

our lives



Madison's LGBT&XYZ Magazine

# SIXTH ANNIVERSARY

July/August 2013

What the  
**Supreme Court's  
Gay Marriage**  
ruling means for  
Wisconsin

**Congressman  
Mark Pocan**  
reports on  
LGBTQ issues  
from inside  
Washington

HEALTH &  
WELLNESS  
**SPECIAL ISSUE**

# THE IRON WOMAN

Madisonian **Colleen Capper** has  
what it takes to compete at the  
**Ironman World Championships**

**The Gay  
Divorcée**  
Do we have  
the right to  
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plus

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JULY / AUGUST 2013

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Cover photographed by Roberto Amezcua



Madison's LGBT&XYZ Magazine

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To Your Summer—and Your Health!



Summer is finally here, thank goodness! It's high time to kick off our shoes and enjoy the sunshine, the many festivals Madison has to offer, and any other excuse to be outside. Beautiful weather doesn't mean there's no work to be done, of course—2013 is shaping up to be a hugely important year in terms of LGBTQ rights, women's rights, and more. By the time this issue hits the streets, for instance, we'll have decisions from the Supreme Court on two cases that will have enormous impact on the state of marriage equality in this country. Could be we'll get to dance in the streets to celebrate immense victories, or have to muster our resolve to keep fighting the good fight. Either way, there's always more to be done—especially when it comes to issues like ensuring that some of the most vulnerable populations in our wide-ranging community don't go without. Poverty, physical and mental health care, access to education, anti-bullying efforts, immigration reform, and anti-racism efforts should all be major focuses within the LGBTQA community. I'm happy to include articles in this issue that address some of those points—Molly Hermann's profile of medical student James Lehman and his role in introducing LGBT Friendliness Kits to 300 physicians in Dane County, as well as pieces about everything from gay divorce to mental health and senior care.

I'm also thrilled to introduce the first in what will be a regular series of articles from U.S. Congressman Mark Pocan, who will be keeping us up-to-date on his efforts to further LGBTQ causes at the national and state level.

We also have several articles that tackle the various possible outcomes of the Supreme Court cases from a few different angles: legal ramifications, emotional wellbeing, family life, etc. When things get rough, it becomes all the more important to identify and hold on to those things in our lives that are good, and to reach out for help when we feel down. That's what community is all about!

So I hope you all get a chance to be outside and enjoy the gorgeous Wisconsin summer while it sticks around. We all need to make sure to take time to keep ourselves sane and healthy as we continue to do the hard but important work that builds and betters our world.

Emily Mills
Editor

did you hear?



Middleton Will Have Domestic-Partner Benefits

The Middleton Common Council voted on June 18 to pass an ordinance requiring city contractors to provide domestic partner benefits to employees. The move had sparked some heated discussions during previous sessions, with questions raised about the fiscal impact of the ordinance. Alder JoAnna Richard refuted the concerns, however, noting that "the change does not incur additional costs," since domestic partners would be able to simply take advantage of a benefit plan that already exists. Another ordinance that would codify existing city policy to include domestic-partner benefits for city employees was also expected to be passed at that time.

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## The Secret to Why We're Growing



I was at an Out Professional and Executive Network (OPEN) event recently with former Mayor Dave Cieslewicz and Neil Heinen, the editorial director at WISC-TV. I paused for a moment when Neil introduced me to someone as "a publisher in town with a magazine that's actually growing." It made me think about why that statement is true, and the fact that since we launched six years ago, we've posted growth in every single issue we have published. That blows my mind.

The issue you are holding in your hands is no exception, and marks six years that this magazine has been educating, connecting, and building community for LGBTQ people and their allies in Madison and beyond. That's six years of lessons learned that help lead us to a better understanding of ourselves and our shared values. In my opinion, therein lies the magic. This magazine focuses on shared values, and connecting with people in an authentic way that is meaningful and has purpose. When our team makes directional growth decisions, our focus remains deeply rooted in how we can add value to the lives of our readers, and what exactly those readers value.

Education. Leadership. Connection. Hope. These are some of the cornerstones we try to offer this community. As long as we are able to continue to do that, I only see the relevance of our product increasing. As times change, the media we use to deliver that may evolve, but the service we deliver retains its value.

Thank you for your support over the last six years. And thank you for supporting those who share your values. I'm looking forward to the next six, and all of us continuing to grow together.

With Love,  
**Patrick Farabaugh**  
Publisher



**Christopher S. Krimmer** teaches Sexual Orientation and the Law at Marquette Law School, and is writing a lawyer's handbook on gay rights in Wisconsin for the State Bar of Wisconsin. His law practice at Balisle & Roberson S.C. focuses on nontraditional-family protections. Originally from Cedarburg, Chris attended the University of Wisconsin Law School. He especially enjoys Madison for the progressive nature of the community and the freedom to be openly gay in every facet of life within the city.



**Molly Hermann** is an activist, researcher, trainer, and consultant on LGBT intimate partner violence (IPV), as well as other LGBT health issues. She has interviewed LGBT people about their experiences with IPV and about their communities' readiness to address this issue. She developed language for a new website for LGBT IPV survivors, friends, family, and providers ([www.rm2bsafe.org](http://www.rm2bsafe.org)). Molly also has over 10 years of experience training providers on LGBT IPV. In addition, Molly has over 15 years of experience in the HIV-prevention field. Molly is currently a co-chair of the WCADV/WCASA LGBT IPV Committee, a consultant with Humble Pie Consulting, and a state public health educator with the Division of Public Health – AIDS/HIV Program. She has lived in Madison for nearly 20 years.

## The Importance of Giving Back

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### Todd Streicher

President & CEO of 5NINES, Madison's Information Technology Solutions Provider.  
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Being a positive force in the Madison community has always been a priority for me and 5NINES. The goal of 5NINES is simple: We help people and businesses leverage technology to achieve their goals. Madison has embraced 5NINES, and we give back whenever we can.

I'm proud to be a supporter of the LGBTQ community. Personally and professionally, I serve on the **Madison Gay Hockey Association (MGHA)** board as well as play in the league. 5NINES supports MGHA and their community events. We are particularly proud to be a part of **Blades Against AIDS** event, which promotes HIV awareness and fundraises for the AIDS Network.

Aside from MGHA, we support the **Badger Childhood Cancer Network**, **United Way**, **F.I.R.S.T. Robotics competition** in Milwaukee, **WORT 89.9 FM**, the **Goodman Community Center**, and **Dane Buy Local**.

5NINES actively seeks out opportunities to get involved with communities, expand their knowledge, and improve how technology can work for them. We celebrate diversity and feel that being involved and helping improve our local communities is critical to improving our lives.

The LGBTQ community is a cornerstone for diversity in Madison. I am thankful for the connections I have made in the LGBTQ community and the business opportunities that have arisen. I'm proud that 5NINES has been a part of building a stronger community. I look forward to continue working with MGHA and evolving the presence of 5NINES in the community.

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## did you hear?

?

**Reps. Mark Pocan and Charlie Rangel introduce bill that would correct records of discharged gay vets**

It's been nearly two years since the landmark repeal of "Don't Ask, Don't Tell," and yet tens of thousands of gay veterans who served this country with honor and dignity still have dishonorable discharges on their records due solely to their sexuality. In an effort to help correct that wrong, U.S. Representatives Mark Pocan (D-WI) and Charlie Rangel (D-NY) on June 20 proposed legislation, the "Restore Honor to Service Members Act," that would ensure gay and lesbian service members who were discharged for no other reason than their sexual orientation have their records upgraded to reflect their honorable service.

Since World War II to the repeal of "Don't Ask, Don't Tell" in 2011, approximately 114,000 service members were discharged because of their sexual orientation.

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## The Artist Philosopher

**Beth Racette** seeks to explore and reveal the systems of the world through art.

**O**n a beautiful, bright day, Beth Racette welcomes me into her home studio. White light streams through windows, illuminating a series of vividly colored round paintings she has tacked up to the wall. Some are finished pieces, ready for her next installation; others are studies she has just begun. “I don’t know where they will take me,” she says as she ponders them. The complete images will represent the earth in the exhibition “Systems of Abstraction,” featuring Racette and fellow artists Jill Olm and Leslie Vansen at Overture’s James Watrous Gallery from July 12 through August 19. Racette’s pieces in the show are each unique, meditative abstractions related to her musings about science.

Racette was born into a medical family in Wichita, Kansas. By the time she was in high school, she was already quite serious about making visual art. Since she was a teenager, her art has usually been



about her own need to explore the world around her and to synthesize the chaos of the mind. Following a BA in history and liberal arts at Rutgers, she went on to get an MFA from Mason Gross School of the Arts. In her installations, she tries to communicate her thoughts about pressing issues.

**In Racette’s latest body of work, she is trying to depict Gaia—the earth as an interconnected being, a living entity of which we are all a part.**

As a sculptor, Beth uses recycled materials, reassembling them into objects that lead her, and ideally the viewer, to new understandings about human development. Her objectives as an artist are less about creating a thing that someone wants to own, and more about establishing a space for conscious reflection, conversation, and meaning.

In Racette’s latest body of work, she is trying to depict Gaia—the earth as an interconnected being, a living entity of which we are all a part. Racette is engrossed by systems theory, particularly underlying processes and properties that organize life; for instance, the idea of Earth and everything in it as a holon (something that is both whole and simultaneously a component of something larger). Likewise, we, who inhabit the Earth, are individual entities and also part of this bigger web of life. Racette’s work considers how the microscopic mirrors the macroscopic and vice versa. She attempts to explore how the earth as a system is interconnected and flows. Ultimately, she reasons that our survival and salvation depend on our ability to cease exploiting, polluting, and overpopulating our planet and our system.

The message behind her work in “Systems of Abstraction” may sound didactic, but her art is more about her own need to seek understanding than about moralizing to others. “I want to pursue wonder and mystery rather than convince others of a viewpoint. I hope my art can inspire curiosity and awe.” While Racette’s art is very personal and philosophical, there is greater meaning in anything that helps us better understand our world, and in so doing, ourselves.

For more information, visit her website at [bethracette.com](http://bethracette.com). ■



**Karin Wolf** is the arts program administrator for the City of Madison Department of Planning and Community and Economic Development and the Madison Arts Commission. Her freelance arts writing has appeared in *Sculpture Magazine*, *Public Art Review*, and the *Milwaukee Journal Sentinel*.

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## A NEW SPORT A NEW CULTURE A NEW COMMUNITY A NEW LIFE

Madison Gay Hockey Association player **Chue Xiong** talks about life in a refugee camp, running away from home, coming out, and finding support in a most unlikely place.

**i**n 1996 my family came to the United States as a result of the Vietnam/Secret War, in search of a better life for us. We came straight from the refugee camps into this industrialized nation. I had never seen people of different skin color, nor did I know what music and television were or any other kind of technology. I didn't even have clothes until I was three, and here I was in a different part of the world where people were giving us free food, clothes and a home, and all of a sudden I had cousins and relatives who knew me. But it wasn't very long until I started seeing how different life was here; I was told to go hide every time a white man appeared because it was dangerous and soon after I was taken into a place called school where I was left with random people who didn't speak my language.

Instantly the other kids knew I was different because I couldn't speak English, and for some other reasons, just didn't like me; I would later make friends by giving them something of my own or stealing for them. My insecurities would grow over the years as I realized what being poor meant. On my first Christmas, a year later, I was 6 and I watched as all my cousins opened boxes, I didn't know what they were doing but all the boys had toy guns and action figures and the girls had ponies and things I didn't even know existed, I was so excited; I had never had a toy before, but couldn't find my present. I went to my mom and said "Mom, what about me?" but she didn't have an answer, I was devastated at the time and went into a rage, but later promised myself that I would never ask my parents for anything



no matter how much I wanted, unless I felt that we were in a financial situation where it was OK, I didn't want my parents to suffer; I've stayed true to that statement.

Skip ahead three years—on my first day of fourth grade my parents moved me to a new school for the fourth time, and I would be taking the bus. As we neared John Marshall, the bus stopped and all the kids started running out, and as I took my first step out of the bus I looked up to where a tall fifth-grader walked up to a fourth-grade kid my size and punched him in the face. All the other kids were shouting out "fightfightfight," "girl!" and "gay." I was still struggling with some English at the time and was too shy to ask, but I figured "gay" was just another bad word that the other kids were using. I didn't stop to think about how much this word would later affect my life.

In the fifth grade some of the boys started calling me "gay" and "girl" because I was "too nice." I had recently started hanging out with some of the school girls and "girly boys" and stopped playing dodgeball. I didn't understand why I was getting called these things because I was just doing what I liked my insecurities kept growing to the point where by the end of the year I would contemplate all the terrible things I could do to these other kids who would call me gay or a girl. I thought to myself, "I had never done anything to them, so why should they be allowed to do this to me?" Eventually my cousins also started calling me girl and gay, which resulted in me hating everyone. I was confused and I didn't like how other people

dealt with my feelings; in my family at the time, it was weird if the boys talked about their feelings to their parents, so I never went to them. I already knew what the word gay meant, but it wasn't until I was in sixth grade that I finally understood the meaning of the word Gay. I was on the bus headed to class and was just thinking about that word when I realized that I was gay; it was the word that was going to define my life. When I got home I went to sleep at 5:00, and for the first time I turned toward God, I didn't know how to pray, but I laid on my bed and clenched my hands together and said "God, if you exist, please make me normal, and if you don't want to do that, then please kill me in my sleep so that at least it won't hurt." It didn't work, but I thought it was because I wasn't praying hard enough. So I prayed harder and harder, and continued the process throughout the course of two or three years. I also tried changing my personality to be how a normal boy would act, tried dating a girl, and sometimes cursed this world, but eventually came to the conclusion that nothing was going to work and that I would have to hurt my parents one

**One day I came to the conclusion that maybe if I distanced myself from the people I loved that one day if I told them I was gay, and if they disowned me, it wouldn't hurt them as much.**

day. One day I came to the conclusion that maybe if I distanced myself from the people I loved that one day if I told them I was gay, and if they disowned me, it wouldn't hurt them as much; that thought never left my head. So after I graduated from high school, I ran away from home. It didn't matter to me where I was headed, or how I got there. I was finding every reason I possible to get away from my life and everyone in it, and so I chose a destination.

Unfortunately due to my naïveté I ended up in Fargo, and two years of mental isolation. Fortunately I was blessed enough to join the theater department up there where I met Stephanie Olfert, Alex Stokes, and Kelsey Svare who are just three of the best people you'll ever meet in this world. I don't know how I would have made it through those two years without them; I didn't have to worry about being accepted when I was with them.

Eventually I chose to return to Wisconsin, and being hesitant to return home, I transferred over to MATC in fall of 2011 and later UW-Madison. That very same year I auditioned for *The Talking Out of School Plays* directed by Monty Marsh-McGlone. I was cast for a few student roles where I also worked with a friend, Paula, who later invited me to go see an LGBT speaker at her church. I instantly smiled as I saw Patrick Farabaugh walk up at the Prairie Unitarian Universalist Church. He talked about his life story and how he came to publish *Our Lives* magazine and play hockey. I have never met someone so inspiring in my life, and had to talk to him. As I walked up to Patrick after his speech, another lady came up and started up a conversation with me; she wanted my number for her daughter. I didn't want to say no, and was too hesitant to say I was gay to her, so the conversation dragged on for a bit and I was only able to say a couple words to Patrick.

After that day I started reading *Our Lives* magazine. I would look at the hockey information, and later that summer went to the pride parade in Madison and saw the hockey league there. I really wanted to meet people, and I didn't have a lot of friends in Madison or in general, and I was still struggling to find a community that might accept me, and so I shot the Madison Gay Hockey Association an email and got started.

