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For Everyone Dealing with Gender Issues

PRELIMINARY





Transgendered



Autumn 1995

Issue 3

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**The Transgendered
Community At Your
Fingertips**

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A Transsexuals Perspective

Debra Berube

Welcome to the third issue of Transgendered.

Things here are really starting to look up. The orders are pouring in and it's all because of you. Thanks to you all our magazine has started to reach people nationwide. Our community is growing by leaps and bounds as is the general understanding of our issues as well as the public acceptance that we've all longed for for such a long time.

Thank You All so very, very much...

This month I thought I'd discuss something that effects every Transgendered person. Some much more than others. That's the primary impact that issues of Gender confusion have on our very being... our Self Esteem...

Things have been hard for us for many years. Most if not all of us grew in an environment where it was completely socially unacceptable to have these issues. Many of us hid our basic needs within ourselves very deep. I once heard Dr. Roger Peo (a noted Psychiatrist who dealt with the Transgendered) speak where he stated that "No one is as talented in creating a truly detailed and strong protective shell as the Transgendered". We hide to defend ourselves from the humiliation we so fear, and we do it very well...

"No one is as talented in creating a truly detailed and strong protective shell as the Transgendered"

In so doing however some of us turn the blame inward. We believe we're less than normal... we lose alot of our faith in ourselves... Not all of us mind you... but far too many.

Anger... Depression... Despair... or worse...

This is really totally unnecessary today. More and more people are learning about us and our way of living.

More and more their coming to empathize with us and tolerate if not completely understand us. Things have a long way to go mind you... but they are going... and in the right direction...

People who are Gender confused are NOT ill... They are Normal! Perfectly so!

We simply need to look beyond the confines of confusion and see the real truth.

That we are beautiful beings who happen to see both sides of the human experience.

Take care...

Debbie

Truth is wherever you decide to face it. - John Berry

Writing for TG

The publisher of the Transgendered welcomes and encourages all submissions of material for publication as long as such material abides by the following guidelines...

- Submitted material must relate to the subject of Transgenderism.
- All submissions must be in good taste.
- Material should be positive in nature.

Submissions should be in ASCII format and sent on 3.5's (preferred). Written or typed material accepted. The Editor of Transgendered reserves the right to edit, alter or change all material as required to conform to the standards of DBA. Anyone published will receive a copy of the issue in which their material appears free of charge.

Send submissions to : Debra Berube, D B Associates, P.O.Box 2085, 179 Pine street, Natick, Mass. 01760-9998 c/o Submissions

Advertising Rates for TG

Advertisements in TG magazine are available to anyone selling a service or product useful to/for/by the Transgendered community. Ads will also be exchanged with other publications on an equal basis provided a copy of said magazine is provided when the ad appears. TG will also provide such a copy. Ads are available in Full Page , Half Page , Quarter Page and Eighth Page sizes. All ads are subject to editor approval and alteration as required.

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Credits & Thanks

Special People

Credits & Thanks

Debra Berube, Editor and Publisher of Transgendered Magazine, wishes to acknowledge credit and appreciation to the following people for their contributions and support in the development and production of this product.

Susan Roberts - Chicago Illinois - for her help with the Stormtroopers and her never ending support for myself and my efforts.

Joanie Bartlett - for her Stormtrooper additions and strong friendship.

Linda Defrusio - for use of her professional articles.

The Tiffany Club of New England and my many friends there.

Abby Greene of TV/TS Confidential for her unfailing kindness.

And especially my close family and friends who have had to deal with the hardships of Transgendered / Transsexual confusion as well as the many people who stood behind me in all the difficult times.

Thank you all from my heart...

Debra Berube "95"

BASKING

[SNAP]

Suzie lounged lazily under the beating sun. Her dense, golden tresses streaming away from her goddess like face. Her eyes, the color of a dreamy blue pond, shut beneath her expensive sunglasses. Her three piece bathing suit covered all but nothing of her warm, supple beauty.

She stretched momentarily in a liquid manner on her lounge at the shores edge. Breathing the salty air deeply and sighing as she settled into a more comfortable position.

Reaching beneath herself she undid the snap of her top and threw it aside to allow the heavens an unobstructed view of her lush, ample splendor.

The sounds of seagulls drifted to her gently over the soft rush of the ocean waves as they caressed the shore.

A short distance away, a haggard old woman leered in disgust at the sickening sight. Making her way as quickly as her walker would carry her, she stumbled toward a distant beach policeman.

The officer listened to her wheezing complaint and started toward the distant nubile offender. His muscles rippling sweat as he walked toward his prey. Every sinewy fiber of his 6 foot plus gorgeous physique tightened in anticipation as her image grew closer.

Towering over her like a rugged mountain of manhood, he spoke...

"Excuse me miss!" his voice thundered.

Suzie didn't even open her eyes, but upon feeling the reduction in heat from his muscular shadow, she waved her delicate hand saying, "Move out of my sun."

The officer stood even taller, testosterone pumping through his mighty frame and again he bellowed...

"EXCUSE ME MISS!!!"

Suzie casually removed her glasses and leaned upon one elbow. Her exposed splendor rippling before her.

"This is a public area!" the officer roared mightily, "Your not allowed to expose yourself in this manner here!!!"

Suzie grinned in an evil manner and spoke in a deep voice...

"I'm a MAN!"

The officer froze, turned, and walked away...

"CUT!!! CUT!!! That has to be the weakest baritone voice I've ever heard!" cried Stevena Spillberg as she ran from the directors chair... "I've heard baby girls with deeper voices!!!" she screamed.

Reaching beneath herself she undid the snap of her top and threw it aside...



She motioned to a flunky standing nearby who spoke...

"Transsexual Blonde Beach Bimbo, take 342!..."

Stevena Spillberg cried... "AND..... ACTION!!!!!!!"

[SNAP]

Suzie lounged lazily under the beating sun. Her dense, golden tresses streaming away from her goddess like face. Her eyes, the color of a dreamy blue pond, shut beneath her expensive sunglasses. Her three piece bathing suit covered all but nothing of her warm, supple beauty.

She stretched momentarily in a liquid manner on her lounge at the shores edge. Breathing the salty air deeply and sighing as she settled into a more comfortable position.

Reaching beneath herself she undid the snap of her top and threw it aside to allow the heavens...



Facing Fate

Security is mostly a superstition.

It does not exist in nature,
nor do the children of men as a
whole experience it.

Avoiding danger is no safer in the
long run than outright exposure.
Life is either a daring adventure,
or nothing.

To keep our faces toward change
and behave like free spirits in the
presence of fate is strength
undefeatable.

-Helen Keller / Let Us Have Faith
(1940)





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Letters & Mail sent to TG

While TG is still a young publication, we have already had ALOT of mail from a great many people. Here are a few out-takes...

