

RISE ABOVE

SERVING THE **WHOLE PERSON**

Photo: Stephen Steen

- Nov 6** Voting Day! (Midterm Elections)
- Nov 11** Veterans Day
- Nov 20** Transgender Day of Remembrance
- Nov 21-24** WNCAP Offices Closed for Thanksgiving
- Nov 23** Native American Heritage Day
- Nov 26 - Dec 1** AIDS Memorial Quilt Exhibit at Asheville Masonic Temple
- Dec 1** World AIDS Day
- Dec 2-10** Hanukkah 2018
- Dec 3** International Day of Persons with Disabilities
- Dec 5** International Day of Volunteers
- Dec 10** Human Rights Day
- Dec 17** International Day to End Violence Against Sex Workers
- Dec 21** Homeless Persons' Memorial Day
- Dec 24-Jan 1** WNCAP Offices Closed for Holidays
- Dec 25** Christmas Day
- Dec 26-Jan 1** Kwanzaa

RISE ABOVE WORD SEARCH

QUILT	GENDER	DEPRESSION	TREATMENT
TREATMENT	PUMPKIN	IDENTITY	PANEL
NAMES PROJECT	NONBINARY	POSITIVE	TRANS
HOLIDAY	STIGMA	LGBTQ	EPIDEMIC

M L E K K B L N K Q Q B G I B R M O K P Z E T R R
 I H S K B A P E V I A J O X U E K A P A M P E A A
 O O G T C E J O R P S E M A N V P H Z X X I E M X
 B S Y C U C L E D P R C G I K I R E B A V R G O X
 S L R T O P O M Y X W Y M H I T K P A X J E E P G
 F A B I L N I P R P A N E L D I C P M Q R C A Z F
 J W A Z D I O T H Z P L H M L S I N T F M S R O W
 H O G W B E U N N P G G B V L O D T K E Y G S C P
 G M F R C E N Q B E I M C S V P Q F L T U V B E H
 C U E K D Z M T D I M E O G N N B Y N A E G S B B
 O Z X S G Q N X I Z N T O J N I U S I E S T L Y U
 F D W D S L G E J T N A A M E N L N K W I N R O R
 R Q E J A M N F T N Y Q R E I C T R P G O M I A S
 D E P R E S S I O N J U Z Y R I D B M Q T C Y E O
 S W I T H M Y R C N T R A N S T O A U T I W Z T X
 V Q D E I A D X I R X F N K O U U E P B C B H H T
 X M E F X R U P R Y T Z B X Z T T F U G Q F G Y M
 H L M G E N D E R G E U L B R U Y B N L U R N D I
 X I I Y A D I L O H Q T J B Z M H B O Y F B F P S
 C W C K S P P R R P S F Q R I L L R G I D L F W V

HAPPY HOLIDAYS FROM WNCAP!



Image: chadsellcomics.com

ASK MISS WINNIE...

Dear Miss Winnie:
 I dread the holidays. My folks want me over for Thanksgiving dinner, but they told me not to bring my boyfriend Bob for "the good of the family." I feel like running naked and screaming in the woods.....what should I do?
 - Bummed Out in Brevard

Dear Bummed:
 OMG.....this is exactly how Miss Winnie got her start as a drag queen! First, get a complete makeover for "Bob", then call your mommy and tell her you have gone straight and want to bring your new girlfriend "bobbie" over for turkey dinner to meet the "family"....then go and have some fun! I know you only have the family you are stuck with, but that does not mean they need to control your life. Love them always, but remember....life is way too short to have to deal with their crazy rules and drama. Please write me back and let me know how it went....maybe I can find a spot for "Bobbie" in one of my shows.....and good luck!
 Miss Winnie

Have a question for Miss Winnie?
 Email MissWinnie@wncap.org and put your mind at ease!



Questions, Comments, Criticisms?
 Contact RISE ABOVE:
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THE AIDS MEMORIAL QUILT COMES TO ASHEVILLE

From **Monday, November 26th** through **Saturday, December 1st**, 2018, WNCAP will present portions of the famous AIDS Memorial Quilt at the **Masonic Temple** in downtown Asheville (80 Broadway Street, Asheville, NC, 28801). The exhibit is **free and open to the public** from 10am-7pm (10am-4:30pm on Monday, November 26th).



