

WOMEN'S CENTRAL NEWS

Arizona's Lesbian Newspaper published since 1974

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Postage Stamp Fights Breast Cancer

Researched by Robin Dee, staff writer

First Lady Hillary Rodham Clinton and Postmaster General William Henderson issued a new postage stamp to help raise funds for breast cancer research. This is the first U.S. stamp in history to have its net proceeds above the cost of postage earmarked for research organizations.

"About 2 million American women suffer from breast cancer today," said the First Lady. "This deadly disease, which claims a woman's life every 12 minutes, has touched the lives of so many American families, including the President's own. I am proud to build on the President's long-standing commitment to breast cancer prevention and research. This historic stamp will be invaluable in our efforts to increase research funding and save lives."

"People purchase stamps every day, and now they can turn that simple act into a meaningful and effective way to participate in the fight against breast cancer," said Postmaster General William Henderson. "So often when we read or hear about breast cancer, we say, 'What can I do?' Now there's an answer: Buy this stamp."

Joining the First Lady and the Postmaster General at the White House ceremony were some of the stamp's leading proponents: Rep. Vic Fazio (D-CA); Sen. Dianne Feinstein (D-CA); and Elizabeth Mullen, breast cancer survivor

and founder of the Women's Information Network Against Breast Cancer.

As a "semipostal" stamp, it will cost 40 cents and will be valid for postage in the amount of the prevailing 32-cent First-Class letter rate. Seventy percent of the \$.08 net proceeds above the cost of postage will be given to the National Institutes of Health (NIH), and 30 percent of net proceeds above the cost of postage will be given to the Medical Research Program of the Department of Defense (DoD). The Post Office itself is considering taking a cut of this money as well for selling them. The NIH and DoD, which both conduct breast cancer research, were identified as recipients of the funds by legislation enacted in 1997. The stamp became available on July 29, 1998.

The stamp was designed by Ethel Kessler of Bethesda, Md., and illustrated by Whitney Sherman of Baltimore. Kessler has a personal interest in helping raise awareness about breast cancer since she is a survivor of the disease.

Breast cancer is considered the most commonly diagnosed cancer among women in every major ethnic group in the U.S. Experts say when breast cancer is diagnosed early (stages I and II), five-year survival rates are nearly 95 percent and there are better options for breast conserving surgery.

Since the 1950's breast cancer has increased dramatically from one in 20 women to one in 8. Stamp designer,

Ethel Kessler said she wanted an 'image that gets to the heart of the matter, that addresses the courage and heroism it takes to fight this disease.' The Goddess Diana is shown drawing an arrow from her quiver with an uplifted arm which symbolizes, "both fighting for a cure and standing in the pose of self-examination." The stamp colors are bright orange, yellow, blue and green, and "speaks of the hope and possibility of finding a cure and having a life on the other side." The words, "Fund the Fight" and "Find a Cure" encircle the right breast area of the stamp. The stamp will only be on sale for two years, however that is one year longer than the usual commemorative stamp.

The name of the picture file of this stamp, downloaded from the Postal Service web site, is breastbig. What's up with that?



Y2K Update



by Robin Dee, staff writer

In early September the Office of Management and Budget reported that the State Department became the latest agency added to the White House list of federal departments in serious trouble with regard to being year 2000 compliant.

Vice President Al Gore met with seven departments facing trouble with meeting the deadline. In addition to the State Department the other departments include Defense, Education, Energy, Health and Human Services, Transportation and

the Agency for International Development.

The feds have begun to pull thousands of workers off their regular jobs and have diverted money to fix federal computers by the deadline.

Gore made it clear that the departments report back to him by mid-October and if they continue to face obstacles he would use his political clout to replace the department heads with those who could deal with the problem.

Without conversion the two-digit date would cause computers to see '00' as 1900 instead of 2000 in which case, for the feds, that could mean anything from benefit checks being delayed to defense systems failing.

CPBA honored by AZ Business Journal

Camelback Business and Professional Association (CBPA) has received the honor of being named #9 on the Arizona Business Journal's list of the top 25 Networking Organizations in Arizona. The announcement was made by CPBA's president, Gregg Edelman.

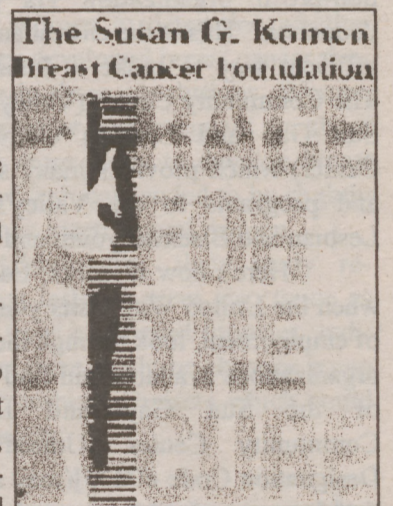
The CBPA has been taking Arizona by storm this past year, and many new and exciting changes are being planned. See page 9 for upcoming events.

Race for the Cure

The Phoenix Race for the Cure, affiliated with the Susan G. Komen Breast Cancer Foundation, invites proposals to respond to the threat of breast cancer, particularly to medically underserved women who are underinsured, uninsured, and/or 'fall between the cracks'.

The Phoenix Race for the Cure is sponsoring its sixth annual race on October 11, 1998. The more participants who enter the race, the more grant money there will be to award. Race entry fees are totally dedicated to the Komen mission of eradicating breast cancer. Our goal for 1998 is 15,000 participants. If you need application forms or have questions please call 946-4696.

Based on the success of our race in 1997, we were able to disribute over \$300,000.00 in support or Arizona projects. For 1998, we anticipate being able to fund grants totaling in excess of \$300,000.00 with individual grants of up to \$25,000.00.



WOMEN WHO DARED - Jody Williams

Jody Williams - Received the 1997 Nobel Peace Prize for her leadership in forming the International Campaign to Ban Landmines (ICBL) and her work in drawing attention to the clearing of over one hundred million anti-personnel mines scattered over large areas on several continents.

Letters to the Editor

Hello,

I am really sorry to hear that Sheryl has moved on to other endeavors. She was my liason and I knew her somewhat personally. We had talked about my forming a latina group and your paper allowed me to meet many quality latinas for socializing and possibly an organization. Through the responses I have received I have been asked to continue with the "Women's Central News". If you would be so kind as to submit under Resources: Social Groups: Latinas Social Group, contact 803-9952 or email Personnaly@aol.com for monthly get togethers until our first official meeting where we will officially be named. Presently, there are over 30 latinas interested and I want to include and inform others of this organization. If there is a cost please inform me so I can mail a check immediately.

Thank you in advance for your help and please inform all staff what a great tool your paper has been to meet people, get informed, and feel a part of the community.

Muchas gracias,
Anita
Personnaly Yours

Thanks for writing. Although Sheryl is taking a well deserved rest from the demanding editor duties, rest assured that she continues to be a vital

part of the WCN. While we miss her fantastic help in getting the paper out, we all realize that there are times when you need to take a breather in your life. We appreciate your wonderful comments, and will continue to help spread the word on your great organization!

Women's Central News:

On behalf of the staff and volunteers of The Community Center, thank you for sponsoring our recent event A Night of Comedy with Kate Clinton and Jason Stuart. The concert was a great success and turned out to be The Community Center's largest fundraiser to date. Much of that credit goes to you for your unwavering support of this organization. I know that it would not have been as successful as it was if it were not for your assistance.

Again, thank you for your support.

Sharing the PRIDE,
Lyle C. Miller
Executive Director,
The Community Center

Dear Women's Central News,

Thanks for publishing my 'Saturday Morning Hike' last issue. I am going to try to sponsor one every month to keep our hiking community on the trails!

Valley of the Sun United Way campaign is underway

Each year employees are encouraged to designate a gift to a local non-profit organization via payroll deduction. This is the easiest and most efficient way to make a donation to The Community Center (Valley of the Sun Gay and Lesbian Community Center) which provides many services and programs to the Valley's Gay, Lesbian and Bisexual youth and adults.

Here's how it works: Each Fall when the United Way visits your place of employment, look through the list of organizations available and find Valley of the Sun Gay and Lesbian Community Center [United Way Designation Code #0275](may also be listed as Lesbian and Gay Switchboard). Place this number and the organization's name on your pledge card. Designate the weekly, biweekly, monthly or annual donation you wish to make to The Community Center.

Every time you receive a paycheck, your pay-stub will show the amount you designated to have donated to The Center (don't worry, it's not donated in one lump sum) Be certain to call or e-mail us at info@phxcenter.org and let us know that you are participating so we can make note in our records. Or you can remain anonymous.

If you wish to designate to The Community Center, but do not want your employer to know your giving a donation to us, follow these steps: Designate your gift to go the General Fund of the United Way today.

After January 1, 1999 here is

what you need to do (and your employer will never know you changed): Call the United Way at 602-263-7701. Ask for Pledge Processing. Inform Pledge Processing that you wish to change your designation to Valley of the Sun Gay and Lesbian Community Center (code #0275). They may try to encourage you to keep it in the United Way General Fund, but we do not benefit from this general fund, only from specific designations. Tell them the name of your employer and the amount of your pay period deduction (they can also increase your contribution at this time, if you wish). Call The Community Center at 602-265-7283, and let us know that you made a United Way designation change. Just leave your name, phone number and address (or if you wish to remain anonymous, just leave your first name). Note: The Community Center will not receive your donation if you place it in the United Way General Fund, until AFTER you change your designation.

Please join the many other Valley community members that have taken advantage of this easy way to pledge a gift to The Community Center. The Community Center deeply appreciates your donation through the United Way.

If you have additional questions about The Community Center, its programs, or making your designation, please feel free to contact Lyle Miller, Executive Director of The Community Center at 602-265-7283.

President's Message

Technology. What a wonderful thing. Saves time, makes things possible that would not be. Here at WCN, we use technology to get the paper out to you each month. We have such a tight timeframe to produce the paper and our staff have such busy schedules, that we depend on e-mail, desk top publishing, and other technology to get this accomplished. Great - when it works. This month, we have had the experience of technology not working. And yet, in your hands, is the WCN. Hopefully, in our usual style and full of timely and interesting information. This month, several people had to put in extra effort to accomplish what you are reading. If we missed your article or event, had a misspelling or typo, we apologize. But we got the paper out, and we are getting better. Thanks to all the staff who worked so hard in getting this one out.

Health News

by Sherrie Nist, staff writer
Gay & lesbian HMO

The Los Angeles Gay & Lesbian center has opened a non-profit medical group, the Lambda Medical Group Clinic, that accepts several major insurance plans and offers a broad array of health care services to the gay & lesbian community. Explaining the need for a service of this type, spokesperson Jim Key said that spokesperson Jim Key said that research focus groups have shown that lesbians in particular have confronted ignorance from doctors and are often reluctant to discuss their health concerns.

Mammogram stressful in elderly

Women over 65 who have abnormal mammograms often go on to have other stressful medical tests, but only 7 out of a 1,000 of those women will go on to develop cancer, according to a report in the September 16th issue of the Journal of the National Cancer Institute. Study investigators Drs. H. Gilbert Welch and Elliot Fisher made this discovery while evaluating Medicare records of more than 23,000 women over age 65. An abnormal mammogram result leads to a round of secondary testing, often extending 4 to

Health care bills

by Sherrie Nist, staff writer

There are currently four bills in Congress which propose reforms to group health plans. AIDS and gay lobby groups are supporting the two Democrat versions, which they say offer the most protection to people with HIV/AIDS. Both Democratic bills explicitly forbid discrimination based on sexual orientation from group health plans.

GOP leadership in both chambers introduces two health care bills of their own to compete with the Democratic ones. The GOP bills do not offer protection based on sexual discrimination.

National Gay and Lesbian organizations have gotten behind the Democratic versions, urging legislators not to pass the GOP bill. The Human

8 months, that can be emotionally and physically traumatic for the patient. False-positive mammogram results are relatively common among older women.

