

Sept / Oct 2004
volume 1, issue 4

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Women with Balls

Stories of Women in Sports

A FEW WORDS FROM
CAROL WYATT

PLUS

Sports Resource Guide
Healthy Living: Eat your Veggies
Ask Lola



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In This Issue...

Volume 1 Issue 4



Women With Balls
page 10



Healthy Living: Eat Your Veggies
page 13



Out and About
page 18

Contents

Letter from the Editor
page 4

A Few Words From Carol Wyatt
page 5

The Scene

Calendar
page 6

Late Coffee and Oranges
page 8

Lesbian Coming Out Night
page 8

Houston Women's Festival
page 9

Sports Stories

Women With Balls
page 10

Sundays in the Park
page 11

Sports Resource Guide
page 12

Columns

Healthy Living: Eat Your Veggies
page 13

LGRL: Our Rights, Our Families, Our
Responsibilities
page 14

Ask Lola
page 15

Classifieds
page 17

Out and About
pages 18-19

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i think concepts
Photo by Amber Grant

Letter From the Editor

The past six weeks has been the toughest time in my life, thus far. My father passed away on July 2. It was somewhat unexpected. I mean, he was sick, but none of us expected death. God might as well have pulled out my heart and stomped on it. The pain that still encases me everyday is numbed by family drama. Anyone who has ever lost a loved one and then had to fight with family afterward knows what I'm talking about.

Outside of the drama, I am still grieving. I think about my dad at night, when the house is quiet and I am laying in bed. I miss his laugh, his warmth, his strength, his obstinacy.

I will continue on with my life because that is what he would have wanted. He has inspired me to always be my best. He taught me to be honest, no matter how unpopular it may be, and to keep my word, because sometimes that's all I have.

I wanted to share this with the readers in case you were wondering why this issue is late. It is truly a miracle that it came out at all.

But miracles happen if you work hard enough and this issue is proof. We tackle women in sports and include a resource page for those of you who want to get involved. We have a new columnist to our lineup-- the incomparable Carol Wyatt. She will educate and entertain us with her wit and insight about the state of the world.

Also in this issue, Kristen Kemp explores Central City co-op, Tammi Wallace of LGRL urges us to get out and vote, as well as the latest installment of "Ask Lola". Be sure to check out the "Out and About" section that has moved to the back. You just might be in there.

I would like to especially thank Kristen, Amber and Vada for all of their hard work on this issue. I would also like to thank Carol and our other contributors and advertisers for getting their stuff to us so quickly.

Enjoy this issue, ladies; look for us at the Houston Women's Festival on October 2 and we'll see you again in November.

Take care,



Harvey Angelo
Sept 21, 1934-July 2, 2004
Rest in peace Dad.

Correction: The article in the last issue entitled "Come Join the Trail Ride" was actually written by Nick Brines and Troy Christiansen. My apologies. -SA

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And Now, A Few Words From Carol Wyatt

Headly from the publication of my recent Letter to The Editor in the Houston Chronicle, I am broadening my journalistic horizons: writing this column of political ramblings for h.e.r.s. Well, nothing like starting a political column when we are in the midst of perhaps the most important election of our lives! I will certainly have no shortage of topics from which to choose.

Speaking of elections, I know you'll all rest easier tonight, comforted by the knowledge that the State of Texas has no intention of implementing a paper audit trail for the new electronic voting machines. A press release from Secretary of State

Geoff Connor dismisses fraud concerns as the work of "special interests" and "paranoia". Just because the president of Diebold, one of the largest manufacturers of electronic voting machines, said he would do ANYTHING to get Bush re-elected, I don't think we need to be worried. And so what if a bunch of computer geeks say that the machines are ridiculously easy to hack? Bev Harris, a voting-security activist, says "What we have is poorly designed software that isn't tested properly, and they don't use

the tested software anyway. We have bad operating procedures, and we don't follow them...and afterward, everyone covers their ass." Which brings up the question - who knew there were voting security analysts???? Do you grow up wanting to be a voting security analyst? Did we have them before this current mess? But I digress...

Can you imagine how much you would care about ballot integrity if your Texas vote for Kerry was actually going to mean anything? Unfortunately, with the winner-take-all provisions of the

state. Of course, this change would require some real leadership at the state level, so what was I thinking! Yeah, I'm sure Governor Good Hair is going to jump right on this issue...as soon as he figures out how to milk some campaign contributions out of it, that is.

Side note: as a new columnist, with an 800 word assignment, I now take pause to do a word count. Hmmm... only 431 so far. Gosh, this column writing is hard work. Maybe I'll just go back to Letters to the Editor! But no, I have a few more words in me, so let's

dropping. Does anyone really believe that we needed to go on heightened alert right after the Democratic convention, based on information that was two years old? What if we get to Election Day, and the exit pollsters show that Bush is going to lose? No problem - they announce a terrorist alert and shut down the polls. Can you imagine the mess that THAT would cause? I know it sounds pretty paranoid, but given the lies, deception and secrecy that have been the hallmarks of this regime, I certainly wouldn't put it past them.

am. As she explained, she got her ticket at night time, so the ticket was incorrect. The judge was thoroughly unsuccessful in explaining that 1 a.m. IS in the night time. The woman just kept insisting that a.m. is daytime and p.m. is night time. Sadly, I am just SURE that she is a registered voter. So much for an informed and knowledgeable electorate!

Oh well, for all my bitching, this is still the best country around. But we have GOT to get the Rabid Right out of power before they do any more damage. What can you do? Keep up on the issues, donate a bit of money to Moveon.org so they can keep the anti-Bush ads going, and most importantly, remember to vote.

