

# HERLAND VOICE

April 2003

Volume 21, Number 4

## Wimmyn's Spirituality Workshop

**W**hat's unique about wimmyn's (or women's) spirituality? Come and enjoy an exploration of the topic, with a feminist slant, at 2 pm on Saturday, April 12, at Herland. Besides discussing our own spiritual journeys, we'll sample some spiritual practices, including prayer, meditation, chanting, journaling and movement. We'll share resources to continue the work and our own journeys. Whether your journey has included traditional church or synagogue, pagan covens, dabbling in Eastern religions, all of these, or none, your path will be honored. Experience will be part of the workshop, but participation will not be required for anything you're uncomfortable with.

Our workshop leader, Jonalu Johnstone has served as a Unitarian Universalist minister for 10 years, since graduating from Harvard Divinity School. Currently, she has relationships with both the First Unitarian Church of Oklahoma City and the Channing Unitarian Universalist Church in Edmond. From her Southern Baptist background, she brings the understanding that God is Love. From her pagan training, she holds Mother Earth as sacred. From her Unitarian Universalist convictions, she believes that truth can be found in every religion (and so can the trickster!).

## Two-Spirit Group

**T**he next Two-Spirit meeting for Native American lesbian, bisexual, or transgender women will be Thursday, April 24, at 6:30 pm at Herland. Meetings begin in a traditional manner with smudging and prayer. For additional information, call the OKC Two-Spirit Hotline at (405) 317-7283.

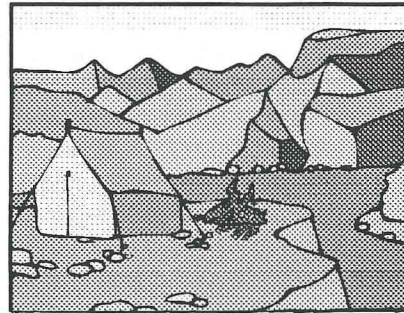
WEBSITE OF  
THE MONTH

[www.okpeace makers.org](http://www.okpeace makers.org)

## Herland Spring Retreat at Roman Nose State Park

**May 16-18 at Roman Nose State Park**

Come and enjoy a fun-filled weekend of food, workshops, outdoor and sporting activities at the Herland Spring Retreat. The band Iris will be the featured entertainment for the Saturday night concert at 8 pm. Iris features Cathy Cahill and Marci Patrick on guitars and vocals, Deb Mills on drums and vocals (and occasional guitar), and Sharlene on harmonica. Iris will have a guest bassist for this concert, Terri Hoersch, formerly of Miss Brown to You. The best way to describe Iris is -- Iris rocks! Playing hits from the 60s through the 00s, Iris pleases audiences from Oklahoma City to Eureka Springs. This is a band you can really dance to!



Retreat activities typically include workshops on Saturday morning and an afternoon open mic where everyone has a chance to share their talents. The Saturday evening potluck begins at 5:30 pm and usually features some true gastronomical delights.

The canyons of Roman Nose offer ample recreational opportunities. Hiking trails, horse-back riding, fishing, and a golf course are nearby in the park. Bicycling on and off road is wonderful at Roman Nose. If that's not enough, a group usually ventures into Watonga to check out the cheese factory tour and get samples.

Registration includes all retreat activities, Friday supper, Saturday and Sunday breakfasts, and bunk space in a cabin. Concert-only tickets are \$10 at the door. See page 5 for pre-registration form.

## Women's Voices in War Zones: A Writing Contest

Since Sept. 11, 2001 there has been constant public reference to concepts of terror, war, and security, but little debate about their meaning. And the voices of women and girls, both within the US and in the rest of the world, have been conspicuously absent from the discussion. To bring forward women's ideas on this subject, and enable them to be heard in the public arena, Women's WORLD, a global free speech network of feminist writers, is initiating a writing contest which will be co-sponsored by the US weekly, *The Nation*. The topic is Women's Voices in War Zones. All women are welcome to participate; age and citizenship are no barrier. Deadline for submissions is May 1, 2003. For details, please go to [www.world.org](http://www.world.org).

