



GLSO NEWS

Vol. 13 **November 1998** No. 10

A publication of the Lexington Gay and Lesbian Service Organization

World AIDS Day Conference

AVOL is holding a World AIDS Day Conference on Tuesday, Dec. 1, from 8 am to 5 pm, with public activities continuing into the night at the Radisson Plaza Hotel in Lexington. The cost of the Conference is \$50, \$60 for those wanting CEU credit, and \$20 for students. Scholarships are available for clients and persons in need. All registrations must be in by November 23. For information call 278-6274 or 278-7494

Registration will begin at 8 am with the sessions beginning at 8:45. The keynote speaker for the opening session will be Ednita Wright who will speak about HIV prevention and African American women. Ednita was in Lexington for the African American Leadership Conference this summer and is reported to be a dynamic speaker. Later in the day, keynote speaker Joe Kelly will be speaking about federal legislation having to do with HIV and AIDS.

There will also be informative breakout session, round table discussions, and a variety of poster presentations on recent research, prevention services, and an art exhibit featuring the work of children showing how a HIV has impacted their lives. The mandatory HIV-AIDS education for Allied Health Specialists will also be offered.

After the close of sessions at 5 pm, activities that are open to the public will continue with a candlelight vigil at 5:30 and a performance of *Elegies for Angels, Punks, and Raging Queens* following the vigil in the hotel Ballroom. (See below)

Elegies

Elegies for Angels, Punks, and Raging Queens will have three encore performances on December 1, World AIDS Day, and on the following weekend, Dec. 4 and 5. This play by Bill Russell with music by Janet Hood will again be directed by Homer Tracey and produced by ActOut.

The performance on Dec. 1 will begin at approximately 8 pm in the Radisson Hotel Ballroom and will be held in conjunction with Ebony Male's Miss Daisy's Toys for Kiddies project. Admission to the play will be one new toy. These toys will be donated to children living in families affected with HIV/AIDS

On Dec. 4 and 5, the play will be held at the downtown public library at 8 pm. Admission \$7. When the play was produced during Pride month, Tracy did a wonderful job of pulling together a large cast of actors and singers to create an experience of great warmth and beauty. You will not want to miss it this time around.

VOTE
TUESDAY NOVEMBER 3

Lexington Men's Chorus Hires New Director

The Lexington Men's Chorus, now in their 9th concert season has hired an interim director, Dawn Coon. A fifth year student at the University of Kentucky majoring in Vocal Performance with a specialization in Opera and a minor in Choral Music Education, Dawn has agreed to direct LMC for the 1998-99 season.

Dawn, a native of Fitzwilliam, New Hampshire, knows exactly what she is letting herself in for since she masterminded the choreography for LMC's tribute to Broadway last season as well as for the annual Pride show last June. Dawn had the honor this summer of being invited to attend the world renowned Chautauqua Institution and is currently auditioning for masters and doctoral programs in Vocal/Opera performance. Her

community news continued on page 3

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The GLSO News
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*The Lexington Gay
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**GLSO Annual Dues
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**Dues and Newsletter for
Couples: \$20**

Opinions expressed in the GLSO News are those of the authors and don't necessarily represent those of the GLSO Board. Submissions are welcome and become the property of the GLSO. The staff reserves the right to edit submissions and advertisements as well as the right to reject any submissions or advertisements.

Honoring Matthew

by *Mary Crone*

The vigil in memory of Matthew Shepard held Thursday October 18 and organized by UK Lambda was a moving tribute, comforting as well as encouraging for those of us able to join together. It was wonderful to hear Kathy Steine, Richard Mitchell, and William Wharton, director of the Human Rights Commission, speak at the memorial vigil; it is too often only our own voices we hear at such events. Not that our voices are not eloquent, I was particularly pleased to hear from so many young people that evening.

Many people have made note of Matthew's violent death as another example of why we need hate crime legislation that includes sexual orientation. I agree that such legislation could be a step forward in marking the seriousness of crimes that are motivated by hatred of particular groups of people. I want to emphasize, however, that it is time to focus attention on the intensity of the harassment and assault that occurs in most American middle and high schools. Early intervention by teachers and other people that work with children is long overdue.

Some of the most touching words in Matthew's memory were not found in the mainstream media. I particularly like the image drawn by Ben Boxer who wrote of Matthew: "As he may not have intended in life, he has now become our warrior in the stars, a beacon of light for all who join forces in his memory and march onward toward the kind of manhood - gentle, loving, kind - he embodied, a manhood which can be found in both heterosexual and homosexual." May there come a day when gay men are honored for carrying the archetype and vision of gentle maleness into this angry and too violent world.

I will also remember the words of Mel White who spoke of the principles of Soulforce, the relentless nonviolent resistance preached by Gandhi and Martin Luther King, Jr. What do we do, he asks, after the vigils and the marches, after we have expressed our anger and grief? We must decide how we will honor Matt's memory. "If we work to out-love our enemies, if we take the moral high ground and work relentlessly to confront the untruths and end the cycle of anger and violence, the victory will be ours."

Mel speaks about the need to sincerely forgive our enemies. It is difficult for most of us to have that amount of compassion. I do believe that it is a worthwhile goal but if you are not there yet, perhaps the place to start is to deeply love yourself. Then to compassionately love all the members of our wonderfully diverse LGBT community, overcoming the prejudices that divide us and leaving behind some of the judgements we make of individuals being "too out", "not out enough", "too political". "too fem"...you know what we do to ourselves.

