

# Lin



*Connecting the Bluegrass Pride Community*

**KRISTIN BECK: "LADY VALOR"  
COMES TO LEXINGTON!**

**October 6, 7:00 P.M.**

**UK White Hall Building, #106**

October 2015, Vol. 37 No. 10

*A publication of the PCSO  
formerly the GLSO*



# INDEX

4

## That's What I'm Talkin' About

Helena writes about how it is important to find something to be glad about in every situation, even when we have our moments of sadness or disgust, as with the recent ugliness in Rowan County.

## TransKy Advocate

Tuesday talks about her own coming out and how that affected many of her closest friends and family, paying special tribute to the loving support of her wife, Linda.

8

10

## We Need To Talk

Carol says it is time for our community to have a frank discussion about intimate partner violence in the LGBTQ+ community.

## Estate Planning Basics...

In part 3 of his continuing series on estate planning basics for same-sex couples, Mike provides readers with some insight on the usefulness of both prenuptial and postnuptial agreements.

14

18

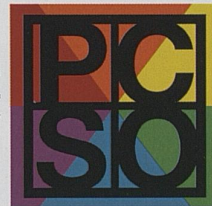
## Profile In Courage: Kristin Beck

Kristin Beck is a 20-year Navy SEAL veteran who has spent the past several years as a transgender advocate and Congressional candidate. Kristin will speak in Lexington on October 6.





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**Photography**

Brian Hawkins

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

All LinQ submissions and advertisements can be made to the editor ([editor@pcsoky.org](mailto:editor@pcsoky.org)) or to the PCSO Pride Center (859-253-3233). All submissions may be edited for length.

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The Pride Community Services Organization seeks to educate, enhance, and empower the community about sexual minority and gender expansive issues.

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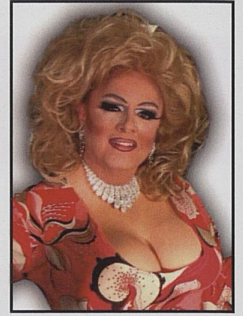
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# That's What I'm Talkin' About



By Helena Handbasket

“You’re such a Pollyanna!” I’ve heard people say that to me before. So it made me wonder, who the hell was Pollyanna and why was she so damn happy all the time? I mean, can anyone really always see the bright side of things and stay positive all of the time? Well... the term Pollyanna is defined as “a naïve optimist who always expects people to act decently, despite strong evidence to the contrary.” It comes from a character in the novel by Eleanor H. Porter and a Disney movie by the same name, *Pollyanna* Whittier, a young orphan who goes to live in Beldingsville, Vermont, with her wealthy but stern Aunt Polly. Pollyanna’s philosophy of life centers on what she calls “The Glad Game,” an optimistic attitude she learned from her father. The game consists of finding something to be glad about in every situation.

Okay, if you’ve been reading my column then you know that I am often on my soap box about something and it is not uncommon for me to be complaining about something that irritates me or bothers me in some way. Often those involve something unfair or unjust that I want to address. Well this month I wanted to change that up a little. We are so damn quick to talk about everything that is wrong in our lives... and even worse, we talk about everything that is

wrong in everyone else’s lives. Really? Is that who we have become? How petty!

First of all, if I decide to try to see the good things in my life then I eventually can do just that. Celebrating our existence is so much more fun than bitching about it. It is just like anything else. If we practice being positive and looking for the good in our lives then we will get in the habit of that. Of course we all have our moments of sadness or disgust (usually while sitting in front of the computer and browsing Facebook).

I know the recent struggle in Rowan County has raised a lot of tempers and opinions and it has been very hard to find anything positive in all of that. The first positive thing I can do is not even put in the name of the person who has been at the forefront of all of the controversy. But there was so much negativity flying around about it all that I just had to check out for a little bit. Should we bury our heads in the sand and pretend it away? Well, NO. That never works because as soon as you come up for air the problem is still there.

People have lashed out at me for saying what I am about to share with you and I really can’t believe I am putting it out there in this article but... I would love to have the opportunity to sit across the table from her and have a real conversation. She is not the

devil. She is a woman who is standing up for what she believes in, and isn’t that what our country was built on? Just because she doesn’t believe like I do doesn’t justify me hating her—and truthfully, I don’t think she hates us. She just doesn’t agree with us on things. The problem is that she isn’t doing her job. Do I think she should make every attempt to make sure that no one that comes to her office is denied any service that her office offers to anyone else? Of course. And if she doesn’t, then she shouldn’t be there. But let’s not hate her because she believes differently than we do. If that is the case, it’s gonna get really ugly up in here. “I hate you, bitch... because you believed the shoes you have on were pretty and so you bought them and I believe they are the ugliest things I’ve ever seen.” We disagree so I hate you. (Childish, don’t ya think?) Disagree... fine! But don’t hate. Then will we be any better than those that hate us for being who we are? Will we?

I sure had a lot to say about a subject that I wasn’t even going to mention her name. So... do you hate me too because my opinion is different than yours? Well... I hate that for ya!