## Herland Supper Club

Saturday, April 12, 5:30 pm

at Jaramillo's

(in Shepherd Mall)

2401 NW 23rd Street

followed by

Bowling at 7:00 pm

at 66 Bowl,

3810 NW 39th

Join the Supper Club this month for some great Mexican food at Jaramillo's toward the North end of Shepherd Mall. Following dinner the group will go bowling at 66 Bowl. The cost is \$3/game or \$15/hour plus \$2.20 to rent those really cool bowling shoes. Meet at Herland at 5:15 pm if you wish to carpool to the restaurant and bowling.

## Womyn of Color Club

The group will have a pot luck at Jacqueline's house on Sunday, April 13, at 4 pm. For information or directions, call (405) 842-3464 or email [womynofcolor@gay.com](mailto:womynofcolor@gay.com)

## Herland Book Club

The Herland Book Club meets on the first Monday of every month. The next meeting on April 7th at 7 pm will be to discuss *Herland and the Yellow Wallpaper* by Charlotte Perkins Gilman. The selections for the following months are:

May - *Tipping the Velvet* by Sarah Waters

June - *A Woman's Reality*  
by Anne Wilson Schaef

July - *Woman on the Edge of Time*  
by Marge Piercy

August - *Zami: A New Spelling of My Name*  
by Audre Lorde

## Book Review

*Desert of the Heart* by Jane Rule  
Reviewed by RF

This book was a *dessert* of the heart for me. How about if I list the reasons rather than editorialize:

1. The romantic chemistry between the two characters.
2. Rambling writing style.
3. Philosophical observations on gambling and life.
4. Pointing out in painful detail some of the core dysfunctional conditioning of women.
5. The younger woman leading the older into freedom.
6. Each of the women finding themselves by losing themselves in the other.
7. An expression and understanding of loving the earth as a living persona.

There were many other things I liked about the book but I guess the main thing is that it's a book I will enjoy reading more than once.

## Herland Hiking Club

Join the Herland Hiking Group for its regular monthly outing to Martin Nature Park, 5000 W. Memorial, at 10 am on Saturday, April 12th. There is also an optional coffee gathering beforehand at Panera's, corner of Memorial & Meridian, at 9:30 am.



## A Big Thank You

Thanks very much to our own personal locksmith who donated her services to re-key the Herland locks for us. Thank you, Rita!

## Saint Sybil

**S**ybil Ludington, *Matron Saint of the Forgotten Woman*, is an occasional contributor to this space.

Dear St. Sybil,

The war has started now, so don't you think war protestors should just shut up and support their country? I hope you're with me on this, Sybil.

Yours angrily,  
Ima Paytriot

Dear Ima,

If your child were bullying another child at school, and one day your Little Precious fell upon the other one and started beating the dickens out of him, would you sit back and cheer Little Darling on, or would you try to make her stop? If you tried to make her stop, it wouldn't mean you loved her any less, would it? It would just mean that you wanted her to behave responsibly and decently.

At the rally for peace at Penn Square Mall last Saturday, amidst all the honking for peace, a passing call came from a pickup: "Support your country, you #\*@% #!s." And a protester replied softly to herself, "Sorry, I belong to the voting class and we believe the country is ours to *direct*, not to support." This was a little arrogant, but the point was well taken. This country is *yours*, Ima. You need to vote and inform yourself, and when necessary, protest. When did they stop teaching school children that patriotism is the last refuge of a scoundrel, and that "My country, right or wrong", is a stupid, wicked sentiment?

Signs seen at a peace march in Oklahoma City the Sunday after the war began, held on the sidelines by two pro-war supporters: 1) Our troops are in Iraq protecting your rights, including the right to protest, and 2) There's a word for what you're doing: Treason. As contradictory as the signs were, they both were absolutely wrong. Protest is intensely patriotic, and the US is not in Iraq protecting American rights. Iraq has neither attacked the US nor threatened to.

