global Calendar 1998 of current established dates for gay pride celebrations. The following dates have been released by local Pride organizations. Information, additions and updates may be found on the IAL/GPC our web site at www.interpride.org.

Albany, NY	Erie, PA	November 7-8
October 4	October 10	Pasadena, CA
Allendale, MI	Flagstaff, AZ	September 19
October 5-9	July 11	Riverside/San Bernardino, CA
Augusta, ME	Fresno, CA	July 11
August 15	September 20	Miami, FL
Bangor, ME	Greenville, NC	October 18
July 9-11		Prince George, BC
Barrie, ON	September 18-19	September 5-6
August 9	Hyannis/Cape Cod, MA	Rochester, NY
Berkeley, CA	July 18	July 18-19
September 3-26	London, ON	Salem, OR
Cedar Rapids, IA	July 3-12	August 15
July 11	Milwaukee, WI	San Diego, CA
Charlotte, NC	August	July 24-
October 7-11		26
Cheyenne, WY	28-30	San Luis Obispo, CA
August	Montreal, QB	July 5-12
12-16	July 29 -	Sudbury, ON
Chico, CA	August 2	July 4-11
August 23	Nashville, TN	Tacoma, WA
Claremont, CA	September 19	July 11
October	New Orleans, LA	Tampa Bay, FL
10	September 26-	July 3-5
Cleveland, OH / Black Gay Pride	27	Tucson, AZ
August 14-15	Bronx, NY	October 17
Dallas, TX / Black G/L Pride	July 11	Vancouver, BC
October 1-4	Oakland, CA	August 2
Dayton, OH	September 20	Wilmington, DE
September 19	Orange County/UCIrvine, CA	October 3
Detroit, MI / Black Gay Pride	August 15-16	Windsor, ON
July 24-26	Ottawa, ON	July 17-19
	July 10-19	
	Palm Springs, CA	

"Avoiding danger is no safer in the long run than outright exposure. The fearful are caught as often as the bold."

—Helen Keller



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Heart To Heart

Dina Bachelor Evan, Ph.D., staff writer

THE HIGH IS THE RIDE

One Christmas my son gave me tennis shoes with bright neon side panels and a pump up arch. The next Christmas he gave me bar bells, turquoise colored bar bells, graduating in size and weight. The kind you can't miss when walking into your room at night. The kind that loudly, ominously make tsk-tsk sounds as you walk by and project guilt from their matching stand. When he gave them to me I sat in the warm glow of the tree, with all family eyes upon me as the bright red bow and metallic green wrap fell away. I unveiled my prize and agonizingly pulled and strained the muscles of my cheeks up, up in an effort to smile. Teeth showing. Lips wide. The bar bells got sent to my bedroom as the last guest left that day, and not a muscle has been strained or pulled higher than my ankle to remove them from their stand since Christmas two years ago.

My son is a surfer. He is buffed out and thirty-something. He has not yet come to appreciate that I too am an athlete. I too am a surfer. Agile. Daring. He surfs the ocean and I surf the crests and troughs of life. Up. Down. High points. Low points. Tenuously balanced, shifting my weight and awareness, poised and awaiting the next big wave. We are both seeking independence, freedom, the joy of balance. We are both hoping that we will not wipe out and die. The thrill and the danger is the same.

Achieving balance is easier said than done. It's tricky! The more you embrace life, become involved and present to all the possibilities - the higher the highs and subsequently, the lower the lows. When you decide to take on the most challenging surf - you will no doubt get a more exciting ride. Eventually, as you ride in the middle of each life experience, you become aware of the polarities that wash you from one extreme of the continuum to another.

The more I acknowledge the places I am little, the bigger I become.

The more I seek success, the more I fear failure.

The more I long for distinction, the more I must be humble to truly embody it.

The more I acknowledge evil, the more I overlook good.

The more I hold on to ecstasy, the more I resist the pain.

The more I seek independence the more I am in the state of dependence upon being independent.

The more I seek Spirit outside myself, the more I lose my awareness of It within.

In the time it takes to inhale a single deep breath, I can be washed from one wave to the other. In my son's vast ocean,

the waves are not separate from the ocean itself. I too am forever riding two ends of the same continuum. Not two separate ideals or realities. Not two things wholly different, but rather two ends held captive by the same stream of life.