"Elderly women who request or are offered screening mammography should be informed of the likely consequences of undergoing screening and that the benefits for women of age 70 years or older are unproven," conclude editorialists Drs. Rebecca Smith-Bindman and Karla Kerlikowske of the University of California, San Francisco.

New Herpes Drug

Researchers have recently identified Famciclovir, marketed as famvir, as an effective oral medication in the prevention of herpes, making it the third medication approved for that purpose. The other two are acyclovir and valacyclovir. In a study conducted by Dr. Francisco Diaz-Mitoma, and published in the September 9th edition of the Journal of the American Medical Association, patients taking famciclovir remained free of outbreaks nine months longer than study participants who were given a placebo. The study involved 455 women and men with recurrent genital herpes at thirty medical centers in Canada and Europe.

Rights Campaign has sent letters to legislators detailing their position on the bills. AIDS Action has done the same. In a letter to senators, AIDS Action head Daniel Zingale registered their support for the Democratic proposals and explained how the GOP bills leave the door wide open for health plans to deny access to specialists and clinical trials, fail to provide for confidentiality of medical records, and leave it up to the health plans to determine what treatments constitute medical necessity.

The Democratic proposals would prevent health plans from denying patients access to experimental treatments and medical specialists, and require plans to create an appeals process for patients grievances.

Debate on the bills is expected to begin when Congress resumes sessions in September.

COMMUNITY SERVICE

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

The WOMEN'S CENTRAL NEWS is a community-based lesbian monthly newspaper published by an all-volunteer staff for the not-for-profit

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| 10" x 16" (full page) | \$ 125.00 |

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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Voice Mail: 898-4844
Website: www.swlink.net/~wcnews
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Janis Ian Online Auction



Janis and her mother, Pearl Yadoff

Bidding now open

From September 15 to November 15, 1998, Janis Ian will hold an online auction of approximately 300 items of memorabilia - old vinyl records, hand-written song drafts, recording session sheet music, instruments, and clothing. The auction will be held in honor of Janis' mother, Pearl Yadoff, as a benefit for Pearl's alma-mater, Goddard College.

The Janis Ian Online Auction is now open and accepting bids for a wide range of merchandise and memorabilia at <http://songs.com/janisian/auction>. From this web site you can view the merchandise, register to bid, view other's bids, or place your own.

Among the items to be auctioned: •Hamburg Steinway piano •2nd prototype of Janis Ian Santa Cruz Guitar •living room concert •first drafts of many songs •first drafts of articles •two inscribed copies of out-of-print poetry book *Who Really Cares* (currently selling at rare book dealers for \$250 unscripted) •the hat worn on the Stars cover, gifts of jewelry •old vinyl •old safety masters and outtakes •copy of original Society's Child single •glasses used by Nina Simone & James Baldwin during brunch at my mother's home •FBI files.

World Economy

by Robin Dee, staff writer

Like a very nasty virus last years Asian monetary crisis has spread to Japan, Russia and now Mexico.

Japan's economy is suffering from the most crippling recession since the second world war. Rectifying high unemployment and huge debts is essential to their recovery, but also the obstacle to their recovery.

Russia is in the midst of one of its most serious economic and political crises since the collapse of the Soviet Union in 1991. Their economy continues it's descent into darkness. It owes billions of dollars in long-overdue wages, pensions and debts on foreign loans. Possible solutions streaming out of the country are to print more rubles. Unfortunately the ruble has dropped like a rock, and depending upon what day it is presented in the news, it has fallen to about 18 rubles to the dollar.

The Mexican peso has been falling to new lows and is now to about 10 peso's to the dollar also depending upon which day one sees the figures in the news. Mexican bankers have temporarily stopped lending money based upon the \$63.1 billion in current outstanding consumer loans, which represents just a fraction of the total

outstanding loans.

In early September Federal Reserve Chairman, Alan Greenspan, stated in a speech at the University of California at Berkley, "It is just not credible that the United States can remain an oasis of prosperity unaffected by a world that is experiencing greatly increased stress."

World governments borrow beyond their ability to repay. They loan money they don't have. They spend money on 'pork barrel' projects and manipulate figures to show their success.

We do this in America as well. Right now the government collects \$104 billion more in Social Security payroll taxes than is needed to pay benefits. The rest of the government borrows this excess and gives the Social Security trust fund an IOU.

It is projected that by 2013 the retiring baby boomers will surpass the annual tax collected. At that time the government will turn to the trust fund to make up the shortfall. Since the fund is really only a huge file folder full of IOU's and has no money in it - the government has already spent the money - the government will begin raising Social Security deductions and reducing benefits.

Doesn't that just chap your hiney?

Lesbian breast cancer risk likely higher

by Robin Dee, staff writer

Dr. Stephanie Roberts, medical director of Lyon-Martin Women's Health Services in San Francisco, and her colleague Suzanne Dibble presented their findings in late August in Chicago at the 16th annual meeting of the Gay and Lesbian Medical Association.

Roberts and Dibble reviewed the medical records of 586 heterosexual women and 433 lesbians, ages 35 and older, looking for possible risk factors for breast cancer.

While they did not actually track the women to determine whether or not they developed breast cancer they did come to these conclusions: Women who have never been pregnant are about six times more likely to develop breast cancer and lesbians tended to be slightly heavier than heterosexual women.

Additionally, their study reported that lesbians were also twice as likely to have had breast biopsies, indicating that there might be changes going on within lesbian's breasts which could lead to cancer.

Killer wins reversal

by Robin Dee, staff writer

In 1995 Jonathan Schmitz went to Scott Amedure's house and shot him to death on his doorstep, probably right after Amedure opened the door. Three days earlier the two had appeared on the Jenny Jones Show where homosexual Amedure told heterosexual Schmitz he had a crush on him.

Schmitz was tried, convicted and sentenced to 25 to 50 years in prison.

In September of this year the Michigan Court of Appeals overturned the murder conviction saying the trial judge should have let Schmitz's lawyers remove a juror.

Schmitz will remain in prison until prosecutors have exhausted their appeals of the decision. Jeez, is there a possibility this guy will eventually go free?

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Myths Made Mentionable

by Pamela Fitzpatrick

Blame, what a funny word and yet how old it is. Eve blamed the serpent for tricking her, Adam blamed Eve, and here we are, still blaming one another when something goes wrong or not the way we expected.

In many types of healing programs and even in various religions, it seems that one of the biggest lesson's one has to learn is to take responsibility for one's own feelings. You are taught that you can no longer blame another for feeling sad, angry or hurt.

For the co-dependent, maybe it is in accepting the fact they will no longer live as a victim, blaming others for their circumstances. The Hindu may say all of life's struggle's are to teach lessons, therefore we don't blame another when we feel a feeling, we thank them for the lesson. The Christian may choose to forgive another and love their neighbor in efforts of taking personal responsibility for occurrences.

One of my favorite Buddhist authors Pema Chodron has a book out called When Things Fall Apart. She talks of blame in its relation to compassion. She finds that those who blame others are those who do not want to feel their own feelings. When we get angry or frustrated, what do we do, we blame it on someone else, instead of feeling the anger and frustration. When we are in an unwanted situation, we blame, instead of feeling the feeling of being out of control.

In our attempts to be in control and always make things right or to never be wrong, we love to point the finger. Of course there is that old saying, when you point a finger at another, you have four pointing back towards yourself.

It seems we tend to blame those we are closest to the most harshly. If they do not act as we want them to, or if our relationships fall apart, we automatically want to blame. Even bystanders who watch a divorce immediately want to blame somebody

Hate Pusher of the month

by Robin Dee, staff writer

Rep. Randy Cunningham of San Diego was speaking at the San Diego Rehabilitation Institute describing a rectal cancer treatment procedure he underwent for prostate cancer. He was quoted as saying that the procedure was, "just not normal, unless maybe you're Barney Frank," who is a gay congressman from Massachusetts.

What is amazing is that the doctor's didn't poke out one of his eyes since it is obvious where he keeps his head.

to make sense out of it all. It all comes back to being out of control of the situation, feeling uncomfortable about what isn't understood. We want black and white, we want right and wrong, so that we can make sense of our world.

Opening the heart to our feelings, to the sense that we may be wrong or don't have an answer is tough. Feeling grief and failure is tough. Yet, if we don't do these things, we will continue to blame. If we don't have compassion on ourselves and all of our parts, we will continue to blame and we will continue to have battles and wars instead of peace and growth.

Feeling sounds so easy, but easy it is not. Just try letting yourself feel something simple like frustration. Say when you are in the car and in a hurry to hit the blue-light special at the store and a slow grandma pulls out in front of you, is it her fault you feel frustrated?

Feeling your own feelings and finding compassion within yourself is the first step in finding compassion with another.

There is a quote I like from a Buddhist author named Jack Kornfield. He says, "When our sense of self-worth is still low, we cannot set limits, make boundaries, or respect our own needs. Our seemingly compassionate assistance becomes mixed with dependence, fear, and insecurity. Mature love and healthy compassion are not dependent but interdependent, born out of a deep respect for ourselves as we well as for others."

How can we blame one another if we have deep respect for the them, if we have deep respect for ourselves. How can we blame others if we know that we choose to feel the way we feel. Actions of another may in turn make us choose to feel badly, but ultimately we choose.

Guess Eve should have fessed up that she was curious and chose to take a bite of the forbidden fruit and Adam should have followed suit admitting he wanted to be a part of the action as well. Maybe then we wouldn't have 'original blame' in the world.

“ Nothing has happened to me out of the closet that was near as dangerous as being closeted.
Karen Thompson ”

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The Spinal Column

Dear Dr. Susan,

...even though I have massages often, is it better for me to visit a chiropractor also? I never get fully satisfied from a massage, there is still some discomfort. Would a visit really show results?

Leah, Phoenix

Dear Leah,

Really great question! Basically a massage feels good. It feels great to have someone's hands on us; to have someone touch us - it makes us feel cared for. There isn't any scientific evidence that getting a massage has any long term health benefit - it's only a temporary pamper. And for that, it's worth it! I recommend that everyone treat themselves to something they enjoy and/or makes them feel good whether it's a massage, reading a good book, or taking a nice hot bubble bath. Life is too short not to spoil ourselves a little.

Most people get massages to find some relief from a stressful week and sore

muscles. Chiropractors deal with this situation by adjusting the spine. You see, chiropractors locate and remove a severe form of spine and nerve stress, a condition that puts pressure on nerves, unbalances your body, lowers your resistance to disease and weakens you: the vertebral subluxation complex. Those sore muscles are innervated by the nervous system from stress and interference promotes natural healing and a healthier you. No matter what the disease or condition (stress, sore muscles, etc) you can benefit from a healthy spine.

Is it better to visit a chiropractor also? The answer is a resounding "yes"! Massage and chiropractic go well together - just like women. After your massage, after you pamper yourself, slide on into your local, friendly chiropractor's office for an adjustment and feel the difference. Thanks for the question. Cool beans.

- Dr. Susan.

Questions, comments, and chiropractic experiences encouraged. Please write to Dr. Susan 5527 N. 27th Ave, Phoenix AZ 85017 or fax (602) 242-0494 or e-mail WCN.

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Food Sense Makes Dollars

by Boyd Foster-Burns, staff writer
Department of Exercise and Wellness, ASU

Okay, okay I couldn't resist the (poor) pun, but anyone I know pretty much wants to know how to save a few bucks and how to improve their nutrition. Seems hard to believe, doesn't it? A recent survey by the Food Marketing Institute showed that 47% of respondents thought that it was MORE expensive to eat "healthy foods". However, you can actually save a few hundred dollars a year by bypassing the chips and cupcakes and beelining for the fruits and veggies. Research shows that those who eat more healthful diets actually spend less on groceries than Dorito-munching, doughnut-dunking counterparts.

Researchers calculated the food purchases of nearly 300 people with high cholesterol, both before and after they adopted a more healthful, low-fat diet. After 3 months of eating the "healthy food", their weekly grocery bill dropped by 5 dollars. After 9 months, they were saving 8\$ a week. These "reformed" eaters had saved about \$300 a year when it was calculated out.

