



THE WAND

Womynspace Activities/Networking Directory

Vol. 8, No. 12

December

9991

Resurrection



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. 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, usually on the 4th Tuesday at 6:30pm (check the WAND calendar). It is helpful to 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 in Houston. 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	\$40	\$115
1/4 Page	\$75	\$215
1/2 Page	\$140	\$375

Classifieds are \$2 per line

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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 history, 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."
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RESOURCE GUIDE

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Chain Gang [Gay Cycling Group]: 981-7257
Dignity/Houston [Gay & Lesbian Catholics] 528-0111
Gay & Lesbian Hispanics Unidos [GLHU] 880-GLHU
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 Coalition International [GLPCI]: 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 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
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]: 861-9194
Montrose Activity Center [MAC]: 529-1223
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
Pride Message Center - Houston Lesbian/Gay Pride Week: 529-6979
Queer Nation: 529-6969
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]: 668-8256 or 527-0342
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]
Women's Reading Group: 827-8726, 932-7724
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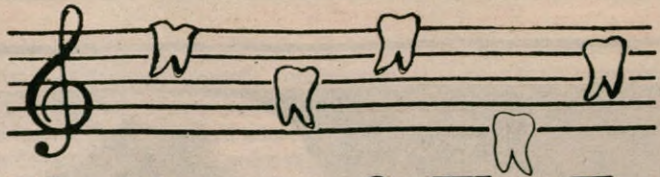


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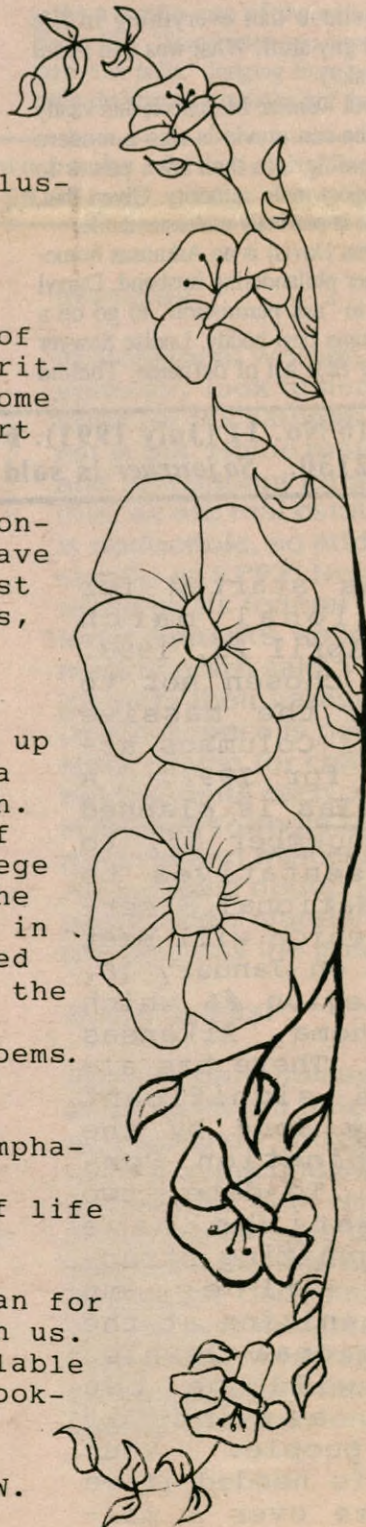
is a book of poems and illustrations created by Susan Dumas. She writes these poems in a simple, easily understood and flowing language covering themes of friendship, love, and spirituality. In response to some of the poems Sharon Stewart writes:

"Most of all I enjoy your honesty and self reflection-the love and caring you have for friends, lovers of past and hopings, acquaintances, and self is refreshing, uplifting..."

The process of picking up the pen again was itself a resurrection for Susan. She wrote the first set of poems when she was a college student in Ohio between the ages of 18 and 22. At 42 in Houston, where she has lived since she boarded a plane the day after graduation, she wrote the second set of poems. The time span provides an opportunity to glimpse at changes in perspective, emphasis and style which have developed with 20 years of life experience.

I would like to thank Susan for sharing her creations with us. Resurrection will be available in December at Inklings Bookstore at 1846 Richmond.

Dorothy W.



MARTY BISCHOFF
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Film

Thelma & Louise Take Flight

by Kathi Maio

"If you see one film this summer . . ." advise the flacksters. "A *must-see* movie!" exclaim the pull-quotes from the critical establishment. How many times have you seen or heard phrases like this? Countless times, no doubt. Unfortunately, the people who create ads for movies aren't exactly trustworthy advisors. And, sad to say, the people who review heavily promoted (and advertised) movies can't always be trusted, either.

Word of mouth is still one of the best gauges of whether a movie is worth seeing. And the word of mouth on *Thelma & Louise* is that it is the proverbial "must-see" movie of this summer. If you listen to female voices, that is. Men who have seen *Thelma & Louise* are just as likely to label it a *no-see*. The gender split on this one is pronounced. I can't recall another film that has so enchanted women viewers—and outraged men.

With several notable exceptions, the boys in both the general public and the media have been getting hot under the collar about this film. So hot that their polyester is melting. Columnists for major news dailies are sputtering about "male-bashing." A columnist for *U.S. News and World Report* calls the movie "Toxic Feminism" and ties it to "Andrea Dworkin and the most alienated radical feminists." (Sounds good already, don't it?) "Here we have an explicit fascist theme," John Leo foolishly asserts. (Talk about the pot calling the kettle aluminum!)

People's "Picks & Pans" man, Ralph Novak, got his boxers in a twist, too. Finding the title heroes to be "two self-absorbed, irresponsible, worthless people," he made one of the most preposterous statements I've ever seen in a review: "Any movie that went as far out of its way to trash women as this female chauvinist sow of a film does to trash men would be universally, and justifiably, condemned."

If only that were true! On the contrary, woman-bashing is so widespread and socially acceptable in film that most folks—especially male critics—don't even notice it anymore. Yes, *Thelma & Louise*, written by avowed feminist and first-time screenwriter Callie Khouri, gives men a taste of their own medicine. But that doesn't mean that the film is *about* trashing men. (It's comical



Susan Sarandon (left) and Geena Davis in *Thelma and Louise*

the way men need to believe that everything in life revolves around guys and guy stuff. What was that about "self-absorbed," Mr. Novak?)

Thelma & Louise is about *women*. Moreover, this vastly entertaining buddies-on-the-run movie is also a modern allegory about women coming into their own power to resist male violence and reject male authority. Given that, the indignant male response is perfectly understandable.

Thelma Dickinson (Geena Davis) is an Arkansas homemaker, too frightened of her philandering husband, Darryl (Christopher McDonald), to "ask permission" to go on a fishing trip with her long-time best buddy, Louise Sawyer (Susan Sarandon). As her first act of defiance, Thelma

sneaks off, leaving a note in the microwave. She's packed *everything* for her little weekend getaway, including a gun.

