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Q-Living: Fitness & Health

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Anne Heche denounces anti-gay movement



A look at NC Pride

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Pentagon admits it won't discharge gays until after combat duty

Best and worst companies for LGBT employees

Turkish officials try to close gay organization

## North and South Carolina

North Carolina: Guerriero visits N.C.

South Carolina: Is Greenville the state's most difficult place 12 to be gay?

# Q.POLL

would you cerrespond with a pay or lesblan or sen amate?

yes . no

Next Issue: Halloween **Native American History** 

### Political turmoil on all fronts

Schwarzenegger vetoes California gay marriage; Roberts swom in as Chief Justice; anti-gay House leader replaced by other homophobes

#### by Donald Miller

To many it seems as though the U.S. is caught up in a vitriolic anti-gay war. With homophobic ultra-conservatives in charge of the White House, the Senate and Congress, the Supreme Court about to fall to conservative control and former gay allies caving in to right-wing pressure the outlook for LGBT civil rights appears bleak.
As expected, Colifornia Governor Arnold

Schwarzenegger vetoed a bill on Sept. 29 that would have allowed gay couples to marry. The bill was passed by California's Democrat-led legislature, but stopped at Schwarzenegger's desk. In a move he signaled earlier in the month, Schwarzenegger said he would leave the issue of same-sex marriage to voters and the courts.

Schwarzenegger pointed out that 61 percent of residents voted for the California Defense of Marriage Act (DOMA) — known as Proposition 22 — in 2000. The act spells out that "only marriage between a man and a woman is valid or recognized in California."

"If the ban of same-sex marriage is unconstitutional, this bill is not necessary," the governor explained. "If the ban is constitutional, this bill is ineffective."

Democratic Assemblyman Mark Leno said Schwarzenegger had missed a historic opportunity to stand up for civil rights.

In his veto message, Schwarzenegger said he supports the state's domestic partner laws, which give same-sex couples most of

the rights and obligations of married couples, and would oppose efforts to overturn or weaken those statutes.

"He cannot claim to support fair and equal legal protection for same-sex couples and veto the very bill that would have pro-



California Governor Arnold Schwarzenegger, newly appointed Chief Justice John Roberts, ousted House speaker Tom DeLay and his replacements Roy Blunt and David Drier have all flexed their negative muscle on the LGBT community in the past. With recent developments LGBT leaders are concerned what the future may hold.

see HOW on 24

## Tips for breast health, in honor of Breast Cancer **Awareness Month**



**Breast self-examinations** and an annual mammo-gram are key to maintain-ing good breast health. (Inset) A mass in the left breast was detected via a mammograph screening.

by Susan Gregoire

In the 1950s the breast cancer rate was one out of 20. Today it is one out of eight.

I get the idea from patients I see that women today have gotten the message that early detection is the only solution to breast cancer. It is accomplished by regular self-breast examinations, having an annual examination by a physician and a yearly mammogram.

While these may be good things to do, what about information for a more pro-active approach that helps maintain breast health and keeps the detection of negative results as low as possible.

I've compiled a list of tips to help women maintain healthy breasts that should support

good overall health as well. 1. Eat a wholesome diet of organic foods as much as possible and drink pure water free of chlorine, fluoride and parasites. Nutrition is a key factor in good health. Organic food does not contain pesticides that are carcinogenic. Avoid refined sugar, refined carbohysee TIPS on 19 drates and trans-fatty acids. Many of our

# Gay Iranian tells nightmarish story of beatings

Amir, 22, escaped after he was threatened with execution

#### by Mark Smith

LONDON, England — The bruised and bloodied body of a 22-year-old gay Iranian, known only as Amir, bears further witness to the brutality of the regime's treatment of gays and lesbians. Despite the horrific images, many gay and human rights groups in the West are groups in the vvest are sweeping the matter under Amir after being subjected to 100 lashes.



Amir escaped Iran after the authorities threatened him with execution for being gay — but not before he was subjected to the barbarism of 100 lashes, which left his back covered in huge bloody welts.

'This is a further example of the violent homophobia of Iran's

see LASHING on 5