



Jenifer Rene Pool to seek city office

by Deborah Moncrief Bell

Jenifer Rene Pool, a former president of the Houston Gay, Lesbian, Bisexual Transgender Political Caucus (The Caucus) announced on her birthday, October 2, that she will run for City Council, At-Large Position 2. The seat is currently held by Sue Lovell who is also a former HGLBTCC President. Lovell is in her third term and therefore term-limited.

Asked why Pool announced her candidacy so early (she can't even file for the position until January 2011) she explained that, "I am well known in the business community and in the glbt community but to win a citywide election I have to develop the name recognition."

Pool says she does not have a lot of money to run a campaign but thinks she will be able to raise the funds required to be a viable candidate. She decided sometime ago to run for office and intended to in 2009 but felt the climate was not right.

Pool's background has gained her an impressive skill set. earning a full scholarship in field and track to McNeese State University in Lake Charles, LA. where she made All-American. She graduated with a business degree and went on to work in her family's construction firm in Beaumont, TX. She also worked as a home-builder. She came to Houston in 1980 and went into the construction consulting business helping with the licensing and permitting in a five county area and did construction management. Mayor Bill White appointed her to the Building and Standards Commission. Mayor Annise Parker named her to the Police Advisory Board and to the Mayor's Blue Ribbon Task Force on Building & Standards.

~ See *Pool* on Page 4

Lance Reyna's attacker to be released

by Deborah Moncrief Bell

The Montrose GEM reported the brutal attack against a transgender man inside a restroom on Houston Community College Central Campus in June. Lance Reyna, a student-activist who's both transgender and gay, was washing his hands when his attacker emerged from a stall and put a knife to his throat. Reyna was knocked to the floor, beaten and kicked. His wallet and credit cards were taken.

An arrest was made on campus later in the week. Charged with aggravated robbery was Terrance Calhoun, 22. Calhoun has bonded out of jail as he awaits sentencing Reyna has learned.

Reyna is upset that his attacker has been released pending the sentencing that will not take place until November. He also feels that the attack should be deemed a Hate crime, but the FBI has failed to identify it as such.

~ See *Attacker* on Page 4

GLBT Community Center to relocate

from HGLBTCC Release

As predicted in the last issue of the Montrose GEM The Houston GLBT Community Center will relocate due to the closing of their current location. The Center will move out of 3400 Montrose by October 24, along with all of the other building tenants. Programming will continue as scheduled in the present location until that date. The Center then intends to maintain programs as scheduled in a new location after October 24. Call the Center at 713.524.3818 for updates or email president@houstonglbtcommunity-center.org.

The closing last month of the popular Scott Gertner Sky Bar which was located on the top floor of the building was the indicator that some changes would be coming regarding the building. The Center is currently involved in negotiations on a potential new location, and the board of directors has engaged a real-estate professional to search for other possible sites.

~ see Center Move on Page 4



A demonstration and a vigil were held on October 5th at Hamilton Middle School in Cypress where Asher Brown attended school. Several students took part along with community members. The event was organized by the Foundation for Family and Marriage Equality: ~ photo Chris Barr

Bullying incidents lead to suicide of Houston youth

by Deborah Moncrief Bell

News stories abound concerning the recent rash of suicides of several children. Three boys -- 15-year-old Billy Lucas in Indiana, and 13-year-olds Asher Brown in Texas and Seth Walsh in California -- took their own lives after being subjected to relentless anti-gay bullying in school. Ironically their deaths were on the eve of the month of October deemed "Bullying Prevention Month"

September ended with the news of another tragedy. This time, Tyler Clementi, an 18-year-old college student, believed it was better to jump off the George Washington Bridge into the Hudson River 600 feet below rather than live through being outed and humiliated at the hands of his roommate, who streamed video of Tyler's sexual encounter with a "dude" for the world to see on the Internet.

Asher Brown lived in Cypress, TX, a suburb of Houston. He has been identified as a straight A student with a love of reading. A community is in mourning over the loss of this young man. Asher was laid to rest last Saturday on October 2nd. His death and the death of the others has emphasized the need for more education and more efforts to put a stop to the harassment and bullying that takes place far too often at educational institutions. School, a place a child should be safe.

According to the Houston Chronicle, constant harassment at Hamilton Middle School in the Cypress-Fairbanks Independent School District prompted him to shoot himself in the head. --

~ See *Asher Brown* on Page 4



The Houston GLBTCC will celebrate National Coming Out Day on October 11, details and info on Center doings on Page 2



Rev. Harry Knox, formerly with the Human Rights Campaign is a candidate for Senior Pastor of Houston's Resurrection Metropolitan Community Church. See Page 8



See Page 6



Join us on Facebook and on Twitter.

Community Online

www.houstonglbtcommunitycenter.org

www.montrosecounselingcenter.org

www.legacycommunityhealth.org

Houston GLBT Political Caucus
www.thecaucus.org

Fort Bend LGBT Political Caucus:
FBLGBT_Political_caucus@yahoo.com

Out In Houston
www.outinhouston.com

www.PFLAGHouston.org
HelpLine Telephone
713-46PFLAG 713-467-3524
HelpLine@pflaghouston.org

www.assisthers.org
The Lesbian Health Initiative (LHI) <http://www.lhihouston.org/>
Houston Political Organizing Network - <http://groups.yahoo.com/group/HoP-ON>

<http://groups.yahoo.com/group/LoneStarActivists/> (LSA)

FEMINIST ONLINE NETWORK
<http://groups.yahoo.com/group/FEMNET>

Northwest Corner
www.nwcorner.org

www.socialnotesHouston.com

AIDS Foundation Houston
www.AFHouston.org

Imperial Court of Houston
www.spacecityempire.org

Empire of the Royal Sovereign
Imperial Court of the Single Star
www.ersicss.org

TG Center
www.tgctr.org

UH LGBT Resource Center
www.uh.edu/lgbtrc

www.Do713.com (Community Calendar)

www.visithoustontexas.com/my-gayhouston/

Houston ARCH : Area Rainbow Collective History
<http://houstonarch.pbworks.com/>
www.queermusicheritage.com

Gulf Coast Archive & Museum of GLBT History, Inc.
www.gcam.org

If you know of another group that should be added, please let us know at montrosegem@yahoo.com

COMMUNITY NEWS & RESOURCES

Community Center News

National Coming Out Day Celebration on October 11th!

U.S. Representative Sheila Jackson Lee, a steadfast community ally, will address the National Coming Out Day Celebration on Monday, October 11, organized by the Houston GLBT Community Center. The yearly event will take place at 7 p.m. in the sanctuary of Bethel Church UCC (1107 Shepherd at Center St.), one of the open-and-affirming congregations in the community. Jenifer Rene Pool, who recently announced her candidacy for Houston City Council, is also scheduled to speak. Performing at the event will be poet Lesa Jackson, the Houston Pride Band, MECA (Muticultural Education and Counseling for the Arts) dancer Armando Silva, and more. A reception will follow in the Bethel parlor. There is no charge for admission to the event, which is open to the public.

On-going at the Center: The Gulf Coast Archive and Museum of GLBT History (GCAM) exhibits objects from its collection at the Center. Ongoing. The exhibition of Mike Kelley Quilts remains on view in Montrose Gallery

Meetings are at the center unless otherwise noted.

Saturday, October 9. The Center Volunteer League meets, 1-3pm.