Debbie,

I got your magazine today. I think it is great. I would recommend it to everyone. What a wonderful idea. I am definitely going to get a subscription as soon as my checking account recovers from all the clothes and shoes I bought this week.

Thanks loads,

Jenny

Why thank you Jenny, your comments make the effort worthwhile. I'm glad you like the mag. It's been a long time in the making, but I have big hopes for it and for our community. Hugs...

Dear Debbie,

IT'S HERE AT LAST!!! I just thought it was another "passing fancy" (sorry, I couldn't help myself) So you finally got it out huh? Awesome!! It looks absolutely great! You've built a useful resource here gal, best I've seen yet. Good luck with it!

Laura

Passing Fancy it's not! This is a very serious endeavor. Thanks for the vote of confidence! I hope the readership gets something out of this... It's my whole goal. Take care... Deb

Understanding Crossdressing

WHY DO THEY DO IT?

It doesn't matter where you look these days. Virtually every talk show, magazine or television show has something on crossdressing. People are sensationalizing the phenomenon and making a major issue out of it. But if you were to look past the glitzy outrageous few and look behind the scenes to the real gender community, you would see a totally different kind of world. Completely different from the hyped up facade that the general public unfortunately has come to accept as the truth about people who deal with gender issues and who crossdress.

In the US alone, there are in excess of 300 organizations, groups, clubs and health care facilities for

Most crossdressers are deathly afraid of discovery. They go to great extremes to hide their activities.

people who deal with these issues. Dozens of magazines, many supporting electronic services and ton after ton of literature on the subject. At last estimate, there would be approximately 9 million Americans who could be termed as transgendered to some degree.

These people are absolutely everywhere in today's society. Doctors, executives, teachers, clergy, military personnel... literally every category of people and profession has members that are involved in the TG world. They are all around you in every day life, you are simply unaware of them. They may even be family members.

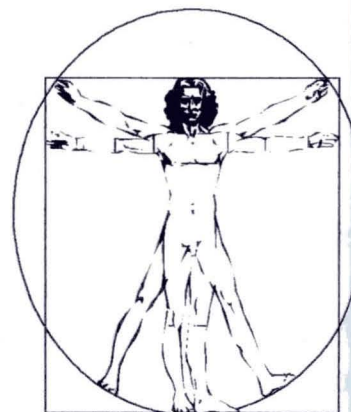
So why are they not as obvious as those you see on the talk shows? That's simple... Fear...

Most crossdressers are deathly afraid of discovery. They go to great extremes to hide their activities. They live continuously in fear. Afraid of the loss of friends, family, job, income, everything... They fear it would destroy their very lives... and unfortunately, without an open, understanding environment, this rejection could be all too real.

So with so much at stake, why would anyone take such chances for an activity as apparently as foolish as crossdressing?

Why indeed...

Maybe a little bit of information about the thoughts and feelings of the transgendered would help you obtain a clearer view of this form of self expression.



Transvestism (or in more intense cases, Transsexuality) is a recurring desire to wear the

clothing culturally associated with that of the opposite gender. This activity may range from rare, individual occurrences to very compulsive repetitive behavior. It is a way for an individual who feels the inner need to associate with the opposite gender to fulfill that need and to come to peace within themselves. Crossdressing for these people is a positive form of expression... not a sick perversion... it is a way for them to feel their inner warmth, an inner warmth they deny themselves to abide by the rulings of a non-understanding society.

Transvestism is not, therefore, a mental disorder in and of itself. Most of the problems people involved with any level of transgenderism experience stems from a feeling of degraded self esteem. Unhealthy practices relating to gender confusion have been largely created by the rejection most crossdressers have feared or actually experienced in their lives. Rejection of gender dysphoric people has resulted in the past in extreme depression, substance abuse and many unnecessary suicides.

Many crossdressers find themselves periodically throwing all of their acquired possessions away (purging) only to begin repurchasing everything again at some future point in time. They grow beards, immerse themselves in other activities, in

their careers, get married and raise families, all the while longing for the opportunity to once again immerse themselves in the softer world they so long for.

Most crossdressers are heterosexual and have a definite masculine personality, as well as their feminine nature. Living their lives generally attired as any other man, never giving off the slightest clue to others of their private feelings, they go about their jobs and raising their children without allowing this aspect of their personality to interfere in any way.

There are some however who feel a greater compulsion to go beyond this point. These people may actually begin various processes to alter themselves in a permanent manner to resemble the opposite gender. This may involve electrolysis to permanently eliminate the facial beard, hormones to alter the overall shape of the body and to produce the actual growth of breasts as well as a modification and redistribution of body fat

resulting in the development of feminine hips and a noticeably feminine modification to the face. These people are referred to as transsexuals. Transsexuals in general feel that they are truly women and are correcting an error of birth.

Countless cures have been attempted in the past, all of which have repeatedly failed. The medical community in general now feels that the proper approach to this issue is help the individual to cope with the reality of their situation and to get them to accept themselves for who and what they are.

Family members and friends also have to learn to cope. As hard as it may be to accept, gender confusion is a condition of life and is not going to simply go away.

Self acceptance is by far the best solution. One that can really only result from an accepting environment and compassionate, caring family and friends.

Berdache

By Jennifer Wells

Reprinted from the XX Club Newsletter

**He practiced deception and deceived only himself.
 He practiced competition and learned discord.
 He practiced greed and became envious and selfish.
 He practiced hatred and found hostility and bitterness.
 He practiced intolerance and was himself prejudiced and bigoted.
 He practiced war and a piece of him died every death.
 But when he stood alone on the barren rock,
 and knew his soul hungered,
 he listened to the wind, and beheld the waves,
 of grass below, and clouds above,
 and tasted of the sweet mountain spring water,
 and felt the warmth of the sun on his face,
 and heard the distant leaves rustle and a baby cry.
 He thanked all for the plenty that is provided
 for those who seek.
 He practiced love, and his heart soared
 and flew with the hawk.**

EASY MAKEUP REMOVAL

Debra Berube

I have been crossdressing for my entire life.

As a teen I spent countless hours in front of my mirror applying makeup and taking it off again...

Over and over and over and over again... Trying to find what looked best on me and searching desperately for the correct look to make myself appear to be the female I felt in my heart I was.

Well after many years I have finally reached my goal... but not without a lot of physical pain and abuse...

