

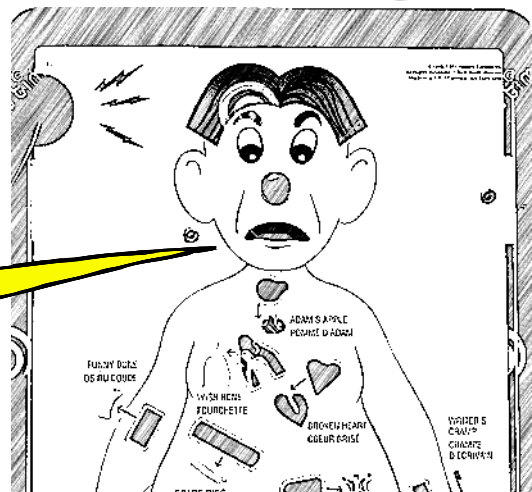
YOU DON'T HAVE TO **LOVE** YOUR BODY TO TAKE CARE OF IT!!

BRAINSTORMING THE WORK AROUND

A LITTLE TINY GUIDE TO ACCESSING HEALTHCARE
ESPECIALLY FOR QUEER/TRANS FOLKS AND ALL OF US WHO
HAVE HAD COMPLICATED RELATIONSHIPS WITH OUR BODIES.

EVEN IF YOU'VE BEEN TRAUMATIZED,
STIGMATIZED OR GENERALLY FUCKED
OVER BY THE HEALTH CARE SYSTEM

IF?!



BY KELLI DUNHAM RN BSN
WITH SUGGESTIONS FROM
TONS O TONS OF QUEERS.

WHY THIS ZINE?

MANY OF US IN THE LGBT COMMUNITY HAVE BEEN IGNORED, MISUNDERSTOOD, MISCHARACTERIZED AND TREATED LIKE POO DURING INTERACTIONS WITH THE HEALTH CARE SYSTEM. NOW WE'RE ANGRY, SAD, DISGUSTED, SCARED AND-- MOST OF ALL-- TRAUMATIZED AND WANT TO AVOID SITUATIONS THAT MAKE US RE-EXPERIENCE ALL THOSE FEELINGS.

IT MAKES SENSE TO BE SCARED.

SOMETIMES WE'RE TOLD THE
ANSWER IS...

LOVE YOUR BODY!

OH I GET IT.
THAT'S SIMPLE. I
JUST NEED TO
LOVE MY BODY.

OH I
NEVER EVEN
THOUGHT OF
THAT!

OH SURE. I'LL JUST IGNORE
EVERY BIT OF CUMULATIVE TRAUMA
AND EVERYTHING THAT ME AND MY
BODY HAVE BEEN THROUGH AND
EVERYTHING THAT I'VE BEEN TOLD
ABOUT MY BODY SINCE I WAS BORN
AND JUST LOVE MY BODY!

LOVING YOUR BODY IS A
GREAT GOAL BUT IT MIGHT
NOT BE ATTAINABLE TODAY
OR TOMORROW OR NEXT
WEEK AND IN THE
MEANTIME....

**IT'S BASICALLY A HIGH
STAKES FUCKED UP
OBSTACLE COURSE.**

**THE MORE YOU'RE
SUBJECT TO**

**HOMOPHOBIA
TRANSPHOBIA
RACISM
HETEROSEXISM
ABLEISM**

**THE MORE OBSTACLES
YOU HAVE TO OVERCOME
TO GET GOOD HEALTH
CARE.**



**NOTE: YOUR OBSTACLE COURSE PROBABLY WON'T
HAVE SUCH BIBLICALLY NAMED OBSTACLES; THIS
PHOTO IS FROM TEEN MISSIONS BOOT CAMP THAT
KELLI WENT THROUGH FOR TWO SUMMERS. BAD
SUMMERS, BUT GREAT PHOTO.**

SO TO PUT IT ALL TOGETHE:

**YOU WILL PROBABLY NEED HEALTHCARE
BEFORE YOU CAN ACHIEVE THIS
100 PERCENT BODY LOVE BUSINESS.**

**IT MAKES SENSE TO TURN TO YOUR
COMMUNITY TO HELP YOU ALONG THE WAY!
(THAT'S THE BRAINSTORMING BUSINESS)**

**AND WHAT FOLLOWS ARE TIPS, TRICKS AND
CREATIVE TECHNIQUES TO HELP YOU MAKE THAT
HAPPEN.
(THAT'S THE WORKAROUND BUSINESS)**

**GOT IT? MOVIN'
RIGHT ALONG
THEN.....**

FIRST THINGS FIRST

REPEAT AFTER ME....

