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Any letter received by Dimensions will be assumed for publication. All letters must include signature, address and phone number. We reserve the right to edit letters as we feel necessary. The writers name will be withheld if so requested.

DIMENSIONS

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PLEASE INCLUDE YOUR NAME,
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HAVE ANY QUESTIONS.

To THE EDITOR

EXPRESSING THE OPINIONS & VIEWPOINTS OF DIMENSIONS' READERS

SUPPORT THE MILLER/ MARLBORO BOYCOTT

Dear Dimensions:

I would like to urge all of the lesbians and gay men of Texas to boycott Miller beer and Marlboro cigarettes.

Regardless of what your community leaders may decide, ultimately the sacrifice must be made by you, the consumer.

Jesse Helms is one of the major reasons that more progress has not been made in the areas of gay rights, AIDS funding and AIDS education. He is also one of the key players in the refusal to fund lesbian and gay artists by the National Endowment for the Arts.

The biggest reason that Mr. Helms continues to be re-elected is that his campaign fund is one of the biggest in the nation. We can put a dent in that money-making machine by boycotting Phillip Morris products. The Phillip Morris Co. is one of the biggest contributors to the Helms campaign.

In our capitalist society we cast a vote every time we spend a dollar. Cast yours against Jesse Helms by buying another brand of beer and cigarettes.

We can make a difference if we work together.

Linda Sims Chicago, IL

Send Your Letters to:

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"Holly Near is a world class talent." Todd Everett. L.A. Herald Examiner

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THE NEWS

FROM AROUND THE REGION, THE COUNTRY & THE WORLD

National Helms Action Called for October 6th

DURHAM, N.C. - North Carolina Senate Vote '90, the statewide coalition working to stop Jesse Helms in 1990, has issued a call to gay and progressive organizations across the country to help make Helm's defeat a reality. N.C. Senate Vote '90 is inviting progressive Americans to join them in COUNTDOWN TO VICTORY events in all 49 supporting states on Saturday, October 6th. North Carolinians opposing Helms and supporting his opponent, former Charlotte, N.C. mayor Harvey Gantt, will rally that day in Raliegh.

"People will be gathering at marches, Rallies, potlucks, dances, concerts — all kinds of events designed to bring people together in their support for us through the last 30 days of the pro-Gantt, anti-Helms push," said Vote '90's director, Mandy Carter.

The cross-country effort, subtitled "A National Helms Liberation Action Day," is pivotal because Helm's Senate influence has persistent national repercussions and the national fundraising machine that finances his North Carolina races is among the most lucrative in the nation.

By August 20 the Helms campaign had raised S7 million (75% from out-of-state) and the Gantt campaign had raised

12 percent of that amount (approximately \$800,000).

If you would like to donate to the Gantt campaign please send your contributions to: NC Senate Vote '90, 604 West Chapel Hill St., Durham, NC 27701.

Homophobia and Sexism Rampant in Navy Memo

An internal Navy memo advocating further targeting of women for discharge due to homosexuality, was recently leaked to the National Organization for Women and Congressman Gerry Studds' office. The memo, entitled "Equal Treatment of Male and Female Homosexuals", was distributed to all commanding officers in the Naval Surface Forces of the U.S. Atlantic Fleet and was sent to NOW and Rep. Studds by anonymous sources in Baltimore, MD and Norfolk, VA.

NOW President Molly Yard said of the memo, "Rarely is the public privy to such a clear example of the military's homophobic, sexist bigotry. Clearly, elements in the military still chafe at the success of women in their ranks. This directive uses the military's institutionalized homophobia to directly attack women in the Navy who are, by the author's own admission, 'the Command's top professionals'."

NOW has long understood that the military's anti-lesbian and gay policy is

one of the primary tools used to harass and intimidate all military women. Department of Defense statistics show that for all the services combined, women are 3 times more likely to be discharged for homosexuality. This memo spells out more clearly than ever before the inherent sexism of the policy and its implementation. It amounts to a blueprint for the Navy to witchhunt its top women professionals.

Southwestern Lesbian/Gay Student Group To Hold Conference

DALLAS - The Coalition of Lesbian/ Gay Student Groups (CLGSG), an organization of Lesbians, Gays and Bisexuals at colleges and Universities in the Southwest will hold its first conference on Saturday, October 6 in Dallas. The conference entitled "Embracing Our Diversity", will bring together over 120 young people from Oklahoma, Arkansas, Louisiana, New Mexico and Texas for a one-day educational and inspirational event. There will be a total of twelve workshops covering Racism, Sexism, Self-Identity, Coalition Building and Lesbian/Gay Herstory.

The conference will be held at the Dallas Gay Alliance's new community center at 2701 Regan. For more information on registration, housing and transportation, call CLGSG at (214) 471-6482. The CLGSG, conceived at the Texas March on Austin for Lesbian and Gay

Rights in the spring of 1989, has grown

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from a dream to an active network of 14 student and youth organizations. In accordance with its mission to promote Lesbian/Gay/Bisexual organizations and issues at Southwestern campuses. the Coalition has begun several programs and strategies. These programs include an organizational study documenting the progress of Lesbian/Gay/ Bisexual student groups in the Southwest, a mixed-media lending library of Lesbian and Gay materials, the provision of legal services to the student organizations and the establishment of Gay and Lesbian studies at institutions across the Southwest.

Advantage Navratilova

Tennis great Martina Navratilova was recently slammed for being a lesbian by born-again former tennis star Margaret Court. According to the Associated Press, Court opined, "I'd like to see someone at the top whom the younger players can look up to," and added "It is very sad for children to be exposed to [homosexuality]." Court also claimed some younger players had been led into homosexuality by other, senior players, and that Navratilova was probably lured into lesbianism during her early years on the pro tour.

We don't have Margaret Court's address, but we do have Navratilova's. We suggest you write and give her some encouragement. Ask her to speak out and condemn the ignorance about lesbians perpetuated by Court's statements, and to tell the world that it's bigots who make badrole models. Write

to her c/o International Management Group, 1 Erieview Plaza, Suite 1300, Cleveland, OH 44114.

From the <u>GLAAD</u> (Gay & Lesbian Alliance Against Defamation) <u>Bulletin</u>, Sept./Oct. 1990.