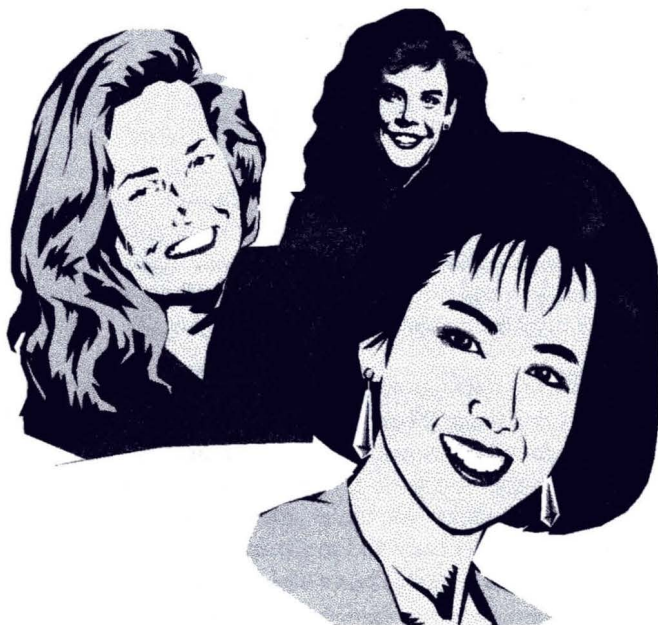
WHY???

There are many answers to this question... but the one that is pertinent to this article is Makeup Removal.

I literally used to scrub my face and eyes raw trying to get the makeup off between each application. As a teenager I had little access to all of the various makeup removers and even now find I would still damage my face trying to get the makeup off. I would even allow a full day after I would dress before I would feel comfortable about going into public again as my male self for fear that people would see the raw condition of my face.

This continued until after I joined a TV/TS support group called the Tiffany Club here in New England.

One night at the club, after the night came to an end, I was down in the dressing room once again "Removing" the makeup (tearfully saying goodbye to Debbie again) when



one of the Girls noticed the difficulty I was having removing the makeup I had on...

"Try this", she said handing me a container...

I was stunned... I couldn't believe what she had given me and I will ALWAYS be in her debt for this...

Believe it or not ladies... It was a container of BABY WIPES...

(NOTE: Baby Wipes with Aloe Vera only please...)

What stunned me even more was that it took off every single speck of makeup...

Mascara dissolves... Eye makeup wipes off like butter... blush... foundation... eyeliner... everything just wiped off like nothing at all.

(I wipe off my lipstick with a tissue first... the wipes do also remove lipstick, I simply do not prefer the taste of Aloe).

Not only have I NEVER had a raw face since that time, but the stuff is actually GOOD for your skin...

Throw away all of your chemicals and lotions girls... this is by far the best way to remove makeup. Bar none...

And you do not even have to be embarrassed purchasing it.

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DSM-III-R

Diagnostic Statistical Manual 3rd Revision

**Editors Note: This information was presented in TG issue #1. Since it is of such importance however in the understanding of the TG Phenomenon, I have decided to reprint it here for our now much increased readership.*

The DSM-III-R is a diagnostic Guidebook for those Psychological Professionals dealing with the listed issues.

-Debbie

ANNOTATED DSM-III-R DIAGNOSTIC INFORMATION DISORDERS USUALLY FIRST EVIDENT IN INFANCY, CHILDHOOD OR ADOLESCENCE Page. 74 Section 302.50

TRANSSEXUALISM

The essential features of this disorder are a persistent discomfort and sense of inappropriateness about one's assigned sex in a person who has reached puberty. In addition, there is persistent preoccupation, for at least two years, with getting rid of one's primary and secondary sex characteristics and acquiring the sex characteristics of the other sex.

Therefore, the diagnosis is not made if the disturbance is limited to brief periods of stress. Invariably there is the wish to live as a member of the other sex.

In the rare cases in which physical intersexuality or a genetic abnormality is present, such a condition should be noted on Axis III.

People with this disorder usually complain that they are uncomfortable wearing the clothes of their assigned sex and therefore dress in clothes of the other sex. Often they engage in activities that in our culture tend to be associated with the other sex. These people often find their genitals repugnant, which may lead to persistent requests for sex reassignment by hormonal and surgical means. To varying degrees, the behavior, dress, and mannerisms become those of the other sex.

With cross-dressing and hormonal treatment (and for males, electrolysis), some males and some females with the disorder will appear relatively indistinguishable from members of the other sex. However, even after sex

reassignment, many people still have some physical features of their originally assigned sex that the alert observer can recognize.

Cross-culturally, the Hijra of India and the corresponding group in Burma may have conditions that, according to this manual, would be diagnosed as male-to-female Transsexualism. The Hijra, however, traditionally undergo castration, not hormonal and surgical feminization (creation of a vagina).

ASSOCIATED FEATURES

Generally there is a moderate to severe coexisting personality disturbance. Frequently the person experiences considerable anxiety and depression, which he or she may attribute to the inability to live in the role of the desired sex.

COURSE

Without treatment, the course of the disorder is chronic, but cases with apparently spontaneous remission do occur. The long-term outcome of the combined psychiatric, hormonal, and surgical sex reassignment treatment is not well known. Many people function better for years after such treatment, but a number of cases in which re-reassignment has been desired have also been reported.

People who have female-to-male Transsexualism appear to represent a more homogeneous group than those who have male-to-female Transsexualism in that they are more likely to have a history of homosexuality and a more stable course, with or without treatment.

AGE AT ONSET

People who develop Transsexualism almost invariably report having had a gender identity problem in childhood. Some assert that they were secretly aware of their gender problem, but that it was not evident to their family and friends. Although onset of the full syndrome is most often in late adolescence or early adult life, in some cases the disorder has a later onset.

IMPAIRMENT AND COMPLICATIONS

Frequently, social and occupational functioning are markedly impaired, partly because of associated psychopathology and partly because of problems encountered in attempting to live in the desired gender role. Depression is common, and can lead to suicide attempts. In rare instances, males may mutilate their genitals.

PREDISPOSING FACTORS

Extensive, pervasive childhood femininity in a boy or childhood masculinity in a girl increases the likelihood of Transsexualism. It seems usually to develop within the context of a disturbed relationship with one or both parents. Some cases of Gender Identity Disorder of Adolescence or Adulthood, Nontranssexual Type, evolve into Transsexualism.

PREVALENCE

The estimated prevalence is one per 30,000 for males and one per 100,000 for females.

SEX RATIO

Males seek help at clinics specializing in the treatment of the disorder more commonly than do females. The ratio varies from as high as 8:1 to as low as 1:1.

DIFFERENTIAL DIAGNOSIS

Some people with disturbed gender identity may, in isolated periods of stress, wish to belong to the other sex and be rid of their own genitals.

In such cases a diagnosis of Gender Identity Disorder Not Otherwise Specified should be considered, since the diagnosis of Transsexualism is made only when the disturbance has been continuous for at least two years.