It is also time for more lesbigaytrans people to be active in the larger communities in which we live, working for other progressive causes and making connections with a wider circle of people. I know some of us are already involved...in the Council for Peace and Justice, in a variety of churches, in anti-racism work, and so forth. I want more of us to become involved, and to be as OUT as we can be in whatever groups we join.

I know there is a lot of work to be done within Lesbigoaytrans organizations and if that is where you feel most effective, then go for it. Whatever you do, find joy within your gay life. Loving ourselves can be the most radical and transformative act we perform.

Community News

Men's Chorus, continued from page 1

beautiful mezzo-soprano voice has soared in the operas *Die Fledermaus*, *Le Nozze di Figaro*, *Cost Fan Tutte*, the Broadway shows, *Guys and Dolls* and *South Pacific* and the annual UK produced "It's a Grand Night for Singing."

A familiar face will be seated at the piano at LMC performances this year. Loren Tice, director of LMC for the past two years has moved to the piano bench where he will serve as accompanist for the chorus. LMC is excited to have such a dynamic duo at the helm. The result should be more great music and fun performances for our audience. Mark your calendars for "Ring Out" Dec 19-20, "We Are Family" April 10th and "Sing Out" June 5th in Louisville and June 12th in Lexington.

Interweave

Join us Sunday, Nov. 18 at the Unitarian Church for our next monthly luncheon. Please bring a dish to share for our potluck following the service (approximately 12:30 p.m.). Join us for a service during the next two months before our much loved minister Kelly Flood retires from our church. Her memorial to Matthew Shepard on page seven under Unitarian Views. For more information call Davina (271-6174)

Spaghetti Dinner Court Fund Raiser

On Sunday, November 8 the Royal Imperial Sovereign Court will be hosting a spaghetti dinner fund raiser benefiting its designated charities; AVOL, Moveable Feast, and The

Pride Center of the Bluegrass.

Everyone is invited to Reginas at 116 N. Upper for a great meal. Seating is expected to fill up, so there will be two seatings at 6:00 and 7:30. The price is \$11.95 for the delicious "Old Family Recipe": Spaghetti Marinara, Salad, and Bread.

If you have never been to a Sunday Night at Regina's you are missing a good "family" opportunity to meet some new and old friends. For information about the Sunday Night Supper Club, see below.

Sunday Night Supper Club

Every Sunday Night is "family night" a Regina's, 116 N. Upper. The Sunday Night Supper Club has just been added to the GLSO calendar. We welcome newcomers to share a meal between 6 and 8 pm.

P-FLAG

Parents, Friends, and Family of Lesbians and Gays (P-FLAG) will meet the second Tuesday of each month at 7:30 p.m. at Chapel Hill Presbyterian Church (corner of Armstrong Mill and Tates Creek Roads). November 10th this month.

P-FLAG is open to anyone who has need of support or is willing to offer support to people who have friends or family members who are lesbian, gay, bisexual, or transgendered. (This includes straight spouses.) Nationally, P-Flag lobbies for GLBT rights and provides excellent educational booklets that are available through P-FLAG and GLSO.

Want a Hate Crime Law? Report Harassment

When politicians ask why we need non-discrimination policies and hate crimes laws that specify sexual orientation, they ask for data showing there is a problem. Unfortunately, most incidents of harassment and even assault against lesbian, gay, and transgender individuals go unreported.

Recently, there has been discussion and reports of harassment in Lexington on LambdaNet. Jeff asks all of us who have been harassed to please report these incidents. Jeff's phone number is in the GLSO Directory. Jeff is looking for someone new to take phone calls for the Discrimination Project. If you are interested, give him a call or e-mail him at Jeff@QX.net.

You can now report online via the GLSO-KFA Documentation Project's online intake form. This website is at: <http://qx.net/jeff/hate/>. The more data we have, the better our rationale for political action.

CUUPS

CUUPS, or the Covenant of Unitarian Universalist Pagans meets on the fourth Sunday of every month in the Fellowship Hall of the Unitarian Church. Individuals who follow a variety of earth based spiritualities have a pot luck lunch and a program following the church service at about 12:30. You do not have to be a member of the church to attend the CUUPS meeting.

Toys for Miss Daisy's Toys for Kiddies can be taken to Movable Feast, 472 Rose ST. Reserve tickets to *Elegies* available from Terry 255-5469

Carried Away by the Rainbow
By ReInette F. Jones

Counting rainbows is a mental exercise I practice while driving. I count all rainbows whether they are on cars or teller machines or copy service signs. On occasion a driver has helped me out by speeding past and cutting me off in traffic just so that I see the rainbow on the back of their car. These rainbows get a special #1 which I count with my longest finger.

My daughter's college friend thinks the rainbow sticker is a pretty neat thing to have on your car. One day she asked where we got our stickers. Kat and I both looked at each other, what exactly was she saying?

We patiently listened to a very elaborate and detailed explanation about the beauty of the rainbow. Finally Kat interrupted and asked, "Are you trying to get some cute woman's attention?" My daughter's friend sucked in a deep breath and held it. I started counting to ten and wondered why the room was suddenly empty, I didn't see my daughter and her other guests leave.

I stretched the count out to 9 and 9/10 before my daughter's friend loudly exhaled and launched into a grand explanation about not being gay. No problem, we still offered her our extra rainbow sticker. She said that she would admire rainbow stickers on other peoples' cars. It was then that I heard our guests laughing in the other room.

