

Opinions Founded on Prejudice LGBT HATRED ON THE RISE

By Josh Aterovis



By Josh Aterovis

The great Scottish judge and literary critic Francis Jeffrey once said, "Opinions founded on prejudice are always sustained with the greatest of violence." He was most likely referring to the ferocity of a verbal argument, but his sentiment holds true in every sense of the word violence. As lesbian, gay, bisexual, and transgender issues have come to the forefront on an international scale, organized attacks and violence against the LGBT community has increased exponentially.

Several countries saw violence erupt at their Pride events this year. In July, Erik Shkapars, the executive director Latvia's capital Riga, canceled the city's pride celebration, but a judge ruled that the parade could go on. When several dozen brave gays and lesbians showed up to march through the center of the city demanding justice for sexual minorities, they found themselves vastly outnumbered by anti-gay demonstrators. The protests turned violence when the anti-gay crowd began throwing rotten eggs

and insults, and scuffles with the police broke out.

A similar scene played out in Poland a month earlier when more than 2500 people marched through the streets of Warsaw in defiance of the city's mayor, who had also canceled all gay pride celebrations. Once again, eggs and insults were tossed, but that time, marchers were physically attacked by protestors.

Things got even uglier at Jerusalem's pride parade. More than a thousand protestors threw bottles of urine and bags of feces at marchers. Three people were stabbed in a series of attacks by religious extremist.

In Australia, the Victorian Gay and Lesbian Rights Lobby reports that Violence and harassment against gays and lesbians in Victoria is increasing to "unacceptably high levels."

According to Human Rights First, in France, violent hate crimes against gay men more than doubled from 2002 to 2003.

Even in Canada, where gay marriage was recently legalized, violence against gays and lesbians has increased. Criminologist and author Doug Janoff says violence against homosexuals in Canada is more "frenzied" and intense than that perpetrated against other victims of violent crime.

Unfortunately, the U.S. is at the forefront of anti-gay attacks. This summer was an especially violent one for the LGBT community. In July alone, there were four separate LGBT-related arson attacks around the country. On July 9, a gay-friendly United Church of Christ

congregation in Middlebrook, Virginia was damaged in a fire set after the arsonist wrote a message on the exterior of the church calling its members sinners. Two weeks later, the only gay club in Fayetteville, Arkansas was torched for the second time in less than a month. Studio 716 was destroyed by the second blaze. A week later, a gay club in Brownsville, Texas was gutted by fire. Then, just days later, a Florida couple were the victims of a targeted hate crime when their home was set ablaze and "Die Fag" was spray painted on their front steps.

It was a violent summer for gays in New York City as well. There were nearly one hundred attacks on gays in the City this summer. In June and July alone there were 85 violent hate crimes against NYC gays and the number rose almost daily in August. According to the Anti-Violence Project, hate crime against gays were about 6% above average in 2004.

In fact, violence against gays is on the rise on a national level. According to the National Coalition of Anti-Violence Programs' annual report released in April, reported anti-gay violence rose 4% between 2003 and 2004. Included in the rise in incidents for the year, was an 11% increase in anti-LGBT murders. In 2003, NCAVP's report on hate violence detailed a 26% increase in anti-LGBT violence.

"This year's report has to be viewed as a follow-up to our report from a year ago," Clarence Patton, acting executive director of the NCAVP said. "In the last edition of this report it became all too clear that with respect to violence, the nation's LGBT communities had entered a very new, and very dangerous era in which all of us were under attack at levels not seen in recent years."

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The State of the Milwaukee Pride Parade

Now that summer is almost over and everything has settled down, we can start planning for the 2006 Milwaukee Pride Parade. Let me start out by saying that we only had two months to plan this year's parade and with the combined cooperation with LGBT bar owners, we raised \$8,920.00.

The cost of the 2005 parade was \$4,569.87. The major expense we had were the permits which totaled \$2,359.00, insurance at \$631.00 printing costs of \$974.49 and supplies at \$605.38. This gives us a surplus of \$4,350.13 which will be used towards next year's Parade. I would also like to announce that the Milwaukee Pride Parade is now incorporated in the state of Wisconsin as a "Corporation, Not for Profit." This year the G/L Community

Trust Fund (a 501c3 non-profit organization) acted as the Fiscal Agent for the 2005 Parade. Although we are incorporated as Milwaukee Pride Parade, Inc., we do not have the 501c3 status. If you want to donate to the parade and want your donation to be tax deductible, you can still go through the G/L Community Trust fund. Si Smits has agreed to take donations for the parade. All you have to do is state that you want the donation to go to the Milwaukee Pride Parade.

On Labor Day we had our first fund raiser for the 2006 Milwaukee Pride Parade at Boom. We raised an additional \$351.00, bringing the total parade funds to \$4,701.13. We are hoping to do more fund raisers before the end of the year with a goal of \$10,000 going into 2006. We want to ensure that the Mil-

waukee Pride Parade will improve year after year and that it stays in Walker's Point where it belongs.

We should all be proud of the unity displayed by the LGBT bars in Milwaukee. It shows to all of us what can be done once we unite together to "Make Our Dreams Come True." Special thanks go to the Great Lakes Riders for all their hard work in helping to pull off the parade in such short notice.

A meeting will be held at Fluid on Monday, September 19th at 7pm to discuss what we want to do to enhance the 2006 parade. We invite all who want to GET INVOLVED to come and give their suggestions. Let's make the 2006 Milwaukee Pride Parade better than ever!

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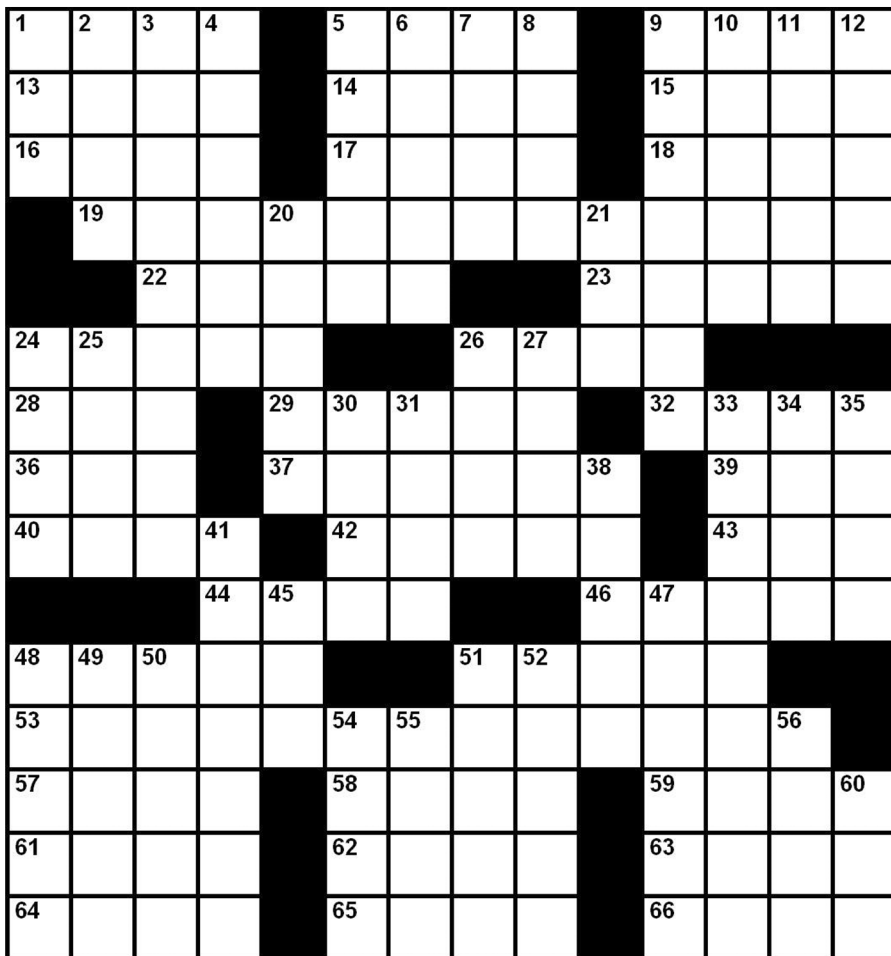
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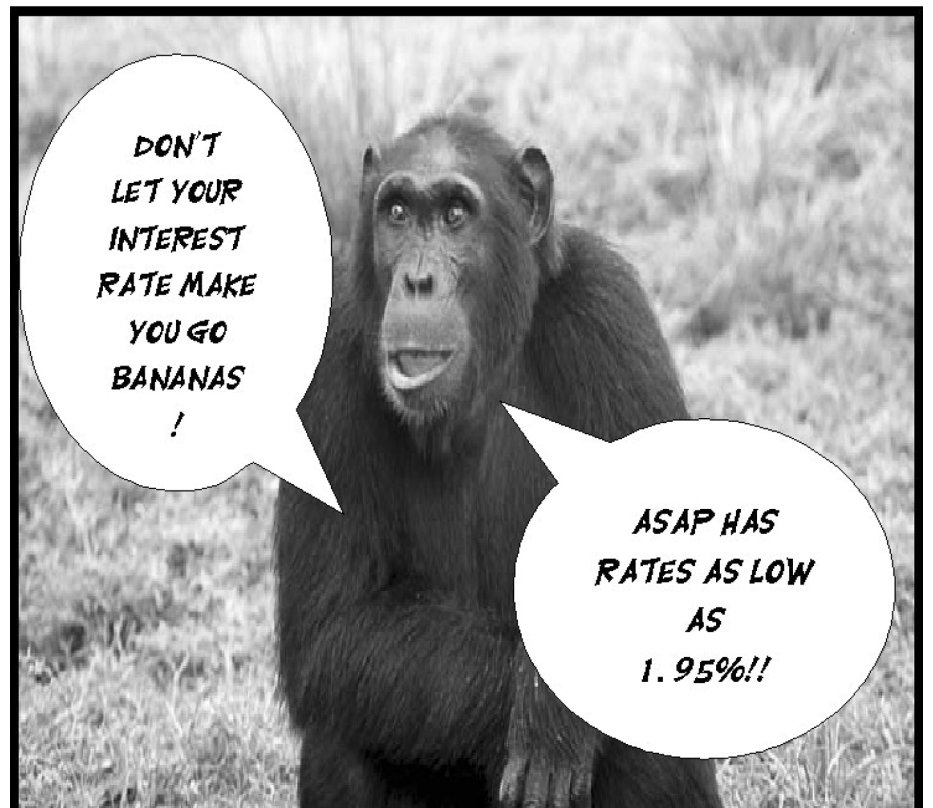
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"Desperate Drag Queens"