In Schizophrenia there may be delusions of belonging to the other sex, but this is rare. The insistence by a person with Transsexualism that he or she is of the other sex is, strictly speaking, not a delusion, since what is invariably meant is that the person "feels like" a member of the other sex rather than truly believes that he or she "is" a member of the other sex. In very rare cases,

however Schizophrenia and Transsexualism may coexist. In both Transvestic Fetishism and Gender Identity Disorder of Adolescence or Adulthood, Nontranssexual Type, there may be crossdressing. But unless these disorders evolve into Transsexualism, there is no wish to be rid of one's own genitals.

The estimated prevalence is one per 30,000 for males and one per 100,000 for females.

TYPES

The disorder is subdivided according to the history of sexual orientation, as asexual, homosexual (towards one's own sex), heterosexual (toward opposite sex), or unspecified. In the first, "asexual", the person reports never having had strong sexual feelings.

Often there is an additional history of little or no sexual activity or pleasure derived from the genitals. In the second group, "Homosexual", a predominantly homosexual arousal pattern preceding the onset of the Transsexualism is acknowledged, although often such people deny that the orientation is homosexual because of their conviction that they are "really" the other sex. In the third group, "heterosexual", the person claims to have had a heterosexual orientation.

**DIAGNOSTIC CRITERIA FOR 302.50
TRANSSEXUALISM**

- A) Persistent discomfort and sense of inappropriateness about one's assigned sex.
- B) Persistent preoccupation for at least two years with getting rid of one's primary and secondary sex characteristics and acquiring the sex characteristics of the other sex.
- C) The person has reached puberty.

**GENDER IDENTITY DISORDER OF ADOLESCENCE
OR ADULTHOOD, NONTRANSSEXUALS**

The essential features of this disorder are a persistent or recurrent discomfort and sense of inappropriateness about one's assigned sex, and persistent or recurrent cross-dressing in the role of the other sex, either in fantasy or in actuality, in a

person who has reached puberty.

This disorder differs from Transvestic Fetishism in that the crossdressing is not for the purpose of sexual excitement; it differs from Transsexualism in that there is no persistent preoccupation (for at least two years) with getting rid of one's primary and secondary sex characteristics and acquiring the sex characteristics of the other sex.

Some people with this disorder once had Transvestic Fetishism, but no longer experience sexual arousal with crossdressing. Other people with this disorder are homosexuals who cross-dress. This disorder is common among female impersonators.

Cross-dressing phenomena range from occasional solitary wearing of female clothes to extensive feminine identification in males and masculine identification in females, and involvement in a transvestic subculture.

More than one article of clothing of the other sex is involved, and the person may dress entirely as a member of the opposite sex. The degree to which the cross-dressed person appears as a member of the other sex varies, depending on mannerism, body habitus, and cross-dressing skill. When not cross-dressed, the person usually appears as an unremarkable member of his or her assigned sex.

ASSOCIATED FEATURES

Anxiety and depression are common, but are often attenuated when the person is cross-dressing.

AGE AT ONSET AND COURSE

Age at onset and course are variable. In most cases before puberty there was a history of some or all of the features of Gender Identity Disorder of Childhood. However by definition, GIDAANT is diagnosed only once puberty has been reached. The initial experience may involve partial or total cross-dressing; when it is partial, it often progresses to total.

Cross-dressing, although intermittent in the beginning, often becomes more frequent, and may become habitual. A small number of people with GIDAANT, as the years pass, want to dress and live permanently as the other sex, and the disorder may evolve into Transsexualism.

IMPAIRMENT

Unless there is another diagnosis in addition to GIDAANT, the impairment is generally restricted to conflicts with family members and other people regarding the cross-dressing.

SEXUAL DISORDERS TRANVESTIC FETISHISM

The essential feature of this disorder is recurrent, intense, sexual urges and sexually arousing fantasies, of at least six months' duration, involving cross-dressing. The person has acted on these urges, or is markedly distressed by them. Usually the person keeps a collection of women's clothes that he intermittently uses to cross-dress when alone.

While cross-dressed, he usually masturbates and *imagines other males' being attracted to him as a woman in his female attire.

This disorder has been described only in heterosexual males. The diagnosis is not made in cases in which the disturbance has evolved into Gender Identity Disorder of Adolescence or Adulthood, Nontranssexual Type, or Transsexualism.

Transvestic phenomena range from occasional solitary wearing of female clothes to extensive involvement in a transvestic subculture. Some men wear a single item of women's apparel under their masculine attire. When more than one article of women's clothing are involved, the man may wear makeup and dress entirely as a woman.

The degree to which the cross-dressed person appears to be a woman varies, depending on mannerisms, body habitus, and cross-dressing skill.

When not cross-dressed, he is usually unremarkably masculine. Although the basic preference is heterosexual, rarely has the person had sexual experience with several women, and he may have engaged in occasional homosexual acts.

An associated feature may be the presence of Sexual Masochism.

AGE AT ONSET AND COURSE

The disorder typically begins with cross-dressing in childhood or early adolescence. In many cases the cross-dressing is not done in public until adulthood. The initial experience may involve partial or total cross-dressing; when it is partial, it often progresses to complete cross-dressing. A favored article of clothing may become erotic in itself and may be used habitually, first in masturbation, and later in intercourse.

In some people sexual arousal by clothing tends to disappear, although the cross-dressing continues as an antidote to anxiety. In such cases the diagnosis should be changed to Gender Identity Disorder of Adolescence or Adulthood, Nontranssexual Type. A small number of people with Transvestic Fetishism, as the years pass, want to dress and live permanently as women, and desire surgical or hormonal sex reassignment. In such cases the diagnosis should be changed to Transsexualism.

PREDISPOSING FACTORS

According to the folklore of people with this condition, "petticoat punishment", the punishment of humiliating a boy by dressing him in the clothes of a girl, is common in the history of those who later develop this disorder.

DIFFERENTIAL DIAGNOSIS

Cross-dressing for the relief of tension or gender discomfort may be done without directly causing sexual excitement. This should not be diagnosed as Transvestic Fetishism; the diagnosis of Gender Identity Disorder of Adolescence or Adulthood, Nontranssexual Type should be considered. In male homosexuality there may be occasional cross-dressing to attract another male or to masquerade in theatrical fashion as a female.

However, the act of cross-dressing does not cause sexual arousal. In female impersonators, unless Transvestic Fetishism is also involved, the act of cross-dressing does not cause sexual arousal, and interference with the cross-dressing does not result in intense frustration.

In Transsexualism there is persistent discomfort and a sense of inappropriateness about one's assigned sex and preoccupation with getting rid of one's primary and secondary sex characteristics and acquiring the sex characteristics of the other sex. No sexual excitement is associated with the cross-dressing. The person with Transvestic Fetishism considers himself to be basically male, whereas the originally anatomically male Transsexual has a female sexual identity. In the rare instances in which Transvestic Fetishism evolves into Transsexualism, the diagnosis of Transvestic Fetishism is changed to Transsexualism.

