

NOTEBOOK

(HEALTH)

JUST OUT FIT CLUB

Want to make a difference in your health and well-being? Peaceful Roots and *Just Out* are teaming up so that a few lucky readers can get fit Mind-Body-Emotion style!

Six *Just Out* readers will receive eight weeks of personal and group training, nutrition counseling, and instruction in yoga, flexibility and stress reduction. If you want to take some serious steps in improving your health and well-being, then this program is for you.

Whether you're looking to lose weight, increase strength, train your mind, or build muscle, you will be working under the guidance of a holistic fitness practitioner to meet your goals.

Here's the scoop. The group will meet three times a week for a eight weeks (we know, a HUGE commitment), on Tuesday and Thursday evening for one hour and Saturday mornings for three hours, September 22 through November 17, 2012. Participants also will be expected to work out two or three times a week on their own.

If interested, go to www.peacefulroots.com and complete the application (Deadline is September 18th, 2012).

ABOUT PEACEFUL ROOTS' DENNY RICHARD: Richard is a Holistic Fitness Practitioner, with a goal is to bring balance, strength and awareness into his client's daily life and exercise regimen. (American College of Sports Medicine (ACSM) Certified Personal Trainer; Fitness Resource Associates – 80 Hour Registered Yoga Teacher; 7 Centers Yoga Arts – 200 Hour RYT; Reiki I Practitioner)

NOTE: Participants must be willing to disclose personal information to *Just Out* (e.g. name, age, occupation, weight, body fat (oh yes), personal goals) and agree to be photographed and appear in *Just Out* and JustOut.com. We will take lots of pictures, so if you've wanted to be a star, this is your moment!!



Compliments David Leddick

(ART)

NUTS FOR NUDES

GORGEOUS GALLERY BY GAY ART CHRONICLER DAVID LEDDICK IS THE FIRST COLLECTION OF ITS KIND. THE BOOK CHALLENGES BOUNDARIES OF FINE ART AND PORNOGRAPHY, THE AUTHOR SAYS. LEDDICK CLAIMS IT'S THE FIRST ART BOOK OF ITS KIND TO COMBINE WHAT IS CONSIDERED "POPULAR" SEXUAL ART WITH "FINE" ART. THE 160-PAGE VOLUME PRESENTS A COLLECTION SPANNING THREE GENRES: THE CLASSIC "GAY SPIRIT" OF THE 20TH CENTURY, TREND-SETTING CONTEMPORARY GAY ARTISTS AT THEIR MOST SEXUAL, AND A NEWER GROUP OF AVANT-GARDE GAY ARTISTS LARGELY UNSEEN UNTIL NOW. DAVIDLEDDICK.NET

Kenneth Sherrill, a professor of political science at Hunter College at the City University of New York, says the gay vote matters, despite most gays voting Democrat. Sherrill co-authored a paper in 2008 on LGBT civic engagement, finding that gays and lesbians tend to be more active civically and politically than other Americans. Sherrill said the gay vote made the margin of victory in North Carolina that year and said it could again this November. "This is a group of reliable voters who turn out to vote more than most people do, who appear to be registered to vote more than most people are and who are one of the handful of most Democratic groups in the electorate," Sherrill told pbs.org

Compliments Palm Springs Pride



Adam and Steve were a big hit in the San Diego Pride Parade this summer. The couple, standing 20 feet high, visited London Pride as well. Their friends Adele and Eve also marched, promoting Palm Springs Pride and Palm Springs Bureau of Tourism. pspride.org