(Send comments or suggestions to [HelenaHandbasketKY@gmail.com](mailto:HelenaHandbasketKY@gmail.com))





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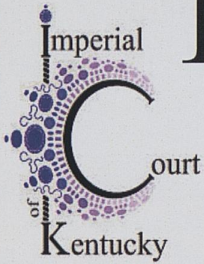


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# Imperial Court of Kentucky News

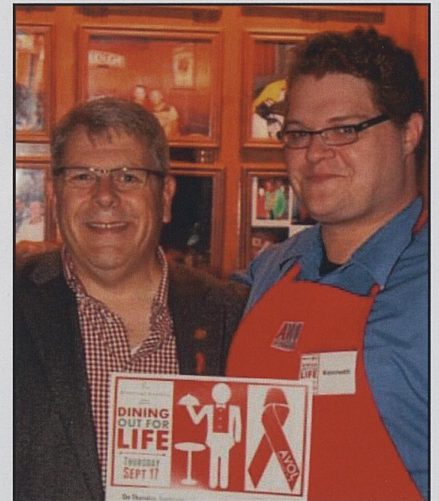
By H.M.I.M. Empress XXXIV of  
the Imperial Court of Kentucky  
Kali Dupree

What a journey this has been. Four months in, and I have had the privilege of seeing our community (and others) do amazing work to help those in need. September was a very eventful month with local events and much traveling within the International Court System... yes, International. Most of us are familiar with our local Imperial Court of Kentucky and its 34 years of service to the community, but some are unaware that the ICC spans three great nations: Canada, the United States, and Mexico, and is currently in its 50th year of good deeds.

I had the opportunity to witness first-hand the continued growth of this long-lived organization by attending the first every Royal Ball of the Imperial Court of Indiana. To see a group of like-minded people get together and decide that THIS is what their community needs is nothing short of a blessing. I'm sure Indiana will work tirelessly, as other courts do every year, to make sure that the charities in their community have the support they need. I know that I will be there for them for whatever they

need. Many members of the Imperial Court of Kentucky also went and supported another "young" court in DC, to celebrate the start of their fourth reign of charitable works. The same weekend, many members also attended the start of a new reign in Montana. Coming up here soon, our sister court in Cincinnati will start their new reign. We travel to support our brothers and sisters throughout the nations and to forever live up to "From the Heart, Through the Court, For the Community."

Even with our travels, at home we still continue to strive to do all the work that we can do. We had the opportunity to support one of our charities, AVOL, by participating in "Dining out For Life." Always asking the question, "What more could we do?" On the eve of "Dining out for Life" the ICK hosted a new even to benefit AVOL and their endeavors, "Dragging out for Life," where we asked businesses and individuals throughout the community to match the tips of our entertainers that evening. We hope that this will be a continued success and partnership for



many years to come. Many thanks to Empress XXX, ShotZ with a Z, and Emperor XXXI, Big D Lyons, for all your hard work in the planning and organizing of this event. You both simply amaze me. Let us not forget to also thank the many entertainers and organizations that work tirelessly next to each other for one main purpose, to better our community.

We have several opportunities to support and raise money for this great community coming up in October. On October 9, the dowager monarchs Empress XXXIII, Christina Puse, and Emperor XXXIII, Tim Logsdon, will be hosting "Feeding Our Youth" to benefit Movable Feast. October

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11 at Crossings Lexington will see the return of "Closet Ball," where those who have never done drag and accepted tips will be given the chance to "come out" and show us what they think they have. To wrap up the month, we will be hosting the first pageant in our reformatted system, "Diva of Darkness" on October 28, benefiting the Pride Community Services Organization. Each of our five pageants will benefit one of our five main charities. The winners and runners-up from these pageants shall represent the five charities in our Ultimate Entertainer of the Year pageant toward the end of the reign, and the proceeds from that grand



finale shall go to the charity of whom the winner represents.

As always, you are able to keep up to date on upcoming events and shows by following me and/or the Imperial Court of KY on Facebook or by visiting us at [www.imperialcourtkentucky.org](http://www.imperialcourtkentucky.org). If you

would like to become a member, please contact me or one of our board members. Lexington, thank you for all the hard work that you have done, are doing, and everything that you continue to do.



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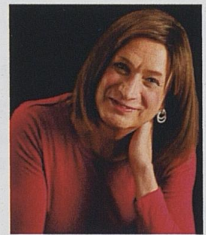
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MAKING SENSE OF INVESTING



# TransKyAdvocate



By Tuesday G Meadows

Linda Love

“Put your arms around me, tell me everything’s okay. In my mind, I’m running round a cold and empty space. Cause I don’t want to walk on my own anymore..tell me everything’s okay.” *Hold My Hand*, Jess Glynn

National Coming Out Day is October 11, 2015, and it is a special day for us LGBTQ+ folks to reflect upon our struggles and triumphs to come out to our friends and families. Last year, I was blessed to have been invited by Donna Ison to tell my coming out story for the play *Out*. I was one of 12 participants who got to tell my story. Represented that night was most every color of the rainbow, including Gay, Lesbian, Bisexual, Transgender, Queer, and Plus. It was amazing to see how our coming out stories resonated with our audience at the Carnegie Center.

What I did not give much thought to before I began my own coming out was that not only did I step out of the closet, but I also brought along many of my closest friends and family. I had a choice about when I came out, but my support system did not, and I have witnessed it being a bumpy road for them at times.

It is difficult enough for someone to say, “I have a friend who is transgender.” It is even harder for some people to

say, “I have a dad, a mom, a brother, a sister, or a child who is transgender.” I can handle the hateful questions and remarks, but it hurts my heart when people I love are subjected to snide comments and looks of disgust. I am so grateful to have brave supporters who have come out with me.

I started my coming out at the same time as my medical transition in 2013. I knew that it would be hard for me to tell everyone, but it was just as hard, if not even harder, for my wife, Linda. From everything that I can gather, the divorce rate for those in the transgender community is pretty high.

I get asked the question so often that I don’t even think about it much anymore: “So how is your family doing with your transition?” I will say that my daughter is from the generation that is very comfortable with transgender people, plus she loves me very much and wants me to be happy. My oldest grandchild gives me her unconditional love. My three sisters, my brothers in-law, and their families have been very supportive. However, the question



that is really on most people’s minds is, “How is your wife handling your transition?”

