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August 2001

Buffalo Belles

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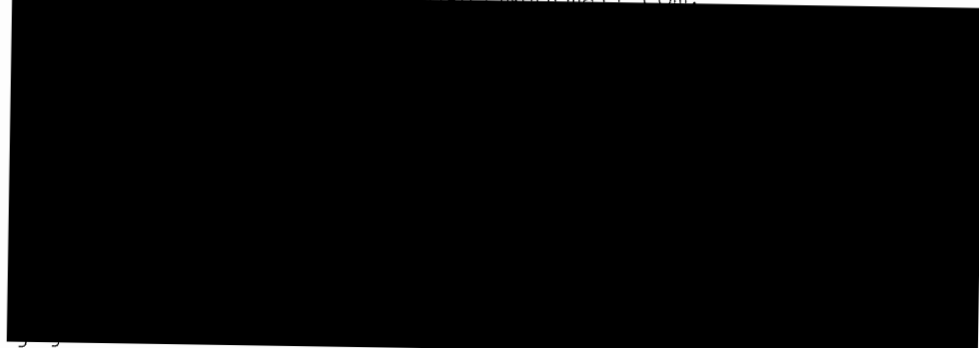
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← Prev 32 of 40 Next →

Subj: This is the August Newsletter
 Date: Sun, 5 Aug 2001 8:55:36 PM Eastern Daylight Time
 From: KATHYLORR
 To: [redacted]



Include original text in Reply.



Reply



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Forward



Address Book

Dear Members,

This is it for this month. I'm so hot and tired when I get home from work to spend anytime in my office trying to put something together. This rear bedroom on the driveway side (for those who know my home) used to be fairly cool but this spring my neighbor had one of his big Maple trees cut down to get more sunshine on his lawn. It may have worked, but it took away my shade and now this room is like an oven in the evening.

We had a good turnout for last month's meeting. Showing up were Janice G., Patti J., Kathy L., Colleen R., Gina A., Susan R., Kendra K., Tina M., Victoria C., Jana F., Ann Z., Catherine B., Denise P., Mchelle F., Susan D., Cleo, Terri & Sue, Trissa J., and making her debut Synthea.

There was a good discussion going on when Patti & I arrived around 8pm about the issues that were brought up last month regarding who would do what. What the outcome of the discussion was is a mystery to me, as nobody wrote it up or told me who is going to do what, if anything. The gist I got was nobody really said they'd do anything, but more would try to do things as they saw the need. Now that was my impression, and maybe is totally off base. The only two things that I do know were committed too was that Tina would collect the meeting fees and that Jana expressed a desire to take over the newsletter in the next few months. Hopefully we can find a time for our schedules to not be in conflict so I can help her get up and running with it by next month. Do remember that we have the second Saturday "booked" with the church through December, if there is no further newsletters after this one. What happens after that is up to YOU and Janice who has the balance of our \$.

Our next meeting is next Saturday, the 11th. One thing that must be done at the meeting is to move our storage cabinet and its contents down to the basement. Hopefully someone will remember this and take it upon themselves to

piecemeal, issues of gender identity, like whether a male employee can be fired for wearing a dress.

"This court looked at the whole thing and said that gender identity of every sort is protected against discrimination," said Mr. Coles, whose group has offered to join in the law suit. "It said in effect that everything from being a little too masculine if you are a woman, to being a little too feminine if you are a man, to someone's actually physically changing their gender, is protected against discrimination."

The court reversed a decision by a Superior Court judge in Camden that had dismissed a lawsuit by Dr. Carla Enriquez, born Carlos Enriquez, against West Jersey Health Systems, which ran the West Jersey Center for Behavior, Learning and Attention. That center, whose location was not disclosed in court papers, fired Dr. Enriquez as its medical director in October of 1997 after learning of the doctors plans to undergo surgery to become a woman.

The Superior Court judge, E. Stevenson Fluharty, found that transsexualism was not a recognized mental or physical disability, and noted that Dr. Enriquez did not face discrimination as a gay person. Therefore, the judge said, she was not entitled to protection under state bias laws, which say it is unlawful for an employer to dismiss someone based on the person's sex or "affectional or sexual orientation."

