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8-1997

August 1997

Buffalo Belles

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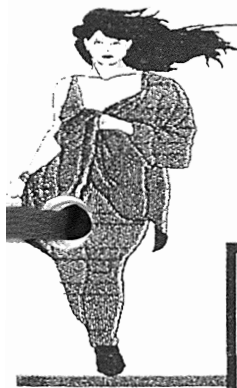


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BUFFALO BELLES

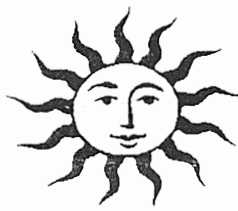


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NU PHI CHI

AUG. 1997

SISTERS IN CHARGE:
JEAN H.
PATTI J.
KATHY LORRAINE



Dear Sisters,

With the arrival of the 'real' summer finally upon us, the girls of the Buffalo Belles were at their best being cool and fashionable on a pleasant, warm Saturday evening. It was one of the best attended July meetings ever, with twelve girls making it to our Main Street retreat.



At the meeting we welcomed our newest member, Brenda, who will be charming addition to the

Belles. Brenda informed us that she learned of our group on the Internet.

Also in attendance was a face we have not seen in a while. Linda dropped by and spent the evening catching up with group. As she was leaving, she shyly mentioned it was her 83rd birthday that day! Go girl!



Thanks go out again to Crystal and Tanya for providing a smorgasborg of delicious snacks and munchies for our meetings. Oh, my poor waistline.

Once the meeting was called to order, the business at hand involved the upcoming elections of new officers for the Buffalo Belles. As Jean and Kathy will be stepping down from their positions, I want once again to ask you girls to seriously consider offering to help the Belles by running for one of the posts or if you believe another sister would be an ideal candidate, nominate her. Balloting will be in September.

ATTENDEES

- | | |
|------------|--------------|
| JEAN H. | ANGELLA B. |
| SUSAN B | CRYSTAL LYNN |
| SHARON F. | BRENDA |
| COLLEEN R. | TAYNA |
| LINDA V. | MICHELE G. |
| PATTI J. | JANICE G. |
| CAMILLE H. | |



Information about the Riverside Weekend is now available regarding dates, places and costs. Do not wait too long to make a reservation if you intend to go to this fun adventure. Find out more details at the August meeting (August 2) or by calling the hotline and leaving a message that you would like information about this event.



The August meeting is, of course, our Annual Picnic. Please

come and as usual, spouses, significant others, and children are welcome. Bring a little something to pass around. Nothing fancy. Some items that will be there are hot dogs and a mysterious dish of mine called 'Gaspacho' - you'll love it! So do come and enjoy the evening.

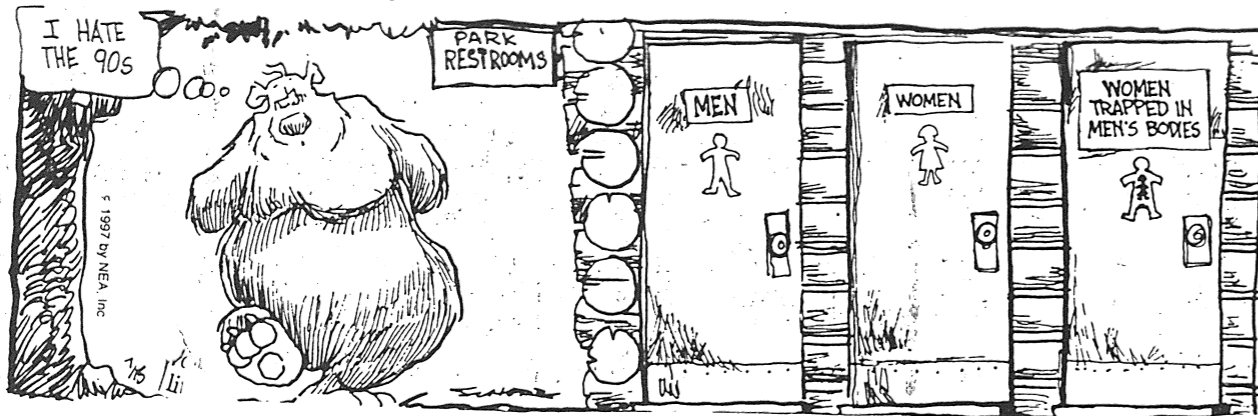
After our meeting ended, a small contingent of five headed down to the Stagedoor for a few libations and conversation. As our group had a busy weekend to finish, we called it a relatively short night and went home to get some beauty sleep.