- Across
- 1 People hurt by perps, to Wong's Dr. Huang
 - 5 Pansy supporter
 - 9 They put thermometers in your boxers
 - 13 When repeated, dish at Waikiki
 - 14 Shakespearean soliloquy starter
 - 15 Line from _Rent_?
 - 16 "___ Ordinary Man" (_My Fair Lady_)
 - 17 It comes at the bottom of a list
 - 18 Cleopatra was queen of this
 - 19 _Desperate Housewives_ role
 - 22 Place for a red ribbon
 - 23 Flat tops
 - 24 Arouses with one's stick
 - 26 Many a Disney character
 - 28 Enjoy Nick Malgieri
 - 29 Coming soon
 - 32 Cry before getting off
 - 36 Not closet-bound
 - 37 With 53-Across, drag queens who impersonate 19-Across?
 - 39 Hagen of _The Boys from Brazil_
 - 40 Glenn Burke, formerly
 - 42 Pears of a gay pair
 - 43 Frigid
 - 44 Opening for the crack of dawn
 - 46 "Where ___ Life That Late I Led?" (Cole Porter)
 - 48 Music style for Ricky Martin
 - 51 Gay rodeo accessory
 - 53 See 37-Across
 - 57 Mine, to Foucault
 - 58 Rupert Everett's ___ Life_
 - 59 Park of Queens
 - 61 Future queen of _Star Wars_
 - 62 ___ Together (website)
 - 63 Big name in pumps
 - 64 Rosie O'Donnell's _Exit to___
 - 65 Scots cover their heads with them
 - 66 Cole Porter's Miss

- Down
- 1 Where Stonewall Jackson taught
 - 2 Shakespeare's foot
 - 3 Gender-bending actress Cushman
 - 4 Singer O'Connor
 - 5 Anchor Kmetko
 - 6 ___ Eclipse_
 - 7 Charley's partner in a 2000 flick
 - 8 Longtime lesbian couples often do this
 - 9 Price of many old movies
 - 10 _Streetcar_ director and namesakes
 - 11 Hopkins of _Bosom Buddies_
 - 12 Many go down on them
 - 20 Coarse salt in the tub
 - 21 Oddball comedian Phillips
 - 24 Worker at the bottom
 - 25 Male actor named Julia
 - 26 Grace
 - 27 Photographer Catherine
 - 30 Wine region south of the Russian River
 - 31 Singer Fure
 - 33 Leisha Hailey, when playing with The Murrums
 - 34 Tingly sensation
 - 35 _Mommie Dearest_ star Dunaway
 - 38 Drag queen Joey
 - 41 Tchaikovsky or Nureyev
 - 45 Swan Lake step
 - 47 It won't give you mono
 - 48 Alfred Kinsey's tool
 - 49 Ready to shoot off
 - 50 One under a captain, to Cammermeyer
 - 51 Where a queen may rule
 - 52 Lesbos and Man
 - 54 "Nuts!"
 - 55 "Queen of Country" McEntire
 - 56 Double affirmative, to a Salamanca sissy
 - 60 Signal that goes either way



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Melissa Etheridge Honored by Mautner Project's 15th Anniversary

By **Angela D'Amboise**

(Washington D.C.) - Mautner Project, the National Lesbian Health Organization, will celebrate 15 years of service during a gala event honoring Grammy Winner Melissa Etheridge and other leaders in the fight for lesbian health.

The event, to be held Saturday, September 17 at the Washington Hilton & Towers, will celebrate an array of lesbian activists and LGBT health supporters including Etheridge, who is the recipient of the 2005 Mary-Helen Mautner Award for her public expression of courage through her fight against breast cancer.

"I'm truly honored to accept this award from the Mautner Project, Etheridge said upon receiving news of her award. "I am truly delighted to be a part of Mary Helen Mautner's legacy of putting lesbians and healthcare on the right track."

Lesbian health activist and National Center for Lesbian Rights Executive

Director Kate Kendell, Esq will receive the Organizational Excellence Award for her work to expand NCLR's legal budget, programs, and for putting lesbian family issues center stage in the national debate for civil rights and equality. Local gala honorees include Sheila Alexander-Reid, a Black Lesbian Activist and founder of the DC-based Women In The Life non-profit organization. Alexander-Reid will receive the Healing Works award for empowering the lives of lesbians of color. Mautner Project is also recognizing the work and dedication of its volunteer support network. Direct Service volunteers Chris Cobb and Janet Jones both will be recognized with the Mautner Project Client Services Award.

The Mautner Project works to improve the health of lesbians and women who partner with women through advocacy, education, research, and direct service. Gala tickets are \$160 and can be purchased by calling 202.332.5536. For more information, please visit www.mautnerproject.org.

Family Pride Applauds California Supreme Court Rulings Securing Equality for LGBT Parents

(San Francisco, CA) - This week the California State Supreme Court issued historic rulings in three cases involving children of same-sex parents and their legal status and relationships.

In each of the three cases - *Elisa B. v. Superior Court*, *K.M. v. E.G.* and *Kristine H. v. Lisa R.* - the California Supreme Court held that when a couple deliberately brings a child into the world through assisted reproduction, both partners are legal parents, regardless of gender or marital status. This ruling makes California's top court the first in the country to reach this conclusion.

The Family Pride Coalition filed amicus briefs in the *Kristine H.* case, and commends its coalition partners, the National Center for Lesbian Rights and Lambda Legal for its tireless work on behalf of LGBT parents and their children.

"These groundbreaking decisions will undoubtedly have impact and influence as courts in other states grapple with these issues," said Jennifer Chrisler, executive director of the Family Pride Coalition. "We commend the professionalism, commitment and absolute integrity of both Lambda Legal and the National Center for Lesbian Rights. These organizations - and their hard-working attorneys -- have again been key in securing legal protections and responsibilities through the courts for our families and we are grateful for their efforts."

In the *Kristine H.* case, a lesbian couple had a child utilizing assisted reproduction. Before the child was born, the two women sought out and were granted a court judgment which declared that both women were the legal parents of the child that was to be born to them. When

the couple ended their relationship more than two years later, the birth parent filed an action to vacate the judgment and to have the court declare her as the child's only parent. Today's ruling held that both women are the child's legal parents.

In the case of *K.M. v. E.G.*, a fertilized egg from K.M. was implanted in her partner, E.G., who gave birth to twins in 1996. When the two broke up in 2002, E.G. denied K.M. any access to the children and said she was the child's only parent. The top court's ruling held that both women are legal parents of the twins.

In the *Elisa B.* case, *Emily B.* and *Elisa B.* had children together using donor insemination with an anonymous donor. *Emily* gave birth to twins in 1998, one of which has Down Syndrome. After the children were born, the couple decided that *Emily* would stay home to care for the children and *Elisa* would be the fam-

ily's breadwinner. When the two split up 18 months later, *Elisa* eventually cut off all contact and support, prompting *Emily* to apply for assistance from the state, which brought a child support action against *Elisa*. Today's ruling strongly affirmed the trial court's decision that *Elisa* is a legal parent who cannot simply walk away from her obligations to support the two children she agreed to bring into the world.

In these cases, the California Supreme Court held that "a person who actively participates in bringing children into the world, takes the children into her home and holds them out as her own, and receives and enjoys the benefits of parenthood, should be responsible for the support of those children - regardless of her gender or sexual orientation."

The Family Pride Coalition is the only national not-for-profit organization exclusively dedicated to securing equality for lesbian, gay, bisexual and transgender parents and their families.

The Atomic Swindlers' Animated Lesbian Themed Video Wins Hypefest Style Council Award

The Atomic Swindlers, a band whose star is rapidly rising in the GLBT community, walked away with top honors at Hollywood's prestigious Hypefest Film Festival. Their playful animated video, set to the music of the band's first single, "Float (my electric stargirl)" features the trials and tribulations of an über-sexy chanteuse as she rescues the stargirl she loves from the clutches of the intergalactic "bad guys."

The video has been screened at five international film festivals to date. The video can be viewed at several internet sites including www.OutoftheClosetTV.com, www.ManiaTV.com, www.ign.com and at the band's website, www.atomicswindlers.com.

Hypefest is a high-energy film & video festival showcasing creativity in film, commercials and music videos from a diversity of filmmakers and storytellers. More information on Hypefest can be found at www.hypefest.com.

The Atomic Swindlers - who have been described as a "United Nations of sexual orientation," with gay, bi, and straight band members - have a wonderfully unique sound and style that is quickly gaining widespread international attention.

Gaywired.com remarked, "The Rochester, NY based Atomic Swindlers are an out of this world phenomenon with a cosmic groove, a hip spacey sound, celestial lyrics, and a hot front woman

oozing sex." And Curve Magazine, in their August issue called April Laragy, the lead singer of the Atomic Swindlers, the "New Gwen Stefani." April is currently featured in www.LesbianNation.com's "Women We Love Top 10" contest.

The Village Voice recently called their new CD, "the best in a fine bunch" of CD's by new glam influenced artists. The largest Sci-fi internet site, www.SciFi.com gave the new CD a huge thumbs up stating, "The debut release from Rochester's Atomic Swindlers sounds like a cross between Gwen Stefani and David Bowie."

The Atomic Swindlers have recently had their music added to the playlists of over 325 radio stations and have an international buzz on internet blogs that is of stellar proportions.

More about the band can be found at www.atomicswindlers.com and on their blog at atomicswindlers.blogspot.com. Their new single, "Float (my electric stargirl)" can be freely downloaded as an Mp3 at a number of sites on the inter-



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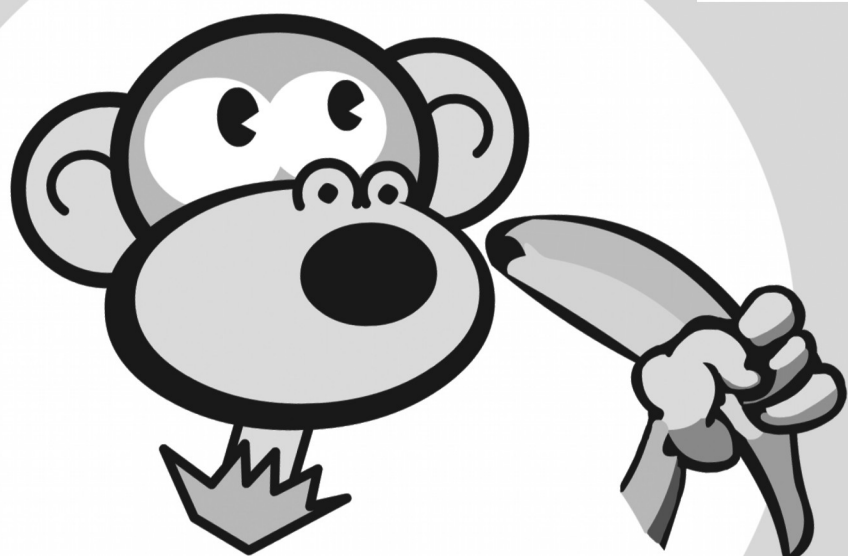
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Chinese Herbs, Nicorette Gum and a Wrist Watch Helped Me End a 30-Year Cigarette Addiction

By Conrad LeBeau

The recent death of Peter Jennings of ABC News from lung cancer reminds us not only of our mortality but also of the hazardous effects of smoking tobacco. Jennings died of lung cancer in August, 2005, even though he had quit smoking more than 20 years earlier. In just 4 months after his diagnosis, he was gone.