Fetishism is not diagnosed when sexual arousal by nonhuman objects is limited to articles of female clothing used in cross-dressing. In Sexual Masochism the person may desire to be forced to cross-dress because of its humiliating associations, but the garments themselves do not cause sexual arousal.

**DIAGNOSTIC CRITERIA FOR 302.30
TRANSVESTIC FETISHISM**

- A) Over a period of at least six months, in a heterosexual male, recurrent intense sexual urges and sexually arousing fantasies involving cross-dressing.
- B) The person has acted on these urges, or is markedly distressed by them.
- C) Does not meet the criteria for Gender Identity Disorder of Adolescence or Adulthood, Nontranssexual Type, or Transsexualism.

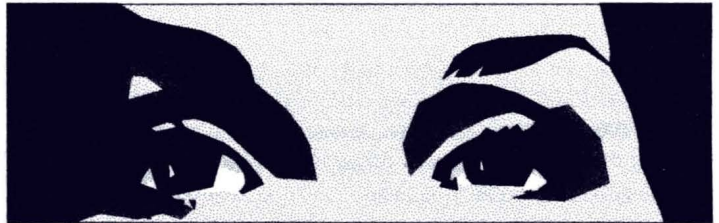
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SHADOWS

**By Christine Kingsley
Reprinted from TV/TS Confidential**

Shadows dance across my mind,
as I drift off into slumber,
passing limbo as I journey,
into unconsciousness I lumber.

Blurred images intensify and clear,
as I slip from my reality,
in my sleep I find a different world,
the way I wish it would be.

The shape I take is my true form,
an image I create from my soul,
I become the being I seek,
and the change becomes my goal.

After all, its just a dream,
a place where I can go,
for those few short hours,
I am me, and only I will know.



Crossdressing is a Big Cause

From the Wall Street Journal
[San Francisco]

* * *

This past November saw the election of Tom Ammiano to the San Francisco city's Board of Supervisors. Ammiano, an openly gay man, stated that he was absolutely tickled by the board's recent decision to pass a law banning job discrimination against Cross-Dressers and Transsexuals in the city.

Mr. Ammiano was also quoted as jokingly saying that "Now a guy can't get a pink slip just for wearing one."

The reason for the city's raise against the conservative tide: The city is a magnet for liberals and eccentrics. It also has the nations most activist gay and lesbian community, which turns out heavily at the polls (about 10% of the city's 700,000 residents are believed to be gay).

The Perilous Times of Transgendered Youth

From the New York Times
[New York City]

* * *

His mother wouldn't recognize him if they passed each other on the street. Alain Yale, 21, ran away from his Los Angeles home to live with a much older boyfriend.

Not long ago he ended up in the city, homeless and working West 14th Street as a "Transgender" Prostitute.

"When I first moved here I stayed with a friend for a week, then I did get my own apartment," Alain said recently. "But unfortunately, I lost it because I couldn't get a Job, being Transgendered."

Safespace, a Times Square drop-in center for runaways and abandoned youths, is starting a program whose primary goal is to help these young street people find work - especially the Transgendered.

Alain stated, "Employers ask if I'm male or female. When I answer, I'm a female though anatomically male, the prejudice is overwhelming."

Recent studies by local drop in centers estimate that lesbian, gay and transgendered runaways make up about 20% or the 10,000 to 15,000 runaways in the city.

"Living like this is very, very scary and can lead to severe depression", Alain stated. "If I could get a job somewhere, even if the people were discriminating, I would work there."

Thomas Duane, an openly gay member of the city council stated, "These young people are very creative. Their very survival depends on their creativity. We have to help these kids in every way possible to follow their dreams."

We Get Comments!

Dear Debbie, I conduct a small and select practice for members of the community who may be experiencing dysphoria or adjustment problems. I am most definitely interested in Subscribing. J.O.M. Ph.D.

Dear Debra, I am glad to know about your publication, primarily for the sake of my clients for exchange of information about transgendered issues as well as contact and company with others in the transgendered community. Best wishes for the work you are doing. Sincerely E.U.O. Ph.D.

This is one of the neatest magazines to come along in quite some time. An incredible amount of resource information as well as informative articles make this an unbeatable combination. Entirely enjoyable. P.W. / Winter Publishing

Episode III

DER STORMTROOPERS



“Doppleganger”

Yet another meaningless TS tale of adventure, intrigue, and bottomless hair spray containers.

Debra leaned back peacefully on her cashmere covered human male throne, eating the grapelike offerings of her many attendants as she looked at the InterGeneticViewer before her.

Her two assistants were screaming and pleading with her for mercy and a swift rescue. They apparently had lost control (yet again) of their gender probe ship and were plunging into a class "T" star.

She yawned... Sure she could rescue them with the mere wave of a finger... but she had better things to do... it was after all time for her pedicure...

As she drifted off into a blissful sleep under the hands of her loving attendants, she momentarily wondered how she would replace them...

"Damn! It's getting hot in here!" Joanie cried... Makeup running down to her knees...

"Oh shut up!" Heather screamed from beneath the main control panel, "and help me with this Bustier Drive Unit. We can't rely on her supreme shithead to get us out of this... she's probably having a manicure or something!"

Joanie sighed as she noticed the melted pool in the corner that had been her favorite Stormtrooper Doll... "Why go on living anyway..." she sighed...

The raging fury of the class T star whelmed before them...

Elsewhere, deep in the multifaceted folds of transgenetic space, in a region known as the "K" continuum, K listened halfheartedly to the giggling around her.

Trillions of whisplike K's played and laughed, dancing and whirling in their silly girlish manner to the neverending "I feel pretty" song that reverberated everywhere...

::: Like... this is reeeaaaaalllllyyyy boring ::: she sighed. ::: I have to do something or I'll like go out of my mind <giggle> :::

She glided easily through the multitude of whisplike sisters who giggled at her ticklish passage through them.

::: I know!!! ::: she thought... ::: I'll play with those little transsexual space sissies again... :::

Not a single K soul noticed as she blinked out of existence. Light and giggles continued to envelope the many layers of intergenetic K space.

"She can't take much more of this Captain..." Joanie cried in her best Scottish droll. Flames and smoke flew everywhere. The fiery inferno before them loomed across the entire Gender View Screen. Kicking in the fluff filter the screen went blissfully pink...

Heather sighed as she adjusted her corset... casting Joanie an evil look as she watched her trying to mold the melted pool of Gender Play Dough once again into a Stormtrooper Doll...

"We're gonna die and your still playing with that!!!" she snorted...

The raging fury of the class T star whelmed before them...

Waves of stellar plasma washed caressingly over the probes shields.

Joanie turned to her. Barely recognizable with the quarter ton of melted makeup covering now her entire body. "Stay back!!!" she screamed, "this mans mine!!!". The plastic dripped between her outstretched fingers... Plopping to the deck...