All laughing aside, I understand how she was taken by the rainbow. It happened to me not too long ago when I spotted a 4'x4' framed cloth screen print of a rainbow at a yard

sale. As a rule, I do not do yard sales. But when I saw that giant rainbow something came over me, and I hit the brakes and swerved the car over to the curb. A woman had the print in her hand, but I was willing to bargain.

Some fast talking and the print was mine. I was so excited about my purchase that it did not cross my mind that the print would never fit into the car. I moved and shifted basketballs and softballs and windshield wipers and oil and every other thing in the car trunk. I opened all the car doors. I unhitched the back seats so that they would lay flat. I laid the front seats down flat. I raised the car hood, but Kat said, "Absolutely Not!"

I suggested wrapping the print in a blanket and putting it on top of the car while each of us held it with one hand as we drove home. Kat shook her head no and started putting stuff back into the trunk. The print was too large to fit into the car and that was that.

It made no difference to me whether it fit or not, I was not leaving the yard sale without the print. I stood by the car clutching the print with both hands and staring at the people at the yard sale who were staring at me. They had been watching me the whole time. I smiled. They smiled. We smiled some more. My face was starting to hurt from the exchange of smiles.

One of the women broke the silence with a revelation, "Your picture's not going to fit." I said, "It fits." Kat looked at me, then got into the car and closed the door. My smile went limp.

I got down on one knee and whispered to Kat through the window. "You drive the car home and I will walk." Kat did not think that was

a good idea, but I told her that I knew a short cut and it was not that far. Reluctantly Kat pulled off in the car. I hiked the print up onto my shoulder and started walking.

I heard the woman at the yard sale say, "I hope you don't live too far away." Without looking back, I yelled, "I live right around the corner." The words had no sooner left my mouth when a gust of wind caught the print and sent me and the print staggering and prancing across the lawn.

I managed to catch my balance without dropping the print. I dared not look back. I knew the group at the yard sale had witnessed my homemade ballet moves. I lowered the print so that I could balance the weight along the side of my body. With print in hand, I headed home. Home was about 30 minutes away.

With each step the wind toyed with the print. Car horns honked and people yelled from their cars. I tried to look composed and gracefully keep my balance. Taking the short cut had saved me exactly two minutes of walking time. My arms were getting tired and the dark clouds overhead were getting darker.

About five blocks from home I spotted my daughter and her boyfriend in his truck. Good, I was tired of carrying the print. I panicked when they turned the wrong way, they did not see me. I started to yell and trot after them. The wind caught the print as if it was a kite, and me and the print went dancing down a small hill. All I could do was hang on.

When the spinning stopped I found myself in someone's yard and the someone was looking at me from the window. I smiled then turned to watch as my daughter and her boyfriend drove out of sight.

Continued on next page

I scrambled back to the sidewalk with print in hand. A string of curse words was released with each breath. Who thought this was a good idea? What possessed me to think I could carry this 'thing' home.

I looked up and Kat was coming toward me with a smile and water. She did not say a word as we carried the print the rest of the way home. As we came into the house, I promised Kat that from now on I would count rainbows, not carry them. About ten minutes later it started to rain. Kat and I sat down to listen to the rain and look at the rainbow.

Intercultural Lesbians!

VOTE

EARLY AND OFTEN

FANTASY DATING, REALITY LIVING

by Kelly O'Ferrell

Tammy, my partner, and I were laying on the couch laughing so hard I thought I'd die. For some reason, Tam was asking me about "Muff" somebody and I said, "I don't know who Muff Diamond is."

"I didn't say muff diamond," she replied, "I said muff diving."

Well, obviously, I didn't know what or who Muff Diving was either. Once the term was explained (muff being yet another word for vagina) I, of course, wanted to know who in the world came up with the word "muff".

"Probably the same person who came up with toto, couchie, twat and down there," Tam said.

I asked a friend of mine what word she used instead of vagina when she was growing up.

"We didn't even have a sentence that would have required a word for it. Hell, I didn't even get one to talk about until I moved out of the house."

I knew Tam was the one for me early on (even though we differed in the areas of finances, jobs and housework) because we laughed so much when we were together.

Of course, you wouldn't have known that the other night. I had told a friend that we'd be at her house by 6:30. Translation for me: 6:20. Translation for Tam: by 7:00. So, when Tam said that she needed to stop and get something to eat, I thought I was going to kill her. When I came out of the Super America with my bag of ice and saw her standing in a long line in Arby's, I asked her if she could drop me off at my friend's house and then she could come

continued next page



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back and get something to eat. She informed me that it was just 6:14 and we had plenty of time.

I remember a similar time about three years ago on our wedding day. I was furious by the time we were heading to get the chairs. I can turn a perfectly enjoyable experience into a war zone with my own need to get something done.

I remember sitting in that truck ready to scream. That's when I heard Tam start singing, "If you're happy and you know it, stomp your feet." I banged my feet on the floor once.

"If your happy and you know it, stomp your feet," she sang again.

By the end of the song, I had stomped my way to happy.

There must have been some reason why I ignored all those things that were different about us when we were dating. That fantasy world worked for me in this case. You know that fantasy world? That place where we place things that need to matter but as long as we don't think about them then they don't exist.

Like the fact that I need to keep a certain amount of money out of my self-employed pay checks to pay the IRS. When I met with my tax friend, she informed me that my estimated taxes for the year were about \$1000. How much had I saved up? None. Fantasy world.