Well, well...just look at that word count: 875! Maybe this will work like roll-over minutes, and I'll only have to write 725 words next time. Anywho, thanks for joining me on my inaugural column-writing adventure. See you in the next issue of h.e.r.s!

What can you do?... most importantly, remember to vote.

How on earth can 50% of the voters still support Bush? We've just initiated the first pre-emptive war in our

nation's history, and as it turns out, all our reasons for attacking Iraq were bogus. Isn't that just a tad bit embarrassing? Not to mention that we have no idea how to manage the peace (such as it is) in Iraq, we diverted troops from the real enemy in Afghanistan, and managed to thoroughly piss off the four Arabs who didn't already hate us!

I once watched a woman in traffic court try to argue that her ticket should be dismissed because the officer wrote that the offense occurred at 1

Electoral College, we Kerry supporters will be pissing in the wind here in Texas (I realize that this is a somewhat empty analogy for lesbians, but please cut me some slack - I'm new at this!). The electoral college isn't going away, since those teeny little states which apparently derive some benefit from it would never agree.. However, what we CAN do is to change the way the electoral votes are allocated. If candidate A gets 54% of the popular vote, then s/he gets 54% of the electoral votes owned by that

see how it goes...

If the tight race and the potential for vote counting fraud aren't enough to give you the heebie-jeebies, think about this. Several weeks ago, the "President" announced that he hired some guy to figure out what the policies/procedures would be if terrorists disrupted the election. So far, that sounds reasonable enough. But the Bush administration has shown over and over that it will trot out a terrorist alert at the slightest indication that their poll numbers are

Calendar

august

august 21-22: Democracy for Texas

hosts organizing workshop "You've Got the Power! Now Get the Skills", \$45, Huston-Tillotson College in east-central Austin, 9 p.m. - 6 or 7 p.m., lunch provided, space limited <http://www.democracyforamerica.com>

august 28: 1st Annual Houston Women's Flag Football League Blood Drive benefitting MD Anderson's Blood Bank, Wings N Things (S. Braeswood & Kirby), 11 a.m. - 3 p.m., call 713.378.9877 to sign up or for more info.

september

september 5: Women's Adventure Race

beginner friendly, two women teams compete for fun and adventure, surprise events, benefits Young Survival Coalition <http://www.youngsurvival.org> & <http://www.women-srace.com>

september 6: 3rd Annual Free Day of Yoga sponsored by Yoga Association of Houston

See <http://www.yoga-houston.org/cms/index.php> for more info.

september 8: Shaunte's 30th birthday

september 9: Houston Ballet premiere of "Women@Art"

featuring 3 short ballets choreographed by women, through September 19 <http://www.houstonballet.org>

september 9-11: Judy Gold @ Laffstop River Oaks

River Oaks, 4 shows, for more info call 713.524.2333 <http://www.laffstop.com>

september 9-19: 8th Annual Houston Gay & Lesbian Film Festival for listings & schedule go to <http://www.hglff.org>

september 16: Uncommon Legacy Silent Auction and Calcutta: Cabo Montrose

september 18: 6th Annual Uncommon Legacy Golf Tournament

check here for more info: <http://www.uncommonlegacy.org>

september 20: Arianna Live!

Arianna Huffington speaks @ the Hobby Center presented by ROADwomen <http://www.roadwomen.com/arianna.html>

september 24: Critical Mass Ride

meets 5 p.m. @ Mecom Fountain and City Hall @ 6 p.m., last Friday of every month <http://criticalmassrides.info>

september 25: GoGirls @ the Rhythm Room

1815 Washington, all ages show, under 21 \$8, everyone else \$5, doors 8 p.m., show 9 p.m.

october

october 2: 10th Annual Houston Women's Festival Jones Plaza, rain or shine, <http://www.hwfestival.org>

october 3: 4th Annual Decadent Dessert Extravaganza Benefit for Assithers @ Meteor 4-7 p.m. \$20 in advance, \$25 at the door. For tickets go to www.acteva.com/go/assithers or call 713.521.4628

october 8: Groove Girlz Productions presents "The Panty Party" Rhythm Room, 1815 Washington, 9pm-2am, 18 & up, \$7 before 10pm, \$10 after, DJ's, dancers, and women!

october 10-16: Juli Ashton's Soul Days New Moon Ja'am "A week of unadulterated fun, music & friends," all inclusive, <http://www.souldays.com>

october 22: GoGirls@ the Rhythm Room

1815 Washington, all ages show, under 21 \$8, everyone else \$5, doors 8 p.m., show 9 p.m.

Check out www.hershouston.com for updated calendar events. Email your events to thescene@hershouston.com

Monday: The First Sex, KPFT 90.1, (2nd Mon.) 10-11 p.m.; Queer Voices, KPFT 90.1, 8-10 p.m.

Tuesday: Musical Theater Night @ Meteor; LHI monthly meetings (1st Tues.) 713.603.0023; Drink specials & karaoke @ Cabo (Montrose); Happy Hour @ Hollywood Restaurant, 6:30 p.m.; Montrose Social Group, Bering Church, Room 224, 7:30 p.m.

Wednesday: "Ladies" Night @ Bocado's; Professional Women's Night @ Meteor (1st & 3rd Wed.); Skating hosted by OutSkate Roller Skate Club, Zenith Roller Rink, \$5, 281.933.5818; Uncommon Legacy Foundation, (3rd Wed.) Hollywood Cafe, 6:30 p.m.; Lesbian Coming Out Night (1st & 3rd Wed.), 6 - 7:30 p.m., GLBT Community Center

Thursday: Open mic @ Chances with Fluff the Kat; Open mic @ Helios; Montrose Writers Project, GLBT Community Center (last Thurs.), 10 - 11 a.m.