With increasing numbers of smokers developing lung cancer, high blood pressure, heart disease and other conditions such as wheezing, bronchitis, chest colds, shortness of breath and emphysema, the price of oxygen deprivation and the chemicals and tar in the lungs is taking its toll.

By October of 1985, after 20 years of this addiction and feeling the side effects mount, I quit cigarettes cold turkey. This was the most difficult experience of my life. I stayed off cigarettes for about 6 years until the spring of 1991 when a combination of stress and a roommate who smoked created an environment that enticed me into lighting one up. It was only a matter of days and I was again hooked. As the decade of the 90's passed by, I smoked from one to two packs a day as the adverse effects slowly returned.

By 2001, another ten years of smoking had passed and I knew I needed to quit again but had to find a less stressful way of doing it than the cold turkey method. The numbers of 10 plus the previous 20 years added up to 30 years of puffing and that it was just a matter of time before life threatening adverse effects would come a knocking on my door. My lungs began to hurt more and more. Perhaps it was too late. I found the addition itself to be humbling. When you think you can control it and try suddenly stopping, you soon find it controls you.

In March, 2001, I decided to buy a Nicotine patch at a local pharmacy. Within 5 minutes of applying it, an itch so severe developed I was forced to pull it off. Then, it took several hours to get the spot where the patch was applied to quit itching. This was my second try with the patch and the second failure due to the uncontrollable itching problem. I decided that Nicorette gum was the only over-the-counter option I had left. Earlier, I had tried two different smoking withdrawal homeopathic formulations from a health food store and found them too weak to have much effect. The Nicorette gum helped. When I actually used the gum, I would stop smoking.

The problem with the gum was the boredom of having a tasteless gum in your mouth all day. It wasn't long before I found myself smoking cigarettes again and the Nicorette gum would stay in the packet. The Nicorette gum did not satisfy me like the smoking did. I was still addicted, yet, I realized as I listened to my body and my lungs in particular, that they were hurting and telling me it was time to quit. Just how was this to be

accomplished? I dreaded the thought of trying to do this cold turkey like I did in 1985 and the mental trauma this would cause. There must be a better way.

In May, I found a product, a Chinese herbal formulation called Tobacoff and bought a bottle of the herb for \$30.00. The instructions were to take three capsules three times a day until the craving for tobacco ceased. In May, I decided to try just one capsule to see how it agreed with my system and if any strange reactions would occur. None did and within an hour I noticed the flavor of my next cigarette changed and that it now tasted flat. The next day I took two capsules of the Tobacoff formula and found the flavor of the cigarettes would go flat and tasteless for about 2 to 3 hours. I then said to myself: If I am really serious about quitting, this herbal formulation will help as it takes the enjoyment out of smoking.

For the next two months, I continued to smoke but by the 4th of July, 2001, I felt the time had come to get serious about finally ending the addiction. One morning I prayed and asked for help. Almost immediately, a voice spoke silently in my mind and said: "Look at your watch; take control of your addiction." In the moments after that thought flashed in my brain, a plan of action on how to break the addiction came into view. Essentially, this was the plan, the plan that would finally end my addiction and would accomplish this with a minimum amount of stress and discomfort. The plan included the use of my wristwatch to time when I smoked, the use of the Tobacoff herbal formulation and occasionally Nicorette gum. I placed the plan into effect right after July 4th, 2001.

Here is how the plan worked

1. Step One - Location of cigarettes. I locked my cigarettes in the trunk of my car so I would not chain smoke or unconsciously reach for a cigarette out of habit. (Find a place to keep the cigarettes other than on your person or in your home or place of work. Places to consider are the trunk of your car, basement, attic, locker, garage, etc.)

2. Step Two - Smoke in a place other than your home, office or place of work. Suggestion: smoke outside, in the yard, porch or garage. Pick a place to smoke where you don't spend a lot of time. While quitting, keep the home and office a smoke free environment. In July, 2001, I placed my cigarettes in the trunk of my car. This forced me to end my chain smoking habit. Anytime the cigarettes are on your physical person (i.e shirt pocket), the habit will keep up lighting up without realizing what you are doing.

3. Step Three - Timing - Pick a date to start and mark your calendar. Try to avoid being around other people who smoke when you are quitting.

4. Step Four - Timing. I used my watch to time when I smoked and I

planned a gradual withdrawal. July 5th to 10th: First 5 days. I smoked a cigarette once every half hour on the half

hour when the minute hand reached 6 or 12.

Quitting Smoking, page 18

Study Shows Meth Use Primary Cause of HIV Increase

By Ross von Metzke

(San Francisco, CA) - Crystal methamphetamine users are shown to be at least three times more likely to be infected with HIV than those who don't use the drug, according to a new government-sponsored study.

"Crystal meth use is the newest and most important threat to the HIV epidemic in the United States," Dr. James Dilley, director of the University of California, San Francisco AIDS Health Project, said in a prepared statement released this week.

The study was conducted jointly by researchers for the federal Centers for Disease Control and Prevention, UC San Francisco and the San Francisco Department of Public Health.

The study's findings further emphasize the red flag health officials have been raising in recent years about crystal meth: People who use it drop their inhibitions and are more likely to engage in risky behaviors including unprotected sex and sex with multiple partners.

The findings were first reported in the August issue of the AIDS medical jour-

nal. The study looked at 3,000 San Franciscans who received anonymous HIV testing in 2000 and 2001.

Of the 300 people in the study who voluntarily reported they used crystal meth, 6-percent had recently been infected with HIV. The infection rate was close to 8-percent for those who admitted to using crystal meth during sexual encounters.

Among respondents who said they had not used meth, 2 percent had recently contracted HIV.

"It is a complicated problem requiring a carefully planned response," Dilley said. "Having doctors, public health officials, policymakers and, most importantly, community members working together is the only means of success." Dr. Jeffrey Klausner, San Francisco's director of Sexually Transmitted Disease Control and senior author of the study, said it is essential to combine drug-treatment and drug-prevention programs with efforts to curtail HIV and other sexually transmitted diseases, such as syphilis.

"It is important to address crystal use to control those epidemics," Klausner said.

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How Sleep Affects Your Fitness



(Book Review)

Are you an athlete who has tried and tried to sculpt your body but has seen little result? If so, then you might be a hardgainer, someone who requires a special plan for building his ideal physique.

Hardgainer's Bodybuilding Handbook (Hatherleigh Press) by Hugo Rivera is for exactly this type of athlete. One important and often ignored element of a workout regiment is taking a break. Rivera describes why this is important and what you can do to maximize your potential.

Rest and recovery is the most neglected component in a workout schedule, and this component is highly linked to your sleep. Rivera describes four phases of the sleep cycle.

Phase one starts when the sun sets and hormones release that make you start to feel sleepy in the absence of light.

Phase two occurs when a person a person lies down to relax. This phase lasts for about ten to fifteen minutes.

During the next phase, the sleeper falls into a deeper sleep - this too lasts about fifteen minutes.

The last phase of the sleep cycle, phase 4 occurs about half an hour after the person has lain down. During this part of the cycle, the eyes move back and forth very quickly. This phenomenon is commonly known as rapid eye movement (REM). During this last part of the cycle, the first dream occurs. When that dream has finished, the cycle restarts.

Ideally, this cycle repeats itself five times per night. Studies have shown that uninterrupted; a person generally sleeps for eight hours and fifteen minutes per night.

Sleep deprivation can cause several problems that affect your health, and your body building routine. One such problem is glucose intolerance, which occurs when the central nervous system blocks the pancreas from producing enough insulin, affecting the body's power to digest food. Increased carbohydrate cravings may also occur, brought on by a need for more energy producing calories that can therefore affect your nutrition plan. Sleep deprivation can also cause weakened immune system, which can lead to colds or flu and prevent you from working to your maximum potential.

Hardgainer's Bodybuilding Handbook gives a quick test to tell if you are sleep deprived. If you can lie down in the middle of the day and fall asleep within ten minutes, it is likely that you are sleep deprived. If this describes your sleeping patterns, it is important to reduce your sleep debt by catching a few extra Z's every night, though we all know that isn't easy!

In conclusion, you need seven to nine hours of sleep each night for your body to run efficiently. Without this valuable feature, you will have muscle loss, which will lower your metabolism, and effect your drive and focus in working out. Rest and relaxation, though often neglected, is as vital to a healthy body building routine as protein and a spotter!

Hugo A. Rivera is an ISSA Certified Personal Trainer and fitness expert with more than fifteen years of bodybuilding experience. He is co-author of the hugely popular Body Sculpting Bible series. He now resides in Brandon, Florida.

FDA Ban on Gay Sperm Has Community Taking Matters into Its Own Hands

Protest organizers praise "outpouring of support"

By **Todd Fox**

ROCKVILLE, MD-Long Island residents Joey Mirras and Sandy McAvoy, domestic partners of 14 years, have never considered themselves "activists" and have little interest in politics. But that was before the Food and Drug Administration made its controversial decision to ban gay men from donating sperm to local sperm banks. The FDA's move, says Mirras, left them with bad tastes in their mouths, and prompted them to put out a "call-to-arms" among their extensive network of gay and straight friends. "We weren't going to take this lying down," says Mirras, whose movement called "Act Up, Jack Off" is now gaining national attention.

Sperm release hits the street The protest has already resulted in hundreds of semen samples being sent to the FDA's Rockville, MD, headquarters. According to Maryland postal officials, the state's mail distribution centers have been flooded with the samples, sent in from all over the country and tagged with statements such as "Don't Ask, Don't Sell" and "Different Strokes for Different Folks." Mirras and McAvoy say that they plan to keep up the pressure on the agency until it comes to its senses.

Implications for GOP officeholders? While the gay community has been sharply critical of the ban, the FDA's move also prompted harsh words from some unlikely quarters. A number of conservative Republican office holders are reportedly concerned that the new rule may affect them adversely, as most GOP leaders have turned out to be gay. One potential sperm donor who now fears being barred at the door: the Republican mayor of Spokane, WA, an outspoken opponent of gay rights who last week acknowledged trolling a gay website and soliciting sex with men.

"He's going through an incredibly rough time right now," says a source close to the embattled mayor. "It's tough enough for him to deal with the fact that he may have to step down from his job. Now he can't give sperm in Spokane? It's a tragedy."

Gay stem cells at issue? In announcing the ban, which will prevent men who have had male sexual partners within the past five years from selling their sperm, the FDA cited statistics that gay men are at increased risk for diseases like HIV, syphilis, and hepatitis. But some observers say that the agency is less concerned about the sperm itself than about what that sperm might potentially produce: gay babies and their building blocks, gay stem cells.

Last month, a Kansas man who'd undergone stem cell therapy for male pattern

baldness sued his doctors when he was diagnosed as gay just weeks after the procedure. Experts estimate that as many as 10% of all stem cells could be gay.

An outpouring of support Meanwhile, Joey Mirras and Sandy McAvoy say that they're thrilled that their call for action resulted in a quick response, and a flood of activity. "We really didn't expect so many people to respond so vigorously," said Mirras. "The outpouring of support has really been moving and motivating for us."