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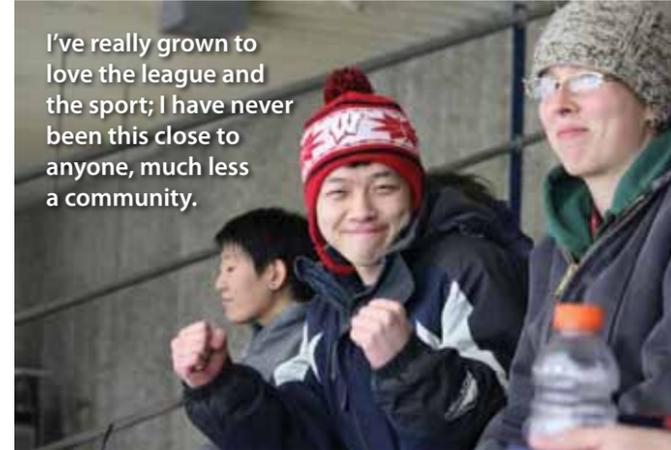


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# community

and a jacket, and boy was it cold. There were a lot of people at the rink and I was nervous about how this was actually going to go, but one of the new players, Jasmine Donahoo, walked in and introduced herself to me and assured me that I wasn't the only one. And just seconds after that, a taller guy, Matthew Basler, walked in, turned toward us and smiled. Instantly I knew he was gay, and I knew we were going to be good friends. Unfortunately when the teams got picked all the rookies were separated into different teams. I would be thrown in the Black Team, where I didn't recognize anyone's name on the list except Brandon Rounds.

On the first day when the Dark Knights (the name of the Black Team) met up, I was thrown into a moment of consternation as I walked in. None of the guys looked gay, and I was sure they were all straight. And Brandon Rounds was not going to make it, which didn't help my situation. I really thought this was going to be one of those "show no mercy to the gay newbies" kind of days, except we only had one noob. It was quite unnerving for me to be out in front of a lot of straight people, especially guys. But when our team captain, Joe Walsh, started the passing drills and said "everyone find a partner," Richard Avremenko came straight up to me and said "You're going to be my partner," I thought I had died and gone to hell, but now I would never change that moment. I now know that I was blessed to be thrown into this team. Rick, Jen, Brandon, Anna, Joe, Katie, and Wally and the rest of the team, you guys are the best and this season was just filled with life for me. Because of you guys and everyone in MGHA I've really grown to love the league and the sport; I have never been this close to anyone, much less a community. Being



I've really grown to love the league and the sport; I have never been this close to anyone, much less a community.

in the league has really shown me that allies do exist and that people do care, and now I can say that I am gay and proud without being scared. I have made friends who I can call family without worrying about what I will be judged as. Being with MGHA, I have come to realize that society can only hurt me if I let it. MGHA is more than just a league and a community; it's family, love, and support. ■



**Tim Lom** is Our Athletes editorial facilitator and a member of the Madison Minotaurs rugby club, Wisconsin's only International Gay Rugby Association and Board team. He's excited to help various members of the sports community have their voices heard and their stories told.

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**CONNECT TO THE COMMUNITY: LGBTQ SPORTS LEAGUES**

**MADISON GAY HOCKEY ASSOCIATION** MADISONGAYHOCKEY.ORG/JOINING  
**RECRUITING**, Plays **SUNDAY** nights Fall recruiting officially in progress. Beginner skating and skills clinics start in early September.

**BADGERLAND LGBT SOFTBALL LEAGUE** BADGERLANDSOFTBALL.COM  
 Plays **MONDAY & TUESDAY** nights Miss Gay Softball 2013, League Fundraiser, July 13 @FIVE Nightclub. Time: TBA. Felicia Melton Smyth Tournament: September 14-15. See game times and schedules on website.

**MADISON GAY VOLLEYBALL** MADISONGAYVOLLEYBALL.COM  
 Plays **FRIDAY** nights All games at the Coliseum Bar.  
**May 31-August 23:** Season Games  
**August 24:** Season Tournament and Party

**MADISON MINOTAURS GAY RUGBY** MADISONMINOTAURS.COM  
 Practices resume the first week of July, days and location TBA. Madison Minotaurs vs. Seattle Quake July 20 at 1 p.m., Cottage Grove Sports Complex, 513 Clark St.

**HONEYMOONERS LGBT BOWLING LEAGUE**  
**RECRUITING**, Plays **MONDAY** nights Bowling open to all: Monday evenings at Village Lanes on Madison's near east side, starting in early October and running for approximately 25 weeks. We're always recruiting new bowlers/teams. Contact us on Facebook or stop by Village Lanes Monday nights from 8 p.m. to 10 p.m. if you're interested.

**MAD ROLLIN' DOLLS ROLLER DERBY** MADROLLINDOLLS.COM  
 At the Hartmeyer Ice Arena: Skating clinic for beginners on July 13. Double-header bout: Dairyland Dolls B team vs. Fox City Foxz, and Team Unicorn vs. Dubuque Bomb Squad on July 20.

**FRONTRUNNERS/FRONTWALKERS**  
**RECRUITING**, Meets **SATURDAY** mornings Diverse and friendly running/walking group meets every Saturday morning at 9 a.m. in the parking lot at Wingra Park for a 3-to-6-mile circuit around the Arboretum. Free and open to all!

**HAVE A LGBTQ LEAGUE OR SPORTING EVENT YOU'D LIKE TO PROMOTE?**  
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# Living the Dream

Joey Broyles lives according to a simple, radical code: "Be Yourself: It Will Change Your Life."

**m**y name is Joey Broyles and I am myself. It took a long time for me to embrace me for me. Since that moment, the world has been full of opportunity for some gay kid who grew up in the Midwest with a dream to become a superstar. For all the years of regular hardships, I'm finally living out my dreams, and I'm still in a state of shock over it.

Currently, I run a business called Project Famous: a trinity made up of an artist collective, a publication (Project Famous Magazine), and a film production company. My friends and I aren't in it for the money; we are in it to change lives and to make a difference for artists. Life is too short to do something you don't want to do, so we go out and do what we dream. As great as this all sounds, life wasn't like this a year ago.

Last year, I took a step out of my own world and reevaluated everything, asking myself two serious questions: Who are the people fighting for you? Who are the people fighting against you? When I let go of the past

**We created a hybrid system of networking, inspired by Warhol's Silver Factory. I wanted to take that idea and build a better network for artists, and I found a way: Get artists of all mediums together, and you can do anything.**

and my damaged relationships, I found myself. In the next couple of months, I took a lot of chances, and it wasn't easy building a community out of one idea: to create a place where artists can come together and create a gallery for our generation and beyond.

The birth of Project Famous (PF) became the silver lining and hope in my life. On the PF questionnaire page, there was one question that mattered to me when you joined: What is your dream job? People don't ask you that when you apply for a job, because for most, dreams are over, and now it's time to make money and play the game of life.

With PF we created a hybrid system of networking, inspired by Warhol's Silver Factory. I wanted to take that idea and build a better network for artists, and I found a way: Get artists of all mediums together, and you can do anything. Strength in numbers. The networking we've done in one year would have taken the "normal" person two or three.

The transformations within the collective are beautiful; seeing other people smile because they are on the right track is life changing. I myself transformed from an introvert who was a daydreamer to an extrovert who broke down major barriers in my life. I have written lyrics for local musicians, I am in the middle of recording an album, and I just wrapped production on a short film/music video I wrote, produced, and acted in. These things only happened because I learned that when you help others achieve their dreams, others help you in return. And guess what? Helping others helped me conquer one of my biggest fears: my own community.

Even though I am gay myself, I was terrified to embrace my own community. I spent many years listening to what society was saying about our community, and it was unhealthy for my relationships and for me. One day I woke up and I thought, "These people are just people, and why am I afraid of someone like me?" I let the whole world tell me how bad I was for being myself. I had silenced my own self and lost out on years of making positive connections with other gay friends. When I started to deny everything I was taught by society, my world became free. My sort of anarchist approach to society opened the door to the world of drag, the world of fantasy, the world of the LGBTQ community. I began writing my album, and I decided I was going to make sure to include gay topics that I feel the general public will not address in mainstream music.

In February, I heard a mother scolding her son for a toy he picked out. You could hear her politely say to her son, "Boys don't do that." I heard it again from another mother while at work, and it brought up a lot of memories from my own childhood. It hit me so hard that I began writing a song called, "Boys Don't Do That." A song about all the taboos I experienced growing up in a "blue is for boys, pink is for girls" society. Simple things like sharing a kiss in public, holding hands, and dancing with another boy are still a big deal. You can feel the eyes on you and the fear and hatred as you do things that are "normal" for heterosexuals in public. Why is it wrong to be yourself?

The most gratifying part about writing this song was hearing what others had to say about it after I performed it. Someone said, "It was universal and it made me really think" about what boys can or cannot do. It made them think, and that's what made me happy. If we can make more people think about anything at all, we might change



the world. That was worth bearing my soul in front of 500 people at the High Noon Saloon, and I would do it again in a heartbeat. I'd rather be scared and show the world who I am than live in fear, so let's bring on the fear and face it head on.

My goal in life is to continue doing the things I love while maintaining a healthy relationship with my loved ones and our beautiful community. I never want to be afraid of the best parts of who I am. Maybe I can't change the whole world, but I hope to continue helping others by making music and art. I love art, and I love being gay, and I want everyone to know that being yourself is the coolest thing you'll ever be a part of in life. Our artist collective, Project Famous, invites all walks of life. If you have a dream, come and hang out with us, and we'll figure this life out through art and embracing who you are. ■



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9a-12p: KATIE KRUZ

12p-04: RYAN SEACREST

04p-08p:  
**AARON ROGERS**

8p-12: BIG D

12a-5:00a: JENNY LEE

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Cultural, Social, Service, and Nightlife listings



**ACT 11: Wisconsin AIDS Ride**  
**August 1-4, South-central Wisconsin**  
 The annual 300+ mile bike ride raises money to support AIDS Network while building community. Support riders and crew at the opening ceremonies on August 1 or at one of the designated cheering stations along the route (listed on website). [actride.org](http://actride.org)



**Willan, Detox & Vicky Vox**  
**August 9, Plan B, 924 Williamson St.**  
 RuPaul's Drag Race alums Willam Belli and Detox iCunt, along with Season 6 hopeful Vicky Vox bring their musical parody songs to Plan B for a night of laughter and entertainment. Meet them afterwards at the meet-and-greet near the main entrance. [planbmadison.com](http://planbmadison.com)



**The Kinsey Sicks**  
**August 17, Overture Center**  
 America's Favorite Dragapella Beautyshop Quartet are taking on the cultural bludgeon of reality TV. This show pokes fun at the unreality and backstage surreality of this genre. And all in glorious 4-part harmony! [overturecenter.com](http://overturecenter.com)

ORGANIZATIONS

A representative sampling

**AIDS Network**  
 600 Williamson St., Madison (608) 252-6540  
[aidsnetwork.org](http://aidsnetwork.org)

**Alianza Latina**  
[facebook.com/alianzalatinamadison](http://facebook.com/alianzalatinamadison)

**Bowling Out Loud**  
[beckwith.matt@yahoo.com](mailto:beckwith.matt@yahoo.com)

**Dairyland Cowboys & Cowgirls**  
[dcandc.org](http://dcandc.org)

**Fair Wisconsin**  
 203 S. Paterson Street, Madison (608) 441-0143  
[fairwisconsin.com](http://fairwisconsin.com)

**Frontrunners/Frontwalkers**  
[personalpages.tds.net/~tmcdurg](http://personalpages.tds.net/~tmcdurg)

**Gay/Straight Alliance for Safe Schools (GSAFE)**  
 122 E. Olin Ave., Madison (608) 661-4141  
[gsafewi.org](http://gsafewi.org)

**Gay Softball League**  
[badgerlandsoftball.com](http://badgerlandsoftball.com)

**Gay Volleyball League**  
[madisongayvolleyball.com](http://madisongayvolleyball.com)

**Hermanos Latinos**  
[sneal@aidsnetwork.org](mailto:sneal@aidsnetwork.org)

**Lez In Color Yahoo Group**  
[LezInColor@yahoo.com](http://LezInColor@yahoo.com)

**Lez Talk Yahoo Group**  
[leztalkmadison@yahoo.com](mailto:leztalkmadison@yahoo.com)

**Madison Gay Hockey Association**  
[madisongayhockey.org](http://madisongayhockey.org)

**Madison Minotaurs Gay Rugby**  
[minotaursrugby.org](http://minotaursrugby.org)

**New Harvest Foundation**  
[newharvestfoundation.org](http://newharvestfoundation.org)

**Out Professional and Executive Network (O.P.E.N.)**  
[openmadison.org](http://openmadison.org)

**OutReach Community Center**  
 600 Williamson St., Madison (608) 255-8582  
[lgbtoutreach.org](http://lgbtoutreach.org)

**PFLAG - Parents, Families and Friends of Lesbians and Gays**  
 (608) 848-2333  
[pflag-madison.org](http://pflag-madison.org)

**Perfect Harmony Men's Chorus**  
[perfectharmonychorus.org](http://perfectharmonychorus.org)

**StageQ - Madison's Queer Theater**  
[stageq.com](http://stageq.com)

**UW - Madison LGBT Campus Center**  
 800 Langdon St., Madison (608) 265-3344  
[wisc.edu/lgbt](http://wisc.edu/lgbt)

**Wisconsin Rainbow Families**  
[wirainbowfamilies.com](http://wirainbowfamilies.com)

May 11 | GSAFE Celebration of Leadership at Monona Terrace



**GET LISTED** To see your event on this page, be sure to post it on our community calendar [ourlivesmadison.com](http://ourlivesmadison.com)

**17 PLAN YOUR YEAR**

- August 1 - 4: Wisconsin AIDS Ride
- Aug 14-18: GSAFE Leadership Training
- August 18: OPEN Pride brunch
- Sept 19: OPEN Networking Event
- September 20: OutReach Banquet
- October 24: OPEN LGBT Career Fair
- November 13: OPEN Networking Event
- January 26: AIDS Network Camp Bingo
- February 23: AIDS Network Camp Bingo
- March 30: AIDS Network Camp Bingo
- May 2: OUT at the Symphony
- May 10: GSAFE Leadership Conference

Send us your **FUTURE EVENTS**

**National Women's Music Festival, July 4-7, Marriott Madison West, 1313 John Q. Hammons Dr., Middleton** The National Women's Music Festival is a jam-packed long weekend where choices for things to do include workshops, concerts, comedy, theater presentations, a marketplace, newly released films and videos, a live auction, a spirituality series, a writer's series, and much, much more! [wiaonline.org](http://wiaonline.org)

**Art Fair on the Square, July 13-14, Capitol Square, Madison** With its mix of music, entertainment, and outdoor dining, as well as more than 450 artists exhibiting paintings, prints, photographs, sculpture, jewelry, handmade clothing and accessories, and fine craft, the fair draws nearly 200,000 visitors to Madison's Capitol Square each year. [mmoca.org](http://mmoca.org)

**Art Fair Off the Square, July 13-14, Martin Luther King, Jr. Boulevard and on the Monona Terrace Esplanade, Madison** The two day event is a showcase for about 140 Wisconsin exhibitors and includes food and unexpected, spontaneous happenings. The show features ceramics, art glass, painting, fiber, sculpture, jewelry, graphics, paper-making, photography, wood, and more. [artcraftwis.org](http://artcraftwis.org)

**Madison Mallards Fundraiser for GSAFE, July 11, at Warner Park, Madison** Show your support for GSAFE on Thursday, July 11, at 7:05 p.m. as the Mallards take on the Wisconsin Woodchucks! \$2 of every ticket purchased is donated to GSAFE. To buy your ticket, enter "gsafewi" at [mallardsgroups.com](http://mallardsgroups.com)

**OutReach Summer Social Picnic, July 18, Vilas Park, Madison** OutReach's LGBT Senior Alliance is hosting a summer picnic at Vilas Park. Food and drinks will be provided. Join us for good food and good company. [lgbtoutreach.org](http://lgbtoutreach.org)

**Disability Pride Festival, July 27, Brittingham Park, Madison** Come together at Madison's first Disability Pride Festival to share your talents, skills, arts, energy, and pride in being who you are. The event is accessible by public transit, wheelchair accessible, and will be ASL interpreted. [disabilitypridemadison.org](http://disabilitypridemadison.org)