It's Louise who first uses the pistol, defending Thelma from a rapist at a country-western bar. From that point on, the two are on the lam, racing through the Southwest in Louise's '66 T-bird convertible. They become outlaws, not because they want to be, but because men won't leave them alone. (Look carefully, each of their crimes is a response to an offense against them by men.) Cops from four states, plus the FBI, pursue them. These are the men who want to lock them up. There are others who put more intimate snares in their path.

Continued on next page

First printed in *Sojourner: The Women's Forum*, Vol. 16 No. 11 (July 1991). For subscriptions (12/yr), send \$17.50 to Sojourner, 42 Seaverns Ave., Boston, MA 02130. *Sojourner* is sold locally at Inklings.

MARCH ON WASHINGTON 1993

--by Deborah Bell

The more that I am involved as a lesbian activist, the more that I believe that the key to our social acceptance and civil rights lie in our visibility. The empowerment gained by actions such as the Texas Lesbian Conference, The March on Austin, and Queer Nation demonstrations, are meaningful on a political and personal level. In 1987, 500,000 (some say that 650,000 is a more correct count) lesbian, gay, and allied people marched in Washington, DC., in the largest civil rights demonstration ever seen in the nation's capital. In three days of actions and protests we irrevocably demonstrated the strength of our community.

Organizing has started for another national march scheduled for April 25, 1993. This date was chosen not to conflict with the massive nationwide Anti-Columbus actions planned for 1992. A meeting in Dallas is planned for Sunday, December 15, to select representatives to serve on the National Steering Committee which will meet in Los Angeles on January 18. Texas is in Region #6 which includes Oklahoma, Arkansas and Louisiana. There has already been a significant amount of work done by the Interim Coordination Committee (ICC). To date, two national meetings have adopted an organizing structure that relies on grassroots organizing at the state and regional levels. This march will be the cumulative effort of thousands of people. Your participation is needed if we are to mobilize over a mil-

lion people (2 million?) in little over a year. No experience is necessary, only your dedication. There is a commitment that the committees have gender parity and be made up of at least 50% people of color. We get to have four representatives from our region and would like to have four alternates selected as well. Region #6 representatives at the Creating Change Conference additionally have made a commitment to raise money so that people who may be economically disadvantaged can participate. Yes kids, this all takes time, work, and money. Isn't it worth it? Checks may be sent to March on Washington, P.O. Box 34607, Washington DC., 20043-4607. Aid our region as well, wait for our local fund raiser. FMI, call Deborah Bell 713-521-0780, particularly if you want to attend the Dallas meeting.

Continued from previous page

Louise's lover, Jimmy (Michael Madsen), follows her across state lines. A sweet guy, though none too steady, Jimmy loves Louise but has a mighty hard time saying so. He runs away from commitment until Louise runs away from home. When he shows up in Oklahoma City, he has a shiny engagement ring with him. Meanwhile, in another room at our duo's motel hideaway, Thelma consorts with a charming sociopath named J.D. (Brad Pitt), who shares with her the secrets of great sex and genteel robbery.

But men aren't the solution. They are, at best, a new set of problems, part and parcel of the baggage the two need to leave behind. So, Thelma and Louise continue their journey alone—together. With every mile they travel, the two become less defined and controlled by men. They take joy in the moment and in each other. They come closer and closer to becoming whole and free as women. And *that* makes them dangerous.

Ignored when they were good girls (and silent victims), these outlaws are now wanted women. "Like every other guy, he just loves the chase," Louise says of Jimmy. "He's got his work cut out for him, then," replies Thelma. Rejection triggers pursuit in patriarchy, and not just in the romantic sense. Escape from the control of men is not a socially acceptable option for women. The powers that be aren't about to let these women get away. Alive, anyway.

Thelma and Louise, our allegorical everywomen, refuse to be taken. (Never again.) Hunted to the ends of the earth, they hang on tight to one another and continue their flight to freedom. Do they get away? In the most important sense of the word, they do. And that is why the tears women shed at the end of this movie are not tears of sadness alone.

As skillful as Callie Khouri is in wedding natural dialogue to mythic storytelling, *Thelma & Louise* would have been just a gender switch on the buddy/outlaw/road picture without the performance of Susan Sarandon and Geena Davis in the lead. And when I use the singular of the word "performance," that's no typo. The work of these two fine actors is so deeply intertwined, so symbiotic, it's difficult to judge where one starts and the other leaves off. Both women are magnificent.

The dynamics of the friendship that is Thelma-and-Louise shifts constantly throughout the movie. In the beginning, Louise is the mentor, the protector. As Thelma mends her self-esteem and becomes the bodacious bandit, Louise takes strength from Thelma's reckless elation. In the end, they are equals, loving friends who decide on and meet their fate together.

I never doubted that these two had performances of this caliber in them. They just never had material of this complexity and woman-affirming vitality before. But if I knew that Sarandon and Davis were up to the task, I had no idea that Ridley Scott was capable of directing this kind of women's story. Sensitivity and emotional intimacy have never been his forte as a filmmaker. And women in his movies (e.g., Kate Capshaw in 1989's *Black Rain*) are often plot conveniences more than characters.

True, he was the director who launched Sigourney Weaver as Ripley in *Alien* (1979), but he is more associated with male mythology in visually stunning but emotionally sterile films like *Blade Runner* (1982). Ridley is still in love with the Look of his movies, and he is still overly fond of his big canvas. But only once or twice did the slick visuals and prominent soundtrack strike a false note here. Not even the big rocks of Canyonlands and Arches National Park (lit up in ways Mother Nature never dreamed of) could dwarf the intensity and humanity of this picture.

That such a hue and cry should be leveled against the violence of *Thelma & Louise* is particularly ironic when Scott's last film, *Black Rain*, had ten times the blood and bad attitude. In it, the manly hero, played by Michael Douglas, is a crooked cop with a "Fuck you very much!" attitude towards everyone. Under investigation in New York for taking drug pay-offs, Douglas is sent off to Japan to deliver a member of the *yakusa* to Japanese authorities. When he mistakenly hands over his prisoner to the wrong men, he has the perfect excuse to roam the foggy, rain-slicked, neon-lit mean streets of Osaka and wreak havoc.

As a macho man of the movies, Douglas gets to say things like: "Sometimes you have to forget your head and grab your balls." Judging from his actions, he does have a brain the size of a testicle, but that doesn't keep him from

getting his man and giving Japanese authorities a lesson in police procedure. Our hero claims his violent approach to life as the American way, and, therefore, the right way of doing things. And it must be. By the movie's end, Michael's new Japanese partner is delivering firepower and lines like "Sometimes you have to go for it!" with equal enthusiasm.

While few critics raved over *Black Rain*, neither was it savaged, as *Thelma & Louise* has repeatedly been, for providing "horrible role models" for youthful viewers. Racist arrogance, corruption, and the urge to spray large numbers of people with bullets seems reasonable enough for a male protagonist. Let a woman blow away a rapist or blow up the property of a sexual harasser, and the critics start fearing for the souls of America's womenfolk.

