

Herland

VOICE

May, 1999

HONORING MOTHERS

On this Mothers Day, honor your mother and the mothers you love by helping to protect the rights of lesbian mothers and their children. Make a contribution to the Herland Legal Defense Fund this Mothers Day and we'll send a card to the mother you're honoring on your behalf.

The Herland Legal Defense Fund was established in 1992 to provide the financial support necessary for the legal battles of lesbian mothers for custody of their children. With financial help from the Herland Legal Defense Fund, a groundbreaking Oklahoma Supreme Court decision was obtained in Fox v. Fox.

The HSRLDF's continuing purpose is to promote lesbian and gay equal rights through the legal system by providing community education, professional education, referrals and direct financial assistance in cases involving lesbian issues within the jurisdiction of Oklahoma.

The fund can provide assistance with legal expenses such as filing fees and expert witness fees and will coordinate fund-raising efforts for attorney's fees in specific cases. →

Priorities for financial support are cases, trial or appeal, that make effective use of existing positive lesbian precedents such as Fox v. Fox and cases on appeal where the judge's ruling can be construed as indicating that sexual orientation was a consideration in deciding the case.

For more information about the Defense Fund or to request assistance, please call Herland Sister Resources, 521-9696 or email HSRLDF@mailroom.com. □

PRIDE BAND NEEDS MEMBERS

If you play a band instrument, The Banned in Oklahoma, OKC's gay and lesbian band needs you. Especially needed are those with experience on the sousaphone or baritone. One each of these instruments are on permanent loan from the family of a former member who died several years ago of cancer. The band also has access to a few other instruments. Anyone who knows how to play them, but doesn't own their own is encouraged to make use of them. Call Roger Barton at 525-3967. □

OGLPC/Herland *Presents*

THE GENDER BENDER SPRING FLING & MILITARY MADNESS BALL

Free Snacks • Cash Bar - Well Drinks, Wine, Beer & Soft Drinks

Come As You Aren't



*Creative Formalwear
or Military Uniform*

Saturday, May 15th

8:00-12:00 PM • \$5 Admission • Daniels Hall

First Unitarian Church • N.W. 13th & Dewey • OKC

Advance Tickets will be available at The Herland Retreat

THE FOUNTAIN OF YOUTH IS FREE

by Jeri Schaben

One of the largest expenses you will incur in your lifetime is poor health.

In the United States, heart disease is the number one killer for women, followed by the number two killer, cancer. Heart disease and cancer, along with adult-onset diabetes, stroke, colon cancer and gallbladder disease, are directly linked to lack of exercise and lack of proper nutrition. In 1990, obesity cost the nation an estimated \$68.8 billion and the basic cause of obesity in North America a sedentary lifestyle.

The New York Times Book of Health, states that the majority of American adults get little or no physical activity that could promote health. This lack of regular activity has been cited as responsible for as many as 250,000 deaths a year in North America.

In an eight-year study of persons over 50, those who engaged in regular, vigorous aerobic activity such as running greatly decreased their chances of developing disabilities. Further, runners had a lower death rate than non-runners.

Persons who exercise have fewer medical problems and fewer joint symptoms and use fewer medications. Further, in some cases, exercise can work as well as anti-depressants.

"Facts" associated with aging are often distressing: weight gain, reduced bone mass, loss of agility, and weak muscles. However, these are not the "natural" result of growing old. Rather, they are the consequence of inactivity and poor nutrition. Even memory loss may be a side effect of a sedentary life style.

According to a Tufts University study, weight lifting, combined with stretching and aerobic exercise, can help trim body fat, improve flexibility and make muscles grow stronger in 60-year-olds, 85-year-olds, and even 95-year-olds.

The 1996 Surgeon General's Report on Physical Activity stated that to receive the benefits of a healthier, longer life, we must get 30 minutes of physical activity of moderate intensity (brisk walking) on all, if not most, days of the week.

We're all leading busy lives but it's a matter of life and (early) death to find the time to be healthy. Make a list of how many hours a week you spend shopping, watching TV, going to movies, attending ball games, (or any non-participation activity) and eating junk (empty) food. How important are these activities compared to a longer, healthier, more fulfilling, life?

Make a personal goal to get at least 30 minutes of activity a day, five to seven days a week. Many find an exercise program easier if it's divided into smaller increments, such as walking for 10 minutes, three times a day.

Here are other ways to increase your activity level, thereby increasing your quality of life:

- Walk during your lunch hour.
- Take two 15-minute "walking" breaks every day.
- During inclement weather, walk at the mall, use the stairs at work, or jog in place.
- Do stretching exercises while on the phone.
- Go dancing, hiking or bicycling — anything with movement.
- Buddy up — it's always easier to exercise with someone else.
- Turn off the TV for one hour a day and devote that time to some type of movement.
- Walk or bicycle to run errands.
- While watching TV, jog in place, lift weights, do push-ups or sit-ups — anything to get your body moving.