Heather sighed...

Debra wondered as she drifted off into a cloudy soft dream where she would ever find two such intelligent servants again... sigh... rub a little lower... hmmm... snore...

The Gender Probe was almost touching the surface of the star. Stellar mass exploded violently around the ship... The two occupants were dead for sure... When...

::: BLINK :::

Heather opened her eyes, shaking her head in astonishment. Before her sitting on her throne was the Supreme Cyber Sysop of All of Cyber Space.

Next to her, still trying to remold her Trooper Doll, sat Joanie...

"Wha???... How???..." Heather gasped...

::: Like, I decided to save you afterall ::: Debra giggled in a singsong voice...

Heather shook her head... "Huh???"... she couldn't stop the music playing in her ears...

Joanie danced and whirled about with her sloppily remade, now cooled Stormtrooper Doll... "I feel pretty!!!"

::: Like, Gawd... I thought you'd like really really really really... like to be saved! ::: Debra giggled as she drifted across the floor towards Heather...

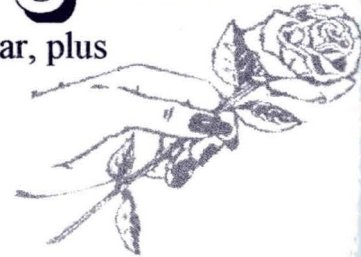
Heather stared at the camera... "I think I would have preferred the star!!!" she grimaced as she realized her fate...

(FADE TO PINK)



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Just Ask Krystal

Dear Krystal;

HOW CAN I CASH MY CHECK WHEN I AM CROSSDRESSED?

- Curious

Dear Curious;

Hand the teller a note asking that she place the cash in your purse. It would be advisable however not to be wearing heels when you do this.

Dear Krystal;

WHAT WOMEN IN GENERAL DO TRANSGENDERED PEOPLE LOOK UP TO?

- Ellen C.

Dear Ellen;

Usually any woman over five feet ten inches. However, there are always exceptions.

Dear Krystal;

MY HUSBAND HAS A BETTER WARDROBE OF DRESSES THAN I DO. I FIND THIS VERY FRUSTRATING. WHAT SHOULD I DO?

- A Puzzled Wife

Dear Puzzled;

Let your husband do your shopping for you.

Got a Question for Krystal?

What are you nuts???

If so, send it to TG c/o Krystal.



TCNE

Tiffany Club of New England

An educational and support organization for everyone in the gender community. Meeting every Tuesday night (minimum) and open usually 3-4 days every week with different activities and programs available.

The club has it's own facility in Waltham, Mass. for the membership to meet. There are many programs available to members... Outings... Parties... Classes on Makeup, Walking, Image and much more. A wives support group as well as a Smart Recovery substance abuse program... Runs and co-ordinates a yearly First Event in a major area hotel with well over a hundred in attendance each year. An educational outreach program... and much much more!!!

The Tiffany club has been in existence for over 18 years now for those who are involved in the gender community and is here for everyone who needs understanding and information.

For further information on the largest gender group in all of New England, call any Tuesday for a guaranteed live answering or any other time for our machine,,

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Tiffany also has a wonderful, 4 line BBS for anyone with a computer who wishes to connect to a great support organization. Call...

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DRESSING TIPS!

By Joanie...

SOLVING A PIERCED EAR PROBLEM - OR - WHEN IT COMES TO EARRINGS, I DON'T HAVE ENOUGH!

Hi girls, and welcome to tape 101. Today's lesson is on how to get a lot more style for your ears.

Have you ever tried to find just the right earrings to go with that evening gown or casual outfit and just couldn't? The problem? They don't make the style you want in anything but pierced. You would pierce them but your significant other would add a third hole to the middle of your head if she realized you wanted to add a couple of holes to accommodate your tastes in jewelry (not to mention the reaction you'd get at work). Well here's an easy trick that will let you wear any type of pierced earring without actually getting yours pierced.

All you need is some Johnson and Johnson's Dermaclear 1" wide adhesive tape (the half inch will also work but there are other uses for the one inch as well). You can purchase this at any CVS or health and beauty or Drug store, in the first aid department. Try to find a roll that comes without the dispenser, you get more and it is cheaper.

Now that you have the required material, remove about 1 1/2" of tape from

the roll. Then (if it is the 1" wide type) tear it in half the long way so you get 2, 1/2 x 1 1/2" pieces. Take one piece and place an end approximately 1/4" up the front of your left earlobe. Let the remainder hang down. Next take the part that is hanging down and rap it up around the bottom of your earlobe and press it to the back side of your ear.

Now for the hard part! Take your neatest pair of pierced earrings and very carefully start the post through the front of the tape (careful not to shed any blood). Then lift the front of the earring so that the post points down and continue pushing the post between the bottom of your ear and the tape until it comes out of the other side of the tape. When it is through place the post clasp on to the post.

Repeat this process on the other ear.

Viola! You wearing pierced earrings.

This is something that I have been doing for many years and it has worked quite well for most types of pierced earrings. You can experiment to try to get by with as little tape as possible. This will allow you to use this method with small hoops and get the best look. The Dermaclear tape is transparent and looks almost invisible.

Good luck ladies and have fun!

..here's an easy trick that will let you wear any type of pierced earring without actually getting yours pierced.

TWENTY



The Transsexual Support Group of the
Gender Identity Clinic of New
England, Inc.

The groups purpose is to provide knowledgeable information and ongoing peer support to transsexual persons through the many stages of their transition. The XX club also publishes a bi-monthly newsletter called "Twenty". For more information please contact...

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L.I.F.E. P.O. Box 3015 Lake Ronkonkoma, N.Y. 11779-0417
Phone: (516) 283-1333

THE FENCE - Debra Berube

She sighed, shaking slightly in the cool night air...

Above the stars smiled their constant glow down upon her. They were solid. Always there for her. The darkness seemed somehow calming. Tranquil...

"Well?" came a weak voice from below on her left. Turning she looked down from her perch high upon the fence at the endless throng of people far below. She had almost forgotten them.

"Have you decided yet?" another voice cried from the mass on her left. "Leave her be", a voice calmly spoke from far below on her right. Looking down to her right she saw a small collection of people. Smiling, warm people. Her heart went out to them endlessly whenever she saw them. "She must decide!" a shout came from the left. "Decide... Decide!!!," a chant began on her left. Swelling rapidly to a loud din. "You really have no choice... the decision is so clear to all of us. Come with us and be what your supposed to be. Be normal. Like us!" "She needs to decide in her own time," the soft voice came from the right.

She looked up to the dark sky again. Momentarily ignoring everyone else. In the distance she could make out others on the endless fence. The fence that divided the mind and the heart. They all were tormented also. Occasionally she would see one of the others fall from the fence in what appeared to be helpless despair. But most of them simply teetered indefinitely. Never quite sure which way to go and in the end going no where at all.

