

# The HERLAND VOICE

JANUARY, 1990

## DOES SEXISM AFFECT ME?

How are the murders of 14 women students in Montreal and a stranger making sexual advances to me alike? What does it mean that engineering students will be the highest paid college graduates in 1990 while home economic majors will be the lowest paid graduates?

Herland will provide the opportunity to explore issues like these beginning in January. A Consciousness Raising (CR) group for women is forming with an introductory meeting on Wednesday, Jan 24 from 7 to 9 p.m. at Herland.

CR groups provide an opportunity to look at the commonalities in women's lives. They serve to increase our awareness of oppression in society and to facilitate taking action for positive change. The group brings women of differing backgrounds together to discuss their personal experiences. Together the group looks at the common patterns of experience and questions the social implications of these experiences. From our shared experience we build an understanding of how sexism in society affects all women.

The basic tenet of CR is that "the personal is the political." Political in this context refers to the distribution of power in society. My experience as an individual is a part of the web of relationships of society. My life and the events which shape it are shaped by the distribution of power in society—who has it, how it is used, and how society is managed.

The CR group does not stop with discussion. It is not enough to develop understanding of how women are oppressed in our society. The next step is working to end oppression. The CR process includes taking action to work for change.

For more information, call 521-9696. ■

## NOTICE TO OUR READING PUBLIC:

The Herland Voice is taking a break for the month of February and will begin publishing again with a Feb./March combination issue to be in your mailboxes the fourth week of February. This time extension will allow Herland Voice staff to make a transition to the **new submission date of the 5th of each month.**

For those of you who want to submit articles for publication in the Herland Voice, please plan to have your type-written, double-spaced pages of copy to the newsletter editor by the 5th of each month for publication in the next month's newsletter. Send or bring submissions to Herland Voice, 2312 N.W. 39th, Oklahoma City, OK 73112.

1990

## HERLAND CODA MEETING TIME CHANGED

Beginning January 12, Herland's Co-dependents Anonymous will meet on Friday nights at 6:30 p.m. Due to scheduling problems the CODA group will no longer meet on Tuesdays at 7:30.

Want to share your experiences and work on improving your relationships with others and yourself? Then come share with wimmin like yourself on Fridays at 6:30 at Herland.

## ANNE WILSON SCHAEF COMING TO OKC

Internationally known teacher, facilitator, writer, philosopher, feminist, and former psychotherapist Anne Wilson Schaeff will deliver lectures at Oklahoma City University, the evening of January 30, and the morning and afternoon of January 31. Cost for attendance will be \$5 per person. More information will be released in next month's OPS News.

Wilson Schaeff is author of *Women's Reality: An Emerging Female System in a White Male Society*, *Co-Dependence: Misunderstood, Mistreated*, *The Addictive Organization*, and *Escape from Intimacy: Untangling the "Love" Addictions*. She has appeared on numerous television and radio shows and has lectured around the world. Her engagements this year alone have taken her to West Germany, Italy, Canada, Austria, New Zealand, and the USSR, as well as throughout the U.S.

Wilson Schaeff has specialized in working with the addictive process as it is evidenced in a variety of systems, from individuals, to families, organizations, and entire human systems. She has developed systems for helping people get beyond their addictive behaviors.

Wilson Schaeff's hopeful message is that we, as individuals, groups, organizations, even as nations, can embark on a path of healing and recovery toward healthy, effective living and relating.

Wilson Schaeff's Oklahoma City visit is sponsored by Oklahoma City University and the Indian Youth Project of Neighborhood Services Organization. ■

from *Oklahoma Peace Strategy*, Dec. 89

## HSR — CALENDAR OF EVENTS — JANUARY

- Jan. 10** - AIDS coalition meeting, Southeast Health Center, 7:30 p.m.
- Jan. 11** - Incest Survivors Anonymous (ISA) 12-step meeting (women's group), Resource Center, 8 - 9 p.m.
- Jan. 12** - Co-dependents Anonymous (CODA) support group, Resource Center, 6:30 p.m.
- Jan. 18** - Incest Survivors Anonymous (ISA) 12-step meeting (women's group), Resource Center, 8 - 9 p.m.
- Jan. 19** - Co-dependents Anonymous (CODA) support group, Resource Center, 6:30 p.m.
- Jan. 20** - NOW state council meeting, noon, location to be announced.
- Jan. 21** - HSR board meeting, Resource Center, 3 p.m.
- Jan. 21** - **Open Mike!** DJ's Club, 8 to midnight. Pay (\$1) or play. Don't miss it.
- Jan. 24** - Consciousness Raising group for women, Resource Center, 7 - 9 p.m.
- Jan. 25** - Incest Survivors Anonymous (ISA) 12-step meeting (women's group), Resource Center, 8 - 9 p.m.
- Jan. 26** - Co-dependents Anonymous (CODA) support group, Resource Center, 6:30 p.m.
- Jan. 31** - Consciousness Raising group, Resource Center, 8 - 9 p.m.
- Feb. 1** - Incest Survivors Anonymous (ISA) 12-step meeting (women's group), Resource Center, 8 - 9 p.m.
- Feb. 2** - Co-dependents Anonymous (CODA) support group, Resource Center, 6:30 p.m.

