

December 2019

**Volume 35
 Issue 12**

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Crossport Schedule of Events

The Monthly Schedule of Events for Crossport for November and December are as follows:

- December Board meeting, Tue. Dec 3, 7:00 pm, Mt. Auburn Presbyterian Church
- 1st Friday Social Dinner, Fri. Dec 6, 7:00 pm, Tostados
- Transgender Peer Support, Mon. Dec 9, 7:30 pm, Mt Auburn Presbyterian Church
- 2nd Saturday Social Dinner, Sat. Dec 14, 7:00 pm, Boswell's
- Holiday Party, Dec 19, 7:00 pm, deShay's. Montgomery**
- Transgender Peer Support, Mon. Dec 23, 7:30 pm, Mt Auburn Presbyterian Church
- 4th Saturday Night Out, Sat. Dec 28, 7:00 pm, Location TBD
- 1st Friday Social Dinner, Fri. Jan 3, 7:00 pm, Tostados
- November Board meeting, Tue. Jan 7, 7:00 pm, Mt. Auburn Presbyterian Church
- 2nd Saturday Social Dinner, Sat. Jan 11, 7:00 pm, Boswell's
- Transgender Peer Support, Mon. Jan 13, 7:30 pm, Mt Auburn Presbyterian Church
- 3rd Thursday Dinner, Thur. Jan 16 7:00 pm, The Rusty Bucket 2692 Madison Rd
- 4th Saturday Night Out, Sat. Jan 25, 7:00 pm, TBD (see Facebook or website)
- Transgender Peer Support, Mon. Jan 28, 7:30 pm, Mt Auburn Presbyterian Church

Other TG Support meetings may also involve a theme or speaker. Stay in touch with our website and Facebook for the latest changes. Suggestions for themes, venues and events are always welcome.

Crossport.org is posting additional meetings by other Trans- related groups. Please check out the website for more information

If you have questions or comments on meeting locations or times, contact Crossport at 513-344-0116 or at CrossportCincy@yahoo.com or post them on the CrossportCincy Facebook group

NOTE: Please Check the CrossportCincy Facebook group for updates on Social Event locations, as they are subject to change

NOTE FROM THE EDITOR**Happy Birthday!**

Recently I received many warm wishes for a happy birthday on Face Book. What is funny is that my actual birthday is in December, not November. When I set up Meghan's profile, I provided a different day as a security measure, to be less traceable on avoid linkage to other parts of my life. So it is a little odd to have a day when everyone is wishing you a happy birthday, when your still a month away. And ironically, my choice actually makes me older than I am, not younger like the stereotypical expectation that a woman would lie about her age.

This isn't the first year that I have had this experience. Last year I wrote a quick post that said: "Awww, thanks for the birthday wishes. It's just a date on the calendar, I really cant say for sure when Meghan was born.

When the body erupted from the womb screaming in shock of the world? When I was dressed at 4 years old by my sisters and their friends? When I notice the difference in anatomy and wanted to match my sister? When at around 12, I borrowed some clothes and shaved my legs? At 32 when I went as a pregnant woman for Halloween? When I had to choose a name for setting up my first makeover? When that makeover made me want to cry? When I first did a good enough job on makeup to that woman looking back?

I have no idea when my "birthday" really is."

So this year, someone reminded me that getting older meant that I would qualify in an older bracket if I wanted to run a race. I've never run an "official" race, but this is possibly a bucket list item for me. The reminder of the bucket list also had me reminiscing of how Meghan came to be.

My experience and predisposition to a feminine expression goes back years. My earliest memory was indeed at 4 years old, when I noticed the difference between my sister and myself. We were taking a bath, and I noticed. Well I decided I needed to hide something to match and tried pushing the external difference up to where it descended from. Who knew that a 4-year-old would invent tucking? That was the last time my sister and I shared a bath together. But the thought remained in my mind.

And as I have indicated, I dabbled with cross-dressing on and off for years. I also tried to bury it for years as well. But somehow, these thoughts would return, sometimes with a vengeance. Of course, puberty did not make any of this go away. If anything, it complicated the thought process by introducing a host of additional thoughts and feelings and entwined themselves into a twisted mess. One of the biggest drivers for people has to do with sexuality and sensuality. I don't like to admit it, but it is part of our being, and therefore is a component of who we are.