Do you think that the FDA has taken a badly aimed shot at the gay community? Send your opinion to toddfox4u@yahoo.com



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ARTS & ENTERTAINMENT

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Homocore: The Loud and Raucous Rise of Queer Rock

(Book Review)

By Chris S. Witwer

Pansy Division, Extra Fancy, Super 8 Cum Shot, Amy Ray, The Butchies, I AmLoved, and the Skinjobs all have one thing in common: they're Homocore rock artists who've paved the way for out musicians in all genres by leading a gay rebellion in one of the toughest genre's for gays to penetrate. Rock N' Roll, man.

In prologue to Homocore: The Loud and Raucous Rise of Queer Rock, Ciminelli and Knox take us back to a 1996 night on Sunset Strip, at the Viper Room. The house was packed and the bill included a group by the name of Extra Fancy, which had three straight musicians and an openly gay frontman, Brian Grillo. That night, Grillo was heckled onstage during the band's performance of an S/M, gay leather sex song called "Yes, Sir." The heckler kept calling Grillo a fag and flipping him off. Grillo had enough and dropped the mic mid-song, chased the jarhead out of the crowded club and up Sunset Strip. Returning to the stage amidst cheers from the crowd, Grillo knew the fans were on his side.

Since then, gay rockers like the Pansy Division have left a permanent mark on mainstream music. From politically inspired rockers like Amy Ray to lyrical liberators like the Pansy Division, the face of gay rock-and mainstream music-has changed. Homocore: The Loud and Raucous Rise of Queer Rock takes you on a whirlwind tour of the genre called Homocore. You'll have a front and center seats and a backstage pass all along the way.

Homocore spends a little time early in the book discussing anti-gay lyrics of homo-hating rockers like Eminem and Axl Rose -and frankly, the book's authors were a lot more even-tempered

on the subject than I am. They ask us to think about the craft of songwriting more than the individual lyrics we find offensive. Not that they're defending either artist, really, they're just asking us to think outside the triangle. Which we should be doing anyway.

Homocore talks in depth about Brian Grillo, who helped define the Homocore movement; Team Dresch; Queercore; Riot Grrl music; how Ryan Revenge started his own label; why penis-flashing Glen Meadmore is out to piss off America's parents; the Skinjobs'

recruitment efforts; Queercore Blitz Tour featuring the Dead Betties, Triple Cream, Gina Young; and the politics of Chicago's Three Dollar Bill. And then there's Chapter 17, about the woman lauded as the next best thing to come out of Buffalo since Ani DiFanco and the Goo Goo Dolls, Alla Ivanchikova. From the Butchies to beloved troubadour Daniel Cartier, from Amy Ray to Micah Barnes, from Chicago's Scott Free to L.A.'s IAmLoved-it's all here. All in one place. Whether these artists have punched into mainstream or not is irrelevant. They are groundbreaking rockers with stories to tell, successes to laud, and rock to play.

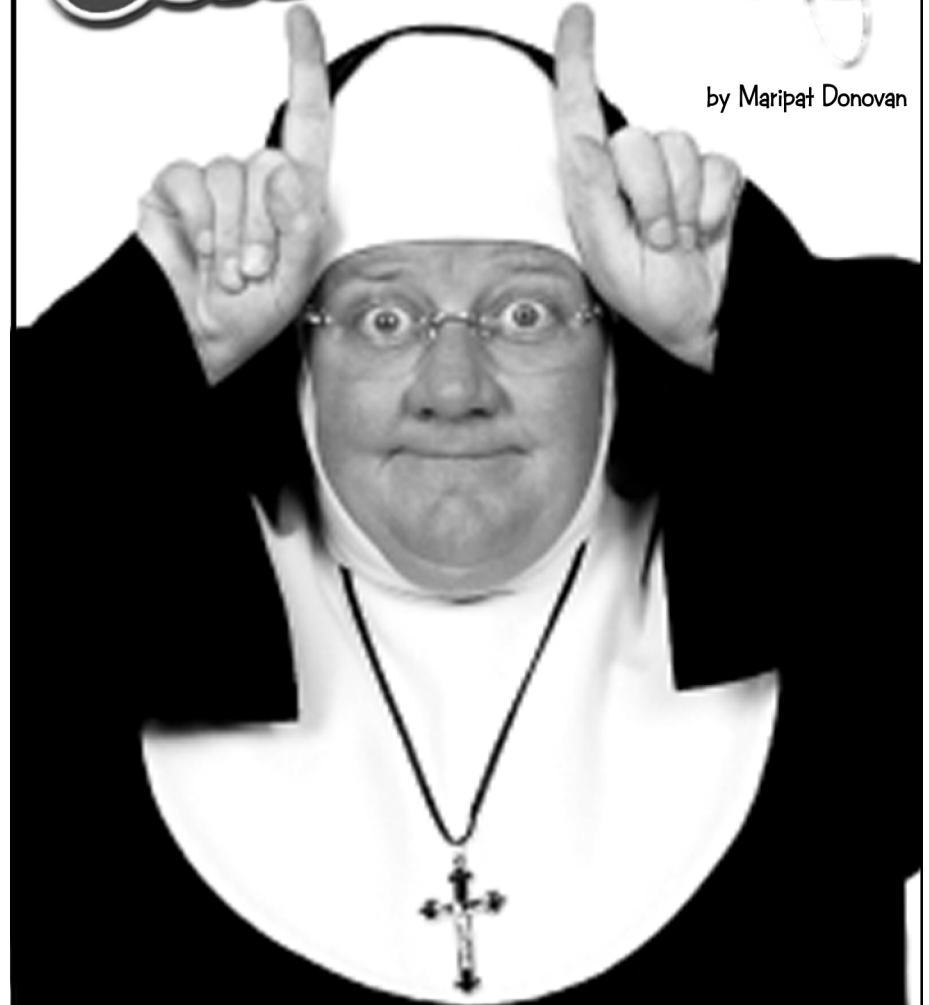
The book closes with a chapter on the future of gay rock, and whether it's really relevant to today's music scene. Key rock insiders examine the current state of rock n' roll and consider the movement of Homocore. And finally, Fan Club chapter lists website of all the musicians in the book and where to hear samples of their stuff. Homocore: The Loud and Raucous Rise of Queer Rock is worth its cover price for this list of extensive websites alone.

Homocore: The Loud and Raucous Rise of Queer Rock will be released August 30. The book can be pre-ordered now.

Gay rockers like the Pansy Division have left a permanent mark on mainstream music.

LATE NITE CATECHISM 2

by Maripat Donovan



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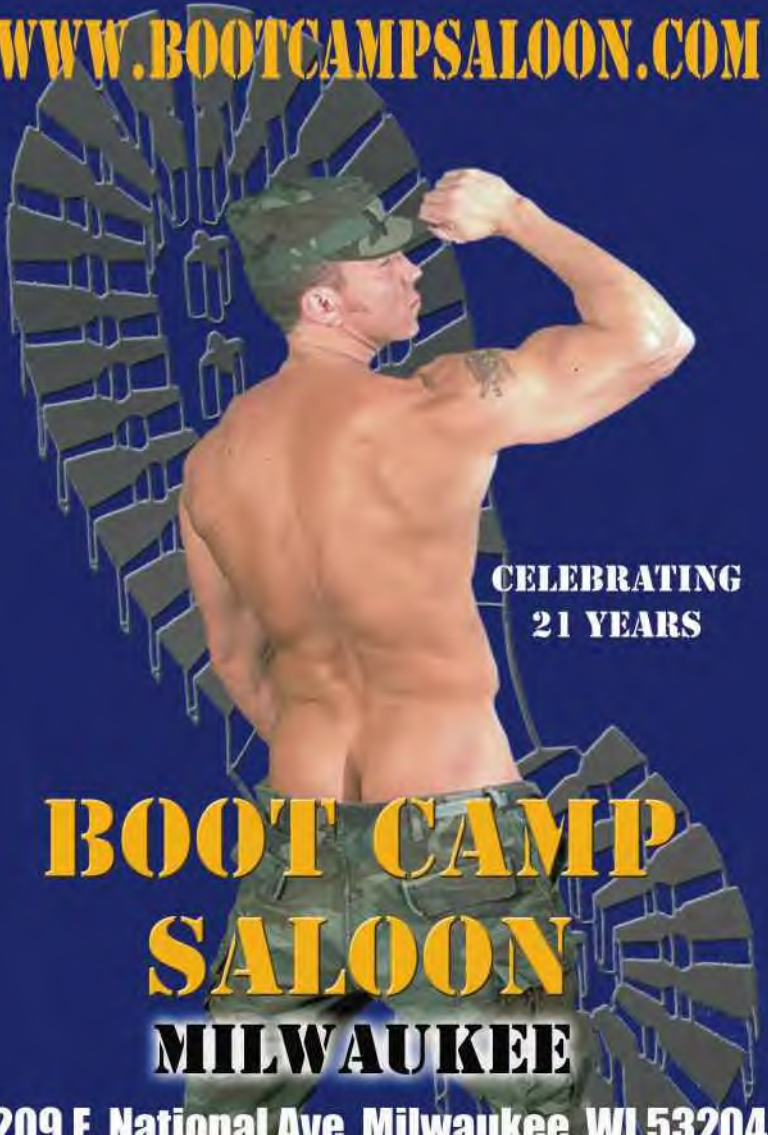


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OUTBOUND DESTINATIONS

Katrina Forces Cancellation of New Orleans Gay Event

By Ross von Metzke

(New Orleans, LA) - With flood waters continuing to rise throughout New Orleans's gay French Quarter, it is becoming apparent that anyone trying to attend this weekend's Southern Decadence gay festival will be turned away from the city.

Louisiana Governor Kathleen Blanco is calling for an immediate evacuation of the city and denying entry to everyone, including New Orleans residents. The city is flooded with water and Yahoo message boards for the annual event are suggesting it is "inconceivable" any part of the event will take place this weekend.

Levees surrounding the below-sea-level city were breached on Tuesday afternoon, inundating neighborhoods and prompting helicopter rescues of people trapped on rooftops.

At last count, more than 100 people had been killed by the powerful storm and the death toll is predicted to rise much

higher. With the flood disaster expanding and the prospect of power not being restored for perhaps four to six weeks, the estimated 125,000 attendees of the weekend event will have to make alternate plans.

Instead, gays and lesbians from across the country are pitching in to help, either by donating money or manpower.

Raymond Lockett of Washington, DC, told The Advocate he and a group of friends from the Northeast decided Tuesday morning that Hurricane Katrina's devastation was just too horrible to even think about going. Instead, he said he's thinking of donating the money he'd planned to spend while in town to a relief effort.