I have heard some say that they wished that their spouse was supportive in their transition. The more I thought about that statement, the more I forced myself to take a hard look at my coming out from Linda’s point of view. She had to come out to her brother, her friends, her co-workers, and our neighbors. She is very protective and will not let anyone trash or besmirch

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me. She stands proud and says that she loves me and then she will say about me, "She is finally getting to live life as her true self." I cannot imagine some of the hateful comments that she has had to endure when she has told this to some people.

When I was informed that the congregation at the church that we had attended for most of our lives would not accept me as a transgender individual, she took it to mean that they would not accept her either. We have not attended in over a year. I know this hurt her deeply. She would look at me and say, "If they do not want you, then I do not want to be a part of them either." We have had some friends react the same

way. She never flagged in her support of me.

I am immensely appreciative of all of those who, in their own ways, came out with me, but especially my wife. Her support has been the bedrock of my life and my transition. My coming out was not always smooth, but with her by my side, it was much better than it would have been without her. As the Greek philosopher Virgil said, "Omina Vinit Amor," or love conquers all. Thank you, Linda, and all those who stand with the people they love as they come out, for helping us to conquer all. You may write me at Tmeadows828@gmail.com or follow me on Twitter Tuesday Meadows@trishgigi. Now Tuesday is gone with the wind. 🌈

**EDITOR'S NOTE**

Tuesday Meadows' wife, Linda Hivick Meadows, passed away after a long battle with cancer on September 19, 2015. LinQ would like to extend its condolences to Tuesday and her family on behalf of the PCSO and the entire Bluegrass Pride Community.

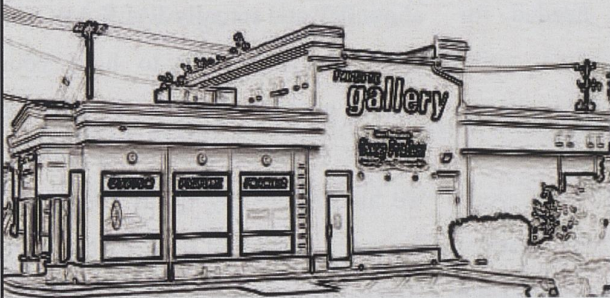


**Linda Hivick Meadows**  
February 28, 1955 - September 19, 2015

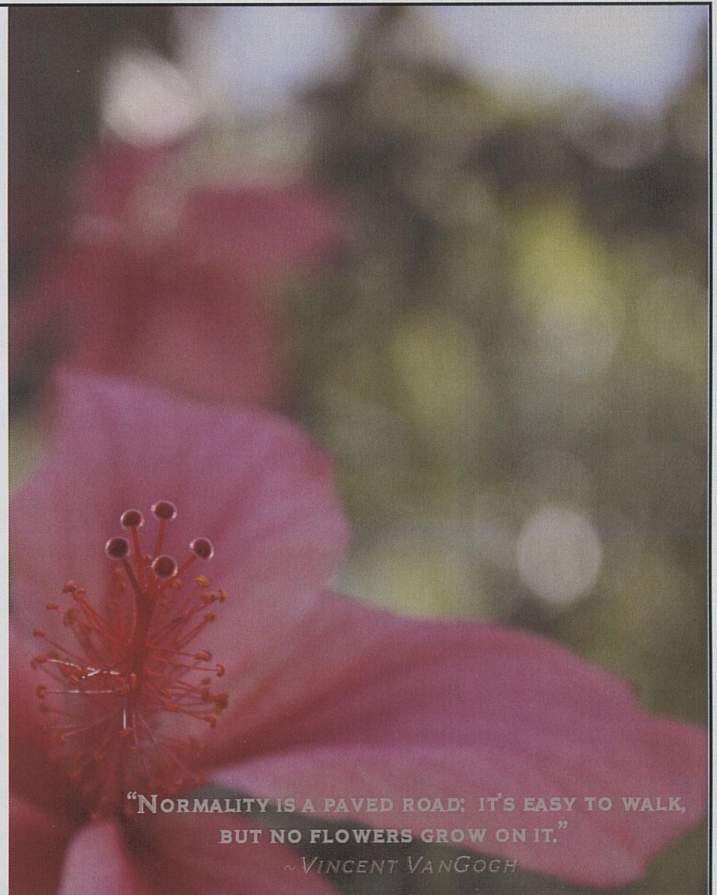
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BUT NO FLOWERS GROW ON IT."  
~ VINCENT VAN GOGH



# We Need To Talk



By Carol Taylor-Shim, MSW

Folks, we need to talk about intimate partner violence

Every single one of us knows someone or knows of someone who has experienced or is experiencing intimate partner violence (“IPV”). They are someone’s brother, someone’s mother, someone’s best friend, someone’s mentor, someone’s heart. When it happens, we do the same things over and over again. We get outraged; we get upset; we plan vigils and town halls that never happen. In October, which is National Domestic Violence Awareness Month, we pay a little more attention to it. But what happens the rest of year? What are we doing to prevent ANYONE from experiencing IPV? Why aren’t we, as an LGBTQ community, talking about this? Why are we ok with remaining silent?

Maybe it’s because most people don’t know how rampant intimate partner violence is. Last fall, the National Coalition of Anti-Violence Programs released their 2013 report on intimate partner violence in LGBTQ communities. What they found should shake us all to our core. According to the study, LGBTQ youth, young adults, people of color, gay men, bisexual individuals, and trans women were the most impacted

by IPV. Transgender individuals were nearly twice as likely to experience IPV in relationships. Lesbian survivors were 2.4 times more likely to experience IPV at work. According to the report, 61% of bisexual women reported being raped or physically assaulted by a partner in comparison to 37% of bisexual men. The majority of intimate partner violence survivors were between the ages of 19 and 29. Trans people of color are nearly 3 times more likely to experience IPV. People of color made up 50.2% of survivors, which speaks to the intersectionality of LGBTQ identities and race; another area where our community is tight-lipped. Imagine how many other people sit in silence, and sometimes denial, about the IPV they’re experiencing at the hands of someone they love and who claims to love them.