"Come on! Decide!" came the lefts cry. "Feel with your heart dear. Live your souls dreams," said the right. "Dreams... ha... fools dream... live in reality, there's nothing else," laughed the left. Tears softly ran from her eyes... "Decide!... Decide!... Decide!..." screamed the left. "Yes dear", came the warm words from the right. "You will never be at peace until you do decide. But decide what is right for you. Not what is thrust upon you by those around you. Make your lifes decisions within your true self."

Do what is expected of you! *Do what you feel you must. Stop being selfish. Think of others!* *Yes! By all means, do think of others. But remember, those who love you and that you love want what is best for you. What is best for you is what we say. Make up your own mind darling. Live YOUR life.*

Debra: I drove to the White mountains in New Hampshire to make my decision. Parking my car on the side of the road somewhere on the Kangamangas Highway, I got out and simply walked into the dense forest. Thinking little about where I was going, and not particularly caring if I ever emerged again, I simply walked, and walked. The cloud of confusion was heavy and the fence shook below me. I came upon a quiet, wide mountain river and sat upon a large rock out some distance into the water. I sat there for over 3 hours as I pondered all of the voices in my head. Looking up finally I noticed a small twig sticking up out of the water near the center of the river. I watched this twig breathlessly for quite some time. Watched it struggle to stay upright against the endless pounding of the water. Watched it fight to be what it was and not to break and be swept away by the current. To be lost in the crowd. I saw courage beyond any I had ever felt in this small twig. I softly smiled at this little twig and thanked it.

Standing on the fence she finally smiled. Feeling total inner peace at long last.

And joyously fell...



T H E F E N C E

HORMONES ARE SERIOUS DRUGS

Never take hormones or any other drug without obtaining a legal prescription from a doctor familiar with gender issues. Improper doses of hormones can result in serious health risks and even death.

If your gonna do it...

DO IT RIGHT!



Even more...

DRESSING TIPS!

By Joanie...

TIPS FOR YOUR LIPS!

Hello ladies...

Ever wonder how to get those really lusher lips? Now its possible. Just follow these few short steps.

- 1.) Start with a lip conditioner, any good lip balm will do. Smooth it on liberally over your top and bottom lip.
- 2.) Line your lips with a pencil lip liner, one that is a shade darker than your skin tone, not the lipstick.
When doing this make a line on each part of your lip.
 - a.) Start at the outside corner of the top lip and stop at the top point of your Cupids bow.
 - b.) Do both sides first, then start at the top of the bow and stop at the center.
 - c.) Then in one motion line the bottom lip.

If your daring you can enlarge your lower lip by drawing the line a little off your lip.

- 3.) Brush in a vertical direction, down on the top lip, up on the bottom. Making sure to fill the natural lines of your lips. Don't completely cover and don't go out side the lip liner with the brush.

(Be sure to select a color that matches the clothes you intend to wear.)

- 4.) Next, apply the lipstick with the tube. just a quick movement across both upper and lower lips.
- 5.) Finally take a tissue and place it on your lips, brush some loose powder across the tissue.

PRESTO! Smooth Lusher lips.

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P.O. Box 1262
St Louis MO 63188

CLUB GEMINI
418 Linn St
Leavenworth KS 66048

RIVER CITY
P.O. Box 1305
Bellevue NB 68005

DALLAS CHAPTER
P.O. Box 461041
Garland TX 75046

TRI DELTA CHAPTER, TRI-ESS
P.O. Box 533
Richmond TX 77469

THE ATHENA SOCIETY
P.O. Box 65026
San Antonio TX 78265

BOULTON & PARK SOCIETY
Box 169652
San Antonio TX 78280

ALPHA ZETA CHAPTER
P.O. Box 8425
Mesa AZ 85204

A ROSE
P.O. Box 4351
Scottsdale AZ 85261

TRANSITION CLUB
P.O. Box 14113
Las Vegas NV 89114

DOUBLE IMAGE
P.O. Box 71795
Las Vegas NV 89170

POWDERPUFF
c/o Sue
P.O. Box 9573
Long Beach CA 90810

CHIC
Box 562
DUARTE CA 91010

NEUTRAL CORNER
P.O. Box 12581
San Diego CA 92112

SHANGRI-LA CLUB
c/o Nancy Watson
Box 18202
Irvine CA 92713

TRI ESS, C/O CAROL BEECROFT
Box 194
TULARE CA 93275

GENDER COMMUNITY ADVOCATES
c/o Ms Tauria Linala
512 W. Evergreen
Santa Maria CA 93454

ETVC
Box 6486
San Francisco CA 94101

RAINBOW GENDER ASSOCIATION
P.O. Box 700730
San Jose CA 95170

SOCIETY OF JANUS
P.O. Box 13852
Sacramento CA 95853

NWGA
Box 4928
PORTLAND OR 97208

THE EMERALD CITY
Box 31318
Seattle WA 98103

Bulletin Board Systems

The Electronic Age has opened a new media by which the Transgendered Community can reach out and communicate and support those still to afraid to come forward. This method, using a computer and modem, allows those that call total anonymity and the ability to talk with others as well as to learn and gain understanding from those who have already stepped out.

Listed here are several such systems which are available to anyone who wishes to access such resources.

The Publisher of the Transgendered has provided this listing as a public service and is in no way responsible for any interactions between any individuals or concerns which occur through this medium.

Transgendered 1995

Transgendered Bulletin Board:

Located in Northern Mass. 1-508-453-5699 N81 - 1 line at present - Sysop Debra Berube. Full Gender related BBS for D B Associates aimed at the Transgendered Community and all those interested in the subject or influenced by the issues. Gender specific files, e-mail areas, gifs and D B Associates products and information.

Tiffany Club of New England:

Located in Waltham, MA. 1-617-899-3230 N81 - 4 lines - Sysop Debra Berube Gender BBS serving the TS/TV/CD community as well as Family and Friends. Public access areas as well as an extensive subscription board. 24 hours a day service. Hundred's of related files, gifs and large message base. 4 line chat available.

Feminet:

California, 408-335-4387 N81 - 2 lines - Sysop Barbara Chambers. Very large privately owned Gender BBS. Extensive libraries and user base. After "WELCOME" type "K", pause, type "E", pause, type "Y" (type only the letters in "").

Carolyns Closet:

Minnesota, 612-891-1225 N81 - 1 line - Sysop Carolyn PO Box 21-282 Eagan, MN 55121. Has an excellent message base and library. Serves Minnesota, and Wisconsin Groups as well as the general public.

Genderline:

(Compuserve Information Service) Local Access Nodes nationwide. Admission by subscription to Compuserve and by permission by System Operator HSX forum B (GO HSX 200 at any prompt) Discrete, support community for both TV's and TS's. Conference area, and Extensive Data Library of factual information and archived discussions of topics of concern.