When I got married, I had two thoughts on the subject. One was that somehow, if my wife could be accepting, I would be able to share this with her. And in sharing be able to explore this part of me. Alas, my wife is a very cautious and guarded person, so introducing these thoughts to her was challenging. Also between societal non-acceptance, religious concerns, and self-doubts, I went through the denial cycle. All of this added up to only on occasion divulging hints and bits to my wife, closeted experiments and expressions, and long stretches off purge and denial.

Then a couple of years ago, something clicked. Several events coincided to make me aware of my limited time on this earth. It is probably cliché, but that bucket list came up, and sure enough my thoughts and desires came back. This time, however, they weren't letting up or hiding. My wife agreed to a GNO and even suggested a transformation service. When I called to make an appointment, the artist asked for my feme name. While I had fleetingly thought about a name in the past, I had never really adopted one. Confronted with question, I responded "Meghan...for now".

Much like the thoughts and actions of the past, that name just sort of showed up. Unbidden and unexpected, it just came into being. But did I just come into being? Was I not there one moment, and then there the next? Was I born? Did I materialize? Was I designed?

I think for myself, there are aspects of materializing, definitive moments when something significant and altering occurred. As a whole, however, I believe that I also evolved. I don't see that I was "born" as Meghan, but rather came to be by a synthesis of my experiences and forged through actions.

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From what I've read, not everyone has this same experience. Some feel that they always were who they are today. Some became who they are because of a short series of events, or even perhaps as a single event. Others have become who they are by design. But many of us are who we are as a result of a lifetime of experience.

I sometimes reflect on Simone de Beauvoir's quote "One is not born but rather becomes a woman."

Your Editor,
Meghan Fournoit

Neither male nor female: Why some nonbinary people are 'microdosing' hormones

The goal is to appear "somewhere in the middle" on the gender spectrum, one nonbinary Los Angeles resident said.

July 13, 2019

By Julie Compton

Marisa Rivas never felt comfortable living as a woman, but doesn't identify as a man either.

Last year, Rivas, 30, a college admissions coordinator in Los Angeles, had a mastectomy. This year, Rivas started using gender-neutral "they" and "them" pronouns.

Then, at the end of June, Rivas went to the Los Angeles LGBT Center in West Hollywood to talk to a doctor about going on "low-dose" testosterone, known colloquially as "microdosing." Rivas hopes to achieve a sharper jawline and a more androgynous physique without overtly masculine features like facial hair. The goal is an appearance that is not clearly male or female.

"I still want to be somewhere in the middle," Rivas said.

Hormone microdosing is of growing interest to some nonbinary people like Rivas who want to masculinize or feminize their bodies in subtle ways. There is little research on the technique's prevalence, but doctors who treat transgender and nonbinary people say the medical community should consider the needs of those who want to change their bodies without medically transitioning fully to the opposite gender.

"There's this kind of assumption with transgender individuals that everyone should get sur-

gery and everyone should get hormones to become as 'male' or 'female' as possible — and that's simply not true," said Dr. Tri Do, a medical director at HealthRIGHT 360 and an assistant professor of medicine at the University of California, San Francisco.

Nonbinary advocates are calling for a broader definition of medical transition as more Americans identify outside the gender binary. Fifty-six percent of "Generation Zers" — those born between the mid-1990s and the early 2000s — report knowing someone who uses gender-neutral pronouns. And more than a third of almost 28,000 adult respondents to the 2015 U.S. Transgender Survey, the largest survey devoted to the experiences of trans people, reported that they were nonbinary or genderqueer.

Not all nonbinary people seek medical transition, and it's unclear how many do, since medical systems in the United States typically only track sex assigned at birth. But for those who want to move toward a more gender-neutral appearance, microdosing is an increasingly discussed option. Several YouTube videos describing the experience have received thousands of views.

Do, who has been treating transgender patients since 2001, said he starts all his patients on lower hormone dosages to give them time to adjust and to find a comfortable dose. Low doses have the same effects as higher ones, but it takes longer for those effects — bulky muscles and facial hair in the case of testosterone and increased body fat in the case of estrogen — to develop. The results of a particular dose can vary greatly by person due to genetics, he said, and patients often ask to switch to higher or lower doses as they see changes to their bodies — or, in rare cases, may choose to stop taking hormones entirely.

