Connecting the Bluegrass GLBT community

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Happy Being Healthy

LinQ is proud to present our newest columnist, Angel Algaran, who will be writing a monthly health and lifestyle article that promises ways that we can all be happy & healthy.

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

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That's What I'm Talkin' About



By Helena Handbasket

I do!" How many of us had to hear that when we were growing up? A parent might say that to you if they caught you smoking and didn't want you to. Of course, you would reply, "But, YOU smoke." "Don't be a smart ass. Just do what I say and NOT what I do."

I am not trying to advocate for people to smoke. Actually, I am not a fan of it myself. Maybe because I have witnessed someone I love die from lung cancer. But that is not what this article is about.

This article is about meaning what we say and saying what we mean. I have always said that there are two things I can't stand: someone who steals from me and someone who lies to me. If you are skirting around an issue and not being forthcoming, then isn't that very much like an untruth? When did we become so worried about being "politically correct" that we stopped being honest? Of course, I am really not trying to call anyone specific out. As a matter of fact, if I am completely truthful, I can say that I have refrained from being totally truthful in order to prevent hurting someone or to try to stay out of a drama that I didn't want to be DRAGGED into (yes... pun intended). Don't get me wrong... that doesn't make

it any less of a lie—but at least there was a good intention behind it. But isn't it still wrong?

I am all over the place with this topic this month. My real reason for choosing this topic came to me while I was listening to some younger gay people discussing how "out of touch" the OLD gays were. They were being gossipy, bitchy queens and talking about how someone was dressed and how they danced. At first I was offended, even though the person they were referring to was completely unaware that they were talking about him. But then I smiled and started a conversation with them. I was dressed in sequins that night and was looking rather glamorous and they seemed to accept me into their little group immediately. They told me how fabulous I looked and went on and on. Finally our discussion led to me pointing to the person on the dance floor that they had verbally torn to shreds earlier. I explained how I knew that person and how he had been part of the community for decades. I went on to tell some of the stories of how he literally had fought and been shot at just so that he could be his "true" self. I explained what it was like to be gay before it was cool. Before there was Will and Grace and before Queer As Folk. They

had no concept of what a world where you were not allowed to be yourself was even like. One proudly proclaimed that he was out in high school. I then shared that I was 50 years old and that I had lived in such a world myself. They went on and on saying that there was no way that I was 50. Eventually, I admitted that I had heard their previous conversation and that they should consider more than just what they see before they cast such judgment on others so quickly and so viciously.

But then, as I walked away, unsure of whether they had truly heard me or not, and unsure whether maybe now I was the target of their ridicule and judgments... I asked myself how they could be that way. Why would they treat others so badly? It was just then that I looked around and saw the old queens that I am friends with: laughing and drinking... and judging and gossiping. And I realized... I was expecting them to do what I said and not what I did. I guess it is something for all of us to think about. Will you?

I would love any comments or suggestions you might have.

Please send to:
HelenahandbasketKY@gmail.com



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Imperial Court of Kentucky News

By Christina Puse

Hello everyone! What a beautiful Spring we have been having here in the Bluegrass. While the weather has been warm and everyone has gotten the chance to get out and enjoy the sunshine, the Imperial Court has been hard at work behind the scenes gearing up for its annual Coronation weekend coming up June 5-8. Here's a look back at what's been happening over the past month.

On May 3, the ICK traveled up north to join forces with its Cincinnati family for the annual Miss Bone Lick contest. This was a very fun and exciting show as two contestants battled it out, Camp Drag style, for the title of Miss Bone Lick. One of Lexington's own took home the victory. Congratulations to Chad Swiger on your win!

On May 20, the ICK held its finale pageant at the Bar Complex entitled, "Ultimate Entertainer of the Year." Over the past year, mini-pageants were held, and those consisted of Diva of Darkness, Miss Mary Christmas, Miss Gay Valentine, and Miss Derby Pride. All the winners from those pageants came together to compete for the Ultimate title of Entertainer of the Year. Congratulations to Uma Jewels! She took home the Ultimate Entertainer of



the Year title and she is also the current Diva of Darkness.

On May 21, the ICK held its last event at Crossings Lexington entitled, "A Year in Review." This was a social event that consisted of spot drag, a taco bar, raffles, and Jell-O shots. Good times were had by all as the community came together to celebrate Reign 33. Thank you to everyone who came out to make this event possible!

As we bring to a close another successful Reign for the Imperial Court of Kentucky, we are also gearing up for a VERY important weekend. The Bourbon Ball (the ICK's new Coronation theme) will be held at the Hilton Hotel during the weekend of June 5-8. If you have not purchased your tickets for this

amazing weekend, please visit www. imperialcourtkentucky.org to obtain those now as the ball room is quickly selling out. You will not want to miss out on this special weekend. The current Monarchs, H.M.I.M, Emperor 33, Tim Logsdon, and H.M.I.M, Empress 33, Christina Puse, will be stepping down and passing the torch on to Imperial Crown Princess for Reign 33 and Monarch Elect for Reign 34, Kali Dupree.

In this final article, I would personally like to say thank you to each and every one of you for all of your love and support this year. Without the support of YOU and the community, Reign XXXIII would not have been made possible. I'll be seeing you all soon! Much love to all!

TransKyAdvocate



By Tuesday G Meadows

Lexington

"The sun is up, the sky is blue, it's beautiful, and so are you... Won't you come out to play?" Dear Prudence, The Beatles

exington has been my home for most of my life and I plan for it to be my home from now on. I love the beauty, the charm, the nice laid-back attitude, the friendliness, and the "big city rolled into a small city" amenities. I graduated from Lafayette High School and the University of Kentucky. In fact, I have never really wandered very far from home. For me, no other place feels quite the same. Whenever I travel, I am always happy to get back to Lexington.