San Antonio Fundraiser Announced

SAN ANTONIO - The San Antonio Dinner Committee of the Human Rights Campaign Fund (HCRF) has announced that it will hold it's second annual fundraising banquet on November 10th in the Salon del Rey Ballroom of the Hilton Palacio del Rio Hotel, 200 S. Alamo.

Tickets are \$100 per person, and will include a cocktail reception and a silent auction along with the banquet. A \$150 VIP ticket will include a cocktail reception with the keynote speaker and featured guests. Some of the items already donated for the silent auction include: a trip to Hawaii; a trip to the coast; a complete collection of books by Larry Kramer; a complete autographed collection of books by Armistad Maupin; furniture and works by local artists.

Keynote speaker and featured guests will be announced in the November issue.

From WomanSpace, the publication of the women's community of San Antonio (September, 1990).



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HAT'S GOIN

A MONTHLY LISTING OF SPECIAL EVENTS ALL AROUND THE AREA

AUSTIN - Don't forget that the LONE STAR WOMEN'S MUSICFESTIVAL will be held in Austin on October 5, 6 & 7. Featured performers will include Nancy Scott, Laura Love, Lara Linette, Susan Colton, The Therapy Sisters, the Fontanelles and many, many more. If you want more info, write: Lone Star Women's Music Festival, ATTN: DIM, P.O. Box 2650, Austin, TX 78768.

HOUSTON - "Embracing Women's Legacy: Our Healing Connection" is the theme of Montrose Counseling Center's 5th Annual WOMEN'S WEEKEND, October 26-27 at the University of Houston Hilton, 4800 Calhoun. In a series of workshops playshops and celebrations they will explore life in a culture where women honor themselves. For registration information call (713) 529-0037 or write: Women's Weekend, Montrose Counseling Center, 900 Lovett #203, Houston, TX 77006.

AUSTIN - LIVE WIRE PRODUC-TIONS is going full blast! On Friday, October 19th they bring you lesbian/ feminist comedian Kate Clinton at the Austin Open House, 200 Academy Drive. Tickets are available at Bookwoman, Celebration! and at the door. On Friday, November 2nd singer/comedian Lynn Lavner at CHANCES, 900 Red River. Proceeds from this performance will benefit the Lesbian/ Gay Rights Lobby and Live Wire Productions.

HOUSTON - The LONE STAR SYMPHONIC BAND will present their annual fall concert on October 2 at Cullen Auditorium on the St. Thomas University Campus at 7:30pm. Tickets are available at INKLINGS. LOBO and at the door. The concert will feature works by American composers and is billed as a "Salute to the USO". For more information call (713) 522-4282.

DALLAS - The Women's Activities Department of the Metropolitan Community Church of Dallas is sponsoring a Women's Arts and Crafts Festival on Saturday, October 20th. The Festival will be held at the D'Arts Visual Center, 2917 Swiss Avenue (corner of Oak and Swiss) and will be open from 10am-4pm. Admission is \$1.00. The Festival is an opportunity for women artists in the Metroplex to showcase their arts and crafts. The work of about 40 different women artists will be on sale.

AUSTIN - The Center for Battered Women Outreach has a support group for battered or formerly battered lesbians and lesbians in abusive relationships. Call (512) 385-5181 for more information.

HOUSTON - HEARTSONG, the Houston Women's Community Chorus will be open to new membership November 5-26. A trial membership of four weeks will be required to orient you to the chorus. Auditions will be held November 26. HEARTSONG meets for practice every Monday night at 7pm at the First Unitarian Universalist Church, 5210 Fannin. For more information, call (713) 667-8735.

AUSTIN - The Iris Art Collective, Austin Parks and Recreation and Live Wire Productions are bringing you "A Woman's Tradition: An Art Festival" on Saturday and Sunday November 17 & 18 at the McBeth Recreation Center. If you are interested in booth space, please call (512) 339-8508 and leave your address and phone number.

HOUSTON - Get ready! The RANCH is moving to bigger and better quarters! The new bar will be opening soon so keep your eyes and ears open for the announcement of date and location. In the meantime don't miss Dena Kaye appearing live on October 11th. The show starts at 9pm . . . don't be late!

AUSTIN - Yes, girls. It's really going to happen. Sometime in the month of October the new and improved NEXUS will open its doors to you — their adoring public! Keep your best duds ironed and ready . . . you never know when the magic day will come.

SAN ANTONIO - Whatever you want. the CIRCLE has it this month. First, it's live entertainment with singer Dena Kaye on the 14th, and comedian Kate on the 18th. Then there's Tuesday Night Discussions. This month's topics are: "Financial Inequality in Couples" on the 2nd: "Women Who Have Loved Women Who Have Gone Back To Men" on the 16th; and "De Los Muertes" (Alicia Lopez will speak on the significance of the Day of the Dead) on the 30th, And, if that weren't enough, Halloween festivities are in the works. Be on the lookout for details as they become available!



Applause

SUNDAYS

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DEAR AGNES

Answers to your questions about love, relationships & personal problems

Dear Agnes,

I have a problem I've been trying to solve and can't. I have a lover I've been with for six months. I love her alot, but she doesn't show me much love. I'm not happy. I feel like finding someone else, but find it hard because I really love her.

I've been getting sick alot with bad headaches, among other things. She feels I should go home for awhile. I don't want to go.

She's tired all the time. I know she's tired when she comes home from work, but she's tired even when she isn't working. She doesn't like to be touched much.

I don't know what to think or what to do. She doesn't seem to love me very much. She tells me she needs space. I feel like a fool, Please try to help.

CONFUSED Dallas, TX

Dear Confused,

I re-read your letter now that is has had time to "get cold." I seems to me that you have two choices: 1) You can either get her to talk to you about specifically what is wrong, or 2) you can take her at her word and give her space — move. As hard as it may be for you to understand or accept, it may be that she just wants to break up. Period. If that's the case you will only make it harder on yourself by hanging around. Try to remember that you have not necessarily

done anything "wrong", and keep in mind that just because you love someone does not mean you can live with them.

Dear Agnes,

I know you get alot of letters from women having problems with their lovers — well my problem is a little different. I have a problem with my lover's dog. She hates me.