This surprises many people, but you can check it out next time you go to the store. Potato chips cost more than apples. French fries cost more than raw potatoes. Caramels cost more than bananas. You can try it for yourself when you next go grocery shopping. Shop "normally" for you next week, and shop "healthfully" the week after. See how much you save!

But beware of the low-fat eating pitfall. With the advent of so many low-fat foods (cookies, brownies, ice cream, etc.), many people believe they are eating "healthfully" when they buy only Snackwells and reduced-fat yogurt. Knowing that plain pasta or potatoes are low-fat, some individuals eat three or four times the normal serving size. But this is addictive behavior that is nearly as bad for you as eating high-fat foods.

To be a low-fat food, that is all something has to be low in fat. Some, like fruits and vegetables and whole grains, are naturally low in fat and nutritious, with lots of vitamins and minerals but few calories. However, many manufactured low-fat foods are NO LOWER in calories than their

regular counterparts, and often have very little nutritional value. In essence, 10 low-fat cookies will give you nearly as many calories and just as few nutrients as 10 "original" cookies. Either way, you will get lots of calories but no benefits. For example, three "regular" chocolate chip cookies provide on average 160 calories, 8 grams of fat, and no calcium, potassium, or vitamin C. Three "reduced-fat" cookies will give you 140 calories, 5 grams of fat, and still no calcium, potassium, or vitamin C. Good tradeoff? Think not. How about one cup of strawberries 45 calories, 0.6 grams of fat, 21 mg of calcium, 247 mg of potassium, 84 mg of vitamin C, and fiber!

When you shop and prepare meals, pay attention to fat, calories, and nutrients in the foods you select. Fat grams alone do not tell the whole story. And eat reasonable portions of any food, regular or low-fat. A low-fat or low-calorie food is neither if multiple servings are consumed at a sitting. You may even be better off eating a regular cookie to satisfy that craving (if you can't bear to substitute fruit or veggies) than to eat a half-box of low-fat cookies. If you can limit your serving size, you'll save even more money. Check out the number of servings for price of "regular" foods compared to number of servings of low-fat food!

It all seems to circle back to selecting more natural healthy foods for your grocery dollar rather than manufactured ones. Buy fresh or frozen fruits and vegetables. You can buy fresh fruit in season and freeze it yourself, too (peel the bananas first before freezing; they work great in smoothies). Try eating less meat, by reducing the amount in recipes and serving smaller portions (the recommended serving size is only 3 ounces). Beans are an inexpensive source of protein and fiber. You can try cooking more than you need for a meal and create your own healthier, less expensive frozen dinners with the leftovers for those rushed days.

All told, you can save dollars and your health by making well-informed choices at your favorite supermarket.

HEART TO HEART

by Dina Bachelor Evan, Ph.D., staff writer
BOO

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 to Women's Central News.

When we are little there are lots of things that scare us. The possibility that Mom or Dad might leave scares us. Things that could be hiding under the bed or in the closet scare us. The frightening faces of Halloween scare us.

When we are bigger, and are grown up, other things scare us. The possibility of a lover leaving scares us. The possibility of going too deep into intimacy scares us. Being real scares us. Telling our true feelings scare us. Loving and being loved scares us. Finding out who we really are inside scares us. Maybe we are not so different from our children. Maybe we too hide behind different kinds of masks.

We hide behind words. "I really don't care," which hides "I'm afraid to tell you how much I care." "I'm not afraid," which hides "Please hold me." "It doesn't matter," which hides "I'm afraid to talk about my pain." "I'm fine," which hides "I don't know how to say I'm hurting." "What's the point," which hides "I'm afraid to change." "You don't care," which hides "I'm afraid you'll leave me, so I leave first." "It's your fault," which hides "I'm responsible for my own reality." "There's nothing I can

do about it," which hides "I don't yet believe in myself." "Why bother," which hides "I've lost my sense of power." "That's just how things are," which hides "I have given up."

We also hide behind cigarettes, alcohol, drugs, serial relationships and food. We hide behind interrogation, intimidation, guilt tripping, shame projecting and fault finding. Often we hide behind our fears and the lie that we tell ourselves about not being big enough to heal them. We hide behind the governments that make us do what we do. The lovers that make us act how we act and the bosses who hold us back from being who we really can be. We hide behind the people in our lives who

Internet sites to bookmark

compiled by Robin Dee, staff writer
Kelly Blue Book; get your vehicle's dollar value at www.kbb.com

Dept. of Energy's Hoax List; find the truth about internet hoax e-mail at <http://ciac.llnl.gov/ciac/ciachoaxes.html>

Alex Sheshunoff's E-The People; write a letter, and sign or start a petition with capability of sending it to as many as three of the 140,000 politicians currently listed in his database, from President Clinton to a Tempe

won't go first and who prevent us from being who we really are. Much of the time we hide behind what our parents did, or didn't do, to us, as if being a parent comes with a complete set of tools and skills. We hide behind our pain as if feelings could kill us, our anger as if vulnerability was a bad thing, and our caustic sense of humor as if being real or loving was the same as being weak.

We hide behind busyness, rushing, appointments and too much to do. Sometimes we hide behind our church because we can always be forgiven. Or, our lovers who will love us no matter what we do or say that might be hurtful. We hide behind confusion, telling ourselves we don't know where to find the truth. We hide behind the fear of caring too much, hurting too deeply or getting too involved to take a stand that changes the inequity and inhumanity in the world. Most of all we hide behind the lie that we don't really know what is right, principled and spiritual.

Who knows, perhaps we could take a lesson from our children... consider the charade over ... put down our masks and become real again. Maybe we would discover a safety, once lost, if we were to shed the protective facade that keeps us distanced from each other and our real feelings. Maybe we could find our true selves. There is a sense of relief that comes with being real. An added aliveness that allows us to step out of the shadows. No more spooky secrets to jump out and get us... no more boogie men behind untruths. No more costumes that hide the beauty and rightness of being who we really are.

Every feeling and thought we have is valid and expressing them all from a place of vulnerability is a place of great power. In that place where I honor all my feelings, I can honor yours as well, without judgment and without fear. Funny how that works. Just as in the light of day, the goblins and ghosts are seen for the nonsense they really are, so too our fear diminishes when we are standing in truth. Feelings when brought into the light prove to be nothing more... than simply feelings. Hmm... I wonder... do we adults have the courage to take off our masks when the kids do?

councilperson. E- The People will forward your message to your selected recipients from their site at www.e-thepeople.com

Dave's Math gives you equations and formulas on general math right up to calculus at www.sisweb.com/math/tables.htm

Rating our restaurants is the job of Maricopa County Environmental Services Department inspectors who have listed their restaurant reports at envquery.maricopa.gov

Camelback Business and Professional Association honored

Camelback Business and Professional Association (CBPA) has received the great honor of being named to the Arizona Business Journal's list of the top 25 Networking Organizations in Arizona. CBPA was named number 9. The announcement was made by CPBA's president, Gregg Edelman.

The CBPA has been taking Arizona by storm this past year, and many new and exciting changes are being planned.

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Remaining Pride Festivals

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 October 4
- Allendale, MI October 5-9
- Charlotte, NC October 7-11
- Claremont, CA October 10
- Dallas, TX Black G/L Pride October 1-4
- Erie, PA October 10
- Palm Springs, CA November 7-8
- Miami, FL October 18
- Tucson, AZ October 17

Changes at Odyssey Travel

This year there are some very important changes to our event schedule. First of all, there will no longer be any "Gay Night" private parties at Disneyland. Disneyland recently extended their park operating hours which unfortunately eliminates some 10 or so private parties that take place at the park every year, including our Odyssey night. However, just because we can't do a Disneyland night, doesn't mean we're not going to have a party! Instead, we are going to have a bigger and better than ever private party at Knott's Berry Farm on Friday, November 13, 1998. In recent years, our attendance level has dropped at our Knott's Berry Farm "Gay Night" because of our doing the Disneyland event the same time of the year. But now that we are combining both events back to one event, we anticipate our attendance this year will break our 1989 attendance record of over 13,000 gays and lesbians. The park will be closed to the general public, and Knott's can easily accommodate up to 25,000 of us.

In addition to the park improvements, we are having some great entertainers. We have booked the openly gay comic, Jason Stuart, best known for his Comedy Central's show "Make Me Laugh". In addition, you will not want to miss the up and coming female vocalist, Debbie Clemmer, who will be performing songs from her newly released CD 'Thats Forever'. Then for you Broadway fans, the San Diego Men's Chorus (over 60 in all) will sing several Broadway musical classics.

Please visit our new website at <http://www.odysseyadventures.com> for more information or call (805) 222-7788.

Arizona Central Pride Sets 1999 PrideFest and Parade Date

Arizona Central Pride (ACP) President, Ernie Mendoza, announced at ACP's Annual Meeting that the Phoenix Parks and Recreation Department had approved Saturday, April 17, 1999 for the annual PrideFest and Parade.

The annual meeting included the election of Board Members and executive officers for the 1998-99 fiscal year, as well as year-end committee and financial reports as well as Mendoza's State of the Organization report. The meeting was held Sunday, August 23, at the Embassy Suites Hotel, 44th Street and McDowell Road.

New ACP executive officers for 1998-99 are President-Ernie Mendoza; Vice-President/Secretary - Gary Mangum and Treasurer - Dannie Bregman. Also elected to one year terms on the Board of Directors were ('Daddy') Wayne McMillan and Pat Brinegar. Elected to three year terms were Bill Wilbur, Eric Ciolina, Han Rice and Dannie Bregman. They join current Board Members; Mendoza, Mangum, Beth Verity, Danny Day and Fran Givens.

ACP also closes the 1997-98

fiscal year in a much better position financially, considering the year began with a \$24,000 debt from the 1997 Festival and Parade. "The financial position we are currently in will help us make the 1999 event even better", Mendoza said.

Committee Chairpersons will be appointed at the next board meeting, Sunday, Noon - September 13, 1998, at the Community Center, 24 W. Cambelback Road, Suite C. ACP Board Meetings are open to the public and interested community members are encouraged to attend any and all meetings.

The committees include Logistics, Vendors, Volunteers, Parade, Entertainment, Media/PR, Education, Special Needs, and Fundraising. Anyone interested in serving on a committee should attend the meeting or call PrideLine at 279-1771 and leave a message. "We will find a job for anyone interested in volunteering their time to work on a committee," Mangum said. "Increasing our volunteer base has been identified as one of our major goals for 1998-99."

Book Review

Legacy of Love

Author: Marianne K. Martin

Publisher: Naiad Press

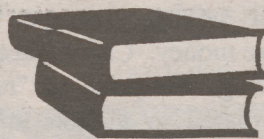
Where to find it: Obelisk Book Store

This novel is the continuation of characters introduced by the author in her novel Love in the Balance. For some odd reason Naiad published the novels in opposite order. So if you've read Love in the Balance, then Legacy of Love is your next reading. The main character, 31 year old Sage Bristo, a misjudged Don Juanita reconciling with years of self-imposed emotional isolation. This time Sage meets up with 43 year old Deeanne Demore, a photojournalist, equally troubled by commitments and highly skeptical of Sage's sincerity towards a monogamous relationship.

After an introduction to Sage's life-story, the characters are developed simultaneously. The author paints inhibitions and passions with

psychological insight. Consequently, along each flip of a page, the reader feels adequately informed and more attached to a character's feelings. Perhaps even more tantalizing is the author's use of emotional fulfillment as a catalyst for passion. Indeed, if you expect a quick read into lesbian erotica, then this book is not for you. But, if you'll enjoy the character and emotional development, then all of the steamy erotic narratives left for the novel's end, will have you screaming from the couch, "Take her!" Once the passion has started, the author provides voyeuristic detail, which by this point is a necessity, and may leave some readers entertaining auto-erotic responses.

I enjoyed reading, no devouring, both of Ms. Martin's novels in a span of two nights.



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Tarot Readings

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Rainbow Alliance:
meets Tuesday at 7:30pm in the
Memorial Union at ASU.

