



THE WAND

Womynspace Activities/Networking Directory

Society as a whole is diminished by homophobia. Not only are gay men, lesbians, and their families affected by oppression, but each person in our community suffers from intolerance inflicted on others.



Houston Parents, Families & Friends of Lesbians & Gays Presents

Healing the Hurt

Conference on Homophobia

Friday March 11  University Hilton

P-FLAG Houston is proud to present an educational conference on homophobia, offering professionals and the general public the opportunity to examine the myths, misinformation, and misleading stereotypes about gays and lesbians.

Dykes To Watch Out For

A KISS
is just
A KISS

© 1993 BY ALISON BECHDEL

Dykes To Watch Out For

INTER
ACTIVE

© 1993 BY ALISON BECHDEL

February 1994

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

4 EVER
together
N x W TRUE LOVE
P. W.

KH + AP

S.D. + C.C.
SULIE

R.R. + J.D.

IT'S A SPECIAL
Kind of LOVE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 Women's Sup. Grp. for Chronic Fatigue... Lambda Rollerskate Lambda Rollerskate	2 HGLPC Bisexual Network of Houston MCCR	3 Sup. Grp Lesbian Partners of Incest Survivors Lesbian Therapy - New Start - New Way Lesbian Health Initiative	4	5
6 Women's Group Michael Greer and Marianne Pendino @ Fitzgerald's	7	8 Women's Sup. Grp. for Chronic Fatigue... Lesbians on the Go (LOG)	9 Bisexual Network of Houston MCCR Women's Network HGLPC Board Mtg	10 Lesbian Therapy - New Start - New Way Montrose Ice Picks Skate Jaime Morton @ the Mucky Duck	11	12 The Dating Dance
13 Women's Group	14 I LOVE U. U. LOVE ME. WE'RE ONE BIG GAY FAMILY.	15 Women's Sup. Grp. for Chronic Fatigue...	16 Bisexual Network of Houston MCCR Women with Life Challenging Illnesses	17 Lesbian Therapy - New Start - New Way	18 Lesbians in Business	19 "Gay Time"
20 Women's Group LOAF	21	22 Women's Sup. Grp. for Chronic Fatigue...	23 Bisexual Network of Houston MCCR Women's Network Wand Paste Up	24 Lesbian Therapy - New Start - New Way	25	26
27 Women's Group	28 The Agora					

January

S	M	T	W	T	F	S
2	3	4	5	6	7	8
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16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

March

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6	7	8	9	10	11	12
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20	21	22	23	24	25	26
27	28	29	30	31		

Ongoing Events

SUNDAY
Women's Group, 10am, First Unitarian Church, 5200 Fannin, Sojourner Truth room upstairs.

TUESDAY
FRIENDS, LOVERS, and SIGNIFICANT OTHERS of people with HIV, Montrose Counseling Center, 701 Richmond, 7:30-9p.m. Donation. Info: 529-0037.

Women's support group for Chronic Fatigue Syndrome and Chronic Epstein-Barr virus. Every Tuesday evening. No fee. Info: 524-1874

WEDNESDAY
FAMILY OF ORIGIN IN SOBRIETY for Lesbians and Gays. Explore your family's role in your use and recovery. Montrose Counseling Center, 701 Richmond, 6-7:30p.m. Sliding Scale. Info: 529-0037.

THURSDAYS
LESBIAN PARTNERS OF SURVIVORS OF INCEST. First and third Thursday of month. Montrose Counseling Center, 701 Richmond, 7-8:30p.m. Info: 529-0037.

Lesbian/Bi-sexual Support Group-A New Way. open to all women. Let's explore the myths, fears and misinformation that keeps us from having the closely connected relationships we want. Meets every Thursday 7-9pm. For info, call 784-6511.

Lesbian Therapy Group, Therapist: Evelyn Virnau CADAC / LCDC. New Start Counseling Services, 3935 Westheimer, Suite 301. For privacy and information, call 713-260-2599.

FRIDAY
Gay & Lesbian Voices 6-8pm KPFT 90.1 FM

SATURDAY
WOMEN'S THERAPY GROUP for Lesbians and Bisexuals to support each other and grow. Montrose Counseling Center, 701 Richmond, 10:30a.m.-noon. Sliding scale. Info: 529-0037.



