

Lin

Connecting the Bluegrass GLBT community



Fix Society Rally - For Leelah's Law

University of Kentucky - Memorial Hall
Thursday, February 12th - 7:00 p.m.



“The only way I will rest in peace is if one day transgender people aren’t treated the way I was, they’re treated like humans, with valid feelings and human rights. Gender needs to be taught about in schools, the earlier the better. My death needs to mean something... Fix society, please.”

February 2015, Vol. 37 No. 2

A publication of the GLSO

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In honor of Valentine's Day, Tuesday tells us about the love of her life. It's a bittersweet story about two beautiful ladies who truly know what love is.

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Spice Up Your Valentine's Day

Ranada provides readers with a list of foods with aphrodisiac qualities, and includes some suggestions for using them to spice up your Valentine's Day.

Fix Society Rally - For Leelah's Law

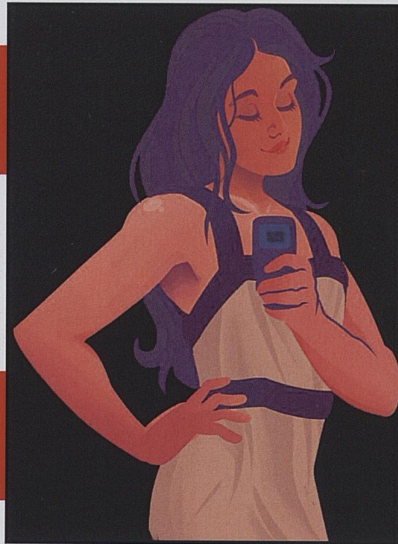
Many Lexington LGBTQ*-affiliated groups partner up for a discussion about how we can fix society and put an end to conversion therapy, in honor of Leelah Alcorn.

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I Never Would Have Thought Of That

Bobbie writes about how we can sometimes be blind to things we never thought about, but a new experience can open our eyes to a different perspective.



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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.

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

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

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



In Loving Memory of Todd Schumacher



That's What I'm Talkin' About

By Helena Handbasket

No Clutter.

As much as I would love for those two words to be my article this month, I can't fill a page with two words. Who would want to read that? Sure, it wouldn't take long to read, but then it wouldn't be very thought provoking, would it? You see... I am in the process of reducing clutter in my life and the simplicity of two words for this article is kind of how I feel at the moment. There is just too much clutter in my world right now, so why make it worse with too many words on a page?

I want things simple and neat. Nice and tidy. And removing clutter from my life is not just referring to the clutter that my house seems to collect. Reducing clutter also speaks to the need to focus more on those people in my life that offer me things like laughter and joyful distractions from the regular stresses of the day. A typical day in my life is as follows:

I wake up and start to get ready for work. I get in the shower and have to decide which shampoo to use that day. Then I have to decide which color towel to dry off with. Now off to the closet (haven't been there for a while),

which I can barely get into, to decide which clothes I want to wear that will still fit – all the while thinking about which shoes and belt will match (or purse depending on which one of me is getting ready). And while I am here in this closet I say to myself, "My goodness, I really need to go through these clothes and shoes and get rid of about half of this stuff in here. I'm sure at least half of it doesn't fit anymore anyway." But I am from the school of "maybe I'll need that one day," so I just hang on to stuff instead of just getting rid of it.

Now I get in my car and realize it is just an extension of my home. And again I have a conversation with myself, asking, "Why on earth do I have so many CDs in my car?" And I am pretty sure that the pieces of mail and old flyers from my last show are not really necessary. Then I finally get to work and as I sit down to begin my day, I gaze around my desk and admire the collection of trinkets and office items that I have acquired through the years. Actually, they might inspire me to sit down and write a little story about all of it, if only I had a space on my desk big enough to sit down and write

at. I have too many e-mails saved on my work PC and I have too many texts and voice mails saved on my phone.

And worse than all of that are all of the thoughts of insecurity or inadequacy that clutter up my mind and linger around in my head that either cause me pain or confuse me. Such a waste of time and energy.

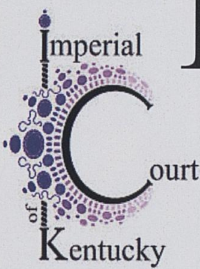
So, what is the meaning of this article this month? Well, it beats the hell out of me. I think the thought is to live your life simply and don't accumulate excessive and unnecessary clutter. I think I should research this topic a little more. When I do, I'll print off all that I find and save it to read for when I really need it. Maybe I'll put it on my desk. Maybe I'll add it to a pile in my closet. Aww... who am I kidding? I'll never see it again and certainly not have time to read it if I did.

Until next month... love y'all. Feel free to e-mail me any comments or suggestions. Just don't send too many because I'd hate for all of your e-mails to clutter up my inbox. Love y'all.

(Contact me at
HelenahandbasketKY@gmail.com)



HUMOR



Imperial Court of Kentucky News

By Christina Puse

Hello, everyone! We all hope that you're staying warm this winter as the weather has had its crazy ups and downs over the past few weeks. While it may be frigid outside, it's been warm and welcoming inside with the Imperial Court of Kentucky. Many new friends and family have joined the organization this year and we invite you to join us as the year continues. With that being said, it's time to grab your calendars and mark down these next events so that you have a chance to join us for great entertainment, raising money for Lexington's local charities, and keeping those winter blues at bay.

