

Herland VOICE

January, 2002

Volume 20 Number 01

Martin Luther King Holiday Celebrations

Oklahoma City will observe Dr. Martin Luther King's birthday with several events. On **Saturday, January 12, 2002**, the Ebony Tribune will sponsor its annual Keepers of the Dream Awards Reception, at 12 noon at Langston University's Oklahoma City Campus at 4205 N. Lincoln Boulevard. Local activist Paul Thompson will be honored with an award at this event.

On **Sunday, January 20th**, at 7:00 p.m., the annual MLK Cross Cultural Event will be held at Temple B'Nai Israel, 5001 N. Pennsylvania. This event is co-sponsored by the Temple B'Nai Israel and the Oklahoma City branch of the NAACP. Guest speaker will be Dr. Stephen Norwood, speaking on "Breaking the Color Bar in Baseball: African Americans & Jews Working Together."

Festivities on **Monday, January 21st**, will begin with the MLK Silent March Opening Ceremonies at Ralph Ellison Branch Library, NE 23rd and MLK Boulevard, at 9:00 a.m., followed by the silent march which will step off at 9:45 a.m. and proceed to the Oklahoma Historical Building, 23rd and N. Lincoln Boulevard. The Bell Ringing Ceremony will take place there at 11:00 a.m.

Opening ceremonies for the main MLK Parade will begin at 12:30 p.m., in the parking lot at NE Second Street and Walnut, with step-off time 2 p.m. The parade will march through downtown Oklahoma City and return to its starting place. Please come and join the Herland contingent, or just stand on the sidelines and cheer us on. It is always fun and uplifting – a combination that is hard to beat.

NARAL Celebrates Roe v. Wade

Oklahoma NARAL will be celebrating 29 years of reproductive freedom on **Saturday, January 12th**.

Nancy Kachel, the executive director of Planned Parenthood of Arkansas and Eastern Oklahoma will be receiving Oklahoma NARAL's annual reproductive freedom award.

The celebration will begin at 7:00 p.m. on **Saturday, January 12th**, at All Souls Unitarian Church, 2952 S. Peoria, Tulsa. Tickets are \$35 per person. Please call (918) 494-9585 before January 10th to make reservations or send your check to Oklahoma NARAL, PO Box 702503, Tulsa, OK 74170-2503.

Herland Supper Club and Road Trip goes to Stillwater

Saturday, January 19, 5:00 pm

Eat at The Hideaway

230 South Knobloc

(in OSU campus area, North of SH 51 between Washington and Main)

We plan on also attending the OSU Women's Basketball Game and can get a discount price for tickets if we have a group of 15 people or more.

Please RSVP Rhonda and Cindy (if in Enid area) at (580) 242-4493 or Ginger (if in OKC area) at 942-1535 so that we may reserve the proper seating at the Hideaway. Oklahoma City folks can meet at Herland at 3:30 pm to carpool to Stillwater. (Please note that this is the third Saturday in January rather than our usual second Saturday.)

St. Sybil

Hi Sybil, it's me again. I didn't do too well with my resolutions last year, and would like some good suggestions for this New Year. Can you help?

Thanks,

Nita Lotahelp

Dear Nita,

New Years Resolutions? Again already? Really, you don't need my help with this, the basic ones positively leap to mind – lose weight, stop smoking/drinking/cussing/fill-in-the-sin; and the others have all been immortalized in song - mostly Girl Scout songs and Broadway hits, actually.

- ❖ **"You've Got to Accentuate the Positive/"** *You really do.*
- ❖ **"Do it the hard way, (and it's easy sailing)"** – *i.e., do it right, no shortcuts!*
- ❖ **"If they asked me, I could write a book"....** *You know you want to write a book, Nita, so do it!*
- ❖ **.."Before I'll be your dog, I will see you in your grave"*** – *make sure there's equity in your relationships, Nita*
- ❖ **"How Much is That Doggie in the Window"** – *Need another dog, Nita? You might resolve to adopt an old one who needs to be loved in its declining years...*
- ❖ **"Memories"** Right now, go out and buy some discounted photo albums and organize and sort your photographs. If you are getting a little agey, consider having a friend videotape you while you preserve some memories for your loved ones...
- ❖ **"A Cockeyed Optimist"** - - be one, Nita, you'll be happier
- ❖ **"Bloody Mary"** – *Drink one now and then Nita, you'll be happier. You don't need to put vodka in it if you don't want to, but celery is pretty much required.*
- ❖ **"I gotta be ME"** - *Well, yes, but sometimes in this world that takes a lot of resolve.*

But instead of a resolution to make *you* a better, happier person, how about trying something for the world?. How about trying to give shape and form to some amorphous hopes and dreams I know you and all your friends share:

- Here's a sincere desire I hear murmured a lot: An end to talk radio. Sorry Click and Clack and Zorba Paster. Everyone loves you, but they'd do without you in a heartbeat if it were the only way to shut up Rush Limbaugh and Mike McCarville.

- A heartfelt desire: for Eddy Gaylord, McGuigan, McReynolds and Lange to retire to Florida....
- A hard-to-muster prayer: that the young woman who drove out of the governor's mansion driveway past the anti-death penalty vigilers and yelled at them to go home, they were just making fools of themselves - to forgive herself.
- And here's an odd little prayer that I hear around Oklahoma regularly: you seem to hope that Frank Keating doesn't get it in his head to raise \$5,000,000 to build a tribute to some other part of his anatomy...
- And a most heartfelt prayer, from me and all of you: Peace and justice throughout the world.