Well, that's about it for this month. Bring a smile and an appetite for the picnic and expect to have some fun.

Camille

(A note from Jean) This news letter update and hopefully future newsletters was written by Camille. Didn't she do a great job? Thank you very much for pitching in and helping out. You are an asset to the group. How about the rest of our members. Is there something you would like to do to help us grow and become a fun group for everyone?

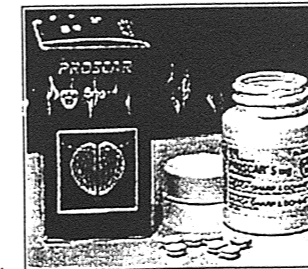
THE GRIZZWELLS



Prostate drug may soon be approved for hair growth

March 21, 1997
Web posted at: 3:50 p.m. EST (2050 GMT)

From Correspondent Dan Rutz



WASHINGTON (CNN) -- A drug used to treat men's enlarged prostates may soon become the first pill approved by the U.S. Food and Drug Administration for hair growth.

Pharmaceutical company Merck is hoping to gain approval of what would become the second scientifically proven treatment for hair loss.

The drug, known as finasteride, or Proscar, interferes with the male hormones responsible for enlarged prostates and the most common forms of baldness.

To list and advertise finasteride as a legitimate hair loss treatment, Merck must prove that it works. In more than four years of testing of 2,000 men, nearly half have reported a noticeable gain in new hair growth.



Cox (CNN)

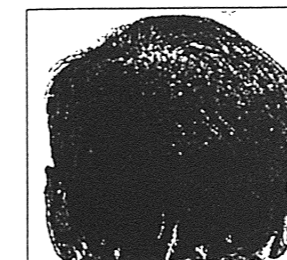
"You're probably going to have to wait six months before you see a change as far as growing hair," said Dr. William Cox, one of many doctors offering Proscar to balding patients even though the FDA hasn't approved it -- a legal practice known as off-label prescription. (320 K / 14 sec. AIF or WAV sound)

If approved, the drug would be prepared in a smaller dosage than for prostate patients, and renamed Propecia. The experiments have shown that it works just as well at a third of the strength given to prostate patients.

However, some men, especially older patients, reported a decrease in libido while on the drug. Researchers said the side effect is not as common in younger patients, who were the ones most likely to gain hair with the new treatment.

Minoxidil, a topical solution for baldness, is currently the only FDA approved treatment for hair growth. Researchers have cautioned that Propecia is not likely to show dramatic results.

Barber Troy Satterfield has taken the drug for five months and has noticed some new growth.



This is the back of Satterfield's head after taking the drug for five months (CNN)

"I definitely had a noticeable difference in the back of my crown area," Satterfield said.

What is Finasteride:

Finasteride is a drug that was originally developed to treat an enlarged prostate condition called benign prostatic hyperplasia (BPH). It is made by Merck Pharmaceuticals under the brand name Proscar.

How does it work:

Finasteride is a potent inhibitor of human 5-alpha-reductase, the enzyme in many tissues that converts Testosterone to Dihydrotestosterone (DHT). The androgens Testosterone and DHT control the development and function of the prostate gland and are believed to play a role in causing Androgenetic Alopecia, commonly referred to as Male Pattern Baldness.

In tests on Proscar in the treatment of benign prostatic hyperplasia or BPH, the dose of 5 mg/day lowers serum DHT levels in men by 65-80% compared to baseline levels and decreases intraprostatic levels of DHT by 85% compared to placebo.