1 TUESDAY

Roller Skating 7:30-10:30pm, \$5 includes skates; closed to the general public. New location at Hobby Skate World, 6804 Easthaven, 2 blks East I-45 & Monroe). First, third and fifth Tuesdays sponsored by Lambda Rollerskating Club, 862-4875 or 933-5818. Club also has weekly Outdoor Skates & Roller Hockey games.

2 WEDNESDAY

Houston Gay & Lesbian Political Caucus general meeting first Wednesdays at 7:30pm. For more information, call 521-1000.

Gay Lesbian Hispanic Unidos (GLHU) regular monthly meeting, 7:30pm. Metropolitan Multi-Service Center, 1475 West Gray, 270-GLHU.

Bi-NET - Bisexual Network of Houston meets Wed evenings 7-9pm at Metropolitan Church of the Resurrection (MCCR) 1919 Dacatur St. 861-9149.

3 THURSDAY

The Lesbian Health Initiative (LHI) will hold its monthly meeting at Inklings Bookshop at 7:30p.m. LHI is working to improve the health of lesbians in the Houston area. For more information, call Becky at 469-9665.

Support Group for Lesbian Partners of Survivors of Incest. 7pm Montrose Counseling Center 529-0037, will meet through 1st and 3rd Thursdays. Survivor skills learned during times of trauma can contribute to relationship difficulties long after the abuse is over. For those who love these women, the issues may be quite challenging at times. This support group can provide an environment of affirmation, understanding of interactions and reactions, and discovery of personal power in a loving relationship.

Lesbian/Bi-sexual Support Group-A New Way. open to all women. Let's explore the myths, fears and misinformation that keeps us from having the closely connected relationships we want. Meets every Thursday 7-9pm. For info, call 784-6511.

Lesbian Therapy Group, Therapist: Evelyn Virnau CADAC / LCDC. Explores issues of addiction, relationship, coming out, sexual encounter, family issues, flirting and many others. New Start Counseling Services, 3935 Westheimer, Suite 301. For privacy and information, call 713-260-2599.

4 FRIDAY

5 SATURDAY

Real Live Womyn meets on the first Saturday of the month, 12:00 to 2:00pm at Inklings Bookshop, 1846 Richmond. Coming out is a p-r-o-c-e-s-s. And its fun too! Come find out what lesbian life is about without that closet. For more info, call Jeraine at 869-3358.

Chain Gang Bicycling Club - Info 522-4481 or 863-1860. Have rides every Saturday and Sunday. Divisions: Easy Riders (Montrose area rides), Chainsmokers (faster/longer rides), Rough Riders (off-road).

After Hours - Gay & Lesbian Late Nite Radio, Saturdays midnight to 3:00am. KPFT 90.1 FM

6 SUNDAY

The Women's Group* - Community Involvement. Representatives from SHAPE, Community Artists' Collective, AVES, and CARACEN will discuss their organizations, accomplishments and goals. The focus will be on proactive involvement in our community and the changes we can make. The Women's Group meets at 10am in the Sojourner Truth room (upstairs), First Unitarian Church, 5210 Fannin. For more info, call Iris 529-8571 or Janet 942-7717.

Michael Greer - A Night of Musical Comedy /also Marianne Pendino. Fitzgeralds \$14 tickets available at Inklings Bookshop.

8 TUESDAY

Women's support group for Chronic Fatigue Syndrome and Chronic Epstein-Barr virus. Every Tuesday evening. No fee. Info: 524-1874/
Gay/Bi-sexual Support Group-A New Way. Meets 2nd and 4th Tuesdays of each month from 7-9pm. For info, call 784-6511.

New Start Lesbian Therapy Group - Evelyn Virnau. See entry for Thursday, Jan 6.

9 WEDNESDAY

Houston Gay & Lesbian Political Caucus board meeting second Wednesdays at 7:30pm. For more information, call 521-1000.

Bi-NET - Bisexual Network of Houston meets Wed evenings 7-9pm at Metropolitan Church of the Resurrection (MCCR) 1919 Dacatur St. 861-9149
Women's Network, LOVING FOR THE LONG HAUL -- NOT THE U-HAUL. Yes, lesbians can create fulfilling long term relationships - and it ain't easy! Join this lively and empowering discussion as Angela Passaretti, LMSW-ACP, shares a "model in progress" for beginning and maintaining relationships which are deeply alive. Angela is a psychotherapist in private practice who is lesbian and has worked with lesbian clients since 1985. The Women's Network meets the 2nd and 4th Wednesdays at the Montrose Counseling Center, 701 Richmond, 7:00-9pm. FMI, call 529-0037.

