


Lin



Connecting the Bluegrass LGBT community



**TRANSGENDER DAY OF
REMEMBRANCE**

November 22, 2014

www.glaad.org/tdor

November 2014, Vol. 36 No. 11

A publication of the GLSO

INDEX

Cover Photo From Left To Right: Jennifer Martin, Devan Michael, Theo Meacham, & Tuesday G. Meadows hold candles for the Transgender Day of Remembrance.

4

That's What I'm Talkin' About

Helena writes about one of the most important things we all tend to lose, and how finding it should be easy, because it is right in front of us all the time.

TransKyAdvocate

Tuesday continues her discussion about gender dysphoria by giving us some insight into how her gender dysphoria affected her life.

6

8

3 Traditional Holiday Dishes...

Ranada provides readers with recipes for 3 of her favorite holiday dishes "with a twist and sprinkled with glitter."

Transgender Day of Remembrance

Transylvania University hosts the annual Transgender Day of Remembrance along with a week-long conference dealing with transgender issues.

9

10

My Name Is Ella

Tuesday G. Meadows interviews a small-town transgender Kentucky girl who has been in the news lately about her recent transition.



Editor-in-Chief

Christopher Bauer

Copy Editor

Ann Malcolm

Photographer

Brian Hawkins

Calendar Coordinator

Chad Hundley

Circulation

GLSO Board, Chad Hundley, Rebecca Adams

Advertising Coordinator

Daryl Lyons

LinQ is published monthly by and for the Lexington Gay and Lesbian Services Organization members and community. The Lexington Gay and Lesbian Services Organization envisions a community that accepts and celebrates each individual.

All LinQ submissions and advertisements can be made to the editor (editor@glso.org) or to the GLSO Pride Center (859-253-3233). All submissions may be edited for length.

Like us on Facebook at LinQbyGLSO

Follow us on Twitter at LinQbyGLSO

The Lexington Gay and Lesbian Services Organization seeks to educate, enhance and empower the community about GLBTQQA issues.

GLSO Executive Committee and Board of Directors

Paul Brown, President

Ginger Moore-Minder, Vice President

Paul Holland, Secretary

Jacob Boyd, Treasurer

Roberto Abreu, At Large

Christopher Bauer, LinQ Editor-in-Chief & At Large

Donovan Jefferson, At Large

Theo Meacham, At Large

Todd Ryser-Oatman, At Large

GLSO Staff

Chad Hundley, Office Manager

GLSO Pride Center

389 Waller Avenue, Suite 100, Lexington, KY 40504

859-253-3233, www.glso.org

Office hours are:

Tuesday-Friday 1 p.m.-5 p.m.

Saturday 11 a.m.-3 p.m.

That's What I'm Talkin' About

By Helena Handbasket


Now, where did I put that? I have looked everywhere and I just can't find it. I know I had it once... but somehow I seem to have lost it. Maybe I should check with lost and found. Maybe someone turned it in for me or maybe they have extra that I could have that no one has claimed. I hate when I lose things. I will be so much happier when I find it again. I have so many uses for it and I would even share with some of my friends who are also in need of it.

Are you curious yet about what I am looking for so feverishly? I am trying to "Find the Time." Aren't we always saying that we will do this or that when we "find the time?" We say things like, "I'll go on that trip as soon as I find the time," or "I'd like to volunteer to help others if I had the time." "As soon as I find the time I am going to be more attentive to my family." "I'm gonna try out that new recipe as soon as I find the time to make it."

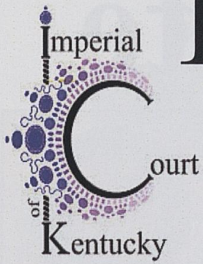
So how do we "lose" time? As far as I know, and please correct me if I'm wrong, there are still 24 hours in a day and there always have been. We have as much time as people of other generations had, and they seemed to get so many things done in a day. Plus,

we have technologies in place that make our jobs simpler and require less effort. Even as I write this article, I can hit the spell check to make sure my spelling skills are working. But "back in the day," if there was a word that the spelling was being questioned of, we would have had to get up off our ass, go find a dictionary, and look it up to verify if we had spelled it correctly or not. (Which could lead me to an entirely different topic on the benefit of getting off our ass to get the dictionary versus just sitting on it and pressing a button. Maybe that is why my waistline is no longer that of a southern belle.) So, back to my point. We have so many things to help us with mundane tasks, which one would think would allow us more time to do other things. However, it seems that the very devices that were created to make our lives easier are the ones that seem to occupy the most time out of our days. We "spend" our time on our mobile phones to communicate with others, even when we are in the presence of other people at the time. We "spend" our time watching TV or playing games even though there are more important tasks that we should attend to.

And what about those people that seem to "steal" away our time? (I do hate a thief.) They are always asking us for favors or to tag along with them to help them take care of one of their tasks. Helping others is a good thing, but is it okay to let your own house suffer while you are busy doing for others? Are there enough hours in the day to do both? We seem to "make" time to help others with things. So why can't we "make" time to do something nice for ourselves? When is the last time you took a long hot bubble bath and left your phone in the other room, dimmed the lights, and had a nice glass of chardonnay as your only companion? How long has it been since you made your spouse or partner your priority and just ran away from the everyday realities and took a walk through the park or through the woods? What we choose to do with our time really is up to us... so the next time you say something about trying to "find the time" to do something, remember, it is right there. You don't have to go looking for it. You just have to decide what and who are most important to you and then "spend" your time there.