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**OutReach 40th Anniversary Awards Banquet**  
 Celebrating OutReach's 40th Anniversary of providing service to LGBT people in Madison and South Central Wisconsin!  
 LOCATION: MONONA TERRACE  
 TIME: 6PM - 9PM  
 Sponsors: MGE, American Family Insurance, Hartmann Chandler Appraisal Associates, Diversa & Reservoir, Olin, Olin Mutual Foundation  
 Hosted by 2013's AARON ROGERS  
 Entertainment: TERRY WITTEBS WILL PLAY PIANO DURING THE COCKTAIL HOUR AND DINNER  
**Friday September 20th 2013**  
 For more information, go to [www.lgbtoutreach.org](http://www.lgbtoutreach.org)

# THE WISCONSIN AIDS RIDE



Imagine Biking to the End of AIDS

# ACT11

**AUGUST 1-4, 2013**  
CENTURY DAY, AUGUST 3

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## community

June 7 | AIDS Network's Red Ribbon & White Shoes Affair



## OUR SPONSORED EVENTS

May 21 | OPEN Networking Breakfast at Merchant



### did you hear?



#### Stevens Point votes to give benefits to domestic partners of city employees

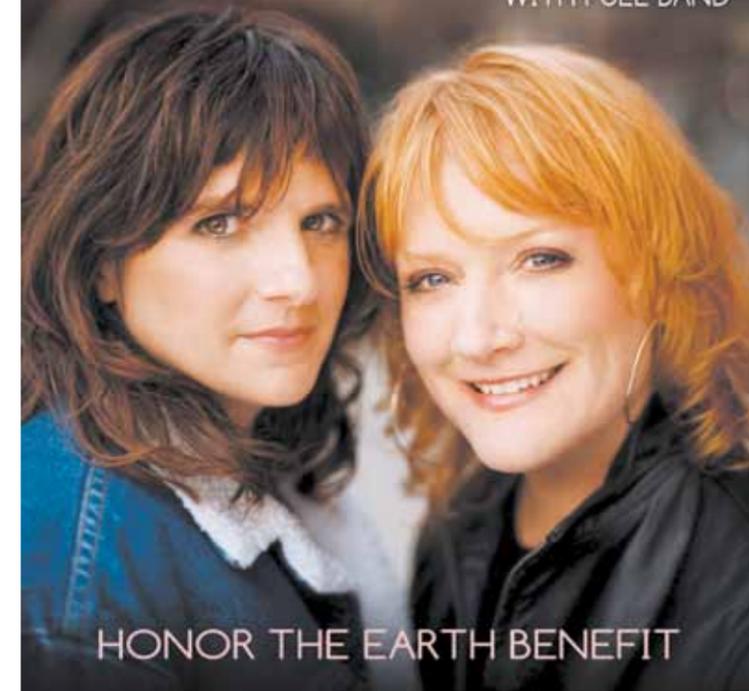
Stevens Point recently joined the ranks of cities voting to grant health care and related benefits to domestic partners of city employees. The measure was passed in late June with a vote of 9-2.

"This decision marks another important victory for fairness, as Stevens Point joins cities across the state in creating an inclusive and welcoming workplace, making them a leader in our efforts to build a more fair and just state for all Wisconsinites," said Katie Belanger, Executive Director of Fair Wisconsin.

"On behalf of Fair Wisconsin, the Board of Directors and more than 20,000 members and activists statewide, I thank Mayor Andrew Halverson, Alder Joanne Suomi and the Common Council for their visionary leadership in creating a policy that treats all city workers fairly."

Other Wisconsin employers with domestic partner protections include the Cities of Appleton, Eau Claire, Janesville, Kenosha, Madison, Middleton, and Racine, the State of Wisconsin, both the City and County of Milwaukee and Marquette University, as well as top Wisconsin private sector employers like Kimberly-Clark, Aurora Health Care, SC Johnson and MillerCoors.

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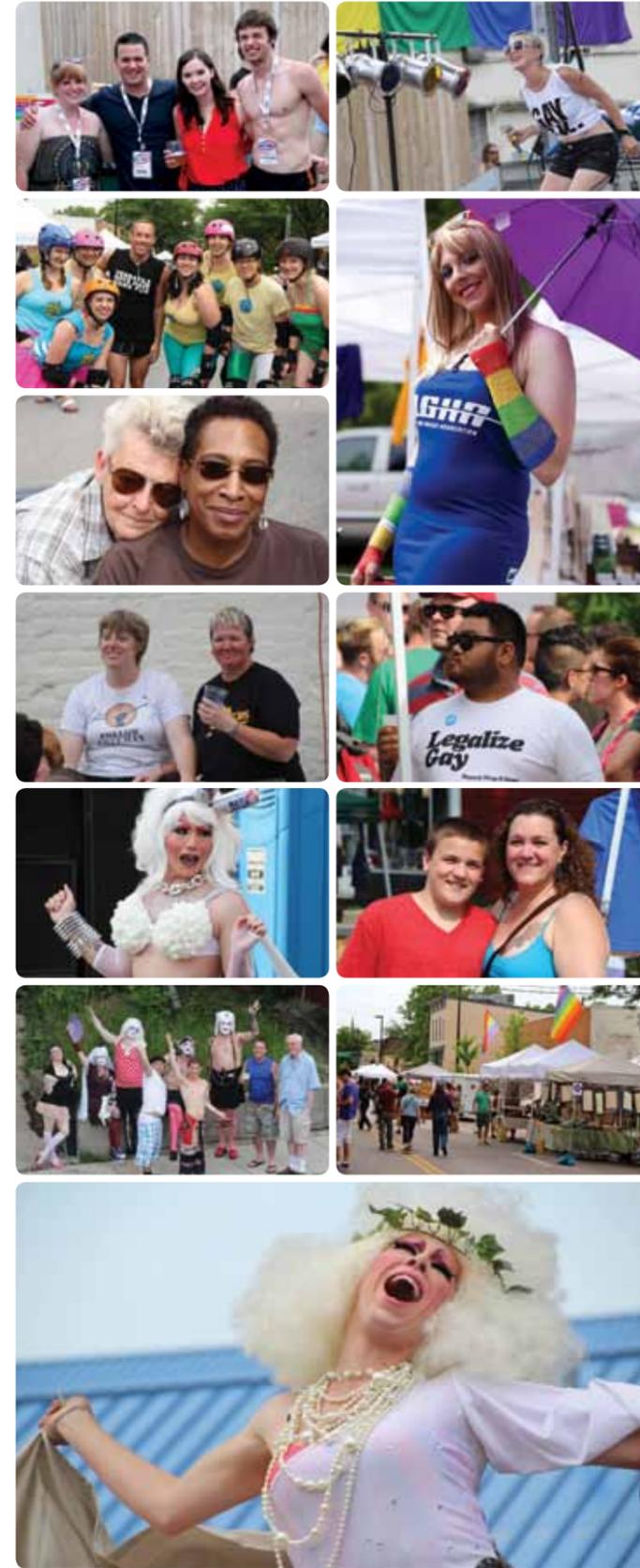
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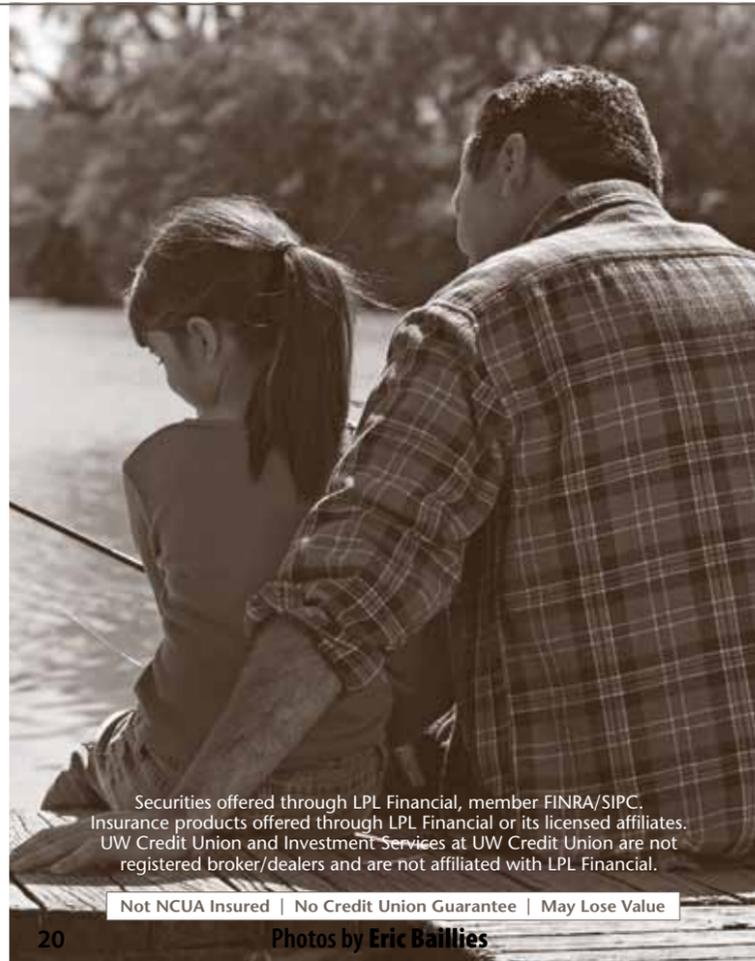
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member profile



**NAME:**  
Brett Blomme  
**TITLE:**  
Attorney  
**EMPLOYER:**  
Wisconsin State  
Public Defender's  
Office

As an Attorney, Brett represents low-income individuals charged with felony and misdemeanor crimes. Every day he defends their right to legal representation regardless of their ability to pay.

Brett serves on the Ethics Board for Dane County, a position he was appointed to by Dane County Executive Joe Parisi.

Brett and his partner Chris enjoy boating and spending time outdoors. They are members of Covenant Presbyterian Church in Madison.

Save the Date!



October 24, 4:00-8:00pm

OPEN CAREER FAIR

Where LGBTQ professionals connect with Dane County's inclusive employers.

OPEN's VISION AND MISSION

Our vision is a vibrant community where LGBTQ leaders are a significant catalyst for strengthening the economy of the capital region.

Our mission is to connect and create LGBTQ leaders in the capital region.

We do this through:

- Professional development
- Corporate & community outreach
- Networking
- Mentoring programs

openmadison.org



iron woman

Colleen Capper runs, swims, and bikes toward a better, longer life and finds plenty of role models in the triathlon community.

After the 2.4-mile rough-ocean swim at the 2010 Ironman World Championships in Kona, Hawaii, sweat rolls down my face as I pedal my bike through the searing 100-degree lava fields. The legendary island winds rage harder than any time in the previous decade, making it feel like I am battling through a wall of heat and air. As I near the end of the climb at Hawi, the halfway point of the 112-mile course, my stomach churns with anxiety and my hands grip the aero bars of my bike. I fear that on the speedy descent down from Hawi, the



Colleen Capper finishing Ironman Canada in 2012

In 2012, I completed my 14th Ironman distance race, and I was ranked second in the world at the Ironman distance for women ages 50-54.

force of the wind will cause me to crash, as it has other athletes in years past. I debate whether I should drop out of the race, as it feels impossible for me to safely make the descent. Then, my mind turns to 80-year-old Lew Hollander and 75-year-old Harriet Anderson, also racing the event that day. I imagine that if I drop out, I will attend the awards banquet the next day, and they will be up on the stage in their finisher's shirts and I will be sitting there with no finisher's shirt, ashamed that they were able to make the descent and I was not. I fight back my tears of extreme fear, and pedal down the descent as the gusting side winds blast in earnest. I happen to glance over to the other side of the road, and there is Harriet in her silver aero helmet, steadily climbing her way up to Hawi. Seeing Harriet inspires me to keep going, and I not only complete the race, but also run my way through the 26.2-mile marathon that caps the event, finishing as the fifth fastest woman in my age group in the world.

Finding My Stride

Though I grew up with three older brothers and played many backyard basketball and baseball games, in those pre-Title IX days, I did not play competitive sports. On top of failing the Presidential fitness test in elementary school, I tried out for the track team in high school, attempting the one-mile event, and dropped out because I ran so slowly. As a young woman in my early 20s, I weighed about 50 pounds more than I do now. A long line of obesity and heart disease runs through my family. With my mom's encouragement, I started jogging in my senior year of high school to manage my weight. Fast forward to 2004, when I decided to enter my first Ironman at Ironman Wisconsin. I had already completed more than two dozen marathons and was looking for a new challenge.

Health & Wellness

Local doctors and other health care providers share recent trends and identify current needs.

Recognizing identity-based health risks



**DIVERSE & RESILIENT**  
GARY HOLLANDER, PH.D, PRESIDENT & CEO

Our choices and behaviors affect our health and wellbeing. Do we choose exercise over a night at the bar? Do we select water or a soft drink? But in the most profound way, there are deep forces at work that affect our will to make the best choices. These forces—social and economic conditions alike—can determine how well and how long we live. Anti-LGBT discrimination is one of these forces. Unfortunately, we are often unaware that discrimination against our identities is limiting our ability to be healthy and access care when we are not. It might feel like we are just too lazy to join a hockey league or take up speed walking. However, we can't ignore that this "laziness" may be fatigue from battling homophobia.

For the past two years, Diverse & Resilient has been addressing homophobia at the community level by reaching out to heterosexual people in our Acceptance Journeys project (journey2accept.org). This program gives voice to heterosexual people who love and accept the LGBT people in their lives. We are doing the background community assessment to expand this work so that LGBT people are better able to confront directly the discrimination that comes at them and to live big lives in the face of it.

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Aging and sexual health



**A WOMAN'S TOUCH SEXUALITY RESOURCE CENTER**  
ELLEN BARNARD, MSSW, CO-OWNER

What's trending in the sexual health industry these days? Lubricants and sex toys geared toward Baby Boomers' changing needs related to aging and chronic illness, which include high-quality silicone lubricants that don't dry out quickly, beautiful high-quality vibrators for women and men that enhance sexual arousal and pleasure, and "sex furniture" that helps couples enjoy comfortable sex play even with bad backs, aging knees, or arthritis. Fun and functional condoms that range from colorful to inscribed with images, all made to be "barely there" but not break. Toys and a new book (The Ultimate Guide to Prostate Pleasure by Charlie Glickman) to help men explore prostate stimulation and pleasure; the prostate is out of the closet and demanding toys of its own!

Applying the Affordable Care Act



**AIDS NETWORK**  
DANIEL GUINN, MA JD, EXECUTIVE DIRECTOR

It is critical that HIV-positive patients receive the help they need to navigate the evolving health-care landscape. First, the implementation of the Affordable Care Act (ACA) impacts patient access to ongoing treatment, dental care, prescriptions, and other health needs. While the ACA provides opportunity for those previously under or uninsured to find affordable healthcare, it also brings increased complexity and uncertainty to people with HIV/AIDS in Wisconsin, especially those with low incomes. For example, because Wisconsin has not accepted the Medicaid Expansion possible in the ACA, people under 65 with incomes above 100 percent of the poverty level are ineligible for Medicaid. Second, reauthorizing the Ryan White Care Act is vital to provide transitional support, medical and dental care, legal advocacy, and case management. The potential loss or decrease of federal Ryan White funds could have a severe impact in Wisconsin and across the nation.

The many benefits of resistance training



**SEPTI FITNESS LLC**  
SEPTIMIU TEODORESCU, OWNER

If you want to slow down the aging process and maintain a healthy brain, weight-resistance exercise is your best policy. Other benefits include bone density, muscle tone, faster metabolism, balance to prevent falls and fractures, core strength and slimmer waistline, insulin regulation, brain matter, stress management, and anti-depressant, just to mention a few of the most important.

A good structured program that's personalized to meet your goals based on your age and health history is very important. Most people sign up for a health club membership in the beginning of the year, and it's estimated that 60% of them quit in the next two months and another 20% within six months. The final 20% will continue to go if they are consistent and last for the whole year, which is how long it usually takes to sink in and become a lifestyle.

