

# Attention: Poets!

**GET  
PUBLISHED!**

roses are red,  
violets are blue,  
if we can get published  
then so can you too!

*How and Where to Get Your Poems Published....  
Without Getting Ripped Off!*

**O**ne of the coolest things about being a girl is writing poetry. Obviously, you don't have to BE a girl to write poetry, but you do kind of have to be a girl for people to not give you grief about it, because 14-year-old boys who write poems are always looked at kind of sideways. (If you know any guys who write poetry, you should stress to them how cool that is and encourage them to keep doing it. Where would the Doors be if Jim Morrison didn't keep writing, and what would have taken the place of Kurt Cobain's writings?)

Writing poetry is like one of those weird things that happen only in the 4th dimension—it's something that you really love and that adults don't pick on you got. I mean, you can get away with saying so much more in a poem than you can in a screaming, shouting match with your mom. It's hard to knock somebody for honestly expressing themselves...even adults realize that. Maybe that's why girls seem to be such natural poets—they're always looking for some kind of release for all those emotions and feelings.

Probably most (if not all) of you have some poems stashed away somewhere in your bedroom. You might have shown some of them to just your closest friend; maybe there are some that you'll never show another living person.

But have you ever wished you could get your poem published?

They say that writing is the easy part; getting published is where the work begins. There's certainly some truth to that if you're working on the next great American novel, or if you're hoping to be crowned the next Jack(ie) Kerouac, but if all you're looking for is a friendly, receptive forum for your poetry, it may be a lot easier than you think.

The main point I'd like to stress up front is that writing poetry is a way for you to express yourself, to show yourself to others. It's a very personal, private thing that many of us choose to share with friends, family, even the whole outside world. Don't get discouraged if you get a lot of rejections. Just because the poems are personal doesn't mean the rejections are—and learning that lesson is perhaps the hardest for young writers.

Have faith in your own work; love it for what it is, for how it makes you feel when you've constructed what you think is your best poem ever. Don't put too many expectations on your work;

and you won't be disappointed. Happiness is what it should bring you. Published or not.

## SUBMISSION PACKAGE

When you're ready to send your poems out for possible publication, you need to make sure you make as professional a presentation as possible. Your submission package will consist of your poems, a cover letter, and a self-addressed, stamped envelope (if you want your poems returned).

### Cover Letter

Every submission package must include a short cover letter. This tells the editor or publisher who you are and why you're writing to him/her. If you have had any of your poems published before (other than a 4th grade newsletter, for example), it would be a good idea to include that information. If you're familiar with the magazine you're submitting to and it's of special interest to you, let the editor know. A lot of magazines prefer submissions only from subscribers or readers.

## SASE

Nothing, and I mean nothing, irks an editor more than receiving a submission that does not include a self-addressed, stamped envelope. This is especially important if you're submitting your work to smaller literary magazines, because they often just don't have the budget to pay the postage on your returns (we don't at REAL Girls)! Not to mention the fact that without one, your poems (if rejected) will not be returned to you. Even if you don't care to have your poems returned, it's in your best interest to include an SASE. Say the editor likes your work but can't use the poems you sent; he or she may want to write you a short note, encouraging you to submit more material. If you don't include a SASE, you might never hear those valuable (and sometimes all too scare) words of encouragement!

### The Poems

Magazine editors and publishers get lots of submissions every day from all kinds of people,

some of whom take it for granted that their handwriting is completely legible. Don't run the risk of having your poems rejected because they couldn't be read! Make sure that all your poems are typed neatly. Put only one poem on each page, and make sure that each page also contains your name and address (you don't need to include your age if you don't want to), and the title of the poem.

It doesn't matter if your poem is typed single or double spaced, but if there are word or line breaks that are essential to the reading of your poetry, type the poem just as you would like to see it in print.

Once you've gone to all the trouble of typing all of your poems, it would probably be a good idea to xerox a few copies of each one. That way, you can make a few submissions to different magazines and you won't run the risk of losing the one and only original.

## THE MARKETS

There are literally countless markets for writers of all kinds; the ones I list in this short article are meant only as a starting-off point, a way to help you begin to investigate the best forum for your work.

### Mainstream Magazines

The simplest, most basic markets are the young womens' magazines that print reader poetry. These include TEEN, Sassy, YM, and occasionally some of the other mags like Mademoiselle and Glamour. These magazines don't pay for poetry, but they do publish consistently. There's nothing wrong with being published in TEEN; in fact, it's quite an honor to get your poems published anywhere!

If you consider yourself a more serious poet, however, there are alternatives that are more literary, more specialized, and perhaps more to your tastes. So...where are they?

### Directories

Because of the sheer number of literary magazines and journals (not to mention the incredible

diversity of subject matter), it's impossible for us to tell you where you should go to get your work published. For poets of any kind (sonnets to lim-ericks), we highly recommend you invest in a market directory. There are a number of them available (we're listing just a few) and they can all be found in any local bookstore or library.

**Poet's Market** is published annually by Writer's Digest Books (they also produce other valuable market directories for mystery writers, fiction writers, and others). It costs about \$20, but if you're even semi-serious about being published, it's worth it. Not only does it give you national listings for lots of mainstream magazines and journals that publish poetry (over 1700), it also includes short, useful articles on the business of writing poetry, for example the 1995 edition has a quick two-page feature on anthology presses.

The Poet's Market also features interviews with editors and other poets, listings of workshops, publications and organizations that are useful to working (or hopeful) poets. It also gives detailed information on current awards, contests, and grants.

The International Directory of Literary Magazines and Small Presses (Dustbooks, \$28.95) is my absolute favorite directory of all time. The Wall Street Journal calls it "the bible of the business" and at over 1000 pages, it's the grand-daddy of directories, not only for poets, but for writer's of every kind imaginable. Unlike other writer's market directories, the IDLMSP includes in its listings the most obscure and eclectic assortment of literary mags you could ever imagine!

Here are a couple that caught my eye: **The Joe Bob Report**, published by Joe Bob Briggs, in Dallas, TX. Their listing says they want "anything that makes us laugh....most open to poems and short essays....especially the fields of music...movies..."

**Twilight of the Idols**, San Francisco, CA publishes "thoughtful, philosophical, funny and offensive prose and essays...."

## THOUGH SHE'S THE GIRL

Though she's the girl, I am the one who's shy;  
And though she walks with heavy hips; it's I  
Who cannot move for heaviness; and she  
Who is the woman; but the coward, me.  
She is the one with high and swelling breast,  
But I the one with weariness oppressed.  
Clearly, in her the casual factors lie,  
But the effects in me. I wonder why!

Amaru (5th century)

Translated by John Brough

**S.L.U.G.FEST, LTD.**, Leonminster, MA, looks for "humor, satire, wit and intelligence in all we publish..."

**Creeping Bent**, Bethlehem, PA, "will publish poetry on any subject," and takes "a special interest in poems that articulate a vision of the continuities and discontinuities in the human relationship to the natural world."

The IDLMSP also lists international markets, which could be very cool if you're penning your thoughts in French, for example. Hefty in price as well as pages (it costs about \$30), I consider this directory to be absolutely essential for any serious writer.

Also published by Dustbooks is "The Directory of Poetry Publishers," \$18.95. It lists over 2,200 markets that are specifically geared toward poetry.

The Young Writer's Market is a really great book for, well, young writers. Although it addresses writers as young as eight or nine, it also provide some valuable information (and encouragement) for writers well into their late teens. It lists markets and magazines that are youth-specific and youth-friendly, and it introduces young writers to not only writing, but to being a writer (how to prepare your submissions and how to approach a market, for example). It's about \$15 and is also published by Writer's Digest.

## Other Resources

Although the Poet & Writer's magazine doesn't print poetry from readers, I consider it to be a valuable source for young poets. It's a little hard to find (I grabbed my copy on a newsstand just south of Melrose Blvd.) but it's worth the search. The most recent issue contains a really interesting article on vanity presses and anthologies (more on that later in this article). There's also a classified ad section with items and literature that may be of interest to you.

Another great, undiscovered resource for poets is the English Department at your local university. Give them a call, or better yet, walk over and introduce yourself to the professor.

### AT 12 O'CLOCK

At 12 o'clock in the afternoon  
in the middle of the street --  
Alexis.

Summer had all but brought the fruit  
to its perilous end:  
& the summer sun & that boy's look

did their work on me.  
Night hid the sun.  
Your face consumes my dreams.

Others feel sleep as feathered rest;  
mine but in flame refigures  
your image lit in me.

The author of At 12 O'Clock is Meleager, who,  
unbelievably, lived from c. 140-c.70 BC)  
translated by Peter Whigham  
from Erotic Poems, Everyman's Library,  
Pocket Books

You'll usually find that teachers and other professionals in the field of writing are very supportive of young talent. Plus, they're a really valuable resource for local organizations, publications and workshops for poets and other writers.

#### ALTERNATIVES TO MAINSTREAM PUBLISHING

If you're a poet, there IS a place for you, even if you choose not to send your work in to any magazines. Just because you don't get published by The Sun doesn't mean there isn't a place for your words.

#### READINGS

In the last few years, poets have found a new forum in small, local coffee houses. Lots of quaint, neighborhood places like these have regular poetry readings, you might have even been to a few yourself. True, it's not exactly getting your poetry published, and standing in front of a bunch of strangers and reading your innermost thoughts does take more nerve than sending submissions through the mail, but the rewards are here too. Plus, even if you choose not to read any of your poems, you should check out the other poets in your area. It's a good way to develop a network of friends with the same interests (who knows who might be able to help you later on?).

Check out the LA and SF Weekly; they're always listing poetry readings at coffee houses, arts centers, and other places where the artistic meet.

#### School Newspapers

No, they don't have to be as geeky as they sound. True, exposes on the cafeteria's "mystery meat" and profiles on the nurse's office staff aren't exactly eye-popping, but some of the most interesting, honest poetry written by young girls has been published in school newspapers and yearbooks. Ask your school's paper's staff what the policy is.

#### Self Publishing

Say that even after taking a few months to browse through the IDLMSP you still can't find the forum for your very specialized poems (you say that ALL your poems are about Green Day's ever-changing hair color?). What about self-publishing?

This is often a very affordable, very personal alternative to mainstream or fanzine publication. The great thing about self publishing (and we know this from experience) is that YOU call the shots and decide what to print and what to not.

Some girls in Albany, California produce a real rough version of their own poetry magazine called S.W.A.C. It's great—it contains words, pictures, thoughts, all the things that race through a girl's mind a million times a day. They simply write it down and xerox a few pages and then distribute it to friends, family, and in school.

Just because somebody didn't pay for it, and just because you published it yourself doesn't make it any less valuable.

Obviously, we can't give you a very comprehensive list of where to get your work published, not because we don't want to, but because there are just TOO MANY OPTIONS to list here. The outlets for your creativity are about as varied and many as your creativity itself.

Just as there's no limit to your imagination, there's also no limit as to what you can do with it. Go ahead, knock yourself out!

#### CONTESTS

So what's the deal with those poetry contests that you always see ads for in the backs of magazines ranging from TEEN to Poets & Writers? Are they a quick and easy way to sure-fire success? Sure...about as quick and easy as becoming a serious artist by drawing Binky off the back of a matchbook.

Unfortunately, it seems that for every legitimate publisher of poetry there is a shark waiting to take somebody's hard-earned cash for nothing.

Many of these scams (and many are just that, scams) will solicit poetry through an ad of some type. Girls (and adults) hoping to get their work published will typically receive a letter stating that they've won such-and-such contest and will be receiving such-and-such prize (usually a plaque, or inclusion in an anthology of poems). An anthology is a book of collected poems written by many different people. There are legitimate anthologies (the poem above and the poem on page 17 appeared in an anthology called "Erotic Poems," published by Everyman's Library Pocket Books), but many companies professing to publish anthologies are nothing more than set-ups to take your money. The way they work is that they tell you you've won a prize, or your work has been chosen to appear in their next book. They'll then ask your for money, and that's where you shut the door.

You can enter as many poetry contests as you want to, many really can lead to recognition. Many also do have legitimate entry fees (they're usually nominal, around \$5). But the minute that somebody tells you in order to win, you have to pay a fee, you know they're trying to burn you.

You really don't need to enter these cheeseball contests for recognition for your work. With the countless resources we've shown you how to find, there's just no excuse anymore for getting ripped off.

