

Fall 2012

Upcoming Events in Philadelphia, PA:

- Our Night Out  
October 21st, 4:30pm  
Tavern on Camac
- 26th Annual AIDS Walk Philly  
October 26th, 7:00am  
Philadelphia Museum of Art
- Gay Ghost Hunting  
October 30th, 7:00pm  
Terror Behind the Walls
- Henri David Halloween Ball  
October 31st  
Sheraton Philadelphia City Center Hotel
- LGBT Ghost  
November 2nd, 9:00pm  
Eastern State Penitentiary



## *Men's Health Study*

Autumn has fallen upon us and the Healthy Development Lab at Rutgers University–Camden is in the home stretch of data collection for the study of men's health.

*We need  
your help!*

If you know any men who are exclusively dating other men, we could use your help with recruiting cou-

ples. You are receiving this newsletter because you have participated in this study or in previous research conducted by the Healthy Development Lab. We hope that you found our research assistants to be friendly, the procedures to be simple, and the experience to be rewarding overall.

**Let your friends, colleagues, and even strangers know** about the opportunity



to earn \$100 for taking approximately 2 hours to participate in our study. Even you can earn \$100 for referring another couple to our lab. Just get someone to visit [www.healthydevelopmentlab.com](http://www.healthydevelopmentlab.com) to see if they qualify! We would really appreciate your assistance!



## *Recent Presentation*

Dr. Charlotte Markey, director of the Healthy Development Lab, attended the 30th annual conference of the Gay & Lesbian Medical Association in San Francisco, CA at the

end of September. She presented a poster on lesbian women's romantic relationships and health, examining the role romantic partners play in weight management. We have

found evidence that women play a role in the weight management of their partners, but that their involvement is not always positive. Stay tuned for more results!

## Healthy Development Lab

*How to contact us:*

*Email: RUHealthyLab@gmail.com*

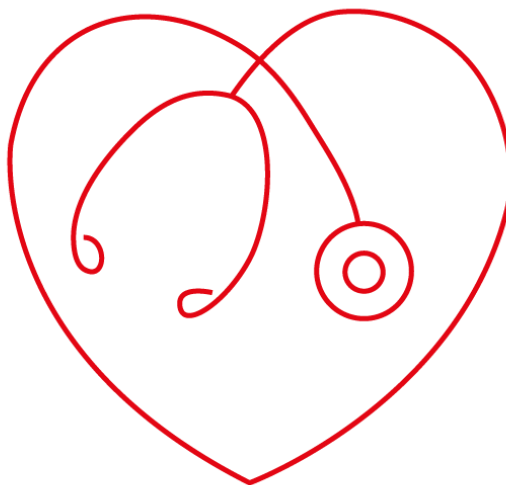
*chmarkey@camden.rutgers.edu*

*Phone: 856-225-6332*

www.

HealthyDevelopmentLab.com

Thanks to the Gay and Lesbian Medical Association ([www.GLMA.com](http://www.GLMA.com)) for their continued support of our research.



## *Try This Healthy Seasonal Recipe*

### *In the News*

#### **NATIONAL**

The state of California is the first state to ban the use of nonscientific therapies that are intended to “cure” adolescents of their homosexuality. The law will take affect on January 1, 2013 and states that no mental health provider is permitted to use any kind of therapy that will change gender expression/behavior or attempt to reduce/eliminate attraction to same-sex others.

#### **LOCAL**

At the start of this month, Philadelphia dedicated Locust Street between 12th and 13th to Barbara Gittings, the Mother of the LGBT Civil Rights Movement. She was editor of the first lesbian publication and planned the Annual Reminders at Independence Hall, marking the beginning of the movement. Gittings resided in Philadelphia and passed away in February of 2007.

<http://www.eatingwell.com>



#### **YOU WILL NEED:**

3 acorn squash,  
(3/4-1 pound each)  
5 ounces bulk turkey sausage  
1 small onion, chopped  
1/2 medium red bell pepper, chopped  
1 clove garlic, minced  
1 tablespoon chili powder  
1 teaspoon ground cumin  
2 cups chopped cherry tomatoes  
1 15-ounce can black beans, rinsed  
1/2 teaspoon salt  
Several dashes hot red pepper sauce, to taste  
1 cup shredded Swiss cheese

### **Southwestern Stuffed Acorn Squash**

Preheat oven to 375°F. Lightly coat a large baking sheet with cooking spray. Cut squash in half horizontally. Scoop out and discard seeds. Place the squash cut-side down on the prepared baking sheet. Bake until tender, about 45 minutes. Meanwhile, lightly coat a large skillet with cooking spray; heat over medium heat. Add sausage and cook, stirring and breaking up with a wooden spoon, until lightly browned, 3 to 5 minutes. Add onion and bell pepper; cook, stirring often, until softened, 3 to 5 minutes. Stir in garlic, chili powder and cumin; cook for 30 seconds. Stir in tomatoes, beans, salt and hot sauce, scraping up any browned bits. Cover, reduce heat, and simmer until the tomatoes are broken down, 10 to 12 minutes. When the squash are tender, reduce oven temperature to 325°. Fill the squash halves with the turkey mixture. Top with cheese. Place on the baking sheet and bake until the filling is heated through and the cheese is melted, 8 to 10 minutes.