



# THE **INGERSOLL** **MESSAGE**

INGERSOLL GENDER CENTER -- SEATTLE, WASHINGTON  
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## A DAY OF SILENCE

(From *Teaching Respect*, the newsletter of the Gay, Lesbian and Straight Teachers Network of Washington State [GLSTN])

**MOUNTLAKE TERRACE --** An estimated 40 to 50 Mountlake Terrace High School students stayed home Wednesday, April 9, 1997, to protest a "Day of Silence" held to acknowledge the silence many homosexuals must bear.

Marie Trent, spokeswoman for the Edmonds School District, said those students apparently did not come to school because they did not support the student-organized observance. Some of those students were pulled out by their parents she said. The high school has about 1,600 students. "We received a lot of calls from parents who misunderstood and thought it was some kind of school event," she said. "When they found out it was organized by a student, they understood and were okay with it."

Mountlake Terrace High School student Brigid [REDACTED] and at least 150 others spent Wednesday in silence to bring attention to what it's like to not be able to talk about who you are. They were part of a National Day of Silence highlighting homosexual, bisexual and transgender people who are forced to keep silent about their lifestyles.

"I have a lot of friends who are gay," said [REDACTED]. "Seeing what they go through, not knowing who they can talk to and who accepts them as they are, I decided that I wanted to do this."

Participants refrained from speaking and wore inverted pink triangles, an important symbol of the gay and lesbian community.

While the day went by without any major confrontations, there were a couple of minor instances where those wearing the badges were verbally harassed, Trent said. Those students were called into the school's office and warned that any kind of harassment wouldn't be tolerated, she said.



explained that the triangles have become important to the gay community because they were used by Nazis in the concentration camps. Homosexuals were identified with inverted pink triangles and were the first to be placed in the camp, and among the first to be killed by the Germans in World War II.

learned of the Day of Silence from a gay friend. "He told me that there were high schools in all areas of the country participating," she said. "So I organized the effort here." She circulated a letter to staff and students last week. And students got together and made the large triangles, which they pinned to their chests Wednesday. They made 150, all of which were used.

Ralph Nussbaum, dean of students, said rumors that teachers stayed home Wednesday in protest were not true. "That's absolutely false," he said. "We have only six of our 75 teachers who are not here today and I can tell you from my own knowledge that at least four of the six are supportive of this. Some parents have chosen to keep their children at home. I think that's too bad. It certainly forces their opinion on their children, which is the very thing they're complaining about - that the school is forcing something on the students."

letter explained that by being silent, participants represent people who are forced to live in silence due to fear or intimidation. Another reason for participating, she said, was to show those students who do live in fear that "we are people they can come to in confidence and discuss any problems they may be having."

Overall, said the day went fairly well. "I've had varied responses," she said. "There are some students wearing signs that say 'I'm homophobic,' or 'Adam and Eve, not Adam and Steve.' But even at that, those actions are positive forms of protest. Nobody's gotten violent."

Senior Bradley Day said it gave students a chance to say that hate toward homosexuals needs to stop. "As a Christian, it makes me sad that some people are the way they are toward people who are different," Day said. "I think this (Day of Silence) is a great way to bring out the problem of hate."

Another student, Eric senior, thinks the idea is okay, but he did not participate. "I'm not for it or against it," he said. "I believe in free speech. So to me, it's okay to do this and it's okay for those who oppose it to protest it. That's what free speech guarantees."

letter asked that teachers support the day by wearing triangles and having students do assignments that could be done in silence. Nussbaum said that some teachers went along with that. Students were told that if a teacher planned a lesson that required speaking, students needed to do so, or face the consequences, he said. "A number of teachers are participating," he said. "A larger percentage are not."

Nussbaum said he was not aware of any staff or students at the school who are openly gay. Nationally, he said, statistics say that 10 percent of any population, including schools, are gay. "Kids are still fearful," he said. "There's still a lot of society that isn't accepting of those who have a different sexual orientation than the mainstream. And that's sad."

## SECOND ANNUAL INGERSOLL/EMERALD CITY PICNIC SET FOR AUGUST 16, 1997

Mark your calendars! The second annual Ingersoll/Emerald City Summer get together will be held on August 16<sup>th</sup> at Madrona Park. Last year's picnic at Jose Rizal Park was so successful, that it was decided to do it again.

This year we were able to reserve a Picnic Shelter at Madrona Park right on Lake Washington.