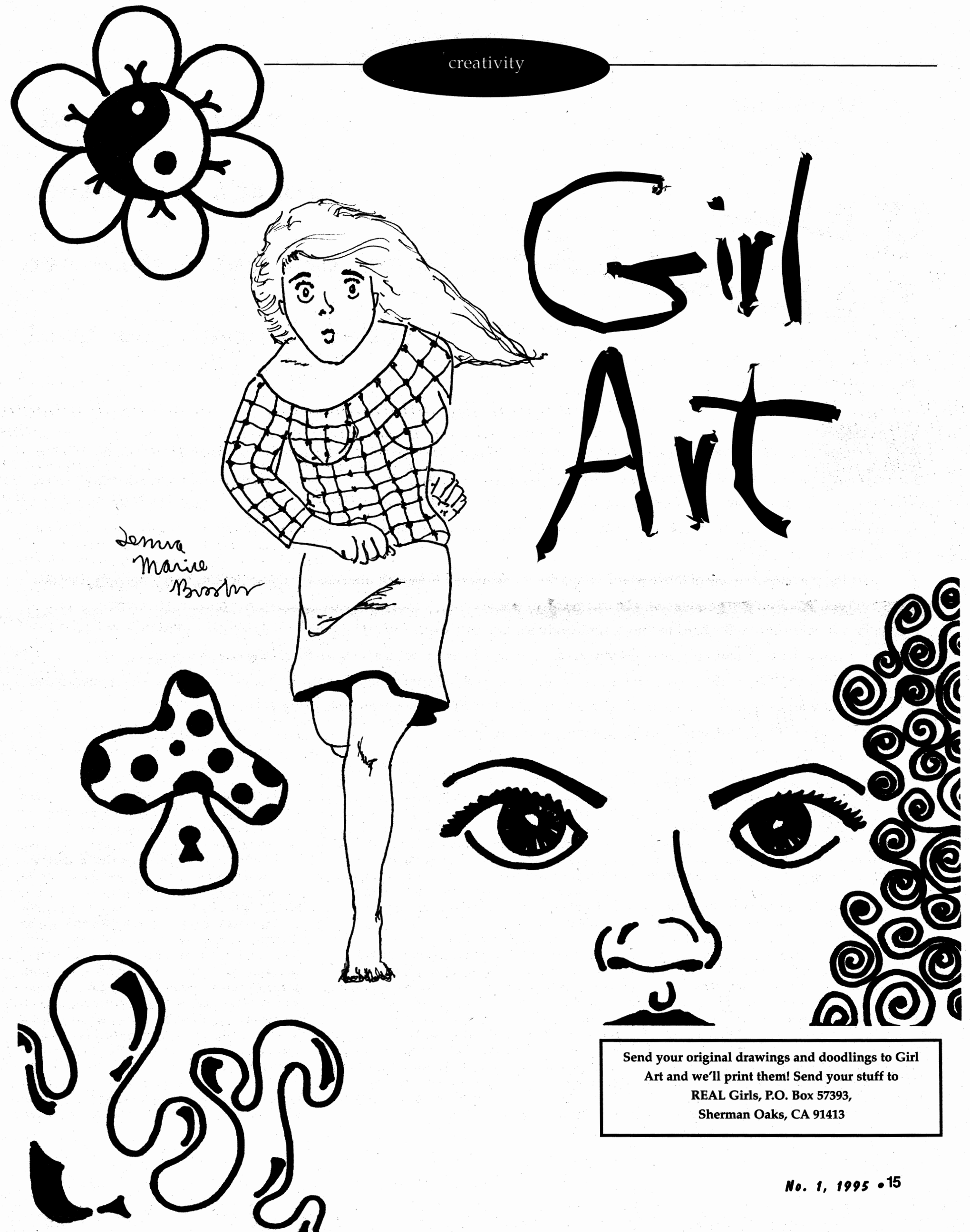
And anytime you do get a letter saying you've won something, or you've been accepted to be published somewhere, have it checked out. Have your parents read it. Take it to the English professor at your local community college. Call the Better Business Bureau. Don't get taken.

#### REAL GIRL Picks

Poet's & Writer's Magazine

Published six times a year by Poets & Writers Inc, 72 Spring Street, New York NY 10012. (212) 226-3586. \$3.95 per issue, \$18/year. A national magazine devoted to the art of writing, whether poetry or fiction. It's not fancy or

creativity



Send your original drawings and doodlings to Girl  
Art and we'll print them! Send your stuff to  
REAL Girls, P.O. Box 57393,  
Sherman Oaks, CA 91413



ing the day it's usually cheaper. Rates can start as low as \$5, and the average is \$8-\$10 per hour. Call around. See if one of you in the band can land a part-time job at a rehearsal studio where you can trade work time for rehearsal time. This is also a great way to learn about P.A. as well as meet other musicians.

Don't be too intimidated the first time you book studio time to rehearse. You have just as much right to be there as seasoned musicians. And don't worry, nobody's going to make fun of you. You'll find that most of the people who work at rehearsal studios are really nice and very helpful. Most of them are musicians and all of them love music. If you think about it, you really probably have a lot in common. When my first band started rehearsing at a studio, everyone was interested in what our band was doing, even though it was very obvious we were beginners. They were also really willing to help. So don't be afraid to ask questions.

#### PART FIVE: YOUR DEBUT

Now you've been practicing for a while and feel a lot more confident, it's time for your first gig. This isn't as hard as it sounds. You're not going to play the Roxy or the Palace, but you have to start somewhere, right? Try approaching your school (if

you're still in school) and offer to play at a school function like a dance. If they're hesitant, offer to open for another band that's playing. You can play at parties (remember: you'll need a PA). Check out which clubs in your area are all ages and contact them. Tell them you're interested in playing. Some clubs will ask if you have a tape of your songs they can hear, so get one ready in advance. (What's cool about preparing a tape is that if you mess up, you can just do it over. It's much better than live auditions.) If you know someone in another band, ask if you can share a bill with them next time they play. Be persistent. You might not get booked immediately, but it pays to keep trying. Keep calling the clubs you think you want to play at. You can also check coffee houses, though you'll have to most likely play acoustic (it's you....unplugged). They're really good places to get some practice performing in front of an audience.

And remember, the whole time you're looking for a gig, it's important to keep rehearsing. The more you rehearse the sooner you'll start to develop your own style. It's always better to have your own style. It's great to be able to play like Hole, and that would mean that you've come really far. But you don't want to play like someone else anymore than you want to LOOK like someone else.

Then you're just a copy.

#### THE PAYOFF

As far as the real payoff goes, let's put it this way: You'd better be in it for love. Most clubs don't pay very much. Bands are generally paid by club attendance. That means that the more people show up, the more you make (so if you get good enough to play a club, tell ALL your friends to come!) But even then, don't expect too much. Even at some bigger clubs, you might come away with \$35-\$50 for the whole band. For private parties, you get to set the rate, but be realistic. The point is to play in front of an audience, to have fun. Why do you think so many musicians have day jobs—messengers, telephone salespeople, store clerks, etc.—until they get their big break? Cause they have to SURVIVE! And you do too.

If you practice, and you really give it your all, you could be wowing an audience somewhere before you know it, and all your hard work will have been worth it.

But remember...just as important as talent is perseverance. You have to be tough and stick with it, and that's the same for men and women.

### CHECK THIS OUT!

REAL Girls will print your

classified ad in Issue No. 2 for

FREE! Looking for a band

mate? A pen pal? A car? Send

us your ad, be sure to include

an address and phone number

so we can reach you if we

need to...and you're in!

glossy, but it's chock full of interesting, valuable information for writers, including contests, awards, workshops, and articles on the business of writing (which many, many creative types woefully ignore!).

Literary Magazine Review  
English Department  
Kansas State University  
Manhattan, KS 66506

LMR doesn't print poetry either, but it does review small presses and magazines that do print poetry. It might be helpful to subscribe to a magazine such as this, just to keep yourself in the loop. \$4 per copy, \$12.50 for a subscription (4 issues a year).

The Letter Exchange  
P.O. Box 6218  
Albany, CA 94706

Although this magazine does not print poetry, it does print classified ads from poets and writers interested in exchanging ideas and thoughts (the last rate I saw was fifty cents per word). It's a great way to meet people who are into the same thing you are.

The Sun, a Magazine of Ideas  
107 North Roberson Street  
Chapel Hill, NC 27516  
(919)942-5282.

The Sun has been printing poetry, fiction, articles, photos, cartoons, and lots else for over 20 years and they do pay for accepted manuscripts. Because of its longevity and its commitment to celebrating "good writing--and the warmth of shared intimacies" the Sun has been a staple for many poets for many years.

Pushcart Press  
P.O. Box 380  
Wainscott NY 11975

Pushcart publishes The Publish-It-Yourself Handbook; Literary Tradition and How-To, a guide to publishing without assistance of vanity or commercial press. They also publish the Best of the Small Presses. \$15. Worth a look.

Beyond Baroque Literary/Art Center  
681 Venice Blvd.  
Venice, CA 90291 (310)822-3006

Beyond Baroque is a nonprofit arts center that features poetry readings, events, a bookstore (open 7 days a week) and workshops for poets and writers. There are a few organizations such as this around for poets and writers to connect with one another or to improve upon their craft. Places such as this are also really valuable for hooking you up with other resources that come usually through the grapevine instead of magazine articles like this.

RG

#### FOUR CORNERS OF THE WORLD

Sharp edges  
straight as an arrow  
the passage is long and its dark and its narrow.  
I press 'gainst the walls  
through endless dark halls  
but the windows are closed and the door isn't there anymore.

Trapped forever.  
The floor seems to rise  
people pass by but the walls hide their eyes.  
They've all something to tell me  
but none want to help me  
and their faces are facing away.

Bump in the night  
they scrounge in the street  
lick and my fingers and sniff at my feet.  
I pull down the shades till the drowning out fades  
in the silence I crawl to my corner.

I claw at the ceiling  
and fight for my feelings  
I feel them fading away.  
I've closed up the windows  
and bolted the door  
but they crawl through the spaces  
and they always want more....

...from my four corners of the world.  
The walls used to be strong  
but they've been there so long.  
I feel them wear thin,  
but you still can't get in  
to my four corners of the world.

Daylight and  
the sun slips through a crack  
they probe and they poke but I still hold them back  
Rub the sleep from my eyes  
close my ears to the cries  
and make my way out of the box.

Another day  
I claw my way out  
each step brings more doubt.  
There's one consolation  
while I wait for salvation  
I can carry my world anywhere.

Sue Koralewski, 22, Glendale, CA

#### REAL Girls words

If tomorrow morning  
the sky falls  
have clouds for breakfast.

If the night falls  
use stars for street lights.  
If the moon gets stuck in a tree  
cover the hole in the sky  
with a strawberry

If you have butterflys in your stomach  
ask them into your heart.

If your heart catches in your throat  
ask a bird how she sings.

If the sun never shines again  
hold fireflies in your hands to keep warm.

If you're afraid of the dark  
remember the night rainbow.

If there is no happy ending  
make one out of cookie dough.  
Tara, 15, Albany, CA

Send your poems (BUT NO MONEY!!) to REAL Girls and get published!!  
Be sure to include your name and address.  
REAL Girls Magazine,  
P.O. Box 57393,  
Sherman Oaks, CA 91413



# New Shoes

**Remember** how much **FUN** it used to be to try on your **MOM'S SHOES** and **PRETEND** you were her? Well....this is sorta the same thing, you get to wear your mom's shoes again (figuratively speaking), only **without** having to raid her closet. **Plus**....the moms get to relive their wilder days of adolescence (when the **dinosaurs** ruled the earth) and try to remember what it was like to be a teenage girl.....get it? Read on, you will.....

This issue's mother and daughter team are **Amber (mother) and Normandie (daughter)**, from **Winnetka, Calif.**

## Amber's side:

This is an issue that is hitting strangely close to my own home. My daughter Normandie has been wanting a nose-ring for a long time, but I've resisted. I've never had to really put myself in her shoes before, so it was hard for me to see this issue from anything other than a mother's point of view. But, speaking from a kid's point of view (here goes...) I guess the first thing I'd say to your mother is "Whose body is it?"

If you're going to pay for it and take sensible precautions against infection, I don't see why your mother should be so resistant. You might reassure her (if it's true) that you will take out your nose-ring on occasions when it really matters to her, such as when you'll be around your grandparents (that would make a difference to ME). She should be grateful you're not a troublemaker and she should stand up for you if other people assume you are. Appearances are not everything. Most of us adults know that, but sometimes we have to be reminded.

I believe your generation has been really great about accepting new ideals of beauty, drawing from many other cultures, instead of the white-bread, Hollywood wholesome cheerleader icons that my generation (and that includes your mom!) grew up with. Body-piercing, tattooing, and shaving have been accepted standards of beauty in other cultures since the beginning of time, and I think it's great you can see beauty in ethnic groups or nationalities or social classes that aren't our own. That's hard for a lot of older people.