I don't know why the dog hates me so much, but as soon as I walk in my girlfriend's apartment the dog starts to growl, show her teeth and bark at me. We have to lock her up in another room because she is so threatening towards me.

I also have a dog (a female) and I have wondered if the smell might not have something to do with it. My dog goes crazy when my lover comes to my house —but it is because she is so happy to see her.

The really bad part is that we would really like to get a house together ,but I don't think I can live in the same house as this dog without fearing for my safety all the time. Any suggestions?

DOG TIRED Arlington, TX

Dear Tired,

Although it may not have started this way, it is obvious that the dog is now well aware of your fear and may sense you don't like her.

The best way to go about making friends is to have your girlfriend put the dog on a strong leash and meet you in "neutral" territory (a park, a friends yard, etc.). Don't approach the dog — try to get her to approach you. A treat or toy may be a good lure. Kneel down to her level but avoid looking her in the eyes. Dogs believe that you are challenging them when you make prolonged eye-contact. Don't make any sudden moves. Try to pet the dog when you feel comfortable. It may take more than one time of playing this little game to win her over, but hang in there.

Remember that if you do decide to move in with your girlfriend you will need to introduce your dogs in much the same way - on neutral territory.

Dear Agnes,

I have one more comment regarding "Crossroads of Time" who complained about San Antonio's lack of a centralized gay community.

The problem isn't with San Antonio,

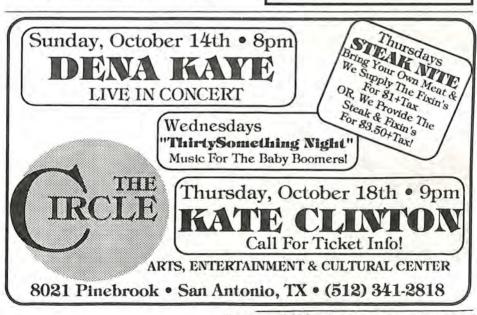
Dallas, or any other Texas city, it's with the state of Texas itself. Until 21.06 is taken off the books and a lesbian/gay civil rights law is passed we are all in danger of being harassed by the police, the public and the judges of this state. The Texas Human Rights Foundation and the Lesbian/Gay Rights Lobby of Texas are working to make these goals a reality and they need your donations. The gay communities in every city need volunteers and money.

Until we all get out and help those who are trying to help us, we have no right to complain about the conditions under which we must live.

Help Out or Shut Up Austin, TX

0

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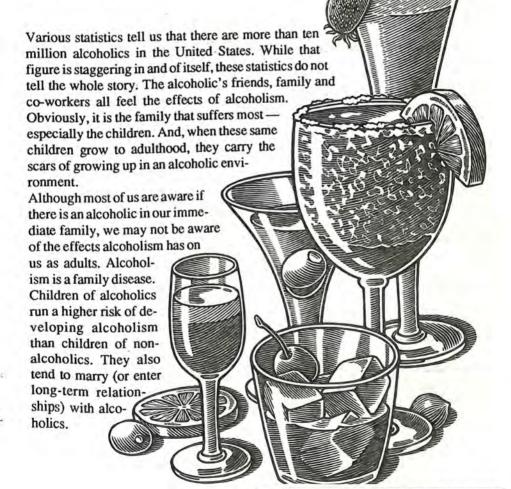
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Adult Children of Alcoholics

by Linda Monroe



To understand the effects a parent's alcoholism has on you as an adult, we must first look at some of the qualities found in the alcoholic. Although every alcoholic will not exhibit all of these behaviors, almost all will show signs of at least a few. These behaviors are:

- · Excessive dependency
- · Inability to express emotions
- · Low tlerance for frustration
- Emotional immaturity
- High level of anxiety in interpersonal relationships
- · Low self-esteem
- · Feelings of Grandiosity
- · Feelings of isolation
- Perfectionism
- · Ambivalence toward authority
- · Guilt1

Children and families of alcoholics respond to these behaviors with:

- Denial
- Protectiveness, pity, concern about the drinker
- Embarrassment
- Shift in relationship (domination, rebellion, etc.)
- · Guilt
- Obsession or continual worry
- · Fear
- · Lying
- Confusion
- Anger
- Lethargy, hopelessness, self-pity, despair, remorse.¹

Most, if not all, of these responses in the child of an alcoholic will carry over into adulthood. The results of this can be very harmful if not dealt with in a proper way.

How some of the behaviors manifest themselves in the adult child of alcoholics is discussed below.

Lying

Lying is an integral part of the family affected by alcoholism. The family, as a unit, lies to itself that "everything is alright". You may have lied to keep your alcoholic parent out of trouble, to reduce your embarrassment over their behavior or to make excuses for them. Alcoholic parents also make alot of promises that never came true. Because of this, lying becomes part of the family system and the children of that family carry this trait into adulthood.

Lack of "Fun" & Spontaneity

Most children of alcoholics never had much of a chance to be children. Life was just too serious to have much fun. The child is forced into a position of responsibility for the parent and consequently is forced to "grow up" at a much younger age. As a result, the adult child may have problems being spontaneous and be very rigid.

They feel the need to control their environment and may react violently to any sudden changes. This lack of spontaneity is due to a lack of trust in anyone but themselves. Children of alcoholics learn early that they can depend on no one else and consequently will usually not allow anyone else to make decisions for them as they grow older. Even something as simple as a last minute change of plans for the evening gives them the sense that they have no control over their lives.

Striving for Perfection

So, what's wrong with trying to be

perfect? Everything if you use it as a vehicle to cover up what is wrong in the family. As a child, you may have used this search for perfection to insulate your alcoholic parent from disappointment by rationalizing that if you were good enough, they wouldn't drink. As an adult, you set your goals so high that you have little chance of reaching them. You do this for the same reason . . . if you could just be good enough, nothing bad would ever happen to you.2

Prresponsibility

The other side of the "perfection" coin is being irresponsible. Many children of alcoholics will use this behavior to draw attention away from the alcoholic or because of a sense of hopelessness. This need for attention (negative or positive) carries over into adulthood in the guise of irresponsibility. Subconsciously you may feel that you get more attention if you act "bad" than if you are "good".

Getting Help

Your first step in getting help if you are the adult child of an alcoholic parent is to understand that you are not responsible for your parent's alcoholism. It is not your fault that he/she is an alcoholic and it is not your responsibility to "fix" it. It is also good to understand that your recovery does not depend on the future sobriety of your parent.