I recommend you hire a qualified personal trainer to help you with your goals and motivation. A good program includes safe weightlifting, balance exercises, core exercises, stretching, and nutrition. I've noticed this with my clients who improved the most and changed their lifestyle completely after about 12 months, and I'm very proud of their accomplishments. Working



Colleen Capper was GSAFE's 2008 Educator of the Year.

**With my mom's early death, I have sought role models, especially women, for what it means to add years to one's life and live those years differently than expected.**

I feel excited about training and racing triathlons because of the challenge and variety of training for three sports compared to only running. In doing so, I have overcome a severe deep-water phobia. Training and racing events in new places also provides an excuse to enjoy the outdoors as much as possible. Western Dane County and Madison offer some of the most beautiful, challenging, and safe biking and running in the world. I never tire of seeing the slow turn of the seasons across the woods and fields from the saddle of my bike or running through the Arboretum. Because my mom died at age 50 of leukemia and my dad died at age 69 of emphysema, training and racing triathlon helps me appreciate each day just being able to breathe freely and to be alive. Combined with recovery practices like massage, stretching, and good nutrition, I love waking up and feeling fit, strong, happy, and full of energy.

In 2012, I completed my 14th Ironman distance race, and I was ranked second in the world at the Ironman distance for women ages 50-54. I have qualified for the Ironman World Championship in Kona, Hawaii five times, and in addition to my fifth-place finish in 2010, I placed in the top ten in my age group two other times. I am a three-time Ironman champion, winning my age group at Ironman Canada; St. George, Utah; and Coeur d'Alene, Idaho. At age 53, I continue to set personal records at all distances for triathlon and for running. I am able to run the marathon portion of the Ironman (after the swim and bike) nearly one hour faster than my first marathon 30 years ago.

Finding Inspiration

Training for and racing long-distance triathlons, I have gained a new peer group to inspire me to live my life differently—individuals who are in my age group extending all the way up to athletes in their late 70s and 80s who complete the Ironman distance. With my mom's early death, I have sought role models, especially women, for what it means to add years to one's life and live those years differently than expected. Thus, I attend the award ceremonies at every event I complete to be inspired by these athletes who completed all the training and then the same event in what are oftentimes far more challenging conditions than what I faced. These women are my daily positive role models and include Harriet Anderson, age 78 (who incidentally races in a sports bra displaying her killer abs!); my friend Karen Bivens, 69; and Cherie Gruenfeld, age 69, who continues to set world and course records.

For the past five years, my entire race season has focused on qualifying for the Ironman World Championships in Kona, Hawaii. To qualify, an athlete must place in the top of his/her age group at one of 28 Ironman events held across the world. Usually, only 50 qualifying slots are available at each race, and are allocated on a percentage basis for each age group based on the number of athletes competing in that age group. My age group usually receives just one or two qualifying slots per race. That means that to guarantee I qualify, I must strive to actually win my age group, which averages about 75 other women. I have practiced mindfulness meditation for many years, and I view race day as a day of meditation—a full day with no outside distractions of e-mail, social media, or other obligations, and focusing within, moment by moment, as I ride the inevitable emotional highs and lows of racing.

Finding Purpose

I like to race for at least four reasons. First, from a technical side, I view racing as similar to a test of my fitness after "studying" very hard in training. I enjoy seeing how all the different training workouts and recovery and nutrition add up to produce a particular outcome on race day. Second, I love competing against the other athletes, including the women in my age group. I am inspired by and in awe of women who are defying the aging odds, and show up to races fit, looking fabulous, and full of competitive fire. When I race, I feel badass and meet other women who are also badass. Third, racing is a wonderful way to meet new people and to experience beautiful places in the world. In the middle of a quite challenging race, to look around and notice the beautiful scenery and surroundings fills me with gratitude. Fourth, I like the mental and physical challenge of long-distance triathlon itself. I race shorter-distance triathlons as well, but enjoy the longer distance best, because the longer the distance, the more variables come into play to get to the finish line at all, and then to the finish as fast as possible.

Even though participation in triathlon has increased 78.8 percent since 2008, with 1.7 million individuals participating in at least one triathlon in 2012 according to the United States Association for Triathlon, the LGBT presence in triathlon is nearly silent. Through rumor or speculation that a few professional triathletes may be LGBT or a few highly visible coaches of professional triathletes may be LGBT, no professional triathletes are officially "out." Though triathlon is one sport included in the Gay Games, and the running community includes national organized running groups for LGBTQI individuals (e.g., Frontrunners) no such organized group exists in triathlon at the local or national level. At the same time, as a lesbian triathlete, my experience of the triathlon community locally, at races and training events, and in online forums has been welcoming and inclusive. For several years I raced Ironman as a benefit for the Gay-Straight Alliance for Safe Schools in Madison.

Going forward, I will continue to coach individuals through my company, Data-Based Training and Racing, LLC. Coaching individuals from beginners to elites, my company is unique in that I limit the number of athletes I coach to about ten to ensure each receives maximum personal attention to reach her/his goals. I plan to continue training and racing triathlon for the rest of my life, eager to try new events around the world, competing at the highest levels, meeting new people, and having fun.

Though I enjoy long-distance triathlon, a variety of distances exist for all abilities, and all can be fun. I think most of us set the bar much too low for ourselves for physical activity, especially as we get older. I concur with 83-year-old Ironman Lew Hollander, who advises to "go anaerobic every day," which in simple terms means to breathe hard in exercise every day. I also advise all of us to find positive role models for how to live life differently than expected when adding years. Let's get out and move, breathe hard, enjoy nature, and be badasses! ■

out is fun and will transform the way you look and feel.

Every culture knows we are what we eat, and a wholesome organic diet is the best approach. Vegetables are your best health insurance that provides the body with micronutrients and vital nourishing elements. Try to apply a 40-40-20 formula for foods: 40% protein, 40% carbs, and 20% fats. Don't forget there are good and bad carbs, and the same applies for fats.

Freezing your assets for a more secure future



**FORWARD FERTILITY, LLC**  
CHRISTIE OLSEN, FOUNDER & NURSE PRACTITIONER

First comes love, then comes marriage, then comes a baby in a baby carriage. The classic children's rhyme could not be truer these days. With 12 states on board for marriage equality, what's new in the world of fertility? Certainly egg banking comes to mind as a hot topic right now. This technology allows women in their 20s and 30s to bank their eggs for future use, when they may be more ready to start a family. Since a 40-year-old woman has about a 10% chance of conceiving and delivering a baby using her own eggs, egg banking can be a real asset for women who want to have children, but "not now." For men wanting to become dads, using frozen eggs with a gestational surrogate offers one more option for you to achieve your dream of pushing that pram!

One example of the progressive thinking at Forward Fertility is the option for egg donors to vitrify some of their own eggs as part of their donation experience, giving that donor some reproductive assets for the future and possibly decreasing costs for the parents-to-be working with that donor.

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# LGBT Campus Center

The **LGBT Campus Center at University of Wisconsin-Madison** is featuring UW alums making a difference in the LGBTQ community. Each of these proud Badgers have reinvested their UW educations and experiences towards making the world a better place for LGBTQ people to live, work, and learn. To learn how you can be involved with the LGBT Campus Center and reinvest in your community, visit [lgbt.wisc.edu](http://lgbt.wisc.edu).

## Alumni Spotlight



**Tangela Roberts**  
MS, Counseling  
Psychology '13

**How have you stayed connected to the LGBTQ community in Madison as a UW Alumna?**

Maintaining connections and community is one of the most important things that someone can do

for themselves. I have tried to keep this in mind when thinking about my connection to the LGBTQ community post-graduation at UW-Madison. As a recent grad, I have had the lucky opportunity to have continued to live in Madison for a year after I finished graduate school. During this time, I found myself drawn back to the LGBT Campus Center, one of the places where I first experienced a sense of community at UW. I have maintained a personal and professional relationship with several staff members at the LGBT Campus Center and I have also continued to show support by volunteering at many of the Campus Center's events.

This upcoming summer, I will attend Camp Lightbulb as a camp counselor. Camp Lightbulb is a summer camp for LGBT youth in Provincetown, MA. The idea of working with LGBT youth over an entire summer is really exciting because I feel that it give me the opportunity to give back this sense of pride, support and empowerment that others have given to me throughout my development as a bisexual person.

I am also happy that I will continue my connection with and support of the LGBT community as I continue my education in the PhD Counseling Psychology program at the University of Massachusetts- Boston. I plan to continue invaluable research on bisexual identity development, intersectionality and LGBT resiliency.

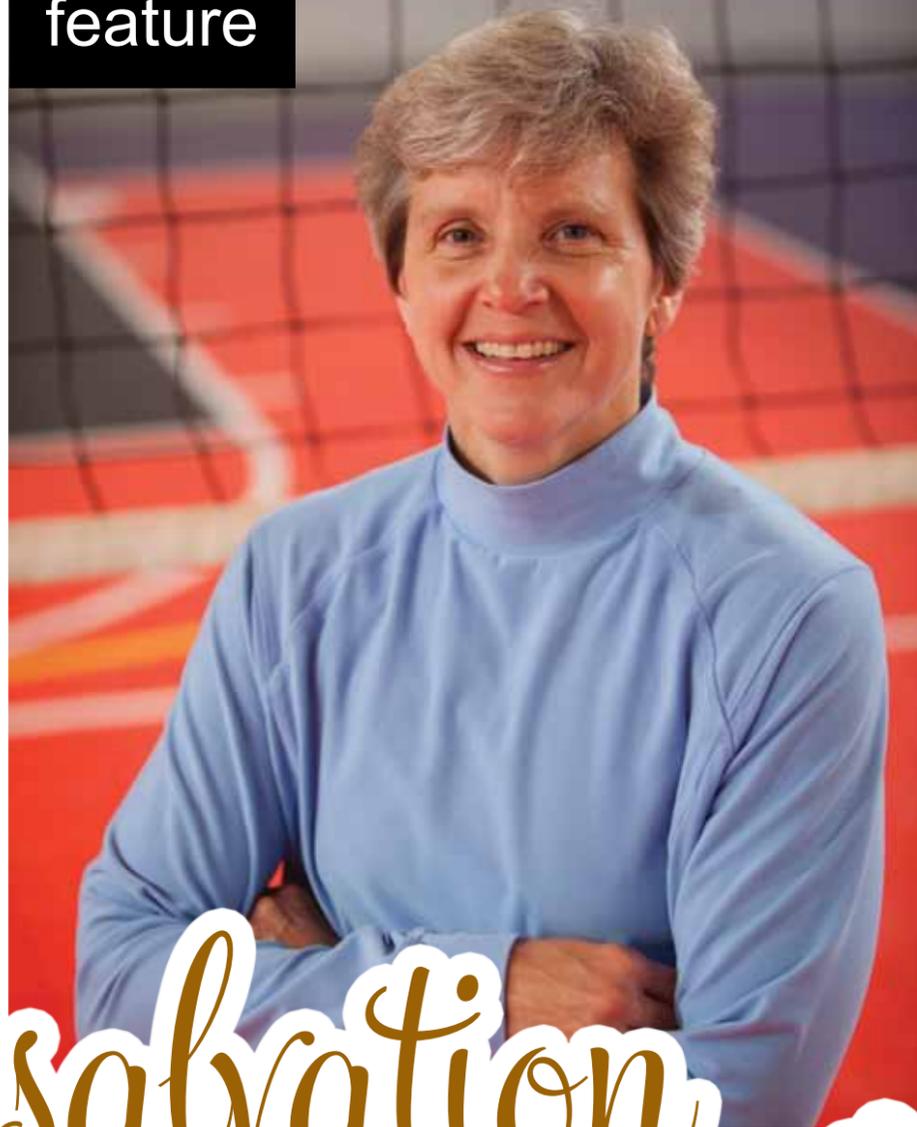
**What is one piece of advice you have for graduating LGBTQ Badgers?**

Maintain a connection with those people that helped you get this far. It's easy to lose touch, but in the long run, you won't regret keeping those people in your lives. Other than that, try not to sadly look back on college or graduate school years, look forward at all that you can do now. The whole world's out there waiting for your impact, make it happen!

Division of Student Life  
University of Wisconsin-Madison  
[lgbt.wisc.edu](http://lgbt.wisc.edu)  
608.265.3344  
123 Red Gym  
716 Langdon St

the **LGBT Campus Center** is a unit of the **Division of Student Life** at the **University of Wisconsin-Madison**

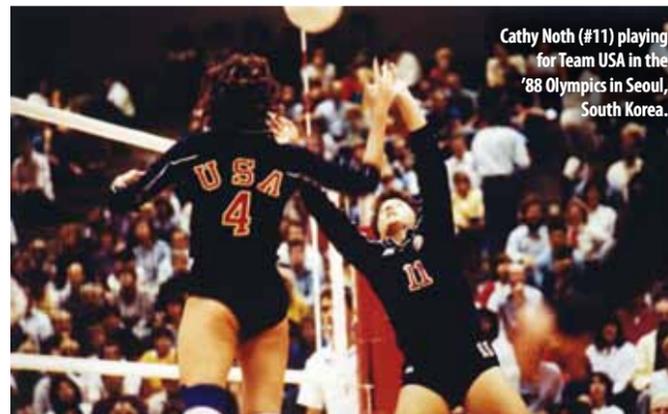
## feature



# salvation IN sport

**Cathy Noth** found strength and direction through athletics, faith, and family.

To this day, I am thankful for athletics. They became my safe haven at an early age. I have reached the age of 50! This is significant because my mom died from heart-valve complications when she was 33. I was 10, and I thought I would never make it past my mom's age. My childhood became a harsh reality, not a fantasy of a wholesome family. My dad did the best he could to raise two sons and me, his only daughter. He always provided the material things, and Grandma, my mom's mom, provided the love, with lots and lots of big hugs. You see, my dad's side and my mom's side were complete opposites. My dad's parents did not support the marriage—they thought my mom was “from the wrong side of the tracks.” My mom's family liked to drink and smoke, and my dad's side followed the “good old Catholic” traditions. My dad's family was not demonstrative in their affection. Why am I telling you all of this? I found that these childhood experiences affected me in ways I just didn't understand until I was in college.



Cathy Noth (#11) playing for Team USA in the '88 Olympics in Seoul, South Korea.

Despite my ongoing drinking, I still was able to excel in athletics. I went on to fulfill my goal of becoming an Olympian, going to the Olympics in 1988.

I have always been a competitor. As an eighth-grader, I was on the varsity high school softball team as the shortstop. Oh man, did I grow up fast! The seniors on the team would always pick me up at home for practices and games while my dad was at work. I was lucky that I was gifted athletically. It was reassuring to be the one who was always picked first in a neighborhood or school game of cops and robbers, kick the can, or capture the flag. I have always felt that God blessed me with athletic talent to keep me and my dad busy while mourning my mom's death. My brothers followed me and were my number-one fans. I was a four-sport athlete in high school, playing volleyball in the fall, followed

## [HEALTH] WHAT'S TRENDING

### Practice “wise selfishness”



**LIVES UNLIMITED**  
MARE CHAPMAN M.A., THERAPIST & MINDFULNESS INSTRUCTOR

We all want to be happy, and we hope our wellbeing will continue through our life. But the news we hear every day is bad: climate change, political gridlock, education crisis...you know the list. It's easy to feel discouraged and helpless. Is there any way out of this self-destructive trajectory that seems rooted in greed, hatred, ignorance, and devotion to the view that only MY life matters?

This May, at the “Change Your Mind, Change the World” conference in Madison, some of the world's wisest leaders met with the Dalai Lama to discuss the latest scientific findings on global health, sustainable wellbeing, and happiness. I found their conversations both disturbing and encouraging. They confirmed the bad news of increasing climate disasters, ineffective and bankrupting health care systems, harmful effects of chronic stress, and decline in our overall wellbeing.