Our silence as a community around dating and domestic violence helps nurture the conditions needed for IPV to thrive. The shame, guilt, and fear that consume survivors are burdens too heavy for anyone to bear. The deafening silence from your own community while you wonder if you will survive the day just adds to the misery. When we turn a blind eye to the actions of our friends

who are perpetrators, we are quietly and unintentionally endorsing their violence. When your friend is calling his boyfriend everything but a child of God, what do you do? When you see your friend grab her girlfriend by the arm in a way that belies the abuse that is destined to occur again, what do you say? When a trans woman of color is slapped on the street in broad daylight, do you keep walking? Do you even give her a second thought?

As painful as it is to admit, we are failing our community. We choose to be reactive instead of proactive. We choose to turn our heads instead of calling people out on their abusive behaviors. October is National Domestic Violence Awareness Month but we must be actively aware every day. Our awareness must transform into action. I challenge all of us to be active bystanders and intervene when we can. I challenge us as a community to stop thinking or planning to talk about IPV and actually TALK ABOUT IT. I challenge you to hold your friends accountable for their abusive actions. People’s lives are at risk and we are sitting idly by as spectators. No more. No more silence. No more shame. No more IPV.

Follow me on Twitter @ctshim71





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Hosted by Murray State University

October 23-25, 2015



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- ★ Building off the tremendous legal, legislative and social progress being made in support of LGBTQ equality, there is still much work to be done. Within the social justice arena more broadly, we have seen example after example of inequalities the past several years that lead many to ask whether justice exists for everyone. This conference will be a space to celebrate progress and examine where we go in the future.
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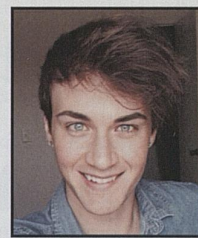




# Happy Being Healthy

## Cutting Unnecessary Calories In Coffee

By Angel Algarin



It's that time again, when the leaves are beginning to change, the UK football team is starting their season, and people start ordering their PSLs (Pumpkin Spice Lattes) from Starbucks. Though that PSL might be delicious, it is packed with hidden calories that may be unfavorable to your weight loss goals. In fact, as found on Starbucks.com, a traditional 16-ounce PSL packs a whopping 380 calories. Here are a few tips for making your all-time favorite drinks a little more diet-friendly.

### 1. Drop the Whipped Top:

By choosing to ask for no whipped cream on your drink, you can cut 70 calories and also half of the total fat from 14g to 7g.

### 2. Slim to Skim:

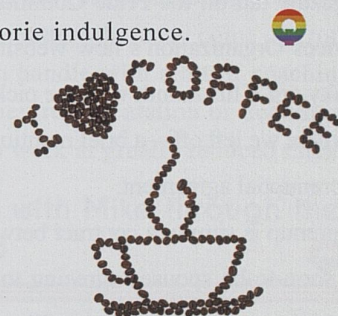
By opting for skim milk instead of 2%, you cut 50 calories from that yummy beverage and also half of the total fat from 14g to 7g.

### 3. Down size to Drop sizes:

Though we want to savor as much of that steaming caffeine beverage

as we can, by simply choosing a smaller size you can go from 380 calories to 300 calories (16oz to 12oz).

By applying all of these tips, you can take your all-time seasonal favorite hot beverage from a large 380 calories to a manageable 200 calorie indulgence.



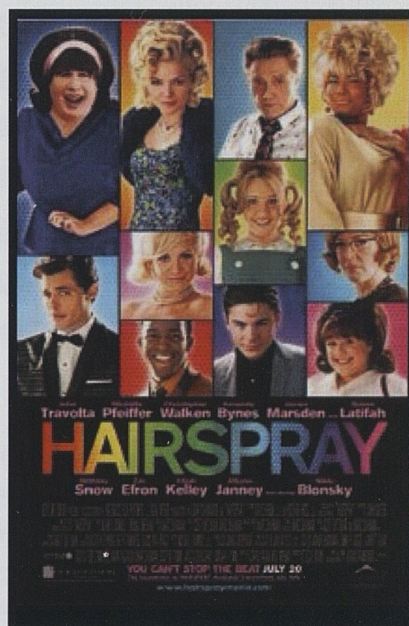
## Around The Library:

### *Hairspray*, Screenplay by Leslie Dixon, Directed by Adam Shankman

Reviewed by Rachel Hugenberg

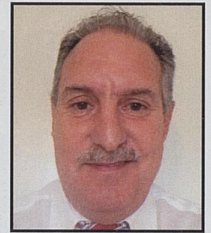
The musical *Hairspray* is a fun, frolicking take on complicated issues of racism, sizeism, and social class barriers. Each character symbolizes the fight to overcome these problems together during the 1960s, despite restrictive social conventions and laws. The score is well-executed, and the casting for each of the characters is spot on. This film is a remake of the John Waters classic *Hairspray*, in musical form. True to the original, in which Divine (a famous drag queen) plays the mother of the lead female role, John Travolta is cast as Tracy's mother, Mrs. Turnblad, and he sings and dances in full drag throughout the film. While the musical is fun and colorful, it is also more watered down than John Waters' grittier original. The social issues are all still problems, addressed through self-acceptance

(size), peaceful protest (race), and other methods, but the musical is a bit of a revisionist take on the original, since it was created much later. If you are looking for an upbeat, colorful, and fun musical that inspires and has many talented stars, this is an excellent choice for movie night.