DENISE DAUP, M.A.
Psychotherapist

Willow Counseling Center
2131 E. Broadway Rd.
Suite 8
Tempe, AZ 85282



(602) 921-3936

Your lesbian community calendar and events pull out.

Creative Writing Group

Q: What did the master say to the hot dog vendor?

A: Make me one with everything.

Creative writer seeks more of the same to explore "The Artist's Way." Ren Northup will facilitate Julia Cameron's well-known program to greater creativity. Novice and seasoned writers, all genres and genders welcome.

Group meets Mondays from 7pm to 9pm beginning October 5 at The Community Center, 24 West Camelback, Suite C. The workshops are free but space is limited to eight. Call Ren at 266-0939 or Anne at 256-2365 to reserve your seat.

Far East Valley Network

Tired of going into Phoenix to network? Let's get a group together and find out just how many lesbians are in the Mesa, Apache Junction area. I see you all the time in the stores, at the movies and just driving down the road. We'll start with an informal dessert night and see where it takes us.

The date will be Friday, October 23rd at 7:00 PM. I'll open up my home for the first gathering. If you'd like more information call Sheryl at 986-6679 or e-mail sheryl@swlink.net

Breakfast with Friends

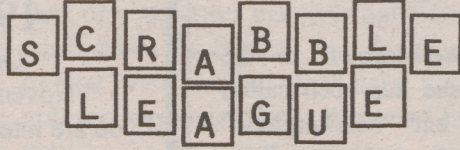
Join us every 2nd Saturday of the month for Womyn To Womyn's "Breakfast with Friends." We meet at 10:00 AM, at the Eggery restaurant, located at Central and Camelback. October's breakfast date is the 10th. For more information, call Cheryl at 780-3102 or e-mail sammie@psn.net.

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!

Saturday Morning Hiking Group

Do you enjoy the outdoors, meeting new people, and hiking? If so, join our hiking group for a morning hike. Our next hike is on Oct. 24th at 9:00a.m. at First Water Trail head in the Superstition Mountains. We will meet on the south side of Power Rd. and the freeway (60) at 9:00 a.m., at the south entrance of Home Depot. We will then car pool to the First water trail. The hike is approx. 4 miles and should take approx. 3-4 hours. This is a moderate level hike and all levels of hikers are welcome! Be sure to bring a lot of water, sturdy shoes or boots, and some snacks to eat. If you have any questions call Deb at 396-8068.



The Tuesday Night Lesbian Scrabble League, held at the Coffee Plantation on Mill Ave. and 6th St. in Tempe, is growing! We meet at 6:00 PM, in the back room. Usually we play two or three games, switching opponents, until we have the winner for the night. Our players cover all levels of skill, and everyone is welcome. Whether you just play for fun, or are viciously competitive (all in fun, of course), or anything in between, come join us. If you have a Scrabble board, or any other Scrabble "paraphernalia" bring it along. It's a great way to have some fun, meet new people, and make friends all at the same time. Drinks are half-price until 6:00 PM, and food is available. For more information, call Sherrie at 946-5570, or e-mail SHNIST@AOL.com.

NOW - National Organization of Women: East Valley Chapter

Meetings will be held the third Thursday of the month from 7-9PM at the Pyle Center, 3500 S. Rural Road, Tempe. For information contact Jennifer Deprey-Jackmen at 917-4760.

Friends of Ellen Brunch

The Friends Of Ellen brunch meets every OTHER Sunday morning at 10:30 at the Good Egg restaurant at Park Central Mall, between Thomas Road and Earll. October's brunch dates are the 4th and the 18th. We try to get a large table outside. If you don't know anyone, just tell the hostess you are with Ellen's group and she will point you our way! For questions and further information e-mail Abitcrazy@aol.com, or call Arlene at 944-9432.

Glenna's Community Potluck

The October potluck will be held on October 17th at 6:00 PM, at the Pueblo - lot 150. The Pueblo is located at 201 E. Southern, Apache Junction.

Directions: Take 60 to Idaho - turn left (N) to Southern. Turn left to entrance. I will open the gate for you. Lot 150 is to your right - 2 blocks to Blanco. It's the second park model on Blanco.

Bring a dish to pass, table service, drinks, and a chair. For more information, call Glenna at 671-4166 or 345-7453.

Latina group

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

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

We're planning festivities, concerts, outings, mexican food, possible Spain/Mexico tours, and lots of fun. We'll be collaborating with the Tuscon Latina Group for future plans. Email Personnaly@aol.com or 803-9952 for further info.

S.C.A.M.P.

New Lesbian E-mail Club

Singles! Couples! Meet people in your area! Join S.C.A.M.P. (Scottsdale, Chandler, Ahwatukee, Mesa, and Phoenix, and surrounding areas) - the lesbian e-mail club for Arizona women only! We are especially looking for lesbians who live in the Chandler/Ahwatukee areas to even out the mix, but all areas are welcome.

Express your opinions, have a laugh, help make policy, and maybe find your dream dyke - who knows! For more information, visit our homepage at <http://members.home.net/beeswax>, and don't forget to check out the Member Pics and Bios. There's also community links to the Womyn 2 Womyn event calender, the Women's Central News, Az Women's News, and member's personal home pages. Get connected!

Support group in Verde Valley

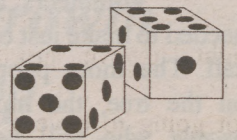
Women's Chat in the Verde Valley is held every Wednesday night from 5 to 7 PM at the Huff n Puff Straw Bale Inn near Sedona. Call 520-567-9066 for more information.

Alternative Healing Workshop

Join us for our highly successful Alternative Healing Workshops & Networking Meetings, where Reiki, Chiropractic and other Alternative Healing Practitioners get to work and learn together. Third Tuesday of every month at the Hand of Love Ministry, 6605 N. 14th Street, Phoenix (between Maryland and Glendale). Expand your abilities and gain new insights with the experts.

Admission by good-will donation. Adepts of all disciplines of Healing therapy are welcome. For more information call (602)264-1470.

Games Night



Saturday, October 10, 7:30 PM. Games Night at Anne's. Bring whatever you want to drink (let me repeat that - bring whatever you want to drink) and munchies will be provided. Call 220-9091 for directions.



Gay & Lesbian literature groups

There are several Gay & Lesbian Literature book discussion groups that meet at "mainstream" book stores around the valley. Call the store for date, time, and the title of the next book.

In Phoenix, Bookstar at 2030 E. Camelback has a group that meets every first Thursday of the month at. Call 957-2001.

Border's at 2402 E. Camelback has a group that meets every second Wednesday of the month. Call 957-6660.

In Mesa, at Borders at 1361 S. Alma School Road, the group meets every third Wednesday of every month. For more information, call 833-2244.

OUToberfest

The Community Center, in cooperation with Echo Magazine, Camelback Business and Professional Association and Wayne Witzig, CPA, proudly present the 6th Annual OUToberfest. In celebration of National Coming OUT Day, OUToberfest will take place on Sunday, October 11, 1998 at South Mountain Park Activity Complex from 12 noon to 4 PM.

Food will be provided by Honey Bear's BBQ and musical entertainment with Sistah Blue, Carmella y Mas and Blaise Lantana. Fun for the whole family with lots of games to play and prizes to win.

Admission, which includes

lunch, beer and beverages, is \$15 per person, \$12 for Community Card holders and \$5 for youth 17 and under.

Tickets will be available soon. For more information call 234-2752 of visit <http://www.phxcenter.org>

Many volunteer opportunities are also available - come to the next OUToberfest committee meeting on Saturday at 10:30 AM at The Community Center (24 West Camelback Road).

See You There!



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, and bloopers, and sharing information about posters, articles, books, and merchandise.



For information on activities, call XenaFan at 813-8681 or e-mail me at xeenafan@worldnet.att.net

Telephone Tree

Let's keep the messages flowing. The way to send any message of interest to the community, at no charge, is by using the Telephone Tree. Tell us what you have to sell, or what you want to buy; ask for a roommate or a place to live; or announce a new business. 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 who will hear your message. Call Jean at 954-8007 for news or to volunteer.



"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.

Simplicity Circle

Simplicity Circle is starting again. We had some time off this summer, now let's get back to the simple life. Call Jo Miller 482-7804 for directions.

Author Laura Antoniou Reads New "Marketplace" Tales

Noted s/m author and leatherwoman Laura Antoniou will be reading from "The Academy: Tales From the Marketplace," on Sunday, November 1st, at 6:00 p.m. at Obelisk Books, 24 W. Camelback, in Phoenix. She will also be a special guest at the Monday, November 2nd meeting of APEX, a leather/SM educational and social group serving the Phoenix community.

Antoniou's work has become well-known in the erotically alternative community, where she has been called "the lesbian Anne Rice," primarily for her "Marketplace" Books. Antoniou has also had great success as an editor, creating the Leatherwomen anthologies which highlight new erotic work; "By Her Subdued," a collection of stories about dominant women; and "No Other Tribute," which features submissive women. Her non-fiction anthologies include "Some Women," and a homage to author John Preston entitled "Looking for Mr. Preston." Antoniou's books have been published in the United States, Germany, Japan, and Korea, to international acclaim.

Antoniou's work has also appeared in other anthologies and erotica collections, most recently in "Things Invisible to See: Lesbian and Gay Tales of Magic Realism," edited by Lawrence Schimel; "The Second Coming," edited by Pat Calafia and Robin Sweeney; "Once Upon a Time: Erotic Fairy Tales for Women," edited by Mike Ford; "Switch Hitters," edited by Carol Queen and Lawrence Schimel; "Ritual Sex", edited by Tristan Taormino and David Aaron Clark; and "Best Lesbian Erotica 1997," edited by Tristan Taormino. Antoniou was also a columnist for *Girlfriends* magazine from 1995-1997, the submissions editor for *Badboy* and *Bi-Curious* magazines from 1995-96, and is a regular contributor to *The SandMUItopia Guardian*.

Antoniou's newest work, "The Academy," is expected out in 1999. She is also currently working on a new book titled "Serious Player."

For more information, call Obelisk Books at (602) 266-2665. For more information on APEX and upcoming events, call (602) 415-1123.

Books edited by Laura Antoniou: *Leatherwomen* (1993), *Leatherwomen II: The Revenge of the Leatherwomen* (1994), *By Her Subdued* (1995), *No Other Tribute* (1995), *Some Women* (1995), *Looking for Mr. Preston* (hardcover, 1995), and *Leatherwomen III: Clash of the Cultures* (1998).

Books written by Laura Antoniou, as Sara Adamson: *The Catalyst* (1992), *The Marketplace* (1993), *The Slave* (1994), *The Trainer* (1995), and *The Academy: Tales from the Marketplace* (to be published in 1999).

To order, contact *Masquerade* at (212) 661-7878, (800)375-2356, or e-mail Masqbooks@aol.com. These books can be ordered through most major paperback distributors.



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Luma sun



1998 Ride Calendar

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.**

Same Time/Same Place Breakfast Club

WOMEN: Please join us at the Coffee Talk, 48 N. Robson, 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 at 848-0083.

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.



WOMEN'S SPIRITUALITY GROUP

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MEETINGS

- ****NEW MEETING DAYS****
We will meet the 1st & 3rd Tues. Of the Month
- Oct. 6th - "Metal Ritual"
Contact Valissa - 468-9672
 - Oct. 20th - "Color / Candles"
How to bless & give intention to candles
Contact Shari - 465-2522
 - Nov. 3rd - "Deathing"
Discussion & Death Preparation Packet
Contact Sue - 253-8498

Dykes to Watch Out For

living arrangements

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ARE YOU INTERESTED?
ARE YOU MAKING ME AN OFFER?

CLARICE! WILL YOU PAY ATTENTION?
HUH?
I WAS JUST SAYING THAT IF YOU'RE REALLY INTERESTED IN THIS HOUSE, I ADVISE MAKING AN OFFER TODAY.