For Rivas, the appeal is simple: a sense of

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Crossport Board Meeting Minutes

5 November 2019

Cathy was meeting facilitator

Board members present: Callie, Cathy, Gina (via telephone), Joni, Laura Ann, Wendy

Board members absent: None

Guests: Brandy McKinsey, Nisia Thornton

Meeting called to order: 19:05 (7:05 PM)

Old Business:

Installation of a new Board Member: The Board used rule 2.6 of the bylaws allowing a waiver of being a minimum six-month paid member to be eligible for the Board. By unanimous voice consent, the Board waived the condition and forthwith also unanimously voted by voice consent to have McKinsey Spivey become a Crossport Board member. McKinsey (Mick) is the first transman to serve on the Board in Crossport's long history.

Minutes: Joni submitted the Minutes from the 1 October 2019 meeting. They were accepted unanimously by voice vote.

Holiday Party Planning: Cathy signed the contract, and a final guest total must be given to DeSha's a week in advance. Cathy will secure the raffle tickets from Stacy before the party. Meade Stemple will shop for gifts and prizes. Joni and McKinsey will do Split the Pot, and Cathy will do the check-in (with possible help from Joni as well).

New Business:

Nisia Thornton presentation: Nisia Thornton of UC Health gave a presentation to the Board outlining changes to the EPIC medical software used by many health care providers nation-wide. Her presentation detailed new fields of patient information that could be used by health care professionals and patients, namely the SOGI (Sexual Orientation Gender Identity) information.

Delegation of Duties: The Board moved to reorganize which social and business duties will be carried out by the various Board members. The hotline phone will be monitored by various Board members

on a rotating basis.

Crossport Checking Account: In addition to Cathy, a second Board member must be on the paperwork for the checking account. Joni volunteered and was accepted by unanimous voice vote to be the second on the account.

Monthly Reports:

P.O. box: Callie submitted a report to the Board that nothing was received. The Board discussed possibly moving the P.O. box to another post office location that has more flexible hours to facilitate easier mail pickup.

Hotline phone: Callie submitted a report to the Board of two new people calling for about support and social meetings. Both were given information and invitations to the above.

Membership: Cathy submitted a report to the Board that Crossport currently has 41 paid members.

Finances: Cathy submitted a report to the Board that Crossport currently has \$1401.87 in their checking account as of 31 October 2019.

Website and Social Media: Cathy submitted a report to the Board that the Crossportcincy Facebook page has 346 followers, 320 total page likes, 217 members, and 57 posts. Crossport.org had over 575 individual sessions with 420 users, 1200 distinct page views at 2.09 pages viewed per session.

Email Correspondence: Cathy submitted a report to the Board. 13 emails were received; of note:

- One email request from Case Western Reserve researcher for participants in an online survey. Cathy posted it to Crossportcincy and CTCG Talk
- One email request from an editor of "O" magazine looking to do a story on the spouse of a newly transitioned person. Cathy passed it along to an appropriate individual.
- One email requesting a therapist recommendation. Cathy posted recommendation on Crossportcincy and sent back info on three therapists.
- One email request from Andy Marko of Basketshop Gallery asking Crossport to help advertise the show of trans artist Elliot Doughtie of Chicago in July 2020. Cathy passed it to the Board.

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- One email from Nisia Thornton with an article about the SOGI changes to EPIC at UC Medical Center. Cathy forwarded it to Meghan.
- Cathy sent out an email notice to all voting members that there was an opening on Crossport's Board due to Stacy's removal.
- Cathy contacted Tina Morris of DeSha's and signed off on the Holiday Party proposal

CD/TS Peer Support Group: Callie submitted a report to the Board that the meetings continue to be very well attended. Combined attendance was 25 with two new and one ally guest attending.

First Friday Social: McKinsey and Joni submitted a report to the Board that ten friends attended in October.

Second Saturday Social: Nine friends attended the social in October.

Third Thursday Social: Cathy submitted a report to the Board that for October, 18 friends attended at The Rusty Bucket in Rookwood.

Saturday Night Out: Cathy submitted a report to the Board that 9 friends went to the Halloween Party at Crazy Fox.

Library: Jill submitted a report to the Board that in October there was no new activity.