Photo: WNCAP

The Quilt began in the June 1987 when a small group of activists gathered in San Francisco to document the lives they feared history would neglect. Their goal was to create a memorial for those who had died of AIDS-related causes, and to thereby help people understand the devastating impact of the disease. This meeting of devoted friends and lovers served as the foundation of **The NAMES Project AIDS Memorial Quilt...** *continue on next page*

GENDER IDENTITY & HIV

BY: ADRIAN PARRA, CO-DIRECTOR, YOUTH OUTRIGHT



Photo: John Gellman

What does gender identity have to do with HIV? Let's start with the statistics: According to the Centers for Disease Control (CDC), around **25%** of transgender women are living with HIV, and **around 50%** of trans people who received an HIV diagnosis from 2009-14 lived in the South. Therefore, **it is impossible to have a serious discussion of ending HIV without talking about gender identity.**

I began to really understand just **how constructed gender is** through engaging in art and expression. Dance was an early entrance into my femininity. Moving my body in ways that made me feel pretty, delicate, and enchanting opened up new levels of confidence. My photography explored a collective hermaphroditic consciousness.

Seeing drag performers like **'Dam Witch, Ruby Blue Genderblender, Doctor Bordello, Ferocia Titties, Bebe Huxley, Suppository Spelling, Miss Rahni** and many other incredible folx during my early twenties illustrated just how constructed gender can be. Seeing folks express their gender through radical means, embracing the vast sea of gender expression can take us on prompted me to explore how I could express my own gender. I learned the power that embellishment can lend a f*ggot. I learned how embracing my femme-ness could become a source of power.

My gender is something that began to make itself apparent as I became more comfortable in celebrating all the different facets to my person rather than stifling impulses society told me were not for me ... *continue on next page*

STAYING "POSITIVE" FOR THE HOLIDAYS

Many adults, especially those living with HIV, often have a love-hate relationship with the holidays. According to Mental Health America, many factors can cause the "holiday blues"; stress, fatigue, unrealistic expectations, over-commercialization, financial constraints, and the inability to be with one's family and friends. For most, the feelings go directly back to memories of their families and what it was like to experience holidays as a kid.

Memories, combined with the realities of present-day life such as illness, political differences, and strain within family relationships often results in a difficult time of year. It's only natural to think of those that we have loved who are no longer alive, especially if we spent holidays with them as a child, and to mourn their absence. Living with HIV can understandably cause some people to feel vulnerable and needy, exacerbating the feelings of sadness and loneliness that can be an unfortunate marker of the holidays.



Photo: Getty Images

Despite the potential for sadness and depression, there are ways to manage the holiday season that may help HIV-positive individuals maintain a sense of balance and positive mental health. The key is to be good to yourself. Start by reflecting on who you actually want to share the holiday season with, as opposed to who you think you should be spending the holidays with, out of guilt or obligation. Sharing a meal or having a party with those you truly love and enjoy spending time with, is in itself a healing, empowering and calming event.

The key is to be good to yourself...

Make an early and planned effort to create a few new memories instead of dwelling on those of the past. This process of choosing a few things to do that you haven't done before, such as going to a public holiday concert or a tree-lighting ceremony or volunteering at a homeless shelter, can suddenly expand your world and remind you of your blessings, no matter how small. Helping others that have less than us can often serve to uplift our spirits and can simultaneously provide a much-needed holiday boost to someone else's holiday blues.

Reaching out to help others and expanding our own horizons a little often helps bring a more positive mindset to a stressful event season. When and if the Blues do start to overwhelm you, remember that it's okay to remember and honor the past, but then we should let it go and live in the now moment.

HOLIDAY RECIPE FOR CANDY ROASTER PIE

The candy roaster squash is a sweet winter gourd cultivated by the Cherokee for generations. It varies in size from round to oblong and is most commonly found in North Carolina, Georgia, and Tennessee.

Makes Two Pies

- 4 Cups of baked Candy Roaster purée*
- 1 Cup Brown Sugar
- 4 tbsp of all purpose flour
- 1 Cup of evaporated milk
- 2 teaspoons of vanilla extract
- 6 Tbsp of melted Butter
- 4 Tbsp of Pumpkin Spice
- 4 beaten Eggs
- 1 deep dish Pie Crust

**To make the purée: Cut one candy roaster into quarters and use a sharp knife to ventilate the skin. Place in a baking dish, skin side down, and add a tablespoon of water. Bake until soft, then scoop the insides out and use a blender to purée.*

- Blend all ingredients well and spoon mixture into your favorite deep dish pie crust
- Bake about 30 minutes at 350.



Photo: Long Family Farms & Gallery



WNCAP Employee Jansen poses with her brother's AIDS Memorial Quilt panel

"AIDS Quilt" ... Washington for Lesbian and Gay Rights, to highlight the scale of the epidemic. By 2016, the Quilt included more than **49,000** panels representing over **97,000** people and it continues to grow. It is a memorial to those lost, a tool for preventing new HIV infections, and the world's largest ongoing community art project.