Saturday, October 9. The Community Leaders Networking Group holds its quarterly meeting, 1-5pm.

Sunday, October 10. Team Houston meets, 4pm.

Monday, October 11. Project Empower meets, 7:30pm.

Tuesday, October 12. The Center hosts the monthly Center Dinner at One's A Meal (812 Westheimer). 6:30pm.

Thursday, October 14. The Center HIV Support Group meets 6-8 pm.

Friday, October 15. The Center HIV Support Group participates in the National Latino HIV AIDS Awareness Day at San Mateo Episcopal Church (6635 Alder). 11 a.m.-7 p.m.

Saturday, October 16. Center Seniors hosts a boat tour of the Houston Ship Channel. Contact Steve Ryan (713.797.9877, svan98@hotmail.com) by 10/8 to reserve space. 2 p.m.

Monday, October 18. The Center Coming Out Group meets at 7-8:30pm.

Tuesday, October 19. The Center Seniors & Friends Potluck convenes at Bethel Church UCC (1107 Shepherd). 6:30-8pm.

Thursday, October 21. The Center HIV Support Group meets 6-8pm.

Saturday, October 23. The Center Volunteer League meets 1-3 pm.



Conference Updates & Highlights

There's still plenty of time to register for our national conference and expo! We're providing attendees with several opportunities for discussion and debate on the many issues that affect our lives, including our Forums on Aging & Ageism.

Forums on Aging & Ageism

Aging & Ageism, one of five tracks featured at our conference, will explore the impact of ageism in our broader culture and within our own LGBT communities. To facilitate this exploration, we've set up a series of forums that ask people across different communities to talk about the ways in which aging is shaped by gender, race/ethnicity and class. We are offering four forums on aging—for women, men, transgender and gender non-conforming individuals, and people of color—and each forum will feature moderators who embody these identities. At the end of the conference, the moderators will convene a panel to report back on each forum's discussion and how all of our communities can work together to improve the future of aging.

Visit us at www.sageusa.org/conference2010 for more information, or e-mail conference2010@sageusa.org to register for updates.

ON THE RADIO

MONDAYS, 9 - 11pm
"QUEER VOICES"

SUNDAY MORNINGS
12 - 4am
"AFTER HOURS"

ON KPFT 90.1FM
Pacifica - community radio
HOUSTON, TX
www.kpft.org

Tune in!



Houston ARCH

The next public meeting of Houston ARCH will be October 27, 2010 from 6:30 PM to 8:30 PM in the GLBT Cultural Center of the Montrose Counseling Center building, located at 401 Branard, Houston, TX 77006. The meeting will be held in Room 112-113, around the hallway corner from the large meeting room we've been in previously.

The agenda includes discussion of the grants that have been submitted this year, and sharing some exciting developments that took place over the summer, including the formal establishment of a national Advisory Board for Houston ARCH, and the creation of a summer internship at Rice University.

As always, this meeting is open to the public, so feel free to share this announcement with those you feel would be interested in the preservation of the LGBT history of the Houston area.

Houston ARCH : Area Rainbow Collective History

<http://houstonarch.pbworks.com/>

Speaking of History

<http://www.glbthistorymonth.com/glbthistorymonth/2010/>

This site celebrates the achievements of 31 gay, lesbian, bisexual or transgender Icons during GLBT History Month, October.

Beginning October 1, 2010, a new GLBT Icon is featured each day with a video, bio, bibliography, downloadable images and other resources. Just click on the Icon's name, corresponding with the day of the month. Once the feature has played it is available for the rest of the month. Mayor An-nise Parker is featured on October 20th

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BEELINES

by Deborah Moncrief Bell



I, like many others, am dealing with the news of the tragedy of the loss of lives due to young people committing suicide. The bullying and homophobia that led to these children ending their lives was something most of us have faced in some form or another throughout our lives. Like you, I am mourning. Like you I am angry. Like you I am at a loss as to just what is behind the recent 'epidemic'. We are a community in grief. Part of what makes matters so difficult is the fact that nothing we do can ever bring back those children. What we can do is to become even more fierce advocates for fairness, justice and equality. We can get involved in hopes we can help put a stop to bullying and to prevent acts of self-harm. Included in this issue of the GEM is information and resources. If you have never been particularly involved this is your call to action.

One concern I have about the death of Asher Brown here in the Houston area is that he was able to get his hands on a loaded gun. It is against the law for a gun owner, in this case Asher's step-father, David Truong, to have left a firearm in a place to which the person knew or should have known a child would gain access.

Under Texas Penal Code Annotated § 46.13, if a child under 17 years of age gains access to a readily dischargeable firearm (i.e., loaded with ammunition, whether or not a round is in the chamber), a person is criminally liable due to negligence."

It is a Class C misdemeanor (up to a \$500 fine), unless the child discharges the firearm and causes death or serious bodily injury to himself or another person, in which case the offense rises to a Class A misdemeanor (up to 1 year imprisonment and/or a \$4,000 fine). Section 46.13(d), (e).

If the negligent person is a member of the family of the child who discharged the firearm, and the child was killed or seriously injured, an arrest cannot be made until seven days after the offense was committed. Truong has not been charged in the case.

The presence of unlocked guns in the home increases the risk of both accidental gun injuries and intentional shootings. One study found that more than 75% of the guns used in youth suicide attempts and unintentional injuries were stored in the residence of the victim, a relative, or a friend. At least two studies found the risk of suicide increases

in homes where guns are kept loaded and/or unlocked.

Truong who called Asher his "son" has proclaimed that the school failed to take action to stop the bullying and harassment the child received at school. Both parents say they contacted the school and yet the school denies this. Supposedly Asher had "come out" to step-dad on the morning of his suicide and the response was one of understanding. Truong criticizes the school for not protecting his child. Yet, he had a loaded gun in the house. He failed to protect the child as well in my opinion.

Now I am not saying this to be unkind. I can only imagine how horrifying it would be to have a child commit suicide and the additional burden of guilt due to having been negligent in a way that contributed to that happening. I have the deepest sympathy for Asher's family regardless. I am just trying to understand this aspect of the case. I want people to be aware of what it means to have a loaded gun in their home.

I don't like guns it is true but I am not making an anti-gun statement by writing this. I am only encouraging responsible gun ownership for those that have them.

Barry Ouellette, one of the organizers of a demonstration and vigil to honor Asher Brown (and to bring awareness regarding the issues that are inherent in this case) gives the following report:

"It was a great event, very touching. We had about 30 people for the demonstration and about 70 for the candlelight vigil where there were some touching stories and kind and inspiring words from many teenagers as well as concerned parents, clergy and Houstonians."

He also urges, "Please call your Texas State Reps to tell them to pass the "Dignity for All Students Act" here in Texas to make schools a safer place for these kids. There's also a national act, the Safe Schools Improvement Act, so call your US Reps and Senators."

Take action to stop bullying. now!

See page 4 for information on resources on how to do just that.

That's the buzz from me for now!

THE COMMUNITY PAPER FOR MONTROSE AND BEYOND

Please email or call to let us know you want an ad so we can reserve the space for you.

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~ *Asher Brown from Page One*

according to his mother and step-father. His family said he was 'bullied to death' — picked on for his small size, his religion and because he did not wear designer clothes and shoes," reported the Chronicle. "Kids also accused him of being gay, some of them performing mock gay acts on him in his physical education class", his mother and stepfather said.

