FOR LOVE and for LIFE we're NOT GOING BACK

INSIDE: FALL CALENDAR
OPENING WORD

If you were unaware of it before, this issue is bound to show you the incredible abundance of talented folks we have in our community.

Allison Claire interviews Kate McDermott, a local theatre director and producer who, over the next year, will be bringing us a number of high quality lesbian plays, through the Lesbian Theatre Project of Santa Cruz. We also have reviews of two new books edited and written by Santa Cruz lesbians: Between the Lines, An Anthology by Pacific/Asian Lesbians of Santa Cruz, California, edited by Cristy Chung, Allison Kim and A. Kawah Kim Alnomesby; and Her Wits About Her: Self Defense Success Stories by Women, edited by Denise Caign and Gail Groves. Don’t miss the reviews or the books.

Lorraine Lipani brings us the final piece in our alternative healing and AIDS series, taking a look at the immune system in all its complexities. Laura Giges talks pointedly about what it’s like working as a woman in the Santa Cruz AIDS Project. John Laird gives us a brief glimpse into the gay and lesbian records of the current Democratic Party presidential hopefuls and Scott Brooke talks about the upcoming March on Washington and why, for love and for life, we’re not going back.

This issue also introduces our letters column, and as you’ll read, the Reader got mixed reviews. Please continue sending us your words, they truly help keep us going.

And finally, this issue is somewhat of an accomplishment for the two of us. What’s the big deal? Well, our noble czarrina, Michael Perlman, went on a country quest in search of his soul and smile, leaving us relative neophytes to ensure that all the pages were in order and that nothing was upside down. Thanks to a great production crew, we did it.

Happy reading.

Jo Kenny
Scott Brooke

LETTERS

Dear Editors,

"42" Between You" is a story about two competent, dignified lesbians dealing with the contradictions of racism, homophobia, and sexism in a small, predominantly Hispanic California town. I am upset because the drawing by Brooke Matteson is not an accurate representation of my story. The woman in tight jeans and high heeled cowboy boots, skinny body posed in a semi-crotch shot is not the woman in the story. The woman with her head down, face hidden in her locks, hands drooping helplessly is not the courageous, determined, thinking woman of the story. And face it, how long would a hat like that last on the freeway anyway?

When I open to the page my story’s on it looks sleazy and not like my story at all. I feel angry and sad that I trusted you with my work! As a lesbian publisher myself, working on HerBooks, I know just how hard publishing is, how production pressure often competes with ethics. I appreciate that you called me about a title for my piece. May I suggest that you let authors look at and OK illustrations of their work in the future?

Best,
Irene Reti

Dear Lavender Reader Workers,

Many thanks to you all for putting out the great summer '87 issue! SNAZZY

DEAR PROFESSIONAL . . . ESTHETIC . . . INFORMATIVE . . .

I know a lot of time was spent in getting it all together. Thank you.

Here’s money for a year’s subscription and a few extra...

In unity and love,
Pat Clarke

NEXT ISSUE:

Winter 1988

Publication Date ▼ January 15, 1988

Editorial Deadline ▼ December 11

Advertising Deadline ▼ December 28

Calendar Deadline ▼ December 30
Bye-bye Banana!

But do they have bananas in Brooklyn? Peter Bergé, pictured above right with his honey David, most notorious for teaching the Big Apple. Up until this summer, Peter was a Physician's Assistant at the AIDS education to students, as well as the Jewish family. How wrong she was!

My Jewish identity has flourished the past three years, supported by Jewish lesbians in Santa Cruz and Kolayin, the local chapter of New Jewish Agenda. New Jewish Agenda is a national organization that works to foster Jewish values of peace and social justice and to promote Jewish participation in progressive coalitions.

Recently New Jewish Agenda has published a pamphlet which addresses both the Jewish community, additional resources, and suggestions for action. For those of us interested in coalition building across differences, "Coming Out, Coming Home" is an outstanding model. This pamphlet, as well as information about an extensive bibliography entitled "Lesbian and Gay Liberation: A Bibliography for the Jewish Community" can be ordered locally from Adrienne Rich, 2420 Paul Minnie Rd., Santa Cruz, CA, 95062. Send SASE and 50 cents.

By A. Smith

The Alliance is looking for a few good queens. See page 15.

COMMUNITY

Bridge Building

When I came out to my devoutly Orthodox sister, her first response was to ask me to consider the impact of my deviant sexuality on the future population of Jews. She saw my choice to become a lesbian as a forsaking and abandonment of Judaism, as well as the Jewish family. How wrong she was!

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continued from previous page

do so, Bork wrote, was a principle of "unsurpassed ugliness." Bork later repudiated the article in Senate confirmation hearings in 1970 after he had been appointed Solicitor General by former President Richard Nixon. He has not, however, repudiated his views on homosexuality. In a 1978 faculty debate at Yale, Bork, who was teaching there at the time, was a vocal opponent of views on homosexuality. In a 1978 faculty hearing, he had been appointed Solicitor General by former President Richard Nixon. In 1930, for example, as a result of opposition to the NAACP and the labor movement, President Hoover rejected most nominations. Bork later repudiated the article in Senate confirmation hearings in 1970 after he had been appointed Solicitor General by former President Richard Nixon. A tie vote, which he had been appointed Solicitor General by former President Richard Nixon. A tie vote, which

to fire gays and lesbians no matter how severe a study of Bork's decisions that was recently published by a liberal lawyer's group. After examining more than 400 court cases that Bork had voted on, the study concluded that Bork's record as a federal appellate judge showed a pervasive bias in favor of businesses and against individual rights. The study found that in the cases where the judges had disagreed, Bork had consistently voted against consumers and workers and in support of government agencies and businesses. But when the cases pitted businesses against government regulators, Bork sided with the businesses every time.