## BOARD MEETING TIME CHANGE

The Herland board meetings will continue to meet every third Sunday of the month. The time has changed from 4:30 to 3:00 p.m.

### EDITORIAL POLICY!

The *HERLAND VOICE* is offered as an open forum for community discourse. Materials printed herein reflect the beliefs and opinions of the authors of the articles or letters, and not necessarily those of the Newsletter or the Herland Board.

Letters to the editor must be signed by the writer with full name. Letters will not be printed with name unless writer requests it. Editing may be necessary for space or to avoid obscenity, libel, or invasion of privacy, but ideas will not be altered. Publication of all materials is at the discretion of the editors. Anyone having a complaint about the content of this newsletter may contact the editors at 521-9696.

YES! I want to be a Friend of Herland. My minimum donation of \$12 allows me use of the Herland Library and a 10% discount on store purchases over the next 12 months. (My \$12 is enclosed.)

YES! I want to help Herland with a donation to the New Building Fund.

\$15       \$20       \$25  
 \$50       \$100       \$\_\_\_\_\_

Bookstore volunteer     Building volunteer

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**Mail to:**    **Herland Sister Resources, Inc.**  
                   **2312 N.W. 39th**  
                   **Oklahoma City, OK 73112**

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DEADLINE on all advertising and submissions is the 15th of each month.

SUBSCRIPTIONS to the *HERLAND VOICE* are free upon request.

### DISPLAY ADS:

business card or 1/10 page . . . \$ 15.00  
 1/4 page . . . . . \$ 35.00  
 1/2 page . . . . . \$ 60.00  
 full page . . . . . \$100.00

### CLASSIFIED ADS:

first 10 words . . . . . \$2.50  
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### DISCOUNTS: available on advance

prepaid orders only

1-3 months order . . . . . none  
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 7 - 9 months . . . . . 15%  
 10 - 12 months . . . . . 20%

**PLEASE NOTE: There will be a minimal charge for typesetting done to any advertising.**

Leave message for Ginger at HSR,  
 (521-WMYN) to place an ad.

## TWO MORE SENATORS COSPONSOR HATE CRIMES ACT

Washington, D.C. December 7, 1989-Senators Jim Sasser (D-TN) and Sam Nunn (D-GA) this week signed on as cosponsors of the Federal Hate Crimes Statistics Act, bringing the total number of Senate supporters to 56.

The National Gay and Lesbian Task Force (NGLTF), is optimistic the bill can pass during the 101st Congress. Pending attempts by Senator Jesse Helms to delete gays from the bill can be defeated.

The House of Representatives passed the bill last June 27 by a vote of 368 to 47. Last year, the bill was passed by the House but killed in the Senate during a last-minute move by Helms.

The Hate Crimes Statistics Act directs the U.S. Department of Justice to compile and publish data on crimes that manifest prejudice based on race, religion, sexual orientation or ethnicity. Gay and lesbian activists see the bill as an important first step by the federal government in stemming the alarming increase of "gay bashing."

NGLTF is now pressuring Senate Majority Leader George Mitchell to set a firm date to move the bill as early as possible in 1990. Advocates for the legislation have until the end of the 101st Congress, scheduled to adjourn in the fourth quarter of 1990, to pass the bill under the current list of cosponsors.

# Calling All Music-Lovers!

OPEN MIKE TO OPEN 1990 COFFEEHOUSE SERIES

JANUARY 21, 8:00 p.m. to MIDNIGHT

DJ'S CLUB

Call it a shindig, call it a hootenanny, call it a jam session: Herland is calling all musicians to a pay or play open mike night on Sunday, January 21st from 8 to midnight at DJ's Club. The purpose of the event is to help the women musicians of this community get to know one another and one another's work, while exposing their talents to music fans at the same time.

Headlining the night will be local stalwarts Donna DeSalvo, Peggy Johnson and Mary Reynolds. All women musicians are invited to come play and if you would like to play and have not been contacted, please give Mary Reynolds a call at 528-0020 to reserve a spot, or just show up that night—everyone will be worked into the schedule.

Admission to the event is a dollar if you don't play, and free if you do. Open mike promises to be a fun night for musicians and fans alike, and will help get women's culture off to a good start here in OKC for the nineties.

