



Volume 21, Issue 3
March 2021

Welcome Spring



www.GayDayton.org



Alcoholics
Anonymous
Group

The word 'ALCOHOLISM' is rendered in large, 3D, blue block letters. A metal chain is attached to a large metal ball, which is positioned behind the letters, appearing to press down on them. The letters 'O', 'H', and 'L' are significantly crushed and broken under the weight of the ball.

Mondays 7 PM

THE GREATER DAYTON LGBT
CENTER

24 N. Jefferson Street, STE 200
Dayton, OH 45402
(937) 274-1776

Calendar of Events

Date	Time	Description	Venue - O=Online, C=Center
March 1	7:00 PM	LGBTQ AA Group Meeting	O
March 4	6:00 PM	LGBT Monthly Board Meeting	O & C
March 8	7:00 PM	LGBTQ AA Group Meeting	O
March 9	7:00 PM	PFLAG Monthly Meeting	O
March 10	7:00 PM	Positive Attitudes	O & C
March 14		Daylight Savings Time Begins	
March 15	7:00 PM	LGBTQ AA Group Meeting	O
March 16	7:00 PM	Gatlyn Dame Group Meeting	O
March 17		Happy St. Patrick's Day	
March 21	5:30 PM	PRIDE Planning Meeting	O & C
March 22	7:00 PM	LGBTQ AA Group Meeting	O
March 24	7:00 PM	Positive Attitudes	O & C
March 28	7:00 PM	TDOR Planning Meeting	O & C
March 29	7:00 PM	LGBTQ AA Group Meeting	O
March 31		Transgender Day Of Visibility	

*For information and links to attend the online groups call
(937) 274-1776 or email: info@daytonlgbtcenter.org*

A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty. Success is not final, failure is not fatal: it is the courage to continue that counts *Winston Churchill*

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Book Reviews

by: Terri Schlichenmeyer

aka: "The Book Worm"

bookwormsez@yahoo.com

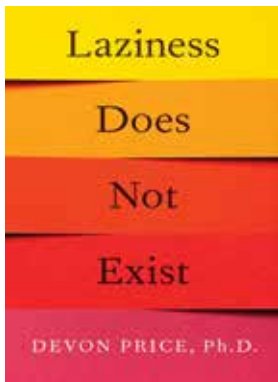
"Laziness Does Not Exist" by Devon Price, PhD

c.2021

Atria

\$27.00 / \$36.00 Canada

247 pages



Assume this position.

Feet up, head back, fingers laced over your belly. Eyes shut. Teeth unclenched. And there you are: ready for a nap – if you dare, if you have your work finished, if you can ignore the nagging feeling that there are things left undone, if you can stop feeling *judged*. Impossible? Not so, if you've read **"Laziness Does Not Exist" by Devon Price, PhD.**

A 9-to-5 job sure would be great, wouldn't it?

You're snorting now, aren't you? Because you get to the office early, sprint all day, say "yes" to

everything lobbed at you, leave work by the moon, stagger home, and fall into bed the second you get there.

Price was that way, too, for most of their life. They say that their childhood was spent achieving more than most kids because both their parents insisted on it. That was happily do-able although after awhile, Price noticed that some of their classmates were labeled as "lazy" and "[l]azy kids didn't have futures."

For centuries – in business, movies, and pop culture – we've quietly been led to believe "The Laziness Lie," which has three main facets: we are only worth what we can accomplish; our feelings and limits can't be trusted; and we can't ever do enough. These beliefs, once absorbed, can cause health problems, burn-out, relationship problems, and more through overwork and under-confidence. In their job as a teacher, Price sees it all the time.

In combatting The Laziness Lie, Price says to realize that overwork doesn't deserve a badge of honor. Re-frame your idea of "lazy" through compassion; they point out, for instance, that surviving homelessness is hard work. Listen to your body: taking care of yourself is absolutely not "lazy," and taking time off is essential to your health. Remember that

“you can work only so much,” physically and mentally. Get off social media and turn the news off sometimes. And “stop fearing [your] inner ‘laziness,’” Price says. Do it, and you can “build [a] healthy, happy, well-balanced” life.