When my mother was a kid, only "wild girls" had their ears pierced. She shocked her parents by bleaching her hair. I'll bet when they ranted and raved she said the same thing I started with, "Whose body is it?"

You might remind your mother that things could be worse. You might be considering a tattoo. After all, a nose-ring is fairly easily removed, for a night or forever. Not so with a tattoo.

If she still won't give in, I guess you can go and do it without your mother's permission. But before you do, you'd better ask yourself (seriously) if it's worth the possible consequences.

## Normandie's side:

First of all, I'd like to say that even pretending to be an adult, it's hard for me to even conceive of disapproving of something like a nose-ring. I think if you're not a wild kid, and you're not a druggie, there's no reason why your mom shouldn't let you get one. But...I know the reasons my mom won't let me. Maybe she's worried that you'll be hurt somehow because of it. If I were you, I'd try to point out to your mom that you're a good kid, and show her how responsible and in charge of your life you are. But....since I'm supposed to be thinking like a mother, I guess I'd have to wonder what part of your "self" a nose-ring will express. Unless it's just contempt for what our mothers used to call "the establishment." A lot of adults would think you're having self-destructive impulses...something like piercing your nose to spite your face.

My mom has a friend who recently went into politics and stopped wearing his trademark flamboyant earrings. When his friends accused him of selling out, he said, "when people see me, they see only the earring. They don't see ME and they can't hear what I'm saying." You might find that a nose-ring lets you express nothing else. It shuts you down. In the eyes of the world, you'll not only have a nose-ring, you'll BE a nose-ring.

And even if you've never been a wild kid, you might find yourself in trouble. Just as people who drive red cars get more tickets, kids with nose-rings may be singled out for punishment by teachers more often.

Lots of parents can't buy nose-rings...they think of it like they think of other body piercing, as self-mutilation. If you can wait at all to go through with this, start off with some funky clothes, hairstyles and earrings. Create poetry or dance. Find other ways to express yourself that won't freak your mom out. Maybe she'll come around.

.....

they're simple to use. There are tuners with a "low" switch which are used for bass guitars.

## Crank it Up! Buying an Amplifier

If you're buying a used amp, bring a guitar or bass to plug in (bass players need to buy a bass amp and not the same type of amp used for a guitar), as well as a guitar chord. Test all the inputs. Play with the different controls until you get a sound you like. Again, it's a good idea to bring along someone who knows something about amps if you can. You also don't need more than a 50 watt amp to start with. Don't let someone talk you into a 100 watt amp unless it's a really great deal.

There are two kinds of amps: one-piece units and an amp head (that contains all the inputs and controls) that comes with a separate speaker cabinet. A special speaker chord plugs from the amp head into the cabinet.

## Drums

A full drum kit can be very expensive and if you're going to invest in one, I'd also recommend you invest in some lessons. Drums can be hard to play. But you can also find some inexpensive used kits. You can also buy used cymbals. I prefer a simpler approach: Make your own! There are lots of bands in which the drummer stands and plays, using one main drum and possibly some cymbals. I like the idea of standing and playing cause you have more mobility and visibility.

You can construct a cool drum kit out of almost anything: hub caps, 5 gallon plastic water bottles, etc. You can make a shaker by putting beads in a tin coffee can. A sheet of metal becomes a cymbal. Metal pipes, household pots and pans—just about anything you can beat on can be a percussion instrument. Be original! Be wild! Most drummers are.

Don't improvise when it comes to sticks though. They're not that expensive and they really are worth it. Drum sticks come in various sizes so try out a few and see which size you prefer.

Another option is to buy an electronic rhythm machine or Casio with rhythm capability. Most units have many preset different beats; a more expensive unit allows you to program your own beats. Most rap

bands use electronic rhythm units.

You can see that coming up with the instruments isn't that difficult after all. One other really good source for used instruments and accessories are pawn shops. They can sometimes be a little expensive, but they're always willing to negotiate and sometimes you can get a deal. Cash only. You'll also do better at pawn shops outside of larger cities. You can check out yard sales and thrift shops, though you can never be sure of the quality of the item, so be sure you try it out before you hand over your money. Also, most of the music mags I told you about earlier run ads for stores and for used instruments.

## Ms. Microphone

The PA system is made up of microphones, stands, and a speaker to amplify your voice. When you go to a rehearsal studio, the PA is included in the rental fee. But if you're going to rehearse in someone's garage or basement, you'll need to get this yourself. A new microphone goes for about \$30—but don't forget the chord and a stand. You can plug a microphone into just about any amp. This simple set-up should cover you for rehearsals.

## PART THREE: PLAYING

So now you have your instruments and you still don't know how to play. Don't freak, remember how easy I told you it is? You can pick up a series of books by Mel Bay which show illustrations of different chords and where to place your fingers. Learn the bar chords; these are what you'll use 99.9% of the time. They're super easy to learn. Another good book is "The Encyclopedia of Picture Chords for All Guitarists." It has illustrations and photos that show finger placement. Mel Bay also has basic bass guitar books.

Bass is really simple. There are less strings and you play individual notes instead of chords. Any music store will have a selection of music books. I taught myself guitar by using these books. Just hole up in your room for a few hours a week (or a day if you're super-motivated) and you'll be playing the basics before you know it. Another good way to learn is by using sheet music. You can buy sheet music of most of the popular songs you like (and some older standards) at music

stores. Even Sam Goody's carries sheet music. Sometimes it's easier to learn when you already know the tune and when you really like the song.

The first thing you'll notice when you start playing guitar or bass is that it kind of hurts your fingertips! You really have to press down on them to get a clean sound. It will take some time to get used to the feeling. Sorry, but you have to cut your fingernails really short. You'll develop calluses on your finger tips after a while—the sign of a true guitarist. Drummers also have their share of callouses. (So the next time you're at a club and see a guy or a girl will callouses on their fingers, you know they're probably a musician. Strike up a conversation—don't be afraid to ask for tips.) I learned a lot early on from guitarists who were light years better than me. I found that most of the time other musicians were very helpful and willing to share some good information.

As far as learning and teaching yourself, you might want to invest in some lessons. They're valuable to learn the basics of music—like how to read notes—and once you know the basics, you'll only get better with practice. Don't be afraid to experiment with your new instruments, whatever they may be. You won't sound like Eddie Van Halen immediately (but who wants to?). Experiment! Make noise! Be obnoxious. Isn't that what rock 'n' roll is supposed to be all about?

## PART FOUR:

### READY TO ROCK

See how much progress you've made already? You have your instruments, your amps and drum kit or rhythm box. You've figured out the chords to some songs you want to play or maybe you've written a few songs of your own. You've had several mini-rehearsals at your house and now you want to crank your amps and rock. If you don't have a basement or garage or nice neighbors, you'll have to find a rehearsal studio close by (and some transportation to get there). Look for ads in local music magazines such as Music Connection, free publications like the L.A. Weekly and BAM. Some places list rates, others you'll have to call. If you can practice dur-

(continued)

*I'm about to*

*divulge to you the*

*deepest, darkest*

*secret of rock and*

*roll: Some of the*

*greatest songs of*

*all time have only*

*three chords!*



start your own



You can construct a

cool drum kit out of

almost anything:

old hub caps, five-

gallon plastic water

bottles, almost any-

thing! Use your

imagination!

ing band members is to pick people who aren't going to flake. If someone can't make the first rehearsal, forget her. This really takes a commitment on everyone's part, and there's nothing more frustrating than standing there waiting for the drummer or the bassist who's late for the millionth time.

If none of your friends are interested, don't let that discourage you. There are lots of people out there who want the same thing you do, you just haven't met them yet. There are a lot of local papers that have classified ads for musicians who are looking to hook up with other people. Try the *Recycler* under the "Musicians Wanted" or "Musicians Seeking Bands" ads. The paper costs about \$2, but you can place your own ad for free! You can also try *BAM* and *The Music Connection* (which you can usually find and record and music stores). Or you could post notices at some record and clothing stores, music stores, or around your school.

Don't freak about finding the perfect people right off the bat. Remember, by the time you're really playing in a band, you might have gone through lots of personnel changes; you might have even switched bands yourself. Hey....even the Beatles broke up.

Once you have the people picked out, you're ready to deal with the mechanics: instruments, where to rehearse, P.A. systems, amps, etc.

#### PART TWO: THE INSTRUMENTS

In this section, I'll cover the basic setup of guitar, bass and drums. Of course, a band can be made up of whatever instrument you play already or want to start playing. You can use piano, flute, clarinet, acoustic guitar, violin, string bass — any instrument that best expresses your creativity. These instruments can add a whole other dimension to your sound.

##### A Guitar is a Girl's Best Friend

The cheapest way to get your first instrument is to borrow it. (My first guitar was lent to me.) The easiest source is a mom or dad, brother or sister, friend, friend of a friend, friends in another band, whomever. Same goes for amplifiers. The next cheapest way is to have mom or dad

buy it for you. Maybe you could trade chores or take an advance on your birthday present. I bought my first guitar at a yard sale for \$100. I later upgraded to a Fender Squire for less than \$200 from Guitar Center.

A really great source for used instruments is a newspaper like the *Recycler*. It has an entire section of used guitars and amps, priced anywhere from \$75 and up. Amplifiers usually go for \$60 and up. You may also want to consider having a small practice amp for working at home. You can pick these up for as little as \$25. Should you decide to check out an instrument, be sure to bring a friend or the rest of the band with (cause you don't want to go to some stranger's house or apartment by yourself—besides which, you could get ripped off). And bring cash. Remember, most people list an inflated price in their ad (unless it says "firm"). You can and should offer less than the advertised price, then negotiate.

Another option is to consider renting an instrument. Look in the yellow pages under Music Stores, and you'll find lots of ads for places that will rent by the month. Sometimes your parents would rather rent than buy—that way, if you lose interest in a couple of months, you're not out all that money.

When buying any used instrument, be sure you try it first. Don't be shy—even if you just hit a few notes or chords, you can get an idea of the sound of the instrument and if you like it or not. The guy selling it doesn't care if you're a virtuoso or not. Also check out all the switches and knobs to make sure they work. Here's another tip for buying a guitar: Hold the bottom edge of the body of it up to your chin and look down the top of the guitar all the way to the tuning pegs. If the neck looks like its curved or bowed or twisted one way or another, it's not good. You'll have a hard time keeping the guitar in tune and it will be difficult to play the higher notes and chords. If you have a friend who knows guitars, bring that person along.

##### Accessorize, Accessorize, Accessorize....

Bass and guitar players also will

need guitar chords to plug the guitars into an amplifier. I recommend buying these new. If you can afford two, buy a shorter one (10-12 feet) for at home practice and a longer one (20-25 feet) for actual gigs. You'll also need to buy new strings for your instruments. Even if the guitar you bought used looks like its in good shape, you should spring for new strings. You can find them at any music store, but shop around for the best prices. At *Guitar Center* there's a marked price on everything, but don't pay that price. Offer at least a third less. You'll be surprised when the blond, pony-tailed rock star wanna-be begrudgingly says okay. Once I bought three sets of strings for \$10, and when I went to *Guitar Center* they were \$7-\$8 per set. When I told the guy what I paid at the other store, he matched it.

##### Strings

Speaking of strings, you should start with size 9. These are lighter gauge and easier to play. *Ernie Ball* and *D'Addario* are two popular brands. You'll also want to buy more than one set for when they break. You can also buy individual strings as replacements. Bass players buy their strings by size and type of sound you want. You want a light gauge string. Some brand names are *Fender* and *D'Addario*. The salesman at your music store can explain the different sounds to you. For a "bright" sound you want to buy "round wound" strings and for amore muted tone, you want "flat wound" strings. Bass strings last a long time, and when they start to go dead you can boil them in water and this will revive the strings and extend usage (but you can do this only once) whereas guitar strings have to be changed more often, and should definitely be changed before a gig or recording. Bass strings are also more expensive, averaging \$15-\$20 a set. No matter what you're buying, you should shop around and look for sales.

##### Tuner

A tuner is a device that plugs into your instrument and helps you tune the individual strings of your guitar or bass to it. Either the guitar player or bass player should buy one. This will save you a lot of time in tuning your instruments to each other, and

Q:

My best friend in the whole world just happens to be a guy. We've known each other for over five years, and we've always been closer than even a brother and sister. Our relationship has always been strictly platonic, even though a lot of people think it's not. My problem is this....sometimes I want to have him spend the night over at my house.

Not to have sex, obviously, but for the same reasons I like my girl friends to stay over...cause it's fun to stay up all night and talk, cause it's fun to be together. Enter my parents—who say NO WAY, just because he's a boy. I don't think this is fair. HELP!