Just for the record, the weather did suck this past winter, but despite its unpredictability, when our late spring finally got here it was absolutely beautiful. Of course, our traffic can be frustrating—campus or the shopping areas—but compared to other cities I have visited, we have it pretty good. Development continues everywhere and there has been a lot of remodeling of eyesores and old malls. The downtown and surrounding areas seem to be coming back to life after a long dormancy. Obviously, we still have some work to do in areas of our town that seem to get neglected. Not to mention that I have no idea what is going on with CenterPointe. Change can be sad; it seems like a lot of our farmland and green spaces are disappearing as we grow, but I believe these negatives are being addressed and we will find solutions.

There is something else that really makes Lexington special. In Lexington, we have a Fairness Ordinance (FO) that protects the civil rights of our citizens. Many people might not realize how vital the FO is to making our city a better place to live for everyone. To be honest, I did not realize how much it protected us from discrimination until after I came out as transgender.

What really makes Lexington a great place to live is its friendly and caring people. It's true that Lexington does have its divides and its struggles with inequality and segregation (race, location, and income), and that is why I think it is important to venture outside of our circles and get to know other people to change that. It is always harder to hate or dislike someone (or a group of someones) once you get to know them. One of the best ways to get to know the LGBTQ+ community better is the Pridefest held in downtown Lexington on June 27. The Lexington Pridefest, which celebrates the many LGBTQ+ people of Central Kentucky, is held annually and draws about 15,000 people, including lots of kids and families. It features vendors, activities, and entertainment for all ages.

Having an open-minded community makes Lexington better for everyone. Make it a point this summer to get to know people who may be different from you or who may travel in different circles. Working together to improve conditions for our all of our citizens should be a universal goal for all of us. I think we can start by just acknowledging that we all want the same thing and that is to live in the best place on earth.

You may write me at tmeadows828@ gmail.com or follow me on twitter at Tuesday G Meadows@trishgigi. Now Tuesday's gone with the wind.



Why Congress Should Rethink The Syringe Issue

By Mark Johnson

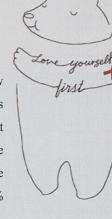
Isomeone told you that your city had started a program providing clean needles to injecting drug users, would that make you want to start injecting drugs yourself? The answer, of course, would be no. Yet for decades, many have stood by the belief that such programs, known as syringe exchange or syringe services programs, promote and encourage drug use. Indeed, for Congress, it became the rationale behind a ban implemented in 1988 that prohibits the use of federal funds for these programs. But an overwhelming body of scientific evidence continues to show that this is simply not true.

As a result of the recent spikes in HIV and hepatitis C infections among injecting drug users in rural Indiana and Kentucky,

the controversial topic of syringe exchange programs has come to the fore again. And this time, scientific evidence and sound public health practices prevailed as both states authorized the implementation of syringe exchange programs to help curb the spread of these two blood-borne diseases that can be spread by contaminated syringes.

This is a welcome step—an estimated 50,000 Americans are newly infected with HIV every year, and some 8% are among injection drug users. Meanwhile, between 2006 and 2012, at least 30 states experienced increases in hepatitis C infection rates, with more than half reporting at least a 200% increase in acute infections among young adults. Overall, the

percentage of new acute hepatitis C infections that involve people under 30 rose from 36% to 49% in six years.



The new HIV and hepatitis C infections among injecting drug users in primarily rural states, such as in Indiana or Kentucky, show that the landscape of injection drug use in America is rapidly changing. By implementing effective syringe exchange programs, we have a chance right now to get ahead of the curve and avert a nationwide resurgence of HIV and hepatitis C infections through injection drug use.



Be Proud

De l'esteu

Know your Status - Get Tested!

AVOL 859-225-3000

Lexington-Fayette County Health Department 859-288-2437

Moveable Feast 859-252-2867

Around The Library:

Alanna: The First Adventure, by Tamora Pierce

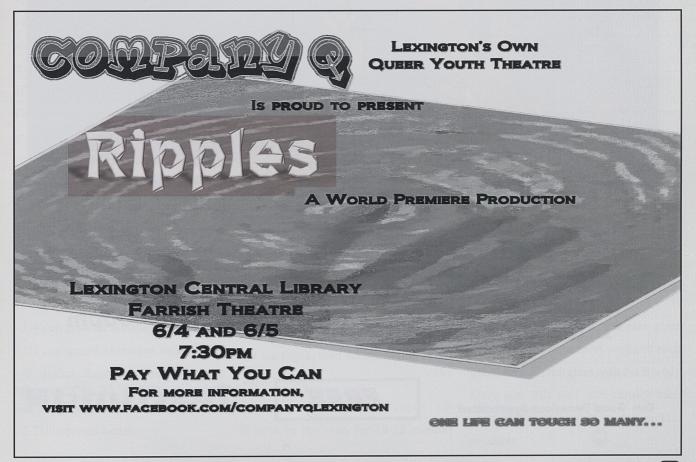
Reviewed by Rachel Hugenberg

lanna: The First Adventure, Tamora Pierce's debut novel in the Song of the Lioness series, is an intriguing combination of fantasy, history, and magic. Her heroine, Alanna, refuses to be a "lady," which would require obeying the confining behavioral standards for noble women in the medieval fantasy world of Tortall. While Alana herself is spunky, quickwitted, and intelligent, the structure of the novel is based on familiar fictional tropes, such as swapping places with her brother and being partially orphaned. In contrast to this, Pierce's characterization of Alanna's "Alan" male persona is based on historical accounts of women disguising themselves as men to fight in wars-from ancient Chinese legends to actual American women who fought in the Revolutionary and Civil Wars in the United States. This adds depth to

Alanna's character, adding enough realism to ground Alanna within this fantasy and magic infused world, and captures the day-to-day grind of a page's training. (It also relies on the idea that the young men who are pages and squires are inattentive and thus are

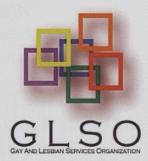


oblivious to Alanna's biological sex.) It demonstrates the difficulties of presenting oneself within a specific gendered context and having to learn the behaviors and movements of another gender. This book can be found in the Pride Center's library, in the YA section under P.