Grieving parents David and Amy Truong said that the school never responded to several complaints they made in the past 18 months. The school district said they never received any complaints from the parents, teachers or other students. The district said it has conducted a thorough investigation into the allegations of bullying against Brown.

However, the school district has claimed that no such reports were made and have found no fault by the school or the district in this case after their investigation.

The case is under investigation by the Harris County District Attorney's Office and by Child Protective Services who is investigating whether factors either inside or outside Brown's home might have contributed to his death.

People all over the world are responding with grief, shock and anger. However, many groups and individuals are committed to bringing awareness of this issue to the front and seek to provide information and resources. In that spirit, we list them here. Hopefully, Hamilton Middle School CISD will order the documentary, *Bullied* (see next column).

STOMP Out Bullying is focused on reducing bullying and cyberbullying. www.stompoutbullying.com

The Trevor Project at 866-4U-TREVOR. It's a 24-hour, national help line for gay and questioning teens. www.thetrevorproject.org.

The National Center for Bullying Prevention is helping to promote awareness and teach effective ways to respond to bullying. www.Pacer.org/bullying

GLSEN (GLSEN Houston [Gay Lesbian Straight Education Network]) is a great organization that is working to eradicate bullying and bias in schools. Their website is: www.glsen.org

iT Gets Better is dedicated to creativity bridging the technology gap between generations by providing information technology programs and projects to educate and promote best practices in the area of information technology. www.itgetsbetter.org

The Matthew Shepard Foundation runs Matthew's Place, an online community and resource center for LGBTQ youth. www.matthewsplace.com

The Human Rights Campaign (HRC) Welcoming Schools, is an innovative program that gives elementary school teachers, parents and students the tools to help stop the name-calling, bullying and gender stereotyping that so many students face every day. It helps kids learn respect and tolerance early on, to prevent violence later in middle and high school. www.welcomingschools.org/.

Thanks to Kim Case of GLSEN and Fiona Dawson of HRC for providing this information.

Bullied: A Student, a School and a Case That Made History

Bullied is a documentary film that chronicles one student's ordeal at the hands of anti-gay bullies and offers an inspiring message of hope to those fighting harassment today. It can become a cornerstone of anti-bullying efforts in middle and high schools.

The kit includes:

- * the 40-minute documentary film (DVD), with closed captioning and with Spanish subtitles

- * A two-part viewer's guide with standards-aligned lesson plans and activities for use in staff development

- * Additional materials online

Bullied, which has been endorsed by the NEA is designed to help administrators, teachers and counselors create a safer school environment for all students, not just those who are gay and lesbian. It is also intended to help all students understand the terrible toll bullying can take on its victims, and to encourage students to stand up for their classmates who are being harassed.

Order your school's free copy now
Note: Limit of one kit per school.

<http://www.tolerance.org/order>.

Attacker continued from front page

"I feel hopeless right now, plus all the bullying not being taken serious is something I can relate from my younger days in school," Reyna expressed.

Calhoun pleaded guilty to aggravated robbery, a first-degree felony. Sentencing is to take place in early November, but Calhoun could receive probation because it's his first felony.

Reyna said the FBI investigated the case under the new federal hate crimes law that passed last year. However, because Calhoun wouldn't admit that he targeted Reyna because he is transgender, the FBI opted not to pursue hate crimes charges.

Reyna who is now enrolled at the University of Houston is concerned that he may encounter his attacker on the streets. Calhoun does not live far from the UH campus.

Pool continued from Page 1

The reason for her run, she says, is because she sees service to others as the greatest calling and "I want to be part of finding the solutions to the many problems we have here."

Pool thinks her lifetime of experience positions her to help in issues of building the city's infrastructure, saying, "We have a great city with many opportunities, but we need to make sure those opportunities are accessible to everyone."

She explains that some areas of the city, including some that were annexed more than ten years ago, are still without some of the basic city services such as sewer and water.

"Houston will double its population within the next 25 years. How are we going to rebuild to take care of the needs of the city? City government needs to be poised to react to the challenges we will face." Pool states.

She says her qualifications for the office include her experience as a business person who is an effective administrator and manager and with the organizational skills that will make a difference in delivering constituent services. Budgets are a big concern in the construction business and she will bring her expertise in that area when handling city business, saying, "Good business is good government."

The way Pool sees it, "Houston may be seen as a city where oil flows through its veins but the construction industry is at the heart."

Pool says her experience as president of a community advocacy group (The Caucus) she built relationships with candidates and elected officials.

"I have learned the inner workings of city government and that gives me insight as how to be effective as a member of council," says Pool. "I developed many valuable leadership skills working as a volunteer in The Caucus. I learned more about working with people and how to lead without ordering but with taking part in working on mutual goals."

Currently, Position 2 At-Large will be the only seat that will be open in 2011 unless Prop. 2 on the Nov. 2 election ballot passes.

Pool expects others will file for the same seat she is running for unless these new districts become a reality with resident requirements changed to 6 months rather than a year. Pool's election will make her the first transgendered person elected to city office in Houston.

Ms. Pool also is one of the co-hosts of *Queer Voices* radio on KPFT, 90.1fm. Pool tied with Maria Todd of KHMV 96.5 as Favorite Female Radio Personality in OutSmart Magazine's Gayest and Greatest Poll.

Letters to the GEM

Dear Friends:

Please be advised that if you reside in Harris County, HIV testing is available FREE Monday through Friday at Thomas Street HIV Clinic, 2015 Thomas Street, just off N. Main street, here in Houston. The test is pain free, only a cotton swab of your mouth. Takes 20 minutes to find out the results of the test. Just walk in to Thomas Street Clinic and get tested. HIV testing is on the first floor of the clinic.

I'm an HIV positive man and also a volunteer patient mentor at Thomas Street Clinic. I meet with newly diagnosed patients for their first day at Thomas Street Clinic and guide them through the bureaucratic maze of medical tests, signing up for a medical case worker, apply for ADAP (Aids Drug Assistance Program), referral for housing, clothing, food, etc.

So all you gay men out there banging like bunnies, evidently most of you do not know 1 in 5 of you are HIV positive and not practicing safe sex. Do the right thing. GET TESTED and learn to live a life of good health and honesty. See recent article below:

- * Study: 20% of U.S. gay men are HIV-positive: A study by the Centers for Disease Control and Prevention has found that one in five gay men in the U.S. has HIV, but only about half of those who are positive are aware of it. The 21-city study found that Baltimore has the highest rate of HIV infection among men who have sex with men, with 38% testing positive. At 6%, Atlanta's gay male community had the lowest infection rate in the study.

submitted with love,
Ed Barnes

Center Move from Page 1

To help the center, community members are asked to:

- Share information on possible locations that you know of.
- Contribute to a fund to help pay for the move. The board of directors intends to hire a moving company, and will also be responsible for miscellaneous expenses such as telephone/internet installation. You can make a donation online with PayPal at www.houstonglbtcommunitycenter.org. Specify in the appropriate field that the donation is intended for the Center Moving Fund. Or send a check to our mailing address.

- Help with the actual move. Schedule time to box up items, etc. Or assist with unpacking and sprucing up at our the location. HGLBTCC will coordinate the move, but will need people power.

Call the Center at 713.524.3818 for updates or email: president@houstonglbtcommunitycenter.org.