##### Amber's Side:

I'll admit this is an unusual request and I don't know how I would react if one of my daughters wanted to have a boy sleep over. I guess if your parents aren't going to trust you in your own home, they'll never be able to trust you outside of it. As far as I can see, this is a dream set-up for any mother. They can call the shots, they can read you a story and tuck you in (so to speak), they can pop in and check up on you anytime they want (though I HOPE they would knock first). If you would dare have sex under those circumstances, you'd do it anywhere, and there's no way they could possibly stop you. They might as well give up.

I really admire you for being so up-front with them. They should realize that girls who want to have sex don't set it up with their parents (and the guy's parents) first, and make sure everyone know where they are and when and with whom.

Your parents are lucky you have a close guy friend, and so are you. It's a real blessing to know a guy you can relate to on a level other than to flirt with. It gives you a whole different view of the world and relationships. It also probably makes you less likely to have sex just to please some other guy, because you'd understand what's

going on inside their heads better. So, if you never win your parents over on this, don't hassle yourself (or them) over it, you've got the right idea, and they don't.

##### Normandie's Side:

I think having male friends is a wonderful thing. There are some extra-special things guys enjoy that a lot of girls don't, so such a friendship can enrich your life. But I can sort of see where your mom is coming from. You don't need to have friends sleep over to have them be your friends, whether they're guy or girls. I would suggest more platonic activities (face it, even if your relationship with him is platonic, sleeping over doesn't look like it), such as going to a ballgame, rollerblading or skateboarding, going shopping or for ice-cream. Even studying together can be fun. Frankly, I think you sound a little spoiled. You don't do the same things with all your girlfriends, do you? And you don't need to have a guy friend sleep over, you just want to. Maybe you should just realize that you can't have everything you want.

RG

If you have a question or problem

you'd like to see in *NEW SHOES*, or if

you and your mom are interested in

writing one of the *NEW SHOES*

columns, write to *REAL Girls* at P.O.

Box 57393, Sherman Oaks, CA 91413,

or call and leave a message on our

voicemail at (818) 986-3246.

#### G I R L F A C T S

Did you know....

There are 1,192 brands of shampoo, 814 brands of conditioner, and 473 brands of hairspray currently on the market?

AND

In a school-based study of 1,728 10th grade girls, researchers

found that 7% used laxatives, 8% used diet pills, and 11%

vomited to lose weight—*Ms. Magazine*, Volume V, No. 3



# Sex

...and your first time

taboo

what  
every girl

**needs**

to know

but nobody's  
telling!!

Among high school students, 80% of sexually active boys find sex pleasurable. Of girls, only 59% enjoy being sexually active.

So is it any wonder that, in a separate poll, only 30% of women described their first sexual experience as "mildly pleasant"?

Could that explain why men, smiling smugly and positively glowing with satisfaction, generally have the world's best time when remembering the first time they got off? And why is it that SO MANY men feel that revealing to women how--and when--they did it the first time is a natural, expected thing to do, rather like covering one's mouth when burping or squeezing one's buttocks together when they feel a gas attack coming on?

Maybe it has something to do with our--and society's--expectations of a woman's first time. Why do we refer to our virginity as if it were something that could be, simply, lost. Like losing a bracelet, or a shoe. You don't "lose" your virginity any more than you "lose" a kiss or a hug. You share it. That sexist-speak is just one of the ways that we set up a whole dialogue of tired prejudices and ignorant beliefs about women and sex. Such as:

- women bargain goods (jewelry, vacations, etc.) for sex
- women don't like sex as much as men do
- women aren't "built" to have an orgasm, and besides, it's nature's way that the man should

What does it say about a society that believes a woman who doesn't climax is the norm while a man who doesn't climax is considered impotent, which is described in the dictionary as "lacking in power, strength, or vigor...helpless." What does that say about women--that we're helpless and it's okay?

Even with a thirty year history of feminism

under our belt, our society is still notoriously biased when it comes to sex. Case in Point: America's favorite twins, Brenda and Brandon, both lost their virginity during the course of their show, Beverly Hills 90210. When Brandon slept with a girl the first time, it was in his parents house, while they were asleep, and although it was with a girl he had loved at one time, she was not his steady girlfriend (in fact, Brandon has got to have the loosest pants I've ever seen on TV! He has tried to sleep with absolutely every female except Donna on that show!). Not a single eye-

*Among high school students, 80% of sexually active boys  
find sex pleasurable, compared to 59% of girls*

brow twitched.

A few episodes later, Brenda chose to have sex with her then-steady love, Dylan, and planned The Event for prom night (a very symbolic night in a girl's life). They rented a beautiful hotel room and there were flowers and declarations of love. She wasn't pressured, pushed, humiliated, or punished, and afterward, they remained a couple for at least a few more seasons. It was an incredibly girl-positive scenario. But what happened? America popped a stitch. The calls and letters flooded Fox TV, mothers complaining that such a thing could be shown to their daughters! It's so ironic that their main gripe was that Brenda was a role model for America's youth, and therefore shouldn't be having sex at all! I say Brenda provided a wonderful role model for young women--she waited until she was in love, and when she decided to do it, she did it right! If we had more role models like Brenda, maybe more women would remember their first sexual experience as positive, and maybe a higher percentage of girls would not only better understand sex, they would enjoy

it more.

Seventy-three percent of girls report peer pressure as being their main reason for having sex the first time. Most of the time it's rushed, and considered something not to be shared, but to be surrendered. "Give it up," guys tell us, like a secret we're holding. Most of us aren't as lucky as Brenda. There are often no flowers, no breakfast, no calls, maybe not even a ride home. More often than not, women are left feeling not like participants, but accomplices. Used. Under those circumstances, it's amazing that any woman could remember an incident like that 20 years later as even "mildly pleasant."

There is a common thread among the women who remember their first sexual experience as a positive one. They all felt some kind of emotional connection with their partner, and they were making the conscious choice to have sex, not based upon someone else's wants, but on their own.

If you've made the decision to have sex for the first time, we're not here to talk you out of it. What we would like to accomplish is that you see it for the big deal it really is. There are basically two steps to ensuring that you have not only sex, but good sex. 1) Take a good long time deciding if that's what you really want (see sidebar: 12 Reasons to Say No Right Now); and 2) Do everything you can to make it a positive, pleasurable experience.

## EDUCATE YOURSELF

Education is such an important part of a good, satisfying sex life, yet it's something that virtually everyone ignores. Despite what you see in the movies, sex isn't something that "comes naturally" to young people who have no experience. Sex is an acquired skill, and like any

records you really like!) and writing down the words. After that, we figured out the chords.

Now, a lot of you may think there's some huge mystery to learning how to play a musical instrument, but there isn't. In fact, I'm about to divulge to you the deepest, darkest secret of rock and roll: Some of the greatest songs of all time have only three chords! If you stick with simple tunes (the Ramones are great to play along with and practice guitar or bass to -- and all the songs are three chords), you can, by trial and error, figure out the chords. It's deceptively easy.

We had basic practices at my house. First, just the guitar and bass players got together to go over their parts (sometimes it's hard for inexperienced musicians to concentrate when the drummer is playing). After we became more comfortable with what we were doing, we were joined by Margaret, who had been getting some quick lessons from a drummer friend of hers. It was a little clumsy at first, and that's OK. In fact, it's kind of standard for while for everyone to feel like they don't know what the hell they're doing. But after some long practice sessions of doing just the tunes and the rhythm, we felt ready to have the singers come in (there were three altogether). Later, the band learned two songs that I wrote, and one written by one of the singers and myself.

We kept practicing like this until we felt confident enough to book some time at a rehearsal space and this is where all of our hard work really paid off. The first time you plug your guitars into an amp and play really loud is truly exciting. The singers all had microphones (provided by the rehearsal studio). It was exhilarating! Now I knew why the guys liked doing this so much. We struggled through our six song set, which we taped recorded for later review, and left the studio really proud of ourselves. I do have to tell you that not every rehearsal was the same. Some would be magic, and others were so awful we thought we'd never be ready to play for anyone.

Bikini Kill created their own musical style

along with a philosophy: We don't want to

sound like or play like the guys. They

figured that girls have their own message

and their own way of delivering it.

But--and here's the important part--we just kept practicing.

Soon, a friend asked if we'd play at his birthday party at a rented hall. We rehearsed twice a week at a rehearsal studio and once a week at someone's house until the gig, and it went great. We were totally nervous but pulled it off like pros, even when my guitar went out of tune and I launched into an unplanned solo that consisted of banging on the guitar, getting as much feedback out of the amp as possible and just making noise. It was cool! (That's something else to remember. If you make a mistake, no one in the audience is going to know, so don't worry about it! Capitalize on it.)

Sadly, Bottled Love Water never went anywhere after that. We broke up after that one gig because of differences in the musical direction we all wanted to take. The bass player and I went on to form our next band, Pleasure Box, with a male drummer. With Pleasure Box we went on to record a five-song demo tape with one of those songs played on regular rotation on a local college radio station. We also recorded a song for a compilation CD.

There are always bands folding and starting up again, and that's OK too. It gives you really good experience to play with different kinds of people, and you can learn something from practically everyone.

So...not that complicated, right? So why aren't there more girl bands like Bottled Love Water...or like Hole even? Cause although lots of girls dream of being in a band, very few have the balls to actually go out and do it. There are thousands of role models for guy who want to be the next Pearl Jam, but there just haven't been that many for girls.

The first really great all-girl band started in the 70s. They were called The Runaways and featured Joan Jett and Lita Ford (a great guitar player). The Runaways combined some good songs

with this really tough-chick stage presence that lots of people really loved. They were just cool. They did all right, but never really achieved widestream success. It was the punk movement of the late 70s, however, that brought out the first real wave of girl bands and performer like Patti Smith, Poly Styrene, Siouxsie Sioux of Siouxsie and the Banshees, and England's incredible all-girl band, The Slits. This was also the time the Go-Gos were getting started (they didn't know how to play their instruments at first, and they became a huge commercial success in the early '80s). They also had a lot of musical differences that got in the way, but Belinda Carlisle made it on her own for awhile, and now the group is making a come back. It wasn't until "alternative" or "grunge" rock exploded in the 90s that female performers surged to the forefront again with groups like Hole. Riot Grrrls Bikini Kill created their own musical style along with a philosophy: We don't want to sound like or play like the guys. They figured that girls have their own message and their own way of delivering it.

## PART ONE: THE PEOPLE

So are you tempted yet to give in to that secret wish to be in a band? OK, then you've conquered the first step, cause to start something like this, you have to really really want it. It takes time and effort and dedication and practice, and there will be times when it seems like it's all for nothing, but it's not. It's definitely worth it, even if you play only for your dog. It's a kick to play a song and express yourself like that. You have to remember, though, the number one goal is not to become rich and famous (although it could definitely be a close second). The most important rule is that you have fun with it.

Your next step is finding other girls to be in your band. It can be all girls or guys and girls; people who play instruments really well and people who have never even picked one up. One of the most important things to remember in choos-

(continued)



# Start your own

G I R L

group

by Catherine Doyle, founding member of Bottled Love Water, and Pleasure Box

**The typical picture:** Girls go to see all -male bands. They want to meet the dreamy bassist with the dreads.

**The Twist:** Boys go to see all-girl band. They want to meet the cute drummer with the knobby knees.

So why should you be the one watching when you can be the one playing (not to mention having way more fun)?

Whenever I asked this of girls, they always say the same thing:

- a) I don't have any instruments
- b) I don't know how to play
- c) I don't have anyplace to practice
- d) all of the above

It's not hard to start your own band, and I'm going to prove it to you. I'm going to tell you everything you need to know about where to get instruments for dirt cheap, how to teach yourself basic guitar or bass, and how to book your own rehearsal session or gig. My first band, Bottled Love Water, started with a group of girl friends, most of whom at one point or another had thought about being in a band. I had the standard piano lessons in grammar school and taught myself how to play guitar in high school (more on easy ways to teach yourself guitar later!). Another girlfriend kind of knew how to play bass. Everyone else wanted to sing, though Margaret became the sacrificial drummer. She'd never played before.

Our first real hurdle was deciding on the band name (Bottled Love Water seemed simply inspired) and after that, we got to work. Initially, we got together at my house and discussed what we were going to do. For instance, which songs we wanted to play. A few of us brought our favorite records and picked out some songs. We played them for everyone else and then chose the ones we liked and wanted to learn. After that, it was just a matter of listening to the records over and over (obviously you pick

skill, it takes practice. Sometimes, education can compensate for a lack of experience, and yours here will basically consist of two things: what you have to know and what you want to know.

What you have to know is how your own body works, biologically speaking. You have to understand your own reproductive system (this is absolutely essential for choosing responsible, safe birth control) and you also have to understand the other physiological affects of sex, like sexually transmitted diseases. It might sound dull, but look at it like playing the guitar—you have to master the chords before you can play a riff.