On the up side, they emphasized that we can actually reverse these scary global trends by practicing altruism. There is hope! A daily practice of generosity, mindfulness, and equanimity (key components of happiness and wellbeing), can help us let go of being concerned with only ME, and realize that as citizens of the world we're all in the same boat, interdependent, affecting each other all the time. Giving freely and wisely to others not only helps the world, but also increases our own happiness. Through altruism, or “wise selfishness” as the Dalai Lama calls it, we can each contribute toward making our global boat more seaworthy.



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The rise of laparoscopic surgery



**MERITER**  
SUSAN TOTH, MD, FACS, GENERAL SURGEON

The specialty of general surgery has added a new instrument to its medical toolkit—the DaVinci Robot. As a surgeon, the robot allows me to use my hands and fingers as if they were right in your belly, but the surgery is actually performed with precise robotic tools that mimic my movements through a tiny incision. It's like the ultimate video game.

With 3-D visualization and magnification of 2.5 times, robotic laparoscopic surgery rises to a new level of expertise, resulting in less pain after surgery and faster recovery. Now gallbladders can be removed with just a single 1-inch incision through your belly button, leaving no obvious scar. It's called "single-site" surgery, and it's only being offered at Meriter at this time. The ongoing technological advances will only continue to improve the surgical experience. I love the robot!

Increased access to LGBT parenthood options



**WISCONSIN FERTILITY INSTITUTE**  
DR. OLIVE, CO-OWNER

Creating a family for members of the LGBT community was, not too many years ago, a rare and taboo-filled phenomenon. Concerns by the community for the resulting children and their "alternative" home environments led to pressures, making such goals often untenable. Today, however, these "concerns" have been unveiled for what they truly are: bigoted stances based upon myth and ignorance. The result: an explosion of reproductive options for LGBT individuals and couples.

Artificial insemination with anonymous donated sperm from one of the many nationwide sperm banks has been long available and well utilized, to the benefit of single women and lesbian couples. However, same-sex female partners now have the option of combining donor sperm with one partner's eggs, and placing the resulting embryos into the uterus of the other partner via in vitro fertilization.

For gay male couples, the use of one or both semen samples for insemination into a female surrogate is an available option, but sometimes fraught with concern over potential problems resulting from the surrogate's genetic and physical contribution to the pregnancy. To sidestep this issue, anonymous donor eggs can be combined with the couple's sperm sample, with the resulting embryos being placed in a fourth party: a female whose uterus will act as the "gestational carrier" for the pregnancy. This

by basketball (6 on 6), track, and softball in the summer. I was blessed enough to earn a total of 16 varsity letters.

Even though the athletic arena was a safe haven, it also put me in the category as a "jock," and that seemed to become my sole identity. I appreciated being acknowledged as a great athlete, but I wanted to be more. I wanted to be loved for other reasons and in other ways. I felt perfection staring me in the face, but perfect for whom? For me, the bottom line was that I just wanted to be loved and liked by others. I felt out of control in the rest of my life. My outward appearance looked ugly to me. With the stress of it all, bingeing and purging plus alcohol were ways I could feel I had control. My image was important to me. I even dated the homecoming king when I was a sophomore in high school.

Dating and drinking seemed to be the way to make myself feel loved. This behavior continued through college, which was the time that I started questioning my sexuality. Because perfection was my goal, though, I tried to be "in the norm" by dating men. This behavior went on for years, with me thinking I had to find my "knight in shining armor."

Despite my ongoing drinking, I still was able to excel in athletics. I received an athletic scholarship at the University of Nebraska, earning All-American honors. I went on to fulfill my goal of becoming an Olympian, going to the Olympics in 1988. What an experience! By this time I was training seven days a week in San Diego, traveling the world, and trying to take credits to finish my degree. The stress level was high for me, still confused about my sexuality, fighting for playing time, and trying to be this fit and skinny athlete. Again, I felt like I needed to have some sense of control. With alcohol and bulimia, the road was a difficult one.

In the fall of 1985, I experienced a "come to Jesus" moment. For the first time, I found someone who loved me unconditionally.

Were things great after I acknowledged Jesus in my life? Not quite. I still had my battles with bulimia, sexuality, and being a perfectionist. After the '88 Olympics, I went back to Nebraska to finish my degree and to be an assistant coach to their nationally ranked volleyball team for 10 years. During the transition I was wishing that I had the courage to be who I really was, a lesbian. The option of being out became more difficult when I got involved with a fundamentalist church where gays and lesbians were considered sinners. Aren't we all sinners, I thought? So, I started dating the youth pastor for a year. It's ridiculous how one's mind works. I could have married this guy because it was the "right thing to do in the eyes of society." It's still scary for me to think about.

At the time, I was enjoying being a coach and a positive role model for my players. However, I was not happy with my sexual orientation. I poured myself into my work, leaving the office at 10 p.m. every day. I was avoiding even the possibility of socializing with the gay community. I had a reputation to uphold, I just couldn't put my job into jeopardy, what would people think? Even through my battles, I continued to be a top volleyball clinician throughout the country. I certainly loved this platform to teach and have coaches or players learn life lessons through volleyball.

I finally faced the truth when I was in the last few years as assistant coach at Nebraska. In 1998, I decided to resign my position so I could be free to be my authentic self and to have a child. I was so excited to find my partner, Eldonna Hazen, in 1993 and to have a life with someone I loved. I gave birth to our son Spencer in 2000. Eldonna's goals included becoming a minister. We moved to the Twin Cities for her to go to seminary. I accepted a position as assistant volleyball coach at Macalester College in St. Paul, so I continued with my goal to train athletes to be the best they can be and to leave their training with great confidence.

In the meantime, after three years at the seminary, my partner and I were awaiting a ministerial call. She finally landed a job as the Associate Minister at First Congregational United Church of Christ in Madison, Wisconsin. After seven years at the church, she was recently named

I started dating the youth pastor for a year. It's ridiculous how one's mind works. I could have married this guy because it was the "right thing to do in the eyes of society."



the Senior Minister. The move to Madison was a blessing for our whole family and a great place for me to stay involved with the volleyball community.

These days, I am a director of skills development of a volleyball club program and give private lessons. I have continued to stay active in the USA Adult Nationals, receiving several tournament MVP awards. I was recently even inducted into the Volleyball Quad City Hall of Fame.

Although I lost my mom at a young age, and my life took so many different twists and turns, I wouldn't change a thing. My faith has strengthened me through it all. My mom's spirit has given me great strength throughout the years, too. I know she would embrace my life and love my partner and her grandchildren. My number-one fan continues to be my dad, and he is so proud of me. My partner Eldonna and I have two-and-half-year-old twins, Carlyn and Aiden, and Spencer is now 12.

I grew up fast. Without the consistency and opportunities athletics provided, I have no idea how my life would have been different, given the challenges of addictions, alcohol, sexual identity, and family dynamics. I have had incredible, positive experiences that have shaped me into the person I am today. I'm grateful to have the opportunity to be a positive role model for the athletes I train today. Blessings abound! ■

division of egg and uterine source may provide an extra layer of legal and psychological protection.

Additionally, countless other options exist; in fact, today just about any combination of sperm, egg, and uterus that can be imagined can and has been accomplished. The primary issue is no longer what can be done, nor is it what the neighbors will think. Appropriately, the primary concern is what combination and permutation of reproductive components best meets the needs/desires of the individual or couple involved.

The affects of oral health on overall health



**SMART DENTAL MADISON**  
TAMIM SIFRI, DDS, FOUNDER

The mouth is the gateway to the body. There is an increasing body of evidence that connects oral health to general health and vice versa. Gum disease, for example, has been linked to heart disease. The strong connection between diabetes and developing gum disease is another classic example. Other medical conditions have an indirect but potentially dire effect on the mouth. Medications used to treat depression and high blood pressure can lead to severe dry mouth; a dry mouth in turn significantly increases your risk of tooth decay and gum disease. We encourage all of our dental patients to have a relationship with a primary doctor and to inform their dentist about all of their medical conditions, medications, and surgeries to ensure the best possible care is always being provided. When your dentist knows your medical history, he or she can often offset any risk factors with a more aggressive preventive regiment.

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- Multicultural issues
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- Transgender issues



## New Harvest Foundation

is the only foundation in South Central Wisconsin that channels charitable contributions exclusively to organizations working to promote lesbian, gay, bisexual and transgender (LGBT) rights, services, culture and community development. Founded in 1984, New Harvest Foundation is operated by a Board of Directors, along with other volunteers. It pools contributions of hundreds of donors each year to provide grant money to LGBT causes. We raise money to give back!

**Applying for a grant just got easier. The entire process can be completed online.**

Three times a year, New Harvest accepts – from individuals, groups and/or organizations – innovative and compelling project proposals that seek to address the unmet or undermet needs of LGBT individuals and groups in our communities, striving to create positive change in the areas of social service, social change, public education, health care, arts and culture, and development of LGBT communities. These projects empower and support our lesbian, gay, bisexual, and transgender communities.

## Support Us

You can make a secure donation on our website or contact us for information about planned giving. Please consider joining one of our committees, volunteering at an event, or becoming a member of our board.



[newharvestfoundation.org](http://newharvestfoundation.org)  
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feature

# the state OF LGBTQI health care IN AMERICA

After years of being ignored by most mainstream medical policymakers and practitioners, progress is being made in many areas—but crucial problems remain for many LGBTQI citizens.

**b**eing gay does affect your health – but not because of the bogus reasons often cited by the prejudiced. The American medical system is simply set up in such a way that stigma and bias still pervade, leading many LGBTQI citizens to receive inadequate care.

There are people working to change that, though: medical professionals, software developers, community activists, and others are all doing their part to chip away at the old, institutional walls that regularly bar queer, transgender, and intersex people from getting the care they need.

Does your doctor know that you're gay? Does your insurance coverage address trans\* needs at all? According to a 2011 study by the Medical College of Wisconsin, only about 30 percent of the gay men surveyed said their doctors knew they engaged in same-gender sexual relationships. Among that 30 percent whose doctors knew they engaged in same-sex sexual behavior, only about 59 percent adhered to CDC guidelines to recommend specific STI testing and vaccinations. The numbers were dramatically lower for those men whose doctors didn't know they engaged in same-sex sexual behaviors.

In a 2011 study by the Medical College of Wisconsin only about 30 percent of the gay men surveyed said their doctors knew they engaged in same-gender sexual relationships.

# 30%

Studies also point to serious problems in health care for trans\* people, including being flat-out denied medical help due to their transgender status.

It's a startling—if telling—revelation, and one that ought to open the eyes of medical professionals everywhere. If gay and trans\* people don't feel comfortable talking to their personal doctors about essential health details, they will be much less likely to gain access to needed education and care.

What's worse, another recent study found that the medical schools surveyed spent only five hours on average on curriculum related to LGBT patients. That's five hours total over the course of an entire education. More than a quarter of the medical school deans surveyed said their school's coverage of related topics was "poor" or "very poor."

The state of affairs for gay seniors isn't great, either: America's estimated 2.5 million LGBTQ elders are twice as likely to live alone, four times less likely to have adult children to help them, and far more fearful of discrimination from health-care workers.

There are LGBTQI-friendly and LGBTQI facilities and doctors, of course, and they're in high demand. The need is so great, in fact, that it can be difficult for them to accommodate the sheer volume of patient requests they receive.

"One of the things I get asked for, more than almost anything else, is for referrals to doctors," says Patrick Farabaugh, publisher of *Our Lives* magazine. "The biggest problem I see that happens is that people withhold some of their health info because they're afraid of being judged or of the stigma that the doctor may put on them. But if they're able to work with someone directly, someone they know shares their values or lived experience, they'll probably be more willing to talk candidly about what their behaviors are and what may put them at different health risks. So the quality of care improves."

The trust divide was a major deciding factor in the American Medical Association's decision in 2009 to officially come out against the military's "don't ask, don't tell" policy, which was finally repealed in 2010. The military reserves the right to inspect a soldier's medical records for purposes of assessing combat readiness, so prior to repeal both patients and doctors often had to withhold information, or outright lie, to avoid prosecution.

Then-Wisconsin Medical Society delegate Paul Wertsch, MD, was instrumental in pushing the issue with the AMA. "If you can't trust your doctor to tell the truth, you're not going to tell the truth," he said. Wertsch has a gay son, and is currently board member with PFLAG in Madison.

## Positive Steps for Change

Fighting for the right to be out without fear of recrimination is just one front in the battle for equal rights, though. Increasing the number of LGBTQI-literate health-care professionals is also crucial.

We have organizations like Diverse and Resilient out of Milwaukee, which works on building community and improving the health and wellbeing of LGBTQI people of diverse backgrounds through

[HEALTH] WHAT'S TRENDING

## Making HIV testing easier and more accessible



MERITER (WEST WASHINGTON)  
DR. PARKER WALLER, MD, FAMILY MEDICINE PHYSICIAN

When does medical news cease to be news? Often, this happens when screening recommendations for disease and vaccination guidelines are expanded from specific groups to the entire population. One such change occurred recently, when the U.S. Preventive Services Task Force (USPTF) published a new recommendation for HIV screening in the *Annals of Internal Medicine*. As of April 30, 2013, the USPTF recommended that all individuals between ages 15 and 65 should be offered voluntary screening for HIV, regardless of risk. According to data accompanying this recommendation, 20% of persons with HIV do not know they are infected. Therefore, identifying these patients will not only allow them to be treated earlier, but also reduce the continued transmission. Since everyone is now encouraged to be tested at least once, conversations with a health provider regarding HIV and other STD testing will hopefully become not only routine, but also comfortable.

Another recent example of an expanding guideline is HPV vaccination. Some strains of HPV are now known to cause cervical, oral, and anal cancers, as well as genital warts. Whereas older recommendations were to vaccinate only younger women, this vaccine is now recommended to be offered to males as well. As with HIV screening, expanded and routine HPV vaccination will not only help to lower the prevalence and transmission of this infection within the entire population, but also help to normalize this sometimes-uncomfortable conversation.

# PROUD



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## WHAT'S TRENDING [HEALTH]

### Stand-up paddling and lightweight kayaks



**RUTABAGA PADDLESPORTS**  
DARREN BUSH, OWNER AND CHIEF PADDLING EVANGELIST

Stand-up paddling has become a legitimate activity. Take a surfboard, reshape it for the waters of the Midwest, and you have a great exercise platform.

Just the activity of standing on a SUP board and paddling is a great core workout. Another trend is practicing yoga on a SUP board. If you think a plank is tough, add the element of balance as well as strength. Plus, the boards are light and easily transported, and the cool factor of an SUP board on top of your car gives you that Annette Funicello/Frankie Avalon vibe.

We're also seeing more interest in lightweight kayaks. Paddling is already a popular activity, but lighter kayaks are easier to lift and carry. We see people who don't consider themselves athletic taking up kayaking for a low-impact exercise. If you're carrying around a few extra pounds, running just trashes your knees, but paddling is nice to your body.

### Skeptical therapists and savvy consumers



**DAVID LACOCQUE, PSYD**  
PSYCHOLOGIST/PSYCHOTHERAPIST

"You need CBT for your depression." The proliferation of psychotherapy research can help, but therapists need healthy skepticism and clients need to be savvy consumers. Here are two points that might help:

- "It's About the Relationship, Mostly." The specific method predicts therapy outcome less than certain essential ways the



**CLOCKWISE FROM TOP LEFT:** Meriter's ad featuring Dr. Parker Waller, Summer Grest and Andrew Cox pioneered the employee resource group at Epic, the University of Wisconsin—Madison's "PRIDE in Healthcare" student group, Wisconsin Medical Society delegate Paul Wertsch, MD, speaking before the American Medical Association about the health risks associated with Don't Ask Don't Tell, Diverse & Resilient directors Brenda Coley and Gary Hollander.

cultural outreach, training, suicide prevention work, anti-tobacco and alcohol initiatives, and more.

In Madison, Meriter has made a point of highlighting their out gay physicians with occasional targeted ads in *Our Lives* featuring people like Dr. Susan Toth, a general surgeon, and Parker Waller, who works in family medicine.