YOU
DESERVE
HEALTH
CARE

IF YOU HAVEN'T
HAD A PELVIC
EXAM IN TEN
YEARS...

PSST...OR
EVER...

IF YOU HAVE A
CHRONIC
PROBLEM THAT
YOU'VE BEEN
IGNORING...

YOU
DESERVE
HEALTH CARE

IF YOU'VE LET
THAT SIMPLE
PROBLEM GO UNTIL
YOU'RE SHOOTING
GREEN PLUS OUT
OF AN ORIFICE...

IF YOU'VE BEEN
GETTING HORMONES
FROM A FRIEND,
LOVER OR ENEMY
RATHER THAN A
HEALTH CARE
PROVIDER...

YOU
DESERVE
HEALTH
CARE

YOU
DESERVE
HEALTH
CARE

IT DOESN'T MATTER WHETHER YOU LOVE YOUR BODY, OR HATE IT, WHETHER YOU EAT ONLY KALE AND PROTEIN DRINKS OR LIVE ON CHEETOS AND MOUNTAIN DEW. IT DOESN'T MATTER IF YOU JUST INJECTED CRYSTAL METH DIRECTLY INTO YOUR NECK OR PERFORMED YOUR OWN TOP SURGERY WITH THINGS YOU FOUND AROUND THE HOUSE...

YOU DESERVE HEALTHCARE!

DO YOU BELIEVE IT?

OHMYGOD I NEED HEALTHCARE AND I CAN'T GET HEALTHCARE AND I DON'T DESERVE HEALTHCARE AND I CAN'T BELIEVE I DESERVE HEALTHCARE. AND I'M JUST GOING TO KEEP GETTING SICKER AND I WON'T BE ABLE TO WORK AND I WILL HAVE TO MOVE IN WITH A HOMOPHOBIC UNCLE AND AND NO ONE WILL LOVE ME AND I'M GOING TO DIE ALONE AND POOR IN THE GUTTER OR WORSE YET IN MY HOMOPHOBIC UNCLE'S HOUSE AND THEY'LL HAVE A PARADE THROUGH MY HOME TOWN CELEBRATING THE FACT THAT I HAVE CEASED TO EXIST...

LOTS OF PEOPLE HAVE THOUGHTS LIKE THAT BUT...

LET'S CALL THAT PLAN B.

I WRITE YOU TO... STOP.

WAIT. BREATHE.

MAYBE YOU DON'T HAVE TO BELIEVE IT YOURSELF RIGHT NOW

MAYBE YOU CAN BORROW THE BELIEF!

THINK OF EVERYONE WHO LOVES YOU

THINK ABOUT ALL OUR QUEER FOREPEOPLE WHO LIVED LIMITED LIVES WHILE FIGHTING FOR RIGHTS THAT WE NOW ENJOY

THINK OF ALL THE QUEERS WHO YOU DON'T KNOW WELL BUT WHO CARE ABOUT SOCIAL JUSTICE AND ACCESS TO HEALTHCARE

THINK OF THAT EX WHO PROBABLY STILL HAS A LITTLE BIT OF A THING FOR YOU

THINK OF WHOEVER WAS THE REAL LIFE VERSION OF MS. DRYSDALE FROM THE BEVERLY HILLBILLIES IN YOUR CHILDHOOD

THINK OF EVERY PERSON WHO HAS EVER SHOUTED

ACT UP! FIGHT BACK!

IMAGINE US ALL HANGING OUT TOGETHER IN SOME BIG HUGE QUEER MESSY GROUP, SCRAPPING AND FIGHTING ABOUT LANGUAGE AND TRIGGER WARNINGS AND ALCOHOL SPONSORS AT PRIDE AND WHETHER MULLETS ARE FASHIONABLE OR IRONICALLY FASHIONABLE AND EXACTLY WHAT KIND OF BEAST CAN ACTUALLY BE CALLED AN EMOTIONAL SUPPORT ANIMAL, BUT STOPPING IT FOR A MOMENT TO LOOK IN YOUR EYES AND SAY WITH ALL OF OUR RAINBOW TINTED HEARTS.....



WHY ALL THE FUSS ABOUT BELIEVING YOU DESERVE HEALTHCARE? WELL....THE HEALTHCARE SYSTEM (AT LEAST IN THE US) IS DESIGNED WITH CERTAIN PRIORITIES: PROFIT OR RESEARCH OR TRAINING HEALTHCARE PROFESSIONALS OR PROVIDER CONVENIENCE OR KEEPING THE INSURANCE SYSTEM GOING

SO WHILE THERE ARE MANY DECENT FOLKS WORKING IN HEALTHCARE, THE SYSTEM IS NOT ACTUALLY DESIGNED TO GIVE UP GOOD CARE WITHOUT SOME SELF ADVOCACY ON THE CONSUMER SIDE.