You want to know what turns you on, what turns him on, how to prolong his staying power and how to increase your chances of having an orgasm too. There's no shortage of books and magazines and videos devoted completely to making love. Where you choose to get your information is strictly up to you. Advice: X-rated vidoes are meant for adult entertainment, they're not designed to give anyone a realistic view of how couples should—or even could!—make love. They're fantasy, and they're a bad example to try and follow.

Part of knowing what you like and what he likes cannot (thankfully) be learned in a book. It comes from good old-fashioned practice. Don't be afraid to experiment—with yourself or with your partner. Learn how to have fun with sex, it's not a job.

## PARTICIPATION, NOT CONSENT

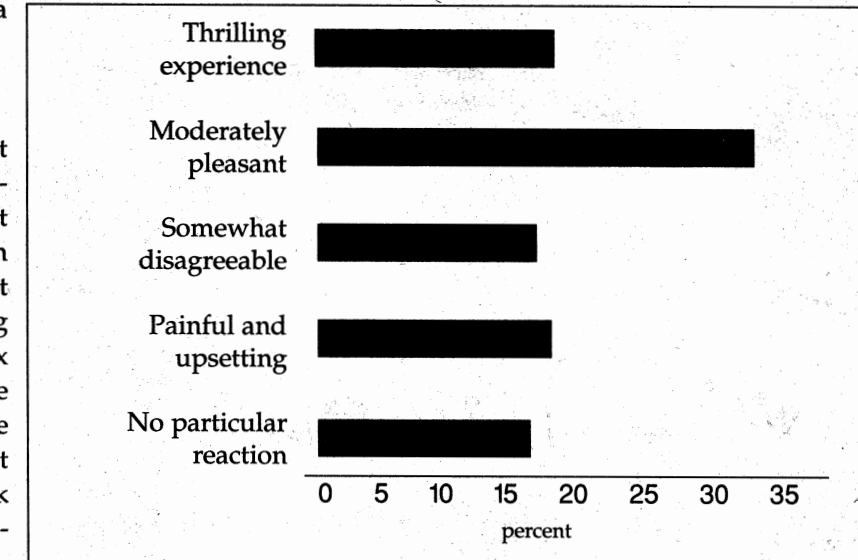
Before you decide to have sex, you've got to ask yourself this simple question, "what is my role here?" Is it to express a feeling of love or commitment, or is it to satisfy someone's physical needs so he won't go looking elsewhere? Participation means that you are equal parts of the equation: you are 50% and so is your partner. What you want, what you feel—and what you don't feel—are equally important. If you're not ready, you're not. End of story. If you don't like doing it a certain way, speak up and don't do it anymore. Participation isn't just a veto, though, it's also an affirmation of the positives to making love. You want to know what happens if you touch him there? Do it, and find out. You want to explore something you've read about, or heard about from your friends? Talk it over, see if he's willing, and give it a try. Sex should never be something that is done "to" you. It's something that's done "with" you. If you take an active role in your sex life, if you participate it and don't just "endure" it, chances are you'll

remember the experience a lot more fondly than a woman who doesn't.

## COMMUNICATION

This is one thing that most people either ignore completely or do so poorly it causes more harm than good. Studies show that people who report having the most satisfying sex lives are also the people who are most comfortable with their sexuality. That means that they can talk about sex with their partner without getting embarrassed. Don't be ashamed to talk about your body, or his. Body parts are so damn intriguing, aren't they? Little kids say "penis" and we crack up, teaching them what? That it's funny? That it's embarrassing? We're a nation of mental voyeurs—we're so obsessed with sex yet we never talk about it openly and honestly. We watch Three's Company and thrill to the sight of Suzanne Somers bouncing around in a tight t-shirt, yet to give her an actual brain, an actual sexual self, would be so threatening we would die! Such a peek-a-boo mentality does absolutely nothing for the quality of your sex life unless you're planning on spending it with

## Women's Reactions to the First Time



Source: *The Cosmo Report*, (New York: Arbor House, 1981)

it's gonna happen. That's where your planning comes in. There's a saying in Real Estate that pretty much sums it up: LOCATION, LOCATION, LOCATION! Of course, if you're into it and you're really sure about what you're doing, it doesn't matter if it's in a car or a penthouse. You'll probably have a good time. If you're borderline and you end up plopping your ankles on the dashboard, then chances are you'll be just another statistic.

Be comfortable, be in a place where it's safe and it's private. All those Cosmo articles about wild sex in public bathrooms are bull. It's gonna be hard enough the first time, don't make it worse by having your whispers of passion drowned out by someone flushing in the next stall.

## PROTECTION

You've probably heard volumes and volumes about sexually transmitted diseases like AIDS and about the high rates of teenage pregnancy, but I'm including this topic here for two reasons: one, to make sure you understand the consequences of having sex. They are: death and pregnancy (not to mention rejection). Most of this is covered under "Educate Yourself," but it does bear repeating. The second reason I bring this up is this: Your level of protection really is going to affect your level of pleasure, because if you're worrying about getting a disease or getting a baby, you're not gonna be able to let go and enjoy the moment for what it is. You need to be fully prepared, protection-wise, before taking the plunge, and that means you should get some good, reliable information (from a source like Planned Parenthood or AIDS Project Los Angeles) on AIDS, herpes, pregnancy, and all those other things that most people tend to ignore in the heat of the moment.

(continued on page 25)

What does it say about a society that believes a woman who doesn't climax is the norm, while a man who doesn't climax is considered impotent, which is described in the dictionary as "lacking in power, strength, or vigor...helpless"?

a blow-up doll named Gunther. Sex is a normal, healthy thing that everybody does, and it should be respected and enjoyed.

I think that if everyone in the country would get up in the morning and say "penis" and "vagina" three times into the mirror, then we'd all be a lot better off.

Lesson learned: if you can't bring yourself to talk about sex, you shouldn't bring yourself to having it.

## PREPARATION

One one hand, sex always takes some preparation (like bringing a condom) but on the other hand, sex is always best when it's natural, unplanned, and spontaneous. But if you don't have access to your own apartment or if you've got busy-body roommates who won't go away, then you've got to think about where

# 12 reasons to say **NO** right now

(reprinted from The New Teenage Body Book, by Kathy McCoy, Ph.D., and Charles Wibbelsman, M.D., — The Body Press, Perigee)

You don't feel ready to have sex.

This is one of the most important reasons not to have sex.

Feeling ready—instead of pressured—can make sex, when you

freely choose to engage in it, a whole different experience.

## **Premarital sex is against your beliefs and values.**

Your values matter—a lot! And if you violate them, the guilt and anxiety you would feel would override any enjoyment.

## **You're in love for the first time**

Be cautious. Go slow. You're particularly vulnerable to hurt when your feelings are so strong and new and when you have so little experience with love and loss. Work on building a strong, stable relationship as well as on your own self-esteem before even thinking about having sex.

Your partner is pressuring you.

**Beware** of the person who ignores your feelings and tries to threaten or bully or cajole you into sex before you feel ready. If he or she really cares, your partner will respect your values, even if they don't agree with his or hers.

## **You don't know anything about and/or are too embarrassed to use birth control.**

This is a splendid reason to wait. Until you can learn which methods of birth control work and which ones don't, you don't know enough to have responsible sex. Furthermore, until you can admit that you are—or will be—sexually active and use a reliable method of birth control, you're not mature enough to cope with the many responsibilities of a sexual relationship.

**Pregnancy would be a personal disaster for you.**

No birth control method except abstinence is 100 percent effective. If a pregnancy would be a real disaster right now—for reasons of health, education, family, relationship or other personal matters—abstinence is the best way to avoid this.

## **You want your first time to be extra-special.**

You will probably always remember—for better or for worse—the first time you have sex. Do yourself a favor and wait for the right time, the right person and the right time.

You don't know each other well.

The best sexual sharing comes from something you know and trust. Sex, under the right circumstances and with the right person can be very special. Why do it with someone who isn't special to you?

**You're concerned about sexually-transmitted diseases.**

You're right—and you're smart—to be concerned. Besides the risk of the invariably fatal AIDS, there are a number of other sexually transmitted diseases that can threaten your health.

## **Your relationship is in jeopardy.**

Relationship problems are not solved by having sex—even if your major problem is the fact that you and your partner differ over sexual choices.

## **You don't know much about sex.**

Read. Take a sex education course. Talk with your parents or other informed adults. Bring a list of questions to your doctor. Become a theoretical expert first. Knowing the real facts about sex can help to safeguard your health and your future.

**You're tempted to have sex for nonsexual reasons.**

Maybe you're not especially popular and think that being sexually active will change all that...sex cannot make you genuinely popular, ensure a lasting, loving relationship, boost your self-esteem or decrease loneliness. If you have sex to get what you can really only give yourself, you will be disappointed.





things you can do for **animal rights**... *right now!***1. Join a group.**

For a \$15 membership, PETA (People for the Ethical Treatment of Animals) will send you brochures and information on cruelty-free products (not tested on animals), books and videos about animal rights, and a catalog a PETA products (window decals, activist stickers, t-shirts, etc.).

**2. Go Vegetarian**

Start slowly. Eliminate meat from your diet by a third, and then a half—soon you'll be surprised how clear your conscience (and digestive system) can be! There are dozens of great vegetarian cookbooks to choose from—from basic veggie to the ultimate in gourmet. Give it to whoever does the cooking in your house and get your whole family into the act. Remember to read the labels: a can of vegetable soup might contain beef stock. Lots of snacks and bread products (tortillas!) are made with lard (a fancy word for pig fat). Refried beans also contain lard, but lots of companies are now producing true vegetarian versions of their soups, beans, sauces, and tortillas, so look for "vegetarian" on the label and buy smart. Trader Joe's, Mrs. Gooch's and other health-food stores feature a wide variety of meatless main courses and fast food, from lasagna to pita sandwiches. Once you start roaming the aisles, you'll be surprised at how varied your veggie choices can be.

If you don't feel that you can be totally vegetarian, at least give up eating cow. It takes 16 pounds of grain and beans to produce one pound of steak—just think how many people could eat on 16 pounds of beans and rice! (It takes only one pound of beans to make an entire pot of chili!) Also, the huge amount of water that cattle consume is seriously depleting our supply of underground water in the US. And if that weren't enough, the gases emitted from cows' defecation (cow patties) is worsening the hole in the ozone layer!

Another way to help prevent animal cruelty (if you still must eat meat) is to buy "free range" meat.

**3. Stop Buying Leather**

Animal skin used to be necessary to keep us warm and protected from the elements. With all the technological advances in fabric and man-made materials, you don't need leather anymore! Do you see skiers wearing leather jackets on the slopes? There are lots of choices with shoes and purses. Stores like Payless feature most of the latest styles in man-made materials. And canvas bags are just as good as leather.

**4. Educate Yourself**

Check out your local bookstore for books on animal abuses and experimentation. Remember, the better informed you are, the more of dangerous you become. A few titles recommended by PETA are: Slaughter of the Innocent and Naked Empress, by Hans Ruesch; Of Mice, Models, and Men, by Andrew N. Rowan; The Cruel Deception, by Dr. Robert Sharpe; and Animal Liberation, by Peter Singer

**5. Buy and Use ONLY Cruelty-Free Products**

Paul Mitchell is known for not testing his shampoo and other hair care products on animals, so is Clean and Clear soap. For a complete listing of cruelty-free products, including cleansers, write to PETA, P.O. Box 42400, Washington, DC 20015. While you're waiting for that, return all products (like Easy-Off oven cleaner, Wisk detergent and Clorox bleach) that have been sprayed into rabbit's eyes for no reason. Ask your local market if their store-brand products are cruelty-free (Jane cosmetics at Target and all of Safeway's are).

**6. DON'T Dissect ANYTHING**

Call the National Anti-Vivisection Hotline at 1(800)922-FROG to find out how to protest dissection of frogs, lizards and other small animals.

**7. Volunteer at your local animal shelter**

Lots of local animal shelters work with volunteers in finding homes for cats and dogs that might otherwise be put to sleep. Your contribution can range from walking dogs to fostering animals temporarily. Start a blanket drive (especially in the winter months) to keep them warm and dry. If your local animal shelter doesn't have a volunteer corps to work with, START ONE TODAY!

**8. Make Some Calls**

Most large companies print an 800 phone number on their products. If it's a company that still tests on animals, call them up and tell them that you're not going to buy any of their products until they stop.

**9. Boycott the Circus**

Circus animals stand on their hind legs and bounce balls on their noses not because they want to make you laugh, but because they're often beaten if they don't. Animals should be out roaming their natural habitat, not forced to live in cages and performing for audiences. Go see the Cirque du Soleil instead—it's performers are humans who volunteered for the job.