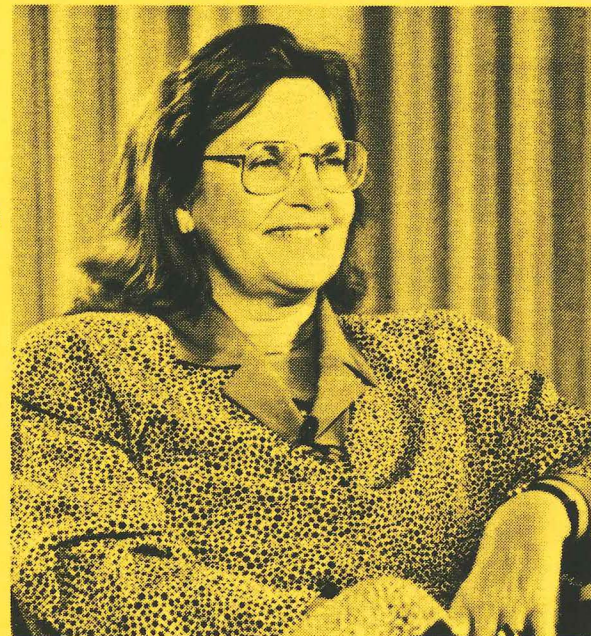
Oklahoma City University & The NSO Indian Youth Project  
Present the Spring 1990 C.G. Jung Lectures

# Anne Wilson Schaef, PhD

speaking on

## The Addictive Process and Co-Dependence

January 30 & 31



### Best Selling Author of:

Escape from Intimacy, the Pseudo-relationship addictions:

Sex, Romance and Relationship Addictions

The Addictive Organization, (co-Authored with Diane Fassel, PhD.)

When Society Becomes an Addict

Co-Dependence: Misunderstood- Mistreated

Women's Reality

Tuesday, January 30 7:30 ..... Addictive Process and Co-Dependence

Wednesday, January 31 10:00 ..... Co-Dependence and the Helping Professions:

Church, Social Work, Healthcare, Mental Health

2:00 ..... Recovery and Transformation

### Angie Smith Chapel on the campus of Oklahoma City University

\$5.00 Admission

Free with student I.D.

Praise for Anne Wilson Schaef's books:

To Register, call 405-521-5011.

"The author of *Women's Reality* goes one step further in interpreting white male culture as an addictive culture. Taking into account substances like alcohol, nicotine, and other drugs, as well as behaviors like eating, spending, and sex, Schaef looks at addictions as part of an all-encompassing societal matrix, and shows us how to think and act more freely." -Ms.

Excerpts from Anne Wilson Schaef's books:

"We live in a system that is terribly threatened by intimacy. Although it constantly talks about intimacy and touts the illusion of intimacy, much of what we learn about intimacy from the media and from our institutions is really a form of addiction, whether it be sex addiction, romance addiction, or relationship addiction. We know that intimacy is important. We do the things that we have been taught will facilitate intimacy and, yet, we have a strange, empty feeling that something is missing." Schaef, *Escape from Intimacy*

"The Society in which we live needs addictions, and its very essence fosters addictions. It fosters addictions because the best-adjusted person in the society is the person who is not dead and not alive, just numb, a zombie. When you are fully alive, you are constantly saying no to many of the processes of the society: the racism, the polluted environment, the nuclear threat, the arms race, drinking unsafe water, and eating carcinogenic foods. Thus, it is in the interests of the society to promote those things that 'take the edge off,' get us busy with our 'fixes,' and keep us slightly 'numbed out' and zombielike. Consequently, the society itself not only encourages addictions, it functions as an addict." Schaef and Fassel, pp.59-60, *The Addictive Organization*

"The Addictive System encourages addictions to keep people so far away from their feelings and awareness that they cannot challenge the system... (Fortunately), more and more people whose lives are being destroyed by addictions are starting to seek help. They are aligning themselves with recovery groups and starting to recover. The further along they get in their recovery, the less able they are to support and participate in the Addictive System.

In other words, in many ways that system contains within itself the seeds of its own destruction. This is the great cosmic joke and, to me, a hopeful sign." Schaef, p. 145, *When Society Becomes an Addict*

(Paid Advertisement)

## NLC INTERIM TASK COMMITTEE MEETS IN ATLANTA

Atlanta, GA—The interim task committee for the National Lesbian Conference met October 14 and 15 to further define the membership of the steering committee that will guide the National Lesbian Conference (NLC) planning process.

The NLC will be held in Atlanta April 24-28, 1991. The fifty states plus the District of Columbia, Puerto Rico, the Virgin Islands and British Columbia in Canada have been divided into ten regions. Each region shall have four planning members on the steering committee. Regions were created by considering existing networks, lesbian population and travel distances. An immediate fundraising assignment for the upcoming conference is for each to raise and send \$500 to the National Office (at P.O. Box 3057, Albany, New York 12203).