# Estate Planning Basics For Same-Sex Couples - Part 3



By Michael T. Palermo  
Attorney At Law

This series began in August, and readers just tuning in are encouraged to get up to speed by checking out past issues, which are available by scrolling down the LinQ Magazine tab on the Pride Community Services Organization's new website at pcsoky.org. This month we'll be picking up where we left off—a brief mention of the prenuptial agreement.

A prenup is simply a contract between two soon-to-be spouses agreeing to the financial arrangement that will exist between them in marriage, and in the event of divorce or death. The most frequent version of a prenup is that, with respect to property (including money) brought into the marriage, “what’s mine is mine, and what’s yours is yours.”

That allows each spouse to dispose of his or her entire estate to children or others. Property acquired during the marriage is often split fifty-fifty between the spouses. But other arrangements and terms are fine, too—subject to some conditions, discussed below. Without a prenup, regardless of one’s intentions or what his or her will says, a surviving spouse would be entitled by Kentucky law to half of a deceased spouse’s estate.

Because the marital relationship is special in the eyes of the law, a prenup

is an unusual type of contract. Usually, “a deal is a deal,” and if you make a bad one, the court will not get involved to bail you out. Not so with prenuptial agreements, however. If a dispute arises out of the terms of the agreement (upon divorce, for example), the court will scrutinize the agreement closely as to its “conscionability.” The court will generally not enforce the terms of a prenup if it is unconscionable—leaving one spouse in a bad financial situation.

That’s why a good prenup requires that there be full disclosure of each party’s financial condition to the other. Additionally, each party must go into the agreement with eyes wide open as to the legal rights he or she may be giving up, and neither party can be taken advantage of by the other. This often means each soon-to-be spouse hires his or her own attorney to ensure fairness. In many people’s eyes, the notion of a prenup is a romantic buzz-kill to begin with, and with two lawyers involved, it can be even more so.

But since financial matters are a frequent source of conflict between committed couples, whether same-sex or straight, it’s wise to go through the effort of hashing it all out in a frank but peaceful manner before any problem arises.

Sometimes, for example, one spouse’s desire to help his or her own children can put a strain on the relationship.

That’s why I recommend that the parties sit down well in advance of the marriage and work out the details of how their separate and jointly owned property will be managed during the relationship and disposed of upon divorce or death. Then bring the arrangement to the attorney(s) as basically a done deal. The attorney(s) can then review it to see if any contingencies have been forgotten, and put it all into the appropriate legal mumbo-jumbo.

Couples who are already married or who are unmarried but have commingled their finances for years may realize that the above-mentioned advantages of a prenup would be useful for them, too. If so, they can agree to a post-nuptial or cohabitation agreement that serves the same purpose as a prenup. (Note, however, that a cohabitation agreement, i.e., one between unmarried partners, would probably not be subject to the same degree of judicial scrutiny for “conscionability” as would an agreement between spouses.)

Despite the unappeal of injecting contract negotiations into a loving

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relationship, a lot of heartache and conflict can often be avoided by making sure you and your partner are on the same page with respect to finances.

See you next month to discuss other estate planning tools of interest to

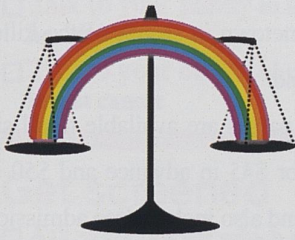
same-sex couples.

Mike is a general practice lawyer in Lexington and author of the 2005 book, *The AARP Crash Course in Estate Planning*. For more information and advice on estate planning, he can be reached through the PCSO Pride Center.

*This article is presented for informational purposes only and not for the purpose of providing legal advice. You should contact your attorney to obtain advice with respect to any particular issue or problem.*

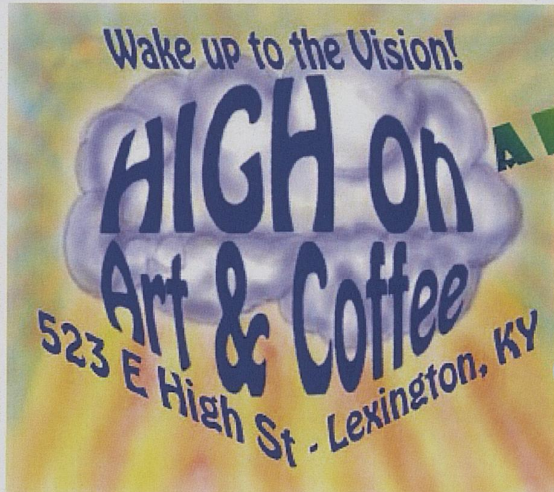


## Announcing Free Legal Consultations



Mike Palermo is a semi-retired Lexington attorney and ally of the LGBT community. He is a general practitioner with an emphasis on estate planning. He has offered to provide free consultations to community members, with the goal of assisting people in helping themselves when possible on a variety of legal matters that may come up from time to time. There are many situations that folks can handle with a bit of coaching along the way, but without formal representation. When representation or document preparation are required, however, Mike has agreed to work at greatly reduced rates.