I can just go along and pretend like - what? - something magical will happen. You know, like, I don't know. See? That's fantasy world talk. Nothing ever gets resolved.

I felt wonderful when I put that tax money in it's own savings account. The real world feels great because I know I'm not going to figure out how to shit hundreds of dol-

lars (the fantasy world bank).

So, having lived in the fantasy world while we were dating, imagine my stunned amazement when the dishes started piling up in the sink soon after Tam and I moved in together. Or my terror when Tam wasn't sure, a week before the rent was due, where her share was coming from! And, of course, there was the time she just didn't show up at work and wondered why they asked her not to return. Details, details!

Then, there's my equally Poppe site life style. I had to be told to go to bed at night with a bowl in the kitchen sink. I grew up in a house where dishes were never left in the sink. We tried splitting up the housework a hundred different ways. I, of course, wrote out our chores and posted it on the refrigerator.

Then, there's my money issues - there's either not going to be enough or there's not going to be enough. We split our bills down the middle for the first couple of years of living together. I'd get out the calculator and see what half of \$74.39 was for the groceries. Then, I'd be on the phone with a friend the moment after I told Tam what her half was. He would always ask me, "Is this a 'you/me' relationship, or a 'we' relationship?" I didn't know what he was asking for the longest time.

And, as far as jobs go, except for that dude ranch excursion and the past two years, I'd worked in an office since the 11th grade. I knew how to show up M-F, 8-5. But, I never knew when I was sick enough to stay home or how to stop doing something I didn't like.

I probably wondered about my "picker" during that first year with Tam. How could I have picked some-

one so different? Over the past few years of living together, we've been able to move away from both of our extremes. I'm thrilled that I didn't meet and marry someone just like me.

We've had our fair share of arguments about money, housework and jobs. But with each disagreement, we come imperceptibly closer and closer to something that works for us. That's what my "picker" picked - someone I wanted to be more like but didn't know how.

I'm grateful I was able to see the forest for the trees some five years ago. Tam is a beautiful forest with different trees than I grew up seeing. Early on, I thought that if she would just change and do things the way I had always done them - the only way I'd grown up seeing them done - then I'd be happy. It's tiring enough being a recovering, anal-retentive person striving for perfection without having to live with someone just like me. By committing to staying together, we've been able to find our own way.

Our commitment gave reality a chance!

Dan Celebration
Multi-cultural Dance
Friday, November 20
8 to 12 pm
City Government Ballroom
200 E. Main St.
donation-\$3 to \$5
Mary Crone has tickets
see article on page 10

Carol--You ordered two T-shirts from GLSO in June and then changed your phone number! Call Mary 266-5904.

Unitarian Views...

by Reverend Kelly Floor

This month we are reprinting "Kelly's Corner" from the *Uniview*, the bi-monthly newsletter published by the Unitarian Universalist Church of Lexington. Kelly will be leaving our church at the end of the year. We are beginning a search for a new minister to begin serving in the fall of 1999. Our Sunday services are at 10:45; please come pay us a visit.

Matthew Shepard's death digs a deep pit in my heart. Hatred strikes again, leaving a legacy of helplessness, despair, death. How can we, respond in a way that defies the odds of giving up? Of going numb? How do we find meaning in such a senseless act?

What comes to mind, and heart, is perseverance. Homophobia is rampant, yet our church continues to offer a home for those who are per-

secuted. We may feel at times that our message of welcoming those who are outcasts in society -- especially people who are gay, or who identify themselves as pagan -- can ostracize us from the larger church community.

But it is our primary principle -- to value and promote the inherent worth and dignity of every person -- that makes our church a great, good place. A place where what it means to love unconditionally, to accept one another for who we are, is not just preached, but practiced.

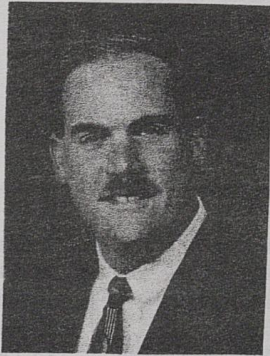
Now, more than ever, we must persevere in living out our precious message of love. In the days, weeks, months ahead, as this church community articulates who you are, what you stand for, who you serve, and who will serve as your minister, think of Matthew Shepard's life, and death. Think of what it means, in spite of the

obstacles, and ostracism, to continue to create a safe, welcoming religious home in homophobic, fear-driven, brutal times. You are good people, and your ministry is vital.

Let your love shine! Kelly

P.S. The Unitarian Universalist Fellowship of Laramie has established a memorial fund in Matthew's name to help carry on the social justice and human rights work to which he dedicated, and ultimately sacrificed, his life. They have already begun organizing a public education and grass roots lobbying campaign in Wyoming, where the state legislature has voted down anti-bias bills the last three years.

If you would like to help, you may send donations to: Matthew Shepard Memorial Fund, c/o Rev. Stephen Johnson, U. U. Fellowship of Laramie, PO Box 3401 University Station, Laramie, WY 82071.