The interim task committee also developed a list of national organizations to approach for the ten steering committee seats reserved for them.

Previous national planning meetings in Durham, North Carolina and Portland, Oregon had specified that 50% of the steering committee should be lesbians of color and 20% should be lesbians with disabilities. Ten seats have been allocated for constituencies: three planners, to include at least one lesbian of color, will be senior lesbians (defined by that caucus as lesbians over the age of fifty who are anti-ageism activists); the remaining seven seats will be decided at the next interim task meeting, to be held in Atlanta the first weekend in February.

Regional planners will be chosen at regional meetings which are being organized before the next large national planning meeting scheduled for April 28 & 29 in Kansas City, MO. The first steering committee session is to be held just prior to the national meeting on Friday, April 27, 1990 in Kansas City.

For more information about the conference or to get involved, contact Michelle Crone with the national office at (518) 463-1051. ■



## HRCF PLANS NATIONAL FAMILY REGISTRY

Washington, D.C.—In the wake of the failure of San Francisco's domestic partnership law on election day, the Human Rights Campaign Fund (HRCF) has decided to develop a nationwide family registry program to build grass roots support for the concept of lesbian and gay families.

HRCF will maintain the record of gay and lesbian families who wish to be so identified.

"It is clear that the general public has not yet moved to the point where it is willing to affirm lesbian and gay families," HRCF executive director Tim McFeely commented. "What we can do with the Registry is educate the public so that they will understand that many lesbians and gays have families which are as important to us as the families of heterosexuals are to them."

Plans for the organization of the Registry are currently underway. Lesbians and gays who would like to participate should contact Kathleen Stoll at HRCF in Washington, (202) 628-4160. HRCF hopes to launch the National Family Registry on February 14, 1990. ■

## AIDS RESEARCH SOLICITS PARTICIPANTS

Bethesda, MD—The National Institutes of Health are asking for people testing positive for HIV and persons with AIDS to participate in a variety of research studies they are conducting.

Participants are needed for a number of studies currently in progress. Of special urgency are recruits for studies involving AZT and interferon which have both been in the news recently because of remarkable new developments. After the initial screening visit, all travel costs and medical care associated with these studies are free.

A complete list of NIH studies is posted on the bulletin board at the Herland Resource Center, 2312 N.W. 39th, OKC. For more information you may contact: Dianne Lee at 301-496-7196 or Debbie Ogata-Arakaki or Barbara Baird at 301-496-9565, or write Henry Masur, M.D., Chief, Critical Care Medicine, National Institutes of Health, Bethesda, M.D. 20892. ■

## MASS. ATTORNEY GENERAL RULES REFERENDUM UNCONSTITUTIONAL

Supporters of the Massachusetts Gay Rights Law, which was signed on November 15 by Governor Dukakis, claimed a major victory when Attorney General James Shannon ruled that the attempt to place the statute on the ballot for repeal in 1990 was unconstitutional. Opponents of the law had hoped to rescind it by placing it before voters in the coming election.

The Massachusetts Gay and Lesbian Civil Rights Bill was first filed in 1973 and was finally signed into law several weeks ago after a contentious seventeen-year battle. Popular support has grown dramatically in the last several years, during which time the struggle to enact the law has become one of the state's major news stories. The most recent poll, conducted by KRC Research (Cambridge) for the Boston Globe revealed 70% of Massachusetts voters support the law, while only 21 favor repeal. ■

## SCHOLARSHIPS AVAILABLE FOR WOMEN

If any of you have given thought to going back to school and can't seem to get your money tree to grow anything but root rot, here is something you might be interested in.

Clairel offers financial aid to women over 30 who are returning to school in order to achieve career goals. You can go part time or full time for either academic degree work (with the exception of PhD or EdD) or vocational training. The money allotted may be used for education-related expenses such as child care, transportation, books or tuition and fees.

Clairel awards a total of \$50,000 in scholarships to approximately 100 women each year. Individual awards average between \$750-\$1,000.

For more information or for a scholarship application, write to: The Clairel Scholarship Program, c/o Business & Professional Women's Foundation, 2012 Massachusetts Ave., N.W., Washington, D.C., 20036, (202) 293-1200. Applications for fall term must be postmarked by April 15; for spring term, September 15. ■

## GAYS AND LESBIANS IN MILITARY NEED SUPPORT

Following the October 18 release of "Nonconforming Sexual Orientations and Military Suitability," an internal Department of Defense (DoD) report which openly criticizes the DoD policy of excluding and discharging gay men and lesbians from the Armed Forces, the Pentagon is extremely vulnerable to political pressure to rescind its homophobic and dangerous policy.