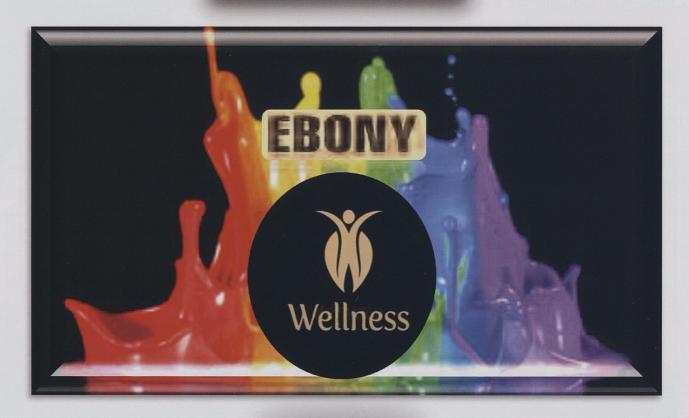




AND



PRESENTS



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The Pride Of June - A Perfect **Month For Festive Brunch Parties!**

By Ranada West-Riley

Tlove June. It's my favorite month, I not only because of the Pride festival, but because of the weather, the fresh vegetables, and local products that fill the Farmers' Markets. I love June because of all the weddings I cater and all the love that surrounds me. I love June because business booms and I stay busy in a career that I'm blessed to work in. I mean, come on.... Food, booze, laughter, friends, love, pride. How can it get any better than that?

My favorite things in June are the impromptu parties in the back yard. We all have them, and if you don't you should. Something different to try are brunch parties—great for Sunday morning hangovers. They start a day off with friends, food, and cocktails. This usually always leads to some great pictures and memories (and the pics you can always hold folks hostage with). I've attached a couple recipes for a fabulous brunch frittata and the best Bloody Mary you've had since your last beach vacation hangover. Enjoy!

Ranada's Brunch Frittata

- 12 whole large eggs
- 1/4 cup grated Parmesan
- 1/2 cup grated Monterey Jack
- 2 dashes Kentucky Proud Sadistic Mistress "Can We Still Be Friends?" Hot Sauce (optional)
- 2 Tablespoons butter

- 1 whole medium onion cut in half and then sliced thin
- 1 whole baked potato that has been cooled and 1/2 inch diced
- 2 cups whole spinach leaves
- 1 cup roasted red peppers sliced thin
- 1/4 cup julienned or small cut spring onions (green onions)

Preheat the oven to 375° F. Beat together the eggs with the salt and pepper (do not over-beat; just mix until the eggs mostly come together). Stir in the grated cheeses and set aside. (Stir in hot sauce if using.)

In a large oven-proof non-stick skillet, melt butter over medium-high heat. Add the onions and cook for several minutes, stirring frequently, until the onions are soft and golden brown. Add diced potato, sprinkle with salt and pepper, and stir to cook with the onion for a couple of minutes. Add the spinach and stir to cook, about 1 minute. Finally, add the roasted red peppers and green onions and stir until everything is hot. Make sure all the ingredients are evenly distributed across the bottom of the skillet, then pour in the egg mixture so that it evenly coats everything. Let it sit on the burner for 30-45 seconds to set the edges, then put the skillet in the oven.

Watch the frittata as it cooks. Let it cook in the oven for 10-12 minutes



until the eggs are set, but remove it before the eggs brown very much on top. Slide the frittata out of the skillet and onto a cutting board. With a long serrated knife, slice it into wedges and serve warm with fresh fruit.

Best Bloody Mary Ever

- 3 cups tomato juice
- 3 tablespoons lemon juice
- 3 tablespoons lime juice
- 1 tablespoon prepared horseradish
- 1 1/2 tablespoons Worcestershire
- 1/4 teaspoon garlic powder
- 3/4 teaspoon Tabasco sauce
- 3/4 teaspoon celery salt
- 1/2 teaspoon coarse black pepper
- 1/3 cup pickle juice
- 1 ounce vodka, per drink

In a blender combine the tomato juice, lemon juice, lime juice, horseradish, Worcestershire sauce, garlic powder, pickle juice, and hot sauce and process until smooth. Transfer to a nonreactive container and add celery salt and black pepper, to taste. Refrigerate until thoroughly chilled, at least 2 hours and up to overnight.

When ready to serve, fill each glass with ice. Add 1 ounce of vodka to each glass, then fill the glass with the Bloody Mary mix. Stir well, and garnish each glass with your favorite veggie, pickle, or celery.

Happy Being Healthy

By Angel Algarin

First Things First Of Fitness

re've all been there. We say, "Today is the day!" We see countless news casts, commercials, and articles that try to convince us to become the healthiest we can be. Our ideals of health goals vary between weight loss, healthier eating, and strength gain but under daily pressures we may regress back into our old unhealthy habits. In fact, at times we may search for the easy way out: taking diet pills, trying fad diets, lemon juice cleansing, all of which tend to yield no or short-lived results. That's why, despite what today's gay societal pressures may endorse, we can't change just because everyone around us wants us to; we must change because we truly want to.

In this new Health and Lifestyle article, I want to be able to frame a plethora of health information and tips in a more relatable and easy-to-understand way that takes the off- and on-again diet and workout and turns it into your daily routine.

So now after that rant, I thought it'd be appropriate to start out with an article I read from the Reader's Digest: Best Health website, called, 5 Tips for Starting a New Healthy Lifestyle.

1. Kitchen Clean-out: In this tip they suggest replacing tempting sugary and fatty foods with healthier options. Now I don't know about you, but I think the idea of throwing perfectly good food out is crazy! Instead, I suggest appropriately portioning any unhealthy foods to eat and once those are eaten, replace

that unhealthy choice with a healthier option. This helps in three ways: It builds discipline knowing there is only a certain portion you can eat, allows you to slowly wean yourself off of your unhealthy options, and saves you from throwing money out in the garbage.

2. Stick to your fitness plan: In this tip, Louise Green, a certified personal trainer and wellness coach, says that being unprepared and not planning ahead is a common reason people don't meet their fitness goals, which I couldn't agree with more! Too often do I hear friends say that they went to the gym but had no idea what to do. With websites like bodybuilding.com, that let you choose your appropriate fitness routine and demonstrate how each exercise looks, being gym-prepared has never been easier.