And well they should. Give a listen to the female members of an audience watching *Thelma & Louise*, and you will likely hear exclamations of delight when Thelma finally tells off her husband. You're bound to also hear loud enthusiastic cheers when the two avenge themselves on a sexist trucker who refuses to mend his ways and say he's sorry. Some women even hoot their approval when the rapist is shot dead.

Callie Khouri's subversive little screenplay is two hours of female—and, yes, feminist—catharsis. It puts most women watching it in touch with their hatred of male violence and oppression and, just as importantly, their love of other women. This is *not* a story about men or male-bashing. It is a story about resisting patriarchy even to the point of crossing over the line and going over the edge.

Before her transformation into a desperado, Thelma says of her husband: "He's an asshole. . . . Most of the time, I just let it slide." *Thelma & Louise*, a movie women are making a word-of-mouth hit, is the story of two women emphatically refusing to let it slide anymore. No wonder the boys are so alarmed at the idea of these two becoming "role models."

Kathi Maio has never packed a rod. She is, however, happy to have recently been labeled an "extremist" by a major Southern newspaper.

Kathi Maio is the author of two books of feminist film essays, *Feminist in the Dark* (\$7.95/pub. 1988) and *Popcorn and Sexual Politics* (\$9.95/pub. 1991). Her books are sold at Inklings Bookshop, 1846 Richmond.

What's New With Taxes?

Again this year, not much has changed for the middle income earners. Those earning under \$20,000 who have children and those earning over \$100,000 are experiencing the most change. Look for more "middle" advantages, such as expanded IRA deductibility, to be proposed by Congress next year; it will be a Presidential election year.

Earned Income Credits

The big news for household heads and married couples raising kids on under \$21,250 is that the earned income has expanded from a one line do-it-yourself number to a two-page form. The people who do free tax returns for folks in need have announced that this is a "sign the return and let the government figure the credit" item. Promises to vote for revision are already being lined up in congress, but for 1991 returns, we'll have to live with it. These are the three key points. First, the credit is a few dollars less for one qualifying child than for two or more. Secondly, if you paid for family health insurance, that total and the name of the insurer gets a credit. Third, if you had a baby born in 1991, you get a new baby credit.

Itemizing

Professional women and couples generally look to itemized deductions for tax savings. Personal interest is out. Home mortgage interest and investment interest are deductible, as are real estate taxes. Charity is deductible, so add up those checks to KPFT! Heartsong has received its federal tax exemption letter from IRS, so look at the fair market (yard sale) value of items given to their garage sales. (Womynspace is not tax exempt.) Miles driven for charity are worth twelve cents each. A percentage reduction formula is applied to medical and miscellaneous items. All itemized deductions are compared to the standard deduction; one deducts the greater of the two.

Business First

The standard mileage rate is now 27 1/2 cents per mile. Self-employed women know the disadvantages of paying a much higher social security tax than employees. Some of the advantages over employee expenses are that business expenses are deductible directly off income and that more generous deductions are available for self employed retirement plans. One can hire and pay one's own

children to work in the business. As long as they are under 18 and don't earn more than \$3,400, you won't pay social security tax and they won't owe income tax.

If's, And's or But's

All of these things are general statements. For every rule there is an exception. The general mood of the Service is that simplification is in. Fairness is impossible, for it makes the rules too complex. Or so they say.

Kathy Hubbard is a tax practitioner in private practice.

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December Special Events

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 10am WomensGrp No scheduled speaker(Beachhouse) 2pm P-FLAG Lucia's Garden - Annual Christmas/Holiday Show	2	3 7:30 Lucia's Garden Potpourri Class instructed by Lucia 7:30 Skate Nite	4 7pm HGLPC 7pm WAVE 8pm New Moon Meditation - Lucia's Garden	5 6pm Class by Lucia's Garden TAI CHI (each Thursday) 9pm TWO NICE GIRLS Fitzgerald's	6	7 8pm Carole Etzler and Bren Chambers in Concert 1st Unitarian Church The Nutcracker Dance-Along! Lone Star Symphonic Band
8 9am Lambda Downtown Biking 10am Women's Grp Pleides Art Sale 1pm Mystery of the Mask-Carole&Bren 4pm ♀Reading Grp	9 5pm Deadline to submit entries for Pride Week Logo Contest	10	11 7pm Women's Network - Communication in our Relationships Part II - Montrose Counseling Center	12	13	14 9am Lambda Surprise Bike Ride 10am Women of Color Support Group Lucia's Garden - Origami Class HOG Holiday Party
15 10am Women's Group 1pm Mother's Web Picnic 2pm LOAF 5pm AMIGA HEARTSONG CONCERT	16	17 7:30 Skate Nite 8pm Lucia's Garden - Full Moon Meditation & Winter Solstice Celebration	18 7pm Houston Gay and Lesbian Political Caucus (HGLPC) WAND Layout	19 7pm Lambda Bicycle Club - Xmas Lights Bike Ride Houston Gay/Lesbian Parents Support Grp LIB Holiday Party at the Plaza (Ranch)	20	21
22 10am Women's Group Noel Gregory Artistic experience in the Recovery process	23	24	25 Women's Network will not be held this evening.	26	27	28 10am Women of Color Support Group "A New Way"
29 10am Women's Group 1992 Campaign P.O.W.E.R - Plan On Women's Equal Representation	30					

1 SUNDAY

The Women's Group*, No scheduled speaker - Join the Women's Group at the Beach House. The Women's Group meets at the Unitarian Church, 5210 Fannin at 10am, in the Sojourner Truth Room upstairs. For more info, call Iris 529-8571 or Janet 370-3657.

Parents FLAG/Houston (Parents & Friends of Lesbians & Gays) meets the first Sunday of each month at 2:00pm at Grace Lutheran Church. P-FLAG provides a support group for families and friends of lesbians and gays in their effort to understand, accept and support their children with love and pride. For more information, call 721-0788.

Lucia's Garden - Annual Christmas Holiday Show, holiday ornaments, scented gift items, bayberry candles, wreaths, decorated cinnamon bundles and tempting treats will be out for your perusal. The Christmas/Solstice cards will be 10% off and there will be mulled cider spiced with our special wassail blend. Janis Teas (of Teas Herbs) will be here with a truckload of kitchen herb gardens in a pot, individual herb gardens in a pot, individual herb plants, and rosemary Christmas Trees. For info, call 523-6494.

2 MONDAY

3 TUESDAY

Lucia's Garden - Potpourri 7:30 to 9:30 instructed by Lucia. Create sweet smelling potpourri out of the Earth's dried flowers, roots, spices and fragrant herbs and oils ... plus a little bit of magic. All material provided. For more info, call 523-6494.

Skate Nite at the Carousel Skating Rink, 9190 Old Katy Road, between Katy and Blalock, 7:30pm to 10:30pm, \$5 includes skates. Wine & beer available. For info, call John at 523-6381 evenings.