If you wish, you can help gay men and lesbians in the armed forces by contacting your congressional representatives today.

Your senators and representatives need to hear from constituents that the Pentagon must implement all recommendations of the PERSEREC report, authored by Theodore Sarbin and Kenneth Karols. The authors state, "Under prevailing social conditions, a public admission of homosexuality carries less stigma than in earlier times, and is no legal bar to most employment . . . Our studied conclusion is that the military services will soon be asked by the courts or the Congress to reexamine their policies and practices regarding recruitment and retention of men and women whose sexual interests deviate from the customary."

The PERSEREC report invites Congressional intervention to drag the Pentagon kicking and screaming into the 1990's. You can urge your Congressional representatives to work for rescission of the DoD policy of exclusion and discharge. This policy, which declares that "homosexuality is incompatible with military service," was established in 1943 and has accounted for the early discharges—many of them under less than honorable conditions—of 100,000 men and women. Additionally, a 1989 Gallup poll indicated that 60% of respondents believed that gay men and lesbians should be allowed to serve in the Armed Forces. ■

## NOW MOBILIZING TO FIGHT ABORTION WAR

Washington, D.C.—The U.S. Supreme Court has *declared war* on the women of America!

In its July 3 decision in the case of *Webster v. Reproductive Health Services*, the Court turned a deaf ear to the majority of Americans who favor abortion rights and deli-

vered awesome powers into the hands of politicians and state governments to decide the future of women's lives.

And with its announced decision to hear three more abortion cases this fall, this frightening situation is likely to get far worse.

Right now, the women of America are facing an unprecedented crisis. No longer can we depend on the Court to protect our fundamental rights . . . nor can we depend on Congress, with its anti-abortion majority in the House . . . and we certainly cannot depend on state legislatures, where current surveys show the majority will act to limit or ban abortion rights.

By upholding a Missouri law that bars the use of public money, medical personnel or facilities in performing abortions and requiring doctors to conduct tests to determine the viability of a fetus at least 20 weeks old, the Supreme Court's recent *Webster* ruling opens wide the floodgates to a series of repressive state measures including parental notification, waiting periods and mandatory counseling before abortion.

This ruling also allows states to restrict abortions at any stage of pregnancy—including the first three months.

Justice Harry Blackmun, author of the 1973 *Roe v. Wade* decision guaranteeing women the constitutional right to abortion, in his *Webster* dissent stated that this ruling "implicitly invites every state legislature to enact more and more restrictive abortion regulations in order to provoke more and more test cases, in the hope that sometime down the line' *Roe v. Wade* will be overturned. This case has laid the legal groundwork to bury *Roe v. Wade*. With three more abortion cases coming up next term, the constitutional right to abortion may be totally destroyed.

Molly Yard, president of NOW, says, "We dare not underestimate the power of the anti-abortion rights zealots, freshly energized by the Supreme Court's decision and encouraged by an anti-abortion rights President praising the Court's ruling and calling for a constitutional amendment outlawing abortion."

In Louisiana, the legislature recently voted to pass a resolution urging district attorneys to enforce criminal laws restricting abortion that were on the books before the 1973 *Roe v. Wade* decision. The Louisiana criminal law bans all abortions and carries a penalty of up to 10 years in prison for physicians who perform abortions in cases where a woman's life is not in danger.

Says Yard, "a frightening trend is building and it's clear that anti-abortion activists will move in every state to so restrict the availability of abortion that, in the end, the right to abortion will be nearly non-existent."

To fight this trend, the National Organization for Women (NOW) is organizing to turn the tide of events. This organizing includes introducing legislation *requiring* states to accept financial responsibility for any baby born to a woman *deined an abortion* because of that state's laws or regulations; placing abortion rights initiatives on ballots in key states for the 1990 elections; in states without ballot initiatives, working immediately to pass legislation guaranteeing women the right to choose abortion, and NOW grassroots activists will work to defeat anti-abortion legislation; and in every state making the abortion rights issue the centerpiece of the 1990 elections.

As the Court hears arguments to further restrict the availability of abortion in the three cases they have agreed to consider in their next term, women must mobilize to say, "No! No more restrictions! Uphold *Roe v. Wade!*"

Recent polls indicate that 64 percent of America's voters—men and women—believe a woman has the right to an abortion. To join NOW's mobilization efforts attend the next meeting of NOW at the YWCA by calling 528-0400 for date and time, or write to NOW, P.O. Box 7813, Washington, D.C. 20077-1400. ■

## ANTISODOMY LAW PROTESTS PLANNED IN ATLANTA

Atlanta, GA—Lesbian, gay and AIDS activists from around the country will converge here on January 8 and January 9, 1990 for two days of demonstrations demanding repeal of antisodomy laws and an expanded definition of AIDS.