SO IF YOU'RE GOING TO HAVE TO FIGHT...IT'S EASIER IF YOU BELIEVE IN WHAT YOU'RE FIGHTING FOR, YKNOW?

SO HOW ABOUT THOSE TIPS THEN?

SO IF YOU NEED HEALTHCARE AND ARE STRUGGLING TO GET IT, HERE ARE SOME THINGS THAT HAVE WORKED FOR OTHER FOLKS WHO ARE STRUGGLING IN SIMILAR WAYS....

UNCLE KELLI SAYS...



ALL THESE SUGGESTIONS WERE MADE BY QUEER/ TRANS/ LGBT IDENTIFIED PEOPLE BECAUSE THE TIP/TACTIC WORKED FOR THEM OR SOMEONE THEY LOVE

NOT EVERY TIP/TACTIC WILL WORK FOR EVERY PERSON, BUT HOPEFULLY YOU WILL FIND SOMETHING THAT MIGHT HELP YOU.

AND THESE TIPS... NO ONE IS SAYING IT WILL MAKE GETTING HEALTH CARE EASY.

WE KNOW IT'S A FIGHT! WE JUST WANT YOU TO HAVE MORE WEAPONS IN YOUR ARSENAL!

TIP #1

USE THE LEAST INTENSE HEALTHCARE SPOT THAT WORKS FOR YOUR HEALTH CARE NEED

IN OTHER WORDS....

AVOID USING THE EMERGENCY ROOM UNLESS IT'S AN EMERGENCY

THE MORE RUSHED A PROVIDER IS, (LIKE IN A BUSY ER) THE LESS LIKELY THEY ARE TO BE ABLE TO LISTEN TO YOUR NEEDS

NO SHIT EVERYONE KNOWS THAT

PEOPLE USE THE ER BECAUSE THEY DON'T HAVE ANY OTHER CHOICE

WELL TRUE, BUT....

URGENT CARE CENTERS CAN OFTEN HANDLE SITUATIONS LIKE SOME SIMPLE FRACTURES, STITCHES AND RANDOM STOMACH/RESPIRATORY BUGS

ALSO, TREATMENT IN AN ER USUALLY ERRS ON THE SIDE OF ASS COVERING. AND NOT, YOU KNOW, IN THE SEXY WAY. THIS MEANS MORE INVASIVE TESTS, MORE POKING AND PRODDING WHICH FOR SOME OF US MEANS MORE TRAUMA

EVEN BETTER THAN AN URGENT CARE IS A RELATIONSHIP WITH A PRIMARY CARE PROVIDER WHO CAN SEE YOU ON A SAME DAY BASIS OR DIRECT YOU TOWARDS A HIGHER LEVEL OF CARE....

BIG HOSPITAL ER
1234 PTSD WAY
CAPITALISMVILLE, NY

USELESS TESTS	\$10.000
MORE USELESS TESTS	\$123000
MISGENDERING	FREE!
MORE PTSD	FREE!

DON'R YOU FEEL BETTER NOW

EMERGENCY ROOMS DO HAVE A LEGAL OBLIGATION TO SEE YOU....
BECAUSE OF THE 1986 EMERGENCY TREATMENT AND LABOR ACT (EMTALA), ANY HOSPITAL THAT TAKES MEDICARE REIMBURSEMENT (WHICH IS ALMOST EVERY HOSPITAL) IS REQUIRED TO SCREEN, STABILIZE AND/OR TRANSFER ANY PATIENT WHO ARRIVES AT THE EMERGENCY ROOM WITH A POTENTIALLY EMERGENCY-ISH SITUATION.
BUT AGAIN, SOMETIMES THERE REALLY ARE OTHER OPTIONS....

TIP #2

IT MIGHT NOT SEEM LIKE THERE ARE ALTERNATIVES TO THE ER, BUT SOMETIMES THERE ARE

SO IF YOU DON'T HAVE AN EMERGENCY MEDICAL SITUATION BUT YOU DO HAVE AN EMERGENCY I-CAN'T-PAY-FOR-IT-BECAUSE-I-AM-NOT-INSURED-SITUATION WHAT CAN YOU DO? WHAT OTHER OPTIONS YOU MIGHT HAVE DEPENDS ON YOUR GEOGRAPHICAL LOCATION BUT HERE ARE SOME POSSIBILITIES:

CHECK OUT...