Southern Decadence began in 1972 as a going away party. It has since grown into a massive end of summer celebration of gay music and culture. Southern Decadence organizers estimate that the event brings in 100 million dollars to the New Orleans economy.

billion a year on travel," said Mark Elderkin, president of PlanetOut Inc. "For gay travelers and those targeting them, the marketplace has increasingly moved online. Gay.com and PlanetOut.com offer extensive branded content, such as reviews from Out&About Travel and TravelGuides, sponsored by advertisers who are smitten with this

Internet-savvy, travel-happy demographic. Online travel services such as Travelocity, as well as airlines, hotels, cruise ships and destinations, are reaching out to the LGBT audience, which goes online to do everything from booking flights to finding accommodations to shopping for travel gear."

Philadelphia Reports Explosion in Gay Tourism

By Angela D'Amboise

(Philadelphia, PA) - Just 14 months after the city of Philadelphia's tourism board launched its gay-friendly tourism marketing campaign, the city is reporting gay travelers are spending 30-percent more in the city than they did before the effort debuted.

Gay tourists spent an average of \$233 per day in the city last year, up from \$179 per day in 2003. The findings are reported in Gay Tourism 2005, a new 30-page research study conducted by the Greater Philadelphia Tourism Marketing Corporation and Community Marketing, Inc.

The study also revealed that for every \$1 the tourism board invests in gay tourism marketing, \$153 is returned in direct visitor spending. Gay travelers spend \$54 billion a year in the United States on travel.

"The Gay Tourism 2005 report gives unprecedented insight into the powerful economic return that gay travel can bring to a destination," said Deborah

Diamond, Ph.D., GPTMC's research director. "We were surprised to learn that gay overnight visitors spend nearly double that of our general overnight visitors, \$233 compared to \$101 respectively."

Gay Tourism 2005 also contains a groundbreaking section dedicated solely to the region's lesbian visitors. This first-of-its-kind study revealed that compared to gay men, lesbian travelers to Philadelphia are more likely to be younger and tend to travel with partners rather than friends. The report showed that gay and lesbian travelers spend the same amount of money per day.

"Gay Tourism 2005 is significant because the findings challenge many preconceived notions about the economic strength of the lesbian travel segment," said Thomas Roth, president of Community Marketing, Inc. based in San Francisco, California. "Gay and lesbian travel continues to be a huge growth opportunity for destinations around the world."

Gay and Lesbian Travel Awards Announced

(San Francisco, CA) - Editors of PlanetOut Inc.'s Out&About Travel have announced the winners (and losers) of the 12th annual Out&About Travel Awards, led by Spain, which won the coveted title of "Destination of the Year" for 2005.

PlanetOut's Out&About Travel Awards recognize achievements in lesbian, gay, bisexual or transgender (LGBT) travel during the past year, as well as bring attention to an industry increasingly opening doors to LGBT travelers. Commentary, travel resources and the complete list of honorees can be viewed on Gay.com/travel and PlanetOut.com/travel.

"No place opened its hearts and minds and put out the welcome mat to the LGBT community quite like Spain has this year," said Ed Salvato, PlanetOut Inc. travel editor. "With its sun-drenched beaches, history-filled cities and picturesque countryside, as well as its recent legalization of gay marriage, it's no surprise that Spain is the destination of the year."

What's really amazing is how Spain has transformed in just 30 years, from the oppressive era of Franco to today's progressive, more inclusive atmosphere," he added. "It brings hope that destinations we warn you to avoid could one day open their arms to everyone regardless of sexual orientation."

According to Salvato, while Spain and some of this year's other winners consistently make the list, several new and unusual places have begun to woo LGBT travelers and deserve praise. Among the best:

Bloomington, Ind. received an award in "Tourism Development" for breaking

into the gay and lesbian travel market by showcasing itself as a progressive college town with cultural opportunities surprising for its size and location.

Parks and Resorts at Yosemite National Park received a "Special Mention" for their on-going efforts in courting LGBT travelers amidst a challenging political climate.

Salvato noted that not every place deserved cheers. Fourteen destinations, companies and organizations whose homophobia was evident in 2005 received "Rock Bottom" dishonors, highlighting egregiously anti-gay behavior worthy of a gay travel advisory. Among the worst:

For the 12th straight year, Sandals Resorts' continued discrimination landed them on the "Rock Bottom" list, which comprises an infamous - yet ever-shrinking - group of places. Although the resort stated publicly that they changed their "heterosexual couples only" policy, Out&About Travel received an internal memo Sandals sent to their sales agents last year that stated, "we will continue to market exclusively to conventional male/female couples in love. There will be no departure from this original market niche."

For its harshly-worded constitutional marriage ban, Ohio made the list. On the bright side, some of the state's travel industry marketers are taking steps to reach out to LGBT travelers. Also, places such as The Cincinnati Hotel are providing a friendly oasis in a state with an otherwise un-accepting political climate.

"The travel industry has really opened its eyes to the potential of the LGBT market, which collectively spends \$54

Philadelphia's First Same Love, Same Rights Gay and Lesbian Wedding Expo

In the last two years the Same Love, Same Rights Gay and Lesbian Wedding Expos have traveled the country stopping in Minneapolis, Boston, Atlanta and San Francisco.

This fall, on Sunday October 2nd from 11 AM - 5 PM, RainbowWeddingNetwork.com will produce the city's first ever Same Love, Same Rights Wedding Expo. It will be hosted by The Courtyard By Marriott located at City Hall downtown and will feature a wide variety of LGBT-friendly wedding professionals.

Couples will have the opportunity to speak one on one with high quality wedding professionals while enjoying drinks, hors d'oeuvres, giveaways and music.

RainbowWeddingNetwork.com is the first online wedding registry and directory of wedding professionals created specifically for the LGBT community. There are over 4500 vendors throughout the United States and Canada that participate in the network. Co-owners Cindy Sproul and Marianne Puechl have also recently launched RainbowWeddingExpo.com, a web site dedicated to the Same Love, Same RightsT events being produced nationwide. The web site features future events, photo galleries, media coverage and details for how

to become involved as an exhibitor or sponsor.

"This event is particularly exciting because I grew up in the Philadelphia area," says Sarah Benoit, event coordinator for RainbowWeddingNetwork.com. "This city has a wonderful reputation for independence, creativity and evolutionary thinking," she continues, "and now is the time for everyone involved in the struggle for equal marriage and family rights to come together and support one another emotionally, politically and economically. What better place to gather than the city of Philadelphia?"

As the debate over same-sex marriage rages across the country, Sproul and Puechl know from experience that same-sex couples will continue to plan ceremonies and weddings in order to express their vows to one another and their families. Despite the legal battles being waged in many states Gay and Lesbian partners and their families will move forward with their lives and their commitments.

"Equality is a matter for all of us," states Puechl. "We're excited to support couples as they plan for their special day," she continues, "and thrilled to promote action in the arena of equal rights. We look forward to a spirited event in Philadelphia."

Only in America

Discovery Times Channel series tackles stereotypes of American subcultures

By Ross von Metzke

A Pulitzer Prize winner at a gay rodeo - television

doesn't get much better than that.

New York Times reporter Charlie LeDuff, armed with a camera crew and some good, old fashioned charm, sets off across the country the debunk stereotypes about an assortment of American subcultures with *Only in America*, premiering September 2 on the Discovery Times Channel. The veteran journalist, known for his

knack at getting tough and often odd interview subjects to open up about life, faces his biggest challenge yet as he faces some of the most exclusive and secretive societies in the country head on.

In the series' premiere, LeDuff infiltrates an Oakland based fight club that fronts as a motorcycle club. The East Bay Rats, as they call themselves, welcome LeDuff and his crew as they teach the reporter nearly every aspect of fight club culture ... from no-holds barred fighting to the history of the underground society. Not yet satisfied, LeDuff steps into the ring to face off against "Tank" in the episodes' nail-biting finale.

Episode two (September 9) finds LeDuff at a gay rodeo school in Gettysburg, Pennsylvania, where gays and lesbians show him the basics of calf roping and bull riding before turning him loose at the rodeo in Oklahoma City.

Forthcoming episodes will find LeDuff infiltrating the lives of minor league football players in Amarillo, Texas and making a go of it as a male model in New York City.

"There's so much stuff going on in this country that's not covered correctly, that's not really said," LeDuff explains of his reasons for attempting this groundbreaking series. "I hope that through this show, with all its outrageousness and poignant moments, we're able to say what's on our minds. I put

my body out there so the guy on the couch watching might be able to understand the guy he won't talk to. If we can

do that, my life was worth living."

LeDuff has built his career on opening American's lives. After coming to the New York Times through what he thought at the time must have been a "mistake" (he landed an internship at the prestigious paper with only three months at an Alaskan fisherman's journal on his resume), he's made a name for himself by giving his all to stories

most reporters would run from.

Early in his career, LeDuff spent nights with transvestite prostitutes on New York's West Side piers in an attempt to better understand their lives. His groundbreaking series of stories about life inside a North Carolina slaughterhouse won the Times the Pulitzer for national reporting in 2001. The following year, the paper scored the prize again, this time for LeDuff's often heart-breaking and personal stories of families struggling to cope with the aftermath of September 11.

Expertly crafted and meticulously researched, LeDuff is not only breaking ground with *Only in America*, he shines a positive light on the gay community even the most regarded politicians and gay Americans have struggled with. His coverage of the gay rodeo debunks myths straight America has carried about the gay community for years, accompanied by cliff notes style facts throughout the episode on the millions of dollars gay rodeos have raised for charity and the often inspiring people who keep the tradition alive.

Proving you can teach an old dog new tricks, so to speak, LeDuff has crafted one of the most compelling and educational reasons to turn on the television this year.

- *Only in America* premieres Friday, September 2 at 10pm on the Discovery Times Channel. For more information, visit times.discovery.com.

Dear Governor Schwarzenegger

By Ross von Metzke

Dear Governor Schwarzenegger -

As a politically active, college educated member of California's gay community (the largest in the United States, I might add), it is with great frustration and sadness that I feel compelled to write you today with regard to AB 849, the bill to legalize same-sex marriage.

It is my sincerest hope that, prior to vetoing a bill that would dramatically impact the lives of millions of gay Americans, you are compelled to read the words of those this bill directly affects. Not the millions of straight Americans who feel legalized same-sex marriage weakens the potency and sanctity of marriage. Not politicians who throw their voice behind one side of the argument or another as a form of political role play. Rather the millions of gay Americans who are reminded daily by our government that even in a land where all men are created equal, we are still widely regarded as less.

While I understand and support your theory that our court system is an ideal forum to decide many issues facing the American people, in this instance, I must digress. Marriage is not a privilege America should afford those who are straight, in love and longing to tie the knot. It's not an added bonus straight couples should automatically receive for crossing the threshold into adulthood and happening upon love.

Time and again, we've seen couples enter the sanctity of marriage for convenience, family pressure, unexpected pregnancy, tax benefits... the list continues. With the divorce rate sky high and thousands of Americans opting for common law relationships to avoid the so called "protections of marriage," to

remind gay Americans that legally, this is still a "privilege" they are not afforded is but one more in a life-long string of slaps in the face.