Friday: Women's Game Night (2nd Fri.), GLBT Community Center, 7 p.m.; Lesbian Film Night (4th Fri.), GLBT Community Center, 7 p.m.; Midnights @ Landmark River Oaks, specialty viewings, 713.866.8881

Saturday: Live Bands @ Chances; Yale Street Market (1st Sat.); After Hours: KPFT 90.1, 12 a.m.; Habitat (after hours) 1415 California, 713.522.7066

Sunday: Karaoke @ Guava Lamp; LOAF monthly meeting (3rd Sun.) 2 p.m., 713.869.1482; Black on Black: KPFT 90.1, (3rd Sun.) 2 a.m.

Get OUT and VOTE:

In this election year, it is imperative that we all make our voices heard

Taken from the Houston Gay and Lesbian Political Caucus newsletter,
PO Box 66664 Houston TX 77266-6664 713-521-1000 voter@hglpc.org
<http://www.hglpc.org>

VOTER INFORMATION

How do I register to vote?

You may register at any time by going to the Voter Registrar in your county. As Voter Registrar, the Harris County Tax Assessor-Collector, 713.368.2200, www.tax.co.harris.tx.us, registers voters at 1001 Preston Avenue – 2nd Floor and at substations throughout the County. During voter registration drives, it is possible to register with a deputized volunteer voter registrar. After you register you will be mailed a Voters Registration Certificate (VRC). You should receive your VRC within 30 days. You will be mailed a replacement VRC every two years but you must keep the Voter Registrar advised of any address or name change to maintain your registered status.

Where do I vote?

Voting is done by Precinct. Polling Locations for each Precinct are listed in the newspaper the day of the election. In Harris County, one to two weeks before the election, the County Clerk's Office, 713.755.6965, can tell you where your precinct votes.

Your Precinct Number (Prec. No.) shows in the middle of the left side of your Voter Registration Certificate.

What do I take to the Polls?

Take your Voter Registration Certificate (VRC). Other identification, such as a Texas Drivers License, is accepted but it's much faster with your VRC which has helpful information on it. Keep it in a safe place. You may take this Voters Guide or other written material into the Voting Booth. However, voters are not allowed to display or share any campaign material in the polling place.

Must be registered to vote by October 4, 2004.
Absentee ballots can be requested after September 3rd.



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All prospective
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by October 4 in
order to vote on
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The Scene

JESUS...

'nuf said!



Community Gospel Church

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Late Coffee and Oranges

by Amber Grant

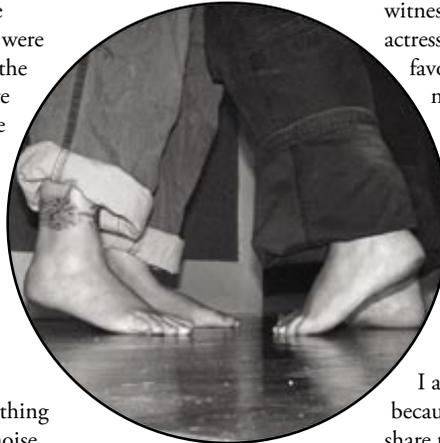
I was invited to attend a promotional soiree for the film, *Late Coffee and Oranges*. It was at Meteor, and my obsession and addiction to movies made a great excuse to see what the buzz was about. I dragged my girlfriend with me and we happened to run into some friends. While we were getting drinks at the bar, the trailer for the film started playing. I, being the one who really never pays attention, thought it was some great new video I had never seen. It wasn't, and I was quickly hushed. I stood in awe. I was really impressed and couldn't wait for the film to come out.

Some time had passed and my girlfriend got a call from the producer of *Late Coffee and Oranges* saying they needed extras. Of course I was so excited and could not wait to be

part of something that was one, being filmed in Houston and two, a queer film. We showed up at a little bar, signed a form, and waited. Lights, cords, props, and people were all over the place. The extras that showed up were displaced throughout the bar. A group of us were told to go to the dance floor. Randomly, we were handed fake cocktails and asked to smoke as much as we wanted to give the bar a more realistic feel.

The air conditioner, certain lights, and anything electronic that made noise were turned off. So there we were, about fifteen lesbians dancing barefoot, our pants rolled up, and holding fake drinks in a smoke filled bar. The kicker, there was no music. I can barely dance with music—this was

a whole new uncomfortable situation for me. After about an hour of barefoot dancing, my girlfriend spilling her fake martini on me twice, being told to make NO noise whatsoever, and



trying very hard not to bust out laughing at the random lesbians bobbing, the scene was good.

I am so amazed at the film-making process, and

I developed a whole new level of respect for it. I can't wait to see the film. It was an amazing experience just to watch a director direct something they had written, and witness the spirit the actresses had. In fact, my favorite part of the night was being in the dressing room waiting to see if they needed extras for anything else, listening to the actresses talk about their favorite movies.

I am writing this because I also wanted to share the small lesson I learned about the powerful effects of helping our community. My company was actually invited by a representative of the Houston Woman's Festival to attend the promotion of the film at Meteor. While

there, we were asked to sign their sign-in sheet. We signed, and that was the list they called the extras off of. We brought friends to be extras, and those friends brought friends.

Because I attended and had something to say about *Late Coffee and Oranges*, I was asked to write a little piece for this magazine. Not sure what to write about, I figured I would share my experience with just truly supporting our community. Whether that means signing a sign-in sheet, attending an event or function for something that is in our community, or sharing thoughts through words. A symbiotic circle started with an invitation to support a small lesbian film, and ended with an unforgettable personal experience.