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8 10:45 am UU Church 11:30 am LMCC 6:00 pm R.I.S.C. Spaghetti Dinner (Regina's) 6:00 pm SisterSound rehearsal	9 7:00 pm GLSO Board Mtg (Pride Center) 8:00 pm AA Step Study	10	11 6:00 pm Frontrunners (Woodland Park) 6:00 pm HIV/AIDS Support Group 7:00 pm MCC Study Group 8:00 pm Gay/Lesbian AA	12 7:00 pm Men's Chorus Rehearsal (Pride Center) 7:30 pm UK Lambda (Student Center)	13 7:30 pm Gay/Lesbian AA	14 9:00 am Frontrunners (Arboretum) 7:30 pm Gay/Lesbian AA
15 10:45 am UU Church 11:30 am LMCC 6:00 pm Dignity (Pride Center) 6:00 pm SisterSound rehearsal	16 8:00 pm AA Step Study	17 6:30 pm Networking Potluck (Pride Center)	18 6:00 pm Frontrunners (Woodland Park) 6:00 pm HIV/AIDS Support Group 7:00 pm MCC Study Group 7:30 pm Fairness Lexington (Pride Center) Evening: Miss Sunday Night Supper Club (Club141) 8:00 pm Gay/Lesbian AA	19 7:00 pm Men's Chorus Rehearsal (Pride Center) 7:30 pm UK Lambda (Student Center)	20 7:30 pm Gay/Lesbian AA	21 9:00 am Frontrunners (Arboretum) 7:30 pm Gay/Lesbian AA
22 10:45 am UU Church 11:30 am LMCC 12:15 p. Interweave Potluck 6:00 pm SisterSound rehearsal	23 8:00 pm AA Step Study	24	25 6:00 pm Frontrunners (Woodland Park) 6:00 pm HIV/AIDS Support Group 7:00 pm MCC Study Group 8:00 pm Gay/Lesbian AA	26 7:00 pm Men's Chorus Rehearsal (Pride Center) 7:30 pm UK Lambda (Student Center)	27 7:30 pm Gay/Lesbian AA	28 9:00 am Frontrunners (Arboretum) 7:30 pm Gay/Lesbian AA
29 10:45 am UU Church 11:30 am LMCC 6:00 pm SisterSound rehearsal	30 8:00 pm AA Step Study	GLSO NEWS DEADLINE SUBMIT ADDITIONS AND/OR CORRECTIONS FOR NEXT CALENDAR 273-9649				

GLSO CALENDAR
NOVEMBER 1998
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ONE WORLD FESTIVAL DanCelebration

by Mary Crone

Central Kentucky has become home to people from many parts of our nation and world. Yet there are significant barriers in our community. Differences in race, religion, economic status and sexual preference too often divide us. Here is an opportunity to lower the barriers.

The One World Festival has been planned as a way to learn about the variety of cultures now represented in the Bluegrass, to enjoy some of what these cultures have to offer, and to celebrate our growing diversity. We need to communicate across differences in order to make Lexington a more harmonious community for everyone.

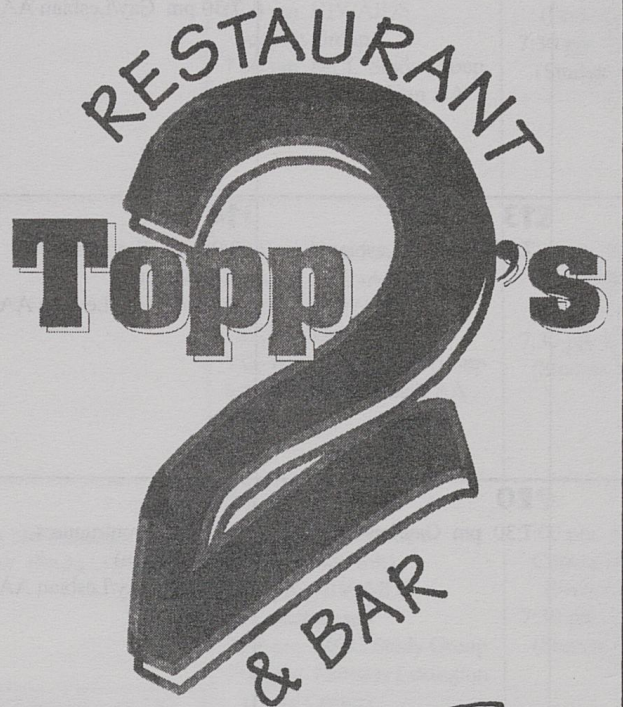
The first event for adults is a community dance, the *One World DanCelebration*, featuring the music and dance styles of several different cultures. When people dance to the music of other cultures they communicate and share in those cultures in ways that are impossible to describe in words. Dancing together is simply a great way for people to get to know each other better.

Two dances will be held on Friday November 20. One, for youth will be held at Arts Place. This will be in conjunction with the People to People program sponsored by NCCJ. The other dance is for adults and will be held in the newly renovated Ballroom in the Government Center (200 E. Main St) from 8pm until midnight. A donation of between \$3 and \$5 is requested. (See me-Mary Crone for tickets, 266-5904)

The One World Film Festival is being planned for early 1999. Films will be chosen to reflect issues of diversity and to encourage multicultural awareness. We will provide forums for discussion after some of these films. We plan on showing some documentaries as well as full length movies. We believe that this film festival will grow in years to come.

I know that many of us avoid going to events that are "mixed", straight and gay. The more we can participate actively in other progressive organizations and events, the more support we will receive in return. The stated purpose of The One World Festival is to bring people from different backgrounds together, and we are invited. Several LGBT organizations have donated money to these events and will be listed as supporters. I appreciate that... Now lets get out there and show them how to dance!