I am not in a relationship. I am not in love, nor do I even plan to marry in the near future. But should love come

knocking at my door any time soon, I would like to think that my right and option as an American to pursue a relationship with the person of my choosing would not be limited by law and government.

This is a bill that affects gay Americans only. No straight relationship with suffer or wither for allowing same-sex marriage to flourish. It's a moment in time, much like the Civil War, Civil Rights Movement and Stonewall, when politicians like San Francisco Mayor Gavin Newsom and Assemblyman Mark Leno are expected to rise to the occasion and add their list to a legacy of Americans who have changed this great nation for the better. It is with sincere hope that my future children will look back on this time and remember your name as an American who made a difference.

As I write this, I am reading preliminary reports that you are expected to

veto this historic bill come afternoon, a mere 36 hours after it was passed. Out of respect to the great many for whom this bill is a life-affirming event, I urge you to please step back and think about how you want to be remembered - as a man who pioneered civil rights for a vocal, active and eager community or one who shied away from challenge and controversy at the expense of his own dignity.

With high hopes -

Ross von Metzke, N. Hollywood, CA

His coverage of the gay rodeo debunks myths straight America has carried about the gay community for years.

It is my sincerest hope that, prior to vetoing a bill that would dramatically impact the lives of millions of gay Americans, you are compelled to read the words of those this bill directly affects.

DEAR RUTHIE



Dear Ruthie,

How can a young guy make fast cash in Milwaukee?

Signed,
A Friend

Dear Friend,

No matter what I try, I can't get rich either...and it's pissing me off! I'm tired of seeing social workers driving around in Hummers. I'm sick of watching nursing assistants ordering lobster. I want a piece of the pie, too!

Some say you can't get anywhere by sitting around, watching "All My Children" and eating Corn Nuts. Well, I say those people are quitters! But maybe I do need to get off my rear end and do something that'll make money. Perhaps I could create a series of amateur videos and sell them on late night TV ... something like "Grannies Gone Wild" or maybe I'll launch a phone service such as "The Herpes Love Line."

Or, I could do what so many others do in Milwaukee. I can put my nose to the grindstone, get to work and make enough money to be happy. Milwaukee's a hard working town full of honest hard working people. That's something we're all proud of, and it's something you better get used to, Jack!

Dear Ruthie,

I was recently promoted to a new position. I'm now working for a supervisor I've respected for a long time. The fact that we're both gay has nothing to do with my respect for him as a leader.

I only see him once a month, when he comes to town. When he's here, his time is divided among several of us who report to him.

I want to sit down with him and discuss business, my goals and the future of the company. When I tell him that I want to do this one-on-one, he suggests going to a gay bar or restaurant, and he gets flirty when I broach this subject.

While my supervisor is an attractive man, I don't want to date him. I get the feeling, however, that he has some romantic endeavors in mind when he makes his monthly visits. How can I talk business alone with him while letting him know that I'm not interested in any advances? More important, how can I do this in a manner that won't get me fired or won't make me look the fool should my assumptions be wrong?

Yours truly,
GWPM

Dear Gay Pro,

What the heck are you complaining

about?! Some poor slobs can't even get a job, and here you've got a hottie boss looking to knock your boots on company time! You finally have the chance to "work under" a stud! That's the best kind of "raise" you can get!

Here you're asking me how to turn your cheek from his advances, when you should be telling your boss to grab his ankles so you can stick to the man...literally.

Call me old-fashioned but I think you oughta let him chase you around the desk a few times. You'll sneak a work-out into your day, and he'll get a chance to see how great you look when you're sweaty. That's the first thing they taught us in secretary school. (Long live the class of 1957.)

Okay, okay! Take a chill pill everyone! Realize that I'm only kidding before firing off an e-mail, telling me that Susan B. Anthony is turning over in her grave. If you don't know sarcasm when you read it, you've probably been grabbing your own ankles at the expense of others for years.

Let your boss know that your goals and the future of the company are important to you. Tell him that it just won't work to discuss such matters in a noisy environment such as a club. Suggest a more professional location, and try to schedule the meeting in the middle of his workday.

There's always the chance that he's looking for someplace fun to let his hair down, and he's selected you as personal tour guide...no hanky-panky expected. If that's the case, suggest dinner with his other reports.

If he pushes the gay-club thing, fetch him a cab, point it in the right direction and kindly tell him that you're not interested in joining him at such an establishment. Let him know that you hope he has a wonderful evening so there are no harsh feelings.

Should advances continue, calmly address them. Let him know that he is making you uncomfortable and, while you look up to him as businessman, his comments are interfering with your working relationship. There are many laws out there protecting you from sexual advances in the workplace. Research them and act accordingly should the situation persist.

Contact Ruthie at ruthie@dear-ruthie.com.

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Opinions, Prejudice

Continued from Front Page

So what is at the root of this increased hatred and violence against LGBT people? Certainly, it is partially the result of increased visibility. Violent attacks jumped dramatically following the Supreme Court's decision striking down sodomy laws and Massachusetts's allowing same-sex couples to marry. They continued to rise as many states passed anti-gay ballot initiatives, the President repeatedly called for a constitutional amendment banning gay marriage, and the LGBT community found itself being used as a wedge issue by Right-Wing politicians during the 2004 election process.

Some believe it's even more insidious than mere exposure, however. The National Gay and Lesbian Task Force lay the blame on conservative religious groups.

"The literal blood of the thousands of gay people physically wounded by hate during 2004 is on the hands of Jerry Falwell, James Dobson, Tony Perkins, and so many others who spew hate for partisan gain and personal enrichment," said NGLTF Executive Director Mat Foreman.

He could be right.

Studies have concluded that political hate-driven messages have been directly connected to violence against gay and lesbian people. Constant hate speech from religious leaders demonizing gays and lesbians must have the same effect. Every time Falwell, Dobson, Robertson, or Phelps denounce gays as sinners, they are sowing the seeds of bigotry and reinforcing the prejudice many already feel towards LGBT people.

Quitting Smoking

Continued from page 8

By July 11th, I increased the time between cigarettes from 30 minutes to 45 minutes and did this for another 5 days.

On July 16th, I felt comfortable enough with my smoking schedule to press on with the withdrawal plan. I increased the time between cigarettes to 60 minutes (one hour apart and only smoked when the hour hand was on 12).

5. Step Five -Nicorette gum and Tobacoff. I took two Tobacoff herbal capsules twice a day and I bit on a piece of Nicorette gum once or twice between cigarettes or when I needed a nicotine fix.

By July 20th, I was down to 16 to 18 cigarettes a day and I found I was in control and felt no trauma or stress from this gradual withdrawal.

On July 21st, I reduced the time between cigarettes to every hour and a half. I would smoke one cigarette at the following times each day. 8 AM, 9:30 AM; 11 AM, 12:30PM, 2 PM, 3:30 PM, 5 PM, 6:30 PM, 8 PM, 9:30 PM and 11 PM. I was now down to 11 or 12 cigarettes a day and everything was going

The most recent example of this came in wake of the devastation of Katrina. An evangelical Christian group that calls itself Repent America made a public statement blaming the hurricane on gays. "Although the loss of lives is deeply saddening, this act of God destroyed a wicked city," director Michael Marcavage said.

When will this cycle of hate and violence end? Only when good people begin to stand up and fight back against the bigotry and intolerance. As Dr. Martin Luther King Jr. once wrote, "We will have to repent in this generation not merely for the hateful words and actions of the bad people but for the appalling silence of the good people."

It's up to us and our allies to bring about change. We must elect fair-minded men and women who will fight for equality in our legislative halls. We must encourage and support those politicians who are striving to protect and improve the lives of all minorities. We need to applaud those brave religious leaders and groups who stand up and denounce discrimination and bigotry. Most importantly, we need to make our voices heard. Speak up for what you believe is right. Do not become a part of the appalling silence. We cannot afford to allow those opinions founded on prejudice to go unchallenged.

swimmingly well. I continued to use the Nicorette gum every so often but not according to any fixed schedule, only as desired and I continued with the Tobacoff herbs.

On July 26th, I further reduced the time between cigarettes to once every 2 hours. I was now down to eight cigarettes a day. Wow! And I had no stress. It all seemed so easy. On August 1st, I further reduced the time between cigarettes to once every 3 hours. I was in a race against time. My birthday was August 10th and my goal was to quit smoking before my next birthday. Would I make It?

On August 6th I further expanded the time between cigarettes to once every 4 hours. I was now down to just four a day. It went so smooth and so easy, not like in 1985 when I quit cold turkey and traumatized myself for several days. This was literally a piece of cake. Three days later on August 8th, I stopped by a friend's house and at 8 PM that evening I lit what I thought would be my last cigarette. My friend had said all along that to quit smoking, you just quit cold turkey. He made it sound easy while he lit

up another cigarette and took his blood pressure medication.

I told him that quitting cold turkey now would be easy as I was in control and down to four cigarettes a day. Quitting when I was smoking two packs a day would be like jumping 10 feet in the air while quitting a four-cigarette-a-day habit is like jumping 1 foot off the ground. Who is more likely to succeed? On August 9th a friend who stopped by to visit. I told him I had not had a cigarette all day and that since my birthday was tomorrow, I wanted to have one last cigarette.

FYI

He handed me one and I smoked it. It turned out to be the last cigarette I smoked.

The next day, I celebrated my birthday and freedom from this life long addiction although the thought of smoking came back again on a daily basis but it was not strong or compulsive. I no longer needed the Nicorette gum. I never did finish the last of the Chinese herbs

Student Files Suit After Being Suspended for Gay Kiss

By **Ross von Metzke**

(Garden Grove, CA) - A gay high school student filed suit against the Garden Grove Unified School District Wednesday, claiming she was suspended several times and forced to temporarily transfer schools because she refused to stop hugging and kissing her girlfriend on campus.

Charlene Nguon, a 17-year-old honor student, said Santiago High School Principal Ben Wolf discriminated against her and her girlfriend last school year because the couple was openly affectionate. Meanwhile, heterosexual couples who kissed went unpunished, she argued.

District spokesman Alan Trudell countered by saying, "The only thing I can say is that this district doesn't engage in any discriminatory practices." During a Los Angeles news conference organized by the American Civil Liberties Union, Nguon said, "I'm very stubborn and I don't like it when people try to stomp on my rights."

Nguon finished the last three months of the school year at Bolsa Grande High, but is being allowed to return to Santiago for her senior year. The first day of classes was September 8.

The Santa Ana resident and her girlfriend, Trang Nguyen, 16, allege that Wolf told them not to show affection toward each other after they began dating as juniors last year. Throughout the year, the two defied the order and con-

(Tobacoff) that I found very helpful. As the days went by the thought of smoking was more and more of a passing thought until 2 months later, I found that I rarely even thought of them anymore.

Before I quit in 2001, I talked with two people who quit long term with the help of the prescription drug Zyban and were able to stay off the habit. I also talked to 2 other people who quit smoking cigarette long term by smoking Marijuana daily for the first two weeks they quit smoking cigarettes. You could say there are many paths through a forest. When you are ready to quit, choose a path carefully and one that is marked by the successful journey of those who have gone before you.