Outreach: Cathy submitted several reports to the Board.

- TDoR update: TAC has raised \$1200 so far (including \$125 from Crossport). The venue was supposed to be Fueled Collective in Rookwood, but they cancelled on 31 October. Cathy was able to secure the Woodward on 1 November, the change necessitating a delay in sending out the November InnerView by five days. Crossport will have a table at TDoR manned by Laura Ann.
- Library Transgender Community Conversation: The library expected 30 people, 72 showed up! This is double the number who have shown up in the past. The Board discussed possible working in conjunction with the library system for the Transgender Day of Visibility in 2020.
- Clark Montessori GSTA Speaker: Ryan Amir Harris of TransSaints volunteered to do this.
- Mount St. Joseph University Transgender Panel:

Only one Crossport member met their age qualification so Cathy posted it on Crossportincy and CTCG Trans Talk and five others volunteered.

- Basketshop Gallery: Andy Mark of this gallery asked Crossport to help advertise the show of trans artist Elliot Doughtie of Chicago. The show is scheduled for July 2020.

Newsletter: Cathy submitted a report to the Board.

- The October issue was emailed to 347 addresses. There were two bounces, both soft, and zero unsubscribes. 117 unique emails had been opened (33.9%) an increase of 37 from the previous report, and 83 had clicked through to access the InnerView (24.3%) and increase of 34 from the previous report. Three had clicked through to the Library event, and zero had clicked through to Crossport.org
- The November issue was mailed to 351 addresses. There was one bounce (soft), and one unsubscribe (Danielle Kopp). 127 unique emails had been opened (36.3%), and 62 had clicked through to access the InnerView (14.5%). Three had clicked through to the TDoR event, three had clicked through to the Holiday Party event, one had clicked through to Crossport Cincinnati Facebook page, zero had clicked through to Crossport.org
- Between 30 September and 5 November two more emails were added to the list bringing the current number of subscribers to 351. One subscribed through the Crossport Cincinnati Facebook page and one was added through email request. All were subsequently sent a link to the latest issue.

The meeting was adjourned at 20:43 (8:43 PM). The Board agreed that Callie would facilitate the next meeting. Joni will submit minutes for this meeting.

Transgender Day of Remembrance 2019

By Cathy A.



November 20, 2019 was the twentieth anniversary of the Transgender Day of Remembrance (TDoR). Our community came together to remember the lives of the 22 trans people killed in the US since November 2018. Of those 22 killed, 21 were people of color and 19 were trans women of color. The lives that were remembered were:

- Dana Martin, 31, a Black transgender woman, was fatally shot in Montgomery, Alabama, on January 6.
- Ashanti Carmon, 27, a Black transgender woman, was fatally shot in Prince George's County, Maryland, on March 30.
- Claire Legato, 21, a Black transgender woman, was fatally shot in Cleveland on April 15.
- Muhlaysia Booker, 23, a Black transgender woman, was fatally shot in Dallas on May 18.
- Michelle 'Tamika' Washington, 40, a Black transgender woman, was fatally shot in Philadelphia on May 19.
- Paris Cameron, 20, a Black transgender woman, was among three people killed in a horrific anti-LGBTQ shooting in a home in Detroit on May 25.
- Chynal Lindsey, 26, a Black transgender woman, was found dead in White Rock Lake, Dallas, with signs of "homicidal violence" on June 1.
- Chanel Scurlock, 23, a Black transgender woman, was found fatally shot in Lumberton, North Carolina, on June 6.
- Zoe Spears, 23, a Black transgender woman, was found with signs of trauma near Eastern Avenue in Fairmount Heights, Maryland, and later pronounced dead on June 13.
- Brooklyn Lindsey, 32, a Black transgender woman, was found dead in Kansas City, Missouri, on June 25.
- Denali Berries Stuckey, 29, a Black transgender woman, was found fatally shot in North Charleston, South Carolina, on July 20.
- Tracy Single, 22, a Black transgender woman, was killed in Houston on July 30.
- Bubba Walker, 55, a Black transgender woman, was killed in Charlotte, North Carolina, in late July. Walker was reported missing on July 26.
- Kiki Fantroy, 21, a Black transgender woman, was fatally shot in Miami on July 31.
- Jordan Cofer, 22, was among the nine victims killed in a mass shooting in Dayton, Ohio, on August
- Pebbles LaDime "Dime" Doe, 24, a Black transgender woman, was killed in Allendale County, South Carolina, on August 4.
- Bailey Reeves, 17, a Black transgender teen, was fatally shot in Baltimore, Maryland, on September 2.
- Bee Love Slater, 23, was killed in Clewiston, Florida, on September 4.
- Jamagio Jamar Berryman, 30, a Black gender non-conforming person, was killed in Kansas City, Kansas, on September 13.
- Itali Marlowe, 29, a Black transgender woman was found shot in Houston on September 20. She was transported to a nearby hospital where she was pronounced dead.
- Brianna "BB" Hill, 30, was fatally shot in Kansas City on October 14.