The study also found that Bork invariably ruled against demonstrators claiming freedom of speech rights. To be approved, Bork first faces hearings in the Senate Judiciary Committee. The committee has eight Democrats and seven Republicans. A tie vote, which could occur if a member abstains, would send the nomination to the Senate floor for a vote; an 8-7 vote against him would kill the nomination. On the Senate floor, 51 votes against Bork would defeat his nomination, and 41 votes against would insure the success of a filibuster (it takes 60 votes to end a filibuster), thereby also defeating the nomination. The Senate has rejected Supreme Court nominees 26 times since the founding of the nation. In 1930, for example, as a result of opposition to the NAACP and the labor movement, the Senate rejected President Hoover's nomination of John Parker because of his anti-union rulings as a lower court judge, and because he thought that black political participation was "a source of evil and danger."

More recently, in 1968, 19 Republican Senators, including Howard Baker, Jr. and Strom Thurmond declared that they would vote against President Lyndon Johnson's nomination of Abe Fortas for Chief Justice, because of his liberal views on law enforcement, obscenity, free speech, capital punishment, and other issues. Johnson did not send another nomination to the Senate, leaving that job to his successor, President Nixon, who nominated Warren Burger to the Court.

If the Democrats, who control the Senate, are successful in blocking the Bork nomination, President Reagan will submit another nomination. Given his track record, it is likely that he will nominate another conservative, thus ensuring that the Court will shift to the right. The Lesbian/Gay Action Alliance is a member of the Santa Cruz Block Bork Coalition along with several other groups. Contact the coalition in care of Planned Parenthood, 225 Laurel Street, Santa Cruz, 425-1551.

The Santa Cruz AIDS Project continues in its efforts to provide support services for people with AIDS/RPC and educational services for the greater Santa Cruz County communities.

As part of these efforts we've hired Terry Cavanagh as a full time Volunteer Coordinator. Terry has set up an ongoing volunteer orientation meeting every Tuesday from 4 to 6pm at the SCPF office. Anyone interested in working with SCPF is welcome to come by. If this isn't a convenient time for you, please feel free to call or drop in to see Terry on any Friday from 1 to 5pm. Of course, you can call any other time, but Terry promises to be in the office on Friday afternoons.

SCPF is currently focusing on providing education in the Latino communities. Anyone interested in assisting us in organizing or conducting bilingual education forums, please call Terry.

Have you ever wished that you could get up to date, accurate information on safe sex in a small, informal setting? Well, you can — it's called a KOOL AIDS presentation. All you have to do is let SCPF know that you'll invite a few friends over one evening and that you'd like a KOOL AIDS presenter to be there too. Try it — you'll be glad you did.

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Just over four months from now, the first delegates to the 1988 Democratic and Republican conventions will be selected. This election will be the first in almost three decades where there is no incumbent running for re-election. As a result, there are now four centers of delegates for the two major party nominations.

The Republican candidates must outpander to the right wing of their party to win the nomination—and there is no GOP candidate that has taken good stands on gay and lesbian issues.

I want to focus on the eight Democratic Party candidates. There’s a whole range of opinion and experience among the candidates—let’s look at them one by one:

**Bruce Babbit.** Babbitt, who served as Governor of Arizona until last December, has surprised many observers with his pro-gay rights positions in recent months. He has reportedly been attacked by the reactionary Manchener (N.H.) Union Leader for a reasonable position on gay and lesbian parents.

Babbitt has indicated that he would issue an executive order as President prohibiting discrimination in federal employment on the basis of sexual orientation. He has also said that he would sign the federal civil rights bill if it should be passed by Congress. On AIDS issues, Babbitt opposes mandatory testing, advocates teaching of safe sex education and supports the civil rights legislation in the Senate. He opposes quarantine.

**Jesse Jackson.** Jackson has consistently spoken out in favor of gay/lesbian issues, and was almost the only speaker to mention the words “gay” and “lesbian” from the 1984 Democratic convention platform.

Jackson has been a co-sponsor of that legislation. He opposes mandatory HIV testing, and favors an all-out education campaign on AIDS.

By John Laird

Biden is an unknown quantity on gay/lesbian issues. He has not co-sponsored the civil rights legislation in the Senate, and has made no public statements on gay/lesbian issues to date in the presidential campaign.

On AIDS issues, Biden favors testing of immigrants, and is undecided on the testing of prisoners and marriage license applicants. He favors safe sex teaching in upper grades in schools, and opposes quarantine.

Biden is generally perceived as a “liberal,” scoring 80% in the rating of the Americans for Democratic Action (ADA)—a national liberal lobbying organization.

Michael Dukakis. Dukakis was first elected Governor of Massachusetts in 1974, was defeated in 1978, regained his office in 1982 and was re-elected in 1986. His record in the Senate, Simon has indicated he will sign the bill if it reaches his desk.

**Richard Gephart.** A fifteen-year member of Congress, and a former alderman from St. Louis, Gephart had an ADA rating of 70% in the last Congress.

He has been vague on gay and lesbian issues, but opposes mandatory HIV testing because it forces members of high risk groups to go underground. He favors education on safe sex, and the use of condoms. He opposes quarantine of people with AIDS.

Albert Gore, Jr. Son of a former Senator from Tennessee, Gore has spent twelve years in Congress—the last three as a Senator from Tennessee. He has a 70% rating from the ADA.

Gore has not taken a position on major gay or lesbian issues, but he has not been a co-sponsor of the Kennedy-Waxman legislation. He appeared at the press conference for the launching of the Kennedy-Waxman legislation on AIDS non-discrimination and confidentiality in HIV testing. He is also a co-sponsor of that legislation.

He opposes mandatory HIV testing, and favors an all-out education campaign on AIDS.

Jesse Helms attempt to overturn the D.C. HIV insurance law. He is a co-sponsor of the Kennedy-Waxman legislation, which is important because of his membership on the Health and Human Services Committee.