The appellate court disagreed; it ruled that Dr. Enriquez's condition, known as Gender Dysphoria, was a handicap covered by state law, and ordered the case back to Superior Court.

Calls to Dr. Enriquez's lawyer were not returned. A spokeswoman for Virtua Health, a nonprofit health system that now owns West Jersey Health Systems, would not comment on the ruling. Virtua was created two years ago when West Jersey merged with Memorial Hospital of Burlington County.

According to court papers, Dr. Enriquez was in the private practice of general and developmental pediatrics from 1974 to 1995. As Carlos Enriquez, he was hired in November 1995 as medical director for the West Jersey clinic. Less than a year later, he began preparations for a sex change, including shaving his beard and growing breasts.

Dr. Enriquez contends that in early 1997, executives of West Jersey, including John Cossa, the vice president, expressed their discomfort with the changes and that Mr. Cossa said, "Stop all this and go back to your previous appearance." That October, Mr. Cossa gave Dr. Enriquez a letter of dismissal.

The doctor, who had a sex change operation in 1998 is also suing for breach of contract and interference with economic opportunity.

Wish to loose some weight? Some common foods and what the damages are:

1. One 15-ounce bag of potato chips = 1 cup of oil
2. One 12-ounce can of Coke = 10 teaspoons of sugar
3. 1 medium movie popcorn (11 cups) with "butter topping" = 8 potatoes
4. 1 McDonalds Big Mac and large fries = 1 cup of Crisco.
5. 1 pint of Vanilla Haagen-Dazs ice cream = 2/3 stick of butter
6. One 12 oz. cafe mocha = 1 Taco Bell soft taco
7. 1 Bagel with Cream Cheese = 2 1/2 slices of pepperoni pizza

Its true -- no one really wants to know what hot dogs are made of. But there are food facts that we should know, even if we dont necessarily want to. For better or worse, these truths will make you think about what youre really



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← Prev 5 of 8 Next →

Subj: August part 2
 Date: Sun, 5 Aug 2001 8:55:56 PM Eastern Daylight Time
 From: KATHYLORR
 To: [Redacted]

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Address Book

New York Times 7-4-01

New Jersey Appeals Court Bars Firing of Transsexual

By Maria Newman

A New Jersey appeals court said yesterday that transsexuals were protected by state laws against discrimination, as it ruled in the case of a doctor who was fired after he began dressing as a woman in preparation for a sex change.

A three-judge panel of the state's appellate division ruled that the doctor, who is now a woman, could sue her former employer, a south Jersey clinic, for wrongful termination under the states bias laws.

"It is incomprehensible to us that our Legislature would ban discrimination against heterosexual men and women, against homosexual men and women, and others, but would condone discrimination against men or women who seek to change their anatomical sex," the judges wrote in a lengthy decision.

Civil rights advocates called the decision significant because it broadened the definition of the characteristics or conditions protected by laws that bar discrimination based on sex.

Matt Coles, director of the lesbian and gay rights project for the American Civil Liberties Union, said many courts around the country had addressed,

eating when you decide to have the extra sprinkles on top, fries with that or a la mode. Were not saying dont eat these goodies, were just recommending that you think about whats in themand how much of them you really want.

Thoughts, hints, opinions, ideas, etc., on being transgendered
Jane's Journey
By Jane Fleming

There are times when I find myself able to think consecutively. This is not one of them. So what follows will be some random thoughts and observations.

There are many factors involved when one decides to transition, not the least of which is the decision itself. In my late teens and early twenties I came to the decision that it would not be practical for me to try to live as a woman. I was too tall, too wide, too hairy, too deep-voiced, too masculine looking, etc. etc. And a few forays across the line in subsequent years, when I was consistently read, reinforced that decision. When I considered going out again thereafter, my late wife would say, "We tried that and it didn't work."

It was many years later that I found that it could in fact work. Electrolysis and hormones helped. Without the work I've done on the voice I never would have had the nerve to try to function in society. And I think that aging overall brings with it some benefit. Younger women are scrutinized as sex fodder by men and as competition by women; at age fifty, people don't seem to pay me a whole lot of attention. But perhaps most important was my inner perspective. A friend who has known about my gender quandary for decades said succinctly, "Back then you were out playing Jane. Now you're out being Jane."