3. Healthy shopping: In this tip they sympathize that with so many options to choose from at the grocery store, it can be overwhelming when shopping for nutritious foods. With produce being so expensive and quickly expired, I suggest purchasing produce that is the cheapest and centering the meals you plan to cook on these fruits and vegetables. This allows you to get the best price on a healthy choice and cuts the worry of your produce expiring. Additionally, the ever-changing deals on different produce allow you to try new things without breaking the bank.

4. Know where you're starting from: In this tip they suggest that before you begin a

fitness regimen, your doctor, trainer, or gym may recommend you first undergo a series of physiological tests and screenings. I cannot argue with the importance of listening to your doctor's advice when it comes to your health, but instead of scheduling a huge screening right off the bat, try calling your doctor, telling him your intentions, and asking his or her advice, taking your health history into account, in your

new lifestyle change.

5. Avoid common fitness pitfalls: They state that if you stay positive throughout your fitness experience you will be more likely to achieve success. Part of this staying positive is by setting realistic goals. Sometimes we like to think that we can lose 10 lbs in one week (when a more reasonable goal is 2 lbs), but by setting unrealistic goals like that for ourselves, it makes it hard for us to appreciate the progress that we have made. Instead, think of weight loss or muscle mass as only a perk to your overall healthy lifestyle change. Who says a scale should be the measure of our success anyways?

I hope that you have found this article interesting and informative, and that this can help begin the change to a healthier you. In next month's issue I plan on highlighting local exercise options that are so fun they won't feel like exercising.

The information in this Health section is NOT intended to replace a one-on-one relationship with a qualified health care professional and is not intended as medical advice. It is intended as a sharing of knowledge and information.



Company Q Presents: Ripples

By Theodore Meacham

t seems that every time I open ■ Facebook, I see another post about a young queer or trans* person who has taken their own life. And every time it is heartbreaking. I know our community is reeling from these loses. We cannot begin to understand the pain these young people have been experiencing, but, at the same time, we understand it all too well. So it should have come as no surprise that when Company Q started talking about what issues are current and important in the lives of the young company members, suicide was one of the first things that came up.

Let me rewind a little. Company Q was founded in 2012 with the generous support of the Mutki Fund. We are a theatre ensemble for queer, trans*, and allied teens and young adults. We are housed at the GLSO and use art to explore relevant issues in the lives of our ensemble members. We are storytellers. We are activists. Above all, we aim to be a safe harbor for any young person who feels that their voice isn't always heard.

In our first year, we presented

an evening of theatre consisting primarily of scenes written by other Queer Youth Theatres around the country. Our second year, we premiered our first full length original piece. Now, in our third year, we are extremely excited to be presenting Ripples, a world premiere production that takes an intimate look at the way one life—and death—can impact a community.

We always start our season by making lists of what is important to us-what we want to explore or talk about. Each time we did that this year, someone would bring up the issue of suicide. The suggestion was usually followed by some silence. Finally, a 15-year-old firstyear ensemble member brought in a short scene that explored the events immediately preceding and following a suicide. It was moving. It left us all asking questions. We wanted to know more. So we, as an ensemble, acknowledged something that I think most of us knew all along: this is the year that we talk about suicide.

We knew it wasn't going to

be easy. We knew we were in for some difficult conversations. But we also knew it was an important dialogue to have and to present to our broader community. We started talking about the fictional young man who ended his own life. We explored who lived in his world, what might have lead to his actions, and how his absence would leave his friends and family. After a few months of writing and editing, we have a piece that (and I may be a bit biased here) is moving, funny, thoughtful, and provocative. And we are so excited to share it with Lexington.

· Please join us for the world premiere production of *Ripples*, Thursday, June 4, and Friday, June 5, at 7:30 p.m. Performances will take place at the Farish Theater in Lexington's Downtown Central Library. Tickets are available at the door free of charge, however Company Q will be fund-raising for our Annual Campaign, which will allow us to continue our work in the future. Donations will be accepted gratefully.

Supreme Court Set To Rule On Same-Sex Marriage



By Christopher R. Bauer, JD

ny day now, the Supreme Court of the United States is set to rule on Obergefell v. Hodges, the same-sex marriage case. The Court has consolidated and granted review of same-sex marriage cases from Kentucky, Ohio, Michigan, and Tennessee, and agreed to rule on two questions: 1) "Does the Fourteenth Amendment require a state to license a marriage between two people of the same sex?" and 2) "Does the Fourteenth Amendment require a state to recognize a marriage between two people of the same sex when their marriage was lawfully licensed and performed out-of-state?" In oral arguments held before the court on April 28, 2015, both sides argued their case, only agreeing on one point: that if the Court rules that there is a right to same-sex marriage, a decision on question 2 is essentially moot. The Court is expected to rule in June, but unfortunately we won't know exactly which day until it happens; although the Court tends to hold off rulings on highly contentious case like this until the end of their session, which is June 29.

Most scholars, both those in favor of samesex marriage and those against it, believe that the Court will decide that there is a Constitutionally-protected right to same-sex marriage. Such a ruling would finally put that question to rest, although, as we have seen with the so-called "religious freedom restoration acts," it may open up a Pandora's box of other legal questions. As with most hotly-contested cases, however, we can be assured that the ruling on same-sex marriage will be split 5-4 (maybe 6-3, but more on that later). Here are the players:

The Liberals

It is almost assured that the four liberal justices on the Court, Ginsburg, Breyer, Sotomayor, and

Kagan, will rule in favor of same-sex marriage. Ginsburg has all but signaled her opinion based on her recent public remarks and by officiating at same-sex marriages where she finishes by saying, "By the power granted to me by the U.S. Constitution, I now pronounce you..." Although both Breyer and Sotomayor haven't authored or made any widely-publicized statements regarding same-sex marriage, they did join the majority in striking down Section 3 of the Defense of Marriage Act ("DOMA") in Windsor v. United States, the case that has notoriously been used by judges all over the country to invalidate same-sex marriage bans. Kagan also joined in striking down DOMA, and officiated at a same-sex wedding for her former law partner just last year.