Lesbian Coming Out Night

by Beth Tudor

The Houston GLBT Community Center is delighted to announce a resource for women in the process of coming out. Beginning on Wednesday, August 19, the Houston GLBT Community Center will begin a support group for lesbian and bisexual women in the process of exploring their sexual identity titled Lesbian Coming Out Night. The support group is currently scheduled for the first and third Wednesdays of the month from 6:00 to 7:30 p.m. at the Houston GLBT Community Center.

Shane McShane, President of the center, notes "We are very lucky to have Lynne Shepherd, who is an out lesbian, and a trained psychologist and counselor, taking over Lesbian Coming Out Night. We know that there is a need for this type of support group based on calls to the center." Lynne Shepherd has extensive experience coordinating coming out support groups for women and has a Ph.D. in Psychology. Since moving to Houston, Dr. Shepherd has worked at the University of Houston Counseling and

Psychological Services as a counselor and has developed specific resources for Gays and Lesbians on campus.

For further information about Lesbian Coming Out Night, go to www.HoustonglbtCommunityCenter.org. The Houston GLBT Community Center provides for the nurture, growth and celebration of GLBT organizations in our Community. For more information about the Houston GLBT Community Center call 713-524-3818, e-mail info@HoustonglbtCommunityCenter.org,

or go to www.HoustonglbtCommunityCenter.org or visit us at 3400 Montrose Blvd., Suite 207 (on the second floor).

The Scene

Tenth Anniversary of the Houston Women's Festival

by Shirley Knight

Photo by Alessandro DeSogno 2004



For the tenth year running the Houston Women's Festival will offer people a place to hear great music, view arts and crafts, learn about the community, see old friends and meet new ones. The festival takes place Saturday, October 2 from noon to 10 p.m. at Jones Plaza downtown.

One of the headliners is Ruthie Foster, who has become an established Texas star since she made her festival debut in 1999. Her career has spanned a recording contact with Atlantic in New York City, performances on "Austin City Limits," and appearances at festivals nationwide including the Kerrville Folk Festival, Willie Nelson's Fourth of July Picnic and Bluesapalooza in California.

Ruthie has released three CDs of original music and has been praised for the energy and stunning vocals in her live shows. As one reporter put it, "as a singer... she truly dazzles," Richard Skanse, Texas Music Magazine. According to another, "Ruthie's drawn comparisons to Ella and Aretha, but musically neither is really close. What she does have in common with Fitzgerald and Franklin is the irresistible blaze..." Mary Armstrong, Philadelphia City Paper.

The tenth anniversary of the festival also features, Zrazy, the popular duo from Dublin, Ireland touring with their new CD called "Dream On." With a gold disc in Ireland, a GLAM Award for Best Jazz, and acclaimed appearances at clubs and festivals in all the major western cities, Zrazy is one of the most respected musical groups in Dublin's history. Their music ranges from traditional Irish to original jazz to energetic dance rhythms. Their latest two albums have established them as exquisite and sensuous music makers. Irish music critic PJ Curtis says that, "Dream On" is "an absolutely marvelous album ... The musicianship is superb and the lyrics are beautiful spiritual poems."

Back after winning over fans in their Houston debut last year is Halcyon, a duo that is well known in Florida and the southeast. After releasing five CDs, touring from coast-to-coast, singing the National Anthem at major sports stadiums, and being featured on Olivia Cruises, this fun and funny duo is increasingly gaining notice. Fans appreciate their irreverent humor and their sincere and thoughtful songs.

In the past three years Nini Camps has gained many fans in Texas. A New York resident who is originally from Miami, Nini is known for powerful performances that blend pop, country, folk and rock. She uses slide, effects pedals and percussive Latin rhythms with her acoustic guitar to create a powerful and enchanting sound that is uniquely hers. Her music has been heard on national television

shows, DVD releases and public and college radio.

This year the festival is pleased to present Ellis in her festival debut. A four-time winner of a Best Musician award in the Twin Cities, Ellis wows audiences with her charismatic stage presence and playful sense of humor. Her album "Tigers Above, Tigers Below" was recognized by Independent Songwriter Web Magazine as one of the best albums of 2003, and she has sold more than 15,000 CDs to date. While in college she was the lead singer and principal songwriter for a band that won the 2000 Sam Goody/Musicland's "Best Unsigned Band in America" competition. In September 2004, Ellis will release a live CD called "Evidence of Joy."

Another up-and-coming artist making her festival debut is Katie Reider from Ohio. Since the release of Katie's first CD, "Wonder," she has been performing with a variety of artists throughout the Midwest, including Melissa Ferrick, Michelle Malone and Catie Curtis. She has won five Cincinnati area music awards and her songs have been heard on the WB television show "Dawson's Creek" and on Lifetime Television Network's, "Strong Medicine."

In addition to these accomplished artists, the line-up for 2004 will feature several other noteworthy musicians to be announced in the coming weeks.

A marketplace of vendors will offer handmade arts and crafts and information

about community groups and services. Paintings, candles, jewelry and imports from around the world are just some of the items that will be featured. In addition many vendors offer interactive activities, give-a-ways or drawings for prizes. Good food and drinks are available throughout the day, and street parking is free downtown on weekends.

Completely remodeled in 2001, Jones Plaza is the site of weekly concerts and offers over 40,000 square feet of space, a concession area, plenty of nice restrooms, pedestrian ramps, canopies for shade, new tables and chairs and beautiful landscaping. For more information go to: www.hwfestival.org.

Houston Women's Festival
10th Annual

Saturday, Oct. 2
Noon to 10PM
Open to All
@ Jones Plaza, Downtown

Ruthie Foster • Ellis • Katie Reider • Halcyon • Nini Camps • Zrazy

\$12 in advance • \$15 at the door • Volunteers enter free

Music • Art • Marketplace • Community

Produced by the Athena Art Project

Women With Balls

Stories of Women in Sports by Kristen Kemp and Vada Barnett

She Shoots, She Scores!

by Kristen Kemp

Since 1976, volunteers at the Houston Women's Soccer Association have offered soccer players everything from beginner-level recreational teams to co-ed and more advanced competitive teams, making it easy to find a team to suit you.