"Because these laws effectively define all lesbians and gay men as statutory felons, they promote violence against gay people and frighten everybody from HIV testing, counseling, health care, and treatment," said Chip Rowan, action facilitator.

Georgia achieved international notoriety in 1986 when the U.S. Supreme Court announced its decision in *Hardwick v. Bowers* and upheld the state's power to regulate private, adult, consensual sexual behavior. The *Hardwick* case originated in Atlanta in 1982 with the arrest of Michael

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Hardwick, who was having sex with a consenting adult male in the privacy of his bedroom. In summer 1989, a heterosexual man was released from a Georgia jail after serving 18 months of a sentence for having consensual oral sex with his wife. His conviction was overturned in September when the court ruled that sodomy laws would not be applied to heterosexual married persons, but homosexual sodomy would remain a felony offense.

Sodomy laws have also been used as justification to prevent AIDS educators from distributing safer sex information and condoms on the grounds that such material condones "illegal" behavior. "Sodomy law repeal is a life-saving measure," said Rowan.

On January 9, demonstrators will demand that the Centers for Disease Control (CDC) expand the definition of AIDS beyond its current and largely arbitrary categories of "AIDS" and "AIDS Related Complex" (ARC).

Many states extend social and medical benefits to only people with CDC-defined AIDS or ARC, excluding people with other HIV-related illnesses. Clinical drug trials, disability and insurance benefits, and locally-subsidized housing all require a CDC definition of AIDS or ARC for eligibility.

While CDC says there are 100,000 people with AIDS, in New York City and Washington, D.C. 35 percent of people hospitalized with HIV-related disease did not fit into the CDC's definitions.

Experts estimate that 1 million to 2 million people suffer from "HIV disease," which manifests in a variety of ways among different groups.

"Because people with AIDS must fight a variety of opportunistic infections, the CDC is woefully negligent in not tracking what these infections are and how often they occur," said Maxine Wolfe, action coordinator for the CDC demonstration. ■

*"There are those who believe the vast multitudes of people cannot tolerate the honest, open communication of feelings—which in reality gives birth to the intimacy we each crave. They avoid such honesty of the self because, they say, it may hurt someone. Thus rationalizing their lies into nobility they betray their own souls, and settle for superficial relationships."*

Anonymous

## SAFER SEX FOR GAY AND BISEXUAL WOMEN

### WOMEN AT RISK FOR HIV

- Women who share needles/works/rigs. *This is the greatest risk category for gay and bisexual women.*
- Women who have had any sexual contact with:
  - men who have been actively gay or bisexual since 1979.
  - people who use/have used IV drugs.
  - people who received blood products prior to 1986.
- Women who received blood transfusions/blood products prior to 1986.

### INTRAVENOUS (IV) DRUG USERS

- If you or your partner share needles/works/rigs, you are at **HIGH RISK** for infection. Please try to use your own syringe. If that is not possible, know how to **FLUSH** your syringe. Fill the syringe with **CLEAN WATER**, then shoot the water on the ground. Repeat.
- Please consider getting into a drug treatment program. Drug use may impair your judgement and self-control abilities.

### ORAL SEX

- Mouth to vagina/clitoris contact (cunnilingus) is of little risk to the woman receiving stimulation. The person **giving stimulation** is at risk because of contact with blood and/or vaginal secretions that may be infected. Risk is greatest during a woman's period/menstruation.
- Bleeding gums or open cuts/sores in the mouth and/or on the lips are a possible transmission mode. You should avoid brushing and flossing within one to three hours **before and after** having oral sex. If you must have "flawless" breath, then use a mouthwash to avoid irritating your gums.
- If you feel that there is a potential risk, please use a **DENTAL DAM** or **STRONG PLASTIC WRAP**. Using a water-soluble lubricant containing **NON-OXYNOL 9** on the vagina side of the protection increases sensitivity.

### SEX TOYS/DILDOS/HAND-JOBS

- Since safer sex means avoiding contact with blood and vaginal secretions, avoid sharing your toys. If you must share, make sure they are **THOROUGHLY CLEANED** between each use. A condom on the toy makes clean-up easier. Change the condom after each use.

- Cuts/abrasions on the hands are a possible transmission mode. Use **FINGER COTS** or **LATEX GLOVES** if there will be contact with vaginal secretions and/or blood.

### BREAST MILK

- There are possible cases of transmission from breast milk. The same precaution guidelines for oral sex should be practiced concerning breast milk.