The Conservatives

It is also similarly assured that the Court's four conservative justices, Scalia, Thomas, Alito, and probably Chief Justice Roberts, will join in favor of upholding state marriage bans. Whether they base their decision on states' rights, will of the voter, one or more of the several incomprehensible "protection" of marriage arguments, or a combination thereof, we can be assured that the Court's conservative heavy-weight, Antonin Scalia, will continue his vociferous campaign against all gay rights, and Thomas and Alito will follow in lock-step. Although Scalia would never vote in favor of same-sex marriage, it seems as if he too sees the writing on the wall. In 2013, Scalia wrote regarding the majority opinion that struck down Section 3 of DOMA, "As far as this Court is concerned, no one should be fooled; it is just a matter of listening and waiting for the other shoe... the majority arms well every challenger to a state law restricting marriage to its traditional definition." He may have been

all too right.

The Swing Vote

As has been the case since Sandra Day O'Connor left the Court, Justice Kennedy has been considered the sole tie-breaker in what has often been an otherwise evenly split Court. So, if it does come down to 4 for and 4 against same-sex marriage, it is all up to him. Although appointed by Ronald Reagan, Kennedy is more of a libertarian than a conservative. Since as early as 1980, Kennedy's concern with liberty has often been reflected in his rulings regarding gay rights, believing that at least some homosexual activity is constitutionally protected. Since then, based on his rulings, it seems that this belief has grown. Most notably, he has authored majority opinions in Romer v. Evans (invalidating a provision which prevented homosexuals from bringing discrimination cases in Colorado) and Lawrence v. Texas (striking down sodomy bans). Although Kennedy did write the opinion in Dale v. Boy Scouts (upholding the Boy Scouts ban on gays,) in this instance he believed he was upholding liberty interests, those of the Boy Scouts, not the gay assistant scoutmaster challenging the ban.

On the issue of same sex marriage, Kennedy has so far been on the right side of history, authoring the Court's DOMA opinion, writing, "[n]o legitimate purpose overcomes the purpose and effect to disparage and injure those whom the State, by its marriage laws, sought to protect in personhood and dignity. By seeking to displace this protection and treating those persons as living in marriages less respected than others, the federal statute is in violation of the Fifth Amendment." Combined with Kennedy's prior words regarding same-sex

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marriage, his focus on liberty, and the more pragmatic fact that he doesn't have much more time left on the Court, and wouldn't want his legacy to be on the wrong side of history, it is highly likely that Kennedy would swing in favor of same-sex marriage.

The Wildcard

As promised, there is a bit of a twist with Chief Justice Roberts. Don't get me wrong, he is a George W. Bush appointee, and as expected, a strong conservative. But Roberts knows that any rulings coming from the Court will be attributed to "the Roberts Court." Could that be a reason for moderating his views on things he might otherwise be against? As Chief Justice, when voting in the majority, he has the right to author the majority opinion, which can often shape future jurisprudential decision-making for years to come. He was a fifth vote to uphold the Affordable Care Act, but narrowed that ruling by focusing on a tax issue, preventing the Court from expanding

the interpretation of the Commerce Clause.

As far as same-sex marriage goes, there is some guess work to be done. In 2014, the Court refused to hear cases from federal courts of appeal regarding decisions in Virginia, Utah, Oklahoma, Indiana, and Wisconsin that ruled in favor of same-sex marriage. Because the Court refused to hear these cases, the lower court's rulings stood, and same-sex marriage became law in those states and all other states under those federal courts of appeal's jurisdiction: Colorado, Wyoming, Kansas, West Virginia, North Carolina, and South Carolina. This was a result that was clear to all 9 justices: when a higher court refuses an appeal, the lower court's ruling stands, and applies to all similarly-situated cases under its jurisdiction.

The interesting thing in this instance, however, is that only 4 justices need to vote to take a case for the Court to grant review. If you accept the premise that those against same-sex marriage (the 4 conservatives) are

the ones who would vote to take these cases so that same-sex marriage did not automatically become law in all of these states, but they couldn't get 4 votes to agree to take them in order to stop that, who was the (at least one) conservative that decided against taking the cases? And why? I suggest that maybe it was Roberts, and maybe he won't be so anti samesex marriage as the other conservative justices. The other option is that maybe the justices didn't want to take these cases as another way of dodging the ultimate issue, which they now must resolve anyway, as there are contrary rulings in different courts of appeal. But, since the details of these meeting are secret, we will probably never know.

In just a few weeks, however, we will finally know whether the long fight for marriage equality is over. Whether it is 5-4, 6-3, or what have you, it makes no difference in the end. I, for one, believe that marriage equality is here, and there is no stopping it. The writing is on the wall!

Mendy J Daniels

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Licensed Psychologist

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Month Is Here!

By Chad Hundley 2015 Lexington Pride Festival Chair

"Don't be afraid to let them show, your true colors. True colors are beautiful like a rainbow." Billy Steinberg & Tom Kelly

Tt's time to let your colors show and be PROUD of who you are! Some people find that Pride is the only time they feel completely comfortable with who they are, and still we have some that will not "come out" the day of Pride because they are too nervous about being seen by someone that they may know and being outed. It is also sad to see that some in our own community do not feel the love and acceptance within our "big family." I want to tell you that this year we have worked hard to have something for everyone, and that everyone will be able to feel loved and accepted on this day of the year especially.

We are so excited to have many more sponsors coming in since last month and joining our festivities at the festival! First of all, I want to make a very important correction to my article last month. It was printed that "WEKY" was a media sponsor, but it should have said "WEKU." We apologize for the misprint and are very excited to have WEKU as a Blue Level sponsor this year! Thank you for your support, 88.9 WEKU!