He favors safe sex education in high schools and opposes a quarantine. He favors mandatory testing for prisoners and new immigrants, but opposes it for undocumented residents and marriage license applicants.

Patricia Schroeder. First elected in 1972 to represent Denver in Congress, Schroeder has not yet announced her formal entry into the Democratic race. She has a 95% ADA rating.

Rep. Schroeder has co-sponsored the gay/lesbian civil rights bill in Congress, and is a co-sponsor of the National March on Washington.

She is a co-sponsor of the Kennedy-Waxman AIDS bill, and has co-sponsored the “Manhattan Project” effort against AIDS. She opposes mandatory testing, and strongly advocates safe sex education. She opposes quarantine.

Though she is one of the eight Democratic candidates, she is the only one who has actually campaigned on gay and lesbian issues. It will be interesting to see if she has changed their positions by the nominating conventions next summer.
Novel Idea:

Gothic Lesbian Theater

What shadows haunt the ill-fated manor of Seven Chimneys? 'What honorable governess, find there? Did Stephen the moody, riding crop carrying mistress of the household, murder her long-term lover? And who is the new mistress of the household, murder by award winning playwright Sarah Dreher. will enjoy its tormented soul locked in a hidden closet?

Stephen the moody, riding crop carrying activity may mark the beginning of an ongoing Lesbian Theater Project for a full-scale production of another Sarah Dreher play in spring '88. This flurry of activity may mark the beginning of an ongoing Lesbian Theater Project for Santa Cruz County.

This Brooding Sky was born when Ms. Dreher, psychotherapist and playwright, was working with a new lesbian theater project in her hometown of Amherst, Mass. The group was going through the difficult process of defining their political and artistic identity with seemingly endless, tense meetings. For sheer escape, Dreher began reading classic gothic romances like Jane Eyre, Wuthering Heights, and Rebecca. For amusement, she would scribble down bits of decidedly dykey spoofs on the genre. And for comic relief within the group, she shared these during coffee breaks. The delightful silliness of these early scenes were a huge success, and the company encouraged Dreher to make a play of them.

The resulting one-act satire parodies every conceivable cliche of gothic romance and murder mysteries. Yet you needn't have read the novels Dreher sends up to appreciate the joke—we've all seen the bats-in-belfries movies they spawned.

"Sarah wrote the play to have fun," director McDermott remarks, "It's kind of surprising—she's such a serious playwright. The topics that she chooses are so critically important to lesbians—yet this is just a frolic. She's always been amusing, even in the most serious plays, but she really let the stops out with this one!"

McDermott will direct This Brooding Sky as a staged reading—a form in between reader's theater and full production. Asan art form, staged readings are accessible to groups like the lesbian community that lack financial resources. Explains McDermott, "A staged reading lends itself to a type of theater that's called: Theater of the Poor." Director and playwright first met when Kate McDermott began soliciting manuscripts for an anthology of lesbian plays. As a director, McDermott needed such an anthology and none existed—

By Allison Claire

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"A staged reading lends itself to a type of theater I feel a strong commitment to, what's called: Theater of the Poor."
continued from page 13

so she took on the project herself. A friend here in Santa Cruz told her about a play called "Ruby Christmas," of unknown authorship, and Kate began the search. By coincidence the manuscript arrived in the mail—from Sarah Dreher.

Both "Ruby Christmas" and 8x10 Glossy (winner of the 1985 National Lesbian Playwriting Contest) appeared in McDermott's book Places Please: The First Anthology of Lesbian Plays (Aunt Lute, 1985), "I was so impressed. McDermott recalls, "asked her to send me everything she'd ever written—which she proceeded to do, in stages."

McDermott decided to direct the newest play, Alumnae News, herself after joining Dreher in Los Angeles for the premiere. Though the play received excellent reviews, both Dreher and McDermott felt that the director had taken such liberties that the original vision was fundamentally altered. The responsibility of directors to playwrights and the integrity of their scripts is a topic McDermott had written about in Places, Please. She felt she wanted to do it right.

"With a living playwright, I don't believe its my right as director to change anything without specific permission. Interpret, sure, but not change. Directors are interpretive artists. We're not creative artists, we don't originate the work. We interpret it, the way a musician does, or a conductor, or an actor. We have an obligation to try to decipher and be loyal to what was intended. It's a puzzle that you pull out of the script as you work with it."

In keeping with this obligation, McDermott is in regular cross-country contact with Dreher as she prepares to direct the plays.

This Brooding Sky and Alumnae News will be the first directing project for McDermott since she began work on the book. It's the lesbian community that has inspired her, not necessarily the San Francisco theater world. "Ever since I've been here, people have tried to convince me that this is a wildly committed audience but also enlivens that audience and makes it feel a sense of reward from the quality of the work. That takes a lot of work from the theater company."

"Without comparing ourselves to outside standards, we need to seek our best and make it available to other lesbians. Even in a low-budget, local, grass-roots lesbian project we can seek excellence and offer something of quality to our community. We are capable of excellence and have a right to expect it of ourselves."

When Kate McDermott talks about an ongoing Lesbian Theater Project in our area, her vision is not grandiose. "The size of the project will be determined by the audience...I want to find the lesbian audience here and play to it."

McDermott hopes there will be enough community enthusiasm to support one play annually, for starters. She already has lots of support from local community groups. The two upcoming plays are being sponsored by Cabrillo Lesbians Together, UCSC Women's Center, Matrix, KZSC Women's Department, Monterey Bay Women's Alliance, Bookshop Santa Cruz and the Lesbian and Gay Action Alliance.

This Brooding Sky is currently in rehearsal. Performances are as follows:

SCHEDULE OF PERFORMANCES
In Santa Cruz
Mora Hall, at Seabright & Broadway
Sundays: October 11, 18, 25 at 8pm
Cabrillo College, Room 456 (small forum)
Saturday: October 18, at 8pm

UCSC Women's Center, Cardinal House
Saturday: October 24, at 2:30pm (afternoon)

In San Jose
ONLY ONE PERFORMANCE!
Billy De Frank Center, 1404 Park Ave.
Saturday: October 17, at 8pm

To get involved in the Santa Cruz Lesbian Theater Project, call 684-1280.