4 WEDNESDAY

Houston Gay & Lesbian Political Caucus meets first & third Wednesdays at 7pm at the Metropolitan Multi-Purpose Civic Center, 1475 West Gray. For more information, call 521-1000.

Women Against Violence Everywhere (WAVE) - A group specifically focusing on violence against women and children will meet the first Wednesday monthly beginning at 7:00pm at the First Unitarian Church, 5200 Fannin at Southmore. We need women to come and try to save our lives. For more info, call Jacsun at 867-9117.

New Moon Meditation, Lucia's Garden 8-10pm Women and men can celebrate the creative energies of the new moon. This is a time for us to be together, share our life experiences and enjoy an evening of quiet music and guided meditation. For info, call 523-6494.

5 THURSDAY

Class by Lucia's Garden: TAI CHI instructed by Cilia Theresa each Thursday at 6:00pm (\$35) at Lucia's Garden, 2942 Virginia. For info, 523-6494.
Two Nice Girls at Fitzgeralds, 9:00pm, general admission \$8.50, reserved seating \$10. Fitzgeralds is at 2706 White Oak at Studemont, north of I-10.

6 FRIDAY

7 SATURDAY

Carole Etzler and Bren Chambers in Concert, 8pm at First Unitarian Universalist Church, 5200 Fannin. Tickets on sale at Inklings Bookshop, 1846 Richmond and Lucia's Garden, 2942 Virginia (at Alabama, west of Kirby). For info, call Anita Louise, Director of Religious Education, 526-5200.

The Nutcracker Dance-Along!, Lone Star Symphonic Band 522-0181 The concert will feature selections from Tchaikovsky's The Nutcracker. But that's not all. The Woodwind Quintet and the Swing Band will contribute to the festivities. The Dance of the Sugar Plum Fairies will take on new meaning as our audience joins in the fun. Plan to be a part of this new holiday tradition. It will be tutu much to believe!

8 SUNDAY

Lambda Bicycle Club - Downtown Bike Ride, starts at 9am from Bacchus II parking lot, 2715 Waughcrest, next door to Charlie's Restaurant on Westheimer. \$1 donation. For info, 496-0288. All rides slow paced.

The Women's Group*, Roxanne Clair -Wholeness Through Movement" - author, teacher -discusses recovery from food addiction and illness through body awareness. The Women's Group meets at 10 am in the Sojourner Truth room (upstairs), First Unitarian Church, 5210 Fannin. For more info, call Iris 529-8571 or Janet 370-3657.

Pleides Art Group - Art Sale with the Channing Bookshop Annual Christmas Sale, 10am to 3pm at the First Unitarian Church, 5210 Fannin. For more information, call Meg at 242-9578.

Mystery of the Mask - Carole Etzler and Bren Chambers lead us through an experience of self-discovery. Drumming, chanting, guided meditation are doorways to our intuitive nature which we will express as we make & decorate a plaster gauze mask of our own face. 1:00 to 4:00pm. Workshop fee: \$20.00, First Unitarian Universalist Church, 5200 Fannin For info, call Anita Louise, Director of Religious Education, 526-5200.

The Women's Reading Group meets at a member's home from 4:00-6:00 pm on the second Sunday of the month. This month's book is Mists of Avalon by Marion Zimmer Bradley (December). January, we will discuss a topic, relationships - the plan is that each reader will select a book on relationships, read the book and share insights with the rest of the group. For more information, call 932-7724 or 827-8726. 9 MONDAY



PRIDE WEEK Logo Contest - open to all who live in the greater Houston area. Logo artwork, including both a color and black-and-white representation, should be camera-ready and mounted on a board that is approximately 11 by 17 inches. The color and black and white versions allow judges to see how the logo would look on posters, T-shirts and in print. Entries must be submitted to Printex Plus at 1617 West Alabama by 5pm on Monday, December 9th. Artists may submit as many entries as they wish. All entries become the property of Houston Lesbian/ Gay Pride Week 1992. A panel of judges will narrow the field of logo entries to semi-finalists, then Houston's gay and lesbian community will vote for their favorites at the December 17 general meeting. The winning artist will receive a \$300 prize. For more info, call Jack at 529-1223.

11 WEDNESDAY

Women's Network*, Communication in Our Relationships Part II. Charlene Torrest, psychotherapist, returns to the Network to focus on learning about different styles of communication, how to communicate more effectively, and how to build intimacy through communication. Explanations of why some attempts to communicate are confounded and how to deal with the frustrations that result will also be presented. The Women's Network meets the 2nd and 4th Wednesdays from 7-9pm, Montrose Counseling Center, 900 Lovett - 2nd floor. FMI, call 529-0037.

13 FRIDAY

14 SATURDAY

Lambda Bicycle Club - Surprise Bike Ride, starts at 9am from Bacchus II parking lot, 2715 Waughcrest, next door to Charlie's Restaurant on Westheimer. \$1 donation. For more info, call 496-0288. All rides under 20 miles.

Women of Color Support Group is facilitated by Hitaji Aziz and meets the second & fourth Saturday of each month from 10:00am-2:00pm at "A New Way", 5906 Dolores, Suite 201 (off Fountain View, between Richmond and Westheimer). For women of color only. Sliding scale fee. For more info, call 784-6511.

Lucia's Garden - Origami 2-4pm. \$25 All materials supplied. Class is limited to 6 students, so call in advance. The art of Japanese paper folding. Learn to fold the classic crane, star, butterfly and several other designs during this class. Origami is a wonderful meditational activity and designs can be used for many purposes, including package decorations, Christmas tree ornaments, jewelry and practical items that we will work on in class. Joan Hargis is a local artist and a very talented woman. For info, call 523-6494.

Houston Outdoor Group Annual Holiday Party - for Gay men and Lesbians who enjoy the outdoors. For info call Patty at 772-6145.

Queer Nation meets at 7:30pm at the Montrose Palace on the corner of Commonwealth and Nevada each Tuesday. FMI, call 529-0100.

15 SUNDAY

The Women's Group*, Presentation by Gail Berkowitz and the Women's Reading Group. The Women's Group meets at the Unitarian Church, 5210 Fannin at 10am, in the Sojourner Truth

Room upstairs. For more info, call Iris 529-8571 or Janet 370-3657.

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.

AMIGA de Houston meets on the third Sunday of each month at 5:00 pm for our business meeting and potluck dinner. While the focus of this group is Latina/Lesbiana - all mujeres interested in getting active are invited to join us. FMI, call 520-5667.

HeartSong Holiday Concert and Sing Along - First Unitarian Church 7pm

17 TUESDAY

Skate Nite at the Carousel Skating Rink, 9190 Old Katy Road, between Katy and Blalock, 7:30pm to 10:30pm, \$5 includes skates. Wine & beer available. For info, call John at 523-6381 evenings. All Gay/ Lesbian Skate Parties are closed to the public. Expect about 200, and a fun time.