Ima, head on out to the Spiritual Walk for Peace next Sunday, and listen to the reflections from speakers of faith and conscience - in other words, give peace a chance. You might like what you hear.

Peace,  
Sybil

P.S. And here is what you might have heard last month, from Nathaniel Batchelder of the Peace House: What makes me so sad about this war is that it is just so very far from my vision of America's possibilities in the world. Some of you have heard me say that half of humanity -- that's 3 billion people -- survives on less than \$2 a day per person, without reliable access to safe water. And 20% of humanity -- that's 1.2 billion people -- survive on less than \$1 a day per person, without safe water, sanitation, basic literacy, basic health care - any real opportunity to develop their human potential. That is the backdrop of our lives, every day, even a year ago, and two years ago. Many people work to increase America's foreign aid support for programs helping impoverished people end their poverty -- not a hand-out, but a "hand-up" -- with programs for immunizations, vitamins, Microcredit Lending for Self-Employment, fighting infectious diseases like tuberculosis, AIDS and malaria. It just seems our nation is more focused on protecting "ours" than on helping others to get "theirs." The United States spends more in *two days* for military preparations than it spends for humanitarian assistance such as I mentioned in a *whole year*. America could be a world leader in human development. That could be our image to people everywhere. Our country and our flag could be symbols associated with building health clinics, schools, water treatment plants, railroads and other things that help people live better. That could be America's image in the world. And I think if that were the way America was perceived around the world, we wouldn't have to worry too much about terrorist attacks.

The Voice is published by: Herland Sister Resources, Inc. 2312 NW 39th, Oklahoma City, OK 73112. The Voice is offered as an open forum for community discourse. Articles reflect the opinions of the author and not necessarily those of Herland Sister Resources. Unsolicited articles and letters to the editor are welcomed and must be signed by the writer with full name and address. Upon request, letters or articles may be printed under a pseudonym or anonymously. Subscriptions to The Voice are free upon request although a donation is requested to meet publication and distribution costs.

## PFLAG-OKC

**A** newly-formed chapter of Parents, Friends, and Families of Lesbians and Gays (PFLAG) will hold monthly meetings at 7 pm on the third Thursday of every month at First Unitarian Church. The meetings will be a combination of support and education programs, and may occasionally include planning for advocacy events when necessary. The first meeting will be at 7 p.m. on Thursday, March 20. The church is located at 600 NW 13th Street, at the intersection of NW 13th Street and Dewey. Parking is available behind the church, on the street in front of the church, and across 13th Street.

PFLAG promotes the health and well-being of gay, lesbian, bisexual and transgender persons, their families and friends through support, to cope with an adverse society; education, to enlighten the public; and advocacy, to end discrimination and to secure equal civil rights. Parents, Families and Friends of Lesbians and Gays provides an opportunity for dialogue about sexual orientation and gender identity, and acts to create a society that is healthy and respectful of human diversity.

PFLAG-OKC joins other chapters in Norman, Stillwater, Tulsa, and Muskogee. The Norman chapter has won awards for its "Safe and Welcoming Schools" program. That program, started by the national PFLAG organization, supports and endorses efforts by public and private elementary and secondary schools to create a safe and welcoming environment for all students and school personnel. It is an excellent example of the types of educational programs that PFLAG-OKC envisions.

To contact PFLAG-OKC, send an email to OKCPFLAG@aol.com. For additional information about PFLAG, please see the national organization's web-site at [www.PFLAG.org](http://www.PFLAG.org).

## Family Pride

**T**his group for gay and lesbian parents and their kids meets the 3rd Tuesday of each month in the sanctuary of Church of the Open Arms. The next meeting is April 15th, at 7 pm. For more info, contact Dedra at (405) 350-0607 or email at [familyprideokc@cox.net](mailto:familyprideokc@cox.net).