I THINK WE SHOULD DO IT. THIS ONE FEELS RIGHT TO ME.
WELL, SURE, IT LOOKS OKAY. BUT WHAT ABOUT THE PROBLEMS WE CAN'T SEE? LEAD PAINT, AIRPLANE NOISE...

...FUNDA-MENTALISTS, RADON...
HOW MUCH OF A DEPOSIT DO WE NEED TO PUT DOWN?
MEANWHILE...
Grand Opening FREE CAPPUCCINO!
BOUNDERS BOOKS-N-MUZAK

MO! WHAT ARE YOU DOING HERE?
OH, UH... HI, HARRIET. HI, CARLOS. JUST A LITTLE RESEARCH. YOU KNOW, GOTTA STAY AHEAD OF THE COMPETITION.
LOOKIN' PRESIDENTIAL! CLINTON BOMBS BUSTING OUT OF SUBANSE PENITENTIARY.

WELL, I'M NO BOOK MAVEN LIKE YOURSELF, BUT I THINK THE JOE'S BRYTER AT BUNNS AND NOODLE.
I HOPE YOU'RE NOT SPENDING ANY MONEY HERE.
RELAX! WE'RE JUST HAVING FREE DRINKS AND GOSSIPING.

GOSSIPING? ABOUT WHO?
IS SYDNEY REALLY MOVING IN WITH YOU?
AND IS IT BECAUSE SHE'S IN SO MUCH DEBT SHE CAN'T PAY HER RENT?
Y'KNOW, IT'S VERY SAD TO SEE GROWN ADULTS TAKING SUCH AN INAPPROPRIATE INTEREST IN THE PRIVATE CONCERNS OF OTHER PEOPLE.

AND MEANWHILE AGAIN...
WELL, THE GOOD NEWS IS, WE GOT THE MORTGAGE. THE BAD NEWS IS, WE GOTTA REWIRE THE HOUSE BEFORE WE CAN BUY IT. SEEMS THINGS AREN'T QUITE UP TO CODE.
GREAT. WHERE ARE WE GONNA GET THE CAB-BAGE TO PAY FOR THAT? TAKE IN LODGERS?
THAT WAS STUART ON THE PHONE. YOU DON'T MIND IF HE STAYS OVER AGAIN, DO YOU? HIS NEIGHBOR SEEMS TO BE HAVING ANOTHER KEG PARTY.
WHATEVER. HE PRACTICALLY LIVES HERE ANYWAY.

Camelback Business & Professional Association Calender

Aids Walk Arizona

Sunday October 18, 1998: CBPA is putting together a team to walk this year. Last year we had only a handful of walkers. Let's increase the numbers this year. The person who walks with CBPA and raises the most money on our team will get a special prize. Please call Bill Gemmill at 957-9570. When you register please make sure you put this number #985042 on your walk form to get credit as a CBPA walker.

Giddy-Up and Ride-em Cowboy & Girls!

CBPA Takes on the Rodeo October 24-25. Stop by and say Howdy! Call Wild Bill at 957-9570 to volunteer to sit at our booth during the rodeo weekend. CBPA will be hosting a buckle for one of the events.

OutoberFest 1998.

CBPA helps sponsor this years OutoberFest. Come join us at South Mountain Park on October 11th, National Coming Out Day! We will be raising money to help The Community Center's Voit & Horizons youth groups. For additional information please call The Center at 265-7283.

Cat Show

Calling all cat lovers! There will be a cat show at the Mesa Community Center, Saturday, October 17th, 10:00 AM to 5:00 PM, continuing on Sunday, October 18th, 9:00 AM to 4:00 PM. For more information, e-mail Barbara at hobbitat@aol.com.



Police Chief To Address CBPA

By Margot Marie Bronski, WCN staff

Now 19 years old, The Camelback Business & Professional Association - our gay and lesbian Chamber of Commerce - continues to grow and be successful with high profile guest speakers and a recent media accommodation.

Phoenix Police Chief, Harold Hurtt, will be the guest speaker at the CBPA's general meeting to be held Thursday, October 15. The meeting will be held at the Phoenix Airport Hilton beginning at 7 PM. Reservations need to be made, and tickets paid for, by October 13. Tickets are \$15 for members and \$17 for guests. Mail your payments to CBPA PO Box 2097, Phoenix, AZ. 85001-2097 or call in your RSVP at 2285-8444 with your VISA or MasterCard.

Governor Jane Hull is tentatively scheduled for the January general meeting.

In late August CBPA was honored by The Arizona Business Journal as number 9 of the Top 25 Networking Organizations in Arizona. To facilitate networking, CPBA now has Lunch Bunch gatherings each month on both the east and west sides of the valley. Their NETMIXers are also popular events.

To be added to the CBPA e-mail list, call 225-8444 and leave your e-mail address.

2nd Annual Lesbian Putt-Putt Golf Tournament

Hey ladies, get ready for our 2nd Annual Miniature Golf Tournament (aka Goofy Golf, Putt-Putt Golf, etc.). For those of you who can't or won't drive that little ball 350+ yards down the fairway, and for those of you who can but don't take your golf too seriously, this is the event for you!!! Our very gracious and accommodating hosts at Castles & Coasters have again reserved one of their courses just for us. The date for this event is 25 October, that's a Sunday, at 1:00pm. Prizes will be awarded based on your performance, or lack thereof, during the tournament, as well as several prizes for "other than golf" related things (like best dressed, etc.)

Registration in advance is crucial to make sure we have enough

prizes and also to make sure Castles can accommodate us. The registration fee is \$6.00 per individual or \$11.00 per team of 2. You will play in teams, so if you and someone else wish to play together, register together and save a buck. Please send your name, phone number, team name, and check or money order made out to Kelly Dobens to the following address: 2230 N. 23rd Place, Phoenix, 85006.

If you need more information, feel free to contact me, 225-0940 or KELSTR@aol.com All monies collected above expenses will be donated to the Valley One In Ten youth organization or another local lesbian charity that will be announced during the tournament.

See you there!!!

Community Center to present seminar on tax changes for 501(c)(3)'s

As a service to other community organizations, The Community Center will present, in cooperation with Camelwest Tax Service, a special informational session on recent Federal and State tax law changes that affect organizations exempt under Internal Revenue Code Section 501(c)(3). The free 90-minute session will be held the evening of Tuesday, October 27, 1998 at The Community Center in Phoenix, and reservations are requested at least one week in advance to assure space.

The session will review recent changes and cases applicable to such organizations, including new IRS regulations issued in August which call for assessment of penalties against of-

ficers, directors and other responsible persons who allow "excess benefit" transactions to occur within the organization. This is an entirely new source of potential personal liability for those involved in such organizations.

Any Phoenix area organization exempt under Section 501(c)(3), who has not received a mailing on this, please call either Lyle at The Community Center (602-234-2752) or Bob Lind at Camelwest Tax Service (602-841-5414) (or e-mail at: camelwest@aol.com) for information. Those involved with such organizations in Tucson and other Arizona cities are also welcome to attend; please call or e-mail for specifics.

Camping at Dead Horse Ranch State Park

Join us at Dead Horse Ranch State Park, near Cottonwood, AZ on Oct 16-18, 1998.

Don't be alarmed by it's name: this state park is located near the community of Cottonwood in the scenic Verde Valley and is alive with animal and human activity. It's known as a 'nest' for birdwatching, the park is also favored for picnicking, camping, canoeing, horseback riding and stream and pond fishing. Walking trails meander along the shady banks of the Verde River. It's a good base for

exploring other attractions such as Tuzigoot and Jerome, so bring along a tow vehicle to carpool if you can.

Improved campsites have water/electric for \$15/night. Showers, flush toilets, and dump station. No reservations are accepted, but we may select our own location/loop on arrival. (Ask the Ranger where other RVW are parked.) This 328 acre park has 45 camping units, a visitor center, ramadas and hiking trails. For more information call your hostesses at 520-639-0634.



“ Slowly but surely, gay people are coming around to the idea that if you continue to be invisible, that's all you will be, and it's not a nice life. ”

Bev Clark

Gaywatch

Look for Ellen Degeneres on October 23, hosting the VH1 Fashion Awards at New York's Madison Square Garden.

Womyn 2 Womyn October Events

On Saturday, October 3 there will be a Womyn 2 Womyn Fall Foliage Hike in Flagstaff. This hike will be easy to moderate and end at one of the favorite Flagstaff restaurants for dinner. Bring a bag lunch, plenty of water & dress in layers. Wear comfortable hiking shoes. Meet at 8:45am at Trader Joe's, Town & Country Mall, South East corner of 24th St & Camelback. Call Sara 244-8307 to confirm or just show up. We will leave no later than 9am.

Alternative Healing Workshop

Join us for our highly successful Alternative Healing Workshops and Networking Meetings, under the stars in a beautiful candle-lit garden setting, where Reiki, Chiropractic and other Alternative Healing Practitioners get to work and learn together. Third Tuesday of every month at the Hand of Love Ministry, 6605 N. 14th St. Phoenix (between Maryland and Glendale). Expand your abilities and gain new insights with the experts. Admission by goodwill donations. Adept of all disciplines of Healing therapy are welcome. For more information call (602)264-1470.

Action growth workshop

Increase your own natural powers and enjoy a very powerful workshop/seminar. Grow; prosper with positive guidance, expand your own gifts of spirituality, psychic, healing, control, past lives. Participate and experience exciting power and knowledge.

Noted Psychic and Healer Roderic Vickers will discuss the Spiritual connection with Psychic and Healing abilities and how you can develop and improve your own skills through meditation and other methods.

Touched on will be past life regression, and noted religion historian Rev. Tom Lee will lead discussion on religious origins and developments in light of New Age discoveries and practices.

Refreshing lunch included.

Columbus Day Weekend Oct 10th and 11th 10:30 to 4:00 and repeated Nov 21st and 22nd.

Prior registration and payment required. Call (602) 264-1470 for more information. Workshop will be held at the Universal Life Hand of Love Ministry, 6605 N. 14th St. (between Maryland and Glendale) Phx 85014-1410.

Theatre Group

A new lesbian group is forming whose purpose is to attend the theatre, plays, movies, etc.

A meeting is scheduled for Thursday, October 8th at 6:30 pm to setup the parameters for the group. Meeting starts at 7:00 pm.

Call Joyce at 395-1579 for directions to location and other information.

October 1998

Community Calendar

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
27 Same Time/Same Place Breakfast Club, pg. 7	28 	29 Scrabble league, pg. 7	30 Verde Valley support group, pg. 7	1 Writers group, pg. 7 G/L literature group, pg. 7	2	3 W2W fall foliage hike, pg. 9 Bowling, pg. 11
4 Same Time/Same Place Breakfast Club, pg. 7 Friends of Ellen Brunch, pg. 7	5 Creative writing group, pg. 7	6 Scrabble league, pg. 7 Women's spirituality group, pg. 8	7 Verde Valley support group, pg. 7 G/L literature group, pg. 7	8 Writers group, pg. 7 Theatre Group, pg. 9	9	10 Los Amigos Del Sol, pg. 8 W2W Breakfast with Friends, pg. 7 Bowling, pg. 11 Games Night, pg. 7 Action Growth workshop, pg. 9
11 Same Time/Same Place Breakfast Club, pg. 7 OUToberfest, pg. 7 Action Growth Workshop, pg. 9	12 Women's Spirituality Group, pg. 8 Creative writing group, pg. 7	13 Scrabble league, pg. 7	14 WCN general meeting 333 E. Virginia #106 7PM Verde Valley support group, pg. 7 G/L literature group, pg. 7	15 Writers group, pg. 7 Alternative Healing Workshop, pg. 7 CBPA general meeting with Phx police Chief Harold Hurtt, pg. 9	16 Camping At Dead Horse Ranch, pg. 9	17 Cat Show, pg. 9 Camping at Dead Horse Ranch, pg. 9 Bowling, pg. 11
18 Same Time/Same Place Breakfast Club, pg. 7 Friends of Ellen brunch, pg. 7 AIDS walk AZ, pg. 9 Cat Show, pg. 9 Camping at Dead horse Ranch, pg. 9	19 Creative Writing group, pg. 7	20 Scrabble league, pg. 7 Women's Spirituality Group, pg. 8 Alternative Healing workshop, pg. 7	21 Verde Valley support group, pg. 7	22 Writers group, pg. 7 TLC at Gay Rodeo, pg. 11	23 Far East Valley network, pg. 7 TLC at Gay rodeo, pg. 11	24 CPBA at the Rodeo, pg. 9 Saturday Morning Hilkig Group, pg. 7 TLC at Gay Rodeo, pg. 11 Bowling, pg. 11
25 Same Time/Same Place Breakfast Club, pg. 7 CPBA at the rodeo, pg. 9 TLC at Gay Rodeo, pg. 11	26 Creative writing group, pg. 7	27 Scrabble league, pg. 7 501(c)(3) tax change seminar, pg. 9	28 Verde Valley support group, pg. 7	29 Writers group, pg. 7	30 	31 Bowling, pg. 11
1 Same Time/Same Place Breakfast Club, pg. 7 Friends of Ellen brunch, pg. 7 Laura Antoniou at Obelisk, pg. 8	2 Creative writing group, pg. 7	3 Scrabble League, pg. 7	4 Verde Valley support group, pg. 7	5 Writers group, pg. 7	6	7 Bowling, pg. 11



Become a member of the Valley's Lesbian Newspaper!