The reductions of DHT are also noticed in the scalp where it has been shown that bald or balding men have much higher levels of DHT. Biopsies and biochemical analyses corroborate the elevated 5-alpha-reductase levels in the frontal scalp of balding men and the lack of hair loss in human males with extremely low levels of 5-alpha-reductase. This reduction of DHT in the scalp is believed to arrest the Androgenetic Alopecia, and in some instances actually reverse it.

There are two types of 5-alpha-reductase enzyme, type 1 and type 2, and they are produced from different genes on different chromosomes and have different structures. Type 1 is found in all skin; type 2 is found mainly in genital skin (prostate).

Finasteride primarily blocks type 2, i.e. the type found mainly in the prostate, rather than type 1 that is found on the scalp. It has been found that the action of Finasteride on type 2 was 20 times greater than on type 1. However, in spite of this, Finasteride has been shown to be effective in treating Androgenetic Alopecia. Scientists are not sure why, but since the scalp is highly vascularized it has been suggested that it may be influenced by the decreasing levels of circulating DHT.

Clinical Studies:

At the 1995 American Association of Dermatology Meeting in New Orleans, results from a one year, double-blind, randomized, placebo-controlled study with Finasteride in the treatment of male pattern baldness were presented. Men taking oral Finasteride (5 mg/day) had significantly increased hair counts and significantly improved clinical change from baseline as assessed by multiple parameters including patient self evaluation. There were few drug related side effects reported, with similar numbers in both Finasteride and placebo groups.

At the same meeting, results from a dose-range-finding study were presented, evaluating Finasteride at doses of 0.01, 0.05, 0.2, 1 and 5 mg/day. A six week trial measured concentrations of scalp skin and serum dihydrotestosterone. Surprisingly, other than the group taking 0.01 mg/day, no significant differences between the doses were seen. However, significant differences were documented between the groups that received Finasteride (excluding those receiving 0.01 mg/day) and the group that received placebo.

In another study in 1994 on men scheduled to undergo hair transplantation, oral Finasteride was shown to significantly reduce DHT levels in the scalp. 17 men participated in this double-blind placebo-controlled study of the effects of Finasteride on scalp skin levels of DHT and testosterone. Patients were randomized to receive a 5mg/day dose of Finasteride or the placebo for a period of 28 days. Normally at the baseline (skin level) bald skin has significantly higher concentrations of DHT than hairy skin and testosterone shows no difference.

After 28 days it was found that the DHT concentrations in patients taking the Finasteride were significantly lower than in the placebo group. The testosterone levels were not significantly changed from the placebo group.

Optimal Results:

It appears from initial research that the optimal results for treating hair loss with Finasteride result when the drug is administered along with Minoxidil. Several studies have been done, primarily with stump-tail macaque monkey which have a very similar hair loss pattern and condition to humans with Androgenetic Alopecia.

In 1991 a 20 week study was conducted on 21 adult male stump-tail macaques to evaluate the hair growth effects of oral administration of Finasteride alone and in combination with topical Minoxidil. The results showed that the combination of Finasteride and Minoxidil generated significant increase of hair weight (additive effect) compared to either drug alone.

The Finasteride was administered orally at 0.5 mg/day, alone or in combination with topical 2% Minoxidil, for 20 weeks to determine the effects on scalp hair growth in balding adult male stump-tail macaque monkeys. A 7-day dose-finding study showed that both 0.5- and 2.0-mg doses of the drug produced a similar diminution in serum dihydrotestosterone (DHT). Hair growth was evaluated by shaving and weighing scalp hair at baseline and at 4-week intervals during treatment to obtain cumulative delta hair weight (sum of the 4-week changes in hair weight from baseline) for the 20-week study. The activity of the 5 alpha-reductase enzyme was assessed on serum testosterone and DHT at 4-week intervals. The combination of Finasteride and Minoxidil generated significant increases of hair weight (additive effect) compared to either drug alone. Finasteride increased hair weight in four of five monkeys.