Watch for more information about time and a map of the area which will be in next month's *Ingersoll Message*. Hope to see you all there!!



## IMPORTANT INGERSOLL DOINGS IN JULY

- All Wednesdays in July: TS Group (Referral Only) 7:30-9:30 PM
- All Thursdays in July: Drop In Group (Open) 7-9 PM
- All Fridays in July: TV/TS Support Group (Open) 8-10 PM
- Phones answered Tuesdays & Fridays 6-8 pm and Saturdays 10-12 noon
- July 14: Ingersoll Board meeting 7:00 pm - 8:30 pm.
- June 15: FTM Support Group. 7:30-9:30 pm.
- (See FTM Calendar for specifics)



## FROM THE FOUNDER

By Marsha C. Botter, MA

Marsha was asked to speak at the First Annual Transgender Pride Celebration, on Friday, June 21, 1997. Below is a transcription of her speech.

Thank you for this honor. Twenty years past, I founded Ingersoll Gender Center here in Seattle. In those years, few – or none – of us could dream we would rally and speak out for Transgender Rights! I see the past rising before me:

- The past of Fear
- The past of hiding
- The past of loneliness and rejection. And I also see the dawn of a fine age, our time.

We have faced so much and we have brought into the world something new – We have created places for transgendered people, we have created services and assistance for ourselves, and we have called out for the same rights as all the other citizens of our land.

We – you and I – have made a disordered path into a road. It is not yet perfect – a road toward the goal of fairness and equality.

And we have had our detractors!

And we have had our supporters!

We have followed some of the same torturous and worn paths of our predecessors in the Civil Rights Movement, the Labor Movement, the Women's Movement and the ongoing struggle for Lesbian, Gay and bisexual equality.

What has happened to us?

We know we face particular struggles around self and identity. We search for answers to the questions of self and being: of who we are and how we shall bring those selves into the world. And we know we are not alone anymore.

Those who oppose our being in the world do not make distinctions between Transgendered, Gay, Lesbian or bisexual – and they do not care to understand the humanity that informs each. So, we find a natural alliance brought to us, unasked. We are all together in the work.

No longer do we look at each other as "too different" or "too much on our own paths", we are together by virtue of our common quests, our common search for what it means to be a person in the world.

I *applaud and cherish* this unity of ours! Someday it will be a thing unthought of, a simple human thing that is the foundation of our social lives. No one will ever suspect we had work to join ourselves – only those who look into the history books, or the history e-mail will ever see that we GLBT, Straight and Other were ever apart, ever wondering about value of unity! *We are Almost there!*

An here, as if by necessity, is one of the more tangible signs of our unity. This document, this Initiative, that calls into being the *simplest* idea of fairness and a job! (Initiative 677 make it illegal to fire someone because they are perceived as being GLBT. It is currently legal to fire someone for being GLBT!)

I-677 is not everything. It is a part! And what a magnificent part! Two years of careful discussion prepared these words. Hours and days went into the making of this document and the entire community had a hand in making it!

And what it says for us in the Transgender and gender worlds is this: **INCLUSION!** It says we are there! It says we are part of the GLBT worlds. And it recognizes what We have given to bring equality into the world.

We have so much left to do, don't stop! Fight the weariness. March, write, sing and work! Use our minds! Make a world where Ignorance, Superstition, and Discrimination are *ancient* words we have left behind in the dustbins of history!

What saves us is our knowledge that we ALL search for what it means to be human, to love, to work, and to enjoy each day free of fear.

Robert Ingersoll said, "The time to be happy is now; the place to be happy is here. And the way to be happy is to make others to."

Thank you. **JOIN US!**

## THE HERO'S JOURNEY: DESTINATION BOSTON AUGUST 8-9-10, 1997

Members of the FTM Community are busily planning the upcoming 3rd Annual All-FTM Conference of the Americas: THE HERO'S JOURNEY, August 8, 9, 10, 1997 in Boston, Massachusetts.

Join the Boston FTM community for 2 1/2 days of workshops, panels, seminars, presentations, networking, socializing, and partying for all FTM's and their partners and friends.

Provisional panel and workshop topics include: Coming Out, Sexuality, Tricks of the Trade, Parents of FTM's Panel, FTM's as parents panel, Children of FTM's, Partners of FTM's, Queer Sexuality Issues, Young Men's Issues, Finding a Partner, and many others.