On average, more than 1800 players annually compete in the HWSA's various leagues, with each season fielding roughly 25 women's teams and 42 co-ed teams. Women's teams play throughout the year, however the number of teams participating during the summer dwindles some as most take the season off to beat the heat. In January and February, the HWSA has an eight-team league for women over 30. Playing on a co-ed team offers a different experience as the teams tend to be more social. It's not difficult to find a father/daughter or mother/son pair playing together on the same team.

In addition to its competitive leagues, the HWSA demonstrates its commitment to women in sports throughout the year by offering women who have never touched a soccer ball, much less attempted to dribble

the ball using only their feet, a chance to get out and experience the thrill of learning and playing this exciting sport. Skill clinics run by a licensed

And if leagues and instruction weren't enough, the HWSA annually awards three college-bound female players with \$1000 scholarships, which are funded by a portion of

Shortly after becoming a fan, Cooper started playing goalie in an HWSA league and really found her niche. Not content with being active only on the pitch, Cooper soon

became her team's representative, progressing to tournament director and eventually serving on HWSA's board of directors as vice president and president. Under Cooper's direction, the HWSA has not only aggressively expanded the role of women's soccer in the Houston area, but became the only non-profit organization to host a WUSA exhibition game.

activities of the league, Cooper will continue working with HWSA by running clinics and helping to form new teams. She will also continue sending out *Keeper Notes*, her weekly soccer newsletter related to HWSA events, collegiate ball, televised events, and anything else related to the soccer world, to its more than 5000 subscribers. Visit www.hwsa.org to add your name to the list.

Just because you're a soccer neophyte, don't think for a second that you can't get involved with HWSA. There is a long list of women who have not played since they were kids or have never played before who will become the future of this organization. Some will play on a team for the first time in their lives. Some will take the next step and become their team representatives. And some will follow in Cooper's footsteps and lead the HWSA towards continued growth and success.



Exercise in team building at a skills clinic. Photo by Kristen Kemp.

coach are conducted at various times throughout the year and are a great way to learn the game for the first time or hone your skills and get in some exercise. Clinics are about 95% women and are usually broken up according to skill level, if necessary. These clinics are a great way to get a taste for the game and decide whether or not soccer is right for you. The next HWSA soccer clinics will be held on August 21 & 28, at Wilson Elementary School.

the league's registration fees. The deadline for applying is in early spring, with the scholarships being awarded in July. This year, the awards went to Melissa Greer from Crosby High School, Vanessa Perez from Stephen F. Austin High School, and Lindsay White from Klein Oak High School.

Much of HWSA's success has come from the hard work of its current president, Jen Cooper, who fell in love with the sport while watching the 1996 Men's World Cup.

"I love soccer. I love it," Cooper says and finds the work very rewarding, but the end of 2004 will mark the end of an era for the HWSA, as she is planning to step down from her role as president.

"Work expands to fill the time and before you know it...Where's my life again? Why am I still single?" she says laughing.

Despite retiring from overseeing the day-to-day

Sundays at the Park

By Vada Barnett

Sports

I never played sports growing up (it was not lady like according to my parents). It was not until a few years ago in my early twenties that I began to like sports. I went to the park every Sunday with a group of friends and played with



my dog as I watched my friends play various sports. After much haggling and consistent nagging, I decided to join in on the fun, and football was the sport that stuck. A weekly tradition began of going to the park and playing. We pulled a slip of paper out of a hat before each game that determined whether we would be a casper or a smurf. We all carried a white or blue shirt in our bags, and many times there was a form of musical shirts before games. We would throw on either

our blue shirt or our white one and begin playing. The games were not organized by any means and we barely kept score. There would be anywhere from four to

twenty players each week. and if a game could not be played we would just throw the ball in a circle. The game mostly consisted of a bunch of women chasing each other in an attempt to tackle or not be tackled. We didn't care much for the rules (most of us did not even know them), or which team won. We just wanted to play. After a few months, and a few injuries most of which I caused (broken nose, fractured collarbone, broken ankle, blown out knee and dislocated fingers to name a few) the teams

got smaller. The injuries combined with the invasion of boys playing volleyball, our football days eventually ended. We tried to play softball, but the excitement for me was not there. Without a sports outlet I turned to a friend of mine, and the Houston Women's Flag Football League. I joined a team that my friend

was already a member of, Goldrush. At first I thought it would be just like Sundays at the park (without the tackling). What I found was a new group of friends and a love for organized



sports. My new coach and teammates took out the time to accept me with open arms and explain the basics I needed to know. At first I was a rookie and loved it (apparently chasing friends down at the park doesn't count as former experience). I am sure I was never where I was supposed to be, and for some reason I was still good and injuring myself. At first the drills were fun, dropping the ball was embarrassing, and my teammates were all strangers. As time went by and I

became more comfortable with my team and myself; drills were not as fun, dropping the ball was no big thing, and my teammates, well; my teammates became my friends and a second family to me. I can't wait for this season to come around, I was unable to play last season and lets just say my energy is ready to be let lose. See you on the field.



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HAVE A STORY TO TELL?



Know of a local woman or group of women who should be featured? Drop us a line and let us know!

email: hers@hershouston.com

Ready to Sweat? Get to it!