## RAIN Benefit with Wendy Woo

**N**ationally acclaimed musicians Garrett "Big G" Jacobson and Wendy Woo are the featured acts for the May Music Fest 2003, Saturday, May 3 at 6:30 pm. The historic Oklahoma City Farmers Market, 311 S. Kline in Oklahoma City, is the location for the second-annual event.

RAIN-Oklahoma and CarePoint have come together to host an event that benefits people living with AIDS across the Western region of Oklahoma.

"With a mixture of jazz and blues, these acts are guaranteed to take the crowd through a variety of emotions, from the highest of highs to the lowest of lows," said RAIN Executive Director Jean Ann VanKrevelen. "We are incredibly fortunate to have such talent perform at this unique location."

RAIN-Oklahoma provides unique, volunteer-based services that are not duplicated in any other program in the state. In addition to training volunteers to provide non-medical, practical support, RAIN works within all types of community groups to reduce the stigma of AIDS through education. In 2002, RAIN served 205 people through 400+ volunteers. Nearly half of RAIN's clients are in Oklahoma City or the surrounding areas.

CarePoint is a primary point of entry into Oklahoma's HIV service delivery system. HIV positive persons living in the 405 and 580 area codes are eligible for their services. These include case management, homeless outreach, education, housing assistance, medication management and testing and counseling. In addition, CarePoint offers peer support and HIV+ prevention case management.

Sponsors include the Oklahoma City Farmers Market, May Sound and Lighting, M.A.C AIDS Fund and the UCO Jazz Lab. Hosting the event is RAIN Advisory Board Member and KWTW Anchor Angela Buckelew.

Tickets will go on sale March 17 and are available by calling (405) 947-3434 or (800) 324-RAIN. They are also available at the RAIN Oklahoma offices at 1601 N. Drexel Blvd. in Oklahoma City and at CarePoint, 1200 N. Walker, Suite 500 in Oklahoma City.

## The Day of Silence Project: April 9, 2003

Founded in 1996, this project has become the largest single student-led action towards creating safer schools for all, regardless of sexual orientation, gender identity or gender expression. The Day of Silence institutes a visible silence, a silence during which participants protest anti-LGBT discrimination and abuse. Such an effort also allows us to reflect upon how powerful silencing can be, to focus on how we can make our own voices stronger and to begin to stop silencing ourselves.

## 15th Gulf Coast Womyn's Festival

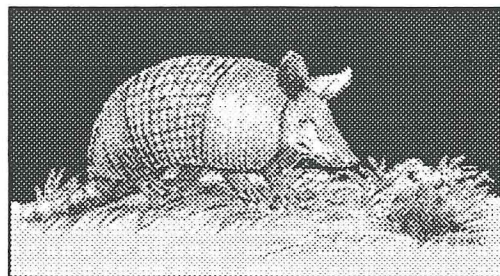
**APRIL 17 - 20, 2003**

Camp Sister Spirit brings together womyn, women, wimmin, womoon, sisters, mothers, aunts, nieces, daughters and friends who come to join Southern Sisters in a celebration of a deep-south spring. This festival creates a community of sisters of many ages, many races, and many walks of life for empowerment, encouragement and entertainment. The weekend includes day/night stages, great southern meals (vegetarian and meat), workshops, and more. Accommodations include RV/tent sites, and cabin bunks (limited must pre-register early). Buildings are ramped and there are private hot showers. No illegal drugs/alcohol, S/M, or pets are allowed. Tickets are sliding scale depending on income. Boys age 6 and under welcome.

### PERFORMING THIS YEAR:

Dorothy Hirsch, Trish Williams, Lucie Blue Tremblay, Shelley Graff, Bonnie Morris, De Luna, Beth Peterson, and more!