Joining our existing sponsors we also have Lexington Fairness, Cincy Apparel, and Lexington Fayette County Health Department coming in as Blue Level sponsors. At our Green Level we have Macy's, Woodland Christian Church, and The Campbell House. The Campbell House is the host hotel for our entertainers and is giving a group rate discount to any and all booking their rooms before Thursday, June 11. When booking your room, please use discount code: PRD. More Yellow Sponsors include LexMark, Fairness Campaign, Bill Cole Photography, and Beauty & Elegance Designs. Last but not least, our Orange Level grows with the additions of Bluegrass United Church of Christ, Torso Menswear, and Hustler Hollywood. Thank you to all of our sponsors!

With many of our entertainers already announced, we can't forget the locals that will be returning to the stage as well. We are happy to have SisterSound ladies ensemble, Louisville Gay Men's Chorus, Company Q theatre troupe, and March Madness Marching Band

rounding out the entertainment, in addition to Sick of Sarah, Nhojj, Bridge 19, Alcatraz Shakedown, and the popular DJ Battle between DJ ea and DJ Brady! We also have many more activities for the children as well this year, so be sure to check them out as well.

The fundraising committee has been busy the past month with the wrapping up of Pride's two biggest fundraisers: the Mr. and Miss Lexington Pride Pageant and the Sixth Annual Bachelor and Bachelorette Auction. I am pleased to report on the success of the Mr. and Miss Lexington Pride Pageant that was held on Sunday, April 26, at Bogart's Lounge at The Campbell House. We had two male and three female contestants and all of them brought their best in competition. I am happy to introduce to you the newly crowned Mr. Lexington Pride 2015, AJ Allen Montrese, and Miss Lexington Pride 2015, Phoxee Roxx! Please make sure you get your pictures made with them the day of the festival as they will be out and

Continued on next page

Continued from previous page

about all day at Pride representing. They will also be leading our group in the upcoming parade walks in Louisville at the Kentuckiana Pride Foundation parade on Friday, June 19, and the Fourth of July parade here in Lexington. Please see our Facebook events for more information and to help us represent and participate in these events!

We also just wrapped our Sixth Annual Bachelor and Bachelorette Auction on Friday, May 22, at SoundBar. A very special thanks goes out to SoundBar for hosting the event and to Tim Burcham, Phillip Marcum, Dwight Vires, and Todd Ryser-Oatman for all their hard work. Tim and Phillip were amazing hosting the event and helped us raise a little over \$4,000. The silent auction and live auction went amazingly and out-did itself again this year!

We have a few more events happening before the day of the festival as well, so make sure you come out and support any time you can and invite all your friends. We have partnered with Louisville's Powered With Pride 5K event on the morning of Saturday, June 13, and have a few more spots still available. For more information on this event, contact us at fundraising@lexpridefest.org so that we can get you registered representing LexPride. That evening, the crew will be heading



Volunteers Neededl

FUNdraising ~ GLSO Subcommittee Members

- ~ Planning fundraising events throughout the year to help support the GLSO.
- ~ Getting the word out on Social Media like Facebook, Twitter, word of mouth etc...

2015 LEXINGTON PRIDE FESTIVAL!!!

- First Aid -Security - Stage Hands -Merchandising - Trained Bartenders -Hospitality - Set up/Break Down -Kids Activities - General Runners

Events leading up to the day of the Festival such as:

- Bachelor/Bachelorette Auction—Fri, May 22 Merch Release Party—Sat, June 13
 - Walking with Lex Pride at the Louisville Pride Parade—Fri, June 19

Submit Application at: Www.Volgistics.com/ex/portal.dll/ap?AP=2126632624

Contact volunteers@lexpridefest.org or volunteers@glso.org.

back here to Lexington and holding our Merchandise Release Party and Pride Welcome Show at Crossings Lexington starting at 9 p.m. The show will be hosted by your current reigning Mr. and Miss Lexington Pride 2015, and this will be the time to get all your Pride swag and merchandise before the prices go up to regular price! Yours truly plans to be performing as well for the Pride Welcome Show!

Our vendors are in and will be listed on the website soon! We have a record number of vendor booths that will be on the courthouse plaza and streets on June 27. Please make all your plans to attend all the upcoming events and Pride as we expect record

breaking numbers again! In the meantime, please feel free to make a donation to Pride simply by texting "lexpride" to 50155 on your phone. It takes thousands of dollars to put on a festival and we do not charge admission, but any and all donations help to make it bigger the next year! I hope to see you all at the festival this year and if you can, come say hello to me and let me know how you enjoy the Pride Festival. Also, be sure to head towards the main stage during the mayor's proclamation around 11:15 for a very exciting announcement and reveal! See you all on Saturday, June 27-and let's paint the town rainbow! HAPPY PRIDE!



11:00-11:30 am: Welcome, Proclamation from Mayor Jim Gray, presentation and performance by Mr. & Miss Lexington Pride 2015

11:30-Noon: Company Q Drama Troupe

Noon-12:30pm: SisterSound

12:30-1:00pm: Louisville Gay Men's Chorus

1:15-2:00pm: March Madness Marching Band

2:00-2:45pm: Bridge 19.

3:00-4:00pm: Community Drag Show

4:00-4:45PM: (AFTERNOON HEADLINER) NHOJJ

4:45-5:00: WUKY Karaoke Contest Winner

5:00-5:45pm: Dance Break

Battle of the DJ's - DJ ea & DJ Brady

5:45-6:30pm: Alcatraz Shakedown

6:30-7:00pm: Dance Break - Soundbar DJ

7:00-8:00pm: Community Drag Show

8:00-9:00PM: (EVENING HEADLINER) SICK OF SARAH

2015 PRIDE HEADLINERS

NHOJJ



Originally from Guyana, 3x OUTMusic Award winner Nhojj is one of a growing number of "out" Black gay performers releasing both universal and same-sex material. He has shared stages with Norah Jones and Taylor Dayne, and has appeared on Huff Post Live and the Advocate. Nhojj has recorded 5 studio CDs, 15 singles and an Unplugged Live DVD filmed by Emmy-nominated director Bill Cote. His latest CD is entitled "Made To Love Him: Celebrating Love".