Over **25 million** people have visited portions of The Quilt over the years. The total weight of The Quilt is more than **55 tons**, and the total size is **1,725,000** square feet - equivalent to **367** NCAA basketball courts. It would take a person **34 days** to view the entire Quilt if they spent only one minute at each panel. And the number of people cured of HIV? That is still **zero**.

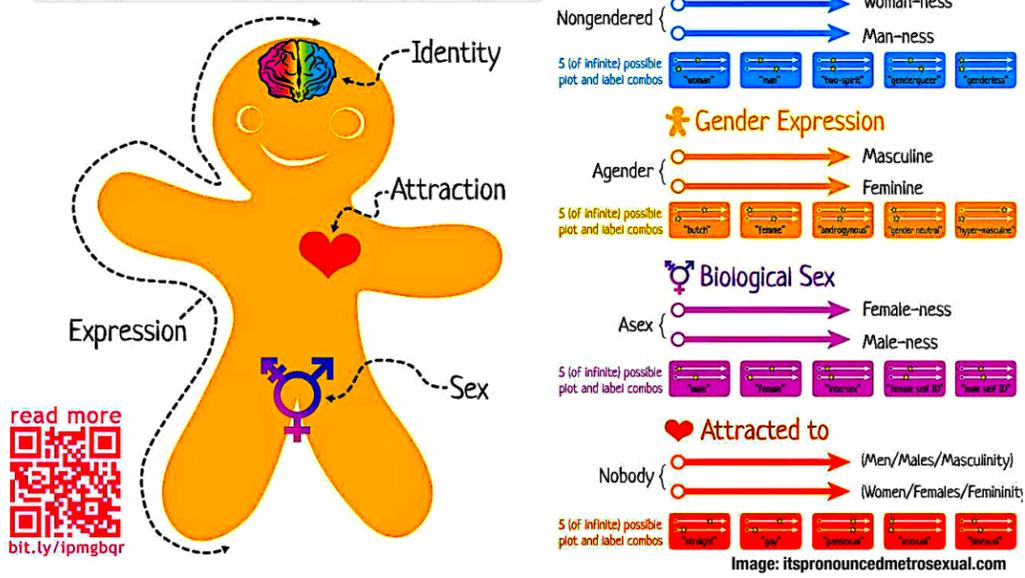
The WNCAP Quilt Exhibit includes twenty 12x12 foot blocks, each one made up of 8 or more individual panels. Many of the panels memorialize people from the **local Western North Carolina area** who passed away.

This year's exhibit also features a number of notable panels, including **Freddie Mercury**, the legendary lead singer of Queen; **Ryan White**, the teenager who became a national poster child for AIDS in the 1980s; The supermodel **Gia**; **Robert Mapplethorpe**, the groundbreaking photographer who garnered controversy for his homoerotic images; **Tom Fogerty**, rhythm guitarist for the band Creedence Clearwater Revival. Each of these famous individuals have only a very small number of Quilt panels made in their honor. This year's exhibit also features the very first Quilt panel created by **Cleve Jones** in 1987.

"Gender Identity" ... I identify as a **non-binary polysexual polyamorous f*ggot**. I appreciate fluidity with my pronouns. I see my gender as hovering masculine of center, with malleability to near neutral. When folks default to he/him/his when addressing me, I do not experience dysphoria in the way that many **trans, non-binary (NB)** and **gender-non-conforming (GNC)** individuals do and that has afforded me a certain privilege when seeking my HIV and general medical care. However, I do see a correlation in the way I dress and my experience with strangers and staff. The more femme my presentation, the more likely someone may be visibly uncomfortable at my presence.

The Genderbread Person v2.0

Gender is one of those things everyone thinks they understand, but most people don't. Like Inception. Gender isn't binary. It's not either/or. In many cases it's both/and. A bit of this, a dash of that. This tasty little guide is meant to be an appetizer for understanding. It's okay if you're hungry for more.



conforming person is looking for resources here in WNC I'd first point them to **Tranzmission**, and if between the ages of 11-20 I'd direct them to Youth **OUTright**. Both organizations work to empower Trans, NB & GNC individuals and are housed at the **WNC Community Center**.

For me, I believe that identities are disclosed, not observed. **So when someone tells me their preferred pronouns I respect that in the same way that they may tell me their name.**

If a Trans, non-binary, or gender non-