**10. Change Your Attitude**

It's easy to say, The meat's already in the store, if I don't buy it someone else will. Or My few dollars on makeup aren't going to make or break any company. That's true, but if that's your attitude, you're worse off than you thought. It's kind of like voting. Sure, one vote won't make a difference one way or the other. But you're not just one vote. You're part of a million votes—a million girls just like you, all refusing to buy, can put that company out of business!

**THE GOLDEN RULE**

Above all, practice kindness to animals in your everyday life. It's not your dog's job to fetch the ball. He does so only when he wants to play with you and when it's fun for the both of you. And why are you teaching your dog tricks? If you think about it, it's kind of humiliating for a grown dog to have to sit on his hind legs and beg YOU for a treat. Because you love your dog (or cat) is reason enough to give him a treat.

REAL Girls thinks animal rights is an important part of growing up into a gracious, kind human being, and that's why you'll see lots more articles and information on how you can make a difference in this very important issue.

If you have any ideas on how you and other readers can further the cause of animal rights, please let us know. Write to REAL Girls at P.O. Box 57393, Sherman Oaks, CA or call us at tell us about it at (818) 986-3246.

**Report Animal Abuses**

If you suspect that there are animal rights abuses in your neighborhood—from a neighbor beating his dog to a lab performing painful experiments—call the national animal abuse hotline at 1(800)540-SPCA. You should also call the police, and tv and radio stations.

**RESPECT...  
FOR YOURSELF,  
FOR OTHERS**

This is so hard for many adults to do, yet when you care about someone it's the thing that comes most naturally. If you learn as young women that sex should bring respect and admiration (not jealousy and contempt) to your relationship, then maybe you won't have all those beauty pageant hangups and end up on Rikki Lake when you're older.

In a perfect world, you would not be getting this information from REAL Girls, you'd be getting it at home. But a lot of parents are uncomfortable talking about sex even in very general terms; we can imagine what kind of tension there might be to initiate such a frank and specific conversation. Basically, you've got to give your parents a break. Mostly they want you to be happy and don't want you to be hurt. Speaking as a parent myself, it's much easier for me to think of my daughter having sex with a boy I know, one who comes around and sees her at home and doesn't make a big secret of their relationship—in short, a boy who cares for her—than it would be to think about her having sex with some slob who's just using her.

Your parents might feel the same way.

If you have any questions on sex and its affects, both physical and mental, get them answered before you take the plunge. See page 31 for a complete list of resources. **RG**

**Got a problem  
with any of this?**

Tell us about it.

**Call REAL Girls  
at (818) 986-3246.**

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Do you sometimes feel like your dad is invisible? Oh, you know he's there...he stocks the fridge, blocks the tv, and sometimes you catch a glimpse of him coming out of the bathroom.

But is he really present in your life? If not, you're not alone (it only feels like it). It's estimated that American kids spend less than one hour a day alone with their dad. Teenagers, even less....and girl teens? Way less.

During adolescence, most girls focus so intensely on their relationships with their moms (and wondering what went wrong!) that they seem to completely forget about their dads. Many dads also find themselves bowing out, blending into the background—unsure of what kind of influence, if any, they should exert. Usually, dads just regress to forking over mall money and loaning out the car. At the time, it may seem like it works for you, but in the end, you both get cheated.

Truth is, most of us don't realize how important our dad really is to our lives, to the way we grow up. Those girls whose dads have left the family (and sometimes never come back) know how important they are. The girls whose dads abuse them know how drastic their influence can be. But if you have any kind of positive contact with your dad at all, then you should consider yourself lucky...and you should do everything you can to maintain that relationship, ESPECIALLY during your teen years.

Try this:

How to not

let your dad

disappear

from your

life forever

#### BUILD SOMETHING

Most girls get cheated out of the thrill of building something with their own hands. The lamp or salt and pepper shakers your brother made in wood shop may look geeky to you, but it's really fun. It can be as complicated as a dresser for your room, or as easy as book shelves. If your dad is really good at carpentry, he can show you the ropes. If not, it'll be fun learning something together. This may seem like boring guy stuff (bite your tongue!) but it's actually a really cool way to express yourself, like writing a poem or drawing a picture, only 3 dimensional.

#### TELL STORIES TO EACH OTHER

One morning I went to breakfast with my dad and he told me the most incredible story about when his mother died. It was really eerie and spooky, and I never would have thought that anything like that would have happened to him. Now that he's gone, I wish that I'd asked him to tell me more stories about his life as a boy and a young man. Your dad might seem like a nerd (most teenage girls believe this is a fact), but there's probably some stuff about his

past that you just wouldn't believe!!

#### WORK ON YOUR CAR

Not only is this a great way for you and your dad to hang out together, it teaches you some valuable stuff about car repair that you'll use for the rest of your life! I'm shocked at how many girls don't even know how to change a tire! Ask your dad to show you how to maintain a car (even if you don't have one yet)—change the oil, check the brake and transmission fluid. Just think—you'll be so independent and won't have to ask your boyfriend to fix your car for you! (And your dad will probably be sooo impressed with you, you'll score big points when it's time to ask for your own car!!)

#### TAKE A TRIP

It doesn't have to be cross-country or even overnight, you could just go for a long drive. If you have nowhere to go, make it an errand that your mom has been wanting him to do, like going to Home Depot, something like that. For some reason, it's so much easier to talk to someone while you're sitting beside them in the car than it is sitting across from them at the dinner table. Talk about nothing, or every-

See, you can't make a choice unless you have a choice, and you don't have a choice if you don't have information. We think you should know the truth about how some animals live (and die). Cause we think that, given the chance, girls would do a lot more for the cause of animal rights.

In a lot of ways, animal rights is a feminist issue. Carol Adams, the author of *The Sexual Politics of Meat*, writes "After starting a hotline for battered women, I received calls from women reporting that part of the violence of battering was being forced to watch the killing of a favorite animal—a dog, a cat, a calf. The implication was clear, the woman could be next."

I'm not saying that the abuse of animals leads to the abuse of women, but one thing is clear: women understand victimization.

I don't know if I believe that men are natural-born hunters and gatherers (in fact, I think that's mostly a pretty lame excuse for some of the crap that men try to get away with) but I do believe that women are naturally nurturing. It doesn't take a lot to push our buttons when it comes to orphans and small animals, and since we're not talking about sponsoring any children here, the thing we've got to ask ourselves is this: What can we do about this subsidized abuse of the world's animal population?

First of all, don't freak out. You really can't

change the world overnight—you probably won't be able to change yourself overnight—so first and foremost, keep in mind that everything's relative (including your commitment). Animal rights is a huge, complex issue and the best way to tackle huge, complex issues is with baby steps. For instance, does going vegetarian mean you have to stop drinking milk? Does being an animal rights activist mean you have to throw away all your

**Did you know...**  
**...In the US alone, more than**  
**120 million animals a week**  
**are killed for food?**

makeup? It's difficult enough to decide what to do, then you start worrying about the impact of just one girl's efforts.

Like I said, everything's relative, including your commitment. If you eat burgers every day and have a closet full of leather jackets, then there's obviously room for improvement. If you're already a vegetarian and want to do more, then maybe it's time to move up to the next level of activism.

Shortly after my daughter went vegetarian, she was hassled by some meat-eaters for wearing

leather shoes. They balked at her commitment to the cause and generally made her feel that her contribution was worthless. She had to adopt the defense that many of you will need: do what you can do, however small it may seem, and be proud of it.

If, after reading this article, you decide to make a change in your life, then that's great. The world WILL be a better place for it. If you decide you're not ready to make any changes, then that's up to you too.

On the next page are some guidelines for living more humanely and becoming aware of how animals are suffering—not in just the obvious ways like hunting, but like training wild animals to wear hats and ride tricycles. Your new awareness, in turn, will encourage others to act more responsibly, more graciously, and more generously toward all animals (including the human kind!).

We just thought you should know.

#### Recommended Reading:

*Slaughter of the Innocent and Naked Empress*  
 by Hans Ruesch  
*Of Mice, Models, and Me*  
 by Andrew N. Rowan  
*The Cruel Deception*  
 by Dr. Robert Sharpe  
*Animal Liberation* by Peter Singer

(continued on page 8)

#### Neglected, Abused Animals

If you see an animal in danger or suspect cruelty, call LASPCA Cruelty Hotline; (800) 540-SPCA.

#### Wounded Animals

If you are in a car that hits an animal, call the LASPCA hotline or LA CITY ANIMAL REGULATION; (213) 893-8400. Never leave a wounded animal alone, but you shouldn't touch it or try to move it either.

#### Lost Animals

If you find an animal wandering the streets and it has no tags for identification, the best thing to do is to take it to a local shelter. All the shelters have veterinary staffs to take care of wounded, sick, or pregnant animals, and they do everything possible to find homeless animals a grateful, loving family. Plus, a lost pet in a shelter has a much better chance of finding its rightful owner. If you drop off a stray, you can specify "first rights requested," which means that if the owner does not show up to claim the animal, you will get first chance at adopting him or her.

In Los Angeles, call CITY ANIMAL REGULATION DEPARTMENT; (213) 893-8400; in the East San Fernando Valley; (818) 764-7061. In the West San Fernando Valley; (818) 882-8800.

National Anti-vivisection Society (NAVS)  
 53 W. Jackson Blvd., Ste. 1552  
 Chicago, IL 60604  
 (800) 922-FROG

PETA  
 People for the Ethical Treatment  
 of Animals  
 P.O. Box 42516  
 Washington, DC 20015  
 (301) 770-PETA

Call us at (818) 986-3246

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**needs writers!**

we also need

Photographers

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Build your portfolio and  
 do your girl deed at the same time!



if meat  
stinks,

and

fur

is dead . . . where does that

leave YOU ?

Every year, 60-100 million animals die in US laboratories, suffering needlessly in everything from burn and starvation experiments to weaponry testing. If they were girls, you'd have to kill every single under-20 female in the US three times to equal that number.

That's really hard to imagine, isn't it? It's especially hard for us animal lovers. It doesn't seem possible that something like that could happen here, in *America*. I mean, we love animals more than anybody...*don't we?*

Adorable puppies; soft-as-silk kittens; helpless baby ducks and rabbits—these are the images of animals that we'd rather think about. Animals are everywhere in our culture—on calendars, coffee cups, and t-shirts. From computers to cars, cologne to refrigerators, animals have always been as a sure-fire method for pulling our heartstrings and making us ooze with that goeey, maternal instinct.

Thirty-six million American households count a dog as a member of the family. 29.2 million have cats. But the fact that we let them sleep with us, that we buy them turtleneck sweaters and rhinestone collars and we even cater parties for them doesn't change what's happening when our backs are turned. You've heard that catchy slogan, "Meat Stinks." Well, what's happening to our animals is what really stinks. And all of us, sooner or later, have to face the truth.

Hardly anyone used to talk about animal experiments and what really goes on in laboratories. But fortunately, animal rights is to the '90s what aerobics was to the '80s—it's the "in thing" to talk about about. While it's kind of crummy that nothing in this country seems to

get done until someone like Johnny Depp does it first, it is encouraging that more and more people are talking openly about animal rights, vegetarianism, and animal activism.

Along with the rainforest and the ozone, the tragedy of animal abuse is finally getting some press.

You've heard of "free range" meat, right? In case you haven't, that means that the animals (mostly cows and chickens) are allowed to live a peaceful life—grazing the pasture and enjoying themselves as they were meant to—before they're slaughtered for meat. As more people become aware of the health risks and the moral crimes that take place in slaughter houses, a lot more markets are starting to carry free range meat. But, wait....did you think that ALL animals lived like that? Sorry, we wish it were so.

The truth is, slaughter houses are crowded, filthy environments. Animals that are too weak or sick or injured to walk by themselves are sometimes tied to the back of a truck and then dragged to an area where they're piled on top of each other like week-old newspapers. There, they're killed and butchered. Sometimes, an animal may lie in the dirt for days without food or water and may even be kicked and tortured while waiting to die.

And chickens? They don't poke curiously around the old family farm, frolicking with the dog and clucking the days away in relative

peace. They live indoors for their entire life, never see the sun, and are crowded into an area that houses up to nine chickens per square foot (less than the size of a desktop computer).

Those aren't very tasty statistics, are they?

Maybe that's why the meat industry has developed its own language for referring to animals—a sort of double-talk, little buzz-words we use to help us forget what we're really eating.

Pig is pork. Cow is beef. Chicken is poultry. Baby cow, or calf, is veal. Could you go to your favorite Italian restaurant and order "baby cow parmigiana"?

Could you walk into Carl's JR and order a "cow patty with lettuce, guacamole, and pig?"