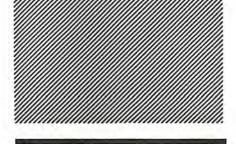
You may wonder if you really need help. Chances are that you do. Most families of alcoholic or chemically dependent persons have been so close to the problem for so many years that they may fail to recognize the problems that stem from that dependency.

Counseling is a good idea at this stage, as is regular involvement in Al-Anon or an Adult Children of Alcoholics group.

Alcoholism truly is a family disease and only by recognizing the effect that alcoholism has had on your life will you be able to break the cycle of dependency.

Woititz, J., Adult Children Of Alcoholics, Deerfield, FL: Health Communications, Inc., 1983, pp.103.

² Johnson, V., Intervention, Minneapolis: Johnson Institute Books, 1986, pp.39.



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WHAT A WORLD, WHAT A WORLD?

A User's Guide To The Personals

BY NANCY FORD

"Matchmaker, matchmaker, make me a match,

Find me a find, catch me a catch . . ."

— ancient tribal folk song

Nearly anything can happen when one responds to a personal ad. You can meet the significant other of your dreams. You can make new business contacts. You can waste a perfectly good evening.

Having come a long way from it's ancient precursor of writing names and numbers on restroom walls and hoping for the best, the personals have become an acceptable form of making social contact. Numerous publications have added a personals column as a regular feature for their readers, taking the philosophy of "keeping the customer satisfied" one step beyond.

Therefore, as a service to the readers of <u>Dimensions</u>, I have compiled "A User's Guide to the Personals".

First, to test your knowledge, here's a quiz: What does SWM mean? If you answered "single white male" you've probably played this game before. If you answered "southwest Methodist" you're probably reading the wrong magazine.

Half the battle in reading the personals is knowing the language.

CODES

F - Female.

M - Male. Not "married." In our na-

ivete, we assume that those who advertise in the personals are not currently espoused.

D — Divorced. Does not mean "desperate" as many critics of the personals would insist. However, if the ad you are responding to is published in "Tass" the D in this situation could very easily mean "Democrat".

G — Gay. Surprise, surprise, surprise.

S — Single. W — White.

B—Black, Or Boyish, as in "M, yet B"
("mature, yet boyish")

H - Hispanic.

C&W — Country and Western, as in music. Usually preceded by "hates. . ."

OK - Okay. No mystery here.

ND/D - No drugs/diseases.

CA/H — No, not Catholic Asian Hedonist. CA/H still means "central air and heat", and it also means you're looking for love in all the wrong columns.

FS —Financially Secure. Should never be listed in same ad with the phrase "incurably romantic". The two are usually mutually exclusive.

WPH — Weight Proportionate to Height. But would this individual jump at the chance to accompany a 9-foot, 180-pound vertebrate on fun evenings out or quiet evenings at home?

EXTENDED TRANSLATIONS

As in political campaigns, not all personals candidates say what they mean,

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or mean what they say. Sometimes you have to read between the lines.

Beware of ads containing two or more of the following phrases:

- · "trivia whiz"
- · "enjoys quiet evenings"

· "tropical fish lover"

· "likes music"

This person is a self-described home body with a capital HO. If you meet, you will probably need to make a house call. Don't plan on being able to dig this number's roots out of the couch. Chances are that the drink you meet for will be milk with Oreo cookie crumbs floating in it while watching videotaped reruns of "Roseanne".

On the other end of the spectrum, watch out for those who list as hobbies:

· "aerobics of all nations."

· "inventing new oat bran recipes."

· "gazelle chasing"

• "likes music"
This is one active date-seeker. Your first encounter might be a nice, romantic jog around the state. Be sure to BYOG (Bring Your Own Gatorade). And on the third hand, maybe the ad that grabs your attention includes:

· "enjoys aligning chakras."

· "moon dancing"

· "lives lives to the fullest" (not a typo)

· "likes music"

If so, make sure that when driving, there is enough room in the car for the three of you; you, your new friend, and your new friend's aura.

Other buzz phrases to consider:

- · "adventuresome" = Sex
- · "enjoys contact sports" = Sex
- · "seeks meaningful relationship" = Sex
- · "likes music" = Sex

Now that that's out of the way here are some more tips for responding to a personal ad (and to life in general): Honesty is always the best policy. Don't claim to be 25 years old and "willowy" when you're really 5'4", 145 lbs. and 35

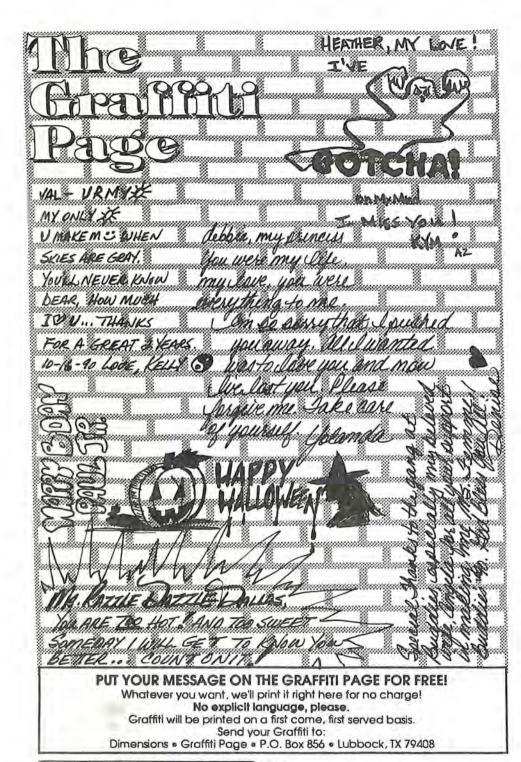
years old. You can't shed 10 years, grow 3 inches and drop 30 pounds by the time you meet... Conversely, don't respond to an ad which calls for someone who enjoys sailing just because you think this would be a chi-chi way to get a tan

Second, using every ounce of your common sense is highly recommended. When planning to meet Ms. Could-Be-Wonderful, don't reveal your home address or home phone number. Initially, a work number should suffice. No need to be paranoid, but do be realistic. These are not yet kinder, gentler times in which we are living.