Wednesday, February 4: The ICK presents the Miss Gay Valentine Pageant at the Bar Complex. Join us for an incredible evening to see who takes home the coveted title of Valentine's! \$5 donations begin at the showroom door at 8:30 p.m. and showtime begins at 9:30 p.m.

Friday, February 13: The ICK travels back to Frankfort for another event entitled, "Draggin' at the Dragon: Valentine Edition." If you haven't had a chance to attend one of these events, please make plans to do so! \$5 door donations begin at 8:30 p.m. and showtime is 9:30 p.m. For more information on this, please contact Emperor and Empress 33, Tim Logsdon and Christina Puse.

Saturday, February 14: Emperor 29,

Clayton Burchell, and Emperor 30, Fred Worsham, present their annual "Single & Bitter" event at Crossings Lexington at 3:30 p.m. For those who are single, just plain bitter about Valentine's, or maybe both, this show is for YOU! Need further information on this? Please contact Clayton Burchell or Fred Worsham.

Tuesday, February 17: The ICK presents the annual "Mardi Gras Ball!" Details and event time are still being completed. Please watch your Facebook feeds and invites for further information on this event.

Wednesday, February 25: Join the ICK at the Bar Complex for a trip down memory lane with an event entitled, "Ladies of the '80s!" Make sure to get there early to get a great seat! \$5 door donations begin at 8:30 p.m., showtime at 9:30 p.m.

Thursday, February 26: Stop out at Crossings Lexington and meet our candidate for Empress XXXIV, Kali Dupree! Our candidate will be there to meet you personally and answer any questions that you may have during her campaign season. Her meet and greet is from 8-9 p.m.

Saturday, February 28: The ICK will be attending the annual "Wags-N-Drags." This event will be held over at the Grand Reserve this year. Please watch Facebook and your invites for more information on this event as



details become available.

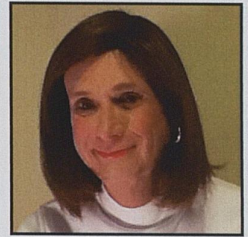
Sunday, March 1: Join our candidate for Empress XXXIV, Kali Dupree, at Crossings Lexington as she presents her candidate show! Details for this event are still in the works. Please keep an eye out for further information.

Sunday, March 8: Make your plans to join the ICK at Bogarts Lounge for the annual "FALSIES/Annual Elections." This year, the community will vote for the next Monarchs of the ICK during this event. More information will be released about this amazing night in the weeks to follow. Door & voting begin at 6 p.m., show time at 7 p.m.

As you can see, the ICK has a lot going on! As a community, your support has been amazing and without you, the ICK would not be able to continue its efforts in raising funds for our local charities. Please make plans to attend as many events as you possibly can. You won't want to miss out on the fun and memories! For further information and more event details, join the ICK on its Facebook page and visit www.imperialcourtkentucky.org.



TransKyAdvocate



By Tuesday G Meadows

A Valentine's Day Reflection

"Try to make ends meet/ You're a slave to the money/then you die" *Bitter Sweet Symphony* by The Verve

Ours is not a transgender love story. Ours is not a cancer love story. Ours is a story about unconditional love. We fell in love as teenagers: she was 18 and the prettiest, smartest, and nicest person that I had ever met. I was 19 and, well, I was just me. We dated for 4 wonderful years, fell in love, and became best friends. We had no secrets. I told her early on that I liked to wear women's clothes and express my "feminine side" (it was the best I could do with the words I had at that time). We graduated college, got married, had a daughter. Sometime around age 30, I realized that it was more than just "dressing up" (I did not even know the term transgender then), but that I wanted to be my true self, a woman. We struggled through much confusion, soul-searching, anguish, and eventually two separations before that we decided that we loved each other and wanted to stay together. For many different reasons, I decided to put my transition on hold (right or wrong, it was my decision and I live with it), but I made a promise to myself that I

would live as I saw myself as soon as I could.

Our relationship was so strong from then on that many of our close friends never realized that we had ever had any trouble. However, even our close friends never knew about the "true me" either. But we continued to be there for one another, despite the many stresses in our lives. In 2013, I started my medical transition. In January 2014, I started telling our friends and family about my transition (except for our daughter, who also already knew and was supportive). I thought, even if everyone else abandoned me, I would still have my two most important people on my side. I was content inside and out, and people kept telling me how happy I looked. As I discussed my coming out and what it meant to be transgender, most people said that even if they did not understand, they supported my decisions and wanted to learn more.

Through everything, the most important aspect was her love and acceptance.

Then the bottom dropped out of my world. After some tests for stomach issues last March, we received the news that she had a rare, advanced, incurable cancer. I cannot remember everything the oncologist said, but it went something like, "This is a particularly nasty cancer which is always fatal and has no cure." He gave her a few months to live, despite the fact that she seemed so healthy. Despite the news, she has been so brave, but I have felt lost. We know that our time together is very limited. The cancer will soon take her body away from me, but it can never take her spirit from my heart.

We have always told one another, "I love you." This Valentine's Day is another opportunity for me to tell her – and the world – that she is the love of my life.