10 THURSDAY

Ice Skating with Montrose Ice Picks at the Galleria Ice Rink at 5015 Westheimer from 8 to 10pm (\$5 plus \$2 for skates) every second Thursday. Rink also open to the general public. Skaters urged to wear gay/lesbian organization, business or Pride T-shirts. For info call 523-6381.

Lesbian/Bi-sexual Support Group-A New Way. Meets every Thursday 7-9pm. For info, 784-6511. See entry for Jan 6.

Lesbian Therapy Group, New Start Counseling Services, 6-7:30pm, 3935 Westheimer, Suite 301. For privacy and information, call 713-260-2599. See entry for Jan 6.

Jaime' Morton performs at the Mucky Duck. For info, call 528-5999

11 FRIDAY

Encodings (feminist literary journal) Poetry Reading by Houston Women. 8pm at Inklings, 1846 Richmond. Suggested donation is \$3 - \$5 per person. For information, or if you would like to read, call 529-7329.

12 SATURDAY

After Hours - Gay & Lesbian Late Nite Radio, Saturdays midnight to 3:00am. KPFT 90.1 FM

Saturday, February 12, 10AM-5PM

Does the idea of dating scare you? Are you ready to start date, but don't have a clue about the first step? Are you wanting to develop more comfort and confidence about dating? If any of these are true for you, then **Welcome to the Dating Dance! The Dating Dance** is a safe and fun **one-day workshop** designed for lesbians who want to **learn to have more fulfilling and enjoyable dating experiences.** The workshop is facilitated by **Joyce M. Gayles, PHD and Susan C. Turell, PHD.** Joyce and Susan bring to this workshop expertise in working with women's issues and life transition/growth issues. **For information and to register, call 667-6047 and state that you are calling about the Dating Dance.**

13 SUNDAY

The Women's Group*, In Celebration of Women. Bring your art work crafts, and/or tapes to sell and buy, poetry to read, music to play, etc...

The Women's Group meets at 10am in the Sojourner Truth room (upstairs), First Unitarian Church, 5210 Fannin. For more info, call Iris 529-8571 or Janet 942-7717.

Sisters of Houston First Anniversary Party, 4-7pm. Missouri Street Station, 1117 Missouri at Yoakum \$10 in advance, \$12 at the door. Tickets available at Inklings Bookshop, 1846 Richmond.

14 MONDAY

15 TUESDAY

Roller Skating 7:30-10:30pm, \$5 includes skates; closed to the general public. New location at Hobby Skate World, 6804 Easthaven, 2 blks East I-45 & Monroe). First, third and fifth Tuesdays sponsored by Lambda Rollerskating Club, 862-4875 or 933-5818. Club also has weekly Outdoor Skates & Roller Hockey games.

Lesbian/Gay Pride Week - General Meeting on the third Tuesday each month, 7pm at the Multi-purpose Center, 1475 W. Gray. For info, call 529-6979.

16 WEDNESDAY

Women with Life Challenging Illnesses meets on the third Wednesday of the month, 7:00-8:30p.m. For information, call Marion at 667-8735 or Leila at 728-1914.

Bi-NET - Bisexual Network of Houston meets Wed evenings 7-9pm at Metropolitan Church of the Resurrection (MCCR) 1919 Dacatur St. 861-9149

17 THURSDAY

Support Group for Lesbian Partners of Survivors of Incest. 7pm Montrose Counseling Center 529-0037, will meet through 1st and 3rd Thursdays during the summer. Survivor skills learned during times of trauma can contribute to relationship difficulties long after the abuse is over. For those who love these women, the issues may be quite challenging at times. This support group can provide an environment of affirmation, understanding of interactions and reactions, and discovery of personal power in a loving relationship.

Lesbian/Bi-sexual Support Group-A New Way. Meets every Thursday 7-9pm. For info, 784-6511. See entry for Jan 6.

Lesbian Therapy Group, New Start Counseling Services, 6-7:30pm, 3935 Westheimer, Suite 301. For privacy and information, call 713-260-2599. See entry for Jan 6.