I want balance. But no sooner am I immersed in the joy of helping to birth my new grandchild, that the news arrives that my beloved aunt has died. She died just before I could arrange a long promised trip to be with her in Florida. I am again caught up between two ends of the continuum. Hello and good bye. Departure and arrival. Loss of love and new love.

In the last few years, relationships of every kind have become my finest workout, the ultimate trainer. Clients move swiftly from hating me to liking me, from thinking I'm a charlatan to thinking I'm a mentor. Deftly, I try to remain balanced during our pilgrimage together, not attached to what they feel about me, but only what they learn for themselves. My ego wants to be gratified, my spirit knows their journey could take place in any quiet holding space because it is their journey and not mine. The woman in me wants to pack and go sit on a beach in Maui. The final reality: I am the visitor on their path, the guest at their unfolding.

Friends move in and out of my intimate circle of extended family. Some I have grown out of, some have grown out of me. It is all Spiritually correct, all part of the same wave called life.

My children quickly move from wanting a mom, to wanting a friend, to wanting a silent listening ear with no input at all. And just as quickly I must be able to pull from my Mom bag all that I know, I must then tuck gently back into my Mom bag the knowing that I know, or move into admitting that I really don't know or don't need to know.

In my personal relationships, this ride on the tension of life is at it's best. I am forever face to face with letting go of my need for the safety of sameness and upholding my love of diversity. I eat health food, my friends like junk. I go to sleep late, they go to sleep early. I take homeopathics, one drinks Nyquil. There is no justice, not even in old age. It is the tension that creates the excitement., the difference that provides the drive. Life is an on-going challenge and perhaps balance resides somewhere in the willingness to just get up and ride the waves. And I ride. When he is fifty-something, my son will bring me medals for Christmas. By then, he will understand, having earned some of his own.

Dr. Evan is a psychotherapist in Phoenix. To contact her directly call (602) 230-7570. Please send questions or topics you would like Dr. Evan to address along with your comments directly to Women's Central News.

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PHOENIX, AZ 85006
(602) 241-1441

Lesbian Resource Project
266-5542
e-mail lrp@swlink.net
<http://www.swlink.net/~lrp>

RESOURCES

(Please note: This is a PARTIAL list of non-profit groups. If your group would like to be included please write or call us at 898-4844. We are looking for groups supportive of and of interest to Lesbians.)

INFORMATION:

Women's Center, Inc. publisher Women's Central News PO Box 26031 Tempe, Az 85285, 898-4844, e-mail address wcn@swlink.net, website <http://www.swlink.net/~wcnews>

Lesbian/Gay Community Switchboard: 234-2752

Lesbian Resource Project: P.O. Box 1917, Tempe, AZ 85280-1917, 266-5542 (voice).

Valley of the Sun Gay and Lesbian Community Center, 24 West Camelback; , Phx 85013, 265-7283

The Gay and Lesbian Community, based out of Flagstaff, (520)526-6098.

Verde Valley Alternative Lifestyles Directory, 989 S. Main St. Suite 437, Cottonwood, Az. 86326

520-634-1405 e-mail: martimac@sedona.net

SOCIAL GROUPS:

Desert Adventures: Indoor/Outdoor social activities 266-Camp(2267).

Desert Valley Squares, Ltd.: Lesbian/Gay Square Dance Club, PO Box 34615, Phx 85067. Contact C.J. at 252-0048.

Same Place Same Time Breakfast Club, Sundays at Coffee Talk, 48 N. Robson, Mesa 10AM

Desert Hearts Motorcycle Club: Monthly rides. Deb at 279-9228.

Lesbian and Gay Seniors Group: 241-1604

Camelback Business & Professional Assoc., Business networking, socialization, 225-8444.

Scuba Diving Club, Phoenix, 957-9399 or Tucson digital pager, 261-9602.

Parents By Choice-Gay/Lesbian/Bisexual Parents Group. Family gatherings 1st and 3rd Sat of every month. Call 252-3393 or 924-9974 for info or e-mail at JJKOPRY@swlink.net

Arizona Amazons BD/SM organization. Contact Sheryl Tilley at Bobby Cook Studio (602) 254-4513 or E-mail at azamazon@juno.com or Sheryltilley@juno.com find us at www.geocities.com/westhollywood/heights.3231

SUPPORT NETWORKS:

Women Veteran's Support Network: VIRAGO!, PO Box 1171, New Market, VA 22844.