Homophobic, “kill LGBT” performer Capleton starts a new U.S. Tour Pt 1

Due to play Fitzgerald's in Houston on October 16th.

by Jim Bill

Jamaican dancehall performer Capleton, who performs songs that call for LGBT people to be killed or makes comments from the stage calling for LGBT people to be killed, started a U.S. tour in February.

Capleton scheduled a U.S. West Coast tour starting in February 2010. Respectful calls and emails from wonderful Pam's House Blend readers along with the same from a nationwide network of activists and local LGBT activists got Capleton's California performances in Arcata, San Luis Obispo, San Diego, Oakland and Long Beach canceled. A performance in Crystal Bay, Nevada was also canceled.

Right now, of the major Jamaican “murder music” artistes (see “Dancehall Dossier” <http://bit.ly/cl8OnG>), only Capleton is able to perform in the U.S. due to visa restrictions.

Capleton and his colleague Sizzla are ultra-orthodox Rastafarians (“Bobo Ashanti” or “Bobo Dreads”). They are known as “fyah burn” (“fire burn”) artistes because of their calls to God to burn wickedness. The calls are supposed to be metaphoric, but sometimes people take it literally in the Caribbean and set LGBT people on fire.

Respectful phone calls and emails to the venue is requested to at least let the them know the background of their scheduled performer and that we are concerned. Protests are encouraged. Sometimes just the threat of a protest will get a hateful performer canceled. Anyone who opposes the promotion of hatred, violence and vigilante killing should be encouraged to speak out against this and the other performers.

If a performance is not canceled, it is very helpful to have documentation of the performance. Were “kill LGBT” comments made? Were “kill LGBT” songs performed? Video and audio documentation is helpful. Be a spy for freedom! Post the homophobic stuff on YouTube. Let us know if the performance is not homophobic.

Twitter: <http://bit.ly/cSQTO0r>

Facebook: <http://bit.ly/c6LTyf>

For some further reading about dancehall, “fyah burn,” homophobia in Jamaica

Amnesty International USA “Battybwoys affi dead:’ Action against homophobia in Jamaica” <http://bit.ly/bSi1gp>

“BIGGEST BATTYBWOY KILLING ANTHEMS OF ALL TIME” <http://bit.ly/d11aQ4>

(The word “batty” means “butt” in Jamaican Patois. “Batty man” is a derogatory term for a gay man in Jamaica and the Caribbean. We translate “batty man” or “batty bwoy” as “faggot.”)

Sat 10/16/10

Fitzgerald's

2706 White Oak Dr

Houston, TX 77007

(713) 862-3838

<http://fitzlivemusic.com/main.php>

booking@fitzlivemusic.com

Coming Out of the Darkness

by Stephanie Thrift

On Saturday, November 6th 2010 local families and community members will attend Houston's 5th Annual Out of the Darkness Community Walk to raise much needed funds and awareness for suicide prevention. The walk is being held at Stude Park, 1030 Stude Street in the Heights from 10AM to 1PM. Money raised will go towards vital research and education programs to prevent suicide and save lives, increase national awareness about depression and suicide and provide support for survivors of suicide loss.

Suicide is an issue rarely discussed, despite the fact that in the U.S. close to one million people make a suicide attempt each year and every 16 minutes someone dies by suicide each year. It carries with it a stigma and most people are unaware of how prevalent it is in our society. Suicide affects all age groups and socio-economic backgrounds. Suicide is the 11th cause of death overall and the 2nd leading cause of death for college students yet funding for mental illnesses and suicide research is disproportionately low. According to scientific research, more than 90 percent of people who die by suicide have an underlying mental disorder at the time of their death, most often depression, bipolar disorder and/or substance abuse.

Studies show that lesbian, gay, and bisexual youth are up to four times more likely to attempt suicide than their heterosexual peers and nearly half of young transgender people have seriously thought about taking their lives and one quarter report having made a suicide attempt.

~ see *Walk* on Page 8

History at a Glance

by Craig Farrell

The Gulf Coast Archive and Museum recently was asked about the history of the property at 1723 Westheimer, now called The Empire Café. After a little research, this is what we found:

The Place – The Drum (later renamed Chutes)

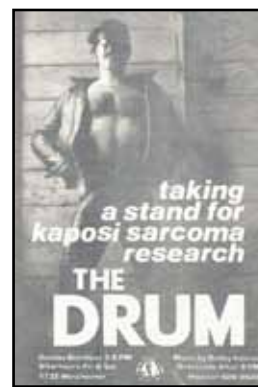
The Time – Sunday Afternoon, April 1982

The Event – Beerbust

Today, driving to 1723 Westheimer you will find The Empire Café, busy serving lunch and desert. But in the early 80's this address was known as The Drum, a favorite spot for cheap cold beer and visiting with friends. Beerbust started at 3PM and lasted till 9PM. Afterhours every Friday and Saturday night were packed. The DJ at the time was Bobby Konrad.

Many of us remember the familiar circular metal building. The entrance was in the back. This was the place where after 9PM the dress code became “Leather”. The men were HOT, and the music was great!

The Drum was also known for helping in community affairs. During the 80's, Houston was beginning to experience one of its most horrible challenges, the AIDS epidemic. Not knowing exactly what was happening, M.D. Anderson Hospital Cancer Prevention Section referred to what they were calling the new “gay diseases” one of which was Kaposi's sarcoma. The Drum, along with several other area bars and businesses, took a definite stand to help. Personal health insurance didn't want to pay for the “gay disease” so bars like the Drum took the lead by being some of the first to help begin public, STD education programs in Houston. The advertisement shown here is dated April 9, 1982.

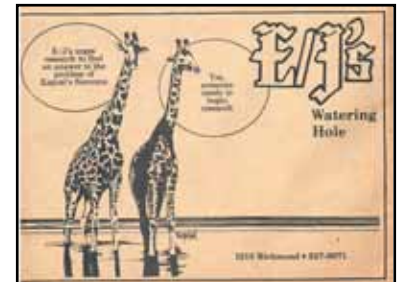


The Drum believed in informing and educating the community. Doctors from the Montrose Clinic and M.D. Anderson Hospital began efforts to inform the gay community of the dangers of the new “gay diseases”. Compared to New York and San Francisco, the risk of Kaposi's sarcoma and related immunological suppression diseases seemed lower in Houston. Why? This was thought to be in part because of these early public, STD education programs.

Other businesses were also joining the line of defense against STD's in Houston. The Montrose Clinic, then located at 104 Westheimer, was open on Tues-

day, Thursday, Friday and Sunday afternoons. The clinic was the only clinic in the country to be privately funded, specializing in only STD's. Screening included taking a blood sample as well as a penile, throat, and rectal culture.

EJ's bar also joined in the effort to raise awareness. The bar was located at 1213 Richmond at the time. Owners and staff began to see the clientele of the bar devastated by the new “gay disease”. They changed their advertising to reflect their concern. The advertisement shown here is from 1982, encouraging research for Kaposi's sarcoma.