When the data of the one non-responsive monkey were excluded, Finasteride showed a significant elevation in hair weight compared to the topical vehicle alone. Minoxidil also evoked a significant increase in hair weight compared to vehicle alone. Serum testosterone was unchanged, whereas serum DHT was significantly depressed in monkeys that received either Finasteride or the combination of Finasteride and Minoxidil. This data suggests that inhibition of the conversion of testosterone to DHT by Finasteride reverses the balding process and enhances hair regrowth by topical Minoxidil in the male balding stump-tail macaque.

On another study performed on a single human subject with Androgenetic Alopecia, significant regrowth was seen using a combination of Finasteride and a Minoxidil/Retin-A solution.

The subject, a 32 year old white male, had been a stage 5 on the Hamilton-Norwood Scale for a duration of 10 years. The study involved a treatment regime of 5mg of Finasteride taken orally each day and a 1ml Minoxidil solution applied topically twice daily. The Minoxidil solution consisted of 3% Minoxidil combined with 0.01% Tretinoin (Retin-A). The Retin-A is believed to enhance the absorption of Minoxidil.

After only three months there was an increase in terminal hair growth on the man's scalp, especially on the crown and the vertex. After 5 months of treatment, a marked improvement was noted on the parietal region. Striking terminal hair growth continued in the region of the crown and vertex. After 8 months of treatment some growth was also noted in the extreme frontal area (hair line), while the crown, vertex and parietal areas continued to increase in hair density.

After 8 months the patient decided to discontinue Finasteride, but continued applying the Minoxidil solution for an additional 4 months. After a total period of 12 months the subject went from a stage 5 to a stage 3, a significant improvement.

Effects on the body:

A single 5 mg oral dose rapidly reduces serum DHT concentrations by as much as 70%, with the maximum reduction occurring at about 8 hours. The effect lasts for at least 24 hours, so once daily dosing is appropriate. Actual clinical effects, however, are not realized for 3-6 months after beginning therapy.

The bio availability following a single dose of Finasteride is only 63%, and the presence of food further decreases oral absorption. Approximately 90% is bound to plasma proteins, yet the drug does cross the blood-brain barrier. This is not problematic, since Finasteride generally does not affect other hormones. Daily dosing causes accumulation to occur, with plasma concentrations increasing by 50% over those observed from a single dose. After oral dosing, about half of the unchanged drug is excreted in the feces, and one-third is metabolized in the liver to the 17-carboxylic acid, which is then excreted in the urine (39%) and the feces (57%). The mean plasma elimination half-life is 6 hours (range, 3-16 hours).

Finasteride does not appear to affect circulating concentrations of cortisol, estradiol, prolactin, thyroid-stimulating hormone, thyroxine or cholesterol. Research to date also suggests that Finasteride does not affect the hypothalamic-pituitary-testicular-axis.

The drug has a long biological half-life; DHT may not return to baseline for 2 weeks after Finasteride is discontinued. Serum half-life is short by comparison (8 hours in elderly men and 6 hours in middle-aged men). Finasteride reduces semen volume by 25%, but has no effect on sperm count, motility, or morphology. The drug also reduces PSA by 50% in men with BPH within 3 months of initiating therapy. It appears to reduce PSA in men with prostate cancer, which raises concerns about whether Finasteride may mask prostate cancer.

Side Effects:

During a 12-month trial of Finasteride in men, the only clinically significant adverse reactions were impotence, libido decrease, and decreased ejaculate volume, all of which were reported by about 3% of patients. Similar frequencies of these adverse reactions have been observed in extended studies up to 36 months. Adverse effects observed in less than 1% of patients included dysuria, dizziness, headache, asthenia, abdominal pain, diarrhea, rash or breast pain.

Finasteride is not indicated for use in women in the pregnancy risk category X and is therefore absolutely contraindicated during pregnancy. Finasteride and other 5-alpha-reductase inhibitors, by inhibiting the conversion of testosterone to DHT, have the ability to cause abnormalities in the external genitalia of the male fetus. Pregnant women should not handle crushed Finasteride tablets. Since Finasteride can distribute into semen, men taking Finasteride should avoid exposing any woman who is or may become pregnant to semen.