We've heard so much advice as to how important our attitude is when we're interacting with the world. Experience bears witness to that. It seems to be a fact that if I question who I am, others will as well

In prior years, if I went into a store as a man I'd be focused on what I was there to buy - not on whether I was being 'read' or on what I might be wearing. I was un self-conscious, in other words. Eventually that un self-consciousness began to happen as a woman for periods of time. It was eye-opening to me in my period of part-time living to find patches of time - a few hours, perhaps - when I would be totally unaware of anything incongruous about myself and what I was doing. Then on occasion things would be going swimmingly until I would 'wake up' to my situation - "My God, am I really doing this?". At that point it was helpful to remind myself consciously: "This is just who you are now. You're not trying to fool anyone."

At that time I developed my own sense and definition of 'passing'. This is basically an attitude of: "I would prefer that people assume I'm a genetic woman, but I can never know what anybody really thinks about me unless he says something. As long as I can lead my life how and as who I want to without conflict, I consider that I'm passing adequately." I realized that some people were bound to have doubts. And the most effective counter to those doubts would be my own certainty. Much as I dislike expressing it this way, in some ways the juxtaposition of doubt and certainty is almost akin to a psychic game of 'chicken' - except that instead of cars heading at each other, it may be attitudes. And my certainty that "this is who I am" will prevail over any others' doubts.

That psychic shield faltered most dramatically one night about half past midnight in a redneck bar in Elkridge, Maryland. I knew from the pickup trucks parked outside that I was pushing the envelope, but I'd had a long cross-country flight, the town was rolled up tight, and I wanted a bedtime beer. A drunk slurring his words wandered over to my table and asked me several times whether I was male or female. I kept replying 'female' to his persistent questioning, finally asked what he was, and he went muttering back to his table. (Geez - I wasn't even dressed like a hooker !) I had a funeral to go to that morning, and the evening had lost its charm, so it seemed time for a dignified exit. Obviously, I wouldn't recommend putting oneself in such a situation. But even though it was not at all elegantly played out, I felt that my inner certainty kept the situation from getting ugly.

The phrase "Real Life Test" grates on me in a way. Yet I constructed my own - not to satisfy a therapist, but to test for myself whether I could satisfactorily live as a woman. During a period of several months I went into male mode for a few days a month to let the face grow out enough for electrolysis. But I saved all other interactions with the world for the days when I could do them en femme. Needless to say, being unemployed at the time made it much easier to do this.

This test period settled my doubts before I committed to living full time. It really was an experiment, as I did not know what to expect. I likely would not have had the courage to proceed if I had discovered that the quality of my life would have been unbearable - if I had been greeted by peasants bearing torches and pitchforks from every direction. But that turned out not to be the case.

I suppose that from a therapist's viewpoint the move to living full time would be considered when I entered RLT. But to me it was just RL - Real Life. It was not a decision or a change enacted in order to qualify for surgery, but just to be living as the person I was comfortable being.

Transition is really a process, not a goal. The poet e.e. cummings wrote a verse that began: "dying is fine) but death.." That sentiment was also phrased by Bob Dylan as "he not busy being born is busy dying."

A piece of music is played outside of time. If the goal were to get to the last note of a symphony, the greatest conductor would be the one whose orchestra played the fastest. Meaning is in the moment, in the movement - not focused on a goal down the road.

With the way the Standards of Care are structured, the movement toward surgery is of necessity a progression involving certain steps and goals. But I think it is a mistake to fixate on that one event. Ultimately, the only thing cured by SRS is the absence of a vagina. And after that is dealt with, we still have all the challenges of the rest of mankind: old age, sickness, death, loneliness, lack of meaning, emptiness, etc.

So it disturbed me the other day to hear a pre-op friend say how she's looking forward to getting through SRS "so I can get on with my life." Because so much of the life that is to be got on with then is also now.