"progressive networking
political caucus work
community forums
lavender reader"
I

had a dream a little while ago. I was riding with my lover in a car driven by a man we didn’t really know. After a bit, I noticed people along the side of the road who had been horribly disfigured and then half-buried—still alive—alongside the street, for all to see. Friends of these people, horrified, were just coming to the rescue, unearthing them and tending to their wounds.

“Shouldn’t we stop?” I said to the driver. He continued. We stopped at a stop sign, and I leaned out the window, getting the attention of two passing women. “Has anybody called the police?” I asked. Silently, they pointed to the driver of the car. He was responsible, they indicated.

I woke up shaking, terrified. ‘Another AIDS dream,’ I thought, trying to calm myself in the blackness of the night. The people in control, who were supposed to be taking care of us, were killing us, and only our friends were intervening. Is it me? Am I being paranoid?

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At nine o’clock on the morning of Sunday, October 11, hundreds of thousands of lesbians and gay men will begin assembling on the hilltop behind the White House for the National March on Washington for Lesbian and Gay Rights. The March, which begins at noon, will probably be the largest gathering of gay people in history. By the time people begin to gather, workers from the Names Project will have finished unfolding the Quilt they started putting together last spring. It will cover 4,000 square feet and will be made up of individual panels, three feet by six feet. Each panel will contain the name of a person who has died of AIDS.

“You have to be a special person to work on the Names Project,” reflected Cleve Jones, the Project’s director, speaking at a recent forum in Santa Cruz. “People come to our office every day carrying a quilt piece in the name of a sister or brother or lover or friend or father or mother—someone they loved. There’s a lot of emotion. We have a crying room on the mezzanine in the office. We cry every day.”

Jones asks the audience to clear an area in the center of the room. He and his co-workers unfold a section of the quilt, perhaps twelve feet square. A long emotional silence falls over the room. Some read, many eyes fill with tears. “Every day, in every way, I will always love you,” reads one piece, in small letters below the larger letters of the name. Another says simply “Harry” as a little shower of pink triangles are machine-stitched to the quilt. “Don’t die of ignorance.” Most of Western Europe has followed suit. In the US, in large metropolitan areas, you might see a TV ad for condoms, paid for by people who sell hand lotion. There’s public money behind it. The government has not yet moved to pay for AIDS prevention advertising.

In the United States, the television network executives were still holding the bag as recently as last year when a group of gay doctors presented a 15-second spot, featuring the face of a young man with AIDS, followed by the names of the disease. It was rejected by ABC, NBC, and CBS, all of which have since reneged on TV ads. The ABC spot was for a commercial of the American Red Cross, featuring a man on a bicycle who testifies to his good life and how to live it. The networks were forced to run the ad when a group of gay doctors presented a 15-second spot, featuring the face of a young man with AIDS, followed by the names of the disease. It was rejected by ABC, NBC, and CBS, all of which have since reneged on TV ads. The ABC spot was for a commercial of the American Red Cross, featuring a man on a bicycle who testifies to his good life and how to live it.

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The Events

Friday, October 9
National Lobby Day • March Against Death and Violence, through Sunday
Saturday, October 10
The Wedding, non-sectarian union ceremony • Lesbian and Gay Bands of America

Sunday, October 11
Veterans Memorial Service • Display of Names Project memorial March and Rally
Monday, October 12
National Lesbian/Gay Rights Congress Planning Meeting
Tuesday, October 13
Civil Disobedience at the Supreme Court for Lesbian/Gay Rights

The Demands
National
- Legal recognition of lesbian and gay relationships.
- Reproductive freedom—the right to control our own bodies, and an end to sexist oppression.
- Legal recognition of lesbian and gay relationships.
- The repeal of all laws that make sodomy between consenting adults a crime.
- Passage of the congressional lesbian and gay rights bill.
- Continued federal funding for AIDS education and research.

The Names Project
The Names Project, piecing together a quilt with the names of people who have died of AIDS, is an ongoing project. Although the deadline to have a quilt piece included in the show is October 13th, you may still have time to participate. Please be aware that you cannot sign your name to the quilt. The project is not accepting contributions of materials other than those directly related to AIDS, such as fabric, thread, or needlework.

Travel Arrangements
Pacific Harbor Travel, 476-5026. (Although any travel agent can make arrangements for you, the people at Pacific Harbor are donating part of their fee to the March.)

Local Contacts
Gary Reynolds, 429-1388 • Michael Balliro, 423-4752

The third said: "No fags!" with a slash through "Fags." These are commercially printed. They must sell well enough to make money.
- A recent poll in the San Francisco Examiner asked Catholics questions about birth control, school prayer, the role of government in education, and other issues. The poll showed that, for the first time, California voters that the Briggs Initiative against gay teachers was wrong. Wisconsin has had statewide lesbian/gay rights legislation for years now; lots of cities have it as well. And every year, over a million of us take to the streets in cities all over the world. There are a lot of other victories. We are canny and formidable. We can kick ass (is that too violent?). But, we can face a crisis of nearly genocidal proportions. And the people in government are not helping; they are not doing it worse. Should this surprise us? Let's check.

Question 85: When you become the leader of this country, millions of people don't have a place to live. You a. create shelters all over the country and spend huge amounts of money on housing. b. don't create shelters, and take more money away from housing programs than you had from any other.

Well, the answer is (b), and now there are more people sleeping on the streets at any time since the Great Depression.