Arrange for your first meeting to be brief and at a public place. A luncheon at a popular cafe is recommended. This automatically sets up a time restriction should the sparks of mutual compatibility not fly as you had hoped. ("Gee, I'd love to sit here the rest of theday, eating chips and salsa, listening to the details of your recent knee surgery, but I really must get back to the office.")

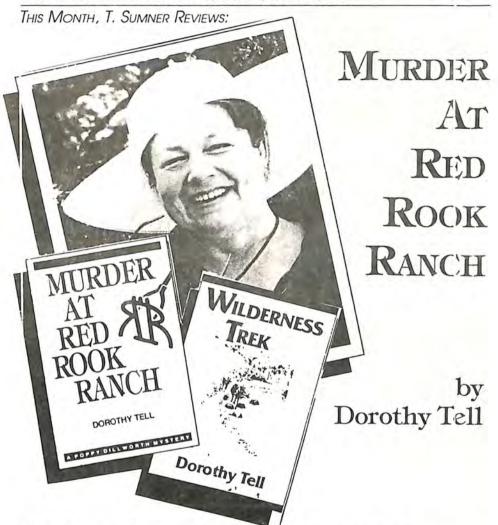
Further, let a comrade/cohort know where you'll be lunching, with whom and when you expect to return. Then stick to it.

Above all, keep things in perspective. Playing the personals is a lot like catalog shopping: What you see may not necessarily be what you get. Some out-of-stock items may be replaced with merchandise of comparable value, etc. But just remember, beneath all the codes and claims, there are real lives represented by those ads. Flesh and blood people, their romantic hopes and dreams crammed into the tiny confines of 35-words-or-less for all the literate world to assess. Be fair. Be sensitive, If it doesn't work, you can always go back to writing on restroom walls.



THE COFFEE CLUB

LESBIANS IN THE ARTS . BOOKS, MUSIC, MOVIES, ETC.



Dorothy Tell, Dallas' premier lesbian novelist, has come into her own with the publication of her second book, Murder at Red Rook Ranch (Naiad Press, Inc., \$8.95).

Poppy Dillworth, the crusty sixty-five year old lesbian first introduced in Wilderness Trek, has been called out

on her first major case as a private detective.

Nan Hightower, owner of the Red Rook Ranch, has died a mysterious death. The local sheriff's office says it was suicide. Nan's friend and ranch boss Zoe Zentmeyer believes otherwise and hires Poppy and her sidekick, Marcie (also from Wildemess Trek), to investigate.

Nan's brother who fled to Canada to escape the draft during the Vietnam war is the main suspect. Then there's Morgana, Nan's latest fling and beneficiary of a last-minute change in her will. And what about Violet, Nan's flamboyant long-term lover.

To complicate matters; Zoe has her eye on the straight-laced Marcie, and Poppy has fallen hard for Violet's Aunt Belle. Okay, have you got all that? It's a complicated plot filled with memorable characters. Poppy talks to herself on a regular basis and calls herself "Wondercrone". Violet has never seen a movie star she didn't want to be. Zoe is described by Poppy as reminding her of "the blue-eyed Dutch boy on the paint can label".

Ms. Tell's potential was obvious in her first novel, Wilderness Trek, but that book didn't quite live up to her talent. Murder at Red Rook Ranch definitely makes up for the discrepancy. Poppy is one of the most entertaining and engaging characters I have found in a lesbian novel. Of course, what would you expect from a woman who calls herself "Wondercrone"?

I would recommend this one to everyone. And, if you've never read lesbian fiction, this is a great place to start.

Murder at Red Rook Ranch is available for \$8.95 from your favorite bookstore or from Naiad Press, Inc., P.O. Box 10543, Tallahassee, FL 32302. Please include 15% postage and handling. Complete catalogs are available upon request.

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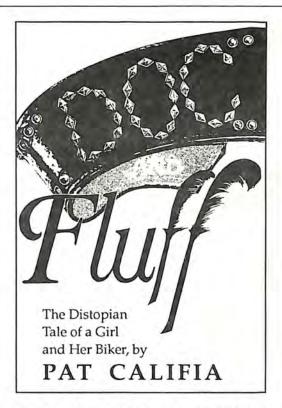
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DOC AND FLUFF

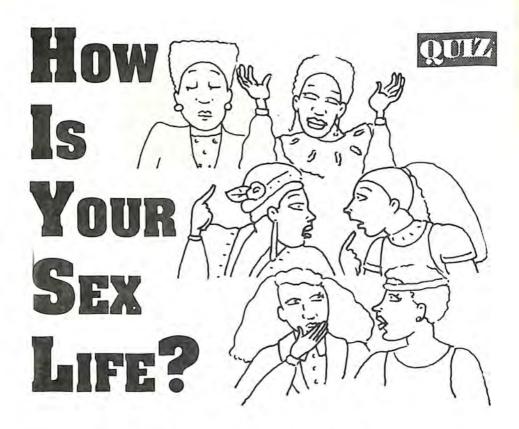
BY PAT CALIFIA

\$8.95 in bookstores, or mail this ad with \$10.00 (postpaid).

name:		
address:		
city:	state:	zip:

ALYSON PUBLICATIONS

Dept. P-15; 40 Plympton St., Boston, MA 02118



Sex (or lack of it) plays a large role in most of our lives. A happy sex life can improve your primary relationship and give you more self-confidence. A strained or non-existent sex life can adversely affect all areas of your life. So how is your sex life? Answer the following 15 questions as honestly as possible and find out.

TRUE OR FALSE

- 1. The older I get, the more I enjoy sex.
- 2. I daydream frequently about sex with someone other than my lover.
- 3. My mind often wanders during sex.

- I don't feel like my lover and I have sex often enough.
- 5. I usually feel very self-confident after sex.
- **6.** I enjoy sex with my current partner more than with anyone before.
- 7. I'm not sure why, but I feel my sex life is not up to par.
- I would rather make new friends than look for a lover.
- I feel it takes me too long to reach orgasm.
- 10. I have never enjoyed sex and try to

avoid it if possible.

11. My lover and I are at ease talking about what makes us feel good in bed.

I would rather masturbate than have sex with my partner.

Sex with my lover is more of an obligation than a pleasure.