When you subscribe to the Women's Central News you receive a whole year of event announcements; 12 monthly issues telling you what's going on, delivered right to your mailbox in a plain white envelope. If you give a gift subscription to someone, we will mail the name(s) listed an attractive certificate stating that their present from you is on its way. IF YOU MOVE, remember that the post office will NOT forward 3rd class mail so you must change your address with us. Thank you for supporting our community newspaper and the many women who volunteer to make it possible. The below is a: (circle one) New member - Renewal - Change of address - Gift from

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Comments: _____

INSIGHTS: Exploring Body & Mind Connections is offering the following workshops:

STRAIGHT TALK

A workshop for lesbian couples who are wanting to find ways to strengthen their communication, intimacy and commitment. This workshop offers not only information but a chance to practice and get support from other couples.

Starts Friday night, October 2 and concludes after a full day on Saturday, October 3. Cost: \$150

NEEDLE IN A HAYSTACK

A workshop for single lesbians who are trying to figure out how to date, who to date, when to date, even what dating means. This workshop supports participants in understanding what they want; what holds them back and how to move forward.

Saturday, November 14. Cost: \$50

Coming in the Fall:

BIOENERGETICS:

A workshop on understanding the body/mind connection and how energy works to heal our wounds. Sandra Leal is the presenter. Note: This workshop will be a prerequisite for Reiki I and Reiki II classes.

REIKI I AND REIKI II:

Ageless Japanese energy healing techniques and practice of life. Bioenergetics is a prerequisite.

Coming in February:

SEX FOR COUPLES

A workshop developed to aid couples in communicating about sex and finding ways to keep sex and sensuality alive and well in their relationships.

TO REGISTER FOR ANY OF THE WORKSHOPS OR FOR MORE INFORMATION CALL 257-1964.

All workshops are held in our offices at 333 E. Virginia, Suite 106, Phoenix.

TLC Chorale announces '98-'99 season events

TLC Chorale, Phoenix's only all women member of GALA (the international alliance of gay choruses), has a full schedule of concert events planned for the holiday season and the new year. Under the leadership of conductor Kimilee D. McCreary, the group plans to blend both traditional musical favorites with feminist non-traditional pieces.

Previously operating under the auspices of the Lesbian Resource Project, the group has taken a new direction as it operates as an independent entity. With their new autonomy, the Chorale is undergoing a push for new members. "Our mission is to provide a forum for lesbians, regardless of musical ability. No

formal auditions are held--if you sing, play an instrument or just enjoy music, we have a place for you at TLC," said alto Stacy Mitchell. "The goal is to have fun and, encourage a sense of community while developing musical skills."

Practices are held 7pm each Thursday at Augustana Lutheran Church, 2604 N. 14th Street, Phoenix. For more information please call Operations Manager Barbara Woodrich, 878-5430.

Scheduled events:

October 22-25, Arizona Gay Rodeo
TLC Chorale will be performing both US & Canadian national anthems at one of the opening ceremonies for the rodeo.

November 14, 7PM Carol Eagleheart concert

TLC Chorale joins popular artist, songwriter and environmental/feminist Carol Eagleheart at the Unitarian Universalist Church of Phoenix, 4027 E. Lincoln Drive, Paradise Valley.

December 12, 7:30PM Holiday concert

TLC Chorale presents the gala performance of the season! Special guest appearance by Valley soloist Tracey Cruz, who will add a big band flavor to her Broadway and country stylings. Negotiations are also underway for an appearance by the Grand Canyon Men's Chorale.

"Bowl in the Dark"

Join us every Saturday afternoon for "Bowl in the Dark Day", at Brunswick Mesa Lanes, located at 1754 W. Southern Ave., Mesa, from 1 - 3:00 PM. This cosmic event features glow in the dark bowling balls, rock music, and free soda. Twenty-four dollars pays for up to six people.

For more information, e-mail beeswax@home.net.

“ Being honest about one's sexuality helps turn ignorance into acceptance. ”
Amanda Bearse

Have you expired?
The Women's Central News is run by a 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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Col. Grethe Cammermeyer victorious

WASHINGTON -- Colonel Grethe Cammermeyer is poised to offer a serious challenge to Republican incumbent Rep. Jack Metcalf after handily winning Washington's second Congressional district democratic primary last night, according to the Human Rights Campaign.

"Grethe won because she articulated her vision of how she could improve the lives of people living in her district. Her candidacy has generated a lot of excitement and we expect her to give Metcalf a serious fight. This primary victory shows that the Colonel is ready for battle," said HRC political director Winnie Stachelberg.

In the second district democratic primary, Grethe Cammermeyer got 28% of the vote; her Democratic opponent took 15%. HRC's PAC contributed \$5,000 and mobilized Washington members to support Cammermeyer's campaign. In a show of vulnerability, incumbent Jack Metcalf received a disappointing 50.5%. Metcalf's HRC rating for the

104th Congress was zero.

Cammermeyer earned a Bronze Star in Vietnam, but was discharged in 1992 after disclosing her sexual orientation in a 1989 interview for a top-secret security clearance. A federal judge later ordered her reinstated and the government did not appeal.

This has been a "break-out" election cycle for the gay and lesbian community. The primary victories of three openly lesbian candidates signifies the first time non-incumbent openly gay candidates have won Congressional primaries. In San Diego, city councilwoman Christine Kehoe won her unopposed primary and she will now face two-term Republican Congressman Brian Bilbray. On September 8, Wisconsin state Rep. Tammy Baldwin's won her democratic primary in the 2nd Congressional District. Baldwin will now face Republican Jo Musser.

"We have three strong candidates -- all have the capability to win. We are poised to make history this year," said Stachelberg.

That Time Of the Month!

Semi-Coherent Opinion by Margot Marie Bronski

I've been thinking about the Clinton mess and at this point there's only one thing I know fer shur - I'm shur as hell glad I'm a dyke cause I shur as hell don't understand the male of our species!!!! Here's a guy on top of the world, with the ideas, drive and personality to be one of our best presidents and he blows it - or at least gets it blown - several times.

I've been around awhile so I've known a few guys like him. Proud owners who just gotta take their ding-a-ling out now and then for everyone else to admire. Are we talking about a "meaningful relationship"? No! Does he have brains enough to use a professional dial-a-date? No! We're talking romps in the back seat of Dad's Chevy after the sock hop!

Maybe he was ticked cause Hillary didn't get him a pony for Christmas. I still think she should have had him fixed at the same time as Buddy, the White House pooch was done. I doubt that Socks, the White House cat is surprised by any of this - cats are never surprised when people do stupid stuff.

I didn't bother reading the Starr Report. I've got better things to do with my time than pouring over several thousand words describing sex between straights, consenting or not.

listening to it. As with Sisters on Stage, the links to individual musician's pages, other lists, etc., are all there, along with links to sites covering the history of women in music, a bibliography for women in music (extremely extensive), women's music organizations, women's record labels, women-run record stores, magazines devoted to women's music women's radio shows (on the actual radio and online; at Amazon City Radio you can download a "Real Audio" player, and listen to it on your computer), the women's music festivals, a bulletin board with ads by bands seeking musicians and vice versa, and an exhaustive list of bands that contain at least one or more women, as well as all women bands and solo artists. This site rocks!

Moving on to movies, <http://www.geocities.com/westhollywood/6271>, is a goldmine for lesbian film fans. This list goes on forever. Each film has a rating, on a scale of zero to five, for lesbian content only. The site points out that they are not rating the quality of the film, the acting ability of the stars, or the writing. Reviews can be accessed alphabetically or by genre, some with sound bites.

And by the way, because of our deadlines I'm am writing this while Clinton is still our president. By the time you read this it might be President Gore. I wonder what first lady Tipper would say if the Starr Report were set to music?

Clinton's critics are all saying it's not about you-know-what...it's about lying. Good grief, he was hounded for years by Starr and his Red Guard. They spent enough money to cure one or more forms of cancer. They finally backed him into a corner about the backseat stuff. And now they're worked up cause he lied. Well duh?!? Of course he lied! He wrecked Dad's Chevy.

One of the truly sad truths is this: as far as presidential material goes, he's was, and is, head and shoulders above the two guys he ran against. I always thought Bush and Dole should have run under the slogan, "Vote for Me Cause it's My Turn to be President." I doubt that either of them would have been caught in a mess like this - that's not a moral judgement, I just don't think either of them had the imagination for it. Maybe if I live long enough, some day I'll be able to vote for a president, rather than against the other guy. Hell, maybe some day I'll even be able to vote for her.

You have to wonder what Hillary is thinking. Book deal? South of France? Chain saw? And poor Chelsea - she's got to be working on a list of new, last name possibilities. (Margot can be reached at margotm@swlink.net).

“ We must be proud of who we are, and we cannot do that when we hide. ”

Martina Navratilova

Sherrie's Online Lesbian Tour

by Sherrie Nist, staff writer
Lesbian Culture

If you're online and wish to immerse yourself in lesbian culture, you've in the right place. There is no shortage of lesbian culture on the Internet. Many fascinating web sites are devoted to the celebration of lesbian books, music, and art in all it's myriad forms.

A good example is the "Isle of Lesbos" site, at <http://www.sappho.com>. Billed as "A place of art, culture, and learning for women-oriented-women," and named after Sappho, a Greek poet circa 630 B.C., the Isle of Lesbos was created and is maintained by Alix North. This site has pages devoted to lesbian poetry, art, and the spoken word (quotations).

At "The Poetry Center", there are samples of poetry from 19 lesbian poets. When you click on a name, you'll get samples of their work, a biography of the poet, and

suggestions for further reading.

"Classical Art" features over 65 works of art from 40 artists, that contains lesbian images, as opposed to art created exclusively by lesbians. You can browse by time period or artist.

"Quotations" was fun. It featured a collection of quotations "by, about, and of interest to lesbians." Thirteen names were on the list, including Rita Mae Brown, Amanda Bearse, Radcliff Hall, Florence Nightingale, Eleanor Roosevelt, and Two Nice Girls (a music group; their quote was "We love men. We just don't want to see them naked.")

If it's music by lesbians you're interested in, it's "everywhere" (like us). Sisters on Stage, at <http://dykesworld.de/sweetmusic.html>, is a site dedicated to "Women in the Music Biz who are out as being women loving women." You'll find links to individual musician's home pages, their fan clubs, and other sites that are also collections of musical links, representing women musicians of every imaginable genre.