Over at Epic Systems, a newly formed Employee Resource Group (ERG) has been working to create a better environment for LGBTQI identified staff members, as well as the clients and patients served by the company and their medical software. The ERG is focused on things like getting gender neutral bathrooms in every building on the campus, as well as crafting best-practice recommendations for documenting LGBTQI information for their customers.

At the University of Wisconsin's School of Medicine and Public Health, a student organization called Pride in Healthcare is also advocating on behalf of LGBTQI literacy for health-care professionals. They recently crafted and released "LGBT-Friendliness Kits" that will go out to hundreds of primary care physicians in Dane County, who can use them to ensure that the clinical environment is welcoming for LGBTQI people.

For trans\* students, there are now some 64 universities that cover some or most transition-related medical expenses under their student insurance plans, with Duke University slated to join their ranks this fall.

According to the Human Rights Campaign, the number of major U.S. companies covering the cost of gender confirmation surgery for transgender workers has more than doubled as of 2011.

More and more companies and municipal governments have also begun extending domestic partner benefits to employees so that same-sex couples may gain greater access to health insurance in general.

### A Matter of Life and Death

Challenges remain, however, and LGBTQI people are still more likely than their heterosexual counterparts to be uninsured, and to delay or not seek medical care or needed prescription medications. Lesbian and bisexual women are less likely to receive mammograms.

This year marks the first time the Department of Health and Human Services will include questions about sexual orientation and gender identity in its National Health Interview Survey, which polls about 40,000 households around the country.

Due to systemic harassment and discrimination, gay people are also more likely to suffer from high rates of stress, and are at higher risk of things like cancer and mental illness.

The fight for intersex rights has only recently begun to gain traction, with advocates pushing to end forced gender assignment surgery for intersex babies, as well as to educate doctors about the specific health and support needs of intersex people.

The going is even tougher for LGBTQI people of color, who have to deal with discrimination based on not only their sexuality, but also their race.

This year marks the first time the Department of Health and Human Services will include questions about sexual orientation and gender identity in its National Health Interview Survey, which polls about 40,000 households around the country. The results of the study are used to help determine public health policymaking and to direct future academic research.

This is a major step toward addressing the disparities that exist for LGBTQI people in this country. More and more accurate information about the unique needs of minority populations will help inform public policy and opinion, and greater knowledge tends to lead to better care. ■

## [HEALTH] WHAT'S TRENDING

client and therapist get along. However, the therapist does need to rely on one bona fide therapy approach or another, or one that integrates these approaches.

- "People Are Not Illnesses." Researchers' use of methodologies borrowed from medicine has helped to quantify some real, lasting benefits of therapy. But in the race for accountability, it can appear the field has lost sight of the whole person. So, therapists do well not to jump to symptom-focused work with their clients who are sometimes seeking, yes, personal growth.

### Identifying and overcoming shame



**TAMAR ZICK, LPC, RYT, LICENSED**  
PSYCHOTHERAPIST & CERTIFIED YOGA TEACHER

Thanks to the work of Brene Brown, Ph.D., there is a growing understanding of the debilitating effects of shame in our lives. She defines shame as "the

intensely painful feeling or experience of believing we are flawed and therefore unworthy of connection and belonging." The good news is that by identifying, acknowledging, and speaking about the experience of shame, we can transform the negative effects and cultivate empathy and kindness. It is often through the expression of difficult emotions that our relationships deepen and bonds are strengthened. Brown writes about our capacity to develop shame resiliency. By noticing the experience of shame, telling our story to a trustworthy person, and understanding the societal and cultural contexts that foster and illicit shame, we can move through the shame to a sense of self-acceptance and compassion. With this process, we come to learn that our imperfections do not make us inadequate. They make us human.



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# feature

Our History by Richard Wagner

## A Tale of Two Spirits

What we can learn about other ways of being from the traditions of First Nations people.



Kinsey was not alone. In 1948 when Alfred Kinsey and companions published *Sexual Behavior in the Human Male*, his revelations on homosexuality shocked the general public. But other academics in the same post-

World War II period were also publishing research on homosexuality, including a quartet from Wisconsin who did not gain notoriety. I have written about some of these in past columns. This time I present one who uniquely looked at native peoples in Wisconsin and what today we would refer to as the two-spirited individuals.

Nancy Oestreich Lurie was born in Milwaukee in 1924. Her bachelor's degree was from the University of Wisconsin, her master's from the University of Chicago, and her doctorate from Northwestern in 1952. Her teaching career included the University of Colorado and the University of Michigan, and she was a research associate in North American Indian Studies at Harvard University's Peabody Museum. In 1963, she became a professor at the University of Wisconsin - Milwaukee. From 1972 she was curator and section head of anthropology at the Milwaukee Public Museum, a research institution, while remaining an adjunct professor at the university.

Among her other activities were serving as an expert witness for tribal petitioners in legal cases before federal courts, serving on review committees for the National Endowment for the Humanities and the National Endowment for the Arts, and serving on the State of Wisconsin Historical Preservation Review Board. From 1983 to 1985, she served as president of the American Anthropological Association. She was on the editorial board of the *Handbook of North American Indians*. She has written books on the Milwaukee Public Museum, Wisconsin Indians, and Women and the Invention of Anthropology. In other words, she's an academic heavyweight.

During 1951 through 1953, she taught at the University of Wisconsin - Milwaukee before going to Harvard. While back in her own state, she published an article in the *American Anthropologist* of

December 1953, based on field research done in 1945 to 1947 when she was working on her doctorate. She interviewed a number of tribal contacts about the matter. The topic was the "Winnebago Berdache." The then-named Winnebago are today known as the Ho-Chunk tribe of Wisconsin and other states.

"Berdache" was a term used by anthropologists in the 20th century for a Native American male who took on a female role. The word "berdache" was of French origin, and in French referred to the passive partner in sodomy, a catamite, or a boy prostitute, with earlier connotations from Persian and Arabic as a captive or slave. The French traders who had early interactions with the tribes of the Western Great Lakes and the Plains in the 17th and 18th centuries used a French word they thought fit for a phenomenon that was not exactly European. George Catlin in his 1830s sketches of Native Americans records a "berdache dance" among the Sauk and Fox, another tribe with a Wisconsin association. Chief Blackhawk was a Sauk and Fox leader who resisted white settlement in Wisconsin in what was known as the Blackhawk War. Abraham Lincoln was engaged with a troop of Illinois volunteer soldiers during the war.

The Winnebago language had their own native word for the practice, siange, which Lurie often used in the article as well as the traditional anthropological word "berdache" derived from French. Today the term "two-spirit" or "two-spirited" is preferred for these individuals who blend gender roles in Native American cultures.

**"Berdache" was a term used by anthropologists in the 20th century for a Native American male who took on a female role. Blessed by the moon, the "berdache" was among the tribe's prophets as a "highly honored and respected person."**

Yet while the Lurie article did not discuss homosexuality as that sexuality was portrayed in European-based cultures, she reported that "berdaches," known as males in female roles, "sometimes married other men." Another was described as a bachelor who had acted as a "foster mother" to several children belonging to his sister or half sister. She first encountered the concept in 1946 when a tribal contact told her that her mother had referred to "Men who dressed as women." Thus, readers at the time could well have conflated the "berdache" concept with the more generally known alternative sexuality for men outside heterosexuality—that is, homosexuality. After all, it was what the French had done originally.

In the Ho-Chunk tradition, the two-spirited was directed to the role during the spirit quest by the moon, recognized as a female spirit. Lurie reported the "berdache dressed as a woman, performed women's tasks better than any normal woman could perform them, and had the ability to foretell future events." Blessed by the moon, the "berdache" was among the tribe's prophets as a "highly honored and respected person."

Through association with Europeans, the Winnebago, like other tribes, "had become ashamed of the custom because the white people thought it was amusing or evil." When asked about this group, a female Winnebago interviewed for the research replied, "That is something we want to forget and not talk about." Other interviewees told her that the Winnebago term siange should be translated "a no-good" or "a eunuch," or "an unmanly man." She also reported about the Winnebago word: "This word was still in common use in Wisconsin in 1947, but was used among young men as an insult or teasing epithet. These young men claimed to know nothing more about the word except that it carried connotations of weakness and effeminateness."

Lurie discussed that the concept was known in other tribes such as the Omaha, Ponca, and the Oglala. Lurie's work is cited frequently by Walter L. Williams in his 1986 book *The Spirit and The Flesh: Sexual Diversity in American Indian Culture*, in which her findings parallel those of other and more recent researchers.

When Lurie in the 1940s encountered tales of the last known "berdache" among the Winnebago, she was told, "his brothers threatened to kill him if he 'put on the skirt.'" It was reported to her this individual "then affected a combination of male and female clothing, fearing that he would die if he did not at least attempt to follow the directions given him in his vision of the moon." She reported in 1953, "The last berdache died somewhat over fifty years ago."

Yet today, history has caught up with this early research. Kohl Miner, a Ho-Chunk who resides in Minneapolis with extensive experience in theater, has expressed his two-spirit nature in various artistic works. Miner is executive director of the First Nations Composer Initiative. His work, entitled "The Semi-Conscious Memoirs of a Negligent Native," has been described as a series of monologues portraying a modern day two-spirit as he maneuvers through life and men. Not long ago, Miner read Lurie's article from the world of the 1940s and contacted her in 2012.

It turned out he had an old group picture of tribe members, including Blue Lake Woman, who Lurie had been told was the last of the two-spirited.

Nancy Lurie's original research showed in the postwar period that alternative sexualities had not been confined to only European-based cultures. Her later encounter with a modern two-spirit person showed that alternative traditions are hard to suppress everywhere..

Dick Wagner (rrdickwagner@gmail.com), openly gay former Dane County Board Chair and co-chair of Governor Earl's Commission on Lesbian and Gay Issues, is now working on gay Wisconsin history and welcomes topics and sources.



## did you hear?

**"Commit with Pride" weekend planned in Door County**

The autumn colors in Door County will be even brighter this fall during the inaugural "Commit with Pride" weekend celebration, scheduled for September 20-22.

The centerpiece for Commit with Pride weekend festivities is a special waterfront commitment ceremony on Saturday afternoon, Sept. 21, that will provide the opportunity for partnered couples to show their love and commitment to one another. The group commitment ceremony will be held at Stone Harbor Resort in Sturgeon Bay and will be officiated by the Rev. Richard Feyen, pastor at Hope United Church of Christ in Sturgeon Bay.

An evening rehearsal will kick off the weekend on Friday at 6 p.m. Following the 4 p.m. ceremony on Saturday, a cake and champagne/punch reception for all couples and their family and friends will take place to celebrate the occasion. An optional hors d'oeuvres dinner reception will also be available, followed by a cash bar reception featuring music and dancing. Events will be held at Stone Harbor Resort and are open to participating couples and their family and friends, who are also welcome to attend to show their love and support and join in the celebration.

Participating couples who register online will receive complimentary ceremony flowers, a commitment certificate, a \$25 Door County gift certificate, and a bottle of champagne. Registration and details can be found online at [DoorCounty.com/Commit](http://DoorCounty.com/Commit). Participation is limited to the first 250 couples that register.

Details can be found online exclusively at [DoorCounty.com/Commit](http://DoorCounty.com/Commit).



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## Creature Comforts

Susan Frikken and Debra Hanrahan talk about their adopted animal companions and why rescuing is important and fulfilling

**What kinds of animals are part of your family? What are the breeds?** Indy, a chow-chow mix, will be 15 years old this summer. Lacey, a Catahoula Leopard Dog mix, is probably seven or eight. Sister cats, Maggie Mae and Sunshine, 10-or-so years old, will be joining our family when we return from vacation in late June.

**Who are the other members of your family?** We have lived in Madison for seven years, having left Deb's native Washington, D.C., area for a better (for us) quality of life. We were friends before dating, and agree that we've been "together" at least eleven years. We met at a music club, and wide and varied music is still an important element of our lives.

Susan is half Detroit and half Madison, a happy balance. She's in practice as a massage therapist of many years, and now a physical therapist of just a few weeks. Additionally, she has a compulsion to introduce people and things to one another, usually to happy result!

Deb is a health-care IT manager, having spent nearly all of her adult life working and playing with computers in some capacity or another. Susan helps her meet people in real life too. As a news junkie (she is from D.C., remember), continuous learning is Deb's thing. She finds friendly Midwesterners, bike paths, and other physical-world diversions helpful.

**How did you come to have these animals in your family?** Indy was sought after. Susan took a trip to the D.C. shelter for a bold, confident female dog to join her other dog companion who was missing his mate terribly. She was adopted when she was about one-and-a-half years

old, at which time she tried to eat the two cats that were part of the household! She also ran away as often as she could...and she was fast, that adorable little bundle of muscle! One day she realized that she was safe where she was. Today she will stand waiting for us at the open door. She is our sentinel, our lookout. She has always been efficient, moving only where she needs to, when she needs to. That used to be in bursts of speed, chasing squirrels. She is still efficient, lying where she can keep an eye on everyone and everything, catch every dropped crumb, and receive every loving pet. But there are no more bursts of speed.

Lacey was adopted from the Dane County Humane Society. We planned to find an old, quiet lap dog and came home with Lacey, who can turn on a dime going up or down the stairs, and do the whole flight in about two seconds flat. Her breed is a sight hound, originating in Louisiana. She is the most popular girl in the neighborhood, and we make sure she always has her "adopted" collar on so everyone knows what wonderful companions are out there, needing to be rescued.

**How do the pets meet your needs?** They get us out every day, helping us to explore our neighborhood, meet neighbors, and keep moving; conversely, they also remind us to stay still and to rest. They keep us balanced. They are hysterical, sweet, silly, and engaging—they remind us of how simple a being's needs are: companionship, touch, good food, exercise, stretching when you stand up, and rest.

**How do you meet their needs?** Exercise, quality food, fresh water, and lots of doggie massages! It costs a lot less in the long run. Great preventive and maintenance health care (Whole Pet and Exceptional Care for Animals). When they need it, we make sure they have pain relief—even occasional craniosacral therapy for Indy—and therapeutic beds. Lacey also has a coat and lots of blankets for cool weather because she has short hair and no undercoat. When we leave town, we employ one of the wonderful network of professional pet sitters. Gretchen Block of Creature Comforts takes amazing care of ours, including a journal entry from every visit!

**If dogs could talk, what would yours say?** Indy: I swear my other mom didn't feed us yet. Lacey: I don't know who got that thing [out of your bag/off of the table]. Both: There is no such thing as enough petting or treats.

**If cats could talk, what would yours say?** Thank you for adopting us from Angel's Wish—we look forward to joining your family and hope Lacey will curl up with us like she used to with Molly cat!



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## Physician, Teach Thyself

A group of medical students are creating kits to help doctors learn about and provide better care for their LGBTQ patients.

I have been receiving some version of health care for 20 years as an out gay person. Thinking back to a sexual-health question I asked a provider in the '90s and her bewildered response, I would say Madison has improved.

We are certainly not done. Perhaps some of the "oops" moments have gotten more sophisticated, yet I must say something the next time a provider asks my partner about whether she is safe at



This spring PRIDE in Healthcare designed and distributed LGBT-Friendliness Kits for Primary Care Physicians to 300 physicians in Dane County.

home...in front of me. Assessing for intimate partner violence? Check! Doing so in a way that allows a person in a same-sex couple to feel safe answering? Fail.

On my long list of hopes is better training for mainstream medical providers. James Lehman, second-year medical student and Master of Public Health candidate at the University of Wisconsin School of Medicine and Public Health, and his student organization PRIDE in Healthcare have taken a significant step toward this effort. Thanks to a generous grant from the Dane County Medical Society, this spring PRIDE in Healthcare designed and distributed LGBT-Friendliness Kits for Primary Care Physicians to 300 physicians in Dane County. I met James when he did a project at the AIDS/HIV Program. Here's what I learned from James about the project.