Love,

Sybil

We're Number One

By Margaret Cox

Thursday, December 6, 2001, The Daily Oklahoman published a political "cartoon" that plumbed the depths of meanness and bad taste. The odd thing was, that if it had been published in a national magazine it would have been recognized by all as meant to stigmatize and shame Oklahoma. Yet the Oklahoman and its cartoonist Lange, published it proudly – a little defiantly, perhaps, but proudly.

The cartoon was captioned "We're # 1", with a drawing of an upraised fist with first digit held high – except that the digit was a hypodermic needle.

December 6, 2001, Oklahoma executed its 18th prisoner of the year. Not so many, you might think, when you realize that half of them, nine, were executed in the first 30 days of the year.

When the year 2001 began, three women lived on Oklahoma's death row. Today there are none.

People think of Texas as the execution capital of the United States. Per capita, Oklahoma in 2000 out-killed Texas, and in 2001, we had more actual executions than they – 18 to 17. Remember, Oklahoma has less than one sixth the population of Texas. At our killing rate in 2001, had we had as large a population as Texas, we would have executed 108 people, nine *per month* – in other words, each succeeding month would have been as bad as January.

Currently, John Romano is slated for execution on January 29, 2002, and David Woodruff for January 31, 2002. If you are interested in joining the protests against these executions, or just in learning more about the death penalty and those opposed to it, visit the Oklahoma Coalition Against the Death Penalty at www.ocadp.org .

Shoulda, Coulda, Woulda

Annual screening for breast and cervical cancer is a very important prevention measure for all women. *Half of the cervical cancers in the United States occur in women who have never been screened.* **Death from cervical cancer is almost completely preventable through diagnosis and treatment of pre-cancerous conditions.** The Pap test is the screening tool used for the detection of cervical abnormalities; this test is done by doctors or nurses in health clinics.

Monthly breast self-exam should be included in the routine of every woman, and a yearly clinical exam by a doctor or nurse is necessary to help prevent breast cancer. Approximately 44,000 women and 400 men die of this disease each year. Breast cancer is the leading cancer site among American women and is second only to lung cancer in cancer deaths. For women ages 35-54, breast cancer is the leading cause of death. When breast cancer is confined to the breast, the 5-year survival rate is over 95%. **Early detection is the key. If you would like more information on how to do monthly Breast Self-Exam, call 419-4245.**

The American Cancer Society recommends that all women age 40 and older have a screening mammogram done yearly. Many insurance plans pay for mammograms or cover most of the cost. The mammogram is a combination of compression and X-ray of the breast tissue.

Oklahoma City-County Health Department has a breast and cervical cancer screening program at Health Center West, 4330 NW 10th Street, in Oklahoma City. The screening exams are for residents of Oklahoma County who are uninsured or underinsured, meet income guidelines, and are not covered by Medicaid or Medicare. Exams are performed by registered nurses. If the woman qualifies, she may also receive a coupon for a free mammogram. For more information, call 425-4452 or 419-4245.

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*

From the Best Minds of the World

Thanks to the OK Greens email for this news release:

At the Nobel Peace Prize Centennial Symposium in Oslo on December 6, 2001, celebrating the 100th anniversary of the Nobel prize, 100 Nobel laureates issued a brief but dire warning of the profound dangers facing the world. Their statement predicts that our security depends on immediate environmental and social reform.

The following is the text of their statement:
THE STATEMENT

The most profound danger to world peace in the coming years will stem not from the irrational acts of states or individuals but from the legitimate demands of the world's dispossessed. Of these poor and disenfranchised, the majority live a marginal existence in equatorial climates. Global warming, not of their making but originating with the wealthy few, will affect their fragile ecologies most. Their situation will be desperate and manifestly unjust.

It cannot be expected, therefore, that in all cases they will be content to await the beneficence of the rich. If then we permit the devastating power of modern weaponry to spread through this combustible human landscape, we invite a conflagration that can engulf both rich and poor. The only hope for the future lies in co-operative international action, legitimized by democracy.

It is time to turn our backs on the unilateral search for security, in which we seek to shelter behind walls. Instead, we must persist in the quest for united action to counter both global warming and a weaponized world.

These twin goals will constitute vital components of stability as we move toward the wider degree of social justice that alone gives hope of peace.

Some of the needed legal instruments are already at hand, such as the Anti-Ballistic Missile Treaty, the Convention on Climate Change, the Strategic Arms Reduction Treaties and the Comprehensive Test Ban Treaty. As concerned citizens, we urge all governments to commit to these goals that constitute steps on the way to replacement of war by law.

To survive in the world we have transformed, we must learn to think in a new way. As never before, the future of each depends on the good of all.

Signed by 100 Nobel laureates, in Physics, Chemistry, Medicine, Peace, Physiology, Economics, and Literature

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

Support our Supporters

Barnes Gift & Book, Inc

9:30 AM – 6:00 PM Monday – Saturday
2717 NW 50, Oklahoma City, OK

We specialize in Psychology, Recovery, Education,
Gifts, World Religions and Special Orders

REBECCA R. HOLT, Ph.D. CLINICAL PSYCHOLOGY

P.O. Box 5119
Norman, Okla. 73070

321-2148
Individual - Couples
Family Therapy, Retreats