Note: Tobacoff is manufactured by Pacific Biologic in Clayton, CA. www.pacificbiologic.com Phone 925-673-2967. Nicorette gum can be purchased at your local pharmacy. If you want to contact me, send email to keephope@highstream.net. Our web site is keephopealive.org, a virtual library on nutritional and immune based therapies where current and past editions of the Journal of Immunity can also be found.

tinued to hug and kiss on campus despite suspensions ranging from one to five days, the suit says.

Eventually, Wolf demanded that one of the girls transfer to another school, Nguon says in the suit.

Nguon's mother, Crystal Chhun, said Wednesday that she found out about her daughter's sexual orientation when Wolf called her into his office last December. He told her that Nguon and her girlfriend were sitting with their arms around each other and talking with a heterosexual couple near the school's parking lot.

"I don't care about that," Chhun said. "She is a good girl with a good report card."

The displays "were very tame: a quick hug or kiss goodbye in the parking lot or at the end of the lunch hour," said Elizabeth Brennan, a spokeswoman with the ACLU, which is representing Nguon.

Several parents contacted said they would prefer public displays of affection for all students, regardless of their sexual orientation, be discouraged at school.

The Gay/Straight Alliance Network, an umbrella organization that encompasses Gay-Straight Alliance Clubs at schools, joined the ACLU in the suit last week, claiming that school district policies regarding displays of affection are not applied equally to gay and heterosexual students.

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Cordially Yours

By Michael Johnston

As we enjoy the very last week of the Summer of 2005, I thank you and welcome you once again to "Cordially yours,." Truly I cannot believe next Thursday, September 22 is Autumn! Perhaps, a sign this Summer was a good one. The weather was certainly on our side, and the fun we shared... From Memorial Weekend, which was IGBO and "HairSpray" to PrideFest and the return of the Pride Parade, the Fourth of July and the highly successful Dairyland Classic! Whomever it was who decided to end our Summer instead of launch the season with the Dairyland Classic should get a medal! My heartiest congratulations to Brian Reinkober and Kurt Baldwin and all their many assistants, associates and volunteers. I had the good time of meeting Roland and Pete out at Wick Field and witnessing a victory for one of our local teams (The M&M Club/Switch). Of course after the thrill of the win, we had to go across the way to Dana's Fieldhouse to wet our whistle. Bridget was holding court and Bloody Mary-ing us into the Holiday. Abba was singing out to the "Dancing Queen" as teams from New York, Chicago, Toronto, Long Beach - how fun were they? as well as the Boys Of Summer representing Brew City: Switch, The M's and the team from The Ball Game all gathered reflecting Community Pride! All to soon, Roland reminded me it was time to return to the diamond, then he specified Baseball diamond... From The Kick-Off Party on Thursday at the Triangle to The Farewell Brunch at The M&M Club on Monday afternoon it was a nonstop weekend of fun. My personal favorite memory, would have to be The Foam Party at Switch Saturday night. Among a bar of Birthdays (Craig the owner, Shawn head bartender, David the door man and God knows who else) the Beer Garden was the scene to party with the pants-less team from Toronto - compared to Porn stars and the friendly team from Chicago's North End. Brad has returned to Switch after the Summer off and he and bar back James were the most accommodating ambassadors. You can witness Brad yourself every Wednesday at Switch 9 - Close. The following evening Ginni was on the ivories at The M's and I was fortunate enough to have a front row seat! The Team comprised of M's & Switch were there enjoying their Skip & Go Naked as well as their Fifth Place out of over 35 Teams! Bonnie the First Lady of Stardust Advertising, as well as Peter Harvey bartender extraordinaire and Lizzie Bordeaux - who's Floral Studio is now

up and running, entertained in song and before we knew it Labor Day was here.

Keep in mind that "WigStock" will be once again taking place at The M&M Club on Saturday, September 24 5PM - Midnight \$15. in advance, \$20. at the door. Food served from 5 - 9 PM, Free Beer and Soda until 9 PM The Show will be at 9:30 PM, including the First "American Drag Idol Contest for 2005" Disco Party to follow until the Bewitching Hour. Hat and/or Wig is required! A Benefit for H.I.T. (the Holiday Invitational Tournament). Come celebrate that "Ring of Fire" girl Rita's 40-ish-ish Birthday Bash!

There will be two other Contest for "American Drag Idol 2005" -- The next one will be at Switch on Saturday, October 15th Sweetest Day I have the pleasure to F-emcee. The Third and Final "American Drag Idol 2005" Contest will be held on Friday, November 11th at Hot Water - Hosted by my Globe-Trotting, Sister-In-Print Dear Ruthie. Remember, The Finale is on Thanksgiving Evening at Club 219 during "The H.I.T. Welcome Show."

The day after "WigStock," please join Mayor Tom Barrett and his wife Kris as they Chair The 16th Annual AIDS Walk Wisconsin. Milwaukee's Lakefront will once again be the place to meet and partake in the most important walk of your year. See you there! Kudos to the "Grass Roots" efforts of those raising money for the Walk in unique ways. For instance, Doug Barron's Birthday Bash instead of gifts - contributions for the Walk. David & Thor for the past four years give a wild & wacky wing-ding of a party, With proceeds going to the Walk -- this year, their goals is \$5,000!

Wednesday, September 28 The Counseling Center of Milwaukee, Inc. (TCCM) will host: "An Evening Of Appreciation Celebrating Safety, Hope & Healing." 5:30 PM - 8:00 PM Villa Terrace Decorative Art Museum 2220 North Terrace Avenue Buffet and Cash Bar, Program beginning at 6:30 PM TCCM will give Special Recognition to: Individual Support: Bruce & Kathi Campbell Corporate Partnership: US Cellular Private Foundation: Jane Bradley Pettit Foundation

As the Seasons change, so does life around us... George & Corey have put the "La" back in the Cage, making it once again La Cage.

Bev & Pam have altered their pub from Milwaukee's Out aNd About to:

MO'NA's They also have added Brian AKA Velveeta Head Cheez to their roster as Cocktail Hour Bartender. Rumor has it another hottie known and appreciated in the neighborhood will be causing us all to be MO'NA-ing there shortly...

Jerry & Joe are becoming quite the couple of the season.

Grava Gallery the landmark on Brady Street for over 15 years is moving to The Historic Third Ward. Their new address is: 207 East Buffalo Suite 130. Congratulations Michael & Tim always framing your favorite pieces.

Men's Voices Milwaukee have new Artistic Director Jerrad Fenske a new rehearsal venue St. Paul's Episcopal Church 914 East Knapp Their next concert will be their Holiday Show Saturday, December 10th. "Frostina" inspired by the works of Robert Frost.

Bill "Fluid" Wardlow is quite the chef -- no one knows how to whip up a Creme Brulee like our own Galloping Gourmet. Eat what's left of your heart out Martha!

On the topic of cuisine our Ms. Rona of M's swears by putting your bacon on the grill and bar-b-que-ing it in to your next BLT. And no one has better tomatoes than Tom G. that gentleman farmer Of all there is!

Happy Silver Anniversary Terry & Ken! And they said it wouldn't last...

Princess Debbie gathered the troops and coordinated a surprise salute to BooBoo of the M&M Club. However, the surprise was on her -- when BooBoo didn't attend! Not to worry, ChiChi, Peter and Rita made sure we partied into the night enjoying the marvelous cucumber sandwiches, taco dips and garden treats. Last we saw our Princess she was bawling over her guest of honor, missing the Ball.

Winnebago Lake was the place to be for a recent weekend get-a-way as Neighbor Lady Rosalind, Jerry Gin & Tonic and I paid a visit to BoBo & Candy Stick's Northern "Shangra La." Who knew only two hours away was such a wonderful place to commune with nature? My only problem Allergies! Nature always gets the last laugh! I guess, I truly am allergic smelling hay... What a wonderful time at the Gliniecke Family Compound. Whenever you're up in that neck of the woods, you must stop by and visit Dale & Candi at Cedar Lodge N10872 Hwy 151 Malone. Talk about a palate pleaser! Down the road a piece -- see how quick, I catch on is High Cliff State Park. Perfect for camping, hiking, a marvelous marina -- a great escape!

Another great Summer memory "swinging around" at the Tree House.

Vital Source did a perfect profile on Frank Sanchez, Chef at Taqueria Azteca

119 East Oklahoma Avenue Now in it's ninth successful year. Ole!

forty 8 4823 West National Avenue is another great find. Restaurant + Tavern It's always great at forty8. How true! Greg Juleen our jovial host, made sure Michael Jonas and I had a most marvelous meal there recently. Well worth the venture westward. Cool, comfortable, casual, delicious, homemade an interesting spin on the same old, same old.

Next month Mike Keiley will be starring in Dramatists' Theatre production of Langford Wilson's "Balm Gilead." Guest Director Raeleen McMillion, co-founder and co-artistic director of Renaissance will have the honors of bringing this one home. This new Theater company is located in Brewer's Hill at Bucket Works 1319 North Martin Luther King Drive.

"Movin' Out" the Billy Joel & Twyla Tharp Opus will be making a Milwaukee debut Tuesday, October 11 - Sunday, October 16 The Marcus Center For The Performing Arts For tickets for this Pop Music Hit, Call The Marcus Center Box Office: (414) 273-7206 or (888) 612-3500

The National Touring production of "Joseph And The Amazing Technicolor Dream Coat" Was a visual orgasm! Patrick Cassidy echoed his late father's style and stage presence. What a treat!

Congratulations goes out to: C. Michael Wright the new Artistic Director of The Milwaukee Chamber Theatre.

International Artist - Extraordinaire Patrick Farrell will once again have his latest works on display at Tory Folliard Gallery 233 North Milwaukee Street December 2 through December 31, 2005 - making for ideal Holiday shopping. Farrell's Oil Paintings have had a successful tour through Door County this Fall. You can reach Patrick at www.patrickfarrellstudio.com I just adore "Six Butterflies" one of his latest masterpieces.

Who had more fun than Harper Valley's very own Cookie Sue on the veranda, talking to Veranda? You go Cookie!