Weekends are good.

Binge-watching your favorite TV show: good.

Naps: *very* good.

“Laziness Does Not Exist”: likewise good.

With a clarion call tailor-made for new work-at-homers who can no longer leave work at work, author and social psychologist Devon Price gives readers plenty of reason to kick back and put their feet up sometimes, showing that doing so can actually enhance productivity. There’s an abundance of illustrative stories here with compassion featured strongly, for self and for women, marginalized workers, BIPOC, and LGBTQ workers; in that, Price shows how deep the word “lazy” goes and why it’s so wrong. Readers are then offered ideas, including exercises, that can help undo the damage of the word and its associated meanings – it’ll take work, no pun intended – and hidden reasons why waiting really isn’t an option.

Not just for the overachiever, this book should sit on the desk next to every home printer and cubicle keyboard. Find “Laziness Does No Exist,” stretch, take a comfortable seat, and you’re in a good position to enjoy.

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The Greater Dayton LGBT Center – Now Celebrating 45 years!

by Randy Phillips

In 1975 a group of men were at a local bar where they were lamenting that there was not anything for them outside of a bar. So in 1976 under the direction of Howard Getts formed The Dayton Gay Center, where they met weekly at a home on N. Main Street for a men's hour. The men, realizing they needed to be more inclusive, changed their name and filed paperwork to become a 501c3 non-profit public charity under the name of The Dayton Lesbian and Gay Center Inc. In those days, the systems were not in place to become a non-profit as readily as they are today, so it was not May of 1980 until the official paperwork was received. The Center has had various homes over the years and many of those years as a virtual Center without a brick and mortar place to meet. Today the home is 24 N. Jefferson Street, Suite 200 in downtown Dayton in the heart of the Gay Bar District.

Today the Center offers multiple meeting spaces and public computers for community use, along with a game room. The Center's lending library and archive, 'The Leon Bay Memorial Library' houses over 3,000 books and archives local historical items and personal histories of our local LGBTQ+ community. We want our future generations to be able to read and see videos of our local Heroes and Sheroes.

Additionally, The Center offer support and groups such as S.O.A.R (Survivors Overcoming Assault & Rape), an LGBTQ+ Alcoholics Anonymous Group, Pozitive Attitudes an HIV+ group, a group for those who identify as male in the Black and Minorities Community, A Transgender & Non-Conforming Group, a Book Club, and a Yoga Group.

The Center also offers a Health and Wellness Clinic which offers HIV/ STI testing, COVID testing, HRT education and administration and diabetes education and administration. We have even offerred cooking classes to educate on healthy and economical food preparations. There is a possibility we might be able to also offer iT services as a part of health and wellness clinic since in today's world more than ever we need to communicate with health care providers, employers, and family electronically for our overall health. For those in our LGBT community who are economically disadvantaged this especially rings true. So we have vowed to make this a part of our health and wellness clinic.

Our largest program each year continues to be our Dayton PRIDE Celebrations. While the first PRIDE celebration began as a community dinner the celebrations have grown into a multi day events. Even the pandemic of 2020 did not stop LGBTQ+ Pride. It might have looked a little different that previous years but you cannot stop PRIDE. Now in the Center's 45th year, PRIDE will go on, perhaps a little different as well, but certainly move forward bigger than ever!

So join with us as we celebrate PRIDE in 45 years at the Greater Dayton LGBT Center!

The only person you should be better than...

Is the person you were yesterday! ... *unknown author*

Join Us For Our 2nd
Dayton
PRIDE Planning
SUNDAY MARCH 21ST
5:30 PM
Greater Dayton LGBT Center
24 N. Jeffersons Street, STE 200
Dayton, OH 45402
www.daytonLGBTcenter.org * (937) 274-1776 * info@daytonLGBTcenter.org

Equality Act

David Nahmias, Impact LGBTQ

On March 12, 2019, Representatives David Cicilline (D-RI) and Brian Fitzpatrick (R-PA), along with at least 230 cosponsors, introduced H.R. 5, which has become known as the Equality Act, a comprehensive and bipartisan civil rights bill that would codify federal antidiscrimination protections for LGBTQ people. Senators Jeff Merkley (D-OR), Tammy Baldwin (D-WI), and Cory Booker (D-NJ) introduced a companion bill in the Senate, already with bi-partisan support.