It's kind of like calling wife beating "domestic dischord." It's really nothing more than a smokescreen.

And, unfortunately, it's not just meat that stinks.

Do you know that the "secret" ingredient in musk perfume is a greasy substance taken from the sex organs of musk deer? (they do not give it up willingly) And no-tears baby shampoo shampoo is tested on rabbits who endure hours of having it dropped into their eyes. From the now infamous Dreize test to the head-crushing experiments performed on monkeys, animals are being treated as a sort of disposable commodity, like a razor or a camera, of which we believe there is a never-ending supply.

These are gruesome facts, we know. They make you uncomfortable. But we don't tell you these things to make you feel guilty for eating meat, and we don't want you to feel bad about yourself for wearing perfume. Girls get enough guilt thrown onto their shoulders as it is. But I'm sure it's no surprise to you that we (meaning the public) are not always told the whole truth, especially by advertising companies and the media. It's not their job to save pigs, it's not their job to worry about your health, your conscience, or what's best for you as an individual (that's YOUR job). It's their job to get you to buy their product. That's why when you see on TV "Beef. It's what's for dinner," you're sometimes being fed a whole lot more than some dead cow.

If you don't want to see the dark side of "the other white meat," then you shouldn't be reading this article. YM won't tell you that in winter, animals being transported to the slaughterhouse can freeze to the sides of trucks during transport, in summer, they can die from heat exhaustion. But there's more to life than being young and modern. There's being real, and being a REAL Girl also means being a real person—real as in truthful, genuine, humane. Knowing how to call a pig a pig, so to speak, and taking responsibility for your own actions—whatever YOU decide they will be.

thing, it doesn't matter. The important thing is that you're alone, you have no distractions of brothers or sisters or the telephone or TV—sometimes you need to give, and get, one on one attention.

#### RAID HIS CLOSET

"Perfect!" you're saying, "I've always had my eye on that white dress shirt." Remember though, the point of this is not for you to score tons of great new guy-clothes (although that is one of the end results), it's to spend some (sorry, I have to use the Q word) Quality time together. One of my favorite rituals is when twice a year my daughter and I go through my dressers and closets together. We sit on the bed and talk and laugh—I find out stuff that I never knew about her!!—and she winds up with a bag of cool stuff. Why can't it work for a dad? It can!

#### TALK ABOUT THE FUTURE

Have you been thinking about what you want to do after school? Sit down and talk to your dad about it; he might have some good insight or advice for you about the working world—after all, he's been out there for a long time. This is also a good way for you to reveal things about yourself to your dad (he probably doesn't get much access into your head these days) and to tell him about things that really matter to you. Maybe he's got some friends who work in the field you've chosen, someone that could help you out or give you some information.

#### GO SHOPPING AND MAKE DINNER TOGETHER

No, you don't have to play June Cleaver. Do what my daughter and I do. We choose one night for "junk food night" (usually less than once a month), and we shop together for the yummiest junk food we can think of (last time it was Beefaroni, Cheetos, and orange pop). You don't have to cook a perfectly balanced meal, though you could do that too. If he's a good cook (come on, there's a chance!) he could probably teach you a few recipes for when you're out on your own.

#### LISTEN TO YOUR PARENTS' LOVE STORY

One of the hardest things for a teenager to do sometimes is to see their parents as real people and not just Mom and Dad. Do you know how your parents met, fell in love, and got preg-

nant? It might be a really cool, romantic story (just because it happened to YOUR parents doesn't mean it's not). Maybe he fell in love with her at first sight. Maybe when you were born he bragged to everyone and work and passed out cigars. Hearing stories like this really give you a sense of your own family, like you belong somewhere, and they also give you a glimpse into what your parents were like when they were just regular people (before you came along). Even if your parents are divorced, they were in love at one time, and it's still a story worth hearing cause the end result was you.

#### PLANT SOMETHING

This is kind of like the first choice, building something, but it lasts a lot longer cause every time you see the flowers or eat the veggies that you grew, you can reminisce with your dad about how much fun it was to do it in the first place. Plus, it can sort of guarantee some time alone for you and your dad if you plan to maintain the garden together (which you should do). Even if you live in an apartment or don't have room in the backyard, you could build a window box and then plant some flowers together.

#### RENT A MOVIE TOGETHER

This is our most laid-back suggestion. I throw it in because some girls might be shy about starting to suddenly spend time with their dad. Some girls might feel awkward or even stupid. That's why this is a great addition. Maybe you're shy cause you don't know each other very well, and renting a movie together is a great way to get to know each others likes and dislikes. Plus, if you don't have anything to say right away, you don't have to! All the attention isn't focused on you and that helps take the pressure off.

You and your dad don't have to be super-buddies. You've got your friends, he's got his (and your mom). You've got school and he's got work. But if you think about it, there are probably a lot of little ways to fit your dad into your life. All it takes is a little effort...and believe me, the rewards are there. You'll feel the affects of your relationship with your dad—good or bad—for a long, long time. So don't just sit there, do something about it.

RG

my father was not in the telephone book  
in my city;  
my father was not sleeping with my mother  
at home;  
my father did not care if I studied the  
piano;  
my father did not care what  
I did;  
and I thought my father was handsome and I  
loved him and I wondered  
why  
he left me alone so much,  
so many years  
in fact, but  
my father  
made me what I am  
a lonely woman  
without a purpose, just as I was  
a lonely child  
without any father. I walked with words,  
words, and names,  
names. Father was not  
one of my words.  
Father was not  
one of my names.

Diane Wakoski  
"The Father of My Country"



# Soap FOR your head

*In order to make room for crisp, conscious thought, you first have to scrub your brain of all the gunk that people have been telling you since you were day one. If you never hear good things about girls, you're reading the wrong books.*

## slave to nothing

"I tend to be annoyed by fashion or fashion-obsessed people. It's fine and well for people to feel good about how they look, and dressing in a wig and knickers can be fun, but ultimately there are better things to be concerned with—like waffe irons, duncimers, oral hygiene. Style is its own reward. People pay me to look bad. — Beck, quoted in the Nov. '94 issue of SASSY.

Did you know that Women invented...

- the ice cream cone
- the bullet-proof vest
- computer programming
- the Navy's first signal flare
- fire escapes
- solar heating
- and
- the dishwasher
- disposable diaper
- the drip coffee maker
- the bra

## Whatever happened to?

### The Barbie Liberation Organization

Last year they did what lots of girls have only dreamed of doing--no, they weren't crowned Misses Americas, they performed "corrective surgery" on over 300 Teen Talk Barbie and talking Duke G.I. Joe dolls, switching their recordings so that Barbie would holler, "Eat lead, Cobra!" or "Vengeance is mine!" while G.I. Joe swooned "Will we ever have enough clothes?"

*"Being fat doesn't mean you feel*

*good about yourself, but neither*

*does being skinny."* — **Roseanne**

## news you never hear

All five of the gold medals won by the US in the 1992 Winter Olympics were won by women. And of the 13 Olympic gold medals won by Americans in Lillehammer in '93, nine went to women.

"There's already too many unrealistic role models for young girls, and for somebody to hear that Monica at 137 pounds is too heavy and should be pencil-thin, well, I think it's dangerous to play around with things like that. I know people who've had a problem with anorexia or bulimia. It's a serious illness. To be healthy is what's important." **Monica Seles, tennis player**

# miss-information

Not since

**"Disco is Dead"** have people been **HEARD** to utter **such crap**

"There is a substantial and enlarging body of medical opinion that these deformities [small breasts] are really a disease."

— The American Society of Plastic and Reconstructive Surgeons, in a memo to the Food and Drug Administration.

## So...what's the problem?

"[The fight for the ERA in Iowa] is about a socialist, antifamily political movement that encourages women to leave their husbands, kill their children, practice witchcraft, destroy capitalism, and become lesbians."

— Pat Robertson, evangelist

Known mostly for their OBSESSION

with "supermodel" (what does that mean, ANYWAY?) Cindy Crawford,

Glamour Magazine also features a judgmental, girl-hating little bit known as Dos

and Don'ts. **Screw you** to the

recent issue which featured a REAL Girl with the prerequisite black bar over her

eyes and the condemning caption, "**A little-girl dress on a big girl adds up**

**to a you know what."** We say

Don't...don't bother...

In the recent TEEN one-shot entitled "ALL ABOUT YOU," 26 pages are COMPLETELY devoted to what guys think "about you," ranging from the really nervy "Can You Keep Him?" to the totally ridiculous—did you know that 42% of guys like women who use "not too much hairspray or makeup." In the rest of the pages that are supposedly about you, you can look forward to reading such enlightening articles as "Fight the Fat" and "No More Bad Hair Days." Give me a BREAK! I think someone made a mistake, it should be called "All About Making You Feel Like Dirt!")

"To manufacture only small sizes is a favor for

humanity. I prevent ugly girls from showing off

their bad figures."

—Elio Fiorucci, Fashion Designer

from the WHO CARES? dept.

61% of guys like sneakers

56% prefer short skirts

28% like the color white"

—TEEN Magazine

## What's Sexy in a Man?

1. Good Manners
2. Amnesia (never compares your looks, etc., to past loves)
3. Driving Skills
4. Clean Clothes
5. Argument-Worthiness (takes you seriously enough to react with verbal passion)
6. Pet-friendliness
7. A big brain
8. Reliability
9. Willingness to read out loud
10. Nice friends

## 10 Ways for WOMEN to Be Sexier

1. Perfect the Double Entendre ("I was tied up at the office all day—and I kind of liked it.")
2. Eat ("Turn the slightest act—licking your spoon, nibbling asparagus—into risque business...throw in a few almost unperceptible moans...")
3. Swallow ("The five least sexy words in the English language "Where is this relationship going?"")

## 4. Learn to Drive a Stick Shift

(no comment, too obvious)

5. Find Other Women Attractive ("He later confessed that watching her watch the other woman—and then move with her—was one of the sexiest things he'd ever seen.")

6. Be a Good Audience ("Prop your chin in your hands, lean over, close your eyes, and act as if his every word conjures up thrilling images. This...won't guarantee you a place in the Feminism Hall of Fame but...we're talking sexy here.")

7. Dress Strategically ("...a long skirt with high slits, a sheer top over a bra...")

8. Talk to Him Without Saying a Word ("...brush your fingers across your lips...")

9. Take up Boxing (this is a mystery to us)

10. Believe It ("...the idea is to be yourself...")

From the December 1994 issue of Mademoiselle magazine, two separate articles on what makes a woman sexy and what makes a man sexy.

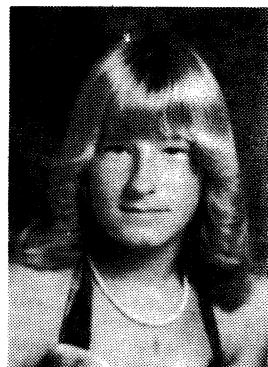
## SPREAD THE WORD!!

Send your clips, quotes, and other observations for

Miss-Information to REAL Girls,

P.O. Box 57393, Sherman Oaks, CA 91413.





When this picture was taken, I was 16 years old. I played tennis; I wanted to be Chrissie Evert. Even my love fantasies centered around being Chrissie Evert (I had it BAD for Jimmy Connors—ask your parents about the year they danced at Wimbledon—I'm showing my age). The whole rest of the country (Jimmy Connors included probably) was having love fantasies that centered around Farrah Fawcett—either being Farrah, or being with Farrah (who, coincidentally, was married to the Six Million Dollar Man—it was too perfect).

I was left in the dust. And just when it seemed that girls (Ok...me) might get some relief when the popularity of the Angels started to wind down, along came Suzanne Somers to set me back another five years. (I find it so funny now that as my daughter nears 16, Aaron Spelling is still playing Charlie, only now it's 90210, Melrose Place, University Hospital, and, of course, Models, Inc.)

Oh, sure, there's Monica Seles too, but you're probably wondering who the hell she is.

The point of all this is that you would think that in the almost 20 years since the photo above was taken, girls would have come a lot further than Julie and Sarah duking it out over a modeling job (gosh, it seems like only yesterday that Krystal and Alexis were catfighting in the pool). And what IS the deal with Aaron Spelling anyway? He's produced so many shows on young girls that I'm beginning to wonder if he was one in a previous life (if he was, he was obviously the head cheerleader and has no relevance to my past, thank you).

From TV shows to cosmetic ads, it seems that everything in our culture is designed to make girls like you think of nothing but yourselves—your weight, your clothes, your hair. Don't get me wrong, self examination is a really necessary part of any girl's life—but to this degree? All the advertising on TV and in magazines gets you to buy their products not through positive change, but through negative imaging. By telling girls you're not pretty enough, not thin enough, not busty enough, not blonde enough, they're diverting your attention away

# The REAL Deal Behind REAL Girls

from what's really important in your teen years—developing friendships, creativity, self-esteem and goals. I mean, who can think about college when you have a new eye shadow to go buy?