My favorite music page, "She's Got the Beat," <http://www.geocities.com/Nashville/4479/lafemme.html>, is an incredible site for anyone who is interested in women's music at a level beyond just

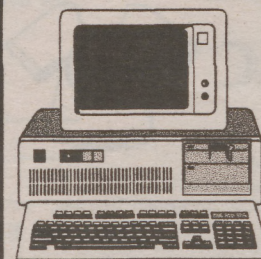
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EQUALITY BEGINS AT HOME

Washington, DC -- The National Gay and Lesbian Task Force announced today that it will award \$5,000 grants to the statewide organizations that comprise the Federation of Lesbian, Gay, Bisexual and Transgender Statewide Political Organizations. These funds are to be used for their efforts in planning and implementing Equality Begins at Home events. Equality Begins at Home is a series of actions in support of gay, lesbian, bisexual, and transgender (GLBT) equality that will be held in every state and territory during the week of March 21-27, 1999.

These grants mark the first time that a national organization has made funds available to statewide gay, lesbian, bisexual, and transgender (GLBT) political organizations in every state. "Our greatest hope for GLBT equality rests with the work that activists do every day in every state," said Kerry Lobel, executive director of the National Gay and Lesbian Task Force. "These grants are only a small reflection of our confidence that an investment in Equality Begins at Home actions now will transform our nation forever."

The Federation facilitates cooperation and communication among organizations whose primary mission is to seek legislative change that benefits GLBT persons. The Federation is also intended to be a clearinghouse for exchanging information and ideas among these state groups. In addition, the Federation works to assist existing and new groups in addressing their organizational development needs and to provide a structure for better working relationships between statewide and national GLBT organizations.

NGLTF serves as the Federation's coordinator to support the

work and resources of the Federation. The Equality Begins at Home Steering Committee is comprised of six Federation members. In July, the Task Force hired Paula Ettlbrick, a highly respected activist and legislative attorney, as national coordinator for Equality Begins at Home.

"We commend NGLTF for helping build the infrastructure that every state needs to work for GLBT equality," said Dianne Hardy-Garcia, co-chair of the Federation and executive director of the Lesbian/Gay Rights Lobby of Texas. "These grants come at a key time in the history of our movement."

"These funds help ensure that every state and territory will have an Equality Begins at Home action," commented Roger Leishman, of the Gay and Lesbian Rights Project of the Illinois ACLU and co-chair of the Federation. "It is impossible to overstate how critical next year will be in state efforts for equality."

Only member organizations of the Federation will be considered for a grant in this cycle. NGLTF will work to build statewide organizations or identify Equality Begins at Home planners in states and territories that are not currently members of the Federation to ensure full participation in Equality Begins at Home actions around the country. Each state or territory will receive one award. For more information about Equality Begins at Home actions, contact Paula Ettlbrick, National Coordinator, Equality Begins At Home, at 212/633-9775 or pettelbrick@nglftf.org. Information about Equality Begins At Home is available at <http://www.equalitybeginsathome.org>.

Gay, lesbian and bisexual vote: sizeable significant, bi-partisan, and growing

WASHINGTON, DC---The gay, lesbian, and bisexual electorate in America is sizeable and growing and could be especially influential in mid-size city congressional elections. An off-year election, combined with the Clinton crisis, portend a very low turn out in November - adding even greater potential significance to the GLB vote. Today, the National Gay and Lesbian Task Force (NGLTF) released *Out and Voting: The Gay, Lesbian, and Bisexual Vote in Congressional House Elections, 1990-1996*. The report is an in-depth profile of the gay, lesbian, and bisexual (GLB) voting block and the first-ever analysis of the impact of this emerging constituency in national congressional elections.

"Out and Voting is a wake up call to the major parties, to congressional candidates, and to the gay, lesbian, bisexual, and transgender (GLBT) community itself. Our vote can make a difference," said Kerry Lobel, NGLTF executive director. "The voting booth is not the closet it once was," she added.

The GLB vote receives far less attention from the major parties, candidates, and the media as compared to other voting blocks. Yet, the report demonstrates, at 5% the GLB vote is as significant as other definable segments of the electorate (Latinos 4.5%, Jews 3.4%, and Asian Americans 1.1%). In addition, the report shows the GLB vote to be growing over time. Self-identification among GLB voters jumped from 1.3% in 1992 to 5% in 1996.

The report was authored by Dr. Robert Bailey of the Rutgers University School of Public Policy and Administration and produced by the Policy Institute of the National Gay and Lesbian Task Force. Among the report's findings is that, contrary to conventional wisdom, the strength of the GLB vote is most significant in medium sized city congressional districts. Bailey shows rates of voter self-identification to be highest in medium sized cities (8.9% in 1996).

Out and Voting also shows the GLB vote to be bipartisan. More than one out of four (28%) GLB voters in the 1996 election voted Republican. According to Vaid, director of NGLTF's


Policy Institute, "Such electoral diversity and fluid loyalty should send a signal to Democrats that they should not take the GLB vote for granted and to Republicans in swing districts that they dismiss this vote at their own peril."

Along with an important message to Democrats and moderate Republicans that the GLB vote should be considered seriously, the findings of *Out and Voting* also sound an alarm to GLB voters themselves. According to Urvashi Vaid, "The GLB vote is just beginning to be harnessed by our movement. The Bailey report sends the important message that the votes we cast add up -- but we must take our power at the polls seriously."

The report was released at a press conference today at the National Press Club. Dr. Bailey presented on the findings of the report. Vaid spoke about the current prominence of GLBT issues in the current political debate and the impact the Clinton crisis may have on the GLB vote. Rich Tafel, executive director of the Log Cabin Republicans, discussed the gay Republican vote and the battle for the heart of the Republican Party. Daniel McGlinchey, National Stonewall Democratic Federation interim executive director, talked of the growing recognition of the GLB community by congressional Democrats. Kathleen DeBold, Gay and Lesbian Victory Fund political director, provided a briefing on the 1998 congressional campaigns of out lesbian and gay candidates. Winnie Stachelberg, Human Rights Campaign political director, discussed community voter mobilization and key House races. NGLTF executive director Kerry Lobel moderated the press conference.

The *Out and Voting* report is free to the press and can be obtained by contacting NGLTF communications director Tracey Conaty at (202) 332-6483 ext. 3303. The report is also available to the public for \$10. Orders can be made by calling (202) 332-6483 ext. 3327. The report can also be accessed from NGLTF's web site at <http://www.nglftf.org/pub.html>.





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Hallowmas

by Karen L. Forrester, staff writer

Hallowmas, observed on October 31, is the ending and beginning of the cycle of the year and thus is the Wiccan New Year. This is the night that the year makes a new start by descending into death in order to be reborn. One of the eight Sabbats, this holiday is also known as Samhain (pronounced Saw-wain), Hallows and All Hallows Eve.

This holiday is the time to acknowledge that the year is ending. As Diane Stein explains in her book *Casting the Circle*, the harvest is finished and the fields lie fallow. But at the same time that the year is dying, it is also being reborn. Quite in keeping with the Wiccan world view, the end is also a beginning as the Wheel of the Year turns on. For the year and all life move in a circle, and a circle has no end.

At Hallowmas, the Goddess "displays Her third aspect as the destroyer of life . . . the Sacred Hag," says Zsuzsanna Budapest in *The Holy Book of Women's Mysteries*. "She represents nature in winter - death, which is organically important for future life."

This is the night of Hecate, Goddess of life and death, who is the "Lady of tremblings, the sovereign lady, the mistress of destruction who sets the world in order," says Budapest. Hecate is also the one who delivers us from destruction, the "Lady of light, She who is in front, the lady of strength, quiet of heart who gave birth to all that is alive."

Stein and Budapest note that Hallowmas is a night to remember foremothers related by blood and by culture. And it is the holiday when it is fitting to remember the holocaust that took place in Europe during World War II and the Burning Times of the 13th to 17th centuries, when millions of healers, lesbians, landholders and other independent women accused of being witches were killed by such means as burning, drowning and hanging. However, says Stein, "The emphasis at Hallows is not on bitterness, but on love and compassion, and the understanding that what is gone is not lost, what dies is reborn. It's an understanding and affirmation of women's herstory and personal pasts, and a deep honoring of

those gone before."

Hallowmas is the night when the veil between death and living is thinnest - the best time to attempt to contact departed loved ones, says Stein. Budapest explains that in Europe, people go to the cemeteries with bouquets of chrysanthemums to honor the dead. According to Stein, this is also a good night to connect with spirit guides and do scrying, divination and past life regressions.

Hallowmas is also a night of rebirth. Says Stein: "In entering the labyrinth of death on Hallows night, women also enter the womb of reincarnation and rebirth. The cauldron of Ceridwyn, the womb that separates death from life and connects them again, is the central symbol of this Sabbat." Rebirthing ceremonies are quite appropriate for this night, as are practices such as passing a speaking stick or rattle around the circle for each woman to state her goals, wishes and hopes for the new year. It is also appropriate and traditional to follow such contemplative rituals with singing, dancing and other forms of celebration. "This is a good Sabbat to hold a potluck," says Stein.

Stein recommends decorating the altar with fruits and flowers of late fall, such as pumpkins, nuts, dried corn ears, pinecones and apples. Budapest says any foods of red color are appropriate. Both note that a pomegranate is traditional for this Sabbat, as are black and white candles. Stein says that purification is an important part of the Hallowmas ritual and recommends using incense over other methods.

"Goddesses for the Sabbat include Crone aspects, the ancient grandmothers of every culture. These are some of the most powerful Goddesses known to the Wheel of the Year," says Stein. They include Hecate, Persephone, The Fates and The Furies (Greece), Kali (India), Oya (Africa), Sedna (Inuit), Copper Woman, Spider Grandmother and The Old Woman Who Never Dies (Native America), Baba Yaga (Russia), Yellow Land Earth Queen (China), Yemaya-Olokun (West Africa), Inanna and Erishkegal (Sumer), Ceridwyn (Wales), Isis and Nephthys (Egypt), The Morrigan and Tara (Ireland), Proserpina (Rome) and Mother Holle (Germany).

Hecate, the Goddess of Life and Death

by Karen L. Forrester, staff writer

At Hallowmas, Wiccans honor the Goddess as both creator and destroyer of life (see the article on Hallowmas, also on this page). One of Her names in this aspect is Hecate, Goddess of life and death.

In *The Holy Book of Women's Mysteries*, Zsuzsanna Budapest calls Hecate both the "Lady of tremblings, the sovereign lady, the mistress of destruction" and the "Lady of light, She who is in front, the lady of strength, quiet of heart who gave birth to all that is alive," the one who delivers us from destruction and sets the world in order.

Merlin Stone in *Ancient Mirrors of Womanhood* says that Hecate "is most familiar to us" from the Greek island of Samothrace and the western coastal areas of Turkey, "areas that are both associated with Amazons." (Samothrace is amongst the Greek islands in the Aegean Sea, an arm of the Mediterranean which separates Greece to the west from Turkey to the east.) According to Stone, Hecate was honored as far north as Colchis, in the eastern end of the Black Sea. (The Black Sea forms Turkey's northern border.) She traces a connection to Egypt, which is south across the Mediterranean Sea from Turkey and southeast across the Mediterranean from Greece.

Says Stone, "Apollonius mentioned Colchis as an area in which the Amazons venerated a sacred black stone. Though the connections are not certain, the Goddess as Heqit (Hekat) was worshipped in Egypt, known to Egyptians as a Goddess that was from Nubia and the northern Sudan (which is south of Egypt). The appearance of Hecate's altars in Colchis is especially interesting, in that Herodotus described the Colchians as having originally come from Egypt."

Stone describes Hecate as a Goddess of witches and magic, who is associated with the dark side of the moon. She is "in a sense a mirror image of Artemis, especially as Artemis Lycia, Artemis of the Light." Stone also notes Hecate's association with Persephone as Queen of the Dead, "perhaps explaining why both names were linked with the sacred island of

Samothrace."

Barbara G. Walker, author of *The Woman's Encyclopedia of Myths and Secrets* also notes the Egyptian connection. She explains that Hecate was "one of the oldest Greek versions of the trinitarian Goddess" and says that the Greek Hecate was derived from the Egyptian midwife-goddess Heqit, Heket or Hekat. Hekat in turn evolved from the heq, or tribal matriarch of predynastic Egypt. Hekat was a wise woman, in command of all the hekau or "mother's Words of Power."