Sports Resource Guide

Basketball-Women's

<http://www.nwbl.com/stealth>

<http://www.wnba.com/comets>

Bowling: Monday Night Ladies Bowl

For more info: email cgoudreau@houston.rr.com or 281.489.6160

<http://www.igbo.org>

Houston Energy

First home game August 28, 2004, Rice Stadium vs. Dallas Diamonds, 7p.m.

Season tickets available: 5 home games, \$50 dollars, all games played at Rice Stadium,

For more info or to purchase tickets call: 713.780.9946 or <http://www.houstonenergy.com>

Houston Frontrunners

A gay and lesbian running group runs 3 miles and socializes on Thursdays, 6:30 p.m. and Sundays, 8 a.m., Memorial Park Tennis Center. For more info: call 713.522.0899, email larathon@swbell.net, or <http://home.swbell.net/larathon/houfr.htm>

Houston Outdoor Group

Outdoor social group for lesbians and gays

<http://www.absentmind.net/hog>

Houston Rugby (Women's Rugby)

<http://www.houstonrugby.org>

Houston Tennis Club

Annual membership \$25, includes FREE Saturday Clinics at Memorial Park

<http://www.houstontennisclub.org>

Houston Women's Flag Football Skills day September 18, 2004: Introduction to the league, find a team Registration deadline September 25, 2004; Preseason tournament October 9, 2004;

For more info: <http://www.hwffl.org> or call 713.981.6753



Photo by Amber Grant

Houston Women's Soccer Association

Fall season player registration deadline September 1, call 713.267.1517; Soccer clinics August 21 & 28; for more info: <http://www.hwsa.org>

Lone Star Volleyball Association Beach Volleyball Weekend September 18, 2004

For more info: <http://www.lsva.org>

Montrose Softball League Gay Softball World Series August 15-21, 2004, Dallas, Texas

For more info: <http://www.mon-trosesoftballleague.com>

OutSkate Roller Skate Club

Hosts Gay Skate Night, Wednesdays, 8 p.m. Zenith Roller Rink, 8075 Cook Rd. Tickets: \$5. For more info: email dobie367@aol.com or call 281.933.5818

Rainbow Ranglers

C & W dancers give lessons, Tuesdays and Thursdays, 8:30 p.m.

Brazos River Bottom.

For more info: <http://www.rainbowranglers.org>

Texas Gay Rodeo Association

For more info: http://atomar.com/tgra/general_information

Other Women's Football Organizations

<http://www.wpfl.com>

<http://www.womensprofootball.com>

List compiled by Kristen Kemp.

h.e.r.s magazine wants to show your stuff.



email photos of your event to:
thescene@hershouston.com

Eat Your Veggies!

by Kristen Kemp

Walking into Central City Co-op, you are immediately greeted by dedicated volunteers who are clearly excited about locally grown whole and organic foods. Central City offers a variety of items to choose from, including “shares”—boxes of mixed seasonal fruits and vegetables from local farmers and organic distributors such as Peachland Farms in Wharton, a Texas Department of Agriculture-certified organic farm. Shares available on Wednesdays are packed with produce that more closely match your personal shopping list and all shares can be pre-ordered. Shares are guaranteed to push your culinary creativity. Central City also has a wide selection of handmade raw snack foods, cookies, and crackers. These tasty treats are readily available and created by one of Central City’s co-founders, Pat Greer, who began making them for herself several years ago.



Central City is self-serve at its finest – from loading up to checking out. As Zydeco music from PT’s Cajun Bandstand floats through the air, shoppers pass through the aisles, stuffing their bags full of choice organic and homemade goods such as fresh eggs and microgreens (locally grown baby sprouts that can be added to any sandwich or salad. One

tub and you will understand the benefits these greens provide), and jotting down their items and prices on the sheet provided. Once you’ve made your final selection grab a cup of coffee, have a seat, total your order, and pay the volunteer.

Along with tasty foodstuffs, shoppers may also be interested in the classes and seminars on organic cooking, food knowledge, and

more offered at Central City. Dates and times for these events can be found on their website: <http://www.centralcityco-op.org>.

In addition to their Montrose location, Central City has two satellite locations in the Copperfield/Hwy 6 and TC Jester/610 areas, and are looking to add additional locations in and around the Houston-area, including Galveston. Along with plans for more co-op locations, Central City is also looking into opening a café and full-service

restaurant based on the principles of organic foods. If you are interested in starting a co-op in your area, Pat Greer will help you get the ball rolling and can be contacted at yaya@wt.net. If you don’t want to start your own co-op, Central City is always looking for volunteers to help with customers, loading and unloading the day’s inventory, and keeping the store tidy. And don’t think all of your hard work will go unrewarded. Volunteers can earn up to \$10 in co-op credit per week.

Rowan TwoSisters and the other volunteers at Central City believe “that it is everyone’s divine right to organic food,” so exercise this right by perusing the aisles for yourself. Central City (2115 Taft) is open Wednesday from 9 a.m. to 6:45 p.m. and Saturday from 9 a.m. to 1:30 p.m., and if you’re lucky, in addition to the wholesome goodies you’ve just stocked up on, you may even walk away with a free jar of pickles personally packed by Rowan.

Visit Central City Co-op online at <http://www.centralcityco-op.org>



Adjacent to Taft St Café & Strangeland books you’ll find the garden of goodness known as Central City Co-op.

Photo by Kristen Kemp.

Healthy Living

Our Rights...Our Families...Our Responsibility

By Tammi C. Wallace

I am just about the luckiest woman in the world. I have a wonderful partner, two great dogs, two great families (my partner's family and the family I was born into), a nice house in a great neighborhood, and I get along well with my partner's mother. But I have a desire—no, I have to confess—I have a terrible fixation.