Question 67: More Black people and Latino people are unemployed than any other group of people in the country. To change this, you

massage and bodywork

• massage
• movement re-education
• trigger sessions
• workshops
• therapeutic movement systems

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(408)423-2059

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Continued on previous page

The Louisville Enquirer, non-sectarian union ceremony • Lesbian and Gay Bands of America

• Reproductive freedom—the right to control our own bodies, and an end to sexist oppression.
• Legal recognition of lesbian and gay relationships.
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Continued on page 27

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Continued on page 27

Therapeutic Massage for Women

• AMTA certified member
• 14 yrs. professional experience
• office or home appointments

LORRAINE LIPANI, M.S.T.
(408)423-2059

10037 SANTA CRUZ • 95010

Continued on page 27

The following is the final installment in our three-part series on alternative healing and AIDS. Lorraine Lipani, a certified massage therapist in our community, provides us with a layperson’s view of the lymphatic system. Also included is a simple recipe for maintaining healthy lymph tissue. Although this article concludes our series, we look forward to bringing you additional information on the maintenance of the immune system in future issues of the Reader.

Exactly Where Is My Sista-who?

In your belly, and that’s cisterna chyli (sis-TER-na-Kl-ly). It is a central part of your lymphatic system, and helps pass a cleansing fluid through your body which bathes the cells, collecting wastes and toxins to be dismantled. Lymphatic fluid, organs, glands, and vessels are essential to your body’s immunity, and essential to homeostasis—the body’s inherent desire to maintain a consistent internal environment. Your brain and nerve centers constantly monitor the stress affecting your internal and external environments. Maintaining equilibrium and promoting optimal health is often the work of the lymphatic system. That is why a basic premise of natural health care emphasizes support of the body’s detoxification process and homeostatic rhythms.

Here is how your lymphatic system works: when oxygenated blood leaves your heart via the arteries, it nourishes all your cells. When the blood is deoxygenated, the red and white corpuscles return to the heart by separate routes. The red blood cells pass up the body through the veins; the white blood cells pass up the body through the lymphatic vessels. Both the veins and lymphatic vessels have valves inside that keep the fluids moving towards the heart. While the veins are pumped by the rhythmic contractions of the heart, the lymphatic vessels are not. Lymphatic fluid moves in response to respiration, and skeletal muscle contraction. For example, deep breathing engages the diaphragm muscle, and that stimulates lymphatic flow. The red and white blood cells regroup in the major chest veins before returning to your heart, and then to the lungs to pick up more oxygen.

Strategically located along lymphatic vessels are the lymphatic nodes, or glands. You have probably felt swollen lymph glands behind your ears or under your jaw when you’ve had a flu. Those swollen glands were working hard to dismantle the toxins they had filtered from the lymphatic fluid. The lymphatic fluid in turn had transported these toxins from cellular excretions. In the glands, specialized cells called phagocytes engulf and devour the toxic substance. If there’s a real battle going on, the glands feel swollen. Lymph glands can be felt behind the knees, in the groin, between the ribs close to the breastbone, under the armpits, and in the neck.

"Many simple things enhance the integrity of your immune system. In fact, you are probably doing more of them than you realize."
In addition to the vessels and glands, other lymphoid tissue is scattered throughout your body. The tonsils protect the throat area, while the spleen, that make antibodies and destroy toxins. The intestines are wrapped in lymph glands, and lined with lymph tissue. In the liver, not a lymphatic organ itself, is yet another major detoxification center in your body that interacts with blood and lymph. Many simple things enhance the integrity of your immune system. In fact, you are probably doing more of them than you realize. Aerobic exercising, drinking plenty of water, eating raw fruits and vegetables, minimizing the use of salt, sugar, fats, drugs and alcohol in your diet—all decrease the stress on your immunity. In addition, various forms of massage, hydrotherapy, acupuncture, nutritional and chiropractic treatments are geared to support your body's ability to clean and repair itself. Yoga, T'ai chi, professionally supervised fasting and herbal therapies are also well worth exploring.

Not as well known, yet something simple, consistent and effective you can do for yourself, is applying a hot castor oil poultice on your belly. Castor oil, from the castor bean plant, is respected in folk medicine as an oil that promotes healing of damaged tissue, particularly muscle and tendon. From the Edgar Cayce Foundation comes the use of a poultice on the belly to stimulate the lymphatic system, balance nerve forces, detoxify the liver and gall bladder, improve both assimilation of nutrients and eliminations. Poultices are recommended for ailments ranging from simple constipation to epilepsy. Apparently the oil has properties similar to the lymphatic fluid itself, and is absorbed readily through the skin and intestines.

TO DO AN ABDOMINAL CAS-
TORG POULTICE, you'll need a pint of castor oil from a local health food store, a heating pad, and a large pampers-type diaper (traditionally, a diaper backed with plastic is a welcomed modern convenience.) Saturate the diaper with a half cup of oil, more if needed. Set the diaper, plastic side down, on the heating pad. Let it heat through for five minutes. Turn the whole thing, oil side down, onto your abdomen. Cover the area from your pubic bone to just below the breasts. Tuck a towel around your middle to keep the poultice and heating pad in place. Adjust the heat to your comfort. Lie quietly for an hour, napping or reading. When you remove the poultice, sponge the excess oil from your skin with baking soda and water, or simply wipe your belly with a paper towel. That's all there is to it. Fold the diaper and store it in a plastic bag in a cool place. Adding oil as needed, reuse it until it falls apart. To prevent toxic exchange, do not let anyone else use your pack.

Lorraine Lipani is a certified massage therapist, a member of The American Massage Therapy Association. She was the resident masseuse for the Edgar Cayce Foundation, and is a health writer for various publications. She lives in Santa Cruz, CA.

Persons seriously ill or on medications should consult their physicians before using any herbal method.

William A. McGarey, M.D., Edgar Cayce and the Palma Christi. A.R.E, Press, Virginia Beach, VA.