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LESBIAN BEAUTY IS LESBIAN HEALTH

by Shannon Stuart-Smith

Female beauty or attractiveness in the lesbian community has clearly progressed beyond the narrow definition based upon straight male approval. Lesbian feminism has given us a wonderful self-affirming way to look at ourselves and to think about out bodies. We now embrace our femaleness and are far less prone to self-loathing of our supposedly less-than-perfect form. All these changes are welcomed improvements over the old system that stressed super-model thinness.

However, the next chapter in the continuing story on physical and mental health for lesbians should now be written. What we may have forgotten when we rejected male approval was the OTHER reasons for being in shape. Indeed, the reasons for physical fitness have nothing to do with beauty, attractiveness, acceptance, or approval from others. Reasonable physical fitness is about health, our health, (living longer, and avoiding the diseases that come from neglecting ourselves.) In fact, we may have taken a good thing too far. In our rush to reject male approval and skin-deep beauty we may have confused "having a shape" for "being in shape." In other words, it is not pandering to a sexist society to try and stay in shape.

Fitness does not mean bulging muscles or a sleek physique. It is more about avoiding a sedentary lifestyle, cutting back on unhealthy calories, trying a new vegetable once a week, replacing organically grown foods for non-organic foods, adding walking to our daily routine, asking someone to be your "buddy" in a new

sport endeavor, considering becoming a vegetarian, experimenting with recipes that use tofu, getting that mammogram that you've been putting off, cutting back on alcohol consumption, taking your vitamins or a calcium supplement, drinking more water, getting your cholesterol level checked, visiting the local co-op/health food stores,... and I know you could add items to this list.

Good health is really about a positive attitude. An attitude about ourselves that says, "Hey, I care about myself, my body, and I'm going to do something about it." We did a good job of getting over what others thought we should look like, now we need to pick up where we left off. In some ways it makes the most sense that lesbians would be the first to discover that to be healthy is to be beautiful.

FREE ROCK CLIMBING LESSONS

Because I believe in putting my money where my mouth is, I am offering my services free to all women of any age in the local lesbian/bi community interested in trying rock climbing. This is your chance to try a whole new sport.

Rock climbing is experiencing a nationwide explosion in popularity and why not? Virtually anyone can try it, from children to grandparents, it's relatively inexpensive to do and it's good for you. It's also safe.

I'm currently employed as a rock climbing guide/instructor introducing all types of people to the exciting world of climbing at the Red River Gorge. I am also the Executive Director of the Red River Gorge Climbers' Coalition, a member of the women's climbing organization

SheClimbs, Inc., and a member of the American Alpine Club.

Rock climbing is a wonderful sport accessible to nearly everyone. Unfortunately too few women, including lesbians, know anything about rock climbing. The irony is women are very good at climbing! Currently the leading American women competition climber is a 15 year old girl who started climbing right here in Kentucky.

It's easy. You can come by yourself or with as many friends you'd like. You can bring your partner, your new girlfriend, the girl you want to be your new girlfriend, your daughter, or your mother. You don't have to know anything. Everything will be provided, in most cases even transportation. The only expense will be renting a pair of climbing shoes to fit you, or time at the climbing gym if necessary. You can climb during a weekday or on the weekend. All you do is call me. We'll discuss your preferences, whether you'd like to try indoor climbing first or outdoor climbing. We'll agree on a time and a date and then you're good to go!

This offer is good until the end of the year,--everyone gets to go at least once free, minors have to have their parent(s) with them or written permission, and I reserve the right to make final decisions on all arrangements including parties permitted to climb. Sorry guys I'm doing this as public service for women only, hope you understand. (Did I also mention I have a law degree?)

Here are ways to reach me: Shannon at (606) 335-0067. E-mail is RRGCC@aol.com. Go ahead, what have you got to lose? The weather is only going to be good for a little bit longer.

Gertie Mae Noe

Dear Lady Gertie,

I met a really nice man the other day and we went out on a date. I discovered that we had much in common and he made me laugh a great deal. He told me that he was HIV positive as well as some significant episodes of his life and I told him things about mine as well.

The fact that he was positive didn't upset me too much but I did feel uncomfortable. I have never dated someone who told me this. On our second date he cooked me dinner. While he was in the kitchen making the salad, I came in to talk to him. I was shocked to notice that as he added ingredients to the dressing he was tasting the salad dressing with the same spoon that he was using to stir without cleaning it off.

I cook frequently for my friends and would never reuse a spoon that I had licked. I was totally disgusted to see him do that. I told him that that was a nasty habit, especially when someone else is in the kitchen who is going to eat the meal. He got angry at me, saying that I was afraid of him because of his HIV status. He said that if it had been another person I would not have said a thing, but that is not the case.

I know that the chances are low of transmitting HIV that way, so I wasn't worried about that. It was just the hygiene of the matter. Maybe it would be different if I had already kissed him but I had not. I would have spoken up to anybody that was cooking food that I was going to eat.

He hasn't spoken to me in a couple of weeks and I feel bad. Should I apologize to him for what I said?

Thanks for your advice,

The Curious Cook

Dear Curious

No, you don't have to apologize for what you said. You honestly said what was on your anal retentive mind. What he did was a breach of proper hygiene, although most people cooking at home do taste as they are cooking. Which could explain why home cooking is so much better than institutional or even restaurant food where the cooks have to follow strict hygiene policies.