Full Moon Meditation & Winter Solstice Celebration 8-10pm \$10, In addition to celebrating the full moon, this month's meditation will celebrate the time of the Winter Solstice. This is a time to honor the light within the darkness...a time of hope and promise. Let us welcome the precious child into our hearts. For more info, call 523-6494.

18 WEDNESDAY

Houston Gay & Lesbian Political Caucus meets first & third Wednesdays at 7pm at the Metropolitan Multi-Purpose Civic Center, 1475 West Gray. For more information, call 521-1000.

19 THURSDAY

Lambda Bicycle Club - Christmas Lights Bike Ride, starts at 7pm from Bacchus II parking lot, 2715 Waughcrest, next door to Charlie's Restaurant on Westheimer. \$1 donation. For more info, call 496-0288. All rides under 20 miles.

Houston Gay and Lesbian Parents Support meets on the 3rd Thursday of each month for the adults and the youth. Childcare is provided. HGLPS provides a social outlet for the entire family. Planned outings and activities allow parents, co-parents, children, and future parents to celebrate as an extended family. For info, call 666-8256.

LIB (Lesbians in Business), First Annual Holiday Party at the Plaza, home of the Ranch and Ms. B's For information, call 529-0077.

20 FRIDAY

21 SATURDAY

22 SUNDAY

The Women's Group, Noel Gregory will speak about artistic experience in the recovery process. The Women's Group meets at First Unitarian Church, 5210 Fannin, 10am in the Sojourner Truth Room upstairs. For more information, call Iris

529-8571 or Janet 370-3657. **22 MONDAY 24 TUESDAY**

25 WEDNESDAY

Women's Network* will not be held this evening. For those who celebrate the Christmas holidays, the Women's Network wishes you a safe and joyous holiday. The Women's Network meets the 2nd and 4th Wednesdays at the Montrose Counseling Center, 900 Lovett, 2nd floor 7:00-9pm. FMI, call 529-0037.

26 THURSDAY

27 FRIDAY

28 SATURDAY

Women of Color Support Group is facilitated by Hitaji Aziz and meets the second & fourth Saturday of each month from 10:00am-2:00 pm. at "A New Way", 5906 Dolores, Suite 201 (off Fountain View, between Richmond and Westheimer). For women of color only. Sliding scale fee. For more info, call 784-6511.

29 SUNDAY

1992 Campaign - "P.O.W.E.R." - Plan On Women's Equal Representation - Jacsun and Iris will facilitate an agenda of concrete actions for women to commit to which will enable us to make our voices and power equal to our anger.

FUTURE 1991 EVENTS GLOBAL COMMUNITY EVENTS

(for more info, see Bulletin Board at Inklings)



ONGOING WEEKLY EVENTS SEE NEXT PAGE FOR ADDITIONAL INFORMATION ONGOING WEEKLY EVENTS →

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00am Women's Group - First Unitarian Church 1:00pm Adult Children of Alcoholics 4:00pm Lesbian Incest Survivors Anonymous(LISA) 6:00pm Women's Rugby Team Practice	12:30pm Rational Eating Group 6:15pm Women's Sexuality Group through Sept 9 7:00pm Lesbian Therapy Group 7:00pm Women's Support Group 9:00pm Wilde'n' Stein - KPFT	2:00pm Mother's Children (HIV) 5:30pm Lesbian and Gay Co-Dependents 7:00 Hearing Impaired (HIV) 7:30 Queer Nation 9:00pm A Woman's Place KPFT 90.1 FM	12:30pm Women's Therapy Group 6:00pm Women's Hour - KTRU 6:15pm ♀Therapy Group-Spirituality 7:00pm ♀"Pick Up" Basketball Game 7:00pm SORA - Sex or Relationship Addictions 7:30pm ♀Therapy Gr Inner Child Focus	7pm Enfoque de la Mujer-KPFT 90.1 7pm AfroFemcentric 7pm Support Group for Women Facing Life Challenging Health Concerns 7pm Womens Rugby Team Practice Feminist Golfing	9:05am until noon Breakthrough KPFT 90.1 FM Women's Music <i>Listen to the Calendar at 10:30am for the latest updates on Community Events</i>	4:30pm Real Live Women MATRONIZE OUR ADVERTISERS VISIT INKLINGS Bookshop & LUCIA'S GARDEN

Ongoing Events

Sunday

The Women's Group meets every Sunday at 10 a.m. at the First Unitarian Church, 5210 Fannin at Southmore in the Soujourner Truth room upstairs. Call 529-1886 for information.

Adult Children of Alcoholic & Dysfunctional Families, a twelve step support group, meets Sundays at 1:00 p.m. at Dawn of Faith MCC, 10595 Telephone Road at Fuqua, Houston, Texas 77075, 991-6766. Although primarily attended by lesbians, the only requirement is to be a child of a dysfunctional family.

Lesbian Incest Survivors Anonymous (LISA) meets every Sunday from 4:00 to 5:00 p.m. at Inklings upstairs, 1846 Richmond. For more information, call Sherry at 527-8712.

Houston Women's Rugby Team Practice begins at 6pm at the Bellaire YMCB. For more information call Shelly at 776-9451. Practice is also scheduled on Thursdays.

Monday

Rational Eating Support Group facilitated by Kathy Sitarski, Janet Hudson of "A New Way" meets every Monday from 12:30 to 2:30 p.m., at 5906 Dolores, Suite 201. Open to all women. Sliding scale fee. FMI, 784-6511.

Lesbian Therapy Group. Therapy group addressing relationships and issues surrounding being a lesbian and a woman. Sharon Stone and Associates, 7:00 p.m. to 8:30 p.m., 3935 Westheimer, Suite 360, call 623-6081 for information.

Womens' Support Group facilitated by Kathy Sitarski, "A New Way" meets every Monday from 7:00-9:30pm at 5906 Dolores, Suite 201. Open to all women. Sliding scale fee. For more info, call 784-6511.

Wilde 'n' Stein - KPFT 90.1 FM, Mondays from 9:00-10:00 p.m. Lesbian and gay issues, interviews, music and news presented by those courageous community activists, Deborah Bell and Jack Valinski.

Tuesday

Mothers and Children Group, for HIV positive Mothers and Children meets every Tuesday from 2:00-4:00 p.m. at the Multi-Service Center, 1475 West Gray, Suite 163. The meetings are informal gatherings with speakers, refreshments, games and companionship. FMI, call 522-5428.

Support Group for Gay and Lesbian Codependents Anonymous. This is a non-smoking discussion group for the gay and lesbian community with issues related to codependency. No membership required. 5:30 p.m., Montrose Counseling Center, Suite 203, 900 Lovett, call Sharon 893-0514 or Jack 523-4863 for information.

Deaf Hearing-Impaired Group - A group facilitated in sign, for hearing-impaired people with concerns about HIV; this group includes PWA's, "worried well", and significant others and offers support and education. Walk-in. American Sign Language Interpreter. Meets 7:00-8:30 p.m. at the Montrose Counseling Center, 900 Lovett Blvd, Room 3. For more info, call 529-0037.