As an excellent preventive measure, consider doing a three week cycle of poultices, in series of three days on, four days off. Set aside a consistent time of the day or evening to do them, and wait at least two hours after a meal. Also, women are advised to schedule a series around, not during, their menses.

You probably won't observe dramatic changes during three weeks, except sleeping more soundly and feeling a better quality of energy, but you are sure to be doing your body a good turn. You can continue doing the poultices, either occasionally, when you feel a cold coming on, or in regular cycles. Choose a cycle that's realistic for you to maintain for awhile, i.e., two days a week, or a three day series once a month. Your immunity will be happier for it.
Women in SCAP: The Struggle Continues ... and Continues

M y decision to work with the Santa Cruz AIDS Project (SCAP) in the summer of 1985 marked a turning point in my life. For the first time in years, I was choosing to work with men. Like many other women, I had grown tired of dealing with the sexism characteristic of most "mixed" groups, and had thus limited my volunteer work to women's and lesbian organizations. However, I felt strongly motivated to work in the area of AIDS and was willing to step out of the almost exclusively female world I had inhabited to do so. I assumed that working with gay men would be similar to working with women; after all we shared a common reality as gay people. In an era of increasing homophobia and tragedy in the gay community, I also felt a personal need to expand my own sense of community. I soon discovered that working with gay men is not at all like working with women (with the possible exception of the exclusively female world I had inhabited), so I was struck by the way the men in the group related to us. There was some variance in this depending, I believe, on how much experience they had with women in their lives. A few had worked/socialized extensively with women and had familiarity with femininity, collective process, etc. Yet most seemed to have had limited involvement, and thus treated us as somewhat exempt from sexism, down the tubes.

Another myth, that gay men are more comfortable with each other, was that the moment we said was treated with the utmost respect, and in fact anything anyone spoke, we were scrutinized for our reaction. This felt very different from working with straight men who most consistently ignore women, yet not necessarily more comfortable.

Then there was the language issue. At one of the first meetings I attended, I interjected "chairperson" after someone said chairman. The first time I felt OK about it, but the third and fourth times I was resentful, despite the fact that my corrections were accepted and even welcomed. Eventually the language began to change as proud glances towards Robin and me accompanied each self-correction.

Accustomed to the world of collectives, I was unprepared to find that SCAP was structured in a highly hierarchical fashion. There were committees headed by chairmen (I mean chairpersons), who prepared the agendas, took responsibility for meetings and overseeing tasks, and in general were "in charge." Rather than finding this oppressive, I enjoyed this structure since I was primarily interested in doing community outreach and not in the administration of the organization. At first I marvelled at the speed with which Robin and me accompanied each self-correction. This did not take the form of ignoring us, by any means. It appeared that everything we said was treated with the utmost respect, and in fact anything anyone spoke, we were scrutinized for our reaction. This felt very different from working with straight men who most consistently ignore women, yet not necessarily more comfortable.

Perhaps harder for me than the overt sexism of language and process has been the more subtle manifestations as reflected in the work itself. Until recently the only people in the group who seemed to know much about women and AIDS were Robin, myself and other women who now work with SCAP. Funny thing, we began to fall into the "expert" syndrome. Someone wants to know about women or lesbians and AIDS, call Laura or Robin. Throw children in too; they usually go together.

While this is disturbing in terms of the sexual politics of the group, it has also made me wonder whether indepth information on women is included in all SCAP community presentations. Robin and I recently provided an inservice training on the topic, yet I still believe that most men in SCAP would have a more difficult time talking to a woman about the details of safe sex and AIDS prevention, than the women in SCAP would have with a man. Unfortunately this is characteristic of AIDS services in general, and it is painful to see the way this is so easily institutionalized.

As for the other side of the coin, I have certainly had to face my ignorance about gay men in my work with SCAP. A vital function of the meetings between Robin and me has been to compare notes on new words and concepts about what men "did" and how they related to sexuality. I like to think that our naiveté was a little less obvious than theirs, but we probably fooled no one with our practiced cool. I remember a dinner meeting we had with a shy man who could barely look at us without blushing. Yet he went into great detail about the pros and cons of being inside a condom from a tactile point of view without blushing an eye. Ours were certainly blinking.

Despite the difficulties, I look forward to future work with SCAP. I am encouraged to see more women getting involved, and am experiencing some positive changes as the organization grows older. While I have shed many of my idealized images about an easy connection between lesbians and gay men, I have gained a sense of myself as belonging to a broader gay community. I feel a real joy in having men in SCAP in my life, and feel a loving acceptance and warmth among us, despite the differences.

By Laura Giges

I still believe that most men in SCAP would have a more difficult time talking to a woman about the details of safe sex than the women in SCAP would have with a man.
BETWEEN THE LINES
An Anthology by Pacific/Asian Lesbians of Santa Cruz, California

Between the Lines, An Anthology by Pacific/Asian Lesbians of Santa Cruz, California ends with Alison Kim’s valuable “Pacific/Asian Lesbian Bibliography,” but you won’t find a book like this one listed there. Between the Lines, edited by Cristy Chung, Alison Kim, and A. Kaweha Lemeshewsky, is a silence-breaking book, the first of its kind. Pacific/Asian Lesbian writers have been represented, as bibliography notes, in other anthologies or have published books as individual authors, but Between the Lines is the first anthology dedicated to exploring the broad spectrum of the concerns and experiences of Pacific/Asian Lesbians.

As Kim explains in the introduction, “[W]e write and gather writings by other authors in order to create a new antology, a community. Though each individual work does not represent the whole, the existence of the collection—the visibility—begins to define our community. . . . We are breaking the stereotype of the silent, the seen-but-not-heard or in the case of Pacific/Asian Lesbians, the unseen-and-unheard.”

The community this book offers is rich and reflective, its members Chinese, Japanese, Korean, Puerto Rican, Filipino, Indian, Hawaiian, American Indian. Essayists, poets, photographers describe the search for community, the role of sexuality within South Asian culture, lowmaken, assimilation, self defense and rape survival, and childhood experiences (including a wonderful page of photos of real Baby Dykes).