You can arrange a telephone, email, or office consultation with Mike through the PCSO Pride Center at 859-253-3233



**A FRESH BUZZ!**

**VISIT HIGH ON ART & COFFEE**

**IN THE WOODLAND TRIANGLE**

**OVER 100 ARTISTS REPRESENTED:**

**JEWELRY, ART, SCULPTURE, WINE ACCESSORIES,**

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**CHILDREN'S ITEMS, HANDMADE SOAPS, & MORE!!**

**OUR CAFÉ OFFERS: HOT & COLD ESPRESSO DRINKS,**

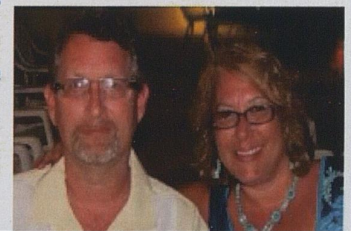
**SANDWICHES, ICE CREAM, SMOOTHIES, COOKIES,**

**DONUTS, BREAKFAST, LUNCH & DINNER.**

**VEGETARIAN, VEGAN AND CARNIVOROUS ITEMS AVAILABLE.**

*Owned by Jim & Ellie Harman*

*Jim is the coffee guy and Ellie is an artist. Together they are living the dream of sharing beautiful art, and fabulous coffee & food with everyone. The inventory is hand made by over 100 artists, near and far. 98% of the items are made right here in Kentucky. All coffee and tea is Fair Trade, Organic. Local goods are used whenever possible.*







# LOUISVILLE LGBT FILM FESTIVAL

OCTOBER 16, 17, 18 - 2015

Village 8 Theatres  
4014 Dutchmans Ln Louisville, KY 40207

The Louisville LGBT Film Festival returns for its fifth year, October 16-18 at Village 8 Theaters in Louisville. This year's selections are edgier than usual, but still offer something for everyone.

The festival opens Friday at 8:00 p.m. with *Those People*, the tale of a gay love triangle built on manipulation, guilt, and greed. Saturday's films include a collection of shorts (3:00 p.m.), *While*

*You Weren't Looking*, a lesbian story told against the post-apartheid political landscape of South Africa (5:30 p.m.), and *Eisenstein in Guanajuato*, following the renowned Soviet director exploring more than just his latest film in Mexico (8:00 p.m.). Sunday opens at 3:00 p.m. with the documentary *Tab Hunter Confidential*, as the celebrated actor and singer negotiates Hollywood with a secret. The festival closes with *Carmin*

*Tropical*, where a trans woman returns to her hometown in search of the killer of her friend.

Festival passes are available to all six sessions for \$45 in advance and \$50 at the door, and also include free admission to Play Dance Bar all weekend. Tickets to individual sessions are \$8 in advance and \$10 at the door. For more information and to purchase passes/tickets, visit [www.louisvillelgbtfilmfest.com](http://www.louisvillelgbtfilmfest.com). 

Celebrate Your Partner with Flowers

Visit [ImperialFlowersLexington.com](http://ImperialFlowersLexington.com) and Save \$10 online with discount code: **PRIDE**

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local : (859) 233-7486  
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## Breast Self-Awareness Messages

### 1. Know your risk

- Talk to your family** to learn about your family health history
- Talk to your doctor** about your personal risk of breast cancer

### 2. Get screened

- Ask your doctor** which screening tests are right for you if you are at a higher risk
- Have a mammogram** every year starting at age 40 if you are at average risk
- Have a clinical breast exam** at least every 3 years starting at age 20, and every year starting at age 40
- Sign up** for your screening reminder at [komen.org/reminder](http://komen.org/reminder)

### 3. Know what is normal for you

- See your health care provider if you notice any of these breast changes:
  - Lump, hard knot or thickening inside the breast or underarm area
  - Swelling, warmth, redness or darkening of the breast
  - Change in the size or shape of the breast
  - Dimpling or puckering of the skin
  - Itchy, scaly sore or rash on the nipple
  - Pulling in of your nipple or other parts of the breast
  - Nipple discharge that starts suddenly
  - New pain in one spot that does not go away

### 4. Make healthy lifestyle choices

- Maintain a healthy weight
- Add exercise into your routine
- Limit alcohol intake
- Limit menopausal hormone use
- Breastfeed, if you can

The signs of breast cancer are not the same for all women. It is important to know how your breasts normally look and feel. If you notice any change, see your health care provider.

Changes that should be reported include:

- Lump, hard knot or thickening inside the breast or underarm area



- Swelling, warmth, redness or darkening of the breast



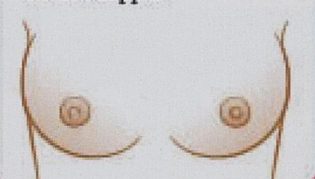
- Change in the size or shape of the breast



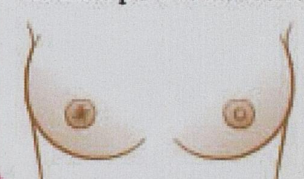
- Dimpling or puckering of the skin



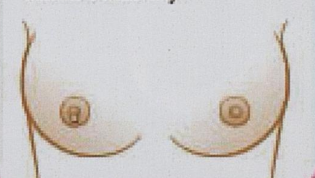
- Itchy, scaly sore or rash on the nipple



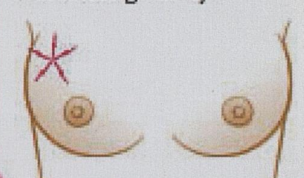
- Pulling in of your nipple or other parts of the breast



- Nipple discharge that starts suddenly



- New pain in one spot that does not go away



For more information visit our website or call our breast care helpline.

[www.komen.org](http://www.komen.org) 1-877 GO KOMEN (1-877-465-6636)



# Profile In Courage: Kristin Beck, Transgender Activist

**K**ristin Beck is a former Navy SEAL who served for 20 years, with 13 tours of combat duty in Iraq and Afghanistan. She won a Purple Heart, a Bronze Star, and a Presidential Unit Citation, among other awards. In addition to her accomplished military career, she has spent the last years becoming a transgender activist.

She retired from the military in 2011 and began transitioning publicly in 2013. According to *USA Today*, Kristin wrote upon her coming out, "I am now taking off all my disguises and letting the world know my true identity as a woman."