(Send comments or suggestions to HelenahandbasketKY@gmail.com) 





Imperial Court of Kentucky News

By Christina Puse

Greetings, Lexington! Fall is bringing that beautiful palate of color changes that so many people anticipate and love this time of year. Not only is the cooler weather feeling wonderful, but it allows everyone to warm up by coming inside to socialize. As a social organization, the Imperial Court of Kentucky loves to interact with the community and create events so that everyone has a place to gather to do just that: socialize and help donate to the charities of the ICK. Speaking of events, grab those calendars and make sure to mark these amazing shows down. You will not want to miss a single one coming up in the month of November!

The Bar Complex and the Imperial Court of Kentucky have teamed up to present an event on Wednesday, November 5. Please join us for a night full of great entertainment from your favorite performers of the ICK and the Gilded Cage Divas. There will be



a \$5 donation at the showroom door starting at 8:30 p.m., and the show begins promptly at 9:30 p.m. Watch for Facebook announcements, and look for the flyer hanging up at the Bar Complex for more information on this show.

Every year, the Imperial Court of Kentucky likes to switch things up a bit and give the regular performers a break for a night so that their male counterparts can step up and see what it's like to fill those heels for an evening's worth of entertaining. Friday, November 14, at Crossings Lexington, that switch will be happening. Join His Most Imperial Majesty, Emperor 33, Tim Logsdon, and the Emperor's Line of Descent as they don the gowns and wigs for an event entitled, "Emperor's Turnabout." Most of these guys have never done drag before so this will be a night for the memory books! All of the fun begins at 9:30 p.m.!

There are a few more events scheduled for November, but at this time, if you haven't already, please join the Imperial Court of Kentucky on Facebook and bookmark the website www.imperialcourtkentucky.org for further information on these upcoming dates.



The Imperial Court of Kentucky would like to ask anyone in the community who has pictures from past events to please take a moment and upload those to the ICK's Facebook page, or email them to the Reigning Monarchs, Emperor 33, Tim Logsdon (tlog57@hotmail.com) or Empress 33, Christina Puse (chocker85@gmail.com).

If you have any questions or would like more information about the Imperial Court of Kentucky, please visit our website at www.imperialcourtkentucky.org or visit us on Facebook under The Imperial Court of Kentucky. Happy Fall, everybody!



TransKyAdvocate



By Tuesday G. Meadows

Transgender Dysphoria Blues, Part 2 “They hold their breath not to catch the sick.”

Since I started to transition, I have given more and more thought and reflection to my own experience of gender dysphoria. In Part 1, I discussed the broader topic of GD; in this part, I will discuss my own experience.

For a long time, I lived only going forward, never looking backward. So it was very painful for me to even think about events in my life. Living life only for the moment meant that I was engaging in high risk activities. At the time, I would not have said that I was suicidal, but that I was causing my wife so much pain because I wanted to be a girl and thought that she would be better off without me in her life. Now I know this was part of my gender dysphoria.

Maybe it was hard for me to recognize what was going on with me at the time, or I thought I was “just being one of the guys.” From the consumption of large amounts of alcohol and drugs to standing on the rail of one of the highest bridges in the state, I was taking risks that did not seem to be excessive to me at the time. I bought a high-performance sports car that could easily hit speeds of 130 to

140 miles per hour, but it still was not enough for me. Daylight driving on the interstate, passing cars in the emergency lane, eventually got to be boring and not enough risk. I soon progressed to driving at those high rates of speed at night with my lights off, and next going the wrong way, and finally with my eyes closed. At that rate, my recklessness was going to end very soon, and I was not only going to take out myself but potentially some innocent person.

There was a great disconnect between the person I knew I really was and the person that I had to be every day. I could not block or bury my need to be a girl. Every single day of my life as far back as I can remember, I knew that I was female. I also knew my family needed me to be there for them emotionally and financially, and I did not see a way then that the two needs could be compatible. I had no idea how to solve this great conflict going on inside of my head except to keep taking risks.

However, one morning, I woke up after a night of excess and looked at my 3-year-old daughter and just knew that I

wanted to see her grow up. I made her a promise that I would stop being reckless with my life and be there for her future, full-time as a woman. My decision to stay alive and to make my transition later did not make my GD disappear. In fact, it was there every day, every week, every year.

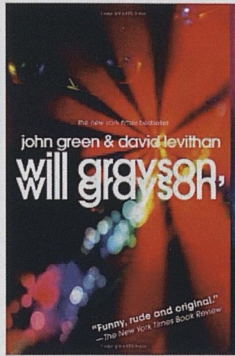
I did fulfill my promise to my daughter and I saw her grow up. However, I continued to struggle with my emotions and my physical health. I wonder now if the stress of GD contributed to my heart disease and coronary bypass at the age of 43. Last year, I started to fulfill my promise and began the transition, including hormones. I have also started to seek perspective and support with therapy. My friends and family often ask if I am happy now. My answer is, “Well, at least I am me, now.” And, in case you were wondering, my biggest supporter is my daughter; not too long ago she told me, “You should have done this sooner.”

You may write me at tmeadows828@gmail.com or follow me on twitter at [TuesdayM@trishgigi](https://twitter.com/TuesdayM@trishgigi). Now Tuesday’s gone with the wind!



Around The Library:

Will Grayson, Will Grayson by John Green and David Levithan

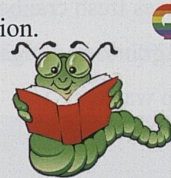


By Amy Jo Retucci

This book is told in an alternating first person narrative perspective, showcasing the writing styles of both authors, with each author writing from the perspective of a teen boy. Both teens just happen to be named Will Grayson.