The National Coalition of Gay STD Services was formed in 1979 at the first Gay STD medical conference in Chicago. Meeting again in 1980 in San Francisco and Detroit the coalition began the development of guidelines and recommendations for gay people in order to make them more aware of health risks associated with gay and lesbian sexual activity. Here in Houston, following the example set by The Drum and EJ's, several businesses joined together. Happy Trails, The Hole, Houston Guest House, Kindred Spirits, Miss Charlotte's, Travel Tech and CHE (Citizens for Human Equality) funded and helped publish the STD supplement, issue #76, April 9, 1982. The information received from the health professionals needed to be accurate and non-moralistic. Facts not just opinions, this was the only way our community would be able to use the knowledge for lowering the risks of spreading this new disease. Knowledge of specific sexual activities and the ability to be supportive of gay sexual expression was essential if this public STD education by the local businesses was to be effective. It was 1982 and our battle had just started.

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This year's event will be a social mixer with an open bar, hors d'ourves and of course the Annual Art Auction. They also have some new surprises and special guests this year so please RSVP via Facebook.

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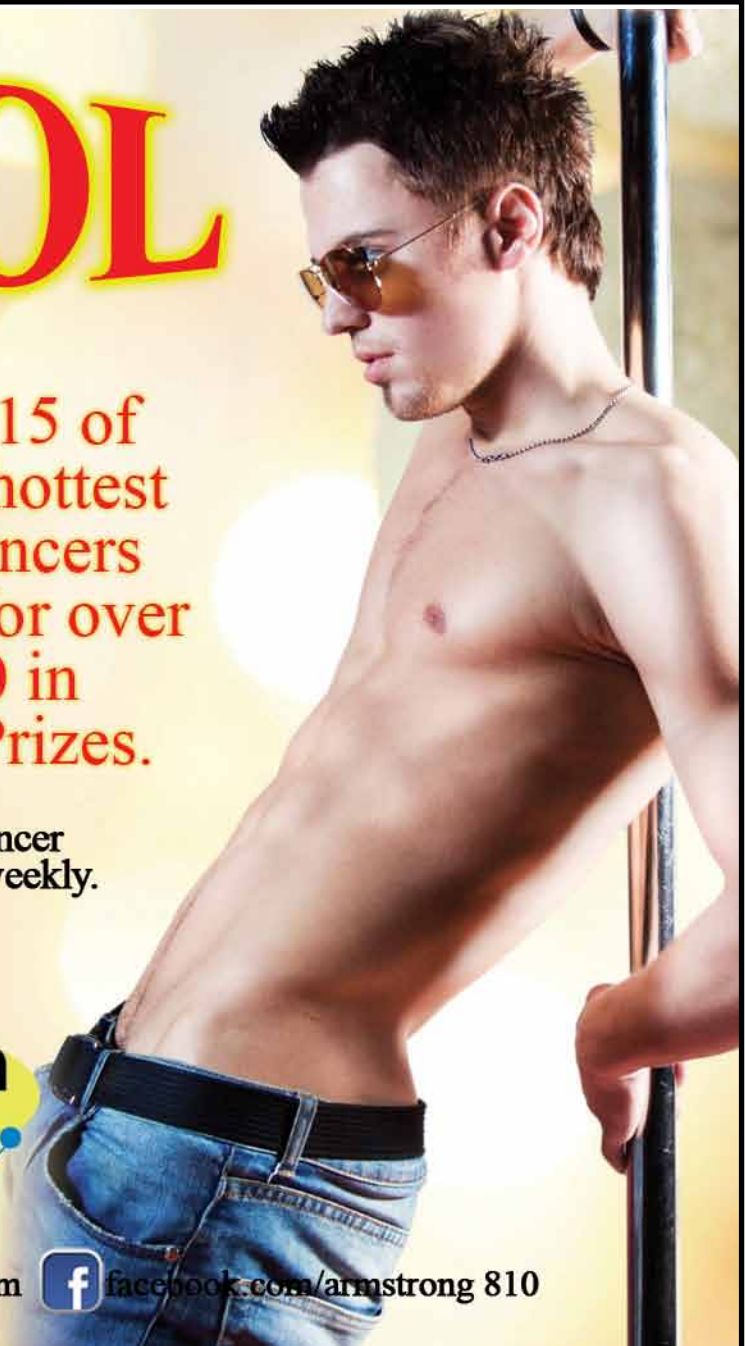
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I'm a 1 yr old, German Shepherd mix, 60 - 70lbs and have already been neutered, up to date on my shots and healthy. I have also been taking obedience classes so that I will be a good boy for you!

If you would be willing to love me, please contact Thea at 832-877-4346 or email ycnightheron@gmail.com





Believing in a Gay Spirit

Rev. Burton Bagby-Grose

We are all focused on the issue of bullying and the terrible things that come from it because of recent media attention on the deaths of several GLBT teens that seem to have resulted from anti-gay bullying.

As we read the accounts of suicides in Bakersfield, California; Greensburg, Indiana; Rutgers University in New Jersey; and even right down the road from us at Hamilton Middle School in the Cypress-Fairbanks Independent School District, of course we are angry. But we must also immediately intensify our efforts to end such discrimination and deep despair.

Many point to Christianity as the cause of it all. But Rutgers University is not some little school in the middle of nowhere. Rutgers is made up of a diverse series of New Jersey campuses in the heart of one of the most cosmopolitan regions in the nation.

Jesus Christ taught that the two most important things for us in life are to love God and to love everyone else. It's that second one that most of us have a really hard time accomplishing. Jesus did not say, "Love the nice pleasant people with whom you agree." He taught that we should love everyone, even the people we don't understand or who are different from us.

There is a wonderful song performed beautifully by singer Steve Green about following the light toward all that is good. It is called "Find Us Faithful" and one of the stanzas says:

"After all our hopes and dreams have come and gone,
And our children sift through all we've left behind,
May the clues that they discover and the memories they uncover,
Become the light that leads them to the road we each must find."

Isn't that the goal to which we should aspire?

If you had told me as a high school senior in 1982 that my suburban Houston high school would have a gay-straight alliance 20 years later I would have said you were crazy. But it does.

Yes, we are sad and angry about these suicides, but all of this media attention of late should call us to the higher goal of leaving a light for those who are coming out and for those who are not out yet.

We should all attend the National Coming Out Day Celebration sponsored annually by the Houston GLBT Community Center at 7 p.m., Monday, October 11 at Bethel United Church of Christ at 1107 Shepherd Drive. It will be a secular celebration of love and honesty with singing, classical dance, and perfor-

mances by the Houston Pride Band.

A friend wrote me this week that, "After all Christ stood for the 'prostitute caught in sin' and protected her from the bullying Pharisees!"

Another wrote that we should be talking about "how the actions shown 'in the name of God' by these bullies and authority figures (Shirvell) are inconsistent with Jesus' real teaching. Maybe give folks info to counter those extremists with real truth..."

Well, the real truth is that the essence of Jesus' teachings are about loving and nurturing each other. His stories talk about the oppressed and those discarded by society. Those are the folks who he calls us to help.

Jesus said that, "From everyone who has been given much, much will be demanded; and from the one who has been entrusted with much, much more will be asked."

Most of us have been given so much. It's time for all of us to take a firm stand for those who are not yet strong enough to defend themselves. It's time for us to join together, united in our goal of creating a world where children are safe to be open and honest about who they are and who they are becoming. We are talking about something even bigger and greater than simple tolerance. We are talking about creating a world where all are treated with dignity and respect.

Another friend asked, "What role can religious leaders play in helping to battle anti-gay bullying and mobilizing their congregations to advocate that all children be treated with respect and compassion?"