I hope this Valentine's Day you have someone special in your life, maybe even the love of your life. You may write me at tmeadows828@gmail.com, or follow me on Twitter: [@TuesdayM](https://twitter.com/TuesdayM) [@trishgigi](https://twitter.com/trishgigi). Now Tuesday is gone with the wind.



Help Make a Difference -

Join the Kentucky HIV/AIDS Planning and Advisory Council

By Mark Johnson

The Kentucky HIV/AIDS Planning and Advisory Council (KHPAC) was established by the authority of the Kentucky General Assembly KRS 214.640, in conjunction with the Centers for Disease Control (CDC) and Health Resources and Services Administration (HRSA) on January 1, 2006. KHPAC serves as the voice of communities infected and affected by HIV/AIDS in planning a coordinated statewide response to the epidemic. The Council's role is to collaborate in planning a coordinated statewide response to the epidemic by: identifying and prioritizing

HIV/AIDS prevention and care needs in Kentucky; developing HIV/AIDS policy recommendations for the Cabinet for Health and Family Services and for the state legislature; recommending policy implementation strategies to the Cabinet; and evaluating the responsiveness of the Cabinet and state legislature to recommendations as prescribed by the CDC Guidelines for HIV/AIDS Prevention Community Planning as well as by applicable HRSA guidelines.

KHPAC is currently accepting applications. We need community voices to address Kentucky's epidemic. If you

have questions, want to learn more about KHPAC, or would like to apply for Council membership, please contact Gayle Yocum at (502) 564-6539 x 4291 or (800) 420-7431. Please spread the word to family, friends, and clients.

You can visit the KHPAC website at <http://chfs.ky.gov/dph/epi/HIVAIDS/KHPAC.htm>.

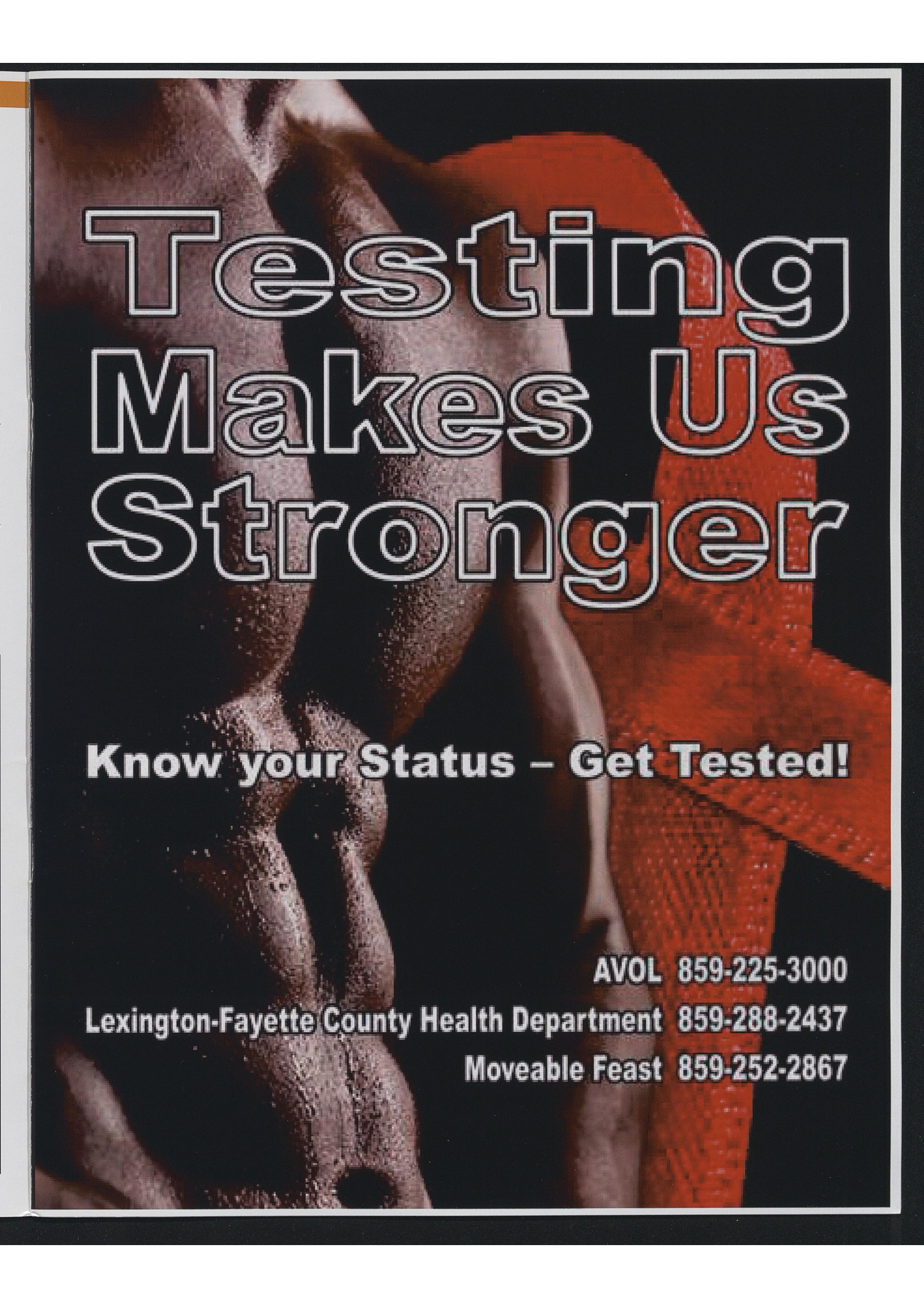
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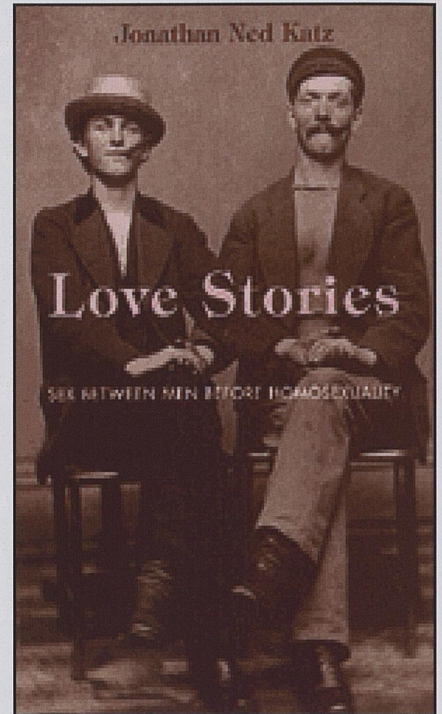
Around The Library:

Love Stories: Sex Between Men Before Homosexuality, by Jonathan Ned Katz

By Amy Jo Retucci

Love Stories: Sex Between Men Before Homosexuality, by Jonathan Ned Katz, is far from your typical love story. This history text discusses the intricacies of male social, physical, and romantic life during the nineteenth century. In the 1800s, social interactions were primarily contained to that of the same sex. This helped to create a world where men were encouraged to be extremely close with one another, but where sexual intimacy was not just frowned upon, it was illegal. That doesn't mean men were not sexually intimate with one another; the romances of Walt Whitman play a

critical role in the book. There are also chapters featuring Abraham Lincoln and Joshua Speed's close ties. Ultimately, the book paints a beautiful portrait of how men interacted romantically in the 1800s and how nothing can stop love. Find this book in the history section during your next visit to the GLSO! 🌈



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Spice Up Your Valentine's Day With An Aphrodisiac Dinner



By Ranada West-Riley

Food is filled with purpose. We use food for gatherings like weddings and unions, holidays and family, to share with friends and break bread. We use food to break the ice at parties, for first dates, for christenings and baby showers, for funerals and as comfort food after a break up. Why not use food as a way to create a more amorous evening? Now, you may discount certain foods as being a real aphrodisiac, but it's true in many cases. An aphrodisiac is essentially something that increases libido and passion. Now, it's not just about size, shape, and texture.... It's deeper than that when it comes to true aphrodisiacs. I've listed a few foods below with those seductive qualities and offered suggestions for using them to enhance a sultry night to remember.

Chile Peppers – Now, these could be considered “sultry” just because of the shape and its bright red colors. This is only minimally true. It goes deeper than that. The Capsaicin in the chiles, which is essentially the “hot oils,” releases endorphins, which are our “feel good” chemicals. It also induces sweat and raises heart rate. Sound familiar?

Honey – “Nectar of the gods,” honey is filled with so much goodness. Honey is a great source for building the immune system and boosting libido. Honey dates back to Egyptian times and never decays or goes bad. It's filled with virility.

Arugula – This dates back to the early first century A.D. as a libido booster. Its peppery flavor is filled with vitamins that help with bones and circulation, it helps make the body stronger and more fit to handle a night of exhaustion.

Watermelon - It is often called “natural Viagra.” Watermelon contains an amino acid which aids blood vessel dilation, and heightens sexual pleasure. It can also be used for treating erectile dysfunction.

Lobster – Lobster doesn't hit our pocketbooks when we prepare it at home. It's a significant source of protein and vitamin B... both of which get us up and going with a boost of energy. It's sort of “rich” feeling to indulge in this delicacy as well.

Red Wine – Now, this can be used for more than mere intoxication and loosening inhibitions. Red wine should be the whole experience. Visually appealing. The tannins open up and release a bouquet of aroma that entices us. It can help relax us and also aids in digestion. Just drink responsibly, or the night could end in disaster and stains everywhere.

So... let's combine these for a fantastic Valentine's Day meal and have a little fun.

Lobster Salad with Watermelon and Arugula drizzled with a Serrano Honey Vinaigrette

Prepare your lobster tails. A simple broil of the lobster out of the shell for about 5 to

10 minutes is enough. Set aside and make the dressing (recipe below).

Now, decant the wine. Typically you don't want to drink reds with lobster, but... we tend to live on the wild side these days and even wear white past Labor Day... so, live a little. An aged pinot noir would be ideal for this. Decant. Decant. Decant. This opens up the flavors and tones the wine down. It allows the sediment to settle which helps with bitterness and it also allows the wine to get some oxygen and breathe a little.

For the salad, combine half baby spinach with half arugula. If you don't like spinach use spring mix.

Toss the salad with some avocado chunks, watermelon, and sunflower seeds. Gently slice the lobster tail and fan out over the salad. Build the salad up instead of laying it flat over the plate. This looks better and is more aesthetically appealing. Drizzle lightly with dressing.

Have some chocolate on hand. It goes well after dinner to finish off the wine. Remember protection and have some fun!