After they meet, on a snowy Chicago night, their lives become intertwined and show that no life is without struggle, no matter what it looks like from the outside. Will Grayson A struggles to truly live, believing that numbly going through the motions is the safest approach. Will Grayson B is angry and unable to let go of his anger. When Will A introduces Will B to his best friend, Tiny Cooper, life truly begins to change for all. Will A states that Tiny is “not the world’s gayest person, and is not the world’s largest person, but I believe he may be the world’s largest person

who is really, really gay, and also the world’s gayest person who is really, really large.” Tiny lives life as openly and exuberantly as he can and begins a romantic relationship with Will B that pushes him to ask why he is so angry. It is through Tiny and Will B that Will A begins to question why he lives as he does. Does either Will truly change? Stop by the library and see for yourself. This book is a new addition to the YA fiction section.



Teresa Combs, Realtor
ABR, GRI, QSC

Assisting Buyers & Sellers for 20 Years!
"Oh, by the way, I love referrals!"



319 South Ashland Ave.
Lexington, KY 40502
Cell/Text: 859-489-1150
Fax: 859-293-7018

teresa@towneandcountryky.com
www.yourbluegrassrealtor.com

Become A Fan!
www.Facebook.com/TeresaCombsRE

3 Traditional Holiday Dishes With A Twist And Sprinkled In Glitter



By Ranada West-Riley

It's the holiday season, and a love-hate relationship at its finest. Take these 3 recipes to help spark a conversation and smooth out any family gathering or holiday party.

Gingered Cranberry Relish

- 16 ounces fresh cranberries, picked over and rinsed
- 2 cups granulated sugar
- 1/2 cup water
- 1/2 cup fresh orange juice
- 1 tablespoon finely chopped ginger
- Zest of 1 orange

1. Combine all of the ingredients in a heavy saucepan. Cook over medium heat until the berries pop open, about 10 minutes. Remove from heat.
2. Skim foam off the surface with a metal spoon and discard. Cool to room temperature and serve. Store in the refrigerator, covered, for up to 3 months.

Bourbon Sweet Potato Casserole

- 6 medium sweet potatoes
- 1/2 cup firmly packed brown sugar
- 1/2 cup butter or margarine, melted
- 1/3 cup orange juice
- 1/4 cup bourbon
- 1/2 teaspoon salt
- 1/2 teaspoon pumpkin pie spice
- 1 cup miniature marshmallows

1. Cook sweet potatoes in enough boiling water to cover for 30 minutes or until tender. Drain and cool, then peel and mash; hand mash to put the love in.
2. Combine mashed sweet potato and the next 6 ingredients

in a large mixing bowl. Put mixture into a lightly greased 1 1/2-quart casserole dish.

3. Bake at 350° for 30 minutes or until thoroughly heated. Sprinkle with marshmallows and bake 5 additional minutes or until marshmallows are golden.

Garlic Rosemary Roasted Potatoes with Pancetta

- 2 pounds potatoes, mixed colors or red skins
- 2 tbsp olive oil
- 4 ounces pancetta
- 1 large garlic clove, minced
- 1 1/2 tbsp fresh chopped rosemary
- Zest of two small oranges
- Salt and pepper to taste

1. Preheat the oven to 375°.
2. Chop the pancetta into cubes. Cook with a half tbsp of the olive oil until just browned. Set aside.
3. Wash the potatoes but leave the skins on. Cut into quarters.
4. Add the rest of the olive oil, garlic, rosemary, zest, pancetta, salt, and pepper.
5. Toss with your hands until all of the potatoes have been coated with the rest of the ingredients.
6. Lay them out on a cookie sheet in a single layer.
7. Place them in the oven and bake for about 50 minutes to an hour, until they are browned. Toss the potatoes after about 20 minutes of cooking to ensure even cooking.



Transgender Day of Remembrance

By Zoey Peach

The Transgender Day of Remembrance seeks to recognize the disproportionate impact of violence on the trans community, connect the greater Lexington area to resources, and celebrate the lives and resiliency of trans individuals. This year, organizers have scheduled a week of activities to honor the lives of trans individuals lost and bring greater awareness and understanding to the issues facing the trans community.

According to a 2012 report by the National Coalition of Anti-Violence Programs, 73% of all victims of anti-LGBTQ* homicides were people of color. Young people, homeless people, and people with disabilities were also disproportionately impacted by anti-LGBTQ* hate violence. A study from the Organization of American States found that in the month of July 2013, murders of trans individuals occurred at a rate 50% higher than their gay and lesbian siblings.

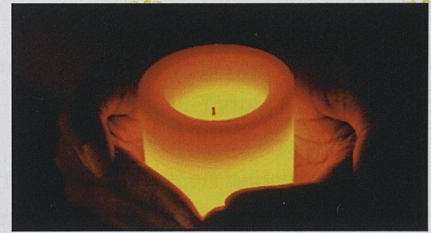
Trans people face numerous challenges in addition to violence, such as housing issues, access to healthcare, discrimination in schools, workplace discrimination, and issues in the legal system. The week's programs will explore issues affecting the trans community using an intersectional

approach that recognizes and emphasizes other systems of oppression that affect trans people as well, such as racism, classism, and ableism.

Organizers have invited a number of organizations from across the area to take part in the week's activities and participate in a resource illumination fair as part of the Remembrance Ceremony, to connect attendees to organizations that work for social justice.