18 FRIDAY

LIB (Lesbians in Business), a women's empowerment group, 6:00-8:30pm For info, call 529-0077. The meeting is \$3 for members (\$10 annual membership), and \$5 for non-members. Innova at 20 Greenway Plaza. Directions from Montrose Area: Southbound on the Southwest Freeway, exit Summit and follow the feeder to Cummins St. Innova is located on Cummins between Portsmouth St. and Norfolk (also between Richmond and I-59).

19 SATURDAY

"Gay Time" at the Players Riverboat Casino-Lake Charles, Louisiana \$39.95 includes Round Trip Bus Fare and Casino Admission. 12noon bus departs Houston. Cruise 3-6pm. - 9:30pm bus returns to Houston. For Reservations, call Madelyn McNeil at 685-1366, deadline Feb 5.

After Hours - Gay & Lesbian Late Nite Radio, Saturdays midnight to 3:00am. KPFT 90.1 FM

20 SUNDAY

The Women's Group*, New Family Court Judges. Five new judges will be elected to the Harris County Family Courts. Meet 5 or 6 of the women that we need to volunteer for, support financially, and elect to the Family Courts. Remember Judge Dagett!!! The Women's Group meets at 10am in the Sojourner Truth room (upstairs), First Unitarian Church, 5210 Fannin. For more info, call Iris 529-8571 or Janet 942-7717.

Mother's Web Monthly Pot Luck Lunch / Picnic / BBQ 1-4 P.M. at Russ Pittman Park in Bellaire, exit 610 at Evergreen and go 2 blocks east (inside the loop) to the corner of Evergreen and Newcastle. Non-mothers can network with feminist mothers & their kids on the third Sunday each month at the park. FMI, call Nancy at 869-6689.

Lesbians Over Age Fifty (LOAF) meets the third Sunday of each month, from 2:00 to 4:00 p.m., now at the Metropolitan Multi-Service Center, 1475 West Gray. The mailing address is still P.O.B. 980601 Houston, Tx. 77098. For more info, call 661-1482.

20 MONDAY

21 TUESDAY

23 WEDNESDAY

Houston Outdoor Group (HOG) monthly business meeting & mailout party for the HOG newsletter are held the 4th Wednesday each month at 7:30pm. Call Don at 522-7809 for meeting info. All

Suzanne Anderson

• PROPERTIES •

Proudly Serving Houston's
Lesbian & Gay Community



529-8484

315 W. Alabama, Ste. 103 • Houston • 77006

Individual, Couple, Family Therapy

★ NEW ★

Lynn Moreland

MA, LPC, LMFT

(713) 963-0233

4100 Westheimer Suite 235 Houston, TX 77027
(Highland Village area)



★ NEW ★

RAQUEL



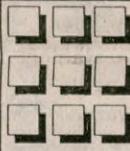
3100 Richmond # 213A
713/521-0518

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- Past due & out-of-state returns
- Estates, Trusts and Gift returns
- Business bookkeeping & tax returns

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FAX: (713) 526-6588 • 2615 Montrose Blvd.
P.O. Box 66588 • Houston, Texas 77266-6588

NEW!

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WELLNESS CENTER**

JACQUELINE A. DOVAL-GRAZIANI, M.S., D.C.
Chiropractic Physician and Exercise Physiologist

(713) 522-WELL
(713) 522-9355

2615 MONTROSE
HOUSTON, TEXAS 77006

24 HOUR EMERGENCY

CALL FOR APPOINTMENT TODAY
LA DOCTORA HABLEA ESPAÑOL

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About face
SKIN CARE

natural products

by appointment only

judith head

4408 morningside houston, tx 77005 Tele: 713-528-4155

CONFERENCE SLATED
FOR BLACK
LESBIANS & GAYS

Dimensions

LOS ANGELES/NEW YORK - The Seventh Annual National Black Gay and Lesbian Conference is slated for February 17-21, 1994 at the Meadowlands Hilton in Secaucus, New Jersey. This year's theme, "Black Gays and Lesbians: From Silence to Celebration...Beyond 28 Days", will celebrate the past contributions Black Gays and Lesbians have made to the world and the need to focus on the present contributions we make on a day-to-day basis beyond the month of February (Black History Month).

The Conference draws national and international participants from as far away as South Africa. The Conference workshops and institutes are facilitated by African-American Gay and Lesbian and Transsexual/Transgender communities. Workshop topics include: self-empowerment, culture/arts, family issues, youth issues, heterosexism, homophobia, health, public policy, economics, and gay/lesbian issues.