Provisional speakers, panelists, and events include: James Green, FTM International; Diane Ellaborn, LICSW; Stuart Chipkin, MD; Paul Costas, MD; Ellie Altman, PFLAG; Henry Rubin PhD; an FTM art exhibit; and the award-winning new FTM documentary film "You Don't Know Dick".

Registration fees, per person (non-refundable after July 15). Registration fee includes all sessions from Friday, August 8 at 6 p.m. to Sunday, August 10 at 2:30 p.m.

\*\$50 if postmarked on or before June 30.

\*\$60 if postmarked on or between July 1 and July 31.

\*\$75 if postmarked on or after August 1, or at the door.

Snacks and beverages will be provided, but you will need to provide for your own transportation, lodging, and meals.

Some work/exchange discounts on registration fees are available for those who wish to volunteer to work before during, or after the conference. A limited number of partial-registration fee scholarships are available to those who would otherwise not be able to attend. We will also try to assist those who can't find or afford lodging; please let us know if you will require this assistance.

When we receive your paid registration, we will send you a confirmation postcard. Additional information and materials will follow later. For more information, call Mike at [redacted] or send e-mail to Mykael at IFGE@worldnet.att.net.



Make check or money order (do not send cash) payable to BFTMC and use the registration form below. There will be a \$20 charge for returned checks. Mail to: BFTMC, P.O. Box 193, Bellingham, MA 02019.

### REGISTRATION FORM

Today's Date: \_\_\_\_\_ Arriving: 8/\_\_\_/97 Departing: 8/\_\_\_/97

Mailing name(s): \_\_\_\_\_ Name(s) for Badge(s): \_\_\_\_\_

Address: \_\_\_\_\_ City/State/Zip: \_\_\_\_\_

Phone (optional): \_\_\_\_\_ E-Mail (if applicable): \_\_\_\_\_

Do you need assistance with lodging? Yes No Number of beds required: \_\_\_\_\_

Smoking or non?: \_\_\_\_\_ Any allergies?: \_\_\_\_\_

Do you have any special needs? \_\_\_\_\_

Enclose your registration payment and mail form to: BFTMC, P.O. BOX 193 Bellingham, MA 02019

### INGERSOLL JOINS IN SUPPORT OF N.Y.A.C.

The National Youth Advocacy Coalition (NYAC), sponsored by the Hetrick Martin Institute, addresses public policy issues related to lesbian, gay, bisexual and transgender (GLBT) youth through the collaboration of a broad spectrum of national and community-based organizations. At its June Board meeting, Ingersoll Gender Center, voted unanimously to join over 125 gay-specific and non-gay mainstream organizations from across the nation in signing on as a "participating organization" in support of the NYAC Mission Statement.

Ingersoll will join these organizations, in partnership with youth, researchers, and other advocates to work to end discrimination against gay, lesbian, bisexual and transgender youth and ensure their physical and emotional well-being. NYAC Bridges Project, originally established by the American Friends Service Committee, provides information, resources, and assistance GLBT youth and their adult allies nationwide.

In its three years of advocating for GLBT youth, NYAC has sent out timely Action Alerts regarding local, state, and national legislation affecting GLBT youth, advised congressional staff on GLBT youth issues; and provided staff training for the U.S. Centers for Disease Control and Prevention around HIV/AIDS and GLBT youth.

In addition, they have worked with representatives of the U.S. Department of Health and Human Services to better address the mental and physical health needs of youth; joined in partnership with other national advocacy organizations to defeat anti-gay and lesbian youth legislation; and worked to expose the Radical Right agenda behind the 1995 Congressional hearing on "Parents, Schools and Values."

"If homosexuality (transgenderism) is a disease, let's all call in queer/transgendered to work. 'Hello, can't work today, still queer (transgendered).'"  
With thanks to Robin Tyler and apologies for paraphrasing her quote.

## THE CASE FOR LAMBERT HOUSE

For the last few months, the Ingersoll Message has been running articles about Lambert House, a "queer youth space", founded in 1991, to provide a safe place for queer youth away from the bars and other risk areas of the adult queer community and the street activity areas of youth culture. Lambert House was named for Gray Lambert, long time advocate for queer youth, who died from AIDS complications shortly before Lambert House opened in 1991.

At Lambert House, youth gain the personal, social and life skills they need to successfully function in the world. They gain these skills through educational programs; job opportunities and skills development; recreational activities; and role modeling and emotional support through trained adult volunteers, qualified staff and support groups.