-Monday, Nov. 17: Trans Policy and Legal Issues Panel: 7 p.m., Transylvania University

-Tuesday, Nov. 18: Positive Aspects

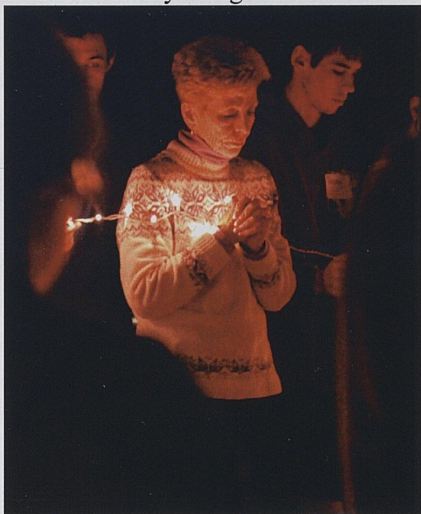


of a Trans Identity: 7 p.m., University of Kentucky Student Center

-Movie Screening: To be announced

-Friday, Nov. 21: Trans Day of Remembrance Ceremony: 7 p.m., Transylvania University William T. Young Campus Center

Photography Courtesy Of Sarah Allison



My Name Is Ella

Ella & Nicki's Story

By Tuesday G. Meadows

“People can’t hate you if they know your story.”- Jenny Boylan

Nicki and Ella are exactly like every mother and daughter that I have ever met in my life. It’s obvious that they love each other and look out for each other; they frequently glance at each other to make sure the other is doing all right. Nicki is a young mother raising her children in a small town just outside of Lexington. Ella is a beautiful 7-year-old in the second grade. She enjoys school and she loves Harry Potter, Teenage Mutant Ninja Turtles, and many of the shows on Nickelodeon. This should be the end of this story, but it is not — because Ella is also transgender.

Ella had a secret that she confided to a friend last year. She called it her “girl stuff,” and she later told her mother and other family members about her secret. It didn’t come as a big surprise to her mother when Ella said that she wanted to live her life as a girl. She said that Ella had always preferred girl-oriented toys for as long as she could remember, and that she had displayed several noticeable female characteristics at a young age.


Nicki said that she did not know much, if anything, about being transgender, but tried to read and learn what she could from the internet. She said that she has relied on her sister Beth, who also lives in Owen County, for strength and that even though they had not lived there long she worried about what kind of reaction Ella might receive from some of the locals. She remarked even though Beth had been a strong supporter, other family members had struggled with Ella’s journey.



Ella with her mother and cousin at the GLSO Pride Center

As far as school goes, Ella made her transition over a weekend in September of this year after her mother had given the school a two weeks’ notice. School officials wanted Ella to put off the change until Christmas or Spring break because they said it was going to cause a “hellstorm.” Nicki said that she knew that Ella was ready and saw no reason for her to wait. Ella immediately started sitting on the girls’ side of the cafeteria without problems. But not everything has gone smoothly for Ella. She said that she has been chased and grabbed on the schoolyard, which of course was scary for her. Also, the school administration designated Ella to use the unisex restroom, switched her teachers, and moved her down the hall to a classroom where the restroom was inconvenient. Ella would rather just use the girls’ restroom. When she started using the unisex restroom, Ella told her mom that she did not know

how to turn the lights on and went several days without using the restroom all day. Nicki is working with GLSEN to see if they can have Ella use the girls’ restroom at school.

When Ella first started telling her story, she was understandably shy talking about her situation. I don’t think very many of us can imagine doing what she is doing at her age and getting asked challenging questions. Just before she left to go home, she drew me a picture of a flower getting rained on, and the sun was starting to come out with a big heart in the middle. She handed it to me and said “I drew this for you.” When I asked her to tell me about what was happening in this picture, Ella said, “The flower is getting rain, but it also needs sunshine, and has to have good soil to grow. The heart shows that the flower is loved.” I know a few grown-ups who can learn a thing or two from Ella. 

Addressing Disparities: Talking To Service Providers About Transgender Domestic Violence

By Todd Ryser-Oatman

There's been a lot of coverage surrounding domestic violence in the past few years. Some groups, however, receive more attention than others from scholarly research and from media outlets. In particular, the LGBT community is scarcely mentioned in larger discussions about domestic violence, even though they experience it disproportionately for a minority group. The LGBT community faces many challenges when confronting domestic violence, such as low reporting, stigma and discrimination from service providers, and lack of resources for support. Even more seldom discussed is the alarming rate at which transgender individuals in particular experience domestic violence.

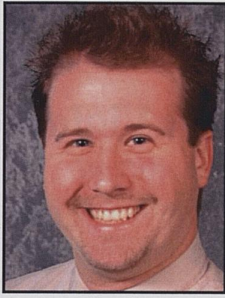
The transgender community is rarely discussed when it comes to domestic violence. There are different findings around this issue, but they all paint a grim picture. The Huffington Post (2014) reports on findings that one in two transgender people are victims of sexual violence, and that often services to help survivors are more harmful than helpful. The transgender community shares

many of the obstacles faced by the LGB community, such as lack of resources; confidentiality issues; fear of threats, harassment, and police violence; and fear of losing child custody due to legal system discrimination (National Black Justice Coalition). But there are many additional obstacles this community faces, such as abusers manipulating clothing, hormones, and prosthetics for control; withholding health care; verbal abuse specific to gender identity and expression; and a lack of shelters that house transgender individuals. Furthermore, there is a lot of potential for re-victimization due to high rates of abuse and harassment from teachers, healthcare providers, and law enforcement officials. What does this mean for the transgender community? There is an increased risk of victims experiencing post-traumatic stress disorder, increased hyper-vigilance (constant looking out for potential danger), self-harm, addiction, isolation, and many more issues (Office for Victims of Crime).