The conference is sponsored by the Black Gay and Lesbian Leadership Forum which was established in 1988 to strengthen, empower and provide a network for African-American Gays and Lesbians. For registration and information, call (213) 964-7820.

members are invited to attend. HOG is a social group for Gay men and Lesbians who enjoy the outdoors. Call the HOG hotline (KAMPOUT) for info and free trial newsletter.

Women's Network - Carol Marashi, author of **Sensual Eating**, will discuss issues concerning women and food. The Women's Network meets the 2nd and 4th Wednesdays at the Montrose Counseling Center, 701 Richmond, 7:00-9pm. FMI, call 529-0037.

Bi-NET - Bisexual Network of Houston meets Wed evenings 7-9pm at Metropolitan Church of the Resurrection (MCCR) 1919 Dacatur St. 861-9149
24 THURSDAY

Lesbian/Bi-sexual Therapy Group - A New Way See entry for Thursday, Jan 6.

New Start Lesbian Therapy Group - Evelyn Virnau. See entry for Thursday, Jan 6.

25 FRIDAY
29 SATURDAY

After Hours - Gay & Lesbian Late Nite Radio, Saturdays midnight to 3:00am. KPFT 90.1 FM
30 SUNDAY

The Women's Group - Where as Women do we Stand on Pornography? We will explore traditional First Amendment analyses, women's civil rights violations, our vision for women's sexuality and anti-censorship. This is the first of a 5-week series on women talking about crime, gender specific violences, and gender equality. Please organize your thoughts, fears, questions and solutions for these Sundays. The Women's Group meets at 10am in the Sojourner Truth room (upstairs), First Unitarian Church, 5210 Fannin. For more info, call Iris 529-8571 or Janet 942-7717.

31 MONDAY

PRIDE WEEK EARLY JUNE

Due to the twenty fifth anniversary of the Stonewall Riots being celebrated in New York City during the later part of June, Pride Week in Houston will run from June 3 to the 12th. The parade in Houston will be on June 12 at Noon.

TAKE A STAND!

The Right Wing is on the move with millions of members and volunteers writing and calling Congress. It's time to fight back! The Human Rights Campaign Fund leads the fight for L/G/B rights on the national level and needs your help to wage an effective battle. From now until the November elections we need committed, motivated individuals in Texas to generate grassroots pressure on Congress with telegrams, letters, phone calls and lobby visits. Earn money working as a coordinator in your community. Respond to hatred and coordinator in your community. Respond to hatred and lies. Fight the right wing! Call Brian at 1-800-777-HRCF.

Support Group for Women with Life Challenging Illnesses.

This group provides emotional support for women (lesbian, bisexual, or at least lesbian friendly) whose lives are being impacted by health issues; the emphasis is on "life challenging" as opposed to life threatening. A sampling of diseases current members deal with include cancer, leukemia, scleroderma, ulcerative colitis, diabetes, osteoporosis, lupus, chronic fatigue syndrome, and other immune disorders. Meetings are held the third Wednesday of each month from 7:00-8:30 P.M. Significant others are encouraged to attend. For more information and meeting location, call Leila at 728-1914, or Marian at 667-8735.

FUN DEFENSIVE DRIVING

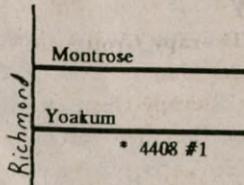
Ticket Dismissal / Insurance Discount \$20.00

Free coffee and cookies

Contact: JEANETTE HOSCH 526-5289

4408 Yoakum # 1 in the Museum District

CLASS DATES: Wednesday & Thursday, January 5 & 6
FROM 6 P.M. to 9 P.M.



Saturday, January 29
FROM 8 A.M. to 3 P.M.

Tuesday & Wednesday, February 8 & 9
FROM 6 P.M. to 9 P.M.

4th house on right white brick 4-plex
Park on street or across the street in
parking lot.

Saturday, February 26
FROM 8 A.M. to 3 P.M.

Tuesday & Wednesday, March 8 & 9
FROM 6 P.M. to 9 P.M.

JEANETTE HOSCH
(713) 526-5289
4408 Yoakum # 1
Houston, Tx. 77006

Saturday, MARCH 26
FROM 8 A.M. to 3 P.M.