In Greece, says Walker, "Hecate was one of the many names for the original feminine trinity, ruling heaven, earth and the underworld." (Also known as the Triple Goddess in her aspects of Maiden, Mother and Crone.) According to Walker, the Greeks emphasized Hecate's Crone or underworld aspect. However, she continued to be honored at places where three roads met, "especially in rites of magic, divination or consultation with the dead." Walker says Hecate's images guarded three-way crossroads for many centuries and so she was known as Hecate Trevia or "Hecate of the Three Ways". Offerings were left at her roadside shrines on nights of the full moon. "As a deity of magic and prophecy, she was invoked by those who set out on journeys."

Hecate was also called "most lovely one", a title of the moon, says Walker. As with all other forms of the Triple Goddess, she was associated with the moon in all three of her aspects. Some identified her as Hecate Selene, the Moon in heaven; Artemis the Huntress on earth; and Persephone the Destroyer in the underworld, indicating that she was often confused with Persephone. Others considered her identical with Diana Ilithyia, the Moon-goddess as protectress of women giving birth. Still others identified Hecate as part of the Queen-of-Heaven trinity, Hebe the Virgin, Hera the Mother and Hecate the Crone.

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COMMUNITY SERVICE

New magazines focus on gay & lesbian families

Los Angeles accountant Kelly Taylor recently launched the bimonthly *Alternative Family Magazine*, billed as the only national publication geared toward lesbian, gay, bisexual and transgender parents and their children. The current issue's cover story is a profile of Jon and Michael Galluccio, who made history this past Fall when they became the first same-sex couple to jointly adopt a child in New Jersey, and came to further attention in a highly-publicized holy union on Father's Day.

Also, Paul Horne and Sam Francis of West Hollywood, Calif., premiere HERO this month, a magazine devoted to covering diverse cultural issues for gay men, their families and loved ones. HERO has a strict policy of rejecting sex-oriented advertisements, and will cover topics including civil rights, gay marriage, entertainment, and technology. The first issue, with a column by Andrew Sullivan and interviews with Michelangelo Signorile and Patricia Nell Warren, hit newsstands nationwide last week.

Postage Stamps

The public is being invited to vote for postage stamps depicting the highlights of the 1970's & 80's as part of the "Celebrate the Century" stamp program. If we don't vote early AND often, the Women's Rights Movement

could be left in the dust and Monday Night Football or Disco could be chosen as one of the 15 new postage stamps honoring the decade.

Cast your ballots for the Women's Rights Movement at any local post office and on the web at <http://stampvote.msn.com>.



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Tammy Baldwin makes history as the first open lesbian to win a congressional primary

Antigay Fundamentalist Ron Greer Narrowly Loses In Republican Primary

WASHINGTON -- Wisconsin state Rep. Tammy Baldwin's win last night in the 2nd Congressional District's Democratic primary is an historic victory for lesbian and gay equality, said the Human Rights Campaign. Baldwin became the first openly lesbian non-incumbent to win a congressional primary. The Human Rights Campaign endorsed Baldwin in December 1997 because of her superb record as a public servant.

"Tammy Baldwin would be an outstanding member of Congress. Her legislative record on a broad range of issues and her superior campaigning skills will make her formidable in November," said HRC Political Director Winnie Stachelberg.

In the Democratic primary to fill the vacancy left by the retirement of Republican Rep. Scott Klug, Baldwin received 37 percent of the vote to defeat former Dane County Supervisor Rick Phelps with 35 percent and State Senator Joe Wineke who received 27 percent.

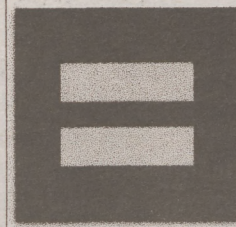
The Human Rights Campaign took an active role in helping Tammy Baldwin both financially and by providing volunteers. HRC's political action committee (PAC) gave Baldwin a \$5,000

contribution and sent out a mailing to the 2,000 members in the district. HRC also provided two staff people to help organize HRC's members and consult with the campaign.

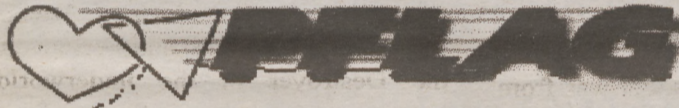
Baldwin has served for six years in the state legislature, representing the heart of Madison. She has earned respect as a compassionate and honest leader on issues ranging from crime and reproductive choice to campaign finance reform and civil rights. She won her most recent general election, in 1996, with more than 70 percent of the vote. Prior to her tenure at the state level, she served four terms on the Dane County Board of Supervisors, to which she was first elected at the age of 24.

In a closely watched race in Wisconsin's 2nd Congressional District Republican primary, rabidly anti-gay fundamentalist Ron Greer barely lost to Jo Musser by less than 400 votes. Greer received 20 percent of the vote to Musser's 21 percent. Greer, an ordained minister, drew nationwide attention in a fundraising letter calling Baldwin a "left-wing lesbian" and saying she "wants to force her radical anti-family agenda on all Americans--including you and your family."

"The fair minded voters were not going to be fooled by this mean-spirited, spiteful rhetoric. They were familiar with Baldwin's accomplished record on a multiplicity of issues," said Stachelberg.



HUMAN RIGHTS CAMPAIGN



Retirement Village

We would like to announce to you that our Gay and Lesbian and PFLAG adult and retirement village is well under way. At this time we are ready to begin construction on our fifth resident home.

The Palms of Manasota will accommodate approximately 240 people on 22 beautiful wooded acres of Palmetto, Florida, midway between Sarasota and Tampa Bay. The Palms is being constructed in three phases: Phase I will consist of 21 single family free standing block homes with barrel tile roofs. These homes will be two or three bedroom, 2 bath with attached garages. Phase II will

consist of 53 two bedroom two bath villas with two parking spaces and Phase III will accommodate a

huge two story building with 45 smaller units for both independent and assisted living.

The Palms will sport a beautiful recreation hall with heated pool and spa, tennis and shuffleboard courts, men's and women's exercise and locker rooms, card room, billiards, pub and coffee shop. Perhaps the most exciting amenity will be our amphitheater for plays and productions to be produced by one of our present residents.

Our two story main building will be staffed 24 hours a day to accommodate resident needs in conjunction with the assisted care facility. There will be a country store, a library, a movie theater, craft room, beauty parlor and a chapel. Meals, with old fashioned table service will be offered in the dining hall. For more information or to set up interviews, please feel free to contact me at (941) 722-5858 Monday through Saturday from 8-5 EST or you can access the Palms on the web at <http://www.prideworks.com/palms/brochure.html>.



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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

Latina Social Group, Contact Anita at 803-9952 or e-mail personnaly@aol.com

Womyn 2 Womyn Connection Call Cheryl: 780-3102 or e-mail Anne at sammie@psn.net

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 (Mormon), 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

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

Focus on the Family slapped

by Robin Dee, staff writer

The Christian ministries Focus on the Family is a \$100 million per year evangelical Christian ministry based in Colorado Springs, Colorado. The Focus on the Family radio broadcast has been slapped on the hand by the

Canadian Broadcast Standards Council because the radio show was found in breach of their human rights code.

The council is upset because the radio show has allegedly stated that the gay movement is, "malevolent, insidious and conspiratorial."

Gee, and I was just going to say that about them.

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 for up to 50 words, additional \$5.00 for 50-100 words. Send in your submission by the 15th of the month for the next issue. Either mail it or e-mail to wcn@swlink.net.
- 5) Submission must have name and address (which will not be printed).

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.

I am tired of the bars, if you are too let's get together. I like to travel, bowling, playing cards. I believe in God, and enjoy going to church when I can. I am honest and hard working and looking for the same. Age, 35 to 50. Call Diana 268-6795 Write 918 W. Mineral Rd. Phx, Az 85041.

I'm in my early 40's and weigh 135. I'm intelligent, sincere, quick witted, and love to laugh. I'm looking for a height/weight proportionate woman between 35-45 who likes movies, plays, exploring, sports, animals. If you're interested in any of this, write me at 7017 N. Litchfield Rd #348, Glendale, AZ 85307

How serious are you? About building a lasting relationship! I am looking for someone that wants to be friends first, accept one another as is and be willing to work through the differences. If this is you then we have a lot to talk about. I am a fem It/Sp woman, 43 years old, heavy-set, divorced, and have one child(grown). I am not into game playing, bar scenes, one-night stands, or couples. If you enjoy jewels? Page

me at 210-2344 - I am the jewel that just needs polished.

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.

I am an honest, spiritual, caring professional that enjoys learning, conversation, theater, traveling. Looking for a 35ish to 50ish companion, friends first, who shares similar values and interests. I'm a non-smoker, very light drinker, who likes to have fun and adventures. E-mail me at godwillin2@AOL.com

Wanted: Caroline(sp) w/short black hair and Nita w/light brown hair. Met you at the WNBA in the lounge. Do you like green eggs & ham? Is it better over here or over there? Are you out there? Anyone recognize them? Write or call ctaz1@juno.com or voice mail 921-5028.

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821-1024 | DeColores, Phoenix, 269-1515 |
| Faith house, Glendale, 939-6798 | Chrysalis Shelter, Phoenix, 944-4999 |
| New Life Shelter, Litchfield Park,
935-9161 | Sojourner Center, Phoenix, 244-0089 |
| Autumn House, Mesa, 835-5555 | Chrysalis Center, Scottsdale,
481-0402 |
| | Faith house, Glendale, 939-6798 |

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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

Women helping women heal: a therapy group for lesbians. This is an on-going group for women seeking support for their growth and healing. This group meets on Monday evenings from 6:30-8:00 PM. For further information, call Denise Daup at 921-3936.

Roommate Wanted for Central Phoenix home. Mature responsible woman. No smoking, drugs or pets. \$275.00 + utilities and some watering. Washer, private yard and carport. AC and Evap. Country Club Park Historic (and friendly) neighborhood. Will want deposit and references. Leave message at home/office voice mail. 241-1441.

Seeking responsible, employed GF to share lrg 2 bdrm, 2 bath apt thru April. \$400.00 includes utilities. New secure apt complex with pool, W/D etc. Non or outside smoker. Declawed cats only accepted with deposit. 23rd Ave and Dunlap Stephanie 861-7277

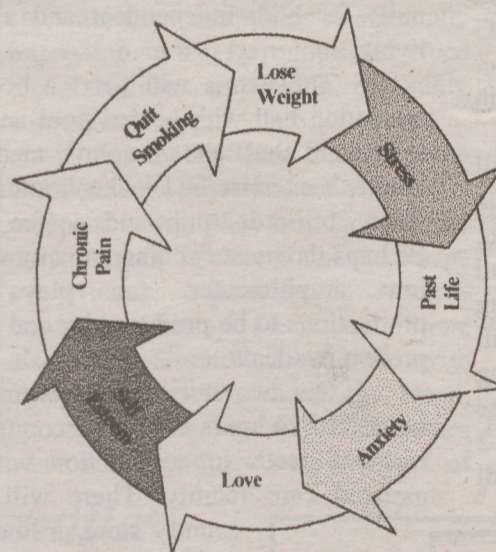
Responsible female to share N. Central Townhouse. Good size bedroom, walk-in closet, french doors onto balcony. Washer/dryer, community pool & jacuzzi. Must love pets, I have a dog and a kitten. No smokers. \$300 monthly, share electric. References and \$100 deposit. 944-9432 or abittercrazy@aol.com

Room Needed: N.S. Gay Female looking for a quiet clean lg. room or guesthouse to rent in Cent., N.W. Phx. Please be small caged animal friendly (I have small boarding business) Can pay 330 util. inc. 202-2916

Roommate wanted to share 2 bedroom, 2 bath apt in N.W. Mesa. quiet, non-smoker, no drugs, no pets (I have a cat). Nice area, pool, minutes from Tempe and S. Scottsdale via 202. 250/month and 1/2 elec. Call 898-9489

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

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