Honey Serrano Vinaigrette

- 2 serrano or jalapeno peppers - seeded and deveined. Be sure to take the pith out or it will become bitter
- 6 tablespoons champagne vinegar
- 1 tablespoon honey
- ¼ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- ¼ cup canola oil



Fix Society Rally - For Leelah's Law

By Tuesday G Meadows

"We have an obligation to take care of each other; what happens to one of us happens to all of us. We are connected and we all have a role to play in caring and protecting each other. Leelah's family failed her, we cannot fail her too."

CAROL TAYLOR-SHIM

After the story of Leelah Alcorn reverberated through the nation, many have been asking why such a beautiful, vibrant young woman was lost to suicide. Unfortunately, her story is not rare. According to the Youth Suicide Prevention Program, fifty percent of transgender youth have at least one suicide attempt prior to their twentieth birthday. According to the Trevor Project, LGB youth who come from highly rejecting families are 8.4 times more likely to attempt or commit suicide as those who report no or low levels of rejection.


In Leelah's case, she stepped in front of a semi truck on I-71 near Kings Island after her family allegedly subjected her to a type of therapy called conversion or reparative therapy. This therapy has been roundly decried as harmful by the American Psychological Association and American Medical Association. However, only two states, California and New Jersey, have banned the practice of LGBT

conversion therapy. Banning conversion therapy would be the beginning of heeding Leelah's call to "Fix Society."

In 1971, a popular comic strip tried to find the answer of who was destroying the earth. Pogo and his friend Porky Pine looked high and low before discovering: "We have met the enemy and he is us." In the question of why so many transgender youth are committing and attempting suicide, I believe we have to look in each of ourselves to find the enemy. Indeed, I am guilty of the "but it's not me!" thoughts... "It's not me, it's those other families... those hard-core religious types... it's those conservative types... it's those people that aren't me!" However, if half of transgender youth want to kill themselves at some point before they reach adulthood, it is on me to do something, as it is on all of us.

Leelah's suicide note read, in part, "My death needs to mean something. My death needs to be counted in the number of transgender people who

commit suicide this year. I want someone to look at that number and say 'that's fucked up' and fix it." For all of us, we can start to fix it. On February 12 at 7 p.m. at the University of Kentucky's Memorial Hall, we will have a free program entitled "Fix Society/Leelah's Law." The call for Leelah's Law is a call to ban the dangerous and damaging conversion therapy. This event is sponsored by a number of local organizations, including GLSO, Lexington Fairness, Lexington GSA, TransKY, UK GSA, UK LGBTQ* Task Force, UK OUTsource, UK Shades of Pride, UK Violence Intervention and Prevention Program, and others. Dr. Daniel Walinsky from the Counseling Psychology Department at UK will speak about conversion therapy and then there will be a panel discussion about fixing society. So, for Leelah, let us begin to look within ourselves and take action, even if it is just one step. As the Chinese philosopher Laozi said, "A journey of a thousand miles begins with a single step."

"Leelah's rally is not just an event of importance, it's a discussion that must happen. To help even one person be true to themselves... lets help Leelah change society." GLENN MEANS 

"FIX SOCIETY"

LEELAH'S LAW

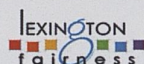
A CALL TO BAN CONVERSION THERAPY

UK MEMORIAL HALL, THURSDAY, FEBRUARY 12TH @ 7:00 PM

Featuring:
Dr. Daniel Walinsky
UK Counseling Psychology Professor
-- AND --
Panel Discussion on:
How We Can "FIX SOCIETY"



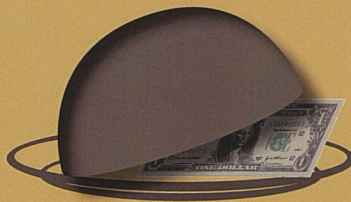
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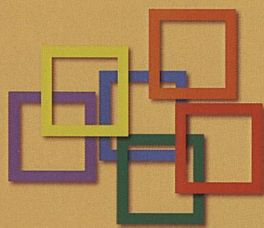
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PFLAG Central Kentucky

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.

Our speaker this month will be addressing bisexuality, an identity that can be both confusing and controversial.

Please join us. Presentation and Q & A during the first hour; confidential support group the second hour. We welcome LGBTQ individuals, their families, friends, and allies. All are respected and welcome, wherever you are in your journey.

For more information, check our website or Facebook page. (www.pflagcentralkentucky.com)

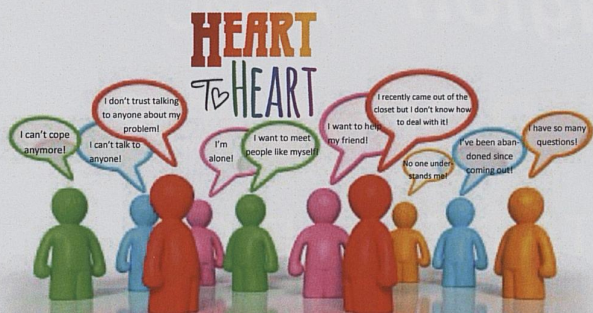


Above: Ginger Moore-Minder & Chad Hundley cheer at the Seasoned Independent People social group's holiday pot luck, hosted by the GLSO Board. Top Right: GLSO & Lexington Pride Festival members pose for a shot after a cold and early morning march in Lexington's annual Dr. Martin Luther King, Jr., Day Celebration.