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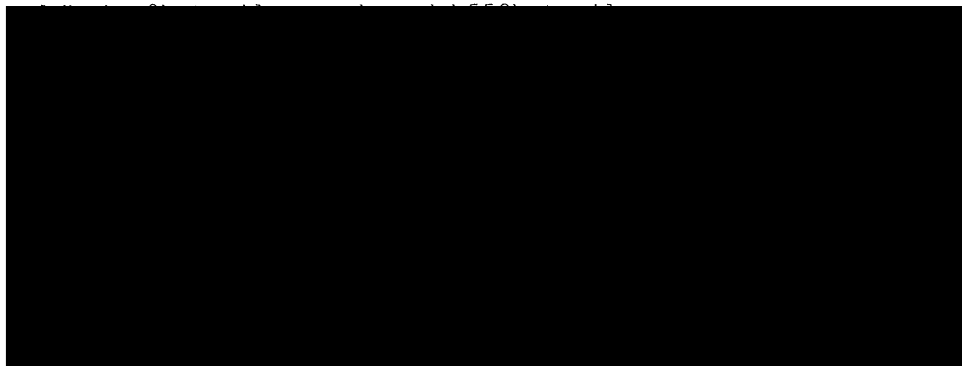
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Subj: part3
 Date: Sun, 5 Aug 2001 8:56:14 PM Eastern Daylight Time
 From: KATHYLORR
 To:



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Address Book

This was sent to me by a female friend. It contains a truth about self image that 'all' women struggle with. I thought I would share it.

Beautiful Women

- Age 3: She looks at herself and sees a Queen.
- Age 8: She looks at herself and sees Cinderella.
- Age 15: She looks at herself and sees an Ugly Sister (Mom, I can't go to school looking like this!)
- Age 20: She looks at herself and sees "too fat/too thin, too short/too tall, too straight/too curly"- but decides she's going out anyway.
- Age 30: She looks at herself and sees "too fat/too thin, too short/too tall, too straight/too curly"-but decides she doesn't have time to fix it so she's going out anyway.
- Age 40: She looks at herself and sees "too fat/too thin, too short/too tall, too straight/too curly"-but says, "At least, I am 'clean'and goes out anyway.
- Age 50: She looks at herself and sees "I am" and goes wherever she wants to go.
- Age 60: She looks at herself and reminds herself of all the people who can't even see themselves in the mirror anymore. Goes out and conquers the world.

Age 70: She looks at herself & sees wisdom, laughter and ability, goes out and enjoys life.

Age 80: Doesn't bother to look. Just puts on a purple hat and goes out to have fun with the world.

Maybe we should all grab that purple hat earlier.

My Valentine's Day Ordeal

Conclusion

For those of you that have been following my story, I thought you would like to know what ever happened to the guy that hit me. He was sentenced on July 2 and got 30 days in jail, lost his license for one year, has to attend sever alcohol counseling, and is on probation for 3 years. I feel that this is as just a sentence as I could hope for. I hope it does some good and he learns from it. I sure don't want to here on the news in a year that he killed somone in another accident! I was disappointed I didn't get the \$100,000 I asked for. (just kidding) I hope he does have my address so he can send me that box of chocolates I wanted, next year.

Tina Marie

PEP Buffalo is still here!

Not only has the Belles been going thru a change, but PEP Buffalo has also. Why does everything always happen at once?

PEP Buffalo was lead by Mistress Kali. She has now moved to Las Vegas. PEP Buffalo held it's meetings at Comptons on Niagara St. Comptons is now a "Latino" Bar called ??????. So we lost our home and our "Mistress"

We are coping with the changes and we will continue. The "Board of Directors" has taken over the duties of keeping PEP Buffalo going. We have a new home which is 3 doors south from the old Comptons. It was a neglected store room, but with only 10 days until our next meeting, we got it into shape. (Me and 2 others. I almost lived there for the 10 days, putting in 60 hours!) The address is 1233 Niagara for those that care to check us out. Our next meeting is on August 4th and starts at 8:00. The September meeting is on the 8th.

I have also stared on a new PEP Buffalo web site which will have all the meeting info; along with other information. I hope to have it up before this letter comes out and if I do the web address will be here-
<http://www.geocities.com/pepbuffalo1/index.html>

I know PEP isn't for everyone, but I do know that there are some Belles girls that would like to know that we are still alive. Hope to see you there!

Tina Marie

Really think about this.
How does it apply to your life and career?

This isn't like other quizzes....don't bother getting a pen and paper...just read...