Over the past several years, Kristin Beck has spoken openly and publicly about her personal challenges as well as the challenges faced by transgender people, especially those in the military.

One of her goals has been

championing the inclusion of transgender people in military service, and on her Facebook page, she recently wrote, "MY GOAL has been reached. My goal was for the military to have OPEN SERVICE for transgender service people. That victory is mine."

Despite the challenges inevitable in publicly transitioning, there are celebrations in both her personal and professional life. On September 4, 2015, Kristin was married. Currently she is campaigning to challenge long-time congressman Rep. Steny H. Hoyer for his congressional seat in Maryland. She would be the first transgender woman in Congress. She continues to advocate on behalf of others, championing equality in employment and housing for all. She is truly one of a kind.

Kristin is one of the most important figures in the transgender community

right now. Kristin is not running for Congress as a transgender woman; she is running as an American who happens to be transgender. With her unique perspective on life and her determination, there is no limit to what she may accomplish.

For those who are interested in hearing more about Kristin Beck, TransKentucky, Pride Community Services Organization, and UK's Office of LGBTQ\* Resources is presenting a night with Kristin at the University of Kentucky on October 6 at 7:00 p.m. in the White Hall Classroom Building, Auditorium #106. Kristin will lecture and answer questions about her life, and especially about her experiences as a transgender Navy SEAL, followed by a meet-and-greet reception. This event was made possible through the generous support of JustFundKY.



NATIONAL COMING OUT DAY

OUTober

OCTOBER 11, 2015





# Lady Valor: Kristin Beck's Story

How a Navy SEAL  
Came Out as  
Transgender and  
Became an LGBTQ  
Advocate

## WHEN

Tuesday, October 6th 2015  
7:00PM

## WHERE

White Hall Classroom  
Building, Auditorium 106

## SPONSORS

- TransKentucky
- Pride Community Services  
Organization
- JustFundKY
- UK Office of LGBTQ\*  
Resources





## PFLAG Central Kentucky Meetings

6:30 to 8:30 p.m.

St. Michael's Episcopal Church  
2025 Bellefonte • Lexington, KY

**October 13: The Face of Fairness in the Military**  
Counselors from the Veterans' Administration will show and discuss the 40-minute documentary *The Camouflage Closet*, in which nine LGBT veterans share their stories of trauma and of recovery. Support group discussions will follow.

We welcome LGBTQ persons, friends, families, and allies to our confidential group meetings. For more information, go to [www.pflagcentralky.org](http://www.pflagcentralky.org).



**This Page:**  
PCSO volunteers worked the concession stands at Commonwealth Stadium for the University of Kentucky Football games.

**Next Page:**  
Community members came out to local restaurants to support AVOL (AIDS Volunteers) during their annual Dine Out For Life Fundraiser.



# GAY/STRAIGHT ALLIANCE

## Volunteer Advisors Needed

To listen to teens, ages 14-19, every Tuesday night at the  
PCSO Pride Center • 6:30 p.m. - 8:30 p.m.

No skills needed other than an open heart, desire to listen, relate, support, and love.  
These students come from Fayette County and various surrounding counties.

**This group has been ongoing for almost 14 years**  
**It is vital for the youth of our community.**

Please consider this opportunity to make a difference.

If interested contact: Mary Crone (859) 221-4396 or Mead Overbeck [Medha1@aol.com](mailto:Medha1@aol.com)









**Be Proud**

**Be Tested**

**Know your Status – Get Tested!**

**AVOL 859-225-3000**

**Lexington-Fayette County Health Department 859-288-2437**

**Moveable Feast 859-252-2867**





# October Calendar & Telephone Directory

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

## Thursday, October 1

6:30 p.m. GLSO Board Meeting  
7:30 p.m. H.E.A.L. HIV Support Group\*

## Saturday, October 3

3:30 p.m. PCSO Working Concessions at UK Football Game\*  
7:30 p.m. TransKentucky Meeting

## Sunday, October 4

6:30 p.m. Team Lex Volleyball\*

## Monday, October 5

6:30 p.m. Lexington Rainbow Bowling League Night\*

7:00 p.m. H.E.A.L. HIV Support Group

## Tuesday, October 6

7:00 p.m. **Lady Valor: Kristin Beck's Story\***

## Wednesday, October 7

7:00 p.m. "Heart To Heart"  
LGBT Discussion Group

## Thursday, October 8

7:30 p.m. H.E.A.L. HIV Support Group\*

## Friday, October 9

4:00 p.m. Neon Jungle Festival\*  
8:30 p.m. Feeding Our Youth - ICK Show\*

## Saturday, October 10

2:00 p.m. Neon Jungle Festival\*  
9:00 p.m. Kentucky Bourbon Bears Board Meeting\*

## Sunday, October 11

All Day National Coming Out Day!  
5:30 p.m. **PRIDE: KY Movie Premiere presented by JustFundKY\***

6:00 p.m. Imperial Court Meeting

6:30 p.m. Team Lex Volleyball\*

8:30 p.m. Julie Vaughn Memorial Closet Ball - ICK Show\*

## Monday, October 12

6:30 p.m. Lexington Rainbow Bowling League Night\*  
7:00 p.m. H.E.A.L. HIV Support Group

## Tuesday, October 13

6:30 p.m. PFLAG Meeting\*

## Wednesday, October 14

7:00 p.m. "Heart To Heart"  
LGBT Discussion Group

## Thursday, October 15

3:00 p.m. PCSO Working Concessions at UK Football Game\*  
7:30 p.m. H.E.A.L. HIV Support Group\*

## Friday, October 16

All Day 5th Annual Louisville LGBT Film Festival\*  
7:00 p.m. Senior's Bistro (Potluck)

