

A LOVING COMMITTED NETWORK

*E x p r e s s***March on Washington***April '93*

At a weekend planning held in Washington D.C., more than 200 Lesbian and Gay activists called for a National March on Washington for Lesbian and Gay civil rights, scheduled for April of 1993. This meeting was an opportunity to discuss a national march in the spirit of the spectacular 1987 event, which attracted more than a half-million Lesbians and Gay men to our nation's capitol.

During the meeting, delegates endorsed two upcoming political events: Stonewall 25, international march and festival in NYC on June 26th, 1994. This event will commemorate the 25th anniversary of the riots sparked by a Lesbian incident which gave birth to the modern Lesbian and Gay liberation movement. Also endorsed was the October 1992 march on Washington to commemorate the 500th anniversary of the Survival of Indigenous Cultures. This event was held to protest Columbus' "discovery" of the new world and the subsequent genocide of Native American peoples.

For more information, contact the NOW hotline at 1(800)832-2889, or write to NOW c/o NGLTF, 1734 14th St NW, Wash., DC 20009-4309.

JUSTICE?*By M.*

So what was your response to the Wm. Kennedy Smith verdict -- surprise, shock, disbelief? I daresay that most women did not react in this manner. We all are too familiar with the inequities which plague the judicial system, inequities based on money, power, influence and, specifically in the case of rape, gender.

I am asked everyday to defend this system as "far better than most." At the same time I recognize that a judicial system which depends on a presumption of innocence, a burden of proof "beyond a reasonable doubt," a verdict decided by a crosssection of our "peers", and testimonial evidence of witnesses and forensic experts will

never be able to adequately dole out justice to a rape victim.

Rapists are men and, in this case, a powerful, wealthy and influential man. The victims are women, women who, as a group, are generally deemed by this society to be emotional basket cases who indiscriminately lie and use sexual favors to get their way. The crime is rape, a crime which more often than not is perpetrated by one individual on one individual without the benefit of eyewitnesses to lead us to the "truth."

Perhaps this case, more than any other in recent memory has served to remind me that truth has nothing to do with justice.

IN GOOD HEALTH*by Suzanne Paskowski, CNM*

Although sexually transmitted diseases (STDs) are more rare among lesbians than among heterosexuals or gay men, women can pass STDs or vaginal infections to each other. These infections can be passed by the mixing of vaginal or anal discharges in any way.

The most direct way for this to occur is by vulva-to-vulva contact, but other ways include: sleeping closely together while naked (discharge passed from thigh to thigh), by sharing sex toys without cleaning them between partners, or by contact with a towel, bathing suit, underwear, etc., used very recently by a woman with a vaginal infection. The use of douches on a regular basis also makes women more prone to vaginal infections because they change the normal balance of the vagina, making it easier for infections to take hold.

It is usually necessary to take a smear of the discharge to examine under a microscope or to do a culture to determine which type of infection is present, but women who have had vaginal infections in the past can often recognize the infection by the symptoms they experience. Normal vaginal discharge will vary in color, amount and consistency throughout the menstrual cycle, but the discharge associated with infections usually causes itching, burning, has a foul odor and/or is an unusual color.

Continued, p.3

LETTERS TO THE EDITOR

A New Year

Dear LCN,

Enclosed is our subscriber donation of \$12. Also want to let you know how much my partner & I enjoy LCN every month. Its growth & content get better every month. In the Sept. issue there was a letter signed "Sandy & Barb (from Cocoa)." It mentioned an album. Could this be Sandy DeLegal? Ever since we heard her when she opened the Lynn Lavner concert a year ago, we have been trying to find out where she performs (if she does), does she have any albums available, etc. We both agreed that her voice made us feel as though we had been wrapped in a warm flannel blanket. (We particularly liked "Summertime.") Can you give us any information about her? We would love to hear her again.

Thanks,
Betsy & Pat

(Well, Sandy? These two discerning music lovers, as well as the rest of us, would like an answer! Anxiously awaiting your response, Ed.)

Dear LCN,

I am writing in regard to my article on therapists in the October issue. The editing in the article unfortunately left out the location of the therapist which was in Oviedo. I regret any misunderstandings or misconceptions this may have caused.