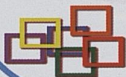
Bourbon Bats

The Lexington Gay Softball League is having an informational meeting for all of those interested in playing for the upcoming season. The meeting will be held at SoundBar (208 South Limestone) on Wednesday, February 4th at 6:30 p.m. For more information, e-mail to bourbonbats@gmail.com or check us out on Facebook.



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. Open for Everyone!

GLSO Discussion Group
Wednesday Evenings
from 7-9 pm



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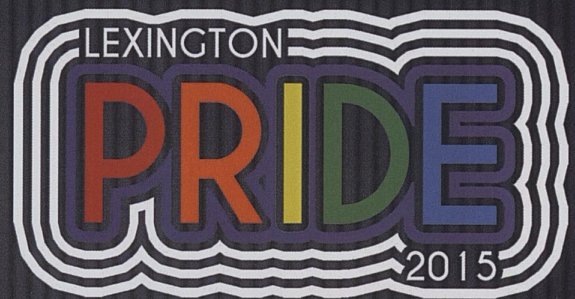
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By Bobbie Thompson
-aka Alana's Spouse-

I Never Would Have Thought Of That

Every once in a while someone will share their perspective with me on something and I'll think, "I never would have thought of that." Of course, the reason I never would have thought of that is because I've never had an experience which would make me aware of "that"... whatever "that" may be.

For example, speaking from my perspective as a heterosexual female, I once said to my lesbian cousin, "I simply don't understand the 'attracted to the same gender' thing." To which she quickly said, "I know what you mean because it's difficult for me to imagine being attracted to the opposite gender."

Her statement made me say to myself, "I never would have thought of that." Her response came from her perspective as a lesbian and helped me gain a better understanding of her experiences and where she is coming from.

I've had many experiences with my connection to the transgender community that made me say, "I never would have thought of that," and I feel almost ashamed of sometimes being so judgmental of others. At one time or another we all make judgments, and more often than not judgment is made without having insight or information regarding the person or situation we're judging. It's later gaining the insight

or information necessary for a proper understanding that can make me feel ashamed of my snap judgments.

One thing in particular that made my heart hurt for a person was when a transwoman shared her understanding (or should I say "misunderstanding") of puberty, according to what she learned from her middle-school health education classes. When discussing puberty she often heard it said a body experiences "changes" during puberty. As a young transgender male-to-female, she believed the change her body would make is that somehow her penis would "fall off" (much like she had lost her teeth as a younger child).

Unfortunately, when I initially heard this I laughed, because I am aware of what changes are brought about during puberty. But this young transfemale who had not yet experienced puberty, but had experienced losing her teeth as a child, had nothing but her own experiences from which to form her understanding of puberty... she could only understand the words she heard based on the experience she was having.

She went on to explain how she had longed to reach puberty and gain her "right parts" based on her understanding of what puberty would bring. It wasn't until she explained the disappointment

and depression she experienced... even to the point of desiring to cut off the parts she didn't want if puberty wasn't going to make the change for her... that I no longer saw it as a laughing matter.

When we're born, our parents aren't given a how-to manual, and most people have a different understanding and know what is meant when someone talks about the changes a body will go through during puberty. But for the majority of people, we are not having a transgender experience; therefore, we "never would have thought of that" from the same perspective a young transgender male-to-female might.

Recently I saw a cartoon entitled, "If Trans People Told Cis People The Same Things They Tell Them." I believe cartoons are supposed to be funny... but I didn't find this one very funny. I've said everything in this cartoon... or at least thought it... at one time or another. Therefore, if this was meant to be funny, then it is me who is the butt of the joke. That didn't make me feel very good. So I had to give it some more thought. That's it dawned on me... each person depicted in each cartoon is coming from their own perspective... from their own experience.

I had known "Alan" for decades before

Continued on next page

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I was ever made aware of “Alana.” She changed her name from Alan to Alana. She changed her appearance from male to female. She changed her pronouns from he to she. Yes, in my mind, the person had changed. Just like the non-transgender persons depicted in this cartoon... from their perspective they see “change.”

However, it took me years to realize that although changes had occurred... in name, appearance, and pronouns... in actuality, the PERSON has never changed. From Alana’s perspective, she has always been who she is—a female—who made changes in her name, her appearance, and use of pronouns. But SHE has always remained the same PERSON... SHE has always been SHE,



and has always known SHE is a SHE long before making changes that shows me and the rest of the world who SHE is.

Just like my lesbian cousin’s remark gave me a better understanding of her perspective, after contemplating this

cartoon for some time I now have a better understanding of the transgender experience. This cartoon shows me that the person is who they have always been: themselves.

It also shows me that it’s not the transgender person who changes... it is simply the way we non-transgender persons see changes in things like name, appearance, etc., that gives us the false impression the person has changed and is no longer the same person we have known. This is a common mistake made by non-transgender persons because when a transgender person transitions, the person does not change—and without having the experience of being Alana’s spouse, “I never would have thought of that.”



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Guy's Life

By Guy Matt

I was issued my death sentence on February 9, 1993. Eighteen months was all that I had left; it was time to get my affairs in order. That day was the last day I woke up without my HIV status being a part of who I am. My future, my hopes, my dreams—the endless measureless, unknown string of days which had unfolded before me suddenly was not so measureless after all. Suddenly it was very, very finite. The days I had left were filled with fear.