14. I am looking for the "perfect" lover.

Sex is an important part of my relationship.

SCORING

Give yourself 2 points for each correct answer.

1. T	9. F
2. F	10. F
3. F	11. T
4. F	12. F
5. T	13. F
6. T	14. F
7. F	15. T
8. F	

If You Scored:

21-30

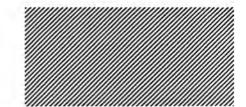
You are very satisfied with your sex life. You know how to ask for what you wan*, and consequently, you often get it! You aren't inhibited about sex and you are very sensitive to your partner's needs.

11-20

Although you enjoy sex and have a good sex life, you may be a bit inhibited about communicating what you want. You may also be concerned about your own skills in bed. The best way to cure all these problems is to ask! Ask for what you want, ask how you are doing, and ask what it is your partner wants. You will gain confidence and satisfaction by learning to use your communication skills in the bedroom.

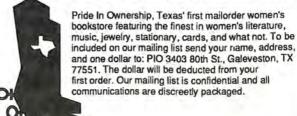
0-10

You are unhappy with your sex life most of the time and may avoid having sex at all. Counseling may be called for in this situation, however, you may be able to help yourself by carefully analyzing what it is about sex that makes you unhappy and working to change it. It will only take one positive sexual experience to rekindle your interest and improve your self-confidence.



PRIDE IN OWNERSHIP

TEXAS' FIRST MAILORDER WOMEN'S BOOKSTORE





Letting Go

When you first left, I sat frozen in fear. I was in no real rush to move, for I knew that eventually I would melt into hate.

Millions of thoughts filled my mind but, only one question flooded my heart. Why? Therapy, medication nor Religion helped.

Time waited for no one. My hair passed my waistline and Autumn was right around the corner, again. I found comfort in my pain,

and with it, I accepted that I was alive and that I didn't die. I grew.

Tonie M. Tenorio
Son Antonio

Would you like to see your poetry or short stories in print? Send us a copy!

Please include your name, address, phone number & signature. All poetry received will be assumed for publication. Your signature grants Dimensions permission to publish and verifies that you are the author/owner of said poetry or writings.

Be sure and tell us if you want to use your real name or what pen name you prefer.

HOROSCOPE

WHAT'S IN THE STARS FOR YOU THIS MONTH?

ARIES

You may be feeling confined during October. Circumstances force you to focus more on others than on yourself. Be sure you are being realistic about a relationship before you commit yourself. Try to take care of unfinished work during the last week of this month. It's possible that higher-ups are watching your performance.

TAURUS

Go ahead, pamper yourself - or let someone else do it for you - during the first week of October. You may not be feeling up-to-par and a little indulgence will help to lift your spirits. Let your mate or partner make the big decisions late in the month. Changes instituted now can bring you great profit or love in later weeks. Social activities will brighten your life towards month's end.

GEMINI

Although love and money are highlighted this month, you should try to avoid letting them get mixed together! It's time to take stock of your money situation and make changes if you need to. Changes, both on the job and at home, may be coming rapidly now and you'll need to be flexible to make it through. During the last week of October you have time to relax and enjoy the fruits of your labor.

CANCER

Temper flare-ups during the first week of October could disrupt your idyllic home life. Things aren't as bad as they may first appear. A few days away from work may help your attitude and that of your mate. Your social life is highlighted from the 22nd on. Both business and home life will profit from pleasurable pursuits. You have the upper hand in romance at month's end.

LEO

Plan ahead to keep responsibilities from overwhelming you during the first week of October. Try not to let your emotions get in the way of an important decision after the 7th. Work keeps piling up despite your long hours. Learn when to say "no" or you may never dig yourself out! You may find that little luxury item you've been wanting for yourself. Go ahead and splurge!

VIRGO

Your main focus during the first week of October will be money. A dispute about a shared-account or jointly held property could stir up intense emotions that could lead to a break in a partnership or romantic relationship. If you look in the right places you might just find someone extra special to cheer you up. Don't sign any contracts without looking them over carefully after the 25th. You could wind up in a mess if you aren't careful.

LIBRA

You have a talent for being in the right place at the right time during the first part of October. Others may resent your luck, but don't let it get you down. You may decide on a spur of the moment trip over the 13th/14th. The weekend could bring a emotional change for the better. Your cash flow increases along with your work load after the 20th.

SCORPIO

A romantic affair could sneak up on you when you are least expecting it during the first week of October. You may be feeling a bit uptight around mid-month. A romantic weekend alone with a loved-one may be the perfect thing to help you relax. Your charm and charisma will take you far during the last week of the month. Try not to come across as too overpowering.

SAGITTARIUS

You are easily distracted from the job at hand during the first week of October. Although you may be feeling the urge to take a vacation, it would be best to stay on the job. After the 17th you will be feeling much less stress and able to enjoy a social occasion. Financial concerns could have you running in circles towards month's end. Some hard thinking will lead you to a solution.

CAPRICORN

You've got to ring your own bell to get any attention during October. Work and finances are the focus during the first three weeks of the month, but don't neglect your loved ones. After the 20th put work and worries aside and concentrate on im-

proving your appearance and making new friends. Don't let a problem at home drag on indefinitely. Handle it quickly and you'll be able to enjoy the last few days of the month.

AQUARIUS

Put your priorities in order early in October and stick to the plan. Work and career plans could be disrupted if you don't concentrate on your goals and tune out the distractions that seem to come from all sides this month. Long distance travel and communications be the focus during the third week. A close relationship may be a bit strained towards month's end. Set aside time to be with your loved one.

PISCES

An improvement in your financial and employment picture lets you focus on personal projects you may have neglected for awhile. A shopping trip to spruce up your wardrobe or home could lift your spirits. Keep your emotions in check when it comes to dealing with a new friend or romantic interest during the last week. People are not always what they seem and you could be in over your head if you move too quickly.