As service providers, we can help end this vicious cycle. It can be intimidating, as there is a lot of complexity around

gender identity, but we need to step up. The Office for Victims of Crime lays out some helpful ideas to remember when working with transgender clients. First of all, don't make assumptions about a client's gender identity. Mirroring the terms that a client uses to refer to themselves helps cultivate respect and openness, and creates trust. If you need clarity, ask. More often than not, it's a sign of respect to ask for clarity about gender identity labels and shows that you want to be informed and respectful. Ask appropriate and relevant questions, and when asking questions about sensitive information, give an explanation for why you need the information (so you're not just asking a tough or overly personal question out of the blue). Additionally, it is important to see the whole person — not just their transgender status. If they come in for services about domestic violence, serve them for that issue! You don't need to refer them to general or community transgender services; that makes the assumption that they need aid and support for their identity. Try to see the person holistically. When you encounter service-related questions or issues, it's also okay to ask your client, as they have "knowledge and experience, [which,] coupled with your professional knowledge and skills, will result in a respectful, workable solution." Finally, it is key to manage your curiosity about the community, and to focus on their needs and how you can serve them. Sometimes people from minority communities are happy to educate service providers, but this should only be done after you have met their needs.





PRIDE

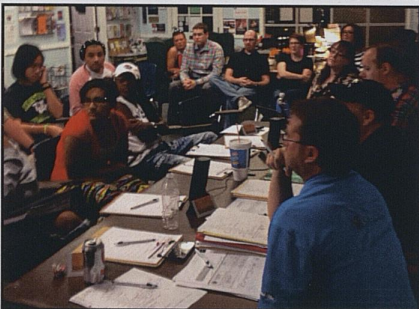
With A Cost!

By Chad Hundley

2015 Lexington Pride Festival Chair

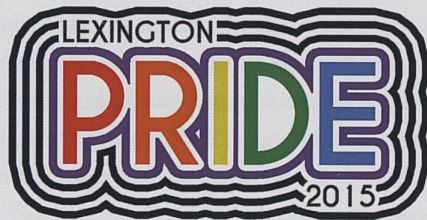
As a volunteer for many years for the LGBTQ... community here in Lexington and Kentucky, I have seen what it costs for us to be free to show the public who we are and how we deserve equality. Even though many states now recognize same sex marriages, we still have so much work to do besides marriage equality. We still need a variety of laws passed, addressing issues such as adoption, hospital visitation, transgender protection, and perhaps most importantly, a statewide fairness law to ensure that every Kentuckian in the Commonwealth has equal access to jobs, housing, and services.

Yes, we have come a long way in just a short time, but all of this has come with a high cost. Our non-profit organizations are continuously running out of money because people think that the progress we have made has lessened the need for the



education, awareness, and public services we provide. That could not be more wrong! Our organizations need to fight harder than ever to support, educate, and bring awareness to the public in order to maintain the gains we have made and not lose ground.

I know this article is not as light-hearted as the Pride updates usually are, but we need your help! The GLSO is the non-profit organization that presents the Lexington Pride Festival



to over 20,000 individuals across the region. It is with support from donations and contributions that the GLSO has been able to provide many services to our community for over 37 years.

If you are saying, "Oh, no, this is a cry for money!" you're not wrong! With the holiday season upon us, this is a great way to give back to the community. If you cannot give a little bit of money to the GLSO (all of which is tax deductible), please give



of your time to volunteer, if not for the GLSO, then for one of the other great organizations in the area.

With everyone's contributions, we can expand our festival and the programs that we offer to the many people that use our center as a safe haven to come to when they need help with a problem. My hope is that everyone reading this article will contribute at least \$5 a month to the GLSO. If you do this, you will not only be helping the Lexington Pride Festival, but you will also be acknowledged as a GLSO Donor on our website so that everyone can see how PROUD you really are! I also invite you to visit the GLSO Pride Center, located at 389 Waller Ave., Suite 100, in Lexington, if you haven't already. I look forward to seeing each and every one of you soon. And remember, PRIDE does come with a Cost!





October Pride Sub-Committee Meetings

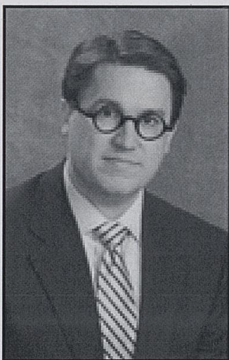
Not Pictured: IT/Website, October 8, 6:00 P.M. @ Starbucks, 3101 Richmond Road
 Top Left: Logistics/Vendor-Liaison, October 8, 6:30 P.M. @ Common Grounds Coffee House
 Top Right: Advertising/Marketing/Merchandising, October 12, 3:00 P.M. @ Coffea
 Bottom Left: Fundraising, October 13, 7:00 P.M. @ GLSO Pride Center

Upcoming Pride Sub-Committee Meetings

Fundraising, November 9, 1:00 P.M. @ GLSO Pride Center
 IT/Website, November 9, 2:00 P.M. @ Third Street Stuff
 Advertising/Marketing/Merchandising, November 9, 3:00 P.M. @ Coffea
 Logistics/Vendor Liaison, November 10, 6:30 P.M. @ GLSO Pride Center

CHECK PRIDE CALENDAR FOR ALL PRIDE MEETINGS/EVENTS:
www.lexpridefest.org

Financial strategies. One-on-one advice.