Sincerely,
L.Z.

Dear LCN,

Here's \$12 for my subscription and \$12 for someone else who may not have the money to pay for a subscription.

Lori

Dear LCN,

PLEASE continue to send me LCN-its interesting to know what Lesbians in other areas are doing! Plus, I'm a therapist & its helpful, when my clients relocate, to give them a newsletter from their new home. Thanks for your work.

Martha
(am enclosing a \$15 check.)

Classifieds

House for rent: Winter Park. 3 bedroom/2 bath, available immediately. Call 645-5180

N. Carolina vacation home for rent. Sleeps 6, \$350/week, \$200/weekend. Hiking, white-water rafting. Very secluded & beautiful. Kathy or Lynn 904-332-8831 (available May-Oct)

Home Repairs & Improvements: Ceramic Tile, Painting, Etc. Call 869-0089 or 291-4839

Lawn Maintenance/House Cleaning: Dependable, reasonable rates. Call 658-0423 or 578-5821. Leave message- call will be returned.

Something Special's 3rd Annual Lesbian "Bizarre:" March 22. Call for artists, healers, musicians, & all interested wimmin. Entry deadline: Feb. 14. SASE: 7762 NW 14 Ct., Miami, FL 33147-5771

It's a new year and with it come some changes in the LCN organization.

If you read last month's cover article, you already know that Shannon completed her year as Editor. She joins the ranks of dedicated womyn like Donna, Lou, Penny, and Margaret who have served as LCN editors. Over the years they have insured the newsletter was always in our mailboxes. Thank you to Shannon and all of the previous editors for a job well done.

This also means a new editor, or in our case, a new editorial staff. The new staff will include Becky Acuna, Rachel Gardiner, Cathy McEllhiney, Jeanette Baudouy, and Barb Fallon. Welcome aboard!

I must also mention that as 1992 approaches, we bid a regretful farewell to Lori and Charlie. They collectively and individually brought insight, knowledge, and energy that sincere^l will be missed. We wish them the best of luck in their new endeavors north of the Mason Dixon line.

Additionally, we would like to again convey an open invitation to any woman in the community who would like to become more involved in LCN to join us at a folding party, write a letter to the editor, call us with your suggestions, etc. and contribute in your own special way to the health and prosperity of the oldest lesbian organization in Central Florida.



Suzanne Paszkowski, C.N.M., M.N.

1010 Arthur Avenue • Orlando, Florida 32804 • (407) 291-4777

Dronto
PRESS, inc.
(407) 898-8363
FAX: 896-0021

- Offset Printing
- Fax Service
- Self Service Copies
- Typesetting
- Folding
- Collating
- Drilling



742 N. MILLS AVE. • ORLANDO, FL 32803

Continued from page 1
IN GOOD HEALTH

The most common vaginal infections that lesbians pass to each other are yeast infections (monilia, candida), bacterial infections (gardnerella, hemophilus, nonspecific) or trichomonas. Of these, yeast infections are, by far, the most common. Yeast infections usually cause a thick, white, cottage cheese-like discharge that itches and/or burns.

Two of the medications to treat yeast infections- *Monistat* and *Gyneotrimin*- are now available over-the-counter. One applicator of the cream or one suppository should be used in the vagina every night at bedtime for one week. For women who prefer to try home remedies first; plain, unflavored yogurt (with lactobacilli, the active yogurt cultures) has been suggested. One teaspoon of yogurt would be inserted into the vagina 2-3 times per day for two weeks. Eating plain yogurt on a regular basis may also help prevent yeast infections.

If the symptoms don't improve after the treatment is completed, a woman should see her healthcare provider to determine if there is another cause.

Please Note:

In Good Health will be a regular column in your monthly *LCN Express*.

Suzanne Paszkowski has volunteered to write for us on an ongoing basis. (Thank you Suzanne!) She is a Certified Nurse-Midwife working in a

private nurse-midwifery practice in Orlando. She provides well-woman GYN care as well as pregnancy and childbirth services for women in the Central Florida area.