1. Name the five wealthiest people in the world.
2. Name the last five Heisman trophy winners.
3. Name the last five winners of the Miss America contest.
4. Name ten people who have won the Nobel or Pulitzer prize.
5. Name the last half dozen Academy Award winners for Best Actor and Actress.
6. Name the last decade's worth of World Series Winners.

How did you do?

The point is, none of us remembers the headliners of yesterday.

These are no second-rate achievers.
They're the best in their fields.
But the applause dies. Awards tarnish.
Achievements are forgotten.
Accolades and certificates are buried with their owners.

Now here's another quiz. See how you do on this one:

1. Name three teachers who aided your journey through school.
2. Name three friends who have helped you through a difficult time.
3. Name five people who have taught you something worth while.
4. Think of a few people who have made you feel appreciated and special.
5. Think of five people you enjoy spending time with.

3. Name six people whose stories have inspired you.

Easier?

The lesson?

The people who make a difference in your life aren't the ones with the most credentials, the most money, or the most awards. They're the ones who care.

=====

There are two primary choices in life: to accept conditions as they exist, or accept the responsibility for changing them.

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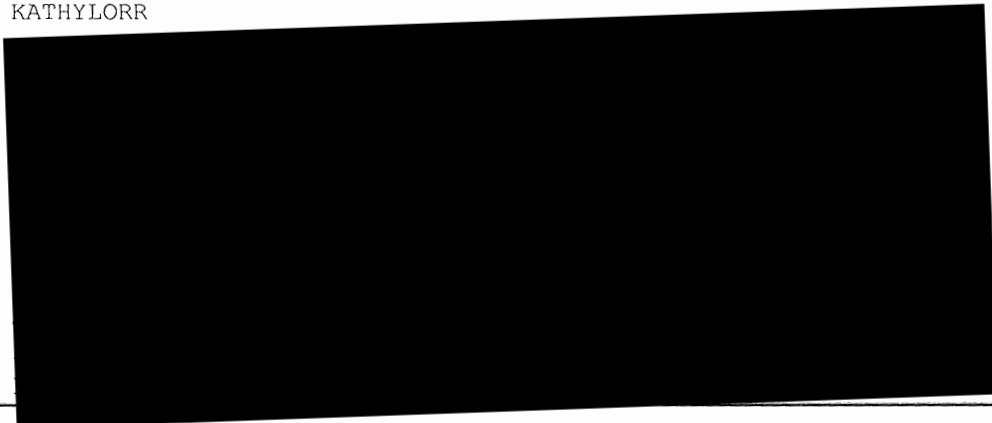
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Address Book

Rights panel hears complaints of bias against homosexuals and transsexuals

By ANTHONY CARDINALE
 News Staff Reporter
 7/19/01

Homosexuals and transsexuals described the bias they said they have had to endure, during a hearing Wednesday before the Buffalo Commission on Citizens Rights and Community Relations.

It was the first of nine sessions planned during a summer "listening tour" by the commission, which will set priorities and make recommendations to city departments and community organizations.

Tim Moran, treasurer of the Western New York Gay and Lesbian Network, described uneven protection under the law during his remarks to commissioners and 20 residents in the Unitarian Universalist Church at Elmwood Avenue and West Ferry Street.

Police often harass gay men loitering in public parks, even setting up sting operations, in order to chalk up easy arrests and convictions, said Moran, who publishes the homosexual newspaper Outcome.

In addition, Moran said, patrons leaving gay bars at night are easy targets for robbers, who perceive gays as unresisting victims who also are afraid to prosecute them in a public courtroom.

"Many gays are afraid of their names' being published," he said, "even though they are not ashamed of who and what they are."

Transsexuals Andy Miller, who was born a woman, and Camille Hopkins, who was born a man, described harassment and discrimination and asked for a local ordinance banning discrimination in employment and housing.

Bruce Kogan of the New York State Victims Board said he has generally found prosecutors in Erie and Niagara counties "good to work with" when dealing with cases involving homosexuals and transsexuals.

"My job is to examine police reports," said Kogan, who said he is gay. "I see police work ranging from the superlative to the abysmal."

Kogan decried the case of an Arab-American gay man who was kidnapped and sexually abused, then dropped off near a gay bar. When he called the police from the bar, Kogan said, they came but insinuated that he was a homosexual prostitute.