My life began to unravel and became completely unmanageable. I missed the medical appointments I so desperately needed, missed days at work. Why go? Why go to anything? It's not like I had a career to build or a life to live. Those luxuries belonged to people with more time. The depression and isolation consumed me. Every one of my limited days was an exercise in hopelessness.

Not as much was known about HIV in the early nineties as it is today and, miraculously, my health held out. Eighteen months turned into seven years, but instead of rejoicing in the extra time I had been given, I remained stuck in my misery, fear and self-pity. Finally, shortly after Christmas, 2000, I

attempted suicide. But, somehow, I lived. Desperate, out of options, I finally sought support from a medical counselor who suggested that I work the Twelve Steps. The Twelve Steps? I'm not an alcoholic. I'm dying of AIDS. Clearly he didn't understand. But this was the only visible lifeline, so tentatively, I grabbed hold. I was paying for his advice after all.

Through working the steps, I began to understand that once I had been given my diagnosis, I had no control over my status, but I could control my outlook on life. Instead of counting the days I had been given, I soon began actually living them. Living them with peace and hope. How can you be expected to live when all you can focus on is death? Quality of life is just as, if not more, important than quantity. The outcome of my illness was never in my control. It was in the control of my higher power.

So twenty-two years later, I am taking full advantage of the gift I received. I live one day at a time with the understanding that though my status has not changed and circumstances may still become unmanageable, I am alive to tell my experience today as a result of the freedom and healing I found from

working the Twelve Steps. I remain focused on the spiritual tool kit I was given.

Hi, my name is Guy, and I am HIV positive. Join me and others like me on Tuesday evenings for an open discussion group for HIV positive individuals or those living with AIDS, or Thursdays for a twelve step study. Times have changed and HIV is no longer considered a death sentence, but if you find that you are letting your status control your life, then contact hopepositive@gmail.com for more information about our meetings.

Tuesdays 7:30-8:30

AVOL (AIDS volunteers, inc.)

225 Walton Avenue

Lexington, KY 40502

Thursdays 7:30-8:30

Quest Community Church

410 Sporting Court

Lexington, KY 40503



Have You Ever...???

By Frank Winchester

LinQ has offered readers the opportunity to write an article or articles for publication and I have decided to submit this article, titled: Have you ever? Probably a good place to start is to simply tell you something about my self. I am an old man born the same year as Elvis Presley who believes every human being is of value and that your sexual identity tells little about you. I do not believe it is important as a human being whether you are heterosexual, homosexual, transsexual, or bisexual, or any combination, at any specific period of time. I describe myself as simply being “fully human,” meaning that I am vulnerable to all the appetites of the human species. I wrote a book titled *Fully Human*, where I share my life journey with the reader. You can read portions of this book free on Amazon Books that include more information about me, the author, than you might wish to know. A copy of this book is in the GLSO library.

I retired as a successful Vocational Rehabilitation Counselor when I was 56, with the legal right to use the title of

Vocational Rehabilitation Counselor in Ohio (instead of “Advisor”). I thought that for a first article I would use some of my actual experiences as a Counselor.

Have you ever wondered what information is supplied when you sign approval for an agency to obtain your “medical records”? You might be surprised. There were cases during my career where I obtained permission to have portions from such “medical records” deleted from the file. I still believe that some information should be deleted from files by the receiving agency, which I base on the fact that such information never should have been in the record to begin with. One example of having information removed was the slanderous, unsupported descriptions of neighbors by an informant, which were not even related to the client. I think there will always be someone at some time who will take advantage of their position to harm others, and frequently the person being harmed is completely unaware of what was said and by whom.

Have you ever known of a situation where a supervisor attempted to fire

one of his best employees because the person was handicapped? The case I am aware of was a blind job placement counselor doing a very good job. On purpose a point was made, because he was blind, to assign him a new client who was deaf. Naturally the deaf man could not hear the blind counselor, who could not see him. The deaf client had a companion with him as an interpreter who could and did sign for the client and spoke to the blind counselor.

Have you ever interviewed for a job you are eminently qualified for, but didn't get it? It might not have anything to do with you. I know of a case (which I would later learn was not unusual) where the person doing the interview had just been hired for the job the client was applying for. I think this probably still happens.

If you, the readers, are interested in additional articles on the theme of “Have you ever,” then please notify the editor of *LinQ*.

fjw321@windstream.net



LINQ IS LOOKING FOR CONTRIBUTORS
If you would like to be a regular *LinQ* contributor or submit an article or artwork for publication in *LinQ*, please contact the editor at:
editor@glso.org

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

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Thursday, February 12th
Thursday, May 14th

4p - Close

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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!

Financial Preparations for Spouse Can Brighten Every Valentine's Day

Valentine's Day is almost here. And while it's certainly fun to give and receive chocolates and roses, why not go a little deeper this year? Specifically, if you are married, consider using this commemoration of love as a starting point for taking care of your spouse in the future — even if you're not part of it.