A Woman's Place - KPFT 90.1 FM, Tuesdays from 9:00-10:00 p.m. Feminist issues and herstorical portraits with that tireless educator, Klara Kern

Wednesday

Women's Support Group facilitated by "A New Way" meets every Wednesday from 12:30 to 2:30 p.m., at 5906 Dolores, Suite 201. Open to all women. Sliding scale fee. For more info, call Linda Bedre at 784-6511.

Women's Hour - KTRU 91.7 FM, Wednesdays from 6:00 - 7:00 p.m. Although 'music' isn't part of the name anymore, women's music is still an integral part of the show. Claire and Yoshiko have always played music by, for, and about women. Now they have added interviews, news stories, and a women's calendar to their show. For information, call 527-4050.

Wednesday (more)

Women's Therapy Group with an emphasis on spirituality meets Wednesdays from 6:15 to 7:45 p.m. at 6300 West Loop South. Led by Karen Hanson, CSW-ACP. Open to new members. Sliding scale. FMI, call 667-5733.

SORA (Sex or Relationship Addicts Anonymous) meets every Wednesday from 7:00 to 8:00pm. SORA is a support group for lesbians who desire to stop acting on their sex, romance and/or relationship addiction and learn how to have healthy relationships. They meet at MCCR, 1919 Decatur in the library. For more information, call Glenda (666-8256) or Beth (527-0342).

Women's Therapy Group with inner child focus meets every Wednesday from 7:30-9:00 p.m. at 6300 West Loop South, Suite 215. Facilitated by Joyce M. Gayles. Ph.D. Open to new members. FMI, call 667-6047.

Women's "Pick Up" Basketball Game from 7:00 to 9:30 p.m. at Masterson YWCA, Waugh and Memorial. Fee is \$3.25 or so.

Alternate Wednesdays

Women's Network is a support group, established to serve the lesbian and bisexual women's community of Houston; any woman who is sensitive to and comfortable with lesbians, is welcome. The network provides an opportunity to discuss women's issues in a safe environment, network with other women, and socialize with old and new friends. A donation of \$3 to \$5 per meeting is requested, but any woman is welcome regardless of her ability to pay. Meetings are every 2nd and 4th Wednesday, from 7:00 to 9:00 p.m., at the Montrose Counseling Center, 900 Lovett, 2nd floor. For information, call 529-0037.

Thursday

Afro Femcentric, a group devoted strictly to social & political concerns of African American Lesbians, meets weekly at the First Unitarian Church, 5210 Fannin, from 7:00 to 8:30p.m. Call 537-5146 for more info.

Golf Practice at 7:00pm, 7000 Buffalo Speedway Driving Range at Holcombe. For nascent and rarified golfers, we teach each other and try to golf weekly. For info, call Gwen 660-7924 or Bonnie 668-5894.

Support Group for Women Facing Life Challenging Health Concerns. This new group will provide support for women whose lives are being impacted by health issues. Meetings will be each Thursday at 7:00 p.m. For more information, call the Montrose Counseling Center at 529-0037.

Houston Women's Rugby Team Practice begins at 7pm at the Memorial Park Rugby Pitch. For more information call Shelly at 776-9451. Practice is also held on Sundays.

Enfoque de la Mujer is a segment of KPFT's Enfoque Latino Americano program which airs from 7:00 to 9:00 p.m. Enfoque de la Mujer brings news on Latin American and Caribbean women as well as feminist commentaries, interviews and literary analysis. FMI, call Rossana Dumas at 526-4000.

Friday

Breakthrough KPFT 90.1 FM, Friday mornings from 9:05am to noon. Women's music, calendar of events and interviews hosted by Pokey, Laura, and Suzanne. Breakthrough has served the community for over ten years.

Saturday

Real Live Womyn - Coming out is a p-r-o-c-e-s-s. At whatever stage, you may face obstacles along the way. We are lesbians who meet weekly to offer each other support as we emerge from the closet to embrace real living. "Come Out" and join us Real Live Womyn every Saturday from 4:30-5:45 pm at Inklings Bookshop (upstairs), 1846 Richmond. For more information, call Jeraine at 869-3358.

Breaking Up Is Hard To Do

A six week workshop for lesbians about relationships in transition, ending or changing. The workshop will have a limited number of members and will be a place to learn about relationships as well as express feelings, give and receive support. Members are asked to commit to the entire series.

Possible areas for discussion:

Creating the kind of relationship you want with your ex lover.

Grieving the loss of your relationship.

Feeling that you're never going to have another relationship.

Noticing patterns in relationships.

Boundaries.

Being alone, maybe for the first time.

Grieving when you're not out.

Holidays/special events.

Finding support.

Time: Mondays, 5:00 to 6:30 beginning ????

Cost: \$90.00 for all six sessions

Facilitator: Joanne Steinwachs, MSW-CSW, staff therapist at Montrose Counseling Center. 900 Lovett, suite 203

Registration: The workshop will have a limited number of participants. Please come to the Center and fill out a registration questionnaire. We will be screening applicants to the group so that the woman your ex left you for will not be in group with you, and members will have similar needs and expectations from the workshop. If we cannot accommodate you in this workshop we will put you on a waiting list and the workshop will be repeated throughout the year.



What could possibly follow the National Women's Choral Festival? Well, a good rest would be nice. But, the women of HeartSong are foregoing their R & R to sing familiar and unfamiliar songs of the season.

"Our community has gone to great lengths to support us in bringing the Festival to Houston this year," says director Lynne Weynand. "We deeply appreciate everyone's help and will sing our thanks for a long time."

Their first post-festival appearance will be at the annual Body Positive Tree Lighting in the evening on December 1st at the Multi-Service Center on West Gray. This is a community-wide event and all are welcome.

DOING THE FAMILY TANGO

Around this time of the year, family relationships loom large on one's emotional horizon. For lesbians and gay men, going home for the holidays can mean coming-out decisions, holding one's breath while one's lover and dysfunctional family meet for the first time, and answering curious children's questions about who sleeps where, and why.

At Inklings Bookshop, we get lots of questions about family relationships. Fortunately, the materials to choose from are significantly better than even a few years ago. I have compiled here a small sampling of what is available.

COMING OUT

For women just coming out, we recommend The Original Coming Out Stories (\$10.95), JoAnn Loulan's Lesbian Sex (12.95) and Lesbian Passion (11.95), among others. If you've been lesbian or gay for a while, Coming Out: An Act of Love (\$10.95) can help you understand the dynamics of coming out in numerous situations, including family and work.

TELLING THE FOLKS

For telling one's parents, we recommend Now That You Know: What Every Parent Should Know about Homosexuality (\$8.95), and Coming Out to Parents: A Two-Way Survival Guide for Lesbians and Gay Men and their Parents (9.95).

Also, for mothers especially, 25 different mothers of lesbians tell their stories in Different Daughters (\$9.95).