"No arrest was made," he said. "He went to the hospital to be checked out. But he didn't follow up with a complaint to the Police Department" about the officers' dismissal of his story.

Marvin Lee Henchbarger, acting executive director of Gay and Lesbian Youth Services, said that most of the youths she works with are from 16 to 19 years old and that "if 5 percent of them have support and acceptance at home, it would surprise me."

As a lesbian, she said, she does not personally suffer much bias, because she has long been open about it. But 1 in 3 youths who commit suicide are gay or transsexuals, she said, and "anything you can do to help them be accepted can save a kid's life."

Henchbarger said that if she had the staff, she would train "mediators" to help such youths.

Sandra Mobley-Terry, *chairwoman of the commission*, thanked them for their frank comments.

Educational issues in Buffalo will be addressed in 6 p.m. hearings Aug. 21 in Central Park Presbyterian Church, 15 Jewett Parkway; Aug. 22 in the Langston Hughes Center, 25 High St.; Aug. 23 in the Holy Cross Church hall, 412 Niagara St.; and Aug. 24 in the Boys & Girls Club, 282 Babcock St.

Police misconduct will be discussed Sept. 10, Holy Cross; Sept. 11, Langston Hughes; Sept. 12, Central Park Presbyterian; and Sept. 13, Seneca-Babcock Community Center, 1168 Seneca St.

Subject: de-port-ment

de-port-ment [di páwrtmnt] noun
style of moving: the way that you stand, sit, or move, especially whether you

have a straight back, move smoothly, and carry yourself well (formal)
[Early 17th century. From French *déportement* , from Old French *deporter*

POSTURE

=====

The secret of good posture is very simple. Imagine a rucksack extending from the shoulders to the buttocks, pulling you back, throwing your chest forward, pulling in the stomach muscles and tightening the muscles of your bottom. Arms should be held loosely behind the side seams of the skirt. The hip or pelvic bones should be on an imaginary upward tilt. This is the foundation on which you can build the habit of good deportment.

WALKING

=====

Practice walking in high heels by laying a piece of tape on the floor in a straight line.

Starting with the right foot, place the heel on the line and the toe slightly off the line. When taking a step forward, peel the back foot, the ankle passing the front leg's instep while the knee is bent. When it becomes the front leg the knee straightens and the foot is gently placed on the straight line as before with the heel on the line. Walk head high, chin parallel to the floor, legs together, arms relaxed and fingers curled to the sides.

A natural female walk can help your passability and compensate for flaws in your appearance. Either walking in an overly effeminate manner, or in a stiff male walk, will make people stare at you and increase your chances of being read. How do you develop a natural female walk? Practice. Unlearning your male walk and developing a female walk may take some time. Females have had all their lives to be socialized in acting feminine, so by the time they're adults

it comes naturally to them. That's what you want to strive for -- a naturalness that you don't have to think about.

Now, what is the essence of the female walk? The best way to find out is to find a place where there are a lots of people and observe how women walk. How her arms and legs move. How she carries herself. How she holds her head. Your goal is not to invent a totally new walk, this will look unnatural, but to integrate a feminine style into your own natural gait.

Women have naturally looser bodies. This is probably due somewhat to less muscle mass than males, but also to evolution. Females, being the child bearers, need a more flexible body to accommodate the changes that her body goes through during pregnancy and childbirth. They let their arms swing looser at their sides and their arms flex more from the elbows. Women's forearms are connected at their elbows at a more obtuse angle than males, so they swing farther out and don't hit their wider hips when walking. You can accomplish this by putting your arms down at your sides and rotating your hands 90 degrees away from your body so your forearms face forward. This will allow your forearms to swing out in the more female manner. Curl your fingers up into your palms when you walk.

When standing still, and sometimes when walking, women tend to hold their arms above their waistline. This is the typical female way of holding one's arms and is the main difference in how men and women hold their arms. However, this can look too effeminate if you walk all the time with your arms above your waist. So don't do it all the time. If you carry a purse, try holding the arm on the side you carry your purse above the waist, your hand holding the strap and letting the other arm swing free. Allow your arms to swing freer from where they join your shoulders and at the elbows. Also, let your wrists be looser and flex more while walking.