David DeBrot
Financial Advisor

1795 Alysheba Way #4104
Lexington, KY 40509
859-263-0516



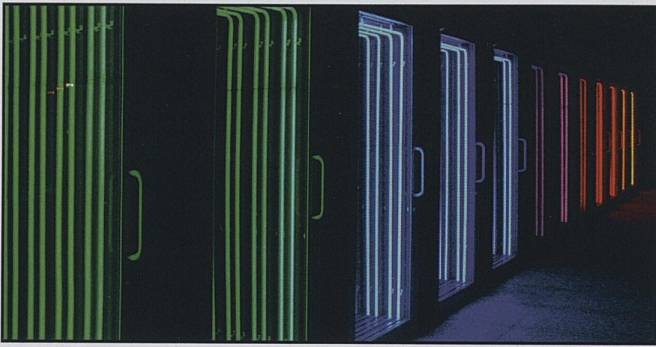
Stephen Robertson
Financial Advisor

1795 Alysheba Way #4104
Lexington, KY 40509
859-263-0516

Edward Jones[®]
MAKING SENSE OF INVESTING

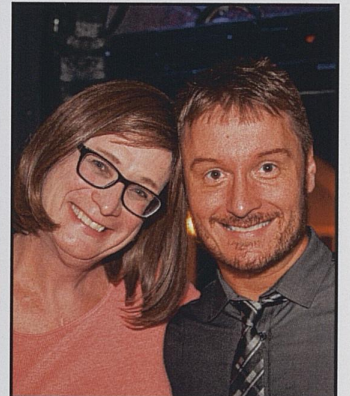
Member SIPC

OUT: A Theatrical Celebration



Gay Disability Support Group

If you are LGBT and have a disability, we would like to hear from you! Members of the LGBT community who are disabled face many different obstacles, and the GLSO would like to help. There has been interest in starting an LGBT Disability Group, and we would like to be in touch with you about this support group. Please contact the GLSO Pride Center at 859-253-3233 or email chad@glso.org for more information!



PFLAG Central Kentucky

PFLAG Central Kentucky meetings are held from 6:30 p.m. to 8:30 p.m. on the second Tuesday of the month at St. Michael's Episcopal Church (2025 Bellefonte Drive in Lexington). Typically, we have a program the first half, followed by our support group. We welcome members of the LGBTQ community, their families, friends, and allies.

This month, on November 11, we are privileged to have as our speaker Derek Penwell. Derek Penwell is an author, editor, speaker, and activist. He is the senior minister of Douglass Boulevard Christian Church (Disciples of Christ) in Louisville, Kentucky, and a lecturer at the University of Louisville in Religious Studies and Humanities. He has a Ph.D. in Humanities from the University of Louisville. He is a board member of Louisville Fairness, and co-chair of Faith Leaders for Fairness, which led the advocacy effort in Frankfort. The presentation will be followed by our confidential support group meeting. We welcome LGBTQ individuals, their family members, friends, and allies. PFLAG meetings are a safe, confidential setting where all are accepted and respected.



Are you:

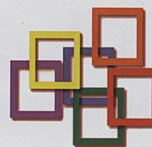
Recently out of the closet? Or struggling with doing so? Feel like you can't cope with who you are? Struggling with acceptance at work? Or family? Had a bad break-up? Or lonely and just need to talk to someone? You are not alone!

Confidentiality, acceptance and respect are the words we govern ourselves by. Each week is unique depending on who shows up and what the needs are that night.

Join us for:

**HEART
TO HEART**

GLSO Discussion Group
Wednesdays
from 7-9pm



Gay and Lesbian Services Organization
389 Waller Avenue, Suite 100
Lexington, Kentucky 40504

(859) 253-3233
www.GLSO.org

Bluegrass Black Pride



Equality~Family~Community



Impress
Your
Partner
with
Flowers

Visit
ImperialFlowersLexington.com
and Save \$10 online with
discount code: **PRIDE**

IMPERIAL FLOWERS
393 Waller Ave.
Lexington, KY 40504
local : (859) 233-7486
toll free: (800) 888-7486

Logan's ROADHOUSE | RAISE THE STEAKS

FUNDRAISER NIGHT

Join us for wood fire grilled steaks, made-from-scratch recipes, and Southern inspired favorites - all while supporting your nonprofit group!

Logan's Roadhouse will donate up to 20%* of your group's pre-tax dining checks back to your organization, just show us this coupon on the date listed below:



GLSO

Join us to support the **GLSO** on:

Thursday, August 21st
Thursday, November 13th
Thursday, February 12th
Thursday, May 14th

Present this ticket to your server on the day and time listed below and Logan's Roadhouse will donate up to a sizzling 20%* of all pre-tax sales to your nonprofit group.

4p - Close

Logan's Roadhouse

1250 S. Broadway, Lexington, 40504
1908 Pavillon Way, Lexington, 40509
140 Rojay Drive, Lexington, 40503

*Logan's Roadhouse will donate 15% of your group's pre-tax dining checks back to your organization. If your group orders exceed 50 adult entrées, we will donate 20% of your group's pre-tax dining checks.



Want to schedule your own event? Email us: RaiseTheSteaks@logansroadhouse.com

Like us on Facebook: <https://www.facebook.com/raise.steaks>

*Logan's Roadhouse will donate 15% of your group's pre-tax dining checks back to your organization. If your group orders exceed 50 adult entrées, we will donate 20% of your group's pre-tax dining checks!





By Bobbie Thompson
-aka Alana's Spouse-

Portions of the following appear in the current issue of FROCK Magazine on page 54 (<http://frockmagazine.com/>).

In spring 2012, my spouse, Alana Nicole Sholar, released her memoir, *Hung in the Middle: A Journey of Gender Discovery*. (www.hunginthemiddle.com) At that time, a friend of ours suggested we attend the Southern Comfort Conference (SCC) in Atlanta, GA, to promote Alana's book, so we decided to go.