There were 316 documented killings of trans people worldwide this past year. 128 trans people were killed Brazil, 61 in Mexico, 22 in the US, 14 in Columbia, 13 in Argentina and 10 each in India and Pakistan.



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About 220 people attended TDoR this year and it was featured as a story on WCPO Channel 9 News at 11pm. Laura Ann Weaver and Arykah Carter were interviewed for the story. If you have not seen it, you can watch it here:

<https://www.wcpo.com/news/local-news/hamilton-county/cincinnati/transgender-day-of-remembrance-in-otr-mourns-trans-victims-of-violence>

Ryan Amir Harris of TransSaints was the Master of Ceremonies. He opened and closed the program and introduced the four speakers for this year; Yemaya Rose, Amarra Michelle Gains, Kataleya Giles and Arykah Carter.

All four speakers spoke powerfully from the heart. Yemaya spoke as to why it was important for all trans people to stand together against hate. Amarra spoke about her fears after having been physically assaulted by her stepfather and of always looking over her shoulder after his release from jail for that assault. Kataleya told her transition story for the first time, of being rejected by her religious father but supported by her mother. Arykah spoke about her dislike for needing a holiday like TDoR and her hopes for a future



without it.

After the main program was over at 7:45, there was a networking session until 8:30. Crossport, UC Health, Central Clinic and Caracole all tabled at the event. The movie “Leelah’s Highway” played at 8:30, and 110 people stayed to watch it. The event wrapped up at 9pm.

For the fourth year in a row, The Woodward Theater in OTR hosted TDoR. Spinning Platters did a great

job catering the event. Arykah Carter allowed us to display her Black Trans Project photographs, and Leelah’s Memorial Highway allowed us to screen the movie “Leelah’s Highway”, a tribute to Leelah Alcorn.



This year was the first year that TDoR was organized by the Transgender Advocacy Council (TAC). For those of you not familiar with TAC, it is a 501(c)(3) nonprofit corporation started by Crossport and Heartland Trans Wellness.

In addition to being Crossport’s treasurer, Crossport appointed me to also be one of their representatives to TAC (Marissa Fine is the other Crossport rep to TAC). I am currently TAC’s board secretary.

This year, in addition to those of us from TAC, members of Human Rights Campaign, Crossport, Heartland, Transcendence (formerly Cincinnati Allied Transgender Support), TransSaints and Cincinnati Transgender Support attended TDoR planning meetings. Having all five local trans support groups participate was really wonderful.

Funding for TDoR was provided by Central Clinic, Crossport, GLSEN Greater Cincinnati, Greater Cincinnati Human Rights Campaign, PFLAG Cincinnati, Safe and Supported, Transgender Advocacy Council, TransOhio, TransSaints and UC Health. Fifth Third Bank came in as a corporate sponsor for the first time this year. Jeffrey Johnson volunteered his time to interpret for the deaf, and a group of first year medical students from UC worked on the power point presentation.

Transgender Patient Experience Survey

Medical students at the University of Cincinnati College of Medicine are conducting interviews with individuals in the trans community regarding their experience with the healthcare system. If you are interested and would be willing to share your story with us, please reach out to our representative, Shelby Kitchin. Kitchisa@mail.uc.edu



Keeping It Clean.

-Meghan Fournoit

Occasionally I will use some makeup that is difficult to remove, waterproof eyeliner for example. Because I am not full time, doing a better job of removal can be important. Soap and water just doesn't cut it. Beside not taking everything off, soap can be rough on the skin, and scrubbing hard can also be damaging. The soap and water method tends to load up the washcloth quickly, and requires a lot of rinsing in between. Fortunately, there are many available options beside scrubbing with a washcloth.