Jersey Shore System:

New Jersey, 609-693-8849 N81 - access "APRIL MAY", password: "FRIENDS". Sysop: Paula Keiser. Very good BBS, used by members of Renaissance in the Philadelphia & Jersey Areas. Many areas are free, donations accepted. Forum, Newsletter, Monitors printed material on TV/TS items, Story exchange.

Tri-Ess BBS of Atlanta:

Atlanta, GA, 404-922-2414 N81 - Available to anyone involved in the TG Community as well as to friends and SO's. Sign on using name and the password "TRIESS". A very friendly board with wonderful Sysops.

Searchlight:

San Luis Obispo, CA. 805-549-0961 N81 - Access available to Gender areas as well as counseling referrals, education and support. Affiliated with the Gender Community Advocates.

Cross Connection:

Los Angeles, CA. 818-549-0529 N81 - BBS aimed at serving the Gender Community. Log on with the user ID "VALLEY GIRL" and use the password "VISITOR". News, Information, Chat ability, Newsletter and Professional Information.

Rainbow Gender Association BBS:

San Jose, CA. 408-248-4162 N81 - Sysop Michelle Stevens. Gender related BBS with both Public and Private areas.

**Don't part with your illusions.
When they are gone you may
still exist, but you have ceased
to live.**

-Mark Twain

Gender Talk Hotlines

The numbers contained here are by the most part the contact numbers for quite a number of non profit clubs and organizations dedicated to the aide and support of the Transgendered Community. As such they are usually only staffed by volunteers and may not be answered live at all times. Most do however have machines that explain their programs and times for contact.

If you find any discrepancies or know of numbers that should be included, please feel free to contact the publisher.

These listing have been separated by category for your convenience...

Transsexual Groups

Atlanta Gender Explorations, Atlanta, GA. (404) 962-3118
East Coast F2M Group, Cambridge MA. (413) 584-7616
Entre Femme, Quebec. (418) 529-1132
Gender Identity Program, NYC, NY. (212) 969-0888
Montgomery Institute, Augusta, GA. (404) 603-9426
N.G.D.O., Detroit, MI. (313) 842-5258
Reality, Orlando, FL. (407) 425-4527
ReCast, Dallas, TX. (214) 641-4842
Transsexual Lesbians & Friends, Seattle, WA. (206) 292-1037
Transsexual Peer Support, Houston, TX. (713) 333-2278
XX (Twenty) Club, Hartford, CT. (203) 646-8651

Heterosexual Crossdressers

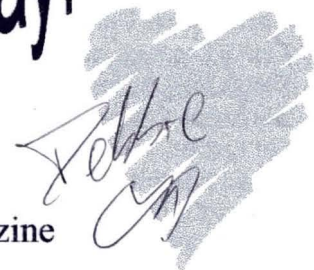
Alpha Chapter Tri-Ess, Los Angeles, CA. (213) 876-6141
Alpha Chi Chapter Tri-Ess, Amarillo, TX. (806) 359-7714
Chi Chapter Tri-Ess, Chicago, IL. (708) 364-9514
Chi Delta Mu Chapter Tri-Ess, NYC, NY. (201) 663-0772
CHIC, Los Angeles, CA. (818) 766-0520
Delta Omega Chapter Tri-Ess, Dallas, TX. (817) 261-3253
Mu Sigma Chapter Tri-Ess, Arkansas. (501) 972-1826
Phi Epsilon Mu Chapter Tri-Ess, Central Florida. (407) 677-9540
Sigma Epsilon Chapter Tri-Ess, Atlanta, GA. (404) 552-4415
Society for the Second Self, Tri-Ess National. (209) 688-9246
Tau Chi Chapter Tri-Ess, Houston, TX. (713) 988-8064

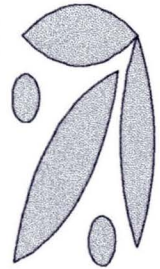
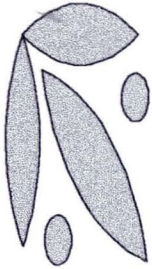
Open Organizations to All

American Educational Gender Information Service (404) 939-0244
 Boulton & Park Society, San Antonio, TX. (210) 545-3668
 CD Network, Rochester NY. (716) 251-2132
 Central Illinois Gender Association. (309) 444-9918
 Chicago Gender Society, Chicago, IL. (708) 749-1202
 Crossdressers International, NYC, NY. (212) 321-2302
 Cross-Port, Cincinnati, OH. (513) 474-9557
 Crossroads, Detroit, MI. (313) 537-3267
 Crystal Club, Columbus, OH. (614) 224-1165
 Emerald City, Seattle, WA. (206) 284-1071
 Expressing Our Nature, Syracuse, NY. (315) 475-5611
 Gender Crisis Help Line, Tucson, AR. (602) 293-3456
 Gender Information Network, Gainesville. (904) 332-8178
 Hawaii Transgendered Outreach, Honolulu, HI. (808) 923-4270
 Indiana Crossdressers Society, Indianapolis, IN. (317) 894-8109
 International Foundation for Gender Education, MA. (617) 894-8340
 Long Island Femme Expression. NY. (516) 538-5304
 Metropolitan Gender Network, NYC, NY. (718) 461-9050
 My Choice, Baltimore, MD. (410) 732-4546
 Northwest Gender Alliance, Portland, OR. (503) 774-8463
 Outreach Institute, N. Portland, ME. (207) 775-0858
 Powder Puffs of California, Anaheim, CA. (714) 779-9013
 Rainbow Gender Association, San Jose, CA. (408) 984-4044
 St. Louis Gender Foundation. (314) 567-8615
 Sunday Society, Chicago, IL. (312) 252-7024
 Tiffany Club of New England, Waltham, MA. (617) 891-9325
 Transgenderists Independence Club, Albany, NY. (518) 436-4513
 Transpitt, Pittsburgh, PA. (412) 781-0257

Thank You for Buying Transgendered!
Please Have a Nice Day!

Debra Berube
 Editor - TG Magazine





The Transgendered is a Large Resource Guide of Clubs, Stores, Health Care, Electronic Bulletin Boards and Related Services for Transvestites, Crossdressers, Transsexuals, and for their Family and Friends. Filled with Informative Articles and Listings for a Great Many Services.

In This Issue of Transgendered

- .Diagnostic Statistical Manual*
- .A Transsexuals Perspective*
- .Easy Makeup Removal*
- .Understanding Crossdressing*
- .Why Do They Do It*
- .National Support Group Info*
- .And Stormtroopers <groan>*



TG

*Come and enter the
Transsexual and
Transvestite Community.
Transgendered... your
Resource Guide!*