Rainbow Alliance: meets Tuesday at 7:30pm in the Memorial Union at ASU. Contact 965-9756.

Phoenix Chapter of the Gay, Lesbian, and Bisexual Veterans of America meets the first Monday of every month at the Community Center. For more information contact Wally Straughn at 864-6092 or E-mail PGLBVA@aol.com.

POLITICAL GROUPS:

Arizona Committee For Progress: PO Box 40374, Phx, 85067.

Lesbian & Gay Public Awareness Project: PO Box 60881, Phx, 85082. Call 351-3080.

RELIGIOUS ORGANIZATIONS:

Casa de Cristo Evangelical Church: 1029 E. Turney, Phx 265-2831.

CCL/Conference for Catholic Lesbians: Donna 947-8187 (Phx area) or Pat at 326-8379 (Tucson).

Dignity/Integrity: PO Box 21091, Phx 85036. Bill 258-2556.

Gentle Shepherd MCC: Quality Inn, 2nd Ave & Osborn, Phx., 10AM Sundays.

Goddess Womyn Network: Meetings & quarterly newsletter. Call 266-4111.

Healing Waters Ministries: 225 W. University Dr., Tempe 85281, 894-8681.

Lutherans Concerned: Phoenix, Frank 870-3611

Aviv (Jewish lesbian & gays): Call Gene, 996-8622.

Augustana Lutheran Church, 2604 N. 14th St, Phx, 265-8400

In His Steps Christian Fellowship, call 209-8155.

Community Church of Hope, Sunday 10AM, Turney & Central, Phoenix, 234-2180.

Affirmations (Morman), 553-8674

Universal Church of Love, Pastor Joyce Cascio, Chandler, 917-5671

Unitarian-Universalist Congregation of Phoenix, 4027 E. Lincoln Drive, Paradise Valley, 840-8400.

Hand of Love Ministry, 6605 N. 14th St, Phoenix, 602-264-1470.

NEWSLETTERS OF INTEREST:

Rubyfruit Journal, Tucson Wimmin's Community Newsletter. 517 E. Gay St., Tucson 85705. \$15.00.

Flagstaff Women's News: Aradia Bookstore, PO Box 266, Flagstaff, Az. 86002. \$18.00

connoción, Bi-lingual, bi-cultural, latina lesbian newsletter, 1521 Alton Rd, #336, Miami Beach, FL 33139, \$4 sample, \$13 for 3 issues.

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GIRLS IN ARIZONA SEEKING PEOPLE

G.A.S.P. is a success! WCN will continue to run the G.A.S.P. column. The charge for one month will be \$5.00.

Looking for that special someone? Love hiking but don't have a hiking partner? Thought about romance ads but wasn't sure how they work? Well, WCN is announcing G.A.S.P! (Girls in Arizona Seeking People). Here's how it works:

- 1) You send in your submission - limit 50 words, tasteful, clever, discreet. List a P.O. box, e-mail, or whatever for your reply.
- 2) WCN will run your submission for one month in the G.A.S.P! column
- 3) WCN reserves the right to edit, not publish, or otherwise destroy any submissions in poor taste, offensive, or obscene.
- 4) Cost is \$5.00. Send in your submission by the 15th of the month for the next issue. Either mail it or e-mail to wcn@swlink.net.

Some hints for writing your ad:

- 1) Be honest. You can't ever meet the dreamboat you are corresponding with if you've told her you are a twin to k.d. lang when you are really a body double for Mama Cass.
- 2) Mention your likes/dislikes. If you love sand movies and hate dogs, say so. That's what interests the kind of person you want to get to know. Include significant details - like allergic to cats.
- 3) Don't babble. Say what you want, and leave it at that.
- 4) Be careful. We can't stress this enough. We wish the world was a safe place (and chocolate had no calories), but the reality is you must be careful. If you meet someone, go to a public place, do a group thing, whatever until YOU feel comfortable. Don't use your home phone. E-mail, P.O. box or pager is not expensive. Use your first name only.