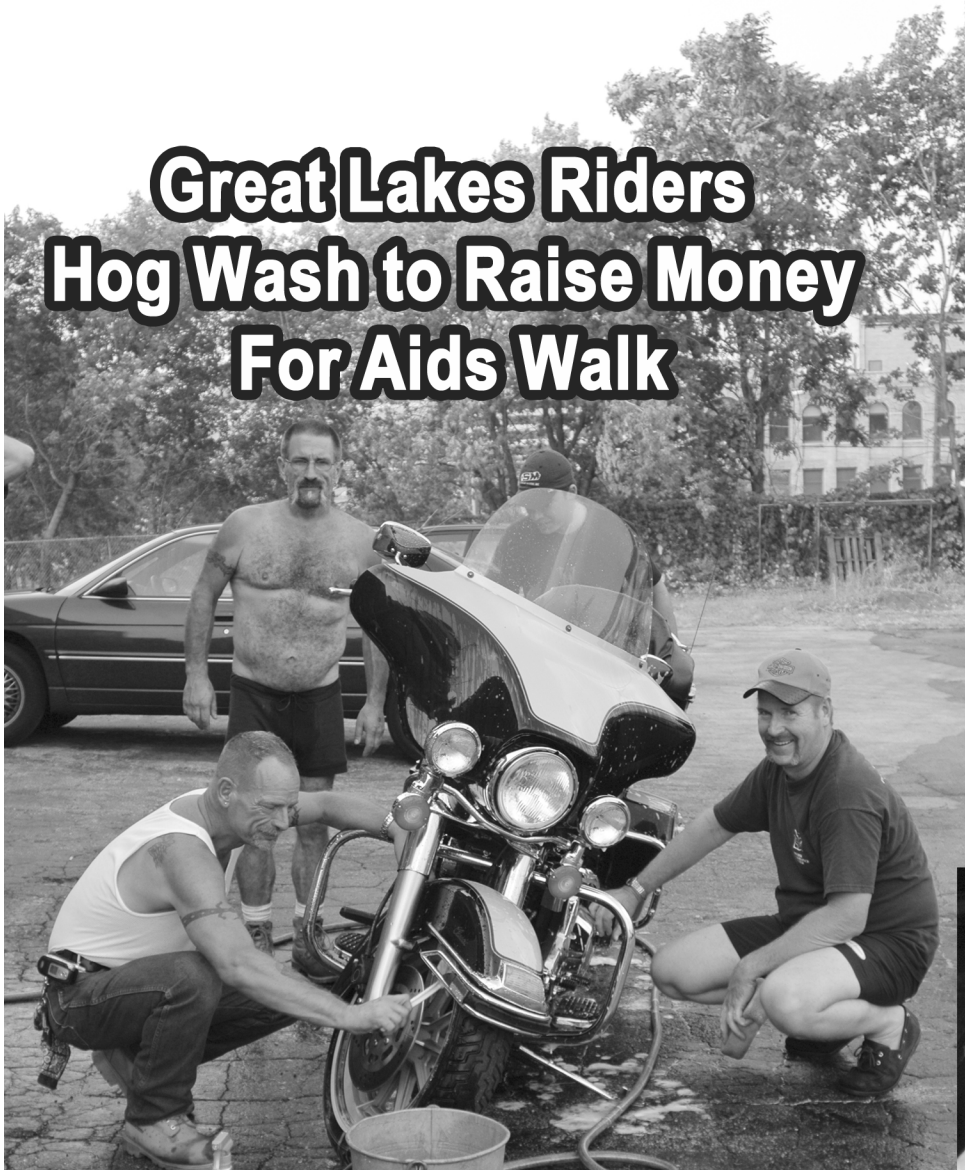
As I close out yet another effort, I must say good bye to John Clayton AKA Clarence Germershausen. Known forever for running C'est La Vie, that wild, unpredictable South Second Street tavern. Mr. Clayton's establishment was the very first bar I ever walked into, ever so timidly 26 years ago. Thanks for the memories!

Mary MacGregor did "Torn Between Two Lovers" 1977.

It's the Glamour, not the Grammar.

As the Autumn leaves start to fall - Remember, by being all UNITED we can beat the devastation known as Katrina, as I remain STILL Cordially Yours.

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Aeon Group (Interactive Fiction Gaming), P.O. Box 93953, 53203-0953, (414) 291-0530

AIDS Resource Center of Wisconsin, 820 Plankinton Ave., Milwaukee 53202, www.arcw.org, (414) 273-1991 (800) 359-9272

Alcoholics Anonymous (Request gay meetings), (414) 771-9119

Bi Definition (Bisexual community events), 315 W. Court St., Milwaukee, WI 53212, Suite 101, (414) 299-9612

BiNet USA (National bisexual political organization), <http://norm.org/pub/other-orgs/brc/binet.html>, (202) 882-4384

Brew City Bears, P.O. Box 1035, Milwaukee, WI 53201, (414) 299-0401

BWMT-Milwaukee, P.O. Box 091475, Milwaukee, WI 53209, <http://members.aol.com/bwmtmilwaukee/>, (414) 540-9437, ext 3

Castaways M.C. (Levi/Leather club), P.O. Box 1697, Milwaukee, WI 53202

Counseling Center (LGB & discussion groups), 2038 N. Bartlett Ave., Milwaukee, WI 53202, (414) 271-2565

Cream City Chorus, 315 W. Court, Milwaukee, WI 53212, <http://www.creamcity-chorus.org/>, (414) 276-8787

Cream City Foundation, 315 W. Court, Milwaukee, WI 53212, <http://www.creamcityfoundation.org/>, (414) 225-0244

Cream City Squares (Square Dancing Club), (414) 445-8080

DAMES (Dykes Against Minority Erotic Suppression), P.O. Box 1272, Milwaukee, WI 53201, (414) 278-0323

Fest City Singers (gay choral group), P.O. Box 11428, Milwaukee, WI 53211, (414) 961-0713

Firebirds (L/L group), P.O. Box 159, 53201-0159

Front Runners (running group), (414) 332-1527

G/L Community Trust Fund, P.O. Box 1686, 53201, (414) 643-1652

Galano Club (chemical free recovery club), 315 W. Court St., Milwaukee, WI 53212, www.galanoclub.org, E-mail: mail@galanoclub.org, (414) 276-6936

Gay Lesbian Education Employees of Metro Milw., (414) 462-8404

Gay Straight Alliance (Waukesah County Technical College), GSA c/o Student Life C121, 800 Main St., (262) 691-5388

Gay Youth Milwaukee (peer group meetings), P.O. Box 090441, Milwaukee, WI 53209, (414) 265-8500

Gay Youth Wisconsin Hotline, <http://gym.8m.com/>, (414) 272-TEEN

Gay/Lesbian Studies UWM, (414) 229-6402

Gemini Gender Group (TV/TS/TG support/social), P.O. Box 44211, 53214, (414) 297-9328

Girth & Mirth/Milwaukee, P.O. Box 862, Milwaukee, WI 53201-0862

GlobalAge.org Workplace issues and more! An affinity group resource for our LGBT communities (free and on-line) www.GlobalAge.org

GLEAM/SPECTRUM (GLBT Employees of SBC), P.O. Box 254, Milwaukee, WI 53201, (414) 482-4310

Great Lakes Harley Riders, P.O. Box 341611, Milwaukee, WI 53234-1611

Holiday Invitational Tournament (G/L bowling event), P.O. Box 899, Milwaukee, WI 53201

HRL-Pac (Political Action Committee), P.O. Box 510407 Milwaukee, WI 53203-0074, <http://www.hrl-pac.org/index.html>, (414) 319-9863

Keep Hope Alive (HIV Holistic Support), P.O. Box 27041, West Allis, 53227, (414) 548-4344

LAMM (Lesbian Alliance of Metro Milwaukee), 315 W. Court St., Milwaukee, WI 53212, (414) 272-9442

Log Cabin Republicans-Wisconsin (Gay Republicans), P.O. Box 199, Milwaukee, 53201, LCCWI@aol.com, (414) 299-9443

Marquette Gay/Straight Alliance, Campus Ministry, 617 N 14th St., Milwaukee, WI 53233, (414) 288-6873

Men's Voices Milwaukee, 315 W. Court St., Milwaukee, WI 53212, (414) 765-9198

Metro Milwaukee Tennis Club, (414) 704-1688 (Brian)

MGALA (Marquette U. GL Alumni), P.O. Box 92722, Milwaukee, WI 53202

Midwest Prairie Faeries (Radical Faerie Group in Madison) prairiefaeries@earthling.net, (608) 246-8515

Milwaukee GAMMA (sports/outdoors/recreation/social), P.O. Box 1900, Milwaukee, WI 53201, mkegamma@execpc.com, (414) 365-3453

Milwaukee LGBT Community Center, 315 W. Court, Milwaukee, WI 53212, <http://www.mkelgbt.org/>, (414) 271-2656

Milwaukee Pride Parade, Inc., P.O. Box 1461, Brookfield, WI 53008 <http://www.PrideParadeMKE.com> (414) 915-3806

Milwaukee Symphony Chorus, (414) 559-9330

Narcotics Anonymous (request gay mtgs.), (800) 711-6375

New Beginnings PENPALS (Mo. newsletter), Box 25, Westby, WI 54667

Orgullo Latino (a Latin Pride), c/o Murguia, 1532 N. Astor St., Milwaukee, WI 53202, (414) 276-8546

Outdoors Cooperative Sports Group, (414) 963-9833

Parents & Friends of Lesbians & Gays (PFLAG), 315 W. Court St., Milwaukee, WI 53212, (414) 299-9198

Pathfinders (youth counseling, shelter), 1614 E. Kane Place, Milwaukee, WI 53202, (414) 271-1560

PrideFest (Annual Pride festival), 315 W. Court St., Milwaukee, WI 53212, <http://www.pridefest.com/>, (414) 645-FEST

Project Q (Youth Program of the Milwaukee LGBT Center), 315 W. Court, Milwaukee, WI 53212, <http://www.projectq.org/>, (414) 223-3220

Queer Program, The (Cable TV Show), P.O. Box 090441, Milwaukee, WI 53209, (414) 265-8500

Rainbow Alliance at UWM, Box 122, 2200 E. Kenwood Ave., Milwaukee, WI 53211, (414) 229-6555

Rainbow Families Wisconsin (LGBT-Family Support), 600 Williamson St., Suite 1P, Madison 53703-3588, <http://www.geocities.com/rainbowfamilieswisconsin/>, (608) 270-1024

Riverwest Rainbow Association, 1001 E. Keefe Ave., 53212, (414) 225-1645

SAGE Milwaukee (for older LGBTs), P.O. Box 510492, Milwaukee, WI 53203-0091, <http://www.sagemilwaukee.org/>, (414) 224-0517

Sexual Compulsives Anonymous (SCA), (414) 299-0755

Shoreline (country dancing, instruction), P.O. Box 510283, Milwaukee, WI 53203-0051, (414) 747-0388

Silver Space (for older lesbians), c/o Counseling Center, 2038 N. Bartlett Ave., Milwaukee, (414) 271-2565

SSBL (Saturday Softball League), P.O. Box 92605, Milwaukee, WI 53203-0091, (414) 454-9204

Two Spirit Society (Indigenous LGBT People of America), 315 W. Court St., Milwaukee, WI 53212, (414) 985-5151

WI. Legislative Hotline, (800) 362-WISC

Wisconsin AIDS Library, (414) 225-1539 (800) 359-9272

Wisconsin AIDSline (free/anonymously), (800) 334-AIDS

Wisconsin DHFS HIV/AIDS Program, P.O. Box 2659, Madison 53701-2659, (800) 991-5532

Wisconsin Haverim (GLBT Jewish Group), <http://groups.yahoo.com/group/WisconsinHaverim>, (414) 202-8074

Wisconsin Outdoor Women (outdoor sporting events), P.O. Box 94, Hales Corners, 53130, (414) 427-2082

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