Aff. with Holiday D.D.S. - TEA# C0310-008

WALK-INS WELCOME

RETREAT NEWS***

For the last few years I have had the joy of coordinating and planning the Womynspace Retreats. Everyone of them has been a wonderful experience and lots of fun. Now my life is taking a different turn and I find myself very involved in other matters. I would like to take this opportunity to thank each and everyone of the womyn that helped put these retreats together, very specially to the Womyn who prepared and presented such wonderful workshops. To Gail, my dear friend for her musical experiences and talent shared with us and to all womyn who year after year were ready to participate in this event. I would like to invite other Womyn to take over this important task and I will be able to help out anyone who would like to do it. It is a very enriching experience.

In Sisterhood,

Margarita, Jan 1994.

New
Release

A Place of Rage

A film by
Pratibha Parmar
1991
52 minutes
Color, 16mm/Video
England

LIB

NIGHT AT THE MOVIES

FREE !!! FREE !!! FREE

FEB 10
7PM

INNOVA BUILDING

LIB is sponsoring a night at the movies
because JUNE JORDAN will be
feature speaker
at the March LIB meeting

"This lyrical film begins the much-needed exploration of the women who sustained and inspired the Civil Rights movement by shining an intimate light on some of our best known artist/activists. A visual embrace of who Black women really are."

Jewelle Gomez
Author,
The Gilda Stories

"Absorbing and provocative."
Paul Gilroy
Univ. of Essex

This exuberant celebration of African American women and their achievements features interviews with Angela Davis, June Jordan and Alice Walker. Within the context of the civil rights, Black power and feminist movements, the trio reassess how women such as Rosa Parks and Fannie Lou Hamer revolutionized American society. Angela Davis, at one time the FBI's most wanted woman, recounts her involvement with the Black Panthers and the communist party. Her rarely seen 1970 prison interview, civil rights footage and archival photos are interwoven with June Jordan's powerful poetry, linking issues of homophobia, racism, U.S. imperialism and liberation struggles worldwide. The insights of acclaimed writer Alice Walker (*The Color Purple*) and filmmaker Trinh T. Minh-ha enrich this engrossing portrait of Black feminism. A stirring chapter in African American history, highlighted by music from Prince, Janet Jackson, the Neville Brothers and the Staple Singers.

Women athletes should pay extra attention to body, cycle changes

HEALTH WATCH

By CRAD P. DUREN, M.D.

Women are being cautioned about a new medical condition that shortens the years of active physical activity. The 'female athlete triad' disorder is one of the newest topics in women's health meetings. The triad of three body conditions include absent or a decreased menstruation, thinning of bone structure at an early age, and low body weight due to improper dieting.

Women and health care personnel have long known that strenuous physical activity will decrease the amount and number of days of menses. In various medical studies, up to two out of three women will stop having periods under vigorous physical training. This compares with an incidence of two to five percent of the general population of women at any one month. There is often a lowered level of estrogen in these women with absent menses, and this low hormone level may lead

to thinning of the bone structure known as osteoporosis. Coaches have long known about the increased incidence of stress fractures in highly trained women athletes, more than could be simply explained on the basis of small bone size of women versus men athletes. The low estrogen decreases the amount of protein substance of the bone and therefore the amount of tissue for calcium and phosphorus that maybe laid down on the bone structure. This is apparently why simply drinking or eating extra amounts of milk and dairy products will not correct this increased chance of thinning of the bone. Some doctors are supplementing

HOUSTON VOICE /



the extra dairy product in the diet with extra amounts of estrogen in the form of Premarin (Trademark) or the standard birth control tablets.

The third part of this triad is the low body weight that is usually sought by the woman to make her more competitive in 'lean physique' sports as gymnastics,

distance running, and ballet dancing. The low body weight is usually obtained by being very limiting with total calories eaten and may border on a malnourished state. These women athletes are often in the five percent body fat range, whereas, the usual American women at age 30 is in the 30 percent body fat range. Self-induced vomiting that may be associated in the extreme

case with anorexia nervosa or bulimia robs the body of needed nutrition for daily living, and especially so for the periods of strong physical training and performance. Treatment is centered upon returning to a 'normal' body weight, increasing the amount of calcium—often to 1500 milligrams per day, and use of estrogens and if needed, adding progesterone to the daily hormone intake. This allows the woman to continue her physical activity, though at a somewhat lower level of activity, and to enjoy the sense of well being that often comes from being physically active. And while many women might not view regular menstruation as a desirable part of adulthood, they should view the monthly period as an indication of proper hormonal levels and balance. In each woman's reviewing her personal commitment to keeping physically fit, she is helping prolong her ability to enjoy sports activities in the healthiest and safest manner.