Don't continually look down at the ground or obviously avoid looking at people. This will help get you read since people will sense there's something you feel uneasy about. The purpose of passing is not to do anything that would cause someone to pause and take second looks at you. Unless, of course,

you're
attractive and in that case it's a compliment!

Males usually have larger and more muscular shoulders than women, but there is something you can do to minimize them. Men generally hunch their shoulders forward, probably to emphasize their musculature and as a sign of aggressiveness. Women, on the other hand, tend to draw their shoulders back, probably to emphasize their breasts. Stand in front of a mirror and hunch your shoulders forward, then back. They will look noticeably smaller pulled back. This will also help your arms swing in a more female manner.

Females have wider pelvises and a higher fat distribution on their hips than males. This gives them the characteristic feminine swaying hips that is so attractive. Males generally have smaller hips and less fat in this area. Taking hormones will tend to encourage a more female fat distribution on your hips and thighs or you can wear padding, if you want. You want to give yourself the loose, swaying motion of the hips without looking put on, which is a sure give-away. Female's legs swing looser from the knees. Walking in the classic female gait of putting one foot in front of the other will move your hips more. But, again, don't over do it. You want to find a compromise between the stiffer male walk and being overly effeminate. Practice in front of a mirror and find a gait that is feminine, but not overly effeminate.

Women tend to slightly bob or nod their heads from the chin when walking, whereas men hold their heads stiffer with the straight-back, stiff-necked military posture being the extreme.

Men are socialized to be aggressive and it shows in their walk. They tend to lean forward when they walk, probably in an attempt to get where their going faster and push their way through crowds. Females are socialized for unaggressiveness and will tend to yield and hesitate more when walking. Don't stride out in your masculine, aggressive gait. You're a woman. Hesitate more. Yield to people coming towards you. Don't be meek, but be polite and yielding.

Keep your shoulders back, don't lean forward and walk loose and natural. Don't look down a lot and don't avoid looking at people. Glance at people's faces. If they look back you can gage by his or her expression how they're

reading you.
And smile. Nobody likes looking at a grump whether your a man or a woman. Women and men smile differently, too. Men tend to have the classic wide, showing a lot of teeth, nice-to-meet-you businessman smile. Women, on the other had, tend to smile more with their lips closed or just part of their teeth showing. Especially when meeting strangers. Also, the sides of their mouth's are more upturned. Observe how women smile, in magazines and real life. Practice in a mirror until you see a woman smiling back at you.

THE MECHANICS OF WALKING

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An ungainly gait can spoil an otherwise gorgeous girl's impact... so if you waddle, weave, shuffle, mince, march, bob, or strut, learn to glide with queenly grace! Here's how:

A graceful walk is actually good posture in motion; the traditional training method is to practice with a book on your head. Now, balancing a book (or anything else) on top of your head forces your body into proper alignment - and that is the foundation of both good posture and an attractive walk! Here's how your body should shape up when alignment is correct: rib cage vertical, not tilted forward or backward... pelvis straight (if you had a tail, it would hang straight down, not tucked under between your legs !)... knees and feet pointing straight ahead. A plumb line would fall just in front of ankle bone, just behind kneecap, through center of hip joint and middle of waist, shoulder, ear lobe. (If you'd like to check yourself out, you can hang a tape measure down a full-length mirror and see.)

When you walk, your footprints should look like this: Feet are turned out just the tiniest bit and placed in almost a straight line-only an inch or two apart. The length of your stride is determined by how tall you are and how long your legs are. (Average stride is about one foot for women.) If you are long-legged and take small strides, your walk may be of the mincing variety... like a goose, it looks silly! Conversely, if you're petite and have a long stride, you may look like a drill sergeant pompously marching along, and you need to

shorten your stride a bit. In doubt about your footprint pattern? Try walking barefoot in wet sand.

How your body's weight is distributed when you stand or walk is vital. The Mensendieck method of body mechanics advocates training muscles to automatically maintain the "balanced standing position": Weight is not on heels, but on the "inner margin ball" of the foot, just behind the big toe.