Finasteride should also be used with caution in patients with hepatic disease, since Finasteride is metabolized extensively in the liver. Another concern with Finasteride therapy is that its reduction of serum prostate-specific antigen (PSA) levels can mask the detection of prostate carcinoma. Finasteride is contraindicated for use in women and children. Safety and effectiveness have not been established in these groups.

There are no studies to indicate the safety of long-term use of the drug.

Conclusion:

Finasteride represents an exciting step toward arresting and reversing the progress of Androgenetic Alopecia in males. Since the drug has been submitted to the FDA for approval as a hair regrowth treatment its unlikely to be available before sometime in 1998 under the name Propecia. Finasteride is available by prescription for the treatment of BPH under the name Proscar, and some men have started taking it experimentally for hair regrowth. Before making any decisions to take any drugs it is wise to first consult with your physician who will be able to advise you on the suitability of such treatments.

I'm A New Member

I see you at the meetings
but you never say hello.
You're busy all the time you're
there
with those you already know.

I sit among you strangers,
and yet I'm all alone.
Other new fish are strange as
I.
You older ones just pass us by.

But dam it, you ask us in
and talk of fellowship.
You could step across the room,
but you never make the trip.

Why can't you nod and say
hello
and stop and shake my hand?
Then go among your friends,
and I would understand.

I'll be at the next meeting,
A nice time I hope to spend..
Could you please introduce
yourself?
I want to be your friend.



"It looks great Junior. . .but when is this Charlie's Aunt thing coming off. . .you've been practicing for two years!"

Denise Buffalo Belles

NAME TAGS:

If you have been wondering how to get one of the nifty name tags that some of the girls sport, the answer is simple! Just pick out the color you want and come up with ten dollars and you'll be able to proudly proclaim your identity. These come with a magnetic disc that means no holes in your frock. If you are into body piercing, a pin attachment is also available!

COLORS: PIN LETTERING

Burgandy	White
Silver	Black
Lt. Grey	Blue
Lav. Blue	Green
Pink	Taupe
Gold	Black

C A L E N D A R

- AUGUST 2- BUFFALO BELLES MEETING-PICNIC
- SEPTEMBER 6- BUFFALO BELLES MEETING-5th Anniversary/ELECTIONS
- 10-14-Mini B Conv. Pittsburgh
- 18-20- Paradise in Poconos
- 24-28- Colorado Gold Rush-Denver
- OCTOBER 4- BUFFALO BELLES MEETING
- 1-4- Southern Comfort- Atlanta
- 18-25- Fantasia Fair-Provincetown, MA
- NOVEMBER 1- BUFFALO BELLES MEETING
- 12-16-Holiday en Femme-Cherry Hills,NJ
- 21-24-RIVERSIDE GALA WEEKEND-Franklin, PA
- DECEMBER 6- BUFFALO BELLES MEETING- Christmas Party

Anyone desiring information on any of these conventions, we have brochures for all of them.