The WAND is a monthly publication of Womynspace, an organization designed by and for womyn, and operated by a steering committee. Opinions expressed in articles printed herein do not necessarily reflect the views of the editors of the WAND or the Womynspace organization as a whole. Submissions to the calendar must be camera-ready, with three inch columns. Groups may send us notice of their regular meetings and special events by the 15th of the month for the next month's issue. We are glad to network with other groups that work for social change and share a feminist perspective. Submissions of articles, poetry and cover art should have positive, coalition building content and will be printed at the discretion of the Newsletter Committee. Articles may be submitted on IBM type diskettes, 5.25" or 3.5", ASCII format. Submissions must be signed; specify your byline or if you wish your name to be withheld. Women contributing articles are invited to the WAND layout, around the 20th of the month at 6:30pm (check the WAND calendar). Please include a phone number with any submissions so we can call you if significant editing is required due to length, etc. We print as much as space allows; current events are first priority. We would like to have a portfolio of material we could use in future WAND issues when we have a quiet month with less events and more space for articles or poetry. For return of any material, please enclose a stamped, self-addressed envelope. We need community support to ensure the WAND is a comprehensive networking directory for the women's community. Womynspace is a 100% volunteer organization.

Advertising Rates for the WAND

Camera ready artwork may be sent along with the payment for the ad to WOMYNSPACE, P.O. Box 980601, Houston 77098.

	1 month	3 months
Business Card	\$25	\$67.50
1/8 Page	\$30	\$80
1/4 Page	\$40	\$100
1/2 Page	\$60	

Classifieds are \$2 per line or up to 5 lines for \$5.

MAIL CORRESPONDENCE TO: WOMYNSPACE;
WE HAVE A MAIL DROP ENVELOPE (no checks) AT

WOMYNSPACE MEMBERSHIP FORM

Benefits of membership include a subscription to the WAND, discounts on Womynspace events; and discounts with advertisers listed under Membership Discounts. Womynspace produces a Halloween and Valentina dance and two retreats, usually in the fall and spring; events are womyn only and chem-free. We respect the diversity of the women's community and at this point of Womynspace's herstory, many of our active members are not chem-free, but we feel it benefits the community to provide chem-free space. Essentially, chem-free means smokers smoke outside and drinkers drink at a restaurant or bar after the event with other Womynspace supporters. Finding affordable rental space for dances and other events has always been a problem. Acquiring permanent community space is a long-term goal of Womynspace.

YES, I want to join Womynspace and become part of the dream. Enclosed is \$_____ dues for one year. The suggested contribution for membership is \$25.00 on the basis of "more if you can, less if you can't." LIFE MEMBERSHIPS \$500.00.

NO, I do not wish to become a member at this time, but enclosed is \$10.00 for a one year subscription to the WAND, (Womynspace Activities/Networking Directory).

Name: _____
Address: _____
City: _____ ST. _____ Zip: _____
Send to Womynspace, P.O. Box 980601, Houston, TX 77098

MEMBERSHIP DISCOUNTS

Womynspace membership entitles you to these discounts:

- Lucia's Garden, 2942 Virginia 10% off on purchases \$15 off on initial visit
- Moore & Hunt Attorneys 522-4282 10% off total legal fees
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RESOURCE GUIDE