### First off, where can our readers find the kit?

They can download it on our blog! It's free for sharing, sending, and printing: <http://tinyurl.com/PiHLFK>

### How did you decide who would receive the kit and what to put in it?

We had quotas for certain specialties. Most physicians were primary care (over 80% were in pediatrics, internal medicine, or family medicine), but a number were psychiatrists and other specialists. Because the kit includes opportunities to register in publicly accessible LGBT-welcoming provider registries both in OutReach in Madison and in a national registry by the Gay and Lesbian Medical Association, we wanted to identify welcoming physicians on different health plans and at different facilities. Finally, we wanted at least 50 of the physicians to be outside of Madison.

As for what to include, we knew we had to address making clinics VISIBLY friendly, connecting community members with welcoming and affirming physicians, helping physicians identify misconception and bias in themselves and in others, and making physicians aware of the available evidence and guidelines about best practices for sexual and gender minorities. We ended up including a list of myths and misconceptions; a checklist; a glossary; a summary of local and national resources for continuing education, treatment guidelines, and social services; a faux pas guide; a decal; and the directory registrations.

### What gap in available LGBT materials do the kits fill?

Our angle was that we cared about bringing information to physicians rather than waiting for them to find it. The kit is visually appealing, concise, cohesive, and respectfully honest about the fact that the status quo of physicians' awareness about LGBT health is inadequate. Rule #1 was to make concepts digestible enough that physicians could identify clear goals for change.

Overall, not a lot of LGBT materials hit the sweet spot for this particular audience, who are short on time and have many competing priorities when seeing patients. Physicians are usually well intentioned but can be ignorant or shortsighted, just like anyone else.

### What types of responses are you getting to the kits?

We get responses in two ways: the evaluations that are included in the kit and direct correspondences. These have been largely positive, from thanking us to asking for additional coverage of specialty-specific issues (pediatricians seem to want more targeted materials about adolescents). Some components appear to be useful to physicians depending on their experience; others useful regardless of their experience; and some only useful in very specific settings.

### What can I do if I know a provider, primary care or otherwise, who could benefit from a kit?

You can download it, print it off, and take it to your own physician. Or send it to your physician by mail, either anonymously or with a personal note from you. You could also direct your physician to the link I shared.

### What's next for this project?

First, an addendum on adolescent health. We are also in talks with Sexual Assault Nurse Examiners (SANE) about an addendum for sexual assault and intimate partner violence. I want to tailor something to care of LGBT older adults as well. And we will likely expand kit distribution to Milwaukee



SOURCES: James Lehman, second-year medical student and Master of Public Health candidate at the University of Wisconsin School of Medicine and Public Health



next. If I am not completely depleted at that point, I may host a special LGBT health lecture for local physicians.

Thanks, James! It's great to hear that this project will expand, due in part to feedback, and that the topics of sexual assault and intimate partner violence in LGBT relationships are getting more attention. ■

Molly Herrmann is an activist, researcher, trainer, and consultant on LGBT intimate partner violence (IPV) with Humble Pie Consulting. She also currently works as a health educator in the state AIDS/HIV Program.

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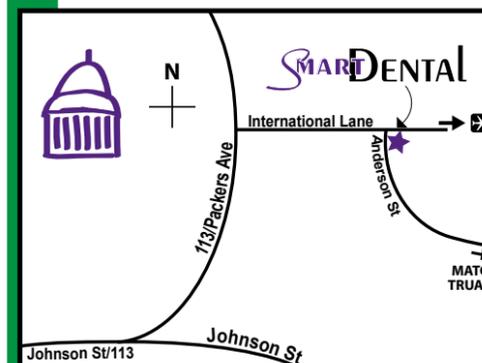


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## Life in a Post-DOMA Wisconsin

Attorney Michele Perreault reports on how the Supreme Court's decision to strike down the Defense of Marriage Act will affect LGBT couples in Wisconsin.

**"**here the State's decision to give this class of persons the right to marry conferred upon them a dignity and status of immense support. When the State used its historic and essential authority to define the marital relation in this way, its role and its power in making the decision enhanced the recognition, dignity, and protection of the class in their own community." —Supreme Court Justice Kennedy



The first stage of this journey will include a patchwork of rights and obligations that will apply to federal laws, but not their state counterparts. Because there will be a great deal of uncertainty and ongoing legal development, it is very important not to rush into any action presuming that you will have full federal recognition.

These words set the tone for a historic decision from the United States Supreme Court, striking down the "Defense of Marriage Act," or DOMA. While I, along with thousands of others, poured into the streets to celebrate, the celebrations were tempered by questions. What does this mean for Wisconsin? What does this mean for friends in other states? Some answers are very clear. People who live in states with marriage equality now have full marriage equality in line with their heterosexual counterparts. What is less clear is how this will impact people in Wisconsin and states

that continue to hold discriminatory laws.

Let's start with the good news, and make no mistake, this was a great decision for us. Couples in states that provide full marriage equality will soon have the more than 1,000 rights and obligations of marriage found in federal law. These protections can be very significant, such as in the case that was before the Supreme Court. Under DOMA, after her spouse died, Edith Windsor was required to pay \$360,000 in estate taxes that no other married couple would have to pay. Now that DOMA is dead, she will be refunded that money, and couples who reside in states with marriage equality will also be protected from estate taxes for assets transferred to spouses upon death. The demise of DOMA will also impose some federal obligations on spouses related to taxes, and in some cases pensions and other areas.

Most of the questions about the impact of this decision relate to the tremendous uncertainty regarding how this decision affects people in states that do not have marriage equality. This uncertainty was the subject of Justice Scalia's scathing dissenting opinion. Justice Scalia, who has a long history of animosity to LGBT citizens, predicts that the wording in the majority decision will ensure that—though it allegedly applies only to states that have marriage equality—it will actually pave the path to marriage equality throughout the nation. While I must admit to choking a bit as I write this, I agree with Scalia on this point. The foundation for the decision is equal protection to citizens.

Justice Kennedy wrote, "[DOMA] places same-sex couples in an unstable position of being in a second-tier marriage. The differentiation demeans the couple, whose moral and sexual choices the Constitution protects... and whose relationship the State has sought to dignify. And it humiliates tens of thousands of children now being raised by same-sex couples. The law in question makes it even more difficult for the children to understand the integrity and closeness of their own family and its concord with other families in the community and in their daily lives." This sentence was followed by examples of how DOMA harms citizens. Now substitute any

number of laws for the word DOMA, and see whether there is any difference on the impact. In Wisconsin, for example, is there any legitimate reason same-sex parents can't both adopt their children while heterosexuals can? Does that humiliate children and demean the couples? You bet it does. Marriage and adoption equality is going to happen. But what does it mean now?

First, unlike New York, Wisconsin does not have a law accepting all valid marriages from other states. Indeed, the constitutional abomination amendment specifically denies recognition of valid same-sex marriages. This decision does not reverse the amendment. Those who currently have valid marriages or who get married now can't expect full marriage equality if they live here. I am confident that will change.

As I write this, all federal agencies are responding to the decision. The IRS will issue guidelines regarding how they will treat such couples for tax purposes. Federal pension plan administrators, military forces, and all other federal agencies will be drafting new policies and new advisories to address the changes. The first stage of this journey will include a patchwork of rights and obligations that will apply to federal laws, but not their state counterparts. Because there will be a great deal of uncertainty and ongoing legal development, it is very important not to rush into any action presuming that you will have full federal recognition. People could inadvertently make a mistake that could result in financial harm. Instead, take a deep breath, give the attorneys and tax professionals some time to analyze the many directives and advisory memos that will be forthcoming.

Several organizations are monitoring and reporting on the developments as they are issued. For example, [lambdalegal.org](http://lambdalegal.org) is a great resource. Check there frequently as things develop. I will also continue to monitor the developments and post Wisconsin-specific articles on my website.

It is my hope that this decision will cause legislators to reflect upon the rash of unnecessary and discriminatory laws they imposed and that have caused so much harm and distress to their fellow citizens. This decision has made it abundantly clear that the highest court in the land rejects such discrimination as a violation of equal protection. I submit to you (and if necessary, to a court) that the citizens of Wisconsin deserve the same protection and equality as the citizens of Iowa, New York, and the rest of the states ■

Michele Perreault is an attorney for DeWitt Ross & Stevens ([www.dewittross.com](http://www.dewittross.com)). Her practice covers three primary areas: family law, litigation, and city prosecutor.

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### OUR REPRESENTATIVE

## Getting to Work

Introducing U.S. Rep. **Mark Pocan** (WI-02) as the newest regular contributor to *Our Lives!* Our congressman will be keeping us up to date on what he's working on in Washington, D.C., and at home in Wisconsin, especially as it relates to LGBT people.

This past November, the people of Wisconsin's Second District made history by electing me to serve in the U.S. House of Representatives—the first time a congressional district elected back-to-back openly gay citizens to Congress. It was an honor to follow in the footsteps of my friend and mentor, Tammy Baldwin, who made her own history that election night as the first LGBT member of the U.S. Senate. Senator Baldwin and I are two of the seven LGBT members of Congress—the largest group to ever serve at one time.



In the near future, I'll be introducing a bipartisan bill that would entitle federal employees and their domestic partners to all the benefits of married federal employees and their spouses.

When I first began my career as a public servant, I wasn't thinking about making history. But my sexual orientation had played a major role in spurring me to a career of public service. In my early 20s, I was the victim of a hate-based attack. It was a disturbing, life-changing experience—to be physically assaulted because of who I was and who I loved made me feel unsafe and unwelcome in a country founded on the principles of equality and justice. I knew I could hide my true identity and live in fear, or I could decide to become an advocate and a fighter for people who were treated as less-than because of our sexuality. I chose the latter.

Today, as I proudly serve south-central Wisconsin in Congress, the drive for full equality for all citizens—whether they are lesbian, gay, bisexual, or transgender—has never moved more quickly or broadly. Just two years ago, the discriminatory Don't Ask, Don't Tell policy was removed from the books. Twelve states and the District of Columbia have legalized gay marriage, compared to only six before Election Day. Fifty-eight percent of Americans now favor marriage equality, including an 81 percent approval among Americans ages 18-29. LGBT Americans are openly and happily working as CEOs, teachers, professional athletes, community leaders, and elected officials.

But as fast as progress is moving, we know that now is not the time to take our foot off the gas pedal. Not when surveys show that nearly nine out of every ten LGBT students have experienced harassment in school. Not when employers in many states can still discriminate on the basis of sexual orientation and gender identity. And not when the ability to marry the person you love is still out of reach for LGBT Americans in a majority of our country's states.

As history teaches us, progress rarely comes from one person, or even one group of people. It takes time, it takes courage, and it takes advocates reaching out to a breadth of supporters and allies.

That is why I am a proud co-chair of the bipartisan, bi-cameral Congressional LGBT Equality Caucus. Our mission is to advance the cause of LGBT equality through inclusion and outreach. With both legislation and advocacy, our 108 members are committed to achieving the full enjoyment of human rights for LGBT people in the U.S. and around the world.

Already this year, the caucus has introduced bipartisan legislation that will move the LGBT community closer to full equality. This April, I joined 150 other members of Congress in reintroducing the Employment Non-Discrimination Act (ENDA), which would establish basic protections in the workplace to prevent discrimination based



With his husband Philip Frank by his side, Congressman Mark Pocan was sworn in as a Member of the United States House of Representatives by House Speaker John Boehner on January 3rd.

on sexual orientation and gender identity. Non-discrimination policies are already in effect at a majority of our nation's largest companies, and the time has come to ensure they are also passed into law. I am also a co-sponsor of the Student Non-Discrimination Act, which would prohibit at the federal level discrimination in public schools based on sexual orientation or gender identity.

On a personal level, it was a proud and exciting day when my husband of six and a half years, Phil Frank, received a spousal ID from the U.S. House of Representatives—the first LGBT partner to receive such an ID. Previously, Phil and other LGBT spouses had been referred to as “designees” of members—a confusing, but clearly second-class, identification. Phil's ID is an important, symbolic step, but my husband, and federal couples across the nation, are still not entitled to the same benefits as the spouses of our straight colleagues. I believe on the issues of equality and fairness, the federal government should set the example. In the near future, I'll be introducing a bipartisan bill that would entitle federal employees and their domestic partners to all the benefits of married federal employees and their spouses.

The quest toward full equality for LGBT citizens will be long, and it will likely continue to be filled with setbacks and obstacles. But I have never in my life been more confident that on the issue of LGBT rights, it is not a matter of “if,” but “when.” The key will be for us to work together, not just with our friends, but with our broader communities, to demonstrate that a world where we are all treated as equals is a better place for every American. ■

Following 14 years in the Wisconsin State Assembly, Congressman Mark Pocan was sworn in on January 3, 2013, as the U.S. Representative for Wisconsin's second district, which includes Dane, Green, Iowa, LaFayette, Sauk, and portions of Rock and Richland counties.

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## Advocate for the Aging

Caroline Werner interviews Sen. Tammy Baldwin about her appointment to the Senate Committee on Aging and their moves to include LGBTQ elders as a vulnerable population in the Older Americans Act

**W**hat is the significance for Wisconsin's LGBTQ elders in Tammy Baldwin's appointment to the Senate Special Committee on Aging? I emailed Tammy and her staff for answers to a few questions below.

### What issues are likely to come up for the committee?

The committee will work on issues important to seniors in Wisconsin and throughout the country. We will focus on preserving and protecting Medicare for current and



Imagine if a State Unit on Aging under a reauthorized Older Americans Act has a mandate to target LGBT older adults, perhaps it could do that by funding programming aimed at LGBT older adults through an LGBT center.

future generations, bolstering economic and retirement security for older Americans, and protecting seniors from fraud and abuse. We also will examine major health issues that harm seniors, including Alzheimer's disease, and study sustainable ways to finance long-term care.

### What do this appointment and the upcoming issues mean for aging in Wisconsin, in general?

This appointment means that Wisconsin's seniors will have a strong voice fighting for them on a committee dedicated to protecting their interests. My appointment is especially important for our state because of who just

left the committee. For six years, my predecessor, Senator Herb Kohl, chaired the Aging Committee. During his time as chairman and 24 years in the Senate, Senator Kohl was a steadfast champion for Wisconsin's seniors. I look forward to carrying on his work, as well as pursuing new initiatives to ensure Wisconsin seniors have quality, affordable health care; retirement security; and the ability to fully enjoy their golden years.

### Does this committee have influence re: the new amendment to the Older Americans Act (OAA) designating LGBT elders (mature adults) as a vulnerable population?

The Special Committee on Aging has no legislative authority, but studies issues, conducts oversight of programs, and investigates reports of fraud and waste. In its oversight capacity, the Special Committee on Aging definitely has influence around LGBT aging issues as they relate to the OAA.

### Did the amendment to the Older Americans Act, which includes the LGBT population as a vulnerable population, pass in 2012?

The OAA does NOT include specific protections for LGBT Americans—that's what we're endeavoring to do by amending it during the reauthorization process. (ed. note – The amendment, called the LGBT Elder Americans Act, was introduced in late 2012 by Sen. Michael Bennet, but has not yet been officially added to the OAA and is awaiting action by the current session of Congress.)

### Has the Older Americans Act been passed in the current 112th Congress?

The OAA was originally enacted in 1965. Since the enactment of OAA, Congress has reauthorized and amended the act numerous times. In the past, OAA reauthorization has included extending the act's authorization of appropriations for a five-year period. The last OAA reauthorization occurred in 2006, when Congress enacted the Older Americans Act Amendments of 2006 (P.L. 109-365), which extended the act's authorization of appropriations for FY2007 through FY2011. The authorization of appropriations for



Senator Tammy Baldwin was sworn in as a Member of the United States Senate by Vice President Joe Biden on January 3rd.

ter received \$380,000 to expand LGBT senior services.  
• Also, SAGE Center on Halsted received \$475,000 in 2010 for LGBT older adult projects and some programming.

### How have SAGE affiliates benefited from funding from the Older Americans Act?

SAGE has affiliates with congregate meal programs that are funded through their local Area Agencies on Aging. SAGE has a potential affiliate in the Western Suburbs of Chicago that is housed in an AAA, and they fund a staff person. Although his position is covered by a grant, the AAA still has expenses related to the program.