If your parents are in the moderately uncomfortable/moderately accepting zone (e.g., they know but they don't talk about it; they know but they never mention your lover's name), I highly recommend a cassette put out by PFLAG called Accepting Your Gay or Lesbian Child (\$9.95). Five sets of seemingly-average parents tell their stories, but the growth, insight and acceptance they demonstrate are nothing short of remarkable.

TELLING YOUR SPOUSE

Frequently, a woman comes to into Inklings who is struggling with lesbian feelings, but is married to a man. In the midst of the excitement/confusion/disorientation of the person who is coming out, the person who is **not** often feels left behind/confused/disoriented. Hundreds of heterosexual spouses were interviewed for The Other Side of the Closet (\$14.95), and this is the only book to address their feelings.

TELLING THE KIDS

If you are a parent, telling your kids can be complicated by a number of factors, including their age and possible child custody factors. There are two books to help: The Final Closet: A Gay Parent's Guide (\$8.95) and There's Something I've Been Meaning to Tell You (\$9.95).

In just the last few months, a number of books have been published for kids of lesbian/gay parents. Two of my favorites are The Duke Who Outlawed Jelly Beans (\$12.95) and How Would You Feel If Your Dad Was Gay? (\$9.95), both from Alyson Publications. The Duke... is a



The Duke Who Outlawed Jelly Beans
STORIES BY JOHNNY VALENTINE; ART BY LYNETTE SCHMIDT

lavishly illustrated series of stories with dukes, ogres, and dragons. These stories flow with adventure, and the kids--including girls--get to be heroes. Their parents, some of whom come in same-sex sets, stay out of the way. I think this would be a great gift for your kids, nieces, or nephews, up to about age 8 or 9. . . or for your favorite library.

The other kids' book, How Would You Feel If Your Dad Was Gay?, hones in on some of the real issues for the school-age child--for instance, acceptance from the other kids, and how to decide how much to disclose about one's family. It could be a good jumping-off point for family discussion.

It's wonderful that all these books are finally available. Maybe they will contribute in some way to the strengthening of real families, whether they are families of birth or chosen families.

Pokey Anderson is co-owner of Inklings - an alternative bookshop.

HAPPY HOLIDAYS! SO WHY AREN'T I?

by Joyce M. Gayles, PhD

If you experience a lot of stress during the holidays, you're not alone. Many people experience significant stress from Thanksgiving through the New Year months. Your feelings during the holidays may range from mildly "stressed out" to feelings of deep depression and unhappiness.

There are several reasons why you may struggle through the holidays. The milder problems can be anything from money worries to handling increased social activity as the result of party invitations from friends and colleagues. More serious problems around the holidays can be traced back as far as childhood.

Learning how, or rather how not to celebrate is a key to coping with mild stress during the holiday season. There are many different aspects to the holidays, and you can choose to honor the particular aspects that are meaningful for you, even if that means none of it!

To avoid stressful situations, do some planning. Set realistic goals. Be selective about what you do. For example, if you are into buying gifts, decide what you can afford to spend before you start shopping. I.O.U.'s for favors, chores, or dinners make wonderful gifts for the friends in your life. It's even okay if you decide to not do any gift-giving! If food and/or alcohol are a problem for you, you may want to limit the number of parties you attend. And don't plan to give holiday parties unless you really love to entertain this way.

If you find yourself not just stressed out, but actually depressed during the holidays, your depression is probably due to one or more of the following reasons: First of all, you may have a problem with the external clock affecting your internal clock or what is known as "seasonal depression." Scientific research indicates that for some people prolonged darkness affects body chemistry and mental state.

Second, you may experience what is called "holiday (or anniversary) grief." There may be sadness that comes from childhood memories of trauma or from deeply felt longings for a childhood you never had. Or perhaps the holidays remind you of someone special in your life who died. Whether it was one year ago or twenty years ago, the holiday season has a way of bringing back memories. Feelings such as these manifest themselves during this time of year because the season traditionally focuses so strongly on family and home life.

Third, loneliness may be a major factor leading to your depression. You may be feeling the lack of a social network of friends or a lack of attachment to another that provides a sense of safety and security.

If you fall into one of these categories, there are some positive steps you can take to help yourself cope with the holidays:

*If you're feeling confined by the darkness, then make arrangements to do things during the day. Take a day or a half day off and people-watch at the park. Or drive to the beach.

*Fill your life and your physical space with things you enjoy. A bright bouquet of flowers. Pleasant aromas. Have a cup of hot chocolate or a warm bath.

*If you know that certain experiences or situations depress you, then make plans to avoid or limit them. For example, if visiting family is problematic, shorten the time you spend with them.

See HOLIDAYS on Page 11

A MONTH in the LIFE of the WAND

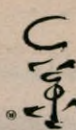
diary of experiences & observations by Sue

The WAND (Womynspace Activities/ Networking Directory) is produced monthly through a intricate balance of ritual and happenstance. When I first became a volunteer at the paste-up session, it seemed like a miracle that things fell together and by 10:30pm or so, we had a publication ready to go to the printer. A year later, I take the process a little bit for granted, but I still take delight in seeing what the issue looks like when it gets back from the printer. I am going to describe the WAND ritual; only the Goddess could describe the happenstance, so you will have to come to a paste-up yourself to hear tales of the unexpected as they develop. The cycle begins:

1. Mail is checked at the post office box weekly. New subscribers and address change updates are added to the mailing list. Items are re-typed in 3 inch columns for the calendar as announcements trickle in.
2. Advertisers provide the lioness's share of financial support for the WAND. Advertisers are billed in quarterly mailings. At one point in the herstory of Womynspace, volunteers were paid a commision for new advertisers, but that practice has been discontinued. Womynspace is now a 100% volunteer organization. The financial goal is that the WAND and Womynspace dances and retreats pay for themselves. Accounting-wise, we prepare a financial statement quarterly and file a tax return.
3. The weekend before the paste-up activity intensifies. If we did not decide on a cover at the last paste-up, we will call each other to brainstorm a front cover for the upcoming issue. We check the bulletin boards at Inkling Bookshop, KPFT and the Unitarian Church for calendar events and listen to the calendar on Breakthrough. The calendar is semi-finalized the night before the paste-up, but there are always last minute additions. Address labels are printed for the members, subscribers and advertisers.
4. On the day of the paste-up, we gather all our paste-up boards, printouts, diskettes, faxes, mail, and recordingkeeping paraphenalia and descend

on our paste-up hostesses' home at 5:30pm. The post office box is checked for last minute mail. Recently, we have had dinner before we started working, so the food preparation also had to be coordinated.