For more info contact:  
Gulf Coast Womyn's Festival  
PO Box 12  
Ovett, MS 39464  
or [www.campsisterspirit.com](http://www.campsisterspirit.com)



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## A Poem: Pray for Peace

Attributed to Ellen Bass, via email

Pray to whoever you kneel down to:  
Jesus nailed to his wooden or marble or plastic  
cross, suffering face bent to kiss you,  
Buddha still under the Bo tree in scorching heat,  
Yahweh, Allah, raise your arms to Mary  
that she may lay her palm on our brows,  
to Shekinah, Queen of Heaven and Earth,  
to Inanna in her stripped descent.

Hawk or Wolf, or the Great Whale, Record Keeper  
of time before, time now, time ahead, pray. Bow  
down to terriers and shepherds and siamese cats.  
Fields of artichokes and elegant strawberries.

Pray to the bus driver who takes you to work,  
pray on the bus, pray for everyone riding that bus  
and for everyone riding buses all over the world.  
If you haven't been on a bus in a long time,  
climb the few steps, drop some silver, and pray.

Waiting in line for the movies, for the ATM,  
for your latté and croissant, offer your plea.  
Make your eating and drinking a supplication.  
Make your slicing of carrots a holy act,  
each translucent layer of the onion, a deeper  
prayer.

Make the brushing of your hair  
a prayer, every strand its own voice,  
singing in the choir on your head.  
As you wash your face, the water slipping  
through your fingers, a prayer: Water,  
softest thing on earth, gentleness  
that wears away rock.  
Making love, of course, is already a prayer.  
Skin and open mouths worshipping that skin,  
the fragile case we are poured into,  
each caress a season of peace.

If you're hungry, pray. If you're tired.  
Pray to Gandhi and Dorothy Day.  
Shakespeare. Sappho. Sojourner Truth.  
Pray to the angels and the ghost of your grandfather.

When you walk to your car, to the mailbox,  
to the video store, let each step  
be a prayer that we all keep our legs,  
that we do not blow off anyone else's legs.  
Or crush their skulls.  
And if you are riding on a bicycle  
or a skateboard, in a wheel chair, each revolution  
of the wheels a prayer that as the earth revolves  
we will do less harm, less harm, less harm.

And as you work, typing with a new manicure,  
a tiny palm tree painted on one pearlescent nail  
or delivering soda or drawing good blood  
into rubber-capped vials, writing on a blackboard  
with yellow chalk, twirling pizzas, pray for peace.

With each breath in, take in the faith of those  
who have believed when belief seemed foolish,  
who persevered. With each breath out, cherish.

Pull weeds for peace, turn over in your sleep for peace,  
feed the birds for peace, each shiny seed  
that spills onto the earth, another second of peace.  
Wash your dishes, call your mother, drink wine.

Shovel leaves or snow or trash from your sidewalk.  
Make a path. Fold a photo of a dead child  
around your VISA card. Gnaw your crust  
of prayer, scoop your prayer water from the gutter.  
Mumble along like a crazy person, stumbling  
your prayer through the streets.

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## The Music Scene

by Jill Garner

I was lucky enough to hear Carrie Rodriguez and Chip Taylor at The Blue Door recently. I read enough rave reviews of them that I decided it was a show I shouldn't miss, and I was right. Chip Taylor first heard Rodriguez at the SXSW festival in 2001 when she was playing fiddle. He needed a fiddle player and she agreed to join him. Early on in a European tour, he asked if she could sing. She said she could only sing backup, that she wasn't good enough to sing lead. Their audiences thought otherwise because from the moment she sang, people went wild everywhere they went. Taylor immediately began to write duets that they could sing together. He's also trying to work with Rodriguez on a solo effort to showcase both her fiddle playing and singing.