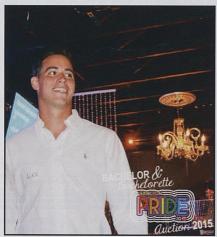
For more infowww.nhojj.com



There's no high drama behind the moniker; One of the (all female) band members got the idea from an ex-roommate named Sarah who had complained that she was sick of her name. Based in Minneapolis, Sick of Sarah formed in 2005 and have since recorded two full-length albums, and 5 EP's; Their sound has been described as "strong-voiced punky girl-rock", yet for all of their bad ass attitude, their songs are generally melodic and catchy, with right instrumentals that are more nuance than noise, driven home by the rangy, assured vocals of lead singer Abisha Uhl. They have been compared to bands such as Dollyrats and Tegan and Sarah. Sick of Sarah will be the headliner at this years 2015 PRIDE festival!



















Current Page, Top Left to Right: Bachelor Ryan Blair strikes a pose; Auctioneer Phillip Marcum starts the bidding; Bachelor Alex Wermeling shocked at the crowd's response; Bachelor Jeff Allen drinks it all in; Pride Vice-Chair Roberto L. Abreu & GLSO President Christopher R. Bauer cheese for the camera; Bachelorette Laura Silvey dances à la Ellen; Bachelor Clifford Naiman shows off his assetts; Pride Vice-Chair Roberto L. Abreu & Pride Fudraising Chair Todd Oatman work the silent auction table; Pride Merchandising Chair Jessica Garner poses for the camera. Next Page, Top Left to Right: Rowdy crowd ready to bid, Bachelor Zach Schoner points out potential bidders; Bachelorette Rebecca Adams shows off on her way to the auction block.







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The House of BaCall Presents... LaToya's "Last Dance"



Friday, June 26th 9:30 pm—Midnight Normal \$5 cover Bar Complex Lexington, Ky.



This is your last chance to see LaToya Bacall on-stage before she hangs up her heels !!!

Featuring the incredible talents of the BaCall Family & Friends, with special appearances by the Gilded Cage Divas

Ashante' Lamore

Paris BaCall

Kayla BaCall Kelly

Lady Marmalade

Crystal Diamond

Tiana Love

Sasha Grant

Tiarra Love

Wendy Williams

Helena Handbasket Lawren La Moore

Georgia Teach

Cadillac Seville

Jayda St. James Foxxy Roxx

Jenna Jive

Chanel Devereaux

Mya St. James

Hosted by John Moses and RJ Deacon



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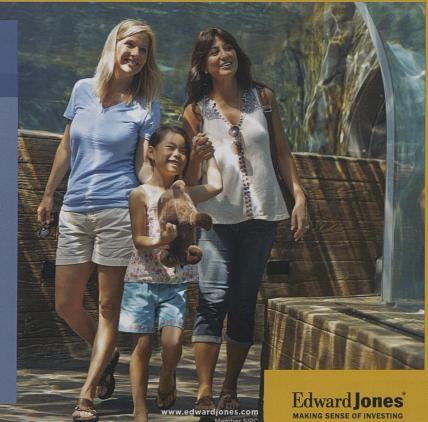
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PFLAG Is Not For "Parents Only"

By Linda Angelo PFLAG Central Kentucky Board

"Why would an LGBTQ adult be part of PFLAG? I thought it was for parents."

That question is frequently asked when someone hears that our Central Kentucky PFLAG chapter and our Board is composed of family members, allies, and LGBTQ individuals themselves. Here are some answers from our LGBTQ members:

- I want to show parents that one can come out, have a happy and satisfying life, and be part of a loving family! Look at me—it is true!
- I wanted to understand why this is hard—parents accepting their gay children. Then I discovered that parents hearing the difficulties we face helps them gain compassion and understanding.
- PFLAG is a place for my spouse and me to get support since I came out.
- The programs and speakers help me realize that we have a lot of allies here in the community. It's a good feeling.
- I am not ready to come out, but here is a safe space to acknowledge who I am.
- I want to learn more about transgender issues, from parents, from speakers, and from trans individuals who attend.
- PFLAG helped me when I came out. I want to pay this back by

helping others.

- Our PFLAG Central Kentucky chapter is the accepting and supportive family that I need and do not have with my own family.
- I want to help families support their LGBTQ children, with the hope that these children and their families will have an easier time than mine did.

For these reasons, at the local and national level, PFLAG is rich with LGBTQ adults of all ages, who join to assist families and to advocate for acceptance and equality.

As for our parents, besides meeting other parents who have been down this road, hearing firsthand the experiences of LGBTQ individuals, both positive and negative, in their families, in relationships, in school, and in the workplace, is extremely helpful. While we learn from our speakers, we gain from each other as well. "What is it that you wanted most from your parents when you came out?" is an eye-opening question. "What do you wish for now, years later?" Just spending time in the company of this new community helps families get comfortable with their new normal and understand what the future can bring.

If you are gay, lesbian, bi, trans,



or questioning, and would like to be part of our family—to provide or receive support in our safe, and confidential atmosphere, we welcome you ... and your parents, relatives, friends and allies too, of course. Come to our meetings! Volunteer to help with our Pride booth, with our fundraising activities (like beer pouring and present wrapping).

See www.pflagcentralky.org for more information, or come to our next gathering Tuesday, June 9, 6:30 p.m., at St. Michael's Episcopal Church, 2025 Bellefonte in Lexington, where we will have a conversation with faith leaders: What are the realities of being a welcoming faith community and of providing pastoral support? What LGBTQ community resources support that work or are needed? As always, aupport group discussion will follow.

Bluegrass Black Pride and GLSO



present



"Evening in Red"

Wednesday, June 17, 2015 6pm – 9pm Lyric Theatre, 300 East 3rd Street, Lexington

Hosted by Bob Morgan, the evening will feature the documentary

"The Last Gospel of the Pagan Babies"



- » Free (please bring non-perishable food items for Moveable Feast).
- » Refreshments / Entertainment.
- » HIV antibody testing available.

Belles, Queens, Punks and Bad Boys ... an outrageous story about an unbroken 150 year lineage of underground Lexington Gay Culture and Arts.