Not that you're wrong, disease can be spread this way. However, for many adults it is not a problem unless the cook has an active case of flu, a cold, or a weeping cold sore. You might want to explain your standard of cleanliness. You could consider apologizing for how strongly you reacted ("shocked and totally disgusted") rather than for your opinion of good hygiene.

As for the possibility that you reacted strongly because of his HIV status, you may want to look a little deeper, honey, to see if this was part of your discomfort. You, as a gay man, should know that HIV is NOT transmitted this way. If you're not convinced of this, your HIV education is woefully lacking. Please think again about your reaction and if necessary get more HIV education.

Love and Kisses

Gertie Mae Noe

**IF YOUR NEWSLETTER IS LAVENDER--PLEASE RENEW
WE NEED NEW AND RENEWING SUBSCRIBERS TO KEEP OUR BULK MAIL PERMIT**

Name _____

Address _____

City, St, zip _____

_____ **\$15 membership and newsletter**

_____ **\$20 couple membership and newsletter**

_____ **I would like the newsletter at this reduced rate**

_____ **I am donating \$3 or more, please add my/our name(s) to the Out and Proud sponsorship page in October. Mail to GLSO News, PO Box 11471, Lex., Ky., 40575**

WHATEVER HAPPENED TO...

James Hormel

October 16 marked the anniversary of Clinton's nomination of James Hormel to serve as ambassador to Luxembourg. The White House has said that if Hormel is not confirmed, it will be looking at other candidates as well as considering whether to renominate Hormel or even make an interim appointment of him while the Congress is not in session.

Hormel's nomination passed the Senate Foreign Relations Committee, anti-gay committee chair Jesse Helms stood aside from the matter by not attending the meeting. The nomination was never allowed to come to the floor of the Senate for a confirmation vote.

There was never any doubt that the votes were there for Hormel's confirmation to become the United States' first openly gay ambassador, and Democrats lobbied hard to bring the matter to the floor. First "holds" by several conservative Republicans stalled the vote, and then Senate Republican Majority Leader Trent Lott refused to schedule it.

This is one of the reasons it is so important for LGBT people to **vote on Tuesday**; we need to win back a Democratic majority in the House and Senate.

COLORADO STATE GREEKS

The sorority and fraternity whose homecoming float mocked gays in general and bashing victim Matthew Shepard in particular have been ousted from the campus of Colorado State University (CSU) in Fort Collins.

On their homecoming float on

October 10, during the time Matthew was in a coma in neighboring Wyoming, a scarecrow was labeled as gay with a couple of crudely worded signs. A majority of the members of both groups were not party to the scarecrow's display, although at least 11 individuals were under consideration for disciplinary action.

Representing the University, Miser said there was no way to separate the innocent from the guilty, and that, "When you're part of an organization, you're accountable for what that organization does." He added that the fraternity and sorority might be reinstated if they made commitments to diversity education, community service and reform.

UNITARIAN UNIVERSALISTS VS. THE BOY SCOUTS

The Boy Scouts of America are continuing in their rejection of the Unitarian Universalist's right to offer religious scouting awards to scouts in their congregations. UUA President John A. Buehrens and **Keith Kron**, Director of the Office of Bisexual, Gay, Lesbian, and Transgender Concerns, met with representative of the Boy Scouts on Sept. 29.

Following that meeting, Buehrens wrote to Dr. Will Smith, Chair of the Scouts Religious Relationship Committee, expressing his pleasure at what seemed to be a new and positive relationship between the Scouts and the UUA. The response from Dr. Smith, dated Oct. 19, offered little encouragement and says, "our concern is whether [the UUA's] revised material will be consistent with Scouting's values."

Buehrens' statement to Unitarians released to the press on

Oct. 23, says, "Dr. Smith's response...shows that the BSA attitude toward religious diversity remains less than warmly welcoming to Unitarian Universalists and others who consider doubt, as well as piety, as a potential part of 'duty to God.'"

Girl Scouts

In contrast to the Boy Scouts, the Girl Scouts' policy on religion says: "The organization makes no attempt to interpret or define God, but looks to each member to establish for herself the nature of her belief." They also have a policy that states: "Girl Scouts...respects the values and beliefs of each of its members and does not investigate or intrude into personal matters. Therefore we do not have policies that focus on individual sexual preference." What a difference!

OUT and PROUD

These individuals were mistakenly left off our Out and Proud list published last month

**Michael Taylor
John Eastwood
Dominick Varsalone and
Robert Buhr
and in support
Dorothy and Loren Tice**

GLSO Deadlines

Please e-mail any newsletter articles or announcements to Mary Crone or Peter Taylor by Nov. 16. Because of Turkey Day it's important to be on time this month. If you're late, don't despair, there still may be room!

GLSO News is proud to present our sponsors for 1998

Sills Inn, Bed and Breakfast Guest House	(606) 873-4478
Voted "Best in the Bluegrass".....	(800) 526-9801
Windy Knoll Farm	299-7410
Riding lessons, dressage and jumping, trail riding, boarding	
SisterSound	873-7791
Diverse music for all women	
Metropolitan Community Church	271-1407
387 Waller Ave., Sunday Worship 11:30 AM	
A Church for all God's People	
Royal Sovereign Imperial Court of Kentucky	
Unitarian Universalist Church	223-1448
3564 Clays Mill Rd., Sunday Worship 10:45AM	
Seeking a diverse congregation	
Beverly K. Turner LCSW, Counselor/Therapist	269-6497
The Bar Complex	255-1551
224 E. Main	
Scott Ackerman, Paul Semonin Realty	269-7331
Call me with your real estate needs.....(voice mail)	294-2055
Sue Strong, Ph.D., Licensed Psychologist	277-3119
Lexington Men's Chorus	266-9175
Pegasus Travel	253-1644
Donating 1% of your ticket cost to GLSO	
Out and Proud Members of the LBGT Community	



Dave Morrison

Sign Language Interpreter
Certified: NAD/RID

Voice: 606-879-9409
Pager: 606-352-3349
E-mail: Terpbear@aol.com

**Be Prepared For
The Holidays This Year!**

Turner Counseling

269-6497

Yes, It's Almost That Time, Again!