**NOTE:** A group of seniors called the LGBT Senior Alliance Advisory Committee (SAAC) is spearheading an initiative through the OutReach LGBT Community Center in Madison to become a SAGE affiliate. OutReach will need a continual source of funding in order to support the programming and services needed to support our LGBT older adults. ■

Caroline Werner has a Master's degree in Social Work and was a case manager working with seniors in Dane County before retiring. Now she is the Volunteer Senior Program Coordinator for OutReach.

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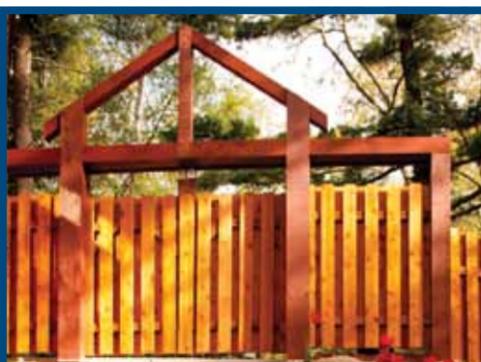


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## The Gay Divorcée

Do we have the right to same-sex divorce? What can a Wisconsin same-sex couple do if they wish to terminate their out-of-state same-sex marriage?

Soon, Wisconsin may be surrounded by states that grant same-sex marriage. Iowa permitted same-sex marriage in 2009. Minnesota granted same-sex marriage in May of this year. Illinois is expected to pass legislation for marriage equality later this year. This will leave Wisconsin as the only state in the region that doesn't recognize same-sex marriage. In light of the current political climate in our state, that is unlikely to change in the near future. As a result, many gay and lesbian couples may want to travel to a neighboring state to



Although it is relatively easy to travel to another state to marry, it is not so easy to travel to another state to divorce. Most states have a residency requirement of between six months to a year before a state will permit a spouse to obtain a divorce.

marry, but they should do so cautiously. One of the most important rights of marriage, which is often overlooked or not discussed, is the right to divorce. The right to divorce not only allows the couple's relationship to officially terminate, but it also offers protections to both parties regarding the division of property, the allocation of debts, and maintenance (our state term for alimony). The state has an independent interest, through its judiciary, in protecting both spouses in a divorce by making sure that the terms of the divorce are fair and equitable to each spouse. In Wisconsin, this

protection, or state interest, is not applicable to same-sex marriages. The courts, to date, have taken the position that they cannot grant a divorce to a marriage that isn't recognized as valid. What can a Wisconsin same-sex couple do if they wish to terminate their out-of-state same-sex marriage?

Some couples have decided to do nothing. The reasoning is that since the state of Wisconsin doesn't recognize their marriage, there is no need to officially terminate the marriage. This may be shortsighted for several reasons. First, either spouse may move to a state that recognizes the marriage. Second, Wisconsin's political climate may change in the future, and the ban on same-sex marriage may be overturned. Finally, the U.S. Supreme Court could decide this summer that the entire nation must recognize same-sex marriage, or alternatively, that federal benefits must be available to same-sex spouses. By doing nothing, the couple could physically separate, but if the marriage becomes valid at some point in the future, they could face worse legal problems if each spouse has accumulated property, incurred debts, or either married another person or entered into a domestic partnership. Doing nothing is not advisable.

Although it is relatively easy to travel to another state to marry, it is not so easy to travel to another state to divorce. Most states have a residency requirement of between six months to a year before a state will permit a spouse to obtain a divorce. The reasoning is that a divorce can involve significant judicial resources and time. The state has an interest in limiting access to this judicial process to those who presumably pay taxes to that state. The idea of one spouse leaving their home, friends, and employment to live in another state for the sole purpose of obtaining a divorce is generally not feasible.

The residency requirement is not an absolute rule. For couples who married in Washington, D.C., and then moved to a state that doesn't recognize same-sex marriage, the District passed legislation allowing those non-resident couples to obtain a divorce in the District. However, the divorce cannot involve any disputes. Other states, and some

provinces of Canada, are considering similar legislation.

The one legally recognized option available to same-sex couples who wish to terminate their marriage in Wisconsin is to file a petition for an annulment of their mar-

**By doing nothing, the couple could physically separate, but if the marriage becomes valid at some point in the future, they could face worse legal problems if each spouse has accumulated property, incurred debts, or either married another person or entered into a domestic partnership.**

riage. Many of the same issues addressed in a divorce can be addressed in an annulment. At first blush, it would appear that an annulment is the answer to the legal quandary for same-sex married couples in Wisconsin, but it comes with a price. First, in order for the marriage to be annulled, the parties must testify that the marriage is "void" under state law. As much as the couple may wish to be divorced from one another, they may be equally passionate about not claiming that the marriage was "void." In reality, the term "void" in the annulment statute is a recognition that the state—not the couple—sanctions discrimination of same-sex couples. The term "void" for the couple doesn't have to be synonymous with "meaningless."

The second problem with an annulment is our "marriage evasion statute." The marriage evasion statute makes it a crime for a couple to travel outside of the state to contract into a marriage that is not permitted in the state of Wisconsin. The statute has not been invoked in the context of same-sex marriage, nor was it passed with this intent in mind, but it could nonetheless pose a problem for some couples who testify in an annulment action that their marriages are void under state law.

If annulment is not an option, a less secure but viable option is for the couple to enter into a Marital Property Agreement. The Agreement would be a contract between the spouses that sets forth the terms of a divorce settlement if a divorce should become a legal

option to them at some point in the future. As with any prenuptial or postnuptial agreement, there is no guarantee of enforcement, but it does indicate the intent of the parties and can be relied on by courts in the future.

There is reason to celebrate our border states' enlightened legislation permitting same-sex marriages. Same-sex couples in Wisconsin may be quick to travel to one of these states to marry, but they should do so with the same consideration and deliberation that they would if the marriage were recognized in the state of Wisconsin. When 52 percent of opposite-sex couples are divorcing, there is no reason to believe that same-sex couples are immune from breaking up. Unlike opposite-sex marriages, same-sex spouses have far fewer options in terminating their marriages. Of course, if the U.S. Supreme Court decides in June that marriage is a fundamental right available to gays and lesbians, then the right to divorce will flow from the right to marry. ■

**Christopher Krimmer** teaches Sexual Orientation and the Law at Marquette Law School, and is writing a lawyer's handbook on gay rights in Wisconsin for the State Bar of Wisconsin. His law practice focuses on nontraditional-family protections ([b-rlaw.com](http://b-rlaw.com)).



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There's an old adage that says, "Fake it until you feel it." It's an odd statement that's a little hard to swallow, but stay with me here for a minute. When I first started yoga, I wasn't in love with it. I couldn't see the benefits after two sessions (ah, youth). But I applied "fake it until you feel it," and after a month or so, I began to feel it. Now, I love it. The same goes for meditation, jogging, and eating well. I'm healthier today than I was in my 20s. What a gift!

Angela Trentadue is another personal chef in Madison; we've been friends for years. We spoke at length about this story because we are likeminded about helping our clients achieve a better quality of life through nutrition. Angela is a major proponent of eating whole foods that are locally sourced.

"Locally sourced foods have a high nutrient value because of their freshness," she says. Angela is also a believer in eating more leafy greens and organics, and cutting back on animal-derived protein sources. We both see education as a large component of our work because there is a disconnect in our society around what foods our bodies need to function optimally. Many people were never given the basics about how to eat well.



Angela Trentadue

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**OUR TASTE**

**Given this, Angela and I compiled six tips to help you begin your journey to a healthier you:**

- NUMBER 1: Food is fuel for your body.** If the fuel is junk, then your body simply won't be able to do what you want it to do.
- NUMBER 2: Your plate is a beautiful canvas.** For the average omnivore, fill a medium-sized plate with 75 percent leafy greens and other vegetables and fruit. The remaining 25 percent of your plate can consist of lean meats or fish for protein (think 6 oz or less as a portion).
- NUMBER 3: Eat slowly** so that your brain and your stomach communicate and recognize when you are full.
- NUMBER 4: Be patient.** Eating this way is different than how most people have eaten for their whole lives. It will take a few weeks for you to notice that you feel better and have more energy.
- NUMBER 5: Cut back on salt and sugar,** and remove artificial sweeteners from your diet.
- NUMBER 6: If you can't tackle nutrition on your own,** consult with someone. Nutritionists, doctors, and wellness practitioners (and personal chefs) are great resources.

I spoke with two terrific herbal specialists from Community Pharmacy in Madison, **Doreen Kunert** and **Jackie Nikolaus**, and they agreed that nourishment through food is the cornerstone to good health, but that a whole-person approach to wellness is also critical to success. What I appreciate about Community Pharmacy is that there are always great staff members like Doreen and Jackie on hand who take the time to talk with you about whatever health concerns you have. And they really do look at the whole person. They ask questions about things like diet, lifestyle, stress levels, exercise, etc., to help them understand the whole picture so that they can make better recommendations to address your concerns.



And they aren't going to just offer a pill and then walk you out the door. Both Jackie and Doreen have worked at Community Pharmacy for more than 25 years. They see themselves as community educators, and they have a litany of literature, videos, websites, and other valuable resources to share. And if you do find yourself in need of medication, the pharmacists at Community Pharmacy can help you in this realm, too. They've been my good-health library for years.

"Did you know if you steep oat straw and nettles for a long time in water, it's a super calcium boost and your body absorbs it wonderfully because it's from a food source?" asked Doreen. No, I didn't, but I'm going to try that.

So, I hope we've given you some tools to move toward a healthier lifestyle. Now go on out there and give yoga a try, or get your Tai Chi on, or just soak in a detox bath. Whatever motivates you to better health, go do that! And for goodness' sake, eat your vegetables. —**Jeanne Benink**

Photo by Roberto Amezcua



**Jeanne Benink** is a Madison chef and the sole owner of Simply Served Personal Chef Service. Her friends often call her the soup guru, and she truly does have passion for exploring soups and stews from all over the world. You can find her online at [simplyservedpersonalchef.com](http://simplyservedpersonalchef.com)

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When I lead workshops on theory and constructs, I feel like I'm telling the participants how the world is and how it should be. But during sessions on law and policy, it's like I'm handing out tools to dismantle these oppressive systems, making concrete steps towards a "better-ish" world.



GSAFE's 2013 Award recipients at their annual Celebration of Leadership in May.

## Justice Crusader

From his high school GSA to a path toward international and immigration justice, **Camden Goetz** looks for tools to make the world a better place.

**F**or as long as I can remember, I've had the vague life goal to make the world "better-ish." However, in elementary school and middle school, I wasn't sure how I wanted to accomplish this. Writers, politicians, teachers: they all improve the world. How was I, personally, supposed to make the world the "most better-ish?"

I started to piece together the answers to that question when I joined my high school's Gay Straight Alliance (GSA) in the ninth grade. Right away, it was a perfect fit. We were instilling justice in our school through education, support, policy, protest, and more. Although I joined other groups in the school, nothing quite "clicked" like being an activist in my GSA. In my work with my advisor, co-leaders, and other members, I could see a tangible difference being made. Although backlash from students and faculty was difficult to take, I never once questioned that what we were doing was important and necessary. Joining this group gave me the activist itch, and assured me that direct activism was the best way to make the world better.

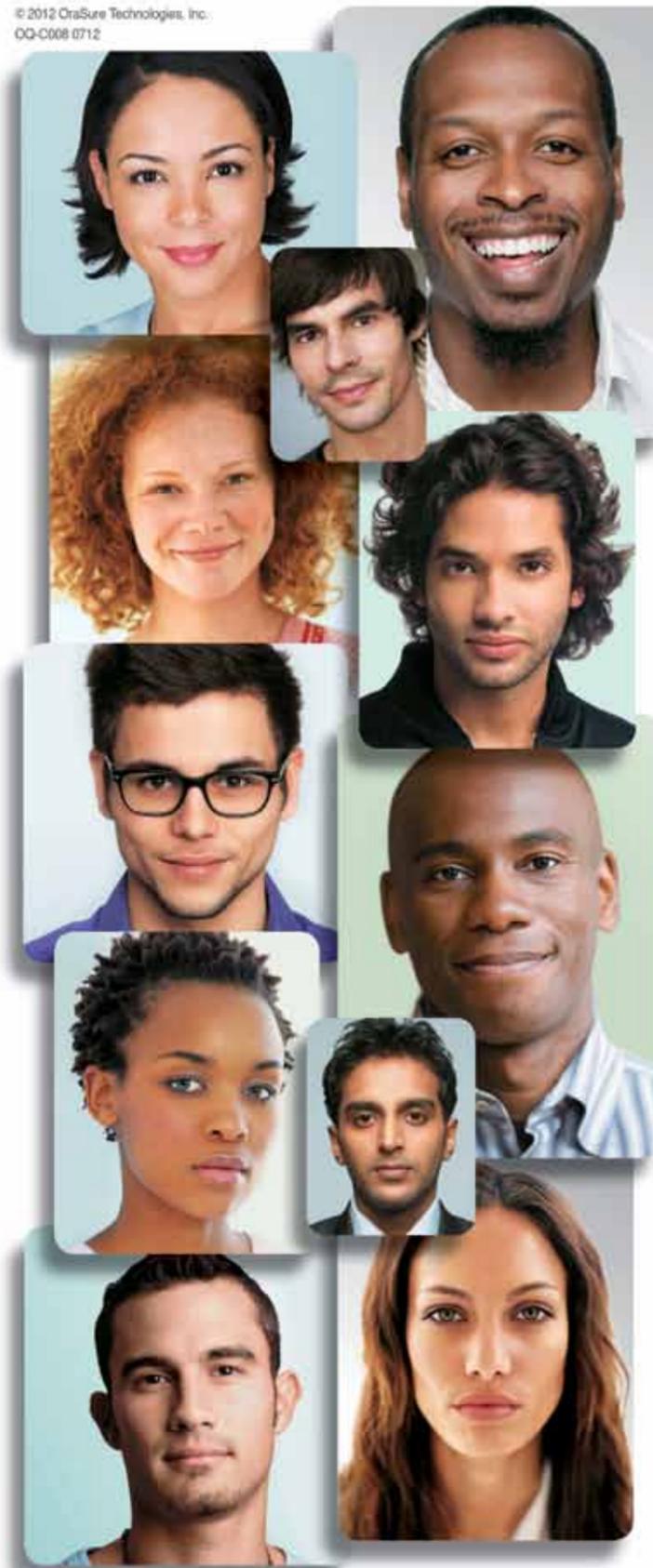
Although I started with this group, most of my activism since the ninth grade has taken place outside of it, and it's in these groups that I not only focused my life goal, but also found a career path. In my work with PFLAG, GSAFE, and other groups, what's always interested me most are the laws and policies that affect our lives. To me, social constructs and behaviors are important, but blurry and difficult to analyze. Laws and policies are more clear-cut and give me weapons to wield in the fight for justice. When I lead workshops on theory and constructs, I feel like I'm telling the participants how the world is and how it should be. But during sessions on law and policy, it's like I'm handing out tools to dismantle these oppressive systems, making concrete steps towards a "better-ish" world. I'm lucky enough to have a chance to make a career out of this passion for law and policy by going on to college and maybe law school. There's no way I'd rather spend my life than by giving people these concrete tools to improve our world.

I feel incredibly indebted to the groups and individuals that have helped me discover this passion and career path. Although I started out in the LGBTQ movement, I'll be focusing more on international and immigration justice when I head to college in Boston this fall. However, no oppression occurs in isolation, so I plan on using the knowledge I've gained about queer issues and other oppressions to help make this world a place we can all thrive in.

Every person in the world has a way they can make this world better, from writing to protesting to simply being themselves. I'm incredibly grateful to those who have helped me find my way to make the world better-ish, and I can't wait to spend more of my life using law and policy to instill justice in our world. ■

*Camden Goetz hails from Wisconsin Rapids and is heading to Tufts University this fall to study international relations, and uses the pronouns he, him, and his.*

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