Actually, both you and your spouse could designate Valentine's Day as the beginning of your joint efforts to provide financial security for the surviving spouse when one of you is gone. Your strategy should involve at least these three key elements:

Understanding your household's finances — In some marriages, one spouse handles all the household financial matters, including investments. If this person were to pass away first, it could leave the surviving spouse with the dual responsibility of managing day-to-day finances and tracking down all investment information. These tasks could be overwhelming to someone who is unprepared to deal with them, so you'll want to take steps to ensure you and your spouse are aware of your joint financial picture. For starters, keep good records of all your financial assets, including investment accounts, life insurance policies and legal documents — and make sure both of you know where

these records are kept. Also, if you use the services of a financial professional, it's a good idea for you and your spouse to meet regularly with this individual to ensure both of you know where your money is being invested and how close you are to achieving your financial goals.

Creating a future income plan — You and your spouse should discuss your sources of income and identify which ones are specifically tied to each spouse and may be affected by a death, such as pensions and Social Security benefits. You'll also want to talk about options to boost future income upon the death of a spouse. Do you have adequate life insurance? Have you considered investments that can be structured to provide a lifetime income stream? Have you thought about having the higher-earning spouse delay taking Social Security to maximize the survivor benefit for the surviving spouse? These are the types of questions you'll want to answer as you think about providing adequate income for the partner who outlives the other.

Leaving a legacy — If you and your spouse haven't already done so, take this opportunity to discuss your estate plans. For example, you may want to talk about the need to consult with a legal advisor to determine if you, as a couple, could benefit from setting up some type

of trust arrangement. You should also discuss how, when the time comes, you want to handle any retirement assets, such as IRAs, that were titled in the deceased spouse's name. Do you both want the assets to immediately roll over to the surviving spouse, or should you name your children as beneficiaries? Estate considerations can be complex and involve many different aspects of your financial resources. So you and your spouse need to be "on the same page" with your desires and goals.

Valentine's Day will come and go quickly. But if you use the occasion to start having the types of discussions described above, you can create something that will last a lot longer than candy or flowers.

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

Questions?
Let us help - contact
Financial Advisors
David DeBrot or
Stephen Robertson
at 859-263-0516





February Calendar & Telephone Directory

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

Sunday, February 1

1:00 p.m. Pride Fest IT/Web Sub-Committee Meeting (@ 3rd Street Stuff)*

6:30 p.m. Team Lex Volleyball*

Monday, February 2

6:00 p.m. Pride Fest Sponsorship Sub-Committee Meeting (@GLSO)

7:00 p.m. Rainbow Bowling League*

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

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

Tuesday, February 3

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

Wednesday, February 4

6:30 p.m. Bourbon Bats Softball Information Meeting*

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

LGBT Discussion Group

Thursday, February 5

6:30 p.m. GLSO Board Meeting

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

Friday, February 6

6:30 p.m. Pride Fest Activities Sub-Committee Meeting (@Joseph-Beth)*

Saturday, February 7

5:00 p.m. Company Q Auditions

7:30 p.m. TransKentucky Meeting

Sunday, February 8

6:00 p.m. Imperial Court Meeting

6:30 p.m. Team Lex Volleyball*

Monday, February 9

6:00 p.m. Pride Fest Sponsorship Sub-Committee Meeting (@ GLSO)

6:30 p.m. Pride Fest Logistics/Vendor Liaison/ Volunteers Sub-Committees Meeting (@GLSO)

7:00 p.m. Rainbow Bowling League*

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

Tuesday, February 10

6:30 p.m. PFLAG Meeting*

7:00 p.m. HIV/AIDS Support

Group hosted by AVOL*

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

Wednesday, February 11

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

LGBT Discussion Group

Thursday, February 12

4:00 p.m. Raise the Steaks - Logan's Roadhouse*

7:00 p.m. Fix Society / Leelah's Rally*

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

Friday, February 13

9:00 p.m. Lots of Hearts and Body Parts*

Saturday, February 14

9:00 p.m. Kentucky Bourbon Bears Board Meeting

Sunday, February 15

11:00 a.m. Dine to Donate at Johnny Carino's*

3:00 p.m. Pride Fest Marketing/ Advertising/Merchandising Sub-Committees Meeting (@Coffea)*

6:30 p.m. Team Lex Volleyball*

Monday, February 16

6:00 p.m. Pride Fest Sponsorship Sub-Committee Meeting (@GLSO)*

7:00 p.m. Rainbow Bowling League*

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

Tuesday, February 17

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

Wednesday, February 18

8:30 a.m. KY Fairness Rally & Lobby Day*

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

LGBT Discussion Group

Thursday, February 19

6:30 p.m. GLSO Board Work Session

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

Friday, February 20

Editorial Deadline for LINQ Newspaper

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

Sunday, February 22

1:00 p.m. Pride Fest Entertainment

Sub-Committee Meeting

Imperial Court Meeting

6:30 p.m. Team Lex Volleyball*

Monday, February 23

6:00 p.m. Pride Fest Sponsorship Sub-Committee Meeting (@GLSO)*

7:00 p.m. Rainbow Bowling League*

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

Tuesday, February 24

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

Wednesday, February 25

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

LGBT Discussion Group

Thursday, February 26

6:30 p.m. 2015 Lex Pride

Planning Committee Meeting

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

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

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

Bluegrass Black Pride Presents:



**THE NEW
BLACK**

by Yoruba Richen

Saturday, February 28th

2:00 p.m. – 3:30 p.m.

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Kentucky Department for Public Health