One of the most popular products on the market are pre-moistened make up wipes. These are the equivalent of baby wipes for your face. Infused with a cleaner, these are quick, handy and disposable. I would recommend these for touch up jobs, and removing light application. They don't fair as well with heavy makeup, which can take several wipes to do a decent job. Once opened, like other wipes, they need to be used before drying up. I typically like to finish with a soap and water and rinse after using the wipes. My dog loves them too, and I find them strewn on the floor if I leave her in too long.



Surprisingly, olive oil works very well at removing tougher waterproof makeup. A generous amount can be applied to loosen everything up. After massaging the oil in, and getting the makeup into a suspension, it can be removed with soap and water. Because this method uses oil, it might take a second washing to remove everything. The benefit of Olive Oil is that it is readily available, and is useful for removing lip gloss from plastic cups, and is great for cooking. It is a bit messy however.

My favorite product to use is liquid non-foaming make up remover in the pump bottle. Much like other liquid soaps, this is easy to dispense. I use a generous amount and work it into a bit of a lather. I then use hot water to wash it off. I follow up with a hot, wet washcloth and soap and water. The first round of washing can be a little messy, but far less than a soap and water or olive oil version.



While I do have a favorite brand of all of these items, the less pricey off brands often work just as well. I'm sure that many other readers have tips they would be willing to share.

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control.

“The thing about microdosing is that it’s such a little bit at a time that if it’s not something I like doing, I can always stop taking it,” said Rivas, who learned about microdosing through an essay published on Vice in April. “And if it’s something that I feel like at some point I may need more of, then that’s an option.”

Doctors and surgeons are seeing more nonbinary patients

In 1979, when the first international transgender health care guidelines were published, trans people who sought treatment were under pressure to identify as either male or female to be taken seriously by providers, according to Dr. Asa Radix, senior director of research and education at the Callen-Lorde Community Health Center, which provides health care to LGBTQ people in New York City.

Since then, attitudes about gender and sexuality have radically evolved. In the 1980s and the '90s, words such as “nonbinary,” “genderqueer” and “genderfluid,” which describe identities outside “male” and “female,” started to appear in academic and activist discourse, and have since made their way into mainstream culture.

Over the past decade, some health professionals have shifted away from treating gender identity as a disorder and are focusing instead on dysphoria, which is the distress a person feels as a result of their gender not being recognized. This distress decreases or disappears for many people who take masculinizing or feminizing hormones, according to the American Psychiatric Association. Microdosing hormones is just the latest evolution of this treatment.

Doctors and therapists who specialize in transgender care say nonbinary people have been coming to them for years, though they’ve only recently had the language to explain it.

Dr. Leandro Mena, medical director of Open Arms Healthcare Center in Jackson, Mississippi, estimated that about 100 of his 250 transgender patients are nonbinary, a number that has increased since he opened the clinic in 2013, though the number who take hormones, and dosages, vary.

“In retrospect, if you ask me, I probably gave hormones to my first nonbinary patient probably about 10 years ago,” he said. “I just didn’t recognize it or I just didn’t ask the questions that I should have asked at that time to recognize that that person was nonbinary.”

A ‘turbulent’ journey

Micah Rajunov, 33, editor of the book “Nonbinary: Memoirs of Gender and Identity,” began transitioning in 2010, before ever hearing the word “nonbinary.” Back then, Rajunov, a doctoral student at Boston University, had little understanding of what it meant to be transgender but didn’t see themselves as male or female.

After having a mastectomy in 2011, Rajunov watched a few YouTube videos made by people who were on low-dose testosterone, and decided to give it a try.

Rajunov described the journey to finding the right testosterone dose as “turbulent.” Rajunov’s physician was unsure what dosage to put them on, and prescribed a higher amount than Rajunov expected. Rajunov liked some of the effects — including a deeper voice — but didn’t like the growth of facial hair.

Everything seemed to be happening too fast, Rajunov said.

“I stopped for a while, I felt like I had masculinized as far as I wanted to, and I picked it back up again,” Rajunov said.