Be Prepared For The Changing "Seasons Of Your Life"

And, after a long and hard winter in many parts of the country, most of us are ready for sunshine, warmer temperatures and the hopefulness that spring always symbolizes. But as winter gives way to spring, we are also reminded that our lives have "seasons," too — and it pays to be prepared for all of them. So, as you move into the "retirement season," you'll need to prepare for several possible challenges, including the following:

Outliving your resources — The idea of outliving one's financial resources is certainly not one we want to face. In fact, in a poll of people ages 44 to 75 sponsored by Allianz Life Insurance, 61% said they fear depleting their assets more than they fear dying. The best way you can overcome anxiety about running out of money is to invest and plan. Contribute as much as you can afford to your IRA and 401(k) or other employer-sponsored retirement plan - and when your salary goes up over time, increase your contributions. As for the "plan" part, try to envision the type of lifestyle you want during retirement, and then estimate how much this lifestyle will cost. Once you reach retirement, you will also need to do some planning specifically, you will need to calculate how much money you can afford to withdraw from your investments each year.

Becoming disabled — One-third of all

people between the ages of 30 and 64 will become disabled at some point, according to the Health Insurance Association of America. If you became disabled, even temporarily, the loss of income could prove devastating to your financial security, and that of your family's. To avoid this worrisome scenario, you may want to consider disability insurance. If your employer offers this coverage as an employee benefit, take it - but don't assume it will be sufficient. Many times, an employer-sponsored disability policy will only cover a short-term disability and may have a long waiting period for benefits to kick in. Consequently you may need to purchase your own disability insurance policy to supplement your employer's coverage.

Requiring long-term Unfortunately, many people eventually require some type of long-term care, whether that involves a stay in a nursing home or the assistance of a home health care aid. This type of care is expensive, and Medicare only covers part of it. Just how costly is long-term care? The national average for home health aide services is nearly \$45,000 per year, and a private room in a nursing home is nearly \$84,000 per year, according to a recent survey by Genworth, a financial security company. To meet long-term care costs, you could self-insure, but that might be prohibitively expensive. But failing to do anything

about meeting long-term care costs could result in the need for your grown children or other family members to get involved in some fashion — and that is something you no doubt wish to avoid. Fortunately, you can find solutions. To learn about appropriate protection vehicles, consult with your financial advisor.

With some thoughtful planning, constant vigilance and timely action, you can meet all these challenges — and enjoy all the seasons of life in which you find yourself.

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

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June Calendar & Telephone Directory

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

Monday, June 1

6:30 p.m. GLSO Board Meeting* 7:00 p.m. H.E.A.L. HIV Support Group

Wednesday, June 3

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

Thursday, June 4

6:30 p.m. 2015 LexPride Planning

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

Friday, June 5

9:00 p.m. ICK In-Town Coronation Show*

Saturday, June 6

7:30 p.m. TransKentucky Meeting 9:00 p.m. ICK Out-Of-Town Coronation Show*

Sunday, June 7

5:00 p.m. ICK's Coronation* 6:30 p.m. Team. Lex Volleyball*

Monday, June 8

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

Tuesday, June 9

6:30 p.m. PFLAG Meeting*

Wednesday, June 10

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

LGBT Discussion Group

Thursday, June 11

2015 LexPride Planning 6:30 p.m.

Committee Meeting

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

Saturday, June 13

Powered With Pride 5K* 8:30 a.m. 12:00 p.m. Entre Nosotros (Between Us) Merchandise Release Party 8:00 p.m. & Pride Welcome Show*

Sunday, June 14

3:00 p.m. Pride Volunteer Orientation 6:00 p.m. Imperial Court Meeting 6:30 p.m. Team. Lex Volleyball*

Monday, June 15

6:00 p.m. Pride Volunteer Orientation 7:00 p.m. H.E.A.L. HIV Support Group

Wednesday, June 17

6:00 p.m. "Evening in Red" presented by Bluegrass Black Pride & GLSO*

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

LGBT Discussion Group

Thursday, June 18

6:30 p.m. 2015 LexPride Planning Committee Meeting

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

Friday, June 19

6:00 p.m. Louisville Pride Parade* 7:00 p.m. Senior's Bistro (Potluck)

Saturday, June 20

Editorial Deadline All Day for LINQ Magazine*

12:00 p.m. Kentuckiana Pride Festival*

Sunday, June 21

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

Monday, June 22

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

Wednesday, June 24 7:00 p.m. "Heart To Heart"

LGBT Discussion Group

Thursday, June 25

6:30 p.m. 2015 LexPride Planning Committee Meeting

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

Friday, June 26

6:00 p.m. Fairness Awards Dinner*

Saturday, June 27

11:00 a.m. Lexington Pride Festival*

Sunday, June 28

Ebony Wellness presented 4:00 p.m. by Bluegrass Black Pride & GLSO*

Imperial Court Meeting

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

Monday, June 29

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

Wednesday, July 1

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

Thursday, July 2 6:30 p.m. GLSO Board 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
Arbor Youth Services	859-254-2501
AA/Alcoholic Teens	859-277-1877
Council for Peace and Justice	859-488-1448
"Heart to Heart" Discussion Group	859-253-3233
Fairness of Louisville	502-893-0788
Gay-Straight Alliance, Teens	859-266-5904
GLSO Pride Center	859-253-3233
Imperial Court of Kentucky	859-619-7521
International Gay Bowling	859-539-3058
KY Survivors Area of Narcotics Anonymous	859-253-4673
Lexington Fair Housing Council	1-866-438-8617
Lexington Fairness	859-951-8565
Lexington Human Rights	859-252-4931
Lexington Pride Festival	859-253-3233
National Suicide Prevention Lifeline	1-800-273-8255
PFLAG Central Kentucky, Inc.	859-338-4393
PFLAG Louisville	502-223-1323
SisterSound	859-806-0243
Social Services, Lexington	211

Community and Social Groups

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

College Student Groups

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

Don't see your group's events or contact information? Email it to editor@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