Place your feet in a parallel position, tighten buttocks and inner thigh muscles, lower the shoulder blades and stretch the spine, pulling your head back and up (never let your head poke forward like a turtle). There! That's the balanced standing position, and, once in it, your figure will look its very best! Now, relax a bit (but keep your weight on the inner margin ball of your feet), and start walking slowly. Swing legs from the hip socket (without twitching derriere at every step!) and keep your body aligned: shoulders level, head up and back, shoulder blades lowered, rib cage vertical. With each step, your heel hits the ground first... then weight instantly rolls forward along the outside edge of foot onto the big toe - with which you push off for the next step. This shift of weight is done smoothly, with a continuous, fluid motion.

Now that you know what to do, here are some don'ts: Don't toe in or toe out... shift hips from side to side... take giant strides or tiny baby steps... lead with your head... swing your shoulders... bob up and down.

That's all there is to it! Happy walking,... You never looked better!

HAND GESTURES

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One of things you will want to do when looking at your fingernails. Whether you pressed them on, had them professionally done, or painted them yourself; you will want to extend your fingers wide and hold your palm out. Men tend to curl their fingers and bring them close to their face. Women will extend their fingers with their palm out and admire them from afar.

Another mannerism you will want to get used to is when you go to adjust your hair to pull it way from your checks or eyes. Don't curl your fingers up and

stroke the hair away. Instead, extend your fingers, this time holding them together, and flip it with the back of your finger-nails and fingers. A little head motion is also helpful. Flipping hair is one way to subtly flirt a little as well.

Whenever you are clutching something or making a fist for any reason don't curl your fingers under. Let the pads of your finger tips touch your palm instead so that you can see the nails very clearly. Sometimes when you are walking swiftly you may hold your arm straight down with your hand in this fist position. The goal is to help reduce the amount of jiggle in your breasts. If you are wearing silicone breast forms or if you have your own breasts you know what I'm talking about.

If you are sitting at a table and want to lean your chin on your hand try the following. Place your elbow on the table extending your arm up vertically and let your hand relax. Rest your chin on top of the back of your hand. Or by extending your thumb and first finger out. Place your other three fingers in the fist position described above and place your chin in the L formed by the two fingers such that your finger extends up by your cheek.

SITTING

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The key to sitting is to remember to keep your thighs together. I don't know how many groups I've been to and social events where people are sitting with their legs spread apart. If you have larger thighs you might try crossing your legs at the ankles. If you can manage, cross your legs so both extend down one over the other.

Before sitting down. A woman will always look at the seat of the chair before she sits. If there is anything there she will remove it. Back up to the chair until you feel it with the back of your legs. Sit down and brush your skirt from behind to make sure it all comes forward. I like to sit sort of diagonal. I will cross my legs at the ankle and touch the right side of my right calf with the side of the chair or couch. I will then turn my torso a little to the left.

Your mom always told you to sit up straight. Now is the time to be very conscious of that. If you are fairly masculine and a little heavy you will have a small belly and the more you slouch the more it shows it off. The more you stretch and sit up the more lean and self confident you will look.

Fold your hands in your lap always extending your nails when possible. Try to relax and feel natural.

EATING

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A woman must never appear gross, indelicate or inconsiderate at the table. A healthy appetite is itself desirable but greed and speed are not feminine attributes. Conduct yourself with a minimum of aggression and at all times be considerate of your partners when dining. Always hold the cup by the handle with the fingers arranged gracefully. Take care when drinking from tumblers or large glasses not to pour liquid down your throat. Do not overload the fork or spoon and do not leave lipstick on cups, glasses or napkins.

TRAVELING

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Entering or leaving a car requires particular care. Never put your legs in first and then swing in your body. Always seat yourself and then gently swing your legs, knees and ankle together, adjusting your skirt or dress over the knees. To exit swing your feet and legs out of the car, holding knees together, followed by the head and body. The folds of ones dress should fall naturally into place.

LAST BUT NOT LEAST - ATTITUDE

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You have to appear self-confident. You have to love what you are doing and be excited that you are doing it. You have to be in "girl-mode" - if you are worried about getting read then that means you are a "guy in drag" and people will see you that way. You have to condition yourself so that you feel that this is something you do every day and this time is no big deal.

Just be happy, don't worry about any looks you get. Just say to yourself, "I look great and I'm getting the attention a girl should get for looking so good". If you come across with a positive attitude then even if you are read