One particular strength of this anthology is its representation of hapa—mixed-hertiage women. In “Living Between the Lines: A Mixed-Heritage Woman’s Search for Community,” A. Kaweha Lemeshewsky describes her efforts to create her identity that draws on her Japanese, American Indian, and Russian ancestry.

This search takes her to her native Chicago and Chicano-controlled DQ University, where she trained for (but because of her mixed heritage was not allowed to participate in) the Sundance, to Japan, where she took part in the Heiwa Dukshin, an annual peace walk from Hiroshoma to Nagasaki, and back to the U.S. where she organized a cross-continental anti-nuclear walk, which she ultimately withdrew from because of her isolation as the only woman of color among the walkers. Lemeshewsky’s activism and her ability to draw connections within her broad-ranging experience can inspire us. She tells us, “As a woman of mixed heritage . . . I do not fit anybody’s mold . . . I want to share my story of this search in the hope that others like me will find something meaningful in it, and know they are not alone.”

In “Weeds,” Cristy Tesre Mei-Ling Chan gives vent to the frustrations that rise from her own mixed heritage, “that hateful visibility/seeps through cracks in my skin/calling attention/to my half-breed body.” But this process of naming herself allows her not only to acknowledge her frustrations, but to move beyond them, to celebrate and find strength in her identity as well. In another poem, “Silence,” she explains, “Knowing only too well/the bare, immobilizing pain of silence/i find myself/blurring out unclear words/recklessly struggling with the silence that threatens my existence/ . . . my spoken words/declare inner healing.”

The writers in this book voice again and again the need for a community of both Asian and Lesbian. As Akemi puts it in “Claiming an Asian Lesbian Identity,” “There were lesbians and there were Asians, but there weren’t any Asian Lesbians. I needed someone to understand both parts in me.” The editors of this anthology have done much to create such a community, and in the process, they have expanded the case of Pacific/Asian Lesbians to create an “anmunity. . . . We are breaking the stereotype of the unseen-and-unheard.”

This isn’t a story from Her Wits About Her. This is a dream that I had the night I stayed up late reading the book. Another woman who read the book before bed also had powerful dreams of defending herself. Is it obvious that a book can change our dreams. And if it can change our dreams, well, who knows what else might happen?

Her Wits About Her: Self-Defense Success Stories by Women

Between the Lines is published by Dancing Bird Press, P. O. Box 887, Santa Cruz, CA 95061 and is distributed by HerBooks, P. O. Box 7569, Berkeley, CA 94707. For more information on PALS, call Kaweha at 476-8249, Cristy at 425-8487, or Aly at 476-4142. The editors would also like to tell you of a forthcoming book. Born at the Crossroads: Voices of Mixed Heritage Women, which is being edited by Aurora Levins Morales. The submission deadline is October 1, and work can be sent to 5252 Broadway, Box 543, Oakland, CA 94608.

Reviewed by Sarah-Hope Parmeter

March on Washington

continued from page 19

climbing the steps of the Supreme Court building, and sitting down, and not mov­
ing until we are taken away.

We are the 40,000+ women of the March on Washington, and after Washington, we work for the demise of this government of violent ac­
tackers. Our carefully crafted rituals are revokable. Our selfish rights to safety and power are in the middle of the night.

—Reviewed by Dinah Phillips

The people who, George Bush and Penny Pullen notwithstanding, really do have power in this country will be watching this event, like they were watching us fight Briggs and LaRouche. We say we are show­ing our strength. We’d better show it, then. For some of us it is our first public showing—and this is very hard to say—could it be a failure?

But still, long after the hoarse throts have recovered from chanting, and the last condom package has been swept from Pennsylvania Avenue, there’ll be things to do. A few high-energy catharses—like this March—strung together with more hum­
drum activity, week in, week out: that’s how things change. A lot of politics is a sort of pleasant drudgery; it reminds me of do­ing the dishes.

This ordinary work—this listening and meeting and writing and reading—it’s more crucial now than ever. Writing in the Village Voice, Richard Gold­

...
FRIDAY SEP 18 - 20
Companionship Training Program
Gene Ford
MCAP 424-5550

SUNDAY SEP 20
Pot Luck Lunch
Gay and Lesbian Vegetarians in Palo Alto
Car pooling avail. from SC
Call: 426-7315

MONDAY SEP 21
"Unmasking The Enemy"
Information about the Soviet Union
12-1pm
Cabrillo Women's Center
479-6249

TUESDAY SEP 22
Support Group for PWA and ARC
7-9pm every Tuesday
MCAP 424-5550

WEDNESDAY SEP 23
Support Group for HIV Positive Monterey
MCAP 424-5550

FRIDAY SEP 25
Dialogue:
Disabled Women & Able-Bodied Women
7-9pm
Cabrillo Fireside Lounge

SATURDAY SEP 26
"Your Rights as a GAIN Client"
7-9pm
Cabrillo Fireside lounge 479-8249

SATURDAY OCT 3
"Surviving with Teenagers"
12-1pm
Cabrillo Women's Center
479-6249

SATURDAY OCT 4
Support Group for PWA and ARC
7-9pm every Tuesday
MCAP 424-5550

SATURDAY OCT 10
"This Brooding Sky"
8pm $4
Rm 456 Forum Blvd
Cabrillo Coll. 423-7287

SATURDAY OCT 17
"This Brooding Sky"
8pm $4
Bil DeFranc Center
1040 Park Ave, SJ 423-7287

SUNDAY OCT 18
"Step Families: Issues and Guidelines"
12-1pm
Cabrillo Women's Center
479-6249