- Agora [Media liaison for the gay and lesbian community] 729-4267
 - All Mujeres Interested in Getting Active [AMIGA]: 520-5667
 - Bar Association for Human Rights [Gay and Lesbian Attorneys] 524-5549
 - Chain Gang [Gay Cycling Group]: 981-7257
 - Dignity/Houston [Gay & Lesbian Catholics] 528-0111
 - Dimensions POB 856 Lubbock, TX 79408 (pick up at Inklings) 806-797-9647
 - Fem TV [feminist program on the Public Access Channel] 755-7766
 - Gay & Lesbian Hispanics Unidos [GLHIU] 880-GLHIU
 - Gay/Lesbian Student Association of the U of H
Meeting: The University Center each Wednesday at 3:00pm
 - Gays and Lesbians of Rice [GALOR] 630-0247
 - Gay and Lesbian Parents Group 666-8256
 - Gay/Lesbian Switchboard: 529-3211
 - HeartSong [Women's Chorus]: 522-1747
 - Houston Area Gay & Lesbian Engineers and Scientists [HAGLES] 480-2177
 - Houston Area NOW [National Organization for Women]: 668-9008
 - Houston Area Teenagers Coalition of Homosexuals [HATCH]: 942-7002
 - Houston Area Women's Center [HAWC]: 528-6798
 - Houston Gay/Lesbian Political Caucus [HGLPC]: 521-1000
 - Houston Gay Yellow Pages: 621-0929
 - Houston Outdoor Group [HOG]: 526-7688 - spells K-A-M-P-O-U-T
 - Integrity/Houston [Gay & Lesbian Episcopalians]
Meeting: Atry House 2nd & 4th Monday at 7:30pm
 - Lambda Center [AA Groups]: 521-9772
 - Lambda Women's Support & Social Group - Beaumont: 409-724-1192
 - Lesbian/Gay Pride Week: 529-6979
 - Lesbians in Business [LIB]: 529-0077
 - Lesbians Over Age Fifty [LOAF]: 661-1482
 - Lone Star Symphonic Band: 862-5058
 - Metropolitan Community Church of the Resurrection [MCCR]: 861-9149
 - Houston Gay & Lesbian Parents 980-7995
 - Montrose Counseling Center [MCC] - Women's Network: 529-0037
 - Mother's Support Web: 869-6689
 - [Network for Non-mothers & feminist Moms/kids]
 - P-FLAG [Parents & Friends of Lesbians and Gays] 721-0788
 - Rape Crisis Hotline: 528-7273; 528-RAPE
 - Real Live Womyn [Group for Lesbians coming out of the closet]: 869-3358
 - SORA [Sex or Relationship Addictions Anonymous]: 523-9398
 - Women's Action Coalition Hotline: 867-9581
 - Women Against Violence Everywhere [WAVE]: 529-7329
 - Women's Information and Referral Exchange [WIRES]: 528-2121
 - Women's Group: 529-8571
 - [First Unitarian Church - 5210 Fannin, Sundays 10am]
 - WOMYNSPACE: 688-3888
- Please send updates to:
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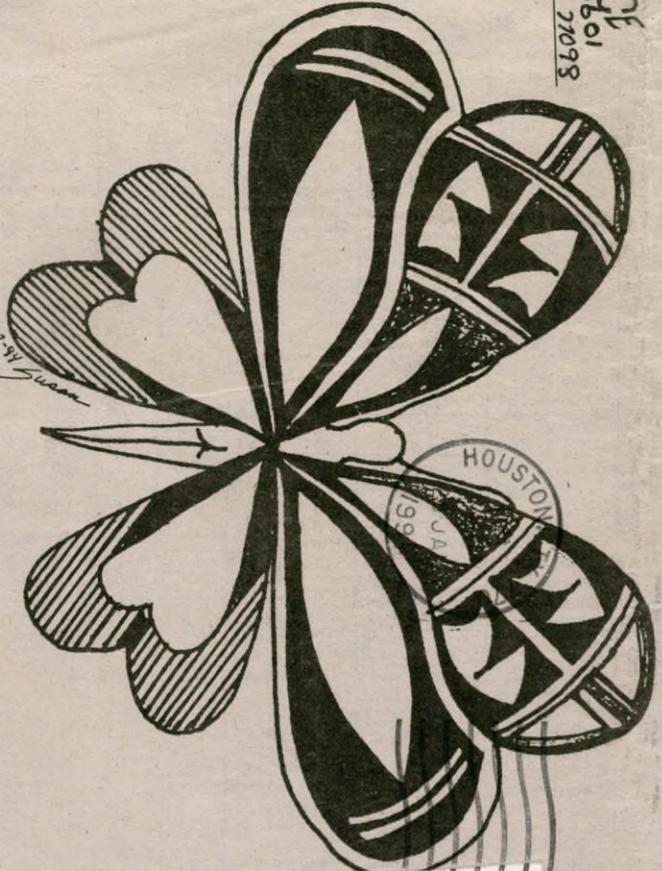

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