If you are a health (including mental health) practitioner, or have health-related information you would like to share in this column, please contact Becky at 282-6569.



Support LCN and show your PRIDE!



Buy an
"I'm PROUD"
 tank top,
 now available at
Key Largo & Faces.

only \$8

100% cotton, black with pink logo

Also available by mail. Send \$10 (includes s&h) to:
 LCN, P.O. Box 149512, Orlando, FL 32814-9512.

LCN FOLDING PARTY Invitation & Thank You

Thanks! December's newsletter was folded, stuffed, licked, stamped, labeled and sealed by: Mary, Rita, Suzanne, Barb, Cathy, Margaret, Cherie, Cheryl, Laurie, Mona, Lauri, Maddo, Sandy, Sue and Rachel.

Come out and join the revelry as we do it again Monday, January 27th, at Key Largo @ 7 pm.

**RESIDENTIAL
 POOL SERVICE**

Free Estimates

Karen Rutkowski (407)578-5013



(407) 898-4227

1617 Woodward Street • Orlando, Florida 32803

Non-Judgemental

Caring Therapy

Sharon K. Durrant, M.A.

Florida Licensed Marriage

& Family Therapist

Certified Addictions Professional

A PROPOSAL FOR NON-MONOGAMOUS LOVE AFFAIRS

While reading my LCN newsletter several months ago, I was really struck by the preface Shannon wrote to announce the formation of RESOLVE (a support group for women over 40). She was simply talking about the number of telephone calls and letters that LCN receives from women each month looking for ways to connect with other women.

I wish we could develop networks for women to meet and get to know one another outside the bar scene, outside of the demands that accompany activism, and outside the realm of support, and therapy groups. (All of which are extremely important; no put-down intended.)

I've been researching the prospects of starting a women's bookstore in Orlando, and mounds of great women's stuff has been pouring in, enlarging my small desk space to feel like an entire world. As we know, there's so much out there (and in us) to offer. How can we, busy and diverse and wonderful as I know we all are, make ourselves available to each other?

Thinking about possibilities, I realized how much I'd like to share "my favorite things" with other lesbians outside my personal circle of friends.

I love to read (especially women's books) as passionately as I love women's company. It all fits. I recently read Rita Mae Brown liken the act of reading to a passionate love affair. So I am proposing a non-monogamous love affair for those of you who also indulge in the passion of books, or put more simply, a kind of "Reader's Co-op."

We could get together to: recommend favorite books; form sub-groups to share specific books or genres; look at what's new in women's books; write reviews for The LCN Express; maybe even hold some "events" to hear authors who may be in the area.

I also love art and would love companionship to museum-browse or to share the expenses of a female model, or to set up a show of women's art...whatever! Call me if you're interested in either of these proposals and we'll set up a time and place we can meet one another: **Becky Acuna, 407/282-6569.**

Or call if you have another passion you'd like to share. (Hmmm...let me rephrase that.) Call if there's another kind of network you'd like to help get going: music, sports, movies, theater, dining out; whatever you'd love to do with lesbians you don't know-- yet.

Performers/Producers Network Forming in the Southeast

Fayann Schmidt, who lives in St. Augustine, is pulling together a network of lesbians who would help bring lesbian performers to their area. If you'd like to participate, please contact Becky, 282-6569.

WOMEN'S EVENTS IN FLORIDA

Jan. 5, Tampa: "Girl Bar"

The girl bar of your dreams. A candid, comic, heartfelt glimpse into the world of women. All female cast. The Loft Theatre, 1441 E. Fletcher; tickets from Brigit Books.

Jan. 18, St. Pete: Diane Stein

Author of *All Women are Healers: A Comprehensive Guide to Natural Healing*, will be at Brigit Books from 2-5pm. 3434 4th St. N., 813/522-5775.

April 21-26, 1992, St. Augustine

Pagoda is seeking lesbians over 60 to join an April Celebration of the "Old Lesbian Organizing Committee." For information packet, send your name, address, and year of birth to Rainbow, 2854 Coastal Hwy, St. Augustine, FL 32095.

Brigit Books

Women's / Feminist Bookstore

NEW & USED BOOKS



CARDS
MUSIC
JOURNALS
JEWELRY
ETC.