This month, we would like to give you some statistics about gay, lesbian, bisexual and transgender (GLBT) youth. Studies conducted by the City of Seattle (1988) and the Safe Schools Coalition (1996) indicate that sexual minority youth are at increased risk for:

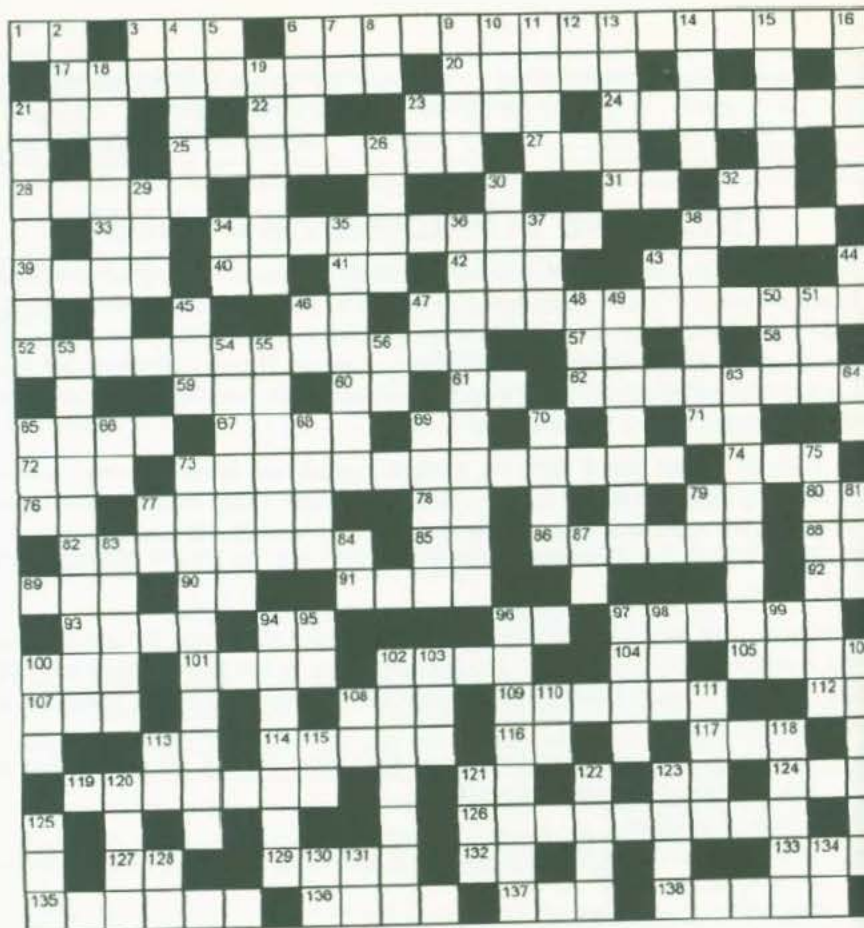
- Depression, and are two to three times more likely to plan, attempt or commit suicide than are heterosexual youth
- Chemical addiction
- Academic failure or drop-out due to a non-supportive or hostile home or learning environment
- Physical abuse and assault
- sexual exploitation, including prostitution
- Homelessness due to run-away or throw-away. In fact, the City of Seattle estimates that 40% of our city's homeless youth are gay, lesbian, bisexual or transgender.

Can you give some time to help GLST youth? For more information, call Lynne at [redacted] for further information and application materials.



**LAMBERT  
HOUSE**





#### Across

1. Can also be a CD
3. Japanese ash
6. A pair of TS's
17. Famous transsexual
20. All five are there, but in mixed up order
21. Standing room only
22. T... J... D...
23. Intuity
24. Similar to 'morning', usually a sign of pain
25. Feminizing chemical
27. Sounds like 'aye'
28. It always helps to have a good sense of \_\_\_\_\_
31. Abbreviation for north eastern state
32. Greek letter
33. Big oil producing state
34. A holiday for boobs
36. Talks, speaks, verbalizes
39. Melody
40. Baseball player, Cobb
41. Initials for old railway line
42. Nickname for Nanette
43. Initials for bathroom tissue
46. Medical initials

