

NOTEBOOK



PETA

Portland Native Zachary Koval grew up reading *Just Out*. Today the Sexiest Vegetarian Next Door 2012 lives in New York City.

WELL SAID!

"There is absolutely no national interest in relegating gay and lesbian citizens to second class status with the passage of the discriminatory Defense of Marriage Act (DOMA), and to say that no harm was intended to LGBT Americans is absurd at best. At worst, it's a blatant and mean-spirited attempt to slow down the progress we are making on securing the freedom to marry for all Americans." *From Servicemembers Legal Defense Network in response to an Amicus Curiae brief filed by ten Republicans Senators in support of DOMA.*

(HEALTH)

SEXIEST VEGETARIAN

Twenty-eight-year-old gay Portland Native Zachary Koval can now add PETA's Sexiest Vegetarian Next Door 2012 to his résumé.

The actor and waiter beat out nine other male finalists to be crowned the male winner of PETA's contest and take home the grand prize of a free trip for two to Hawaii. His mom deserves the trip as a reward for everything that she has done for the family, Zachary says. He hopes she will be able to join him on the trip.

Koval says he grew up reading *Just Out*, says the revamped *JO* looks "incredible" (he saw it on a recent trip to Portland) and is honored to receive the award and to be featured in his home town.

Oh Zachary...the pleasure is all ours.

Koval went vegetarian at the age of 10. Shortly after moving to Brooklyn almost four years ago, he read a PETA pamphlet about the suffering of cows used for their milk, and hens used for their eggs and decided to go vegan.

"No animals were harmed in the making of this body," says Koval, who attributes his buff physique to exercise, yoga, and eating a vegan diet.

And the looker has a passion for animals to boot.

PETA.org

A new study of 2,000 young adults, those who didn't identify themselves as exclusively heterosexual or homosexual tended to misuse alcohol more frequently than those who self-reported a particular sexual orientation for a specific gender. The University of Missouri researchers said these individuals reported that they drank alcohol to relieve anxiety and depression. The researchers said one explanation is that this group may feel stigmatized by both groups.

(CULTURE)

POLLS SAY AMERICA CHANGING

A MAJORITY OF AMERICANS SAY THEY SUPPORT LEGALLY RECOGNIZING SAME-SEX MARRIAGE, AND THERE IS GROWING EVIDENCE THAT THESE FOLKS ARE GROWING MORE COMFORTABLE WITH GAYS AND LESBIANS, ACCORDING TO A RECENT NATIONAL POLL. A CNN/ORC INTERNATIONAL SURVEY ALSO INDICATES THAT THE NUMBER OF AMERICANS WHO SAY THEY HAVE A CLOSE FRIEND OR FAMILY MEMBER WHO IS GAY HAS JUMPED FROM 49% IN 2010 TO 60% TODAY. IN THE 1990S, MOST AMERICANS SAID THEY DID NOT KNOW ANYONE CLOSE TO THEM WHO WAS GAY. ACCORDING TO THE SURVEY, 54% NOW SAY THAT MARRIAGES BETWEEN GAY AND LESBIAN COUPLES SHOULD BE RECOGNIZED AS VALID BY LAW, WITH 42% OPPOSED. CNN.COM