MONDAY OCT 20
"Mothers and Sons"
12-1pm
Cabrillo Women's Center
479-6249

TUESDAY OCT 27
Support Group for PWA and ARC
7-9pm every Tuesday
MCAP 424-5550

FRIDAY NOV 6 - 8
"Spiritual Renewal"
SJ MCC Rev. Valrejean
7:30pm Fri and Sat
6:30pm Sunday
10th & San Fernando SJ 279-2711

SATURDAY NOV 7
GO - Boulder Creek
Breakfast and day hike
Dean 425-1675

SATURDAY NOV 14
"Living With AIDS"
7:30pm Sat. and Sun.
SJ MCC workshop
Dean 425-1675

TUESDAY NOV 17
Support Group for PWA and ARC
7-9pm every Tuesday
MCAP 424-5550

THURSDAY NOV 19
"AIDS and Substance Abuse"
7-9pm
MCAP 424-5550

FRIDAY NOV 20
Support Group for PWA and ARC
7-9pm every Tuesday
MCAP 424-5550

SATURDAY NOV 21
Kuumbwa Jazz Center
8pm $4
Kuumbwa Jazz Center
423-7287

SUNDAY NOV 22
GO - Potluck/Meeting
Tony 423-4367

MONDAY NOV 23
"Mothers and Sons"
12-1pm
Cabrillo Women's Center
479-6249

TUESDAY NOV 24
Support Group for PWA and ARC
7-9pm every Tuesday
MCAP 424-5550

FRIDAY NOV 27
Music Festival
SF MCC presents an
8pm Friday concert &
all day Sat workshops
150 Eureka St. SF
(415) 863-4434

SATURDAY NOV 28
GO - San Simeon
Hearst's Castle
Buz 425-3959

TUESDAY DEC 1
Support Group for PWA and ARC
7-9pm every Tuesday
MCAP 424-5550

SATURDAY DEC 5
Deidre McCalla
8pm
Kuumbwa Jazz Center
Lea Lawson Production
458-3053

SUNDAY DEC 6
GO - Potluck/Meeting
Contact
Marti Winters
COMMUNITY
RESOURCE
DI R
ECT
ORY

AL-ANON
Tuesdays; 7pm
Gateway School
426-1818
ALCOHOLICS ANONYMOUS
Lesbian Women’s Group
Sundays: 7pm
718 Carmel St. SC
Gay Men’s Group
Mondays: 8pm
DMV, 4200 Capitola Rd. Capitola
BOOKSHOP
SANTA CRUZ
1547 Pacific Ave. SC
423-0900

BLUE LAGOON
923 Pacific Ave. SC
423-7117

CABRILLO LESBIANS TOGETHER
CLT: Mondays 7:30pm
Cabrillo Women’s Center
Fridays 1:30-3:30 drop-in.
All women welcome. 479-6249

LESBIAN & GAY ACTION ALLIANCE
P.O. Box 7293, SC 95061
Jo Kenny: 423-7287
Wesley Harris: 689-9409

GAY & LESBIAN VEGETARIANS
c/o Rick Haze
P.O. Box 7971, SC 95061
426-7315

GAY GAY GAY
VOLLEYBALL
Wednesdays: 5pm
Santa Cruz Main Beach
Between Wharf and Boardwalk
Willie
429-2060

LESBIAN MOTHERS SUPPORT GROUP
Wednesdays: 6:30pm
UCSC Women’s Center
429-2072

LESBIAN SPACE
Tuesdays: 6:30pm
a drop in resource center
at the Matrix office. 429-9007

MATRICK WOMEN’S NEWSMAGAZINE
418-B Cedar St. SC
429-1238

METROPOLITAN COMMUNITY CHURCH
Sundays: 6:30pm
10th & Fernando St. SJ
Info: 279-2711

LESA MOYER BAY WOMEN’S ALLIANCE
P.O. Box 7945, SC 95061
Sherry, 429-9896

GAY & LESBIAN VEGETARIANS
P.O. Box 2143, SC 95063
Brett
427-2722

HEARTWOOD SPA
3150-A Mission St. SC
462-2192

IN TOUCH
1535 Commercial Way, SC
462-6111

LAVENDER READER
PO Box 793 SC 95061
425-8839

LESBIAN ELDERS LITERATURE GROUP
Alternate Fridays location varies
(lesbians 30 and over)
Info: 662-2669

LESBIAN GATHERING
Thursdays: 7:30pm
538 Seabright Ave. SC

GAY & LESBIAN VEGETARIANS
c/o Rick Haze
P.O. Box 7971, SC 95061
426-7315

GAY LESBIAN & BISEXUAL NETWORK
UCSC 429-2468

GAY MEN’S SUPPORT GROUP
Tuesdays: 7pm
Calvary Episcopal 523 Center St. SC
Gilbert Moreno
426-5044

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10th & Fernando St. SJ
Info: 279-2711

MONTEREY BAY WOMEN’S ALLIANCE
P.O. Box 7945, SC 95061
Sherry, 429-9896

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P.O. Box 7971, SC 95061
426-7315

GAY LESBIAN & BISEXUAL NETWORK
UCSC 429-2468

GAY MEN’S SUPPORT GROUP
Tuesdays: 7pm
Calvary Episcopal 523 Center St. SC
Gilbert Moreno
426-5044

GAYS AND LESBIANS OVER FORTY
Second Friday of each month.
Gene
462-2746

GAY VOLLEYBALL
Wednesdays: 5pm
Santa Cruz Main Beach
Between Wharf and Boardwalk
Willie
429-2060

GREAT OUTDOORS
P.O. Box 2143, SC 95063
Brett
427-2722

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3150-A Mission St. SC
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1535 Commercial Way, SC
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Info: 662-2669

LESBIAN GATHERING
Thursdays: 7:30pm
538 Seabright Ave. SC
when you need us

1 408 458 4999

SANTA CRUZ AIDS PROJECT
P.O. BOX 5142
SANTA CRUZ, CA 95063
QUESTIONS / INFORMATION