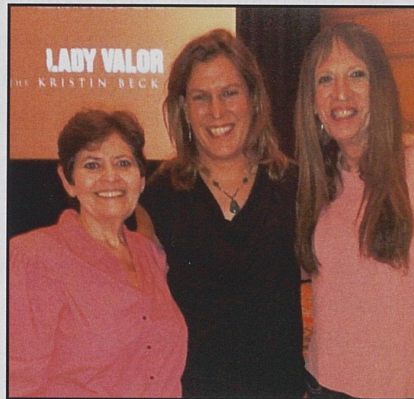
On the drive down, I experienced a bit of fearful apprehension from not knowing what to expect. Up to that point, the only occasions where Alana presented in fem in public was at the local GLSO support group meetings, or an occasional night out to a gay bar.

Upon arrival, it wasn't long before I was making new friends and feeling quite comfortable in my rare position of being a genetic female in the company of nearly a thousand transgender persons. My experiences at the 2012 SCC helped me realize that people are just people, no matter their life's journey.

On February 14, 2014, the perfect day for releasing a love story, my book, *My HUSBAND Looks Better*

in *Lingerie Than I Do... DAMN IT* (www.myhusbandlooksbetter.com) was launched. It shares my side of our story, so we immediately began plans to attend the 2014 SCC... promoting both books.

This time on the drive to Atlanta there was no fearful apprehension. Actually, I felt kind of like a child looking forward to Christmas morning. We couldn't get there fast enough. I was excited, knowing I'd get to see old friends, make new friends, and meet in person many of the friends I had made via social media.



One of the highlights for me of the 2014 SCC was getting to meet Kristin Beck and viewing the premier of her film, *Lady Valor*. The film was aired the following evening on CNN and has since become available for purchase at <http://muvi.es/w6362/297575>.

I can't imagine anyone in the transgender community not being

aware of Kristin Beck, but just in case you're not, she is known to be the first transgender US Navy SEAL. She distinguished herself in her 20 years of exceptionally meritorious service with Special Operations Forces at SEAL Team One, SEAL Team Five, Naval Special Warfare Development Group (SEAL Team Six/JSOC), and more, as explained in her film. I highly recommend this film.

Another highlight of the 2014 SCC for me was to be included on a panel along with Alana Nicole and other couples discussing loving relationships that include a transgender person. When I attended the conference in 2012 I saw only a few spouses of transwomen in attendance. This year I saw a greater number of spouses at the side of their transgender loved one... and I also met a couple mothers there with their transgender teen.

So, I did SCC again... and both times I've left with my life enriched from the experience. SCC will be moving to Ft. Lauderdale, FL, in 2015. Unfortunately, I fear the added distance resulting in greater cost might keep us from attending next year... unless, of course, we sell lots and lots of books.



Financial Focus: Prepare Far Ahead for Long-Term Care Costs

November is Long-Term Care Awareness Month – a month dedicated to educating the public about the need to prepare for the potentially devastating costs of long-term care. And the more you know about these expenses, the better prepared you will be to deal with them.

To begin with, just how expensive is long-term care? Consider this: The average cost for a private room in a nursing home is more than \$87,000 per year, according to the 2014 Cost of Care Survey produced by Genworth, a financial-services company.

And the average cost of an assisted living facility, which provides a level of care that is not as extensive as that offered by a nursing home, is \$42,000 per year, according to the same Genworth study. All long-term care costs have risen steadily over the past several years, with no indication that they will level off.

Many people, when they think about long-term care at all, believe that Medicare will pay these costs — but that's just not the case. Typically, Medicare only covers a small percentage of long-term care expenses, which means you will have to take responsibility. Of

course, if you are fortunate, you may go through life without ever needing to enter a nursing home or an assisted living facility, or even needing help from a home health-care aide. But given the costs involved, can you afford to jeopardize your financial independence — or, even worse, impose a potential burden on your grown children?

To prevent these events, you will need to create a strategy to pay for long-term care expenses — even if you never incur them. Basically, you have two options: You could self-insure or you could “transfer the risk” to an insurer.

If you were going to self-insure, you would need to set aside a considerable sum of money, as indicated by the costs mentioned above. And you would likely need to invest a reasonably high percentage of this money in growth-oriented investments. If you chose this self-insurance route, but you never really needed a significant amount of long-term care, you could simply use the bulk of the money for your normal living expenses during retirement and earmark the remainder for your estate. However, if did need many years of nursing home care,

you could end up going through all your money.

As an alternative, you could transfer the risk of paying for long-term care to an insurance company. Many plans are available these days, so, to find the choice that is appropriate for your needs, you will want to consult with a professional financial advisor. Here's a word of caution, though: The premiums for this type of protection rise pretty rapidly as you get older, so, if you are considering adding this coverage, you may be better off by acting sooner, rather than later.

None of us can know with certainty what the future holds for us. Ideally, you will always remain in good shape, both mentally and physically, with the ability to take care of yourself. But, as you've heard, it's best to “hope for the best, but plan for the worst.” So, take the lessons of Long-Term Care Awareness Month to heart and start preparing yourself for every scenario.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor.