## Saturday, October 17

All Day 5th Annual Louisville LGBT Film Festival\*  
All Day LGBT Spirit Day

## Sunday, October 18

All Day 5th Annual Louisville LGBT Film Festival\*  
6:30 p.m. Team Lex Volleyball\*

## Monday, October 19

All Day LGBT Center Awareness Day  
6:30 p.m. Lexington Rainbow Bowling League Night\*

7:00 p.m. H.E.A.L. HIV Support Group

## Tuesday, October 20

All Day Editorial Deadline for LINQ Magazine

## Wednesday, October 21

7:00 p.m. "Heart To Heart"  
LGBT Discussion Group

## Thursday, October 22

6:30 p.m. LexPrideFest Committee Meeting  
7:30 p.m. H.E.A.L. HIV Support Group\*

## Friday, October 23

All Day Come Together Kentucky\*

## Saturday, October 24

All Day Come Together Kentucky\*

## Sunday, October 25

All Day Come Together Kentucky\*  
6:00 p.m. Imperial Court Meeting  
6:30 p.m. Team Lex Volleyball\*

## Monday, October 26

6:30 p.m. Lexington Rainbow Bowling League Night\*  
7:00 p.m. H.E.A.L. HIV Support Group

## Wednesday, October 28

7:00 p.m. "Heart To Heart"  
LGBT Discussion Group  
8:30 p.m. **Diva of Darkness Pageant - Hosted by the ICK\***

## Thursday, October 29

7:30 p.m. H.E.A.L. HIV Support Group\*

## Saturday, October 31

T.B.A. PCSO Working Concessions at UK Football Game\*

## 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
Arbor Youth Services	859-254-2501
AA/Alcoholic Teens	859-277-1877
Council for Peace and Justice	859-488-1448
"Heart to Heart" Discussion Group	859-253-3233
Fairness of Louisville	502-893-0788
Gay-Straight Alliance, Teens	859-221-4396
PCSO Pride Center	859-253-3233
Imperial Court of Kentucky	859-619-7521
International Gay Bowling	859-539-3058
KY Survivors Area of Narcotics Anonymous	859-253-4673
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@pcso.org](mailto:editor@pcso.org) and we will add you to our calendar!**

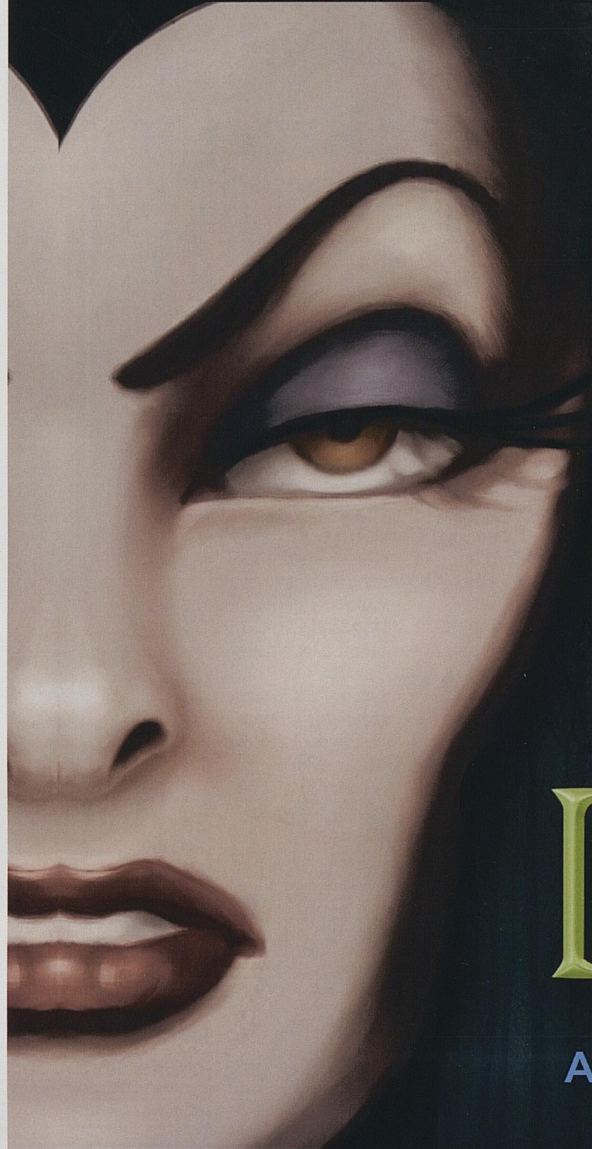
## HIV/STD Testing, Services & Information

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

Ahava Center for Spiritual Living	859-373-8910
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
Hunter Presbyterian Church	859-277-5126
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



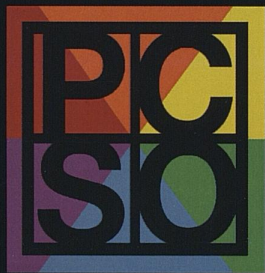


IMPERIAL COURT  
OF  
KENTUCKY  
PRESENTS

# DIVA OF DARKNESS

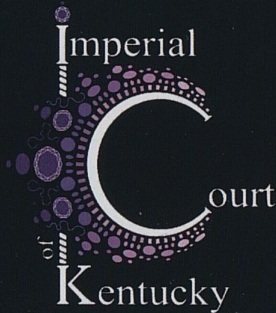
A PAGEANT BENEFITTING PCSO

WEDNESDAY, OCTOBER 28, 2015  
\$5 DOOR DONATION ❖ 8:30PM  
PAGEANT ❖ 9:30PM



389 Waller Ave #100

[pcsoky.org](http://pcsoky.org)



[imperialcourtkentucky.org](http://imperialcourtkentucky.org)

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