Taylor writes almost all the songs on the CD, *Let's Leave This Town*, that the two recorded together. There's a nice mixture of duets and harmony singing to make every song interesting. Taylor is a wonderful songwriter, but his voice is not the strong point of the CD. However, with Rodriguez singing along, their voices blend nicely together and his voice becomes more of a highlight than a hindrance. Rodriguez's voice is beautiful and strong, and has a fairly strong twang at times, which took me by surprise because of her Hispanic ethnicity. But it's mesmerizing and I find myself replaying certain songs again and again just to hear her voice. Her fiddle playing is gorgeous too.

There are a lot of strong songs on this CD and I really look forward to hearing more from them, or Rodriguez on her own. I highly recommend that you search for this CD because it's definitely worth being able to hear Carrie Rodriguez for yourself, and being able to hit the replay button again and again. You can find information about it at [TrainWreckRecords.com](http://TrainWreckRecords.com). By the way, Chip Taylor wrote "Wild Thing" and "Angel of the Morning" and he and Rodriguez performed both at the show, and the small but enthusiastic crowd got to sing along! It was a great show, and I'm sorry most people in OKC missed it, but check out their website and keep your eye out for more from Carrie Rodriguez.

## Strut Your Mutt

**O**n Saturday, May 3rd, from 3:00 to 6:00 pm, Church of the Open Arms will host "Strut Your Mutt", the 5th Annual Dog Contest and Cookout. A trophy will be awarded to the winner of each category which includes Best Tail Wag, Most Talented, Best Dressed, Owner Look-a-like, Most



Lovable Mug, Best Kiss, Best Smile, and Best Bark. This day of doggie celebration will also include a Hot Dog Cookout. The Cookout menu includes hotdogs, chips, soda, and dessert. During the afternoon there will be prize raffles, a Doggy-Walk, and a Doggy Obstacle Course Contest. For the kids, there will be "Name the Strut Your Mutt Dog" and "Color the Strut Your Mutt Dog" contests with a prize

awarded each winner.

Each participant will receive a free doggy goody bag and scarf. The Dog Contest is free but a \$5 suggested donation is requested for the Cookout. Contest registration begins at 3:00 pm with judging following at 4:30 pm. Church of the Open Arms is located at 3131 N. Pennsylvania. For more information call 525-9555.

## Save the Date: Adoption Workshop for Non-Traditional Families at Herland

**Saturday, June 7, 2003, 3:00 pm - 5:00 pm**

Find out what is involved in adopting children in Oklahoma. Presenters will include Sandy Ingraham (attorney-at-law), Nancy Viviani (adoptive mother), Carole Patten (a licensed social worker who counsels adoptive parents and prepares home studies) and a representative of a (family-friendly) adoption agency licensed to place children in Oklahoma.

## EVENTS AT A GLANCE

### April

**Saturday, April 5:** Mary Reynolds and Louse Goldberg, Full Circle Bookstore, Fifty Penn Place, 7 pm  
**Saturday, April 5:** Molly Whitworth, Borders on Northwest Expressway, 8 pm  
**Sunday, April 6:** Freefall opens for John McCutcheon, Stage Center, 7 pm (call 528-4422 for tickets)  
**Monday, April 7:** Herland Book Club, 7 pm  
**Saturday, April 12:** Herland Hike at Martin Nature Park, 5000 W. Memorial, 10 am  
**Saturday, April 12:** Wimmin's Spirituality Workshop at Herland, 2 pm  
**Saturday, April 12:** Herland Supper Club at Jaramillo's, Shepherd Mall, 5:30 pm  
**Thursday, April 24:** Two-Spirit Group at Herland, 6:30 pm  
**Saturday, April 26:** Sisters of Swing at the Arts Festival, on the Deck Stage, 6 pm  
**Wednesdays:** Rally for Peace with Iraq, NW 23rd and Classen, 4 - 5:30 pm  
**Saturdays:** Rally for Peace with Iraq, NW Expressway and Penn, noon - 1 pm  
**Sundays:** Spiritual Walks for Peace, NW 9th & Robinson, 2-3 pm