Rajunov switched to a new doctor in 2013 who helped Rajunov find a dose that worked — about a quarter of what would be considered standard.

“If I end up experiencing more masculinizing changes that I’m uncomfortable with, then I would stop, but it hasn’t gotten to that point,” Rajunov said.

Rajunov, who runs a resource blog for nonbinary people called “genderqueer.me,” has responded to thousands of emails from nonbinary people who are looking for support related to transition. About a third of the people who write in have been interested in learning about microdosing and how to find knowledgeable health care providers, Rajunov said.

When trans and nonbinary people who were assigned male at birth begin to transition, they are usually prescribed hormone blockers to suppress natural testosterone levels. But not everyone is interested in taking blockers, and some may prefer to be on lower doses, to achieve a more nonbinary appearance.

William Crook, 32, who is nonbinary and lives in Phoenix, takes a standard dose of estrogen pills daily but is not taking drugs to block natural testosterone production, which Crook feared would diminish sexual function.

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Crook, a bank employee, started estrogen in early March, and began noticing changes within a month. Crook's skin grew softer and small breasts appeared on Crook's once-flat torso.

Crook is more confident now and has no desire for surgery.

"I personally much prefer the feel and the experience of this way of doing it," Crook said, "because it's just giving my body this chemical that it didn't produce enough of on its own."

Barriers to care

While the medical community's understanding of trans and nonbinary people has evolved, most primary care physicians in the United States are still not trained on how to treat them, said Dr. Alex Keuroghlian, director of the National LGBT Health Education Center, which educates health care organizations on how to care for lesbian, gay, bisexual, transgender and queer people.

This is a particular issue for nonbinary people who may not fit a doctor's or insurance company's understanding of gender. A nonbinary person who wants to go on hormones or have surgery may still be denied care because they do not present a desire to be clearly male or female, according to health professionals. The 2015 U.S. Transgender Survey found that 31 percent of nonbinary respondents had experienced an issue with their insurance coverage for hormone therapy in the previous year, compared to 24 percent of the general transgender population.

Mere Abrams, 31, a licensed clinical social worker in Palm Desert, California, who identifies as transgender and nonbinary, underwent a mastectomy in 2015 and has been on low-dose testosterone since 2014. Abrams said their therapist had to write in referral letters to their surgeon that Abrams was masculine-identified, rather than nonbinary, so Abrams wouldn't be denied treatment.

Abrams, who connects nonbinary people with health care providers through the website onlinegendercare.com, said many doctors don't know how to work with this population because they are not included in the current international transgender treat-

ment guidelines, known as the World Professional Association for Transgender Health Standards of Care.

"The guidelines do not provide medical providers with any framework for understanding the pathway a nonbinary person may want to take medically," Abrams said.

Radix, a co-chair of the committee that is revising the guidelines, said the next version will contain a chapter on nonbinary care, but the specifics are still under review.

"One of the reasons why we need to have a chapter is because insurance companies and clinicians are sometimes reluctant to provide care for people who are nonbinary identified," Radix said.

For Rivas, the biggest obstacle in accessing care was the five weeks it took to get an appointment at the Los Angeles LGBT Center, because of a long wait list.

Rivas was nervous before the appointment, but the doctor was familiar with microdosing and explained the possible risks and side effects, which put Rivas at ease. Rivas left the center with a small tube of testosterone ointment that can be rubbed directly into the skin. Rivas, who is currently a part-time student without insurance and between jobs, received the hormones at a discount through a program at the center.

In time, Rivas' body will slowly masculinize — something Rivas is both nervous and excited about.

"I'm searching for whatever it means to be aligned with myself internally and externally," Rivas said, "and I think the day I see that that matches, I'll feel like a lot of things will have made sense."

Editors Note: This is a reprint of an online article:

https://www.nbcnews.com/feature/nbc-out/neither-male-nor-female-why-some-nonbinary-people-are-microdosing-n1028766?fbclid=IwAR0xOigMejlCL_caSPVP4BT42V44avkXIUlwQWB-PI5FUN7CZa-WNHvihCc

Images have been removed



You're invited to a

Crossport Holiday Dinner

DECEMBER | 19 | 7 O'CLOCK

*at DeSha's Restaurant
11320 Montgomery Rd, Cincinnati, OH 45249*

Cost: \$40 per person
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To get tickets, see a board member
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Happy Birthday!