OPEN EVERYDAY
Mon - Sat 10-6
Thurs til 8 - Sun 1-5

Patty Callaghan

813-522-5775

Mail & Special Orders Welcomed

3434 4th Street North #5
St. Petersburg, FL 33704



SHERYL A. SILER
HYPNOTHERAPY/AAEH

Self DIRECTED MOTIVATION,
EXPLORATION &
HEALING THROUGH ETHICAL
Hypnosis

407 • 568 • 1932

To Seven Sisters Pleading

Please call us to discuss editing and publication of your letter.

(Policy dictates: no phone # = no print.)

Anonymity guaranteed!

Call Becky, 282-6569.

647-1002

Hello Gorgeous



Hairstylists
979 Fairbanks Avenue
Orlando, Florida 32804

Media News

Excerpted from *GLAAD, Gay & Lesbian Alliance Against Defamation*

Watch out for **Basic Instinct**, soon to be distributed by Tri-Star Pictures. Its three lesbian/bi-sexual characters are all portrayed as vicious man-killers. Starring Michael Douglas (from the vicious woman-killer movie, **Fatal Attraction**), this big-budget thriller intentionally perpetuates negative stereotypes of lesbians and contributes to the continuation of violence and discrimination against us.

Those making the film rejected all changes suggested by our community, clearly and deliberately preferring huge profits to accuracy. GLAAD's San Francisco Bay Chapter has pulled together an organizing packet. For more information about this and other anti-violence projects, contact the Florida GLAAD chapter at P.O. Drawer 2969, Winter Park, FL 32790; 407/236-9499.

I Left My Heart by Jaye Maiman
Naiad Press, 1991, 303 pages \$9.95
Reviewed by Holly R. Cutler

I Left My Heart is first-time novelist Jaye Maiman's debut. Jaye's book is a mystery novel that introduces us to her intelligent and talented approach to writing contemporary Lesbian fiction.

Robin Miller is a romance novelist and travel writer. When the novel opens, Robin has been separated from her lover, Mary Oswell, for about six months. Suddenly, Robin is notified that Mary is dead. Reeling from the emotional blow, Robin heads to California to get to the bottom of Mary's death.

Once there, Robin looks to Mary's life-long buddy and confidant, Patty, who invites Robin over for dinner to meet a few of Mary's good friends. As Robin is given the details she realizes that Mary's death was no accident.

Book Review

With the aid of Detective Thomas Ryan, Robin uncovers several clues including Mary's secret association with a certain sleazy politician and her connection with a colorful prostitute. Robin does not lack for suspects. However, a nagging question begins to grow in Robin's mind as she learns more about Mary's secret life - could the engrossing woman, Cathy, be Mary's secret lover?

Jaye Maiman has written an excellent novel. I haven't read such an intriguing and intelligently written book in a long time. Maiman is an author to keep your eye on. If you are in the mood for a well-written mystery novel, **I Left My Heart** should fit the bill. Be prepared to get hooked on Jaye Maiman and become part of the group of people waiting for her next novel. I certainly am looking forward to that. Hats off to Jaye.

Available from: WOMANKIND BOOKS, 5 Kivy Street, Huntington Station, NY 11746



Watch for our
one a month
guest entertainers!
LANA LANE, WENDY,

4910 Edgewater Drive
Orlando, Florida 32810
(407) 291-7571

Open 4 PM - 2 AM Daily

Happy Hour Daily 4-8

Come In And Check Out Our
New Happy Hour Prices

HAPPY HOUR ALL NIGHT on MONDAY & TUESDAY

MON. - Pitcher Night \$2⁰⁰, CRICKET DARTS 8 PM

TUES. - Happy Hour All Nite, 75¢ Draft
\$1²⁵ Domestic, Pool Tournament 8 PM

WED. - Beer Bust \$4⁵⁰ 8-12, Darts 8 PM
WIN \$\$\$\$

THUR. - FREE DRAFT 9-11. with VIP Card

FRI. - ENTERTAINMENT EXTRAVAGANZA

& - Showtime 10:30 & 12:15 w/Danielle,
SAT. - 50¢ Shots 10 til 11 \$1⁵⁰ Domestic 11 til 12
75¢ Draft midnight til 1 AM

SUN. - 75¢ Draft, FREE POOL All Nite
Live Entertainment 6 - 9

Special Sunday Events

Jan. 12 Potluck & Beer Bust 5 PM
19 Oldies Night 7 PM
26 Super Bowl Party

Happy New Year?