THE DIRECTORY

A LISTING OF SERVICE ORGANIZATIONS, BUSINESSES & CLUBSS

ARLINGTON, TX (area code 817) organizations

Gay/Lesbian Association of UTA P.O. Box 19348-77, UTA St. 76019 • 794-5140

AUSTIN, TX (area code 512) clubs

Nexus (coming soon) • 448-2292

organizations

Affirmation (Methodist)
7403 Shoal Creek • 451-2329
Austin Latino/a Lesbian/Gay Organization
P.O. Box 1350 78787 • 280-6107
Austin Lesbian/Gay Political Caucus
P.O. Box 822 78767 • 462-9888
Center for Battered Women • Lesbian Group
385-5181 or 928-9070 (hotline)

Gay/Lesbian Student Association at UT Austin 458-3971 • Box 275 Texas Union 78712-7338 Lesbian/Gay Rights Lobby • PO Box 2505 78768 Lesbian Mothers • Karen • 339-8508

Live Wire Productions • PO Box 141202 78714 Metropolitan Community Church

1100 Springdale Rd. • 929-3660

Oasis Ministry
5555 N. Lamar Blvd. #L101 • 441-9191
P-Flag (Parents/Friends Lesbians/Gays)•328-3830
Sapphire! • Lesbian Social Group •1600 S. Lamar
Waterloo Counseling Center
507 Powell 78703 • 322-9654
Texas Human Rights Foundation
2201 N. Lamar # 203 78705 • 479-8473
AIDS Legal Assistance 1-800-828-6417

DALLAS, TX (area code 214) businesses

Business Delivery Systems
14902 Preston Rd. 75240 • 733-1108
Crossroads Market • 3930 Cedar Springs
521-8919 or 1-800-992-6404
Curious Times - Women's Books etc.
4008D Cedar Springs • 528-4087

clubs

Sue Ellen's • 3903 Cedar Springs • 559-0707 organizations

Affirmation • PO Box 225831 75222 • 948-1546 AIDS Resource Center P.O. Box 190712 75219 Dallas Gay Alliance

P.O. Box 190712 75219 • 528-0144

Dallas Gay/Lesbian Historic Archives P.O. Box 190712 75219 + 821-1653 Dallas Gay Youth Group 300 Turtle Creek Plaza #116 • 307-7203 Dallas Outdoors P.O. Box 35474 75235 • 276-5270 Dallas Tavern Guild 3900 Lemmon Ave. #220 • 526-5292 Dignity/Dallas • PO Box 190133 75219 • 226-4101 Foundation for Human Understanding-528-4233 Grace Fellowship in Christ Jesus 2727 Oak Lawn 75219 • 528-2811 Lesbian Information Line (LIL) P.O. Box 191443 75219 - 528-2426 Lesbian/Gay Political Coalition P.O. Box 224424 75222 • 828-9882 Lesbian Resource Center 1315 Skiles • 821-3999 Lesbian Visionaries P.O. Box 191443 75219 •528-4087 Metroplex Republicans P.O. Box 191033 75219 • 941-8114 Oak Lawn Community Services P.O. box 191094 75219+ 520-8108 Oak Lawn Symphonic Band P.O. Box 190973 75219 • 986-1751

WANT (Women In The Arts) 288-929/ 823-3105

Womyn Together • 3920 Cedar Springs •528-4233

DENTON, TX (area code 817) organizations

COURAGE, Lesbian Gay Student Org. P.O. Box 5067 76203 • 382-3813

FT. WORTH (area code 817) clubs

Partners • 1612 Park Place Dr. • 927-9546 organizations

Affirmation (Methodist) • 478-7837 RESPECT - Gay/Lesbian Association 828 Hardwood Rd. • Hurst, TX 76054

HOUSTON, TX (area code 713) businesses

Inklings • an alternative bookshop 1846 Richmond • 521-3369

clubs

Ranch • 9125 S. Main • 666-3464

organizations

AIDS Foundation

3927 Essex Lane • 623-6796

AIDS HOTLINE

c/o Switchboard • 529-3211

Gay/Lesbian Students University of Houston

4800 Calhoun • 529-3211

Gay & Lesbian Switchboard

P.O. Box 66591 77266 • 529-3211

Houston Gay Political Caucus P.O. Box 66664 77266 • 521-1000

Kingdom Community Church

614 E. 19th · 862-7533

Lambda ALANON - Lambda Center for Alchoholics

1214 Joanne • 521-9772

Lesbian/Gay Students-Univ. Houston Clear Lake

2700 Bay Area 77058

Metropolitan Community Church

Of The Resurrection

1919 Decatur • 861-9149

Montrose Counseling Center

900 Lovett #203 77006 • 529-0037

Montrose Pool League/Billiards · PJ 863-8482

PWA Coalition - Houston

1475 W. Gray #163 • 522-5428

Womynspace

P.O. Box 980601 77098-0601

880-9517 or 521-0780

Women's Softball League

6431 Pineshade • 868-6256

LUBBOCK, TX (area code 806)

organizations

Lubbock Lesbian/Gay Alliance

P.O. Box 64746 79464 • 796-2403

Names Project/Lubbock - 796-1800 or 744-1957

NATIONAL ORGANIZATIONS

Affirmation: United Methodists for Lesbian/Gay

Concerns • P.O. Box 1021 • Evanston, IL 60204

AIDS Action Council

729 Eighth St. S.E. Suite 200

Washington, DC 20003 *(202) 547-3101

AIDS 800 + 1-800-221-7044

Conference For Catholic Lesbians

P.O. Box 436. Planetarium Station

New York, New York 10024

Hew Tolk, New Tolk 10024

Hate Crime Line • 1-800-347-HATE

National Gay Alliance for Young Adults, Inc.

P.O. Box 190426

Dallas, TX 75219-0426 • (214) 307-7203

National Gay/Lesbian Clearinghouse

666 Broadway 4th Floor

NY, NY 10012

National Gay/Lesbian Crisisline

1-800-SOS-GAYS

National Gay/Lesbian Task Force

1517 U Street NW

Washington D.C. 20009 • 202-332-6483

The Fund for Human Dignity

666 Broadway 4th Floor

NY, NY 10012

NORMAN, OK (area code 405)

organizations

Women's Resource Center

P.O. Box 5089 73070

OKLAHOMA CITY, OK (area code 405) organizations

Oasis the Community Center

2135 NW 39th 73112 · 525-AIDS

Herland Sister Resources, Inc.