Looking for honest friendship... 26 yr. old AZ native who loves the desert. Sick of the bar scene but I love to dance. I enjoy traveling, hiking, prospecting, walking and sports (softball, volleyball the Mercury). ISO 20-35 GF with similar interest. BTW I have a kitten. E-mail cmzoe@phnx.uswest.net or page me 392-6293

East Mesa woman young 50. I like going to the plays, movies, symphony, sight seeing, gambling on occasion, and women with a bit of a feminine persona. I am professional and love working. I don't drink or smoke, but I like to play. My e-mail is azkatie@primenet.com

Hi, I'm new to AZ GWF 5'6" 135 BRN/BL, attractive, romantic, high energy, kind. Would like to discover Arizona and beyond with women who are compatible, not to shy, attractive within as well as out, 30+. Not afraid to have some fun! Prefer tall outgoing femmes, NS/ND. Crofty8@hotmail.com

Are you ready for dancing, dining, working out, indoor/outdoor activities? What about fine wine, sushi, barbecues, and travel? GHF, fem 34 welcomes stimulating conversations, getting to know you, no hidden agenda, and have the time of our lives. Right here, right now. All calls/email returned. 803-9952/personnaly@aol.com.

LIFES A TRIP...Why take it alone? Spiritual creative GWF,35, seeks GF "co-traveler", 25-45. I like the Mercury, D-backs, Peppers, plays, films, alternative and jazz. Not Barbie, but you won't need a bag. No Bi's. Fly me! 213-6768

East Mesa woman young 50. I like going to the plays, movies, symphony, sight seeing, gambling on occasion, and women with a bit of a feminine persona. I am professional and love working. I don't drink or smoke, but I like to play. My e-mail is azkatie@primenet.com

Bulletin Board

Astrology - A transformative spiritual/psychological experience. Astrological chart read by well-known west coast astrologer Karen Freeman, M.S. Sedona/Phoenix. Call 520-282-7601.

Marti's Guest Ranch - A nice private cottage yards away from the banks of Oak Creek. A stress free, natural, serene environment. A haven for birds and wildlife. Please call Marti 520-634-4842 or write to Marti McElroy, 989 S Main St, A601, Cottonwood, AZ. 86326 for more information.

Mountain Memories Touring (& parties!) - Our private, outdoor party grounds in the beautiful Desert Hills area are available for any occasion including unions, workshops and our special dinner/dances. We can accommodate 10 to 100 persons at our western theme facility and make your party a unique and memorable one! For further information contact us at: 493-2406 or "tour" with us on the web at www.mmtouring.com

Employed student seeking room or apt. for rent. I can pay approximately \$300 per month and seek a non-smoking, easy going environment. Call Carolyn 942-7876.

Roommate: Responsible GWF seeks same to share 3 bedroom, 1 1/2 bath house, W/D, large yard. Metro area, 35th Ave and Northern. \$325 per month, 1/2 utilities. No smoking, no drugs, light drinker only. Call Michelle 342-7131.

36 year young female homeowner with 2 friendly dogs seeking responsible roommate to rent one room (possible two) for \$300 (negotiable), with huge yard in nice neighborhood near I17 and Northern. Pets ok. Call Kathy 242-7739.

Wanted: Magical Seamstress-to do hemming, alterations, and some magical creations. Ginger home #955-7497 or e-mail sisterginger@webtv.net

Seeking house mate for two homes. Must be quiet, clean, and responsible. Glendale home offers private room and bath, use of whole house with A/C, W/D, cable, pool and spa. East Mesa home, 1/2 mile from I-60 on Crismon offers private room and bath, A/C, W/D, cable, D/W, double garage. Both homes in quiet, safe, clean neighborhoods near shopping, schools, etc. \$450.00 per month including utilities. Call Gloria at 930-8849.

Roommate wanted - Seeking responsible, stable female who enjoys animals to share 2 bedroom 2 bath large double wide mobile home in East Mesa, W/D, own phone, cable, gated security, pool and Jacuzzi. \$300.00 per month plus 1/2 utilities. Deposit required Call 981-7242 for more information.

Bulletin Board notices - \$5.00 up to 50 words and \$5.00 for each additional 50 words.

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The Women's Central News is run by a totally volunteer staff and we need your help so you don't miss a single issue of this fantastic paper. Refer to this sample mailing label and take note of placement of your expiration date.

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