Since 1994, federal lawmakers have repeatedly and unsuccessfully tried to pass legislation prohibiting discrimination because of sexual orientation and—later—gender identity. The 116th Congress, with its historic numbers of women, people of color, and LGBTQ members, offers the best chance yet for the Equality Act to pass the House of Representatives. But what exactly would it do?

The Equality Act updates the list of protected groups in a number of civil rights laws by clarifying that “sex” “includ[es] sexual orientation and gender identity.” It defines gender identity as “the gender-related identity, appearance, mannerisms, or other gender related characteristics of a person,” and it defines sexual orientation as “homosexuality, heterosexuality, or bisexuality.” “Sex” is also defined as including “a sex stereotype” and including “intersex traits.” The bill would write into law what numerous circuit and district courts nationwide have already determined—that sexual orientation or gender identity discrimination is sex discrimination.

The bill adds these expanded LGBTQ protections to the major provisions of the 1964 Civil Rights Act, including the prohibitions against discrimination in public accommodations (Title II), by federally funded programs (Title VI), and in the workplace (Title VII). It also adds LGBTQ protections in the law’s school desegregation provisions (Title III), and it empowers the Department of Justice to enforce the public accommodations law against anti-LGBTQ bias. The Equality Act also codifies sexual orientation and gender identity as protected classes in the Fair Housing Act, Equal Credit Opportunity Act, and 28 U.S.C. §1862, which prohibits discrimination in federal jury selection.

The Equality Act would write into these statutes the understanding of discrimination that has long been relied on by courts. The Act explicitly forbids associational and perceived discrimination; that is, discrimination against someone associated with a member of a protected group (including sexual orientation and gender, but also preexisting protected traits like race or sex) or perceived by others as belonging to a protected group, even if wrongly so.

In the workplace, the Equality Act clarifies that for those rare instances where an employee must be of a particular sex to perform a job, a person

is qualified according to her gender identity. It also ensures that LGBTQ federal workers, including Congressional staffers, are protected, and that the Equality Employment Opportunity Commission will investigate and enforce complaints of sexual orientation and/or gender identity discrimination.

Beyond protecting LGBTQ people, the Equality Act strengthens antidiscrimination protections for women and people of color. Currently, no federal law forbids places of public accommodations from discrimination because of sex, and the types of covered establishments are limited. The Equality Act adds long-needed protections against sex discrimination in public accommodations and federally funded programs (currently in the Civil Rights Act, only Title VII protects sex, ironically because Southern Democrats added it, hoping to kill the legislation altogether. Moreover, the amendments expand the types of cover public accommodations to include entertainment and retail, professional services (including legal services), and transportation-related establishments.

Finally, the Act squarely addresses two of the major questions associated with anti-LGBT bias today—discriminatory religious refusals and facilities access for transgender people. The bill declares that the Religious Freedom Restoration Act cannot serve as a defense to enforcement actions under the Civil Rights Act. The bill also forbids denying access to shared facilities that do not correspond to a person's gender identity.

Critically, the Act does not limit or weaken any claims or rights already provided under federal law. This means that, for example, the law does not supersede judicially construed protections against sexual harassment and sex stereotyping discriminations, or conflict with laws forbidding pregnancy discrimination.

The Equality Act would protect millions of LGBT people, especially those who live in states without LGBT anti-discrimination laws, and its effects would be wide-reaching, including for criminal justice reform. Civil rights advocates have rightly lauded the Equality Act, and almost 300 state and national organizations (including the Impact Fund), signed a letter of support for the bill.

The House has passed the Equality Act and on February 23rd the companion bill S. 788 was introduced in the Senate. It is now time to contact our U. S. Senators to assure their support. At this time, Senator Brown has acknowledge his support, Senator Portman remains uncommitted.