Wouldn't it be nice to be prepared for the Holidays this year, rather than to have to recover from

"Post-Holiday Depression"

again? If you suspect that the Holidays will leave you in need of counseling this year, why not instead prepare yourself for them *before* seeing the family?

Call and make an appointment with one of our Counselors to learn

**Stress Management &
Coping Skills.**

Sometimes Insurance will cover all or part of your Counseling. Our Office Manager can answer most questions about Insurance coverage. We also accept Visa and MasterCard. Isn't it time to invest in your Emotional Health?

A Support Group for Partners of Sexual Abuse Survivors will begin November 19. This group will meet once each week for ten weeks. The cost will be 15.00 per week. Gay, Straight, Male, or Female, all are welcome. Group size is limited - Call Beverly for Details, or to reserve your place: 269-6497
If you are in a relationship with a sexual abuse survivor and have difficulty understanding some of your partner's issues, or just need some validation, then this group is for you.

GLSO Directory

The GLSO

GLSO Board (Terry)	255-5469
GLSO Discrimination Project (Jeff)	296-4170
GLSO: News Calendar (Peter)	273-9649
Advertisements (Terry)	255-5469
Community News (Mary)	266-5904
GLSO Speakers Bureau (Mary)	266-5904
GLSO Support Group (Mary)	266-5904

STUDENT GROUPS

ACE League: Berea (Ed)	623-7312
AGLF: NKU (Pat)	572-5604
B-GLAD: Centre College (Mykol)	238-5332
Pride Alliance EKV (Josh)	(606)622-5297
(Jessica)	(606)622-5321
Lex. Youth Support Group (Kenneth)	222-1919
Morehead State University (Angela)	783-2950
Transylvania University (Bill)	233-8490
UK Lambda (Pager)	244-3344

ANONYMOUS AIDS TESTING

Jessamine County	885-4149
Lexington-Fayette County	288-2437
Madison County	723-7312
Woodford County	873-4541

AIDS INFO / SERVICES

AIDS HOTLINE	(800) 840-2865
AIDS Volunteers Inc.	278-7494
AVOL Legal Advocacy Program	278-7494
Health Dept. HIV Support Programs	
(Patty)	288-2377
(Amanda)	288-2374
HIV/AIDS Legal Project	(502) 584-1254
HIV Education YOUTH GROUP	278-7494
HIV Support (Somerset)	679-7578 or 678-5814
Kentucky AIDS HOTLINE	(800) 840-2865
Thursday HIV+ / AIDS Support Group	
Hospice of the Bluegrass	276-5344

IYG LESBIGAY YOUTH HOTLINE

800-347-TEEN 7pm-12pm Thurs. & Fri.

COMMUNITY

Ask Us, Inc.	255-2374
Bluegrass Belles (Marjorie)	278-2608
(Dawn) .dwilsoo@ukcc.uky.edu(Ann)	(502)672-8673
Bluegrass COLTS (Mark)	233-7266
DOJ Pride (Robin)	231-8526
E-MALE (Bill)	2549812
Fairness of Lexington HOTLINE	275-7812
Fairness of Louisville	(502) 893-0788
Front Runners (Keith)	254-6850
G/L AA (Charlie)	224-4067
G/L Defense Fund	(502) 589-2896
IGBO (Steve)	276-3058
Ky. Legislator Message Line	(800) 372-7181
Kismet	335-5477
Lake Cumberland Gay Alliance (Roger)	(606) 561-9898
	roger@hyperaction.net
Lesbian & Gay Parenting Group	
Lexington Men's Chorus (Bill)	266-9175
Louisville Youth Group	(502) 894-9787
Names Project, Lex. (Katie)	272-2588
Pride Center (voice mail)	255-4016
P-FLAG (Perry)	(502) 226-5478
Pegasus Travel	253-1644
Rainbow Bowling League (Shawn)	255-7379
RSIC of KY. (John)	
(Chance)	269-9465
SisterSound (Lee)	873-7791

RELIGIOUS GROUPS

Dignity [Catholic] (Don)	299-4458
Interweave [Unitarian] (Davina)	271-6174
MCC-Elizabethtown (Rev. Cathy)	(800)484-8498
MCC-Lexington (voice mail)	255-4016
(Rev. Rex)	imccbrv@juno.com
MCC-Louisville (Rev. Dee)	(502)775-6636
MCC-Paducah (Rev. Donna)	(502)441-2307
Path of the Personal Divine	
[multi-traditional] (Chris)	268-1640
Pagan Forum (Rev. Pat)	268-1640
RainbowWind [Pagan] (Sarah)	252-7673

GLSO ONLINE

Peter: peter@uky.campus.mci.net
 Mary: Marycrone@aol.com
 Terry: misterb@gte.net