As clergy, we must do just that: "mobilize our congregations to advocate that all children be treated with respect and compassion."

And we must do it now!

~ Walk continued from Page 5

Recognizing the need for research, awareness and education on suicide and suicide risk among lesbian, gay, bisexual, transgender and questioning individuals, AFSP is dedicated to playing a lead role in the effort to prevent LGBTQ suicide.

Stephanie Thrift, a local mother who lost her eighteen year old son Kevin to suicide, said her reason for walking is to raise awareness and to help eliminate the stigma attached to mental illness. "We want to get the word out that when people are depressed or suffering from psychological stress, they can get the professional help they need before it escalates to suicide." For more information including how to register, log onto www.outofthedarkness.org or email afsp.houston@gmail.com



Rev. Harry Knox to preach in Houston at RMMC

Harry Knox, director of the Human Rights Campaign's Religion and Faith Program and a past member of President Barack Obama's Advisory Council on Faith-Based and Neighborhood Partnerships, has accepted a call to candidate for the position of senior pastor of Resurrection Metropolitan Community Church (RMMC) in Houston, Texas.

Founded in 1972, Resurrection MCC serves more than 850 members and friends and is one of the largest congregations within Metropolitan Community Churches. The Houston church is widely known for its positive, affirming ministry to lesbian, gay, bisexual and transgender persons, along with their friends, families and allies, and for its strong commitment to social justice as an expression of the congregation's Christian faith.

"Resurrection Metropolitan Community Church seeks to meet the pastoral needs of its members and to equip their spiritual growth so they can live into God's calling to be the leading social justice congregation in Houston," said Rev. Knox. "The call of the search committee to become the candidate for senior pastor at Resurrection is a dream come true for me. My calling and passion are for equipping God's people to do compassionate justice in Christ's name."

"Harry Knox is a gifted spiritual leader with a wealth of experience in ministry, non-profit management, advocacy, and human rights work," said Rev. Elder Nancy L. Wilson, moderator of MCC worldwide. Knox holds a Master of Divinity from Lancaster Theological Seminary and received extraordinary clergy credentials through the Office of Moderator of Metropolitan Community Churches. He will participate in MCC's upcoming REVM clergy program and will celebrate the Rite of Ordination at MCC of Washington, DC, on November 13, 2010.

While at HRC, Rev. Knox supervised the creation of a national speakers bureau that reaches more than 10 million Americans monthly and a weekly scriptural commentary preaching resource with an ecumenical lesbian, gay, bisexual and transgender perspective on the Bible. He was also instrumental in

creating the historic HRC Clergy Call for Justice and Equality, now a biennial Capitol Hill advocacy event for LGBT-affirming clergy and other faith leaders.

Rev. Knox has been featured on the BBC News, PBS, NBC, and CBS, as well as in national and local newspapers. He was the recipient of the 2000 Cordle Award for Promotion of God's Diversity and Lancaster Theological Seminary's 2005 Robert V. Moss Medal for Excellence in Ministry.

Knox joined the staff of the Human Rights Campaign in 2005. "There are people you meet in life that you truly feel blessed to have known," said Joe Solmonese, HRC president. "Harry Knox is one of those people for me. For the past five years, Harry has led our Religion & Faith program with great skill, effectiveness and diplomacy. We are infinitely stronger as a result of Harry's leadership."

Prior to his work with the Human Rights Campaign, Knox served as business manager for patient services and comprehensive school health programs for the American Cancer Society, Georgia Division; director of development at Equality Florida; executive director of Georgia Equality; and program director for Freedom to Marry.

According to Rev. Nancy L. Wilson, moderator of MCC, "I have been blessed to know and work with Harry Knox for many years. I am so impressed by his sincere conviction of the power of the inclusive gospel of Jesus Christ, by his charisma and his pastoral and organizational skills, and by his ability to meet and love and lead so many kinds of people. He has been a wonderful colleague and friend, both at the White House and at the Human Rights Campaign, always challenging homophobia, whether in Uganda or California. Nothing pleases me more than welcoming him into the ranks of MCC clergy and for him to be the candidate for senior pastor of Resurrection MCC. Harry is a genuine, humble, history-maker, who loves our movement, our people, our God, and our great cause."

Rev. Knox will be the preacher for Sunday services on October 17 and 24, 2010, and a congregational vote is scheduled following morning worship services on the 24th. If his selection is ratified by the congregation, Rev. Knox will begin his new ministry in Houston fulltime on January 1, 2011.

For additional information on the ministry, services, and programs of Resurrection Metropolitan Community Church of Houston, visit www.resurrectionmcc.org. For additional information on MCC worldwide, visit www.UFMCC.com. RMMC is located on 11th Street near the intersection of T.C. Jester.

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Designer/Creator

GLSEN Houston [Gay Lesbian Straight Education Network]

GLSEN Houston is on its way to becoming a recognized chapter. We should hear from national about our official accreditation this fall.

We wanted to let you know some of the plans for the 2010-2011 academic year.

We are currently available to schedule educator workshops on site at your school to provide information on creating safe schools for LGBT youth and all students. With two workshop facilitators trained by GLSEN national, we are excited to offer educators workshops at a discounted rate. The first 3 workshops scheduled in response to this email will receive a 50% discount!! Please email Leo Chan at chanta@uhcl.edu to inquire about scheduling a workshop.

Volunteer Event: October 10, 2010 at 11am-1pm Come join us and discovery volunteer opportunities including new committees on GSA & LGBT youth support, educator workshops, getting trained as a workshop facilitator, fundraising and more. Location-One's a Meal Greek Restaurant - private room; 812 Westheimer Road
Volunteer NOW! If you are already interested in potentially joining a committee or want to find out more, please don't hesitate to contact the particular coordinator (board members listed below). For example, if you want to be involved with organizing educator workshops, you can contact Leo Chan. Or if you know you have a passion for fundraising, contact Meghan Baker. We need you to make GLSEN Houston a great success!!

GLSEN Houston on Facebook- Become a fan today and stay updated on national news related to LGBT youth, safe schools initiatives, and GLSEN Houston events.
www.facebook.com/GLSENHouston

TG Town Hall Meeting
on Saturday, October 9 • 1:00pm - 3:00pm

at the Transgender Center, 604 Pacific, Houston, TX 77006

This town hall meeting will focus on the impact the Heather Delgado v. Nikki Araguz case will have on the overall GLBT community within Texas and beyond.

A loss can mean that the State of Texas will no longer recognize the transitioned status of transgender people. This will have a huge impact on transgender employment issues, bathroom issues, issues of policy and issues of law.

A win will ensure that the State of Texas will officially recognize the transitioned status of transgender people. This will also have a huge impact on transgender employment issues, bathroom issues, issues of policy and issues of law.

You must RSVP on Facebook to attend.

TWO ON THE AISLE

REVIEW BY BILL O'ROURKE



Busytown Music Delightful

Busytown (at Main Street's location on Montrose) is a children's play. If you are saying "Whoa! What's gay about that?" then you don't know as many gay parents as I do. That couple on Modern Family is by far not the only gay couple, male or female, out there with a kiddo.

Besides, a good children's show that doesn't speak down to anyone can be a whole lot of fun even if you, like me, have never had "children" with less than four feet. The take off in recent years of young adult fiction is due not only to "young adults "discovering" how much fun it is to read for this reason.