November Calendar & Telephone Directory

All meetings are hosted at the GLSO Pride Center unless noted with *

Saturday, November 1

7:30 p.m. TransKentucky Meeting

Sunday, November 2

3:30 p.m. Company Q Theater Rehearsal

6:30 p.m. Team Lex Volleyball*

Monday, November 3

7:00 p.m. Entre Nosotros (Between Us)

7:30 p.m. Rainbow Bowling League*

8:00 p.m. AA Meeting hosted by AVOL*

Tuesday, November 4

All Day Election Day*

Wednesday, November 5

7:00 p.m. "Heart To Heart"

LGBT Discussion Group

Thursday, November 6

6:30 p.m. GLSO Board Meeting

Saturday, November 8

9:00 p.m. Kentucky Bourbon

Bears Board Meeting

Sunday, November 9

1:00 p.m. Pride Fest Fundraising
Sub-Committee Meeting

2:00 p.m. Pride Fest IT/Web
Sub-Committee Meeting*

3:00 p.m. Pride Fest Advertising/Marketing/
Merchandising Sub-Committee
Meeting*

3:30 p.m. Company Q Theater Rehearsal

6:00 p.m. Imperial Court Meeting

6:30 p.m. Team Lex Volleyball*

Monday, November 10

6:30 p.m. Logistics/Vendor Liaison

Sub-Committee Meeting

7:30 p.m. Rainbow Bowling League*

8:00 p.m. AA Meeting hosted by AVOL*

Tuesday, November 11

6:30 p.m. PFLAG Meeting*

7:00 p.m. HIV/AIDS Support

Group hosted by AVOL*

Wednesday, November 12

7:00 p.m. "Heart To Heart"

LGBT Discussion Group

Thursday, November 13

4:00 p.m. Raise The Steaks: GLSO

Fundraiser at Logan's Roadhouse*

7:00 p.m. LOVEboldly Board Meeting

Sunday, November 16

3:30 p.m. Company Q Theater Rehearsal

6:30 p.m. Team Lex Volleyball*

Monday, November 17

7:30 p.m. Rainbow Bowling League*

8:00 p.m. AA Meeting hosted by AVOL*

Wednesday, November 19

7:00 p.m. "Heart To Heart"

LGBT Discussion Group

Thursday, November 20

All Day Editorial Deadline for LINQ Magazine

6:30 p.m. 2015 Pride Fest

Planning Committee Meeting

9:00 p.m. Sing OUTloud GLSO Fundraiser*

Friday, November 21

» 2:00 a.m. Sing OUTloud GLSO Fundraiser*

7:00 p.m. Senior's Bistro (Potluck)

Sunday, November 23

3:30 p.m. Company Q Theater Rehearsal

6:00 p.m. Imperial Court Meeting

6:30 p.m. Team Lex Volleyball*

Monday, November 24

7:30 p.m. Rainbow Bowling League*

8:00pm AA Meeting hosted by AVOL*

Wednesday, November 26

7:00 p.m. "Heart To Heart"

LGBT Discussion Group

Thursday, November 27

HAPPY THANKSGIVING!

Sunday, November 30

3:30 p.m. Company Q Theater Rehearsal

6:30 p.m. Team Lex Volleyball

Community and Social Groups

24-Hour Crisis Line	1-800-929-8000
24-Hour Teen Crisis Line	1-800-999-9999
Alcoholics Anonymous	859-967-9960
AA/Alcoholic Teens	859-277-1877
Council for Peace and Justice	859-488-1448
Discussion Group	859-253-3233
Fairness of Louisville	502-893-0788
Gay-Straight Alliance, Teens	859-266-5904
GLSO Pride Center	859-253-3233
Imperial Court of Kentucky	859-619-7521
International Gay Bowling	859-539-3058
Lexington Fair Housing Council	1-866-438-8617
Lexington Fairness	859-951-8565
Lexington Human Rights	859-252-4931
Lexington Pride Festival	859-253-3233
National Suicide Prevention Lifeline	1-800-273-8255
PFLAG Central Kentucky, Inc.	859-338-4393
PFLAG Louisville	502-223-1323
SisterSound	859-806-0243
Social Services, Lexington	211

Community and Social Groups

Speaker's Bureau	859-266-5904
TransKentucky	cassiemt@yahoo.com
Transgender Youth Family Allies	1-888-462-8932
Trevor Lifeline 24/7	1-866-488-7386
United Way	859-313-5465

College Student Groups

Berea College ACE	859-958-3633
BCTC Gay-Straight Alliance	859-246-6365
Centre College BGLA	859-238-5332
EKU Alphabet Center	859-622-5041
EKU Pride Alliance	859-622-1027
Morehead State University	606-783-2071
TUnity (Transy)	859-445-3822
UK Gay-Straight Alliance	859-257-8701
UK OutSource	859-323-3312


**Don't see your group's events or
contact information?
Email it to editor@glso.org and we
will add you to our calendar!**

HIV/STD Testing, Services & Information

AIDS Volunteers of Lexington (AVOL)	859-225-3000
Health Department, Fayette County	859-288-2437
Health Department, Woodford County	859-873-4541
HIV/AIDS Legal Project	502-584-1254
Moveable Feast	859-252-2867
Northern Ky Region	859-341-4264
UK Adolescent Medicine	859-323-5643

Religious Groups

Bluegrass United Church of Christ	859-233-0208
Embrace Fellowship	859-358-0580
Faith Lutheran Church	859-266-7621
First Presbyterian Church	859-252-1919
Lex Friends, Quakers	859-254-3319
Maxwell Street Presbyterian Church	859-255-1075
St. Martha's Episcopal Church	859-271-7641
Unitarian Universalist Church	859-223-1448
Woodland Christian Church	859-266-3416



Sing **OUT** Loud

Thursday, November 20th



"Where Everyone is Part of the Family!"

9:00 pm - close

828 Lane Allen
Lexington 40504

10% of sales that night go to the



JELL-O SHOTS • KARAOKE • DRINKS • FUN