47. \_\_\_\_\_ person can also be called transsexual
52. Masculinizing chemicals
57. He, She or \_\_\_\_\_
58. S... K... Br... St...
59. Crosby and Hope movie. Road to \_\_\_\_\_
60. Car. One. \_\_\_\_\_
61. Do... Mi...
62. Purses
65. Celestial object
67. Spanish word for 'red'
69. Latin word for 'bone'
71. With an accent, it means 'yes', without an accent, means 'if'
72. British drink from China
73. Attracted to opposites
74. Initials which stand for some 'f' folk's goal
76. A religious title
77. Greek writer
78. Dallas mailing address
79. Augusta mailing address
80. Salt Lake City mailing address
82. Another feminizing chemical

85. Poet Cummings' initials
86. Making love to same gender is \_\_\_\_\_
88. Abbr for 'with regard to'
89. Slang for 'brother'
90. Not off
91. Clump of earth, also a clumsy person
92. Atlanta mailing address
93. Egyptian Goddess
94. Sow, Sew, \_\_\_\_\_
96. Southern Cal. city
97. What MTF's are
100. 'Re/... to Ab...'
101. Odds other half
102. What FTM's are
104. \_\_\_\_\_, transgender, \_\_\_\_\_, asexual
105. Country wisdom. Folk \_\_\_\_\_
107. A good lock opener
108. Positive answer
109. One of four, usually fairly warm
112. First and last letters of 109 across
113. Initials used to indicate bad smell
114. Shoes for TV wear
116. Initials of an explosive which means animal waste
117. Letters 15, 16, and 17
119. Gets out of, no longer in prison
121. Drink and drive and get a D...
123. Abbr for 'street'
124. You go \_\_\_\_\_ hill, and down into a valley
126. A type of leg covering
127. Two of these make a French name
129. Not 'sum' but \_\_\_\_\_
132. Opposite compass points
133. Means 'half' in Latin
135. 136, 137, and 138 across describe what you do on July 4th
136. Part two of 136 across
137. Same as 74 across
138. Last part of 136 across

#### Down

2. Machine for movies
3. Portland mailing address
4. Trinidad Doc
5. Spanish for 'he is, she is, or you are'
6. Multi-level section of a stadium or a cake
7. Two adjoining compass points
8. Chi... Z...

8. Color of horse
10. H... L... Ch...
11. What people call you
12. Spanish word for 'his, your, her, it'
13. Make 'juice'
14. Locks inside
15. All five and the sometimes one
16. Wise people
18. Feminizers or masculinizers
19. If you write a letter to a doctor in Portland, you are writing \_\_\_\_\_
21. I throw the ball to you right over the plate. My advice is \_\_\_\_\_
23. Pronoun of choice for FTM's
28. Sound made by person who has run out of air
29. Ch... Sp... Br... C...
30. Not far
32. Female parent
34. Preposition meaning 'toward'
35. I could hear the crowd in the stadium scream \_\_\_\_\_
36. Ambiguous genitalia sometimes indicate this
37. DNA's pal
38. The average CD \_\_\_\_\_ quite a bit of money on clothes
40. Not TV, TS, or CD
44. See 60 across
45. Fore, Four, \_\_\_\_\_
48. Not you, him or her
47. P... M... T... C... R...
48. National Institutes of Health (abbr.)
49. Trinidad Doc's first name
50. See 37 down for the answer
51. What combines with 13 down to make a child
53. Aircraft Carrier, Space Shuttle, Space ship
54. \_\_\_\_\_ is a word which means the father who is a
55. Child's horn or play instrument
56. F... Po... Do... Sc...e
63. Both 87 and 79 apply to this person
64. The US... no longer exists
65. Title for two or more holy people
66. Original 12-step program
68. A variation of Jerry, usually used by women
69. Type of doctor \_\_\_\_\_ path
70. Well endowed - usually talking about men
73. Engages in 87 across
75. Clinical word for 'going under the knife'
77. S... P... el
79. Another Portland mailing address
81. bed or hot it's good
83. Women's nickname
84. Charlotte's mailing address
87. Fairbanks' mailing address
94. Brussels Doc
95. Type of soup. W...-T...
96. Sepph's daughters
97. Girl-to-boys
98. H... Th... and Everywh...
99. Hel... G... w... w...
100. Name of Hawaiian instrument
102. Portland Doc's last name
103. Donkey burro, mule, also 'A Pain in the \_\_\_\_\_'
106. What you leave when you die
108. Old word which means 'you' (Used in Bible)
110. American initials
111. Company for cleaning drains. \_\_\_\_\_ Rooter
113. Apple, IBM, Mac, Packard Bell all make these
115. Two letter most often used to indicate plurals
118. Mousesound: S...-
120. Easy on the skin
121. Opposite of downs
122. Boys to girls
123. Take it to school for '\_\_\_\_\_ and Tell'
125. Not hers
126. Jovian moon
130. Preposition
131. Detroit mailing address
134. Abbreviation which stands for 'against'