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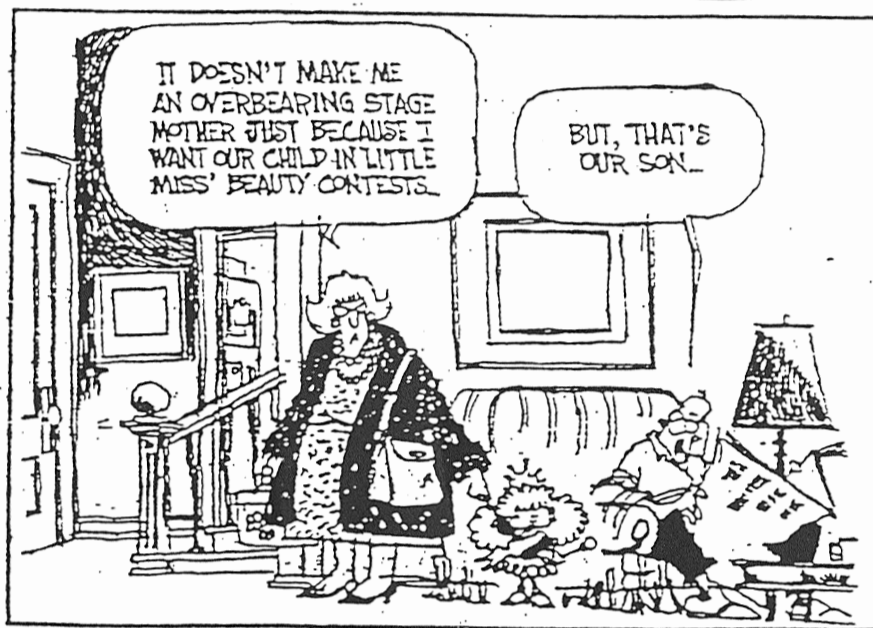
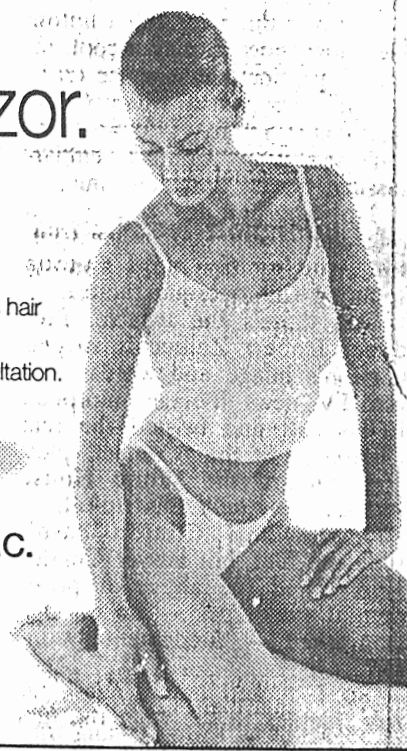
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June 24, 1997



Director
Buffalo Belles/Buffalo Transitional Support
P.O. Box 1701
Amherst, NY 14226-1701

Should we do a group outing??

Dear Sir or Madam:

Studio Arena is proud to announce its first Studio Too!* series will open with the most celebrated and thrilling drama in the world today. **ANGELS IN AMERICA, Part One: Millennium Approaches**, winner of the Pulitzer Prize for Drama and four Tony Awards (including Best Play), will be on stage at the Pfeifer Theatre from December 7th to January 11th.

"A theatrical milestone...visionary, poetic, and profound." (*USA Today*).

Subtitled *A Gay Fantasia on National Themes*, **ANGELS IN AMERICA** is a mind-bending, wildly funny, intellectual, sexual, disturbing, uplifting and complex journey in which a group of friends and strangers confront issues of faith, sexuality, politics, and AIDS.

As a community leader who is closely involved with some of the issues this show raises, we hope you will encourage colleagues and members of your organization to attend a performance. Don't miss the chance to see this unforgettable story! Take advantage of discounted group rates and an *excellent fund raising opportunity* for any worthy cause.

I hope to have an opportunity to contact you in the near future to discuss some of our group programs, or call us in the meantime at 856-8025, ext. 1755 for more information. Thank you in advance for your support of this exciting theatrical event.

Yours very truly,
STUDIO ARENA THEATRE

Dianne Giliforte
Dianne Giliforte
Corporate & Group Sales Manager

/dvg

* Many members of our audience crave a different theatre experience. They are eager for serious, cutting-edge plays that stimulate thought, conversation, even controversy. This is Studio Too! Provocative, innovative, adventurous.....and definitely just for adults.