2312 NW 39th 73112 • 521-9696

SAN ANGELO, TX (area code 915)

businesses

Books Etc., Inc · Lesbian/Gay/Alternative Books

2410 W. Ave N 76904 • 942-1544

SAN ANTONIO, TX (area code 512)

clubs

The Circle • 8021 Pinebrook • 341-2818

organizations

Dignity/San Antonio

202 N. St. Mary's • 349-3632

Integrity/San Antonio

P.O. Box 150006 78212 • 684-4920

River City Living

Metropolitan Community Church

202 Holland 78212 • 822-1121

LISA (Lesoian Information SA) • 828-LISA (5472)

SALGA - San Antonio Lesbian &

Gay Assembly - 733-7300

SALSA - San Antonio Lambda Students Alliance

P.O. Box 12715 78212

Coordinator: Jim 228-9877

San Antonio AIDS Foundation

P.O. Box 120113 78212-9313

P.O. BOX 120113 /8212-9313

San Antonio Tavern Guild • 822-2823

SOUTH PADRE ISLAND, TX

(area code 512)

accomodations

Lyle's Deck - 120 E. Atol St.

P.O. Box 2326 78597 • 761-LYLE

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 by the number of months you would like it to run.
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AD INFO			
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ADDRESS			
CITY/STATE/ZIP			
PHONE Personals Messages Books/Publications Travel PLEASE PRINT OR TYPE	Help Wanted	Prefessional Services Investments Miscellaneous	
# Of Words#	Of Months	Amount Enclosed \$	
	MPLETE FORM 8 Box 856 • Lubbock	MAIL TO: k, TX 79408 • (806) 797-9647	

HOW TO ANSWER A PERSONAL AD

Put your reply in an envelope, seal shut and put your return address and the Box # on it as shown.

Place this in another envelope and mail to the address above. We will then forward your unopened letter to the person who placed the ad.

BE SURE TO STAMP BOTH ENVELOPES!

Your Return Address Box # XXX



Your Return Address

> P.O. Box 856 Lubbock, TX 79408

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Deadline for Classified Ads is the 20th of the month prior to the month of publication. Payment must accompany all ads. All Classified Ads will be accepted at the discretion of Dimensions. Dimensions will not be held responsible for errors in your ad after the first month and cannot be held liable

for more than the cost of the original ad.

PERSONALS

GHF, 37, San Antonio. Lonely night worker would like to meet other night workers for daytime friends/companion. Reply to Box #297.

GWF 35, Austin, seeking woman who enjoys dancing, conversations, movies, sports and outdoors. No drugs. Send photo if possible. Reply to Box #300.

GWF 31 Athletic Professional DFW area seeking Feminine/Attractive companion with interests in sports and excitement. Must like impulsiveness! Photo required. Reply to Box #301.

GWF, 30, Dallas area. Longing for a lifetime lover. Smoker, social drinker okay. No drugs any heavier than reefer. Enjoy beaches, music, animals and affection. Detest dishonesty,

close-mindedness and headgames. Will send photo on request. Reply to Box #302.

GWF, Novice in Dallas looking for an experienced top to explore S/M and fantasy role playing. I'm 33, a Libra, with a look that will make you cream your pants! Brunettes, B and C cups are a plus. No drug addicts, alcoholics or major co-dependency problems. Reply to Box #303.

SOUL AND LATIN = THE RIGHT COMBINATION FOR ME. I've got the soul and fluff part covered, so if you're 26-38 and can handle the latin and butch part, let's meet. Mandatory that you are sincere, honest person that enjoys movies, dancing, hand holding, showers for two and one/one relationships. Reply to Box #304.

GWF looking for that special woman who will share the good times and bad times with me. One who won't play games with my mind. Very romantic person who enjoys walking hand in hand and not afraid to show true feelings in public or private. If you're interested in a close, loving, one-to-one relationship and can relocate to California, write and let's get to know one another. L.B., P.O. Box 16246, Fresno, CA 93755.

AUSTIN. I'm European, GWM, 25, looking for GF for convenience marriage so I can stay here with man of my dreams. Beneficial to both: dual citizenship and tax-breaks. If you or someone you know can help me, please contact me at 2118 Guadalupe #167, Austin, TX 78705.

HOUSTON, GWF, 30. Okay ladies, I'm definitely over it, bored by dweebs from bar scene. I know that there is a sweet, sane, quick-witted, cute woman out there. Is that you? I'll give you credit, you read the right ad. Please no druggies, drunks or fatties, Sorry girls, gotta draw the line somewhere. Reply with smart note, photo, will reply to all. Reply to Box #305

NEED Someone to talk to and don't know where to turn? Here I am. All replies confidential and all answered. Reply to Box #306.

MID-CITIES, GWF, 25, Professional, would like to meet other feminine GWFs in this area. Enjoy music, dancing,

sports, movies, and quiet dinners. Nonsmoker, and no drugs please. Have many interests and love spontaneous outings. Reply to Box #307.

ROOMMATES

SAN ANTONIO GBF seeking roommate. Career-minded GF, 30's and older, to share 3-bedroom house. Light Drinker, non-smoker preferred but will consider others! Reply to Box #299.

BOOKS & PUBLICATIONS

FREE LESBIAN MAIL ORDER BOOK CATALOG, describing over 400 books, records, videos (including ALL Naiad titles). Send 2 stamps to Womankind Books, Dept. DTX, 5 Kivy St., Huntington Station, NY 11746. Mailed Discreetly.

FREE introductory mail-order package from America's world-class lesbian/gay and feminist bookstore: Giovanni's Room, 345 South 12th Street, Philadelphia, PA 19107. call toll free: 800-222-6996. Monthly update subscriptions free to customers.

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TO LEARN
HOW TO
ANSWER A
PERSONAL AD
SEE PAGE 35

WISH THAT Special Someone A HAPPY BIRTHDAY, MERRY CHRISTMAS, OR JUST TELL THEM You Love Them WITH A Message In The DIMENSIONS CLASSIFIEDS.

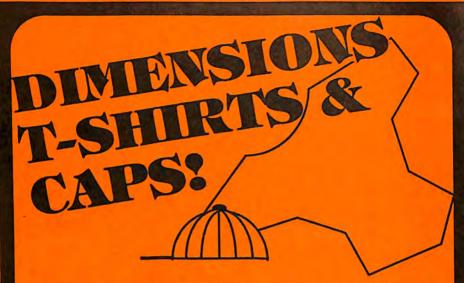
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