In 45 B.C., Julius Caesar outlawed the lunar calendar. The Julian, Gregorian, or solar calendar is the one presently in use in most of the world today. New Year's Day is the first day of that calendar year.

So, you say, lunar, solar, what's the difference? Sounds like more of this Goddess stuff to me. The fact is, most of our 'familiar' holidays can be traced back to the cycles of the earth and the interaction of human beings with it. New Year's Day seems to be the only one that was simply created to reinforce the use of the solar calendar.

"Thirty days has September; April, June, and November," or counting your knuckles to determine whether this month has 30 or 31 days. I, for one, have never felt quite 'in synch' with this form of reckoning.

Women were the first calendar makers more than 50,000 years ago. These calendars were based on the cycles of the moon which also correspond to women's natural menstrual calendars. This I can relate to.

The lunar calendar is comprised of 13 months because there are 13 full moons in a year (13 moons x 28 days = 364 days). The lunar month, 28 days, is divided into four 7 day weeks aligning with the four phases of the moon; new, waxing, full, and waning. The lunar day is from noon to noon, and the meridian (middle of the day) is when the moon is at its zenith or directly overhead in the sky.

Now I understand about these "eve" celebrations. It would seem this, too, was invented to cover the noon to noon definition of the lunar day. Let's take Christmas, the 25th. If you celebrate

from noon to noon, then you'd have call from noon to midnight of the 24th something else (Christmas Eve) and make it a holiday too. How confusing! Why didn't they leave it alone?

Another thing. Have you ever wondered why holidays move from one year to the next? The reason is that they are still reckoned by the lunar calendar and then transposed to the solar calendar. For instance, Easter is determined as the first Sunday after the first full moon after Spring Equinox.

Lunar calendars simply make more sense to me. I'm not superstitious of the number 13 and I know the best time to plant a seed is on the increasing, or waxing moon.

*Submitted by Andrea Rooney,
aka Stacia Lewis*

Office Hours - By Appointment Only
Telephone: 407-646-8102

Lorraine Winkler LCSW

Board Certified Psychotherapist

Colonial Office Center
1310 W. Colonial Drive, Suite 35
Orlando, FL 32804

SPERBER PRINTING

LETTERHEAD
ENVELOPES
BUS. CARDS
FLYERS

339-0901

CARBONLESS
FORMS
TYPESETTING
COLORED INKS

We Also Carry A Complete Line
Of Trophies & Plaques

667 C.R. 427 South • Longwood, Florida 32750

"WE MEASURE UP TO YOUR STANDARDS"



Celebrate your sexuality. Proudly. Joyously.
At Eve's Garden, an elegant sexuality boutique
created by women for women. Open Mon-Sat 12-6:30
or send \$2 for our mail-order catalog.

eve's garden[®]
We grow pleasurable things for women

119 West 57th Street
Suite 420 NY, NY 10019
(212) 757-8651

**unique homes
& investments, inc.**

O: 407-425-9982
407-774-5961
home office

paul r. ricci,
realtor associate

margaret a. davis, broker
805 east washington street
orlando, florida 32801



LCN Express

Publication Information

LCN Express is a monthly publication for and by the Lesbian community of Orlando and the Central Florida area. We invite readers to submit articles, items of interest and announcements about women's groups and organizations. We welcome poems, political articles, social concerns, short stories, community questions and notices for upcoming events.

Editorial length will be limited to 250 words and a phone number must accompany any editorial. Anonymity is acceptable, but a phone number is mandatory. Articles should be submitted in either a typed or neatly printed, double-spaced format.

Editorial policy is as follows: The views expressed in the LCN Express are not necessarily those of the LCN, the newsletter or its editors. The editorial staff reserves the right to edit all contributions for clarity, conciseness and length following consultation with the author, if possible.