### STEPS TO A HEALTHIER AND SAFER SEX LIFE BE IN CONTROL!!

- You **MUST** take responsibility for your **OWN** body and health. Don't expect anyone else to protect you or make those necessary decisions for you.
- Alcohol and drug use may affect your judgement and weaken your self-control. Be extra cautious if you are using alcohol and/or drugs.
- Stay in charge. Don't let anyone talk you into things that you are not comfortable doing. Know your personal boundaries and stick with them.

### BE SELECTIVE WHEN YOU CHOOSE A SEX PARTNER!!

- Have sex only with a partner who supports your health concerns and makes you feel comfortable and secure sexually.
- Limit the number of sex partners. Remember that you are not only being exposed to that one partner but also to all of their past sex partners. They may have been exposed to infections and unknowingly pass them on to you.

### TALK WITH YOUR PARTNER!!

- Make sex/health talks a natural part of getting to know your partner.
- Ask about your partner's health status. Find out about his/her past sexual history. Ask questions about HIV antibody testing and status. You have the responsibility to ask! And do not **ASSUME** that everyone will tell you the truth.
- Ask about your partner's sexual needs and expectations. He/she may want to do things that you are not comfortable with. It's better to know about it before you get too involved.

Continued on next page

## KNOW HOW TO PROTECT YOURSELF!!

- A good rule of thumb is to ASSUME that EVERY sex partner that you come in contact with has some kind of infection. It's not that you don't trust them, but they could be infected and just don't know it. Better to be safe now than sorry later.
- Learn how to PROPERLY use a condom. When condoms are used properly they are a very effective barrier against infected body fluids. But some people make mistakes just because they don't know what correct usage is all about. If you don't know how, then ASK someone to show you.
- Use only WATER-SOLUBLE lubricants containing NON-OXYNOL 9. It is a chemical that has been shown to inhibit the virus in the test tube. Just some added protection!

## KEEP YOURSELF HEALTHY!!

- Regularly see a doctor that you TRUST and be TOTALLY HONEST with about your health concerns. Ask questions and educate yourself.
- Follow Grandma's advice: eat three balanced meals daily, get a good night's sleep, exercise regularly, and take your vitamins.
- Feel good about yourself. Be proud and happy. You are a wonderful human being and you deserve a great life. Take care of yourself!

## WHERE CAN I TAKE THE AIDS ANTIBODY TEST?

Certain specific AIDS antibodies tests can help you find out whether the AIDS antibodies are present in your system. Call your local health department and ask where you can get an anonymous AIDS antibody test that will be as specific as possible to your concerns.

Or, call 1-800-342-7514, a 24-hour AIDS hotline, which can direct you to your nearest anonymous testing site. ■



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## Letters to the Editor

Dear Herland,

I also attended the November 12th "Mobilize For Women's Lives" rally at the State Capitol Building. I too was taken aback, as were Margaret and Pat (Dec. 1989, Herland Voice) by the censoring of signs and the number of men who spoke of their dreams for their daughters. However, I believe there are two issues here that need to be addressed: 1) that we must stop the Anti-Choice legislation, 2) there is a difference between being a lesbian and being a feminist.

There is a movement with the Anti-Choice activists to not only stop abortion on demand, but to introduce legislation that would make all forms of birth control illegal, with abstinence being the only alternative. Another aim is to stop research on artificial insemination. You may ask, "What does this have to do with me?" If condoms are one way of stopping the spread of AIDS, then they would be considered illegal. Whether you are a gay male, a straight teenager, involved with a bi-sexual, or a woman wanting to wait to have children, you would not be able to practice "safe sex." If you are a lesbian and would like to have children with your "life mate," you would be prevented because artificial insemination would become unresearched and possibly hazardous. We would not only lose the right to have an abortion, we would lose the right to reproduce and practice sex as we desire.

The second issue is not all lesbians are feminists and not all feminists are lesbians. The November 12th rally was an attempt to bring all women together to stop the Anti-Choice factions. Lesbians are a segment of this larger movement. If this were a gay rally, feminists would be the lesser represented group.

Because there is the very obvious threat of losing rights to our bodies, we all (men and women, gays and straights) must work together to stop these people who would restrict our lives. Don't lose sight of our goals because of one incident. After we are assured of this victory, then we can go on to have equal representation in other public demonstrations. First we are women, then we are feminist or lesbian.

Nancy D.

Dear Herland Voice,

On a recent "outing" with some friends, I suggested that Herland Voice could use a lighter touch (we enjoy the paper but some

humor thrown in with all the feminism would be well appreciated). Someone made the remark that since I felt this way, I might well be the one to do something about it! Me? Ha! I don't even own a typewriter, much less a readable sense of humor. But upon some quiet reflection and opportune observations, I think, why not?! After all, last month's issue did ask for contributions . . .