6. The paste-up begins. This is the first time we have all assembled together. The mail is sorted and checks are recorded and deposited. I have no idea how the deposits are made; there must be a bank fairy. I have seen checks written to pay the printer and other bills, so I know there is money in the bank.
7. First time volunteers are welcomed and lovingly questioned to glean their skills and interests. We are always looking for artists, writers and womyn with an eye for the perpendicular.
8. The paste-up boards are spread out on the table and the old articles are stripped off. New advertisements are added. The calendar is laid out. We cut and paste, cutting out art from flyers and/or reducing flyers to fit in the space available. Articles fill in the remaining space and the new "Dykes to Watch Out For" cartoon by Alison Bechdel is pasted down. The front cover is added and we have a completed issue.
9. The address labels and stamps are given to the woman doing the WAND mailout. The paste-up boards are taken to the printer and the boards and the newly printed WAND issues are picked up later in the week. Copies are delivered to the mailout woman, Inklings Bookshop, the Unitarian Church, the Ranch, Bacchus, Charlie's Restarant and other locations. Readers get their copy of the WAND in the mail by the first of the month or they pick up a copy at one of our distribution points.
10. At this point, hopefully we all got our strokes and still like each other and money is coming in for memberships, subscriptions and advertisements. If you would like to get involved in producing the WAND, call Kathy at 664-7438. Many womyn have helped create the WAND over the years. The WAND in 1991 is a distillation of all the energy, ideas and creativity of the womyn who have helped keep this community newsletter alive and healthy .



THE TRAGER® APPROACH A New Way to Relax!

What could be lighter? How about the way you move your body? Whether we are athletes or couch potatoes, we are constantly moving our bodies unless we are sleeping. HOW we move our bodies is what TRAGER is all about.

The TRAGER Approach is a system of gentle, non-intrusive movements developed by Milton Trager, M.D. which facilitates deep relaxation, increased physical mobility, and mental clarity. Through one or more sessions, you can experience (with enjoyment) the release of deep-seated physical or mental restrictions. What kind of restrictions? Many, some you don't even know you have.

Your body is as much a "memory book" of your life as your mind. The body hums along doing its thing until some type of trauma or undue stress causes an injury. Immediately, the body compensates for the injury as a way of protection and survival. Whether the trauma was a fall from a tree, a car accident, continual emotional stress, a long illness, or physical abuse doesn't matter. The body remembers how to protect itself from that trauma from then on. This memory becomes a "holding pattern".

We unconsciously collect holding patterns from the time we are born. With each new trauma, another holding pattern is imprinted on the subconscious mind. In other words, it doesn't matter whether the sky is falling or not; if my body THINKS it is falling, the reaction is the same. Pretty soon, even something as simple as walking can be limited by these learned patterns. Just as these patterns are subconsciously learned, they can be unlearned. The gentle movements of TRAGER Approach is indeed such a way.

A single TRAGER session lasts 1 to 1 1/2 hours. No oils or lotions are used. As you lie comfortably on a cushioned table, the TRAGER Practitioner moves you gently and rhythmically, with no undue force or pressure. Clients actually experience the possibility of being able to move that freely, effortlessly and gracefully on their own. Most TRAGER sessions will include some Mentastics, a system of effortless movement sequences which you can do on your own, which can sustain and enhance the benefits of the table work.

As a result of only a few TRAGER sessions, clients have described a new sense of well being. Other changes have included new feelings of freedom and youth, higher levels of energy and vitality, effortless carriage, renewed capacity to relax and profound inner peace. These benefits have been reported by the severely disabled as well as the physically fit.

The positive effects of TRAGER sessions can be cumulative. These effects may penetrate below the level of conscious awareness, and therefore, can continue to produce results even after your session. In order to receive the most benefit, a series of sessions is recommended. The more you experience TRAGER, the more your body remembers and integrates the effects.

-Lynne Weynand
Certified TRAGER Practitioner

Family

We've passed the test
the trial by fire,
In and out of disturbing times.
We have survived,
not been consumed,
to see the other side.
We've held our own
against the odds,
challenged the unknown.
Perhaps it's Karma
or other ties before
that held us in this bond
and made us what we are.
We have long been friends
and life has made us strong
but now we are sisters
together, we belong.
We are now family
for the rest of this lifetime
and, perhaps, for eternity.

Written for Sandy and Molly
July 1, 1991

Susan

Dykes To Watch Out For



Dykes To Watch Out For



HAPPY HOLIDAYS continued

*If loneliness is a major problem for you, consider spending the holiday volunteering at a hospital, shelter, or retirement home. You may be surprised at the good feelings you receive from helping others.

*One of the best ways to lessen holiday depression or grief is by getting your problem out in the open. If there's no one you can talk to about it, then write about it. Put your thoughts and feelings down in a journal. Try sentence completion. For example, "At the holiday season, I feel _____." "The worst thing about the holiday is _____," or "I wish _____." Writing about your feelings can be a great release and a real learning experience.

*If your feelings are intense and/or you are having difficulty functioning, consider seeking professional help to deal with the underlying causes of your holiday depression.

And last, but certainly not least, take deep breaths and know that in a couple of months all the "fun" will be over for this year. Enjoy what you can, and don't beat yourself up if you can't be jolly.



FACTS ABOUT SEXUAL HARASSMENT

Sexual harassment is a form of sex discrimination that violates Title VII of the Civil Rights Act of 1964.

Unwelcome sexual advances, requests for sexual favors, and other verbal or physical conduct of a sexual nature constitute sexual harassment when submission or rejection of this conduct explicitly or implicitly affects an individual's employment, unreasonably interferes with an individual's work performance or creates an intimidating, hostile or offensive work environment.

Sexual harassment can occur in a variety of circumstances. Sexual harassment includes, but is not limited to:

- The victim as well as the harasser may be a woman or a man. The victim does not have to be of the opposite sex.
- The harasser can be the victim's supervisor, an agent of the employer, a supervisor in another area, a co-worker, or a non-employee.
- The victim does not have to be the person harassed but could be anyone affected by the offensive conduct.
- Unlawful sexual harassment may occur without economic injury to or discharge of the victim.
- The victim has a responsibility to establish that the harasser's conduct is unwelcome.

It is in the victim's best interest to directly inform the harasser that the conduct is unwelcome and must stop. The victim should use any employer complaint mechanism or grievance system available.

An employer may be held liable for acts of sexual harassment regardless of whether the employer knew or should have known of their occurrence. When investigating allegations of sexual harassment, EEOC looks at the whole record, the circumstances, such as the nature of the sexual advances, and the context in which the alleged incidents occurred. A determination on the allegations is made from the facts on a case-by-case basis.

Prevention is the best tool to eliminate sexual harassment in the workplace. Employers are encouraged to take steps necessary to prevent sexual harassment from occurring. Employees should be informed of their rights, a complaint or grievance process should be established and immediate and appropriate action should be taken when an employee complains.

FILING A CHARGE

Charges of sexual harassment may be filed at any field office of the U.S. Equal Employment Opportunity Commission. Field offices are located in 50 cities throughout the United States and are listed in most local telephone directories under U.S. Government. If you need further information, you may call EEOC toll free on 800-USA-EEOC. EEOC's TDD number (for the hearing impaired) is (202) 634-7057. This fact sheet may be obtained in large print, braille or on tape by writing EEOC, Office of Communications and Legislative Affairs, Washington, D.C. 20507.

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