What is this fixation, you ask?...I want to get married. I don't want a commitment ceremony in a church, I've already had that. I do not want to go to Canada or Massachusetts and get married. It wouldn't be legal in our state. I need the security and protections of legal, civil marriage in Texas. I want to know that my partner and I can share our social security; that no one will contest our wills; that I can get into a hospital to see her if she should ever be in intensive care; and that no one can ever deny her anything that marriage would supply.

You may be thinking that this is just asking too much and that the state of Texas will never legalize gay and lesbian marriage. But I know a secret. There are many people in Houston and in Texas that feel just like I do. They are men and women who will go to great lengths to protect their partners, their children, and their families from being treated as second-class citizens and deemed not worthy of the support and protections of civil marriage.

The state ruling allowing same-sex marriages in the state of Massachusetts has changed the political landscape in American politics. This landmark decision opened eyes to the importance and possibilities of marriage for gays and lesbians and created an awareness of the inequities that exist between same-sex couples and our heterosexual counterparts. We have faced the truth: we are second-class citizens in our own country.

Where does the responsibility lie to change this blatant discrimination? In order to find the answer, each of us who care about our partner or who hope to have that kind of relationship should

take a moment and look in the mirror. The answer lies in the face staring back at each of us. The fight for full equality starts with each of us and it is when we embrace that responsibility that we become stronger as a group and even as individuals. However, many of us will deny that responsibility because of one four-letter word... FEAR.

Fear grips many of us and, in many cases, keeps us from action. Can you imagine our community if no individual was controlled by fear? How would our world look today if Rosa Parks had

The responsibility lies within each of us to do something.

allowed fear to control her decision on a bus in 1955? What if Harvey Milk had allowed fear to dictate his decision as to whether or not to run for office in 1977? If we reflect on the many actions of those who have come before us, we can see a resounding theme of choices made that confronted their personal fears and resisted its control of actions. How many times have we heard the quote from FDR that says, "The only thing we have to fear is fear itself." Everyone has fears but allowing that fear to dictate our actions is within our realm of control.

How do we start taking responsibility and combating our fears? Simply put...how do we get involved? The responsibility lies within each of us to do something! There are many avenues allowing an individual to get involved in the fight

for full equality. The first step is educating ourselves to understand the details of each issue. Educate yourself regarding the fight for civil rights such as marriage equality, nondiscrimination in the workplace, and safe schools for LGBT youth. Use this information to educate others, your family, your neighbors, your coworkers, and your friends about the injustice ingrained in our state and federal laws. Teach yourself....then teach others....a very powerful combination.

Volunteer time to help local organizations fight for marriage equality and other civil rights issues. Challenge yourself to prioritize volunteer actions on a regular basis. Support political candidates that support the GLBT community by volunteering for their campaign. Get involved at the local level via projects such as Equality Knocks (www.equalityknocks.org) and the LGRL lobbying project (www.lgrl.org). As LGRL's web site states, "Lobbying attaches real people to policies. Rhetoric and bias are more difficult to maintain in the face of real constituents challenging those myths" (www.lgrl.org). Lobbying your legislators is a key tool that every citizen should utilize as part of the political process.

Finally, yet just as importantly, donate to organizations that are fighting on a daily basis for your rights. For example, donating to the Lesbian/Gay Rights Lobby of Texas (LGRL) insures that the struggle for LGBT civil rights will continue at the state and local level. Recognize that every dollar counts and that no donation is too small. Another avenue of donation is to host a house party. A house party is a wonderful opportunity to raise funds for an organization such as LGRL while raising awareness among your friends and family.

The challenge is now...I encourage you to go look in the mirror and ask yourself...who is responsible for *my* rights? My hope is that the answer is clear...you can then challenge your fears and get involved!

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"A nation that continues year after year to spend more money on military defense than on programs of social uplift is approaching spiritual death."
- Martin Luther King, Jr.

Dear Lola:

I live in a small town 50 miles from Houston. I get to go your way about once a month. I work 40 hrs a week at my job . I come home and work on my house and take care of my two dogs and one cat. I have grown children.

I have been living my life as a lesbian for the past year. Anyway I am trying to figure out where I can meet women who are articulate. I am tired of the drunks and druggies I have encountered. I have my own home own transportation etc. I am not looking for someone to lean on. I just need to know which direction to go next.Can you help me?

Sincerely,

All dressed up and no place to go

Dear Dressed :

This question presents itself in our community more than you know. The main place lesbians go to meet other women are the bars. Though fun places for casual mingling, most women go there to connect with others and find the experience relatively lacking. We walk out those doors with the question remaining, "how do we meet other women in an environment that's conducive to getting to know people better and forming friendships?" For a question that seems so complex and difficult to address, the answer is relatively simple—GET INVOLVED.

Though often overlooked or unseen, our community has many opportunities to meet other intelligent, articulate, interesting women. Pending on your interests, there are plenty of social and nonprofit organizations to join or volunteer for. Like to country-western dance, but want the opportunity to get to know people better? Join the Rainbow Wranglers dance group. Politically active? Volunteer for Human Rights Campaign. With this being an election year, they need all the help they can get! Enjoy sports and outdoors? There's always Montrose Softball League, Houston Outdoor Group (camping, etc.), or attend a Houston Energy (women's football) game.

Want to help other women in our community? Join and volunteer for AssistHers, An Uncommon Legacy, or The Houston Women's Festival. Love movies? Join the Lesbian and Gay Film Festival.

These are just a FEW of the opportunities that exist in our community where you can meet other women who share common interests, get a chance to actually know some really great people, and maybe even benefit our community while doing it. If these seem like they might require too much time or commitment, another option is to check out our GLBT Community Center. They often have programs like poetry readings, community speakers, movie nights, etc. Grab the latest GLBT publications to check out the community calendars, and a copy of the Gay & Lesbian Yellow Pages (organizations are in the back). Pick a few things that catch your eye, make a few phone calls to check them out, then GO! I hope this helps answer the lingering question that women across our community are constantly asking themselves. In short: assess your interests, get involved, and give it as much as you want out!