Dixie D. Deborah P. Brenda C.
 Tammie H. Joni A. Meghan F.
 Renia M.

If you would like to be added to our list, please send the month and date of your birthday along with your

"To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment." – Ralph Waldo Emerson

Scott E. Knox Attorney at Law

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 (513)241-3800; scottknox.com; scott@scottknox.com
 2011/12 "Best Lawyer", CityBeat

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To place an ad contact:

Mail: Crossport P.O. Box 19936 Cincinnati, OH 45201
 Email: crossportcincy@yahoo.com

Crossport Social Meeting

The social is held on the *third Thursday of each month at 7:30pm* at a local restaurant and its purpose is to provide an opportunity for all transgender individuals to get out and socialize at a safe environment. Often following dinner, some members proceed to another location for social engagement.

Combined Peer Support Meeting

Meets 7:30pm on the second and fourth Mondays of each month Mt Auburn Presbyterian Church. The meeting, which focuses on female-to-male and male-to-female transition as well as crossdressing issues, and living your authentic gender identity, offers an opportunity to network in a supportive forum. (For more information call the Hotline Phone listed below.)

Crossport Board Meeting

The board typically meets on the *first Tuesday of each month at 7:00pm*, Mt Auburn Presbyterian Church, to discuss club matters. All members are welcome to attend.

Crossport Saturday Night Out

This is an evening out at a local nightclub. It is scheduled for the *fourth Saturday* evenings of each month. The time and location of this event will change with each occurrence.

Crossport Second Saturday Social

This is an evening out at a local dining establishment. Similar to Third Thursday, but for those of us who can't get out during the week. It is scheduled for the *second Saturday* evenings of each month. Held at Boswell's in Cincinnati's Northside neighborhood, dinner is at 7:00.

Karaoke Friday Nights

The *first Friday* of the month Crossport meets for a social engagement to share fellowship, music and merriment at a Tostado's, dinner at 7:00pm and music at 9:00pm Spouses, Significant Others and family are also welcome and encouraged to attend all meetings and events.

For more information on all meetings please email Crossport: crossportcincy@yahoo.com, visit the Crossportcincy Face Book group, or call the Crossport Phone number listed below.

Contacting Crossport

Mail: PO Box 19936, Cincinnati, OH 45219
 Email: crossportcincy@yahoo.com
 Phone: 513-344-0116

Current Board (Jan 2109-Dec 2020)

Cathy Allison - Cathyallisonxp@gmail.com
 Joni Andrews - Joni.andrews@yahoo.com
 Wendy Le Cross - Satinwow@yahoo.com
 Gina Marie
 Callie Liszkay
 Laura Ann Weaver
 Mick Spivey

Crossport Website: <http://www.crossport.org>
 Message us through Facebook, either through the Crossport Cincinnati page or the Crossportcincy group.

MEMBERSHIP APPLICATION

All membership information will be held in strict confidence.

Our goal is to better serve your needs!

PREFERRED NAME: _____

(+LAST INITIAL) (used at gatherings/newsletter)

MAILING NAME: _____

MAILING ADDRESS: _____

*EMAIL: _____

NEWSLETTER: YES __ NO __

PHONE: _____ OK TO TEXT? ____

SPECIAL EDUCATION/CAREER/SKILLS? (TELL US ABOUT YOU!)

YOUR INTERESTS: TS ___ TG ___ CD ___ GAY ___ FRIENDSHIP ___

EVENTS ___ OTHER ___

*YOUR DATE OF BIRTH: ___/___/_____

MUST BE OVER 18 TO ATTEND, UNLESS PARENT/GUARDIAN IS PRESENT

SPOUSE/SIGNIFICANT OTHER'S NAME: _____

TODAY'S DATE: ___/___/_____

HOW DID YOU FIND CROSSPORT? _____

MEMBERSHIP TYPE: NEW ___ RENEWAL ___ INFO CHANGE
 (\$30/YEAR, JAN-DEC)

TYPE OF PAYMENT: CHECK _____ CASH

PAYPAL accepted via our website: Crossport.org

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MAIL TO: Crossport, PO Box 19936, Cincinnati, OH 45219

Or pay at any Crossport meeting or event

Or via the website: Crossport.org