## JULY GENDER CROSSWORD



# FTM CALENDAR

JULY, 1997

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2 **FTM MESSAGE LINE 329- 6651	3	4	5
6	7	8 FTM SUPPORT GROUP 7:30 - 9:30 COMING OUT	9 **FTM MESSAGE LINE 329- 6651	10	11	12
13	14 IGC BOARD MTG 7:30 - 9:00	15	16**FTM MESSAGE LINE 329- 6651	17	18	19
20	21	22	23**FTM MESSAGE LINE 329- 6651	24	25	26
27	28	29 *FTM THERAPY GROUP * & FTM SO SUPT GROUP*	30	31		

\*FTM Therapy Group-Jude Patton  
FTM SO group-Carole [REDACTED]  
\*\*LEAVE A MESSAGE ANY TIME AND  
CALLS WILL BE RETURNED ASAP

## OPEN LETTER FROM CAROLYN MIRANDA-PATTON OUR SIGNIFICANT OTHER IN SEATTLE (SOS)

Dear SO:

I am pleased with the success of our SO group at Ingersoll, which presents on the last Tuesday of each month. We have many kindred spirits from many walks of life while sharing our real life experiences. It has been wonderful to share with one another while offering genuine support and empathy.

My husband Jude and I recently returned from the Second International Congress on Sex and Gender Issues held in Pennsylvania. The presenters offered an interesting and knowledgeable experience to those attending. I particularly enjoyed Sandra S. Cole, Ph.D. of Ann Arbor, Michigan, whose presentation was "The Forgotten Journey of the Female Partner: Practical Suggestions for Caregivers." How true that in our personal journey with our partner, we often become "the forgotten partner." So many times we find that our needs and our support system is on a crash course and usually held in a holding pattern until we nearly "run out of gas." We, the SO, clearly have need for an ongoing support system while our partners continue the need to sustain themselves in the "spotlight" in addressing their own agendas. We SO's have a special need and place to voice our personal agendas. There is an obvious need for more support groups for the "Significant Other" and we must all strive to support their abundant growth. "Coming out" is never easy, but learning to share ourselves and learning to communicate our needs is of great importance in successfully achieving our goals.

We are all walking through different paths in life in the transgendered community, though our needs are the same. We need to keep our lines of communication open not only to the transgendered world, but most importantly, to our partners. Keeping our thoughts, fears, and questions from our partners is an unhealthy habit and worse, blows our self-confidence away. Keep your lines of communication open!

Your questions and/or comments are welcome. You can write me on the Internet at: CLTMiranda@aol.com. Telephone number: [REDACTED]

Our next SO meeting at Ingersoll will be on July 29, from 7:00 to 8:30 p.m. All friends or family members are welcome. Ingersoll's address is: Ingersoll Gender Center, 1812 East Madison St. Suite 106, Seattle, WA 98122.



## THE BUTLER DID IT!

BY PAT BUTLER, EXECUTIVE DIRECTOR

### ATTITUDE IS EVERYTHING BY FRANCIE BALTAZAR-SCHWARTZ

Jerry was the kind of guy you love to hate. He was always in a good mood and always had something positive to say. When someone would ask him how he was doing, he would reply, "If I were any better, I would be twins!" He was a unique manager because he had several waiters who had followed him around from restaurant to restaurant. The reason the waiters followed Jerry was because of his attitude. He was a natural motivator. If an employee was having a bad day, Jerry was there telling the employee how to look on the positive side of the situation. Seeing his style really made me curious, so one day I went up to Jerry and asked him, "I don't get it! You can't be a positive person all of the time. How do you do it?"

Jerry replied, "Each morning I wake up and say to myself, 'Jerry, you have two choices today: you can choose to be in a good mood or you can choose to be in a bad mood.' I choose to be in a good mood. Each time something bad happens, I can choose to be a victim or I can choose to learn from it. I choose to learn from it. Every time someone comes to me complaining, I can choose to accept their complaining or I can point out the positive side of life. I choose the positive side of life."

"Yeah, right, it's not that easy," I protested.