This is a musical based on the books of Richard Scarry, with a script by Kevin Kling, music by Michael Koerner and lyrics by both of them. So, you can tell already (Can't you?) that the emphasis here is going to be on the music. Good news! The songs are delightful. They didn't stick in my mind enough for me to leave the theater humming one or two of them, but they were more than equal to their purposes – entertainment and education. I had several favorites I wish that I could remember – like the one about a pirate whose favorite letter is "R" as in Arrrgh!

Education? Yes, there's not much plot here. What plot there is, again delightful, is just not a lot. The main focus of the show is talking about what people do for a living. There are about four songs at the beginning of the show before we ever get to any dialog to speak of. The third song is a chorus girl pretty farmer telling us what she does. She later comes back and tells us more about raising crops. The fourth song is about following the money as it circulates around the city.

Still, there are some professions which are not mentioned. You know, ones that can be helpful but can be quite naughty, I suppose like ministers and politicians. "Then how come there is a pirate?" you might ask. Well, the show is fleshed out with some information about various means of transportation. There are some very imaginative cars. The art car people have nothing on these guys. There's a train engineer who talks but isn't heard, at least at first, since the train whistles are drowning her out. There's some cute business with airplanes and a boat – a pirate boat.

Notice how there is also an unspoken lesson here that an empowered woman can do anything? That's somewhat undercut by keeping the names of their

roles male. I suppose that these are the names they had in the books. Still, the female baker is named Able Baker Charlie, etc.

Everyone is played by one of five very talented actor/singer/dancers, so well blended as to be sort of unfair to talk about any one of them separately – Rebecca Cansler, Jacqui Grady, Mitchell Green, Jessica Knapp, Joey Melcher and Caroline Menefee.

They are well supported by a pastel bright set by Jodi Bobrovsky but, on the tech side, the real standout here is costume designer Macy Perrone. She has artistically assembled and then painted, re sewn, etc. an eclectic blend of found objects and it works big time! Shuttle cocks for noses, who'd a thunk it?

Busy, busy, busy! But we can't all live in Quiet Town like Grandma Bear who is retired.

Main Street's Chelsea Market location is at 4617 Montrose Blvd., just South of the bridge over 59. www.mainstreettheatre.com, 713-524-3622.

OPENINGS

Hairspray (TUTS, 10/5) – Based on the John Waters film. The first time we saw this, it immediately became Loyal's favorite musical for about a year and a half.

Fiddler on the Loop (Main Street, 10/8) – One night gala with celebrity entertainers, including the Mayor. Is this the replacement for Halloween Magic

Wait Until Dark (Dionysus Theater, 10/9) - There should be something very magical about this theater doing this play -- a thriller about a blind woman terrorized by thugs.

The Marriage of Bette and Boo (Mildred's Umbrella, 10/14) – one of our city's leading avant garde theaters.

The Ugly Duckling (Thunderbird Theater, 10/14) – Touring the elementary schools with a play for Kindergarten through about 4th grade about how to deal with bullies. Remember, the ugly duckling is neither a duck nor ugly.



Pictured L-R are Farmer Alfalfa (Jessica Knapp) and Betsy Bear (Caroline Menefee).

~ photo by www.RicOrnelProductions.com



What National Coming Out Day Means to me

by Lou Weaver

"Sticks and stones may break my bones, but words can never hurt me." How many times did we sing these words as children? How many times did we hurl them back at our attacker, like some kind of spear? Did we believe them? We were taught to believe them, taught to ignore the verbal weapons launched in our direction.

But it isn't easy. Those words get under our skin, into our minds. They repeat themselves over and over...fag, dyke, sissy, queer. It doesn't matter which one they use. They are all the same. They are bigoted taunts. Sometimes said with such hate and venom dripping from them, sometimes as a passing slur without poison attached. No matter which way they are used; in those instances it is never nice. It hurts. Trust me, I know.

I wasn't out in high school. I was just a tomboy, a wanna be jock. I was teased, hated, called names. Right after school I met my first real life lesbians. I came out. Then it was OK to be different. I was no longer alone.

Next week marks the 12th anniversary of the National Coming Out Day (NCOD) project although the first celebration of NCOD was October 11, 1988 (the anniversary of the 1987 March on Washington and the first National Display of the NAMES Project Quilt). It is a day where LGBTQ people are encouraged to "take your next step" in living openly and powerfully on October 11th.

I used to be so proud wearing my shirt with the Keith Haring designed NCOD logo depicting a yellow figure kicking open a bright orange closet door, walking into a colorful room. That shirt was a symbol of my youthful pride and arrogance. I probably still have it somewhere.

I was silly enough to think I could make a difference, that by coming out and being counted they could not continue to silence us. There is strength in numbers.

Right now our community is reeling from reports of nine suicides of LG-BTQ youth. All of these children took their lives due to bullying over their ei-

ther perceived or real sexual orientation. These are the ones we know about; how many stories have not been told?

After facing torment and harassment, feeling utterly lost and without hope; their lives were cut short. Rather than continuing to go forward, they succumbed to the bigoted rants. For them there will be no "it gets better".

I think about this when I think about my coming out. I, too, almost gave up. I had lost my way, thinking I was worth less than others. Now, I am out and open. I stand up and speak for those that cannot. Is that enough?

I feel that the honest answer is no, it is never enough. Losing one person is too many. This has become an epidemic. It is shameful and a disgrace. It breaks my heart.

For this reason, I will Come Out. And not just here in my safe space. I will continue to do outreach, take part in panels to educate. I'll do interviews for the papers, the radio, and television. For anyone that will listen, I will tell my story. I will tell the truth.

Because, I now know that I can make a difference.

I'm tired of focusing on the negative rather than the positive. My name is Lou Weaver, I am an openly queer Transgender Male.

Happy National Coming Out Day 2010!

Keith Haring (May 4, 1958 – February 16, 1990) was an artist and social activist whose work responded to the New York City street culture of the 1980s. Haring was diagnosed with AIDS in 1988. In 1989, he established the Keith Haring Foundation, its mandate being to provide funding and imagery to AIDS organizations and children's programs. Haring enlisted his imagery during the last years of his life to speak about his own illness and generate activism and awareness about AIDS. The disease claimed his life at the age of 31.

National Coming Out Day is an internationally-observed civil awareness day for coming out and discussion about gay, lesbian, bisexual, and transgender (LGBT) issues. It is observed by members of the LGBT communities and their allies on October 11 every year. NCOD founders Rob Eichberg, Ph.D. and Jean O'Leary encouraged all people, of all sexual orientations, to "take your next step" in the coming out process. The idea behind it being that by being open and visible would change societal views. It began as a celebration of the Second National March on Washington for Lesbian and Gay Rights in 1987, in which 500,000 people marched on Washington, DC. In the United States, the Human Rights Campaign manages the event under the National Coming Out Project.

Cooking Capers with Dr. Dave



Well it's almost Halloween time! It's that ghoulish epoch when vampires chatter their fangs as garlic appears! Well, garlic also brought back fond memories of one of my trips to San Francisco where a friend of mine and I ate at a quaint restaurant that specialized in cooking with garlic. For those of you who love the little cloves of pungent pleasure, I've recreated some of the recipes I remember from this restaurant. I hope you enjoy them as much as I do, and if you have an annoying boyfriend or girlfriend, serve 'em up some of these specialties from your caldron, and be done with them!