Do those things sound boring to you? Yeah, well they might. You can thank Glamour magazine for that (not to mention SASSY, YM, 'TEEN, and all the others). It's much more interesting to think about boys and to think about what boys think about YOU than it is to think about writing a story or joining a sports team.

Right? WRONG!  
Writing poetry is cool. Getting it published a kick that you wouldn't BELIEVE (check out our story on page 16). Listening to music is great, but forming your own band is an incredible RUSH (see how to form your own Girl Group on page 10). Saving an animal's life, through pet adoption or going vegetarian, is an accomplishment that you'll carry always.

See, we know that you like makeup, and you like boys, and you like to buy new clothes. And that's OK. We do too. I don't know if anybody's told you lately, but there's a lot more to your life. Look, there is no shortage of people telling you what you should be like. Who's left to tell you what you COULD be like?

Us. We are.  
We also want to show you that just because you're not Barbie (or Kate Moss or Cindy Crawford or anyone else you REALLY REALLY REALLY want to be) doesn't mean you can't be happy with yourself. We know that REAL Girls comes in all shapes and sizes, and when you see pictures of girls in our magazine, that's what you'll see. With us, you really can model (and not just look like one).

Try us out for a couple of issues (oh, c'mon, you weren't sure about clogs at first either!) and then let us know what you like, what you hate, what you want more of and what you can do without.

We think you'll like what you see.  
Cause when you get right down to it, we're really just like you. We're girls. We're real.

*Snow* **RG**

If you're interested in writing for REAL Girls  
(you don't have to be a professional) or  
contributing story and article ideas, see page 25 for  
details. We're also looking for cartoonists,  
photographers, and models!  
Call us at the # below!

This first issue of REAL  
Girls is being produced  
totally ad-free.  
REAL Girls No. 2,  
however, is accepting ads  
right now!  
Call us at (818) 986-3246  
for more information

## GIRLS!

Run your classified ad for FREE!

Send the copy to REAL Girls, P.O.

Box 57393, Sherman Oaks, CA 91413,

or call (818) 986-3246

## Boy-Toys?

Finally, the powers that rule the \$8 billion video-game market have gotten it through their thick skulls that girls play games too (triple SCREW YOU to Hi-Tech Entertainment's **Barbie Super Model** game, which is just more of the same nonsense about clothes and makeup)! Amid the glut of boy-based games, Sega of America is among the first of these companies to offer games geared toward girls (Nintendo is offering zilch, claiming their Super Mario Bros. appeals to both sexes.) Cristine Risley, former senior VP of production at Marvel Comics, has created **Crystal's Pony Tale** and **Ecco**, an adventure game about a female dolphin.

*"It was unbelievable to tell girls that being a prostitute after college while deciding your career is okay because you'll meet your Prince Charming. It infuriated me." Daryl Hannah, Actor, about auditioning for the movie "Pretty Woman."*

## yes? no? maybe?

Researchers believe that girls can

make up their minds faster than boys!

That's because a girl more frequently

use both sides of her brain!

## G R E A T N E W S !

Teenage women's use of contraceptions at their first time rose from 48% in 1982 to 65% in 1988.

More than 65% of American women participate in sports or fitness activities, according to a 1991 Sports Illustrated poll. — Teen magazine. 8/94

**Women own 30% of  
American businesses.  
By the year 2000, they're  
expected to own 50%**

## FIT COMPETITION

Today, almost 2 million high school girls participate in interscholastic sports -- a 500% increase since a 1972 law was passed forbidding sex discrimination in high school sports.

"I had to fail to realize that self-worth isn't built upon one accomplishment. It's built through years of setting goals and reaching them." —Stacy Allison, the first American woman to reach the tip of Mount Everest, after one unsuccessful attempt.

**Send your soap to REAL Girls  
P.O. Box 57393, Sherman Oaks, CA 91423**

"I love to work with women, because they have fewer pieces of armor. They're less full of shit. They're more likely to be honest with you, to speak their heart as well as their mind. They're less likely to exploit you when you're weak, to work power trips on you." —Clive Barker, author, director and screenwriter, creator of "Hellraiser" series, quoted in "L.A. Village View"

Look, there's no shortage of people telling you what you should be like.

Who's left to tell you what you COULD be like?



# Zsa Zsa's Good girl advice

From her book, "How to Catch a Man, How to Keep a Man, How to Get Rid of a Man," by Zsa Zsa Gabor, Doubleday, NY, 1970

"Older men and younger girls are

better suited for each other, they

say, because they have the same

small drives for sex."

Just when you think you had it all figured out, someone like Zsa Zsa comes along and blows your mind (and your cover)! Sexist, yes. Backward, yes. But there's something about that tall hair and those scary eyelashes that just do us in. You gotta love her.

"Men adore helpless women, because they can do anything they want to them, and the women just say thank you."

"The best way to attract a man immediately is to have a magnificent bosom and a half-size brain and let both of them show. If you already have these two things, though, you probably aren't reading this because you don't need to. You are too busy beating men off with a baseball bat. Also I hope for you that you don't spend too much of your time reading."

"One of the worst things if you marry a young man or one who is your age is that maybe he is going to advance himself and get interesting and important and you are going to be left behind at home."

"Three's company, but four's an orgy. And orgies are not good for anybody--except Fellini who films them just beautifully."

"The only place men want depth in a woman is in her décolletage." [translation: neckline]

**Spring hemlines! Perms for Guys! The Shoe Dilemma: 1 inch or 2???**

You won't read about it in REAL Girls! But you will read controversial, thought-provoking, and FUN things that girls need to know!

**Don't miss your next issue!**

Free on the newsstand (if you can find it) but for **ONLY TWO DOLLARS** we'll send the next copy to your doorstep!

Send your \$2 TODAY to REAL Girls, P.O. Box 57393, Sherman Oaks, CA 91413

**ADVERTISE IN THE NEXT ISSUE OF REAL GIRLS!!!**

**Unless you're Maybelline, Tampax, or Coca-Cola, you probably don't know where to reach girls 14-20. HERE! HERE! HERE! Call REAL Girls today at (818) 986-3246 and find out how to get your message to REAL Girls!!**

## REAL Girls magazine

1 of 4, 1995

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REAL Girls is published  
by Small Dogs, Inc.,  
P.O. Box 57393,  
Sherman Oaks, CA 91413  
(818) 986-3246

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Jenna Brooks

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Thanks to Jenna, who matters most, to Melissa and Chris, and to Marlys and Al, who, despite all our problems, somehow managed to raise a REAL Girl.



# REAL GIRLS DO EXIST

**DON'T BUY THE BARBIE BULL**

girlhelp

## RESOURCES

### ANIMAL RIGHTS

NAVS  
National Anti-vivisection Society  
53 W. Jackson Blvd., Ste. 1552  
Chicago, IL 60604  
(800) 922-FROG  
PETA  
People for the Ethical Treatment  
of Animals  
P.O. Box 42516  
Washington, DC 20015  
(301) 770-PETA

### ADOLESCENT MEDICINE

UCLA Medical Center  
Adolescent Medicine  
200 Medical Plaza  
Suite 265  
Los Angeles CA 90024  
(213) 825-0867

### PREGNANCY, ABORTION, & ALTERNATIVE TO ABORTION

Planned Parenthood of  
America  
in the SFV (818) 443-3844  
In LA (213) 226-0800  
Westside (310) 787-2666

Abortion Referral  
Nat'l. Abortion Fed. Hotline  
(800) 772-9100

Alternatives to Abortion  
Florence Crittendon Assn.  
(for referral) (212) 254-7410

### CRISIS

Suicide Prevention:  
Help Line, Los Angeles  
(213) 381-5111  
Crisis Hotline (800) 866-9600

Abuse Victims:  
Childhelp USA National Child  
Abuse Hotline  
(800) 4-A-CHILD

Nat'l. Domestic  
Violence Hotline  
(800) 333-SAFE

Rape Hotline  
(202) 333-RAPE

First Strike Rape Prevention  
13743 Ventura Blvd.,  
Sherman Oaks  
(818) 990-6611

Nine Line  
(800) 999-9999

### AIDS AND SEXUALLY TRANSMITTED DISEASES

Aids Project Los Angeles  
(APLA)  
(213) 993-1425

Public Health Service AIDS  
Hotline  
(800) 342-AIDS

National Sexually Transmitted  
Diseases Hotline/American  
Social Health Association  
(800) 982-5883

### GAY SERVICES

Gay Switchboard Hot Line  
(nat'l referrals) (215) 546-7100

Gay Community  
Services Center  
1213 N. Highland  
Hollywood CA 90028  
(213) 464-7485, (213) 993-7500

The Hetrick-Martin Institute  
401 West Street  
NY NY 10014  
(212) 633-8920

### RUNAWAYS

California Youth Crisis Line  
(800) 843-5200

Angels' Flight Crisis  
Center for Runaways  
(800) 635-8651 24 hrs. a day

Su Casa Family Crisis and  
Support Center  
(310) 402-4888

L.A. Youth Network  
(213) 957-7340

L.A. County Children Services  
Department; Runaway  
Adolescent Project  
(213) 466-5015  
Options House  
(800) 225-4325 24 hrs. a day

### MISC REFERRALS

PMS Hotline  
(800) 327-8456 x 19

Sex Information HotLine  
(213) 653-1123

Drug Abuse Info and Help  
(800) 548-3008

Eating Disorders  
Bulimia/Anorexia  
Self Help Hotline  
(800) 227-4785

National Food Addiction  
Hotline  
(800) USA-0088

National Organ. for Women  
San Fernando Valley Chapter  
769-2035

San Fernando Friends  
of Homeless  
Women and Children  
(818) 753-1127, (818) 786-7830  
Center for Pacific-Asian  
Family  
24-hour emergency shelter  
(800) 339-3940

Chicano Service Action Center  
in East LA  
also operates a Free Spirit  
Shelter for Native Americans.  
(800) 548-2722, 24 hrs. a day

Family Service of LA,  
provides counseling,  
bilingual (213) 469-5892

### FREE BABY FURNITURE

For young parents in need, call  
Crisis Pregnancy Center  
3212 Loma Vista Rd., Ste. 220  
Ventura (805) 656-1005

### RECOMMENDED READING:

The New Teenage Body Book  
by Kathy McCoy, Ph.D. and  
Charles Wibbelsman, M.D.  
(The Body Press, Perigee, 1992)

Changing Bodies, Changing  
Lives: A Book for Teens on Sex  
and Relationships, by Ruth  
Bell (Random House, 1988)

The Family Book About  
Sexuality, by Mary Calderone  
and Eric W. Johnson  
(HarperCollins, 1990).

A New View of a Woman's  
Body, Federation of Feminist  
Women's Health Center Staff,  
(Feminist Health Press, 1991)

EVEN IF YOU DON'T LIVE  
NEAR A RESOURCE YOU  
NEED, CALL THEM AND  
ASK FOR A LOCAL REFER-  
RAL.

If you know of another organi-  
zation or hotline that our read-  
ers could benefit from, please  
let us know and we'll list it  
here.



# We're full of No.2

and we need your help

We're bursting with lots of great ideas for the 2nd issue of REAL Girls, but we need more!

send us:

- girl news!
- original stories, poems, and essays!
- clips and quotes!
- story ideas for things that YOU want to read about!

DO YOUR GIRL DEED....AND MAYBE GET PUBLISHED AT THE SAME TIME!!

ATTN:  
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WRITERS  
MODELS  
CARTOONISTS

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WE WANT OTHER MAGS TO LOOK AT US AND SAY...

they're  
full of it!

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## Premiere Issue!

### INSIDE:

- How to Start Your Own Girl Group!
- Sex & Your First Time:  
What you should know
- Get Your Poetry Published!
- Animal Rights Activism for Girls

# REAL *Girls*

magazine

Number 1 of 4, 1995

FREE!



## BARBIE 5, GIRLS 0

Is there a woman alive who hasn't felt, at one time or another, like nothing more than Barbie's fat friend?

You know who I mean. The girl who drives Barbie to the hot clubs and gets stuck holding her purse all night. The girl with the "great personality"; the one for whom Barbie makes all her new boyfriends find a date.

Why is it that no matter how great we feel, how much

we accomplish, or how wonderful we truly look, when we pick up that tiny pink hand held mirror and take a squint at the reflection inside, there's always something to loathe. Something we're willing to pay some guy \$5000 to cut off.

REAL Girls is a new magazine for young women who are tired of the Barbie game, of being molded to fit a decades-old ideal that never worked in the first place.