"Yes it is," Jerry said. "Life is all about choices. When you cut away all the junk, every situation is a choice. You choose how you react to situations. You choose how people will affect your mood. The bottom line: It's your choice how you live life."

I reflected on what Jerry said. Soon thereafter, I left the restaurant industry to start my own business. We lost touch, but I often thought about him when I made a choice about life instead of reacting to it.

Several years later, I heard that Jerry did something you are never supposed to do in the restaurant business: he left the back door open one morning and was held up at gunpoint by three armed robbers. While trying to open the safe, his hand, shaking from nervousness, slipped off the combination. The robbers panicked and shot him. Luckily, Jerry was found relatively quickly and rushed to the local trauma center.

After 18 hours of surgery and weeks of intensive care, Jerry was released from the hospital with fragments of the bullets still in his body. I saw Jerry about six months after the accident. When I asked him how he was, he replied, "If I were any better,

I'd be twins. Wanna see my scars?" I declined to see his wounds, but did ask him what had gone through his mind as the robbery took place.

"The first thing that went through my mind was that I should have locked the back door," Jerry replied. "Then, as I lay on the floor, I remembered that I had two choices: I could choose to live, or I could choose to die. I chose to live."

"Weren't you scared? Did you lose consciousness?" I asked.

Jerry continued, "The paramedics were great. They kept telling me I was going to be fine. But when the wheeled me into the emergency room and I saw the expressions on the faces of the doctors and nurses, I got really scared. In their eyes, I read, 'He's a dead man.' I knew I needed to take action."

"What did you do?" I asked.

"Well, there was this big, burly nurse shouting questions at me," said Jerry. "He asked if I was allergic to anything. 'Yes,' I replied. The doctors and nurses stopped working as they waited for my reply. I took a deep breath and yelled, 'Bullets!' Over their laughter, I told them, 'I am choosing to live. Operate on me as if I'm alive, not dead!'"

Jerry lived, thanks to the skills of his doctors, but also because of his amazing attitude. I learned from him that everyday we have the choice to live fully. After all, attitude is everything.



He: What a lovely dress. May I borrow it, sometime?  
She: Not unless you shave off that ridiculous mustache!





# 'HEY, GOOD COOKIN!'

## Summer Egg Bake

### Ingredients:

- 5 slices of white bread, buttered
- $\frac{1}{4}$  pound of grated Cheddar
- $\frac{1}{2}$  pound of Monterey Jack Cheese
- 4 eggs beaten – For those of you who are cholesterol conscious, try using egg substitute
- 2 cups of milk (I use nonfat milk) Salt and pepper to taste
- 1 or more of the following:
  - 1 small can of Ortega chopped green chili peppers
  - 1 package frozen spinach (well-drained)
  - $\frac{1}{2}$  cup of bacon or sausage
  - 1 cup of sliced boiled or fried potatoes

OR WHATEVER

### Preparation:

Butter bread and cut into 1" cubes, put in oiled 9 X 12" baking dish. Shred cheese over bread; add your extra ingredients at this time; mix eggs and milk and pour mixture over the bread and cheese and other ingredients. (May be refrigerated over night). Preheat oven to 350 degrees.

### Presentation:

This is a wonderful dish for breakfast, brunch, or supper. Serve with appropriate side dishes and wait for the rave reviews!

**Enjoy and be Proud!!**

**EMERALD CITY**

**206-827-9494**

**PHONES ANSWERED TUESDAYS**

**7:00 PM 10:00 PM**

*For Crossdressers, Meetings and social gatherings. Safe, discreet, and confidential. A place to be*



## PULLING

I feel you tugging at me  
to make your vision mine.

I feel my heart divide  
and take it as a sign that  
I don't see the greater plan  
that fate has set for me;  
I don't want your life,  
I want only to be free.

You tug and say you need me  
and that your life will end;  
You tug and then you shove me  
and all the while a friend  
You call upon sings praises  
of the life I want to rend.  
You call your actions noble and  
the status quo defend.

We push and pull together  
like old loggers on a tree.  
We pull and push, go back and forth  
and neither one can see that if  
We cut the heart inside the trunk  
then neither one will be; and  
We will with sad endings find  
only sawdust and debris.

And still I feel your tugging,  
painting pictures for my mind.  
And though my heart divides and splits,  
the pull will let me find myself.  
And when finally I see the way  
I want my world to be;  
And as your tears cascade my cheeks,  
my own eyes are dry, only then they see:  
I don't want the life you've planned.  
I want my life for me.





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