SALAD

Garlic Caesar Salad

2 heads romaine lettuce
1 tsp. minced fresh garlic
6 canned anchovy fillets mashed or pureed
2 egg yolks beaten
1 tsp. Dijon mustard
1/4 cup fresh lemon juice
1/2 cup grated parmesan cheese
1/3 cup extra virgin olive oil
20 freshly baked croutons
1 tsp. freshly ground white pepper

Wash the lettuce and remove the outer leaves. Keep the leaves long, or cut them into squares, whichever you prefer. Wipe the leaves dry. In a large salad bowl, mix the garlic, anchovy, eggs, mustard, lemon juice and parmesan. Add the lettuce, olive oil and croutons and mix well. Add the white pepper and continue to mix. Serve and top with shaved parmesan.

SOUP

Garlic and Artichoke Soup

3 cans water-packed artichoke hearts
2 medium chopped onions
3 sprigs fresh thyme (peeled off the stem if it is woody)
2 whole bay leaves, dried are fine
4 cups chicken stock
salt to taste
1/2 cup roasted garlic that has been pureed
1 cup heavy cream
4 ounces grated monterey jack cheese

Cut the artichokes in half, place in a pot with the onions, thyme, bay leaves, and chicken stock. Add the salt and bring to a boil. Cook until the artichokes are very soft; puree the soup, using either a hand-held blender or a food processor.

Strain, or pass through a food mill. Return soup to the pot, bring to a simmer, and then add the roasted garlic, cream, and cheese. Whip until smooth and cheese is incorporated. Adjust seasoning with salt and pepper, and serve.

MAIN EVENT

40 Clove Garlic Chicken

Honey, for those of you who prefer the younger, more "succulent" chicken found both in the butcher's case and the gay bars, this is the recipe for you! Feed 'em some of this before you go to the local pub, and it's guaranteed to keep trolls, vampires, and less than desirable men away from your honey!

1 tablespoon butter
2 tablespoons extra virgin olive oil
3 pound roasting chicken, washed, patted dry, and cut into pieces
salt and freshly ground pepper to taste
4 tablespoons fresh rosemary
1 cup flour
40 large peeled garlic cloves
1 cup dry white wine
4 cups chicken stock
1/2 cup heavy cream

Heat butter and olive oil in a deep, heavy skillet. Season chicken with salt, pepper, and rosemary. Toss in flour. When pan is hot, but not smoking, add the chicken, skin side down. Saute the chicken until golden brown on both sides; remove from pan. Add garlic cloves and saute until light brown. Add white wine and chicken stock. Return chicken to pan. Cover and simmer for thirty minutes. Remove chicken and keep warm. Turn heat to high and reduce liquid by 65%. Remove to blender, add cream and puree sauce. Adjust seasoning and serve over chicken.

SIDE DISH

Garlic Mashed Potatoes

4 russet potatoes, peeled and diced
2 turnips, peeled and diced
1 cup peeled garlic cloves
1/3 cup heavy cream
2 ounces butter
salt and ground white pepper to taste

Place potatoes, turnips and garlic in a large sauce pan and cover with water. Salt the water and bring the vegetables to a boil until soft. Heat the cream and butter in a small saucepan. Empty the potatoes, turnips, and garlic into a colander and let stand until well drained. Place in a mixer (or use a hand mixer) and beat the potatoes with a wire whisk attachment. Add cream and butter and mix until smooth. Season with salt and pepper

Well ladies and gentlemen. I hope you try and enjoy these recipes. Have fun at your local Halloween party as well!

Healthy Living

GLBT Health News of Note

HealthyLivingNews.org

Are You a Macho, Macho Man?

Have you the makings of a macho, macho man? Find out with the Auburn Differential Masculinity Inventory, or ADMI. It was developed in 2004 to determine what makes a "hyper-masculine" or macho, macho man. The ADMI macho, macho man, exaggerates the traditional male gender role. To see if you're one requires answering a 60-item questionnaire in five areas: hyper-masculinity, sexuality, dominance and aggression, conservative masculinity, and devaluation of emotions. Questions include: Do you value power over people? It's okay for men to be rough during sex? Men who show their emotions are sissies? I brag about my sexual conquests? So no mild metro-sexual or emasculated Mary is the macho, macho man. In fact, a hyper-masculine man has some pretty nasty tendencies. He is mistrusting, equates violence with maleness, and views potential conquests as sexual objects. His emotions are limited to displays of anger and contempt. Fear and love are weaknesses. So who wants to be a macho, macho man? We think we'll pass.

Warning: Macho Macho Man Behind the Wheel

So what's a macho, macho man like behind the wheel? Well, dangerous according to a new Canadian study. Using driving simulations and the ADMI to determine hyper-masculinity among participants, researchers told 22 men to "catch that car!" In the study the ADMI macho, macho men took more risks behind the wheel than the milder-mannered men. Other studies have confirmed a connection between machismo and reckless driving because cars become extensions of our personalities. In fact, a NYC study just revealed that men were behind the wheel in 80% of accidents resulting in pedestrian death or serious injury (57% of NYC cars are registered to men). So if your driving and see a car with the following bumper sticker, "Warning: macho, macho man behind the wheel," just steer clear.

Jump Around Couch Potatoes!

Who'd have thought that lying, or sitting around a lot could hasten your trip to the great beyond. Well, that may be the case according to two recent studies. First, a study in *Circulation* has shown that regularly relaxing and watching TV an hour a day (or sitting surfing the web) can increase the risk of death by 11%. The second study, in the *American Journal of Epidemiology*, looked

at the downtime, downside of just sitting too long. That study revealed that regularly spending at least 6 hours of daily leisure-time sitting also increases mortality. For those who sat a lot and didn't exercise the risk of death was even higher. Women who lounged excessively had a 40% higher risk of death and for men it was 20%. The rates were more than double that for the least active women and men. The researchers emphasized that it was not just a lack of exercise but excessive sitting that was bad for you, significantly increasing the risk for cancer and especially cardiovascular disease. As one researcher suggested, "In addition to regular exercise, avoid sitting for prolonged periods and move more often." So get off your duff, get active, jump around! You'll live not to regret it.

Fireworks Exploded in My Mouth!

Do you recall your very first kiss? Well, it seems men and women recall that particular milestone differently. According to a study in the *International Journal of Sexual Health*, the anticipation of that first smooch caused feelings of anxiety, fear and uncertainty. Afterward, however, men more than women recall the experience as being positive. Not sure if that means women are better kissers, but the men's favorable reaction and the women's less enthusiastic one is, according to the researchers, similar to what people think about other sexual milestones like first intercourse. The authors suggest that men in general adopt more positive, if not sentimental, attitudes about sex, at least when they reminisce. To anyone who has heard men boast in locker rooms this is no surprise.

Beyond "there's an app for that."

A new report, *Pharma 3.0*, highlights new health monitoring technologies beyond pill reminder phone apps like the Pill Phone. For diabetics there is now Lifescan, an iPhone app that lets you upload your glucose levels to your iPhone. Or try Bayer's Didget glucometer for gaming devices like Nintendo to monitor blood sugar levels. What might seem a little too futuristic for comfort, if not downright Orwellian, is the "Smart Pill" and "iPill." These contain computer chips that monitor dosing and vital signs with wireless bio-sensors. The hope is to use the pills to treat intestinal diseases and testing new drugs. Let's hope they don't cause indigestion.

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