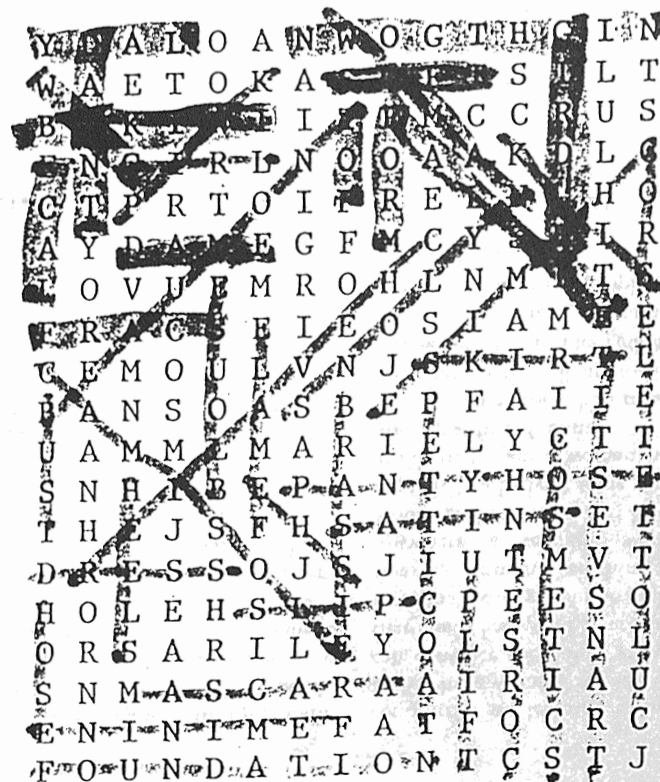


"Well, look at it this way, if your wife doesn't like it you can always keep it."

TRANSVERSIA

1997 Month's Answers
WORD SEARCH PUZZLE

by Janet 16-M-1



Sharon's Space



The Engineer Returns...

(But only for the moment...)

*The very act of observing
disturbs the system."*

W. Heisenberg

As I'm sure you'll all remember, Herr Heisenberg is responsible for perpetrating the Heisenberg Uncertainty Principle ($dP=h/dX$), which, in English, says that it is impossible to simultaneously know both the position and momentum of a particle, since to measure one property will alter the other. Take my word for it.

The Engineer departs.
Places to go, people to be...

Believe it or not, the opening quote came from *The Little Zen Calendar*, not a physics textbook. Physics textbooks aren't usually big on people-oriented

things like quotations anyway.

So what does this have to do with crossdressing? Or anything else macroscopic, for that matter?

Last night, I was watching a TV videotape (yes, it really *was* a TV on videotape. Maybe next month it will be available on CD, but that's getting much less punny than it used to be...)

Anyway, the videotape was *LadyLike Deportment*, with Paula Sinclair. (This video is now in the Beta Gamma library, along with *Speaking as a Woman*, and *What is Femininity?* both with Alison Laing. Ed.)

Ms. Sinclair talks about some basic issues at the beginning of the tape, including a discussion of the question of *Passing* versus *Acceptance*.

Of course, nearly all CDs would like to be able to *Pass* as women in public, but, alas, this is not to be. Many of us *can* *Pass*, but many more of us cannot, and probably never will *Pass*, without cosmetic surgery on the order of a full body transplant.

Let's back up for a minute. Why do we need to *Pass*? The answer, of course, is so that we can go out in public while dressed. Ms. Sinclair's point is, *It is not necessary to Pass* in order to dress in public! Any of us can put on our most appropriate dress for a given social situation, match it with proper lingerie, shoes, makeup, and wig (and assistance is available if you don't know how to do this — just ask your Big Sister) and just *Do It*. Just *Do It*. Just *Go Out*. It is not illegal. You will not be arrested for dressing.

But wait. This isn't enough. You think, "I don't want to be embarrassed. I don't want people to think there is something *wrong* with me. I want to be *Accepted*."

That is the key. *Acceptance*. Not *Passing*, but *Acceptance*. How do I get that?

Back to the video. Ms. Sinclair makes a very important point during her presentation. It is *not* important for people to accept you as a *woman* when you are out and dressed. It is important for people to accept you as a *Lady*.