Call Senator Sherrod Brown (D-OH)– (202) 224-2315

Call Senator Rob Portman (R-OH) – (202) 224-3353

FREE

Yoga

Led by Matt Turner

*Judgment Free
Atmosphere*

(Classes limited to 15 people ~ masks & social distancing is required!)

Thursday's
7 Pm
(Beginners
& Intermediates)



Beginning
In
February

Greater Dayton LGBT Center

24 N. Jefferson St, STE 200 Dayton, OH 45402 (937) 274-1776

An event for people living with HIV

Stop Stigma. Start Healing.

MAR 5 | 6 PM | Virtual

Join us for a virtual dinner with Odalys Martin from Gilead Sciences. Odalys will speak about the effects of stigma on HIV.

All attendees receive a \$25 Visa gift card!

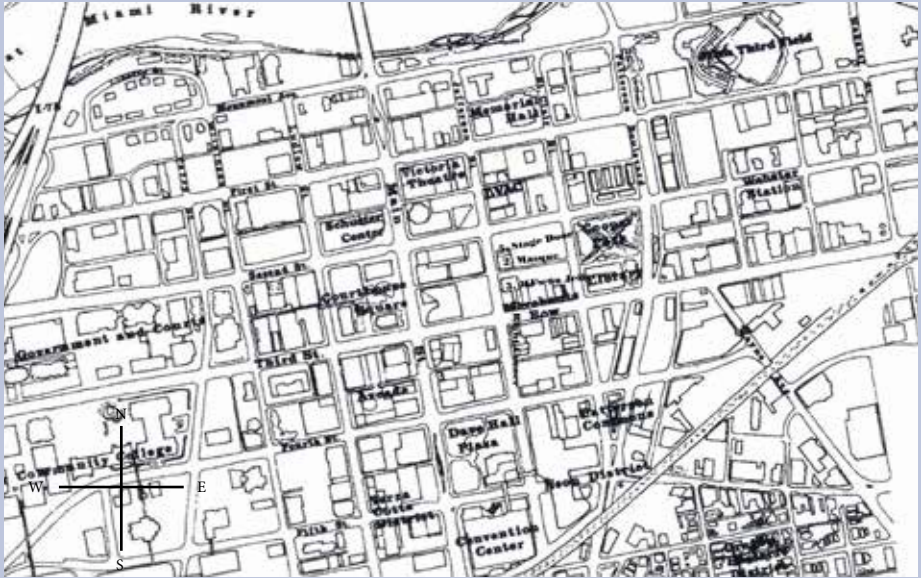
Space is limited, register now!

POZITIVE

ATTITUDES

Visit us at facebook.com/groups/positiveattitudes
RSVP to JakeYousif@equitashealth.com today!

Gay Dayton Map



18 +	18 and Up	E	Other Entertainment	N/H	Neighborhood
A	Alternative	F	Food	S	Strippers
AH	After Hours	G/S	Gay/Straight	T	Mature
C	Country	K	Karaoke	V	Video
D	Dance	L	Leather	W	Women
DG	Drag	M	Men	Y	Young

1. Argo's, 301 Mabel Street 252-2976 (M,L,E,S)
2. Evolution, 130 N Patterson 203-2582 (18+,Y,G/S,D,E,V,DG)
3. MJ's on Jefferson, 20 N. Jefferson 223-7340 (18+,F,M,D,S,E,DG,V,K)
4. Right Corner, 105 E. Third St 228-2033 (NH,M,T,E)
5. Stage Door, 44 N. Jefferson St 223-7418 (M,L,C,K,T,NH,E)
6. Natalie Clifford Barney Historical Marker
7. The Greater Dayton LGBT Center, 24 N. Jefferson 274-1776

www.GayDayton.org

Now Open

mjsonjefferson.com



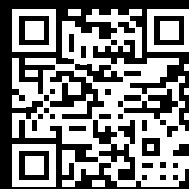
20 N Jefferson St - Dayton, OH - 45402
Phone (937) 223-7340

MASKS REQUIRED

Open Daily @ 3 pm



Beer Menu



Bourbon Menu