It is, however, strongly recommended that caution be exercised to address an opinion, not to assault the author of an article/letter (or anyone else for that matter).

Thanks!
 LCN Express Editorial Staff
 Barb Fallon, Cathy McElhinney,
 Becky Acuna, & Rachel Gardiner

Advertisement Rates	
Classified (5-line maximum)	\$2
Business Cards	\$5
1/4 Page Ad (5" x4")	\$20
1/2 Page Ad (5" x 8")	\$30
Full Page Ad	\$50

Deadline for submission of ads and articles is now the 15th of each month. Payment for ads must be submitted with CAMERA-READY artwork to: LCN Express, P.O. Box 149512, Orlando, FL 32814-9512 .

Community Contacts

AIDS Hotline/English	1(800)FLA-AIDS
AIDS Hotline/Haitian/Creole	1(800)AIDS 101
AIDS Hotline/Spanish	1(800)545-SIDA
AIDS Resource Alliance	425-2233
Alcoholics Anonymous/Orlando	647-3333
Alcoholics Anonymous/Brevard County	242-8063
AREA AIDS Related Services	647-2765
Breaking the Silence MCC (Cocoa)	631-4824
CENTAUR AIDS Related Services	849-1452
Gay & Lesbian Community Services	THE-GAYS
GLADD	236-9499
Hope & Help AIDS Related Services	628-8542
Joy MCC (Orlando)	894-1081
LCN Express Information	648-4154
PLAG (Parents & Friends of Lesbians & Gays)	236-9177
Rape Crisis Center	648-3028
Women's Health Center	896-2022
Women's Resource Center	898-1599

The LCN Editorial Board apologizes to anyone who submitted materials that did not get printed in this issue. Due to the Holidays, we had to go to print before the usual submission deadline.

*Deepst Sympathy
 to Rita Krossber
 whose father died
 on Dec. 13, 1991.*



Honey's

A WOMEN'S
 GUEST HOUSE
 NORTH CAROLINA

P.O. Box 1367 • Franklin, N.C. 28734-1367 • 704/369-5162

LEARN TO BOWL

BowlAmerica

WHERE THOUSANDS CHEER

2500 N. Orange Blossom Tr. Orlando, FL 32789 843-9174

The
RAINBOW HOUSE

A Private Guesthouse for Womyn
 Each unit is a 2 room suite

Marion Serelis
 Owner / Manager

525 United St., Key West, FL 33040
 305•292•1450 or 1•800•74•WOMYN

Happy Hour
Daily 4-8 PM

Key Largo



OPEN DAILY
4 PM - 2 AM

*Where the
Beautiful Women
come to play . . .*

and YOU are always #1

• MONDAYS •

Dart Tournament 8 PM
WIN \$\$\$\$\$

Happy Hour All Night Long

• TUESDAYS •

Country Dance Lessons 8 PM
— FREE ADMISSION —
Happy Hour All Night Long

• WEDNESDAYS 6pm 'til ?

Something Special Just For You
AFTER DARK at Key Largo

Enjoy a romantic evening with
someone special -Show your
After Dark Card for FREE admittance
GAMEROOM - 8 PM Pool Tournament

• THURSDAYS •

Country/Western Night!
\$1⁷⁵ Longnecks & \$1⁵⁰ Wells
FREE POOL from 9 - 12

• FRIDAYS & SATURDAYS •

The Party's Always Here!
Disco and 2 New Shows

• SUNDAYS •

1st Sun. - COUNTRY BAR B QUE
Every Sunday - SPECIAL EVENTS
Blind Draw Cricket - 5 PM
DRINK SPECIALS

- Booking dates available for weddings, birthdays, anniversaries and private parties. -

UPCOMING EVENTS -

Jan. 5th - Country Dancing 5 pm

Jan. 19th - Employees Entertain You Nite 8 pm

Jan. 12th - Miss Key Largo Pageant 8 pm

Jan. 26th - Super Bowl Party

6900 N. ORANGE BLOSSOM TR. • ORLANDO, FL • 291-0686