My "significant other" and I in our five-year relationship have struggled through lots of obstacles that ruin even the best of relationships. Family deaths, ex-husbands, ex-others, child custody (ohhh—messy-messy), school, job promotions and numerous other "family" crises have occurred. (After two years we were awarded the children! Another story, another time.) These "crises" were handled fairly well and I'm very proud to say we have come through all of it. However, I have discovered that it isn't the "big stuff" that damages relationships, it is the small stuff. For example:

I'll never understand how she can spend four to six hours going from Wal-Mart to the grocery store when there are thirteen loads of laundry to be done, but only one hour when there is a good movie coming on . . .

For those of you who share clothes: it's okay for her to wear my shirt, but if I wear hers, then everyone will think she's wearing my shirt the next time she puts it on!? Hm . . .

It's mandatory to have coffee in the bathroom every morning. I forgot one morning and she thought I was retaliating for some unknown "sin" she had committed! Yet who makes the damn stuff every day? Double hm . . .

Isn't it amazing how simple it is to start world war III just by moving an inanimate object? I can put away a bread basket or move the can opener four inches to the left or right of its assigned spot and Japan has bombed Pearl Harbor all over again . . .

When PMS hits her, I'm being irritable, rude and crabby, and when it's my turn for PMS, it's still me being irritable, rude and crabby . . .

Last but not least, who (out of four people in the same house) used up all of the ice cubes and didn't refill the trays?! To which you immediately hear two "not me"'s and one "I didn't."

As I said before—it is the "small stuff" by far.

P.S.



# Chatterbox

by Sondra Metzger

The members of the collective of Herland Sister Resources would like to thank all of you for your generous support during the past year. We all hope you had a safe and happy holiday, and that the new decade brings with it peace, prosperity, love, happiness, understanding and sistership . . . .

just a reminder that there are plenty of new items in stock at the Resource Center. Even though the holidays are over, there are still those special birthdays and anniversaries throughout the year to consider. And we have many new titles coming this month, a great proportion of which are lesbian novels . . . .

Palmira Campos asked me to let all of you know that FM radio station KTNT in Edmond (97.7 on your radio dial) is playing cuts from the Winds tape. Now that the holidays are over and the carols are back on the shelf for another year, why not give them a call! I don't know about you, but I think it would be pretty neat to hear Peggy Johnson, Mary Reynolds, Donna DeSalvo or some of our other friends on local radio. To make a request, just call KTNT's request line at 460-9898 . . . .

Louise Rankin is publishing a book of experiences of children of lesbians. She would like the children to write about their friends' reactions, feelings about being raised in a lesbian family and overall feelings of both good and bad. All contributions will have a name attached to them, either their real name or a fictional one. The child will also receive several copies of the book as payment for her/his contribution. To contribute writings, send them to Louise Rankin, P.O. Box 565, Provincetown, MA, 02657 or call her at (508) 487-6367 . . . .

also, any women interested in the Lesbian Mothers Support Group should call Sharon & Marty at 1-872-9732 (Noble) . . . .

there are 2 vacancies on the Herland board of directors. If you are interested in being a part of a nonprofit organization and

learning what it really takes to keep it running, call HSR at 521-9696 or come to a board meeting on the 3rd Sunday of the month at 3:00 p.m. at the resource center. The meetings are fun and productive, and being on the board looks *great* on a resume! . . . .

Mary Daly will be giving a speech titled "Recalling the Elemental Powers of Women" at OU on January 25 at 7:30 p.m. in Dale Hall, Room 200. There will be a reception and booksigning following the speech on the 9th floor of Dale Hall. A panel discussion will be held on the 26th at 2 p.m. For more information, call the Women's Studies Office at 325-3481 . . . .

syndicated advice columnist Ann Landers has asked what her readers think about "legal sanctions for same-sex couples." To communicate your support for the rights of gay and lesbian couples, write to Ann Landers, c/o The Chicago Tribune, 435 N. Michigan Ave., Chicago, IL 60611 . . . .

this last entry is a tough one. As of this newsletter, I will no longer be a member of the board or editor of The Voice. I have greatly appreciated the support you have given me during the 6 months I have been editor. I would like to thank all those wonderful women who contributed articles and letters during that time, and the board for allowing me to be a part of them and for entrusting me with their "voice." I would be lying to you if I said that being editor has been an easy job, but for all the frustrations I have encountered, the input I have received made it all worthwhile. I have been given more credit than I deserve for the shape the newsletter is in. The look it has now would not have been possible without the talent and contribution of our typesetter, Rhonda. I appreciate the contributions of all of the newsletter staff. They certainly took a load off. Although I have experienced a great deal of growth and enrichment from being a member of the board and as editor of the newsletter, it is time to move on. To quote one of my favorite journalists, "and so it goes." ■

# Women Mean Business

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