Most of us take better care of our cars than we do our bodies. It's time to make our "body maintenance" a priority. Keep the "oil changed," the "joints lubricated," "fill up" with high quality fuel and your "resale value" will quickly appreciate. □

Honor My Mother

Here's my contribution to the Herland Legal Defense Fund in honor of a mother I love.

Please send a Mother's Day card from:

Your Name: _____

Address: _____

City: _____ State _____ Zip _____

TO:

Mother's Name _____

Address _____

City: _____ State _____ Zip _____

Please return your contribution to Herland, 2312 NW 39th, OKC, OK by May 11 so we can mail cards in time for arrival before Mother's Day.

The Voice is published by: Herland Sister Resources, Inc. 2312 N.W. 39th, Oklahoma City, OK 73112.

The Voice is offered as an open forum for community discourse. Articles reflect the opinions of the author and not necessarily those of Herland Sister Resources. Unsolicited articles and letters to the editor are welcomed and must be signed by the writer with full name and address. Upon request, letters or articles may be printed under a pseudonym or anonymously.

Subscriptions to The Voice are free upon request although a donation is requested to meet publication and distribution costs.

Upcoming Events

Tired of sitting around the house, don't fret there's lots to do around town in May -so get up and get out there!

Friday May 7 -- Okie Songwriter night at the Blue Door, featuring Mary Catherine Reynolds, local guy Joel Melton and Nashville cat Rick Cox. For more info, call the Blue Door, 524-0738.

Sunday, May 9 -- Details TBA, Everett Moran presents Barbara Kessler. \$8 adv/\$10 at the door, also from Everett: "New England singer/songwriter...Great songs, crystal clear vocals in the tradition of Shawn Colvin and Lucy Kaplansky."

Friday, May 21 -- The Therapy Sisters share the stage at Rocky's Bricktown Music Hall stage with Nancy Scott from Austin and Mary Catherine Reynolds. Bricktown. 239-6060 for more info.

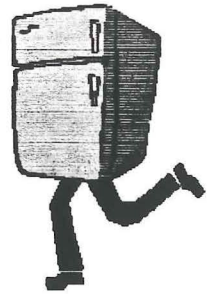
Saturday, May 22 -- Nancy Scott at Diversity. 9ish and small cover. OKC's own Donna D. will open. 524-PERK for information.

May 27- 31 -- The NCAA Division I World Series of Women's Softball at the Softball Hall of Fame.

May 28 - 30 -- The 14th Annual Great Plains Rodeo presented by the Oklahoma Gay Rodeo Association.

Is that old frig still running?

Consider donating it to Herland. We need a small-size refrigerator that's in good working order. If you have one to donate, call us at 521-9696. We can even make arrangements to pick it up.



Herland

SUPPER

club

JOIN

Herland Supper Club on Saturday, May 8 at 5:30 p.m.

We'll meet at Herland and go out to eat dinner.

There's still time to attend

HERLAND'S SPRING RETREAT • APRIL 30 - MAY 2
Roman Nose State Park, Watonga, OK

Price Chart

Single Person's Annual Income	Household Annual Income	Pre-registration (per person)
under \$6,500	under \$13,300	\$15
\$6,500 - \$13,250	\$13,300 - \$18,000	\$25
\$13,250 - \$19,500	\$18,000 - \$26,000	\$35
\$19,500 - \$30,000	\$26,000 - \$50,000	\$45
over \$30,000	over \$50,000	\$60

REGISTRATION FORM

Please choose the registration amount most appropriate for you. On-site registration will be \$65. Deadline for pre-registration is April 28 and registration is non-refundable after April 29.

Registration fee enclosed (payable to Herland):

___ \$15 ___ \$25 ___ \$35 ___ \$45 ___ \$60
 ___ Saturday only Registration \$25

Name: _____ Phone: _____

Address: _____ City: _____

State _____ Zip _____

- () I need a scholarship to attend.
 () I'm enclosing and additional \$_____ to help provide scholarships.
 () I'm bringing _____ children (girls of all ages and boys under 10 are welcome)

Return registration to:
 Herland Sister Resources, 2312 N.W. 39th Street,
 Oklahoma City, OK 73112

Herland Sister Resources
2312 N.W. 39
Oklahoma City, OK 73112

NonProfit Org.
U.S. Postage
PAID
Oklahoma City, OK
Permit No. 861

Address Service Requested

*Don't miss your last
chance to register for
the Spring Retreat!*