### May

**Thursday, May 1:** Miss Brown to You, Jazz Lab in Edmond, 8 pm  
**Saturday, May 3:** Strut Your Mutt, Church of the Open Arms, 3131 N. Penn, 3 pm  
**Saturday, May 3:** RAIN Benefit, OKC Farmer's Market, 6:30 pm  
**May 16-18:** Herland Spring Retreat at Roman Nose

### June

**Saturday, June 7:** Adoption for Non-Traditional Families Workshop at Herland, 3 pm

## Herland Spring Women's Retreat Registration Form Roman Nose State Park - May 16-18, 2003

At right are guidelines to help you select an appropriate registration amount. Deadline for pre-registration is May 12. Please remember that dogs are welcome but must remain on leashes and are not allowed in the dining hall.

Registration fee enclosed (payable to Herland):

\_\_\_ \$15 \_\_\_ \$25 \_\_\_ \$35 \_\_\_ \$45 \_\_\_ \$60  
 \_\_\_ Saturday only - \$25

Name(s): \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

email (optional): \_\_\_\_\_

- ( ) I need a scholarship to attend.  
 ( ) I'm enclosing an additional \$\_\_ to help provide scholarships.  
 ( ) I'm bringing \_\_ children (girls of all ages and boys under age 10 are welcome).

### Sliding Scale Registration Guidelines Based on Income


Single Person Annual Income	Household Annual Income	Pre-Registration per person
under \$6,500	under \$13,300	\$15
\$6,500-\$13,300	\$13,300-\$18,000	\$25
\$13,300-\$19,500	\$18,000-\$26,000	\$35
\$19,500-\$30,000	\$26,000-\$50,000	\$45
over \$30,000	over \$50,000	

Please return registration form and check to: Herland Sister Resources, 2312 NW 39th Street, Oklahoma City, OK 73112

**Herland Sister Resources**  
2312 NW 39th Street  
Oklahoma City, OK 73112

Return Service Requested

NonProfit Org.  
U.S. Postage  
**PAID**  
Oklahoma City, OK  
Permit No. 861

<p><b>Molly Whitworth</b> THREE CDS NOW AVAILABLE * WEIRD DUCK* * LEAN IN FOR A KISS * * HUNGRY WHEN I WAKE CDS \$10, LYRIC BOOKS \$5, SHIPPING/HANDLING \$2 HEAR ALL THREE CDS AT HERLAND email: MollyWhitworth@aol.com <a href="http://mollywhitworth.blogspot.com/">http://mollywhitworth.blogspot.com/</a></p>	<p><b><u>Central Oklahoma Stonewall Democrats</u></b> <i>voicing gay/lesbian concerns</i></p> <p>Monthly meetings every 2nd Wednesday, 7 pm at Democratic Party Headquarters NE 41st and Lincoln, OKC for info call James Nimmo at (405) 843-3651 or email violadamore2@yahoo.com</p>
<p><b>REBECCA R. HOLT, Ph.D.</b></p> <p>Clinical Psychology (405) 321-2148</p> <p>Box 5119 Norman, OK 73070</p> <p>Individuals - Couples Family Therapy, Retreats</p>	<p><b><u>Julia Irwin, M.D., P.C.</u></b></p> <p>Psychiatrist</p> <p>Doctor's Park 500 E. Robinson, Suite 600 Norman, OK 73071 (405) 321-3719</p> <p><i>Young And Older Adults</i></p>
<p><b>DOROTHY E. HEIM</b> Attorney at Law (405) 691-4949 dheim033@yahoo.com</p> <p>Call me with your legal questions: estate planning                      personal injury contract issues                      small business</p>	<p> <b>Sandy Ingraham, J.D., M.S.W.</b> Attorney-at-Law Ingraham &amp; Associates, PLLC</p> <p>Estate Planning, Wills, Trusts, Probate, Adoption, Contracts</p> <p>Route 2, Box 369-B McCloud, OK 74851</p> <p>Tel. (405) 964-2072 Ingraham@mcloudteleco.com</p>