Happy exploring!



Ask Lola!

Have a sex/relationship question you are too embarrassed to ask a friend about? Send all inquiries to asklola@hershouston.com. Or mail questions to Ask Lola c/o h.e.r.s. magazine P.O.Box 10616 Houston, TX 77206. Answered questions will appear in the column anonymously.

You Outta Know...

PPFA President Asks CVS Pharmacy CEO To Take Action After Pharmacist Refuses To Fill Birth Control Pill Prescription

A few months ago, Planned Parenthood Federation of America President Gloria Feldt wrote a letter to CVS Pharmacy CEO Thomas Ryan asking that he take action against a CVS pharmacist who refused to fill an oral contraceptive prescription at a store near Fort Worth, Texas, and ensure that the situation will not happen again, the Dallas Morning News reports (Jacobson/Kovach, Dallas Morning News, 3/31). A CVS pharmacist refused to fill 32-year-old Julee Lacey's oral contraceptive prescription because of the pharmacist's "personal beliefs," according to the Fort Worth Star-Telegram (Tinsley, Fort Worth Star-Telegram, 3/31). The pharmacist later told Lacey's husband that she would not fill the prescription because oral contraceptives are "not right" and "cause cancer," according to the AP/Houston Chronicle (AP/Houston Chronicle, 3/30). Feldt wrote, "On behalf of America's women, I want your personal guarantee that this will never happen again," adding, "We want to know the immediate steps you will take to guarantee that all CVS pharmacies ensure that every patient's prescription is filled" (PPFA release, 3/30).

CVS spokesperson Michael DeAngelis said that the company "regrets" the incident, the Star-Telegram reports. DeAngelis added, "We

recognize that in very limited circumstances, a pharmacist may have a deeply held personal belief regarding a certain medication, and we would respect their belief in that particular instance. However, our pharmacists have a responsibility to ensure that our customers are able to obtain their medications." DeAngelis said that CVS pharmacists who refuse to fill certain prescriptions are required to refer the prescription to another pharmacist on duty or find another pharmacy that is willing to fill it, according to the Star-Telegram. Lacey said that the pharmacist who refused to fill her prescription did not fulfill such requirements. Gay Dodson, executive director of the Texas State Board of Pharmacy, said that pharmacists can refuse to fill prescriptions that they believe will harm a patient but state regulations say nothing about refusing on "moral grounds," according to the Star-Telegram. However, there are no state penalties for refusing to fill prescriptions based on moral grounds, Dodson said (Fort Worth Star Telegram, 3/31).

Lilly Spitz, an attorney for Planned Parenthood, says that women who are refused access to EC should send their stories to Planned Parenthood anonymously so that advocates can compile data and cases to present to legislators and government agencies.

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"If you don't vote Democrat, you can't bitch when they screw you."
-Rosa Walker, long time AFL-CIO volunteer, quoting her father, in an acceptance speech at the Texas Democratic State Convention

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"Those who can give up essential liberty to purchase a little temporary safety, deserve neither liberty nor safety."

- Benjamin Franklin, 1759

Free listings for musicians. Looking for a band? Have a band and looking for a new member? Place your ads in the h.e.r.s. classifieds for free! email your listings to hers@hershouston.com

female punk rock oriented guitarist needs mature & dedicated female DRUMMER and vocalist to create awesome new feminist chic/ hardcore garage band. infl. include: 70's punk rock, 80's retro, bikini kill, Gossip... Le Tigre meets Dead Kennedys. 713-253-3184. fem boys o.k. dykes a plus.

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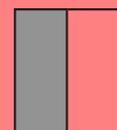
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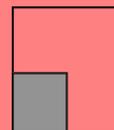
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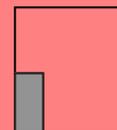
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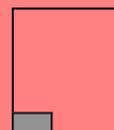
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Out and About



Vice Presidential Candidate John Edwards and Congresswoman Sheila Jackson Lee at the Texas State Democratic Convention, June 2004.



Equality Knocks volunteers get some training before hitting the streets, left; Ladies of Lamda Epsilon Sigma sorority, right, for more info go to www.ladiesofles.com.



Empower 2004, Houston Pride Band performs, above right; Simplicity works the stage, right.

The Scene



Ladies from the original womens professional baseball league signing autographs at a Comets game



Karaoke night at Guava Lamp



Grand Marshall reception, Chase Bank lobby.
From l to r Sue Null, Randall Ellis; Jerry Simoneaux, Sonna Alton; supporters of Pride.



Montrose Softball League end of season party, Guava Lamp. Right: some of the leaguers with host for the evening, Lauren Anderson (r).



Totterthon!
Teetering on the brink of a cure!
48 hour marathon raised money for AIDS research.



PFLAG member at fundraiser, Cabo Montrose.



h.e.r.s. Pussy Patrol in the Houston Pride parade, below; As seen from the float, left; Hairspray cast members come out to support Houston Pride, left.



email photos of your event to thescene@hershouston.com

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1100 Westheimer



Michelle
Malone
October
13th



Anne
Heaton
Sept. 15th



Skyblue72
Aug. 21st



Saucerhead
Aug. 28th



Michelle
Mayfield
Sept. 4th



Lady D
Sept. 25th

check out the web site for detailed information and times

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Sept. 15th - Anne Heaton
Oct. 13th - Michelle Malone
November - TBA
Dec. 15th - Sam Shaber
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