The difference is rather interesting. People are men, and people are women. People are also longshoremen, or construction workers, or secretaries, etc. Some people are perceived by the general public as *Ladies*. Some Drill Sergeants perceive new Marine recruits as *Ladies*. (Well, if a Marine can be a Lady, I guess it's OK if I'm one too...) It doesn't matter if they are biologically men or women. Being a Lady is something quite different, and it is a function of what you are wearing, how you behave, the appropriateness of your hair, makeup, accessories, comportment, and where you are. Ladies don't go to biker bars. Ladies are fashionable. Ladies act like Ladies. If you look like a duck, walk like a duck, and quack like a duck, most people will accept that you are a duck. You will be *Accepted* as a duck unless you do something to convince others that you are not a duck.

So, again, what is the point? If you go to places frequented by

Ladies, if you dress and act like a Lady, you will most likely be *Accepted* as a Lady. People may be fully aware that you are a biological male, but they will *Accept* you as a *Lady*. To do otherwise requires some effort on their part to show that you are not what you present yourself to be, and most people are really too lazy to bother, especially if you are doing a really good job yourself.

However, this may create problems for some crossdressers. Guilt. *Shame*. "I'm not a Lady. I'm a guy! I really like dressing like this, but it's not really *Me*! I'm not a Lady!"

Well, Guys *can* be Ladies. *There is nothing Shameful about being a Lady!* After all, women do it all the time. Well, most of them, anyway. Remember, Guilt and Shame are acquired from others, neither is something that is part of the real you. You are who *you* make yourself to be. Guilt and Shame are a paint that some will try to apply to you against your will. You do NOT have to accept either as a part of yourself. Some people will say, "Hey, great! I really like you!" Others may say, "Yuck! I'd never do that!" *It doesn't matter!* It **REALLY DOESN'T!** You are who you are. Who you are comes from you and *you alone*.

Personally, I enjoy being a Lady. I go out in public, dressed and behaving (I hope) as a Lady. I want to be *Accepted* as a Lady. If some people happen to think I am a woman, I can enjoy that too, but I usually find it to be rather amusing. It is not my goal to be

accepted as a woman. I just want to be *Accepted*, and it is much easier to be *Accepted* as a Lady than to be accepted as a woman. (Well, at least for most men.)

So what about Herr Heisenberg? Was he a crossdresser? If so, he was probably uncertain about it. If anybody has any information on that question, let me know. On a related subject, I just read somewhere on the Internet that Walt Disney was supposed to be a CD. (Walt and Snow White... or Sleeping Beauty... or Cinderella... They all DID look pretty much alike... hmmm... But then, how does *Lady and the Tramp* fit in? The implications are fascinating...)

Anyway, back to Heisenberg. Lots of CDs go out and assume that they *Pass* because nobody reacts negatively. That's fine, but are they really *Passing*? To paraphrase Heisenberg, can one go out dressed as a woman and really *know* that one is *Passing*? I know where I *am*, but am I *Passing*? The only way to *know* if I am *Passing* or just being *Accepted* is to ASK someone. The measurement has now interfered with the actual situation. Before asking, I didn't know if I was *Passing* or just being *Accepted*. Now, by the very act of asking someone if I am *Passing*, I no longer am!

It no longer matters which, since it turns out that there is no way I can ever really know what actually *was* happening! This means, as long as I am *Accepted* (as a Lady), it doesn't matter if I am *Passing* or not!

So what do I do? Obviously,

concentrate on learning to be a Lady. Not a woman. A Lady. If I can convince the public at large that I *am* a Lady, and be accepted as such, I can go out in public wearing women's clothing, go anywhere a sensible woman would go by herself, and be *Accepted*. As a Lady. If some people think that I am a woman, well, that's just fine. A bonus.

Someone wiser than most of us summed this all up with the following: "You can fool *all* of the people *some* of the time, and you can fool *some* of the people *all* of the time."

"But you can't fool *all* of the people *all* of the time."

Fortunately for most of us, it really isn't necessary to fool *any* of the people *any* of the time.

Whew! That sure makes things a lot simpler. ☺



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