FREE CLINICS RUN BY MEDICAL SCHOOLS, CHURCHES, ETC

FEDERALLY QUALIFIED HEALTH CENTERS

HEALTH SERVICES OFFERED THROUGH LGBT CENTERS

RETAIL CLINICS SUCH AS THOSE IN CVS RITE AID ETC. YOU WILL HAVE TO PAY BUT THEY USUALLY HAVE A PRETTY DECENT PER VISIT FEE AND THE PROVIDER CAN SPEND MORE TIME WITH YOU

SLIDING SCALE NURSE PRACTITIONER STAFFED CLINICS CALLED NURSE RUN HEALTH CENTERS—OFTEN AFFILIATED WITH SCHOOLS OF NURSING

TIP #3

PLAN FOR A SUCCESSFUL FIRST ATTEMPT

IF YOU HAVEN'T BEEN ABLE TO ACCESS HEALTHCARE IN A WHILE YOU MAY HAVE A BUNCH OF DIFFERENT ISSUES THAT NEED TO BE TAKEN CARE OF

BUT YOU CAN'T TAKE CARE OF EVERYTHING AT ONCE, RIGHT?

WHAT I NEED

HOW HARD WILL IT BE?

-get my teeth checked	5
-pap exam	9
-see a dermatologist	3
-get anvil removed from the top of my head	10

MAKE A LIST OF WHAT YOU NEED.

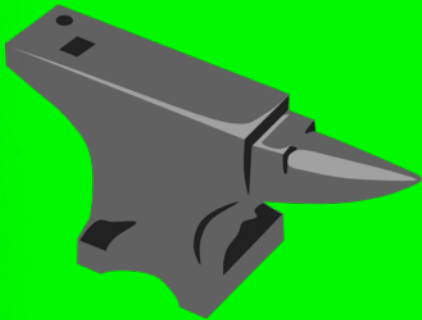
THEN ASSIGN EACH ACTION A NUMBER FROM 1-10 ON HOW HARD YOU THINK GETTING THAT CARE WILL BE FOR YOU.

DON'T START WITH THE TENS!!!

DO A FEW THINGS THAT ARE EASIER TO BUILD UP SOME SUCCESS EXPERIENCES!

PRO TIP: IF SOMETHING IS MORE URGENT OR MORE DANGEROUS IT MIGHT NEED TO BE BOOTED UP THE PRIORITY LIST

SOMETIMES IT'S HARD TO KNOW WHAT IS DANGEROUS AND/OR URGENT. YOU MIGHT NEED TO TALK IT THROUGH WITH A TRUSTED FRIEND OR YOUR PRIMARY CARE PROVIDER (IF YOU HAVE ONE)



TIP #44

RUN THE DRILLS

IN ALMOST ALL OF OUR DEALINGS WITH THE HEALTHCARE SYSTEM, WE'RE DEALING IN SITUATIONS IN WHICH PROVIDERS HAVE A TON OF UNEARNED POWER. PRACTICE PHRASES THAT YOU CAN USE TO

SLOW DOWN

WHATEVER IS HAPPENING AND GIVE YOU TIME TO EXPRESS YOUR NEEDS. YOU WILL HAVE SOME OF YOUR OWN TO ADD, BUT SOME POSSIBLY HELPFUL PHRASES MIGHT INCLUDE...

BECAUSE OF MY TRAUMA HISTORY, I NEED...

YOU TO TELL ME EVERYTHING BEFORE YOU DO IT

YOU TO GO MUCH SLOWER THAN YOU NORMALLY WOULD

TO KEEP MY CLOTHES ON EVERY MINUTE I CAN

ANTI-ANXIETY MEDICATION BEFORE A PHYSICAL EXAM

YOUR HELP FIGURING OUT HOW TO GET THROUGH THIS HEALTHCARE EXPERIENCE

OTHER HELPFUL PHRASES

I NEED YOU TO USE THIS WORD....FOR THAT BODY PART....

CAN YOU PLEASE SLOW DOWN?

CAN YOU EXPLAIN THAT TO ME IN OTHER WORDS? I DON'T REALLY FOLLOW WHAT YOU JUST SAID

STOP

I REFUSE

PSST USE THIS AS A LAST RESORT IF THINGS ARE GOING WRONG AND YOU CAN'T GET THEM TO SLOW DOWN THROUGH OTHER WAYS.

TIP #5

MAKE IT A TEAM SPORT



HAVING A HEALTH CARE BUDDY CAN MAKE A HUGE DIFFERENCE!

WHAT CAN A HEALTHCARE BUDDY DO?

HELP YOU CRAFT A "TAKING CARE OF BODY BUSINESS" PLAN

GO WITH YOU TO APPOINTMENTS

BE YOUR HEALTH CARE PROXY

HELP YOU SPEAK TO THE PROVIDER

HELP YOU FIND A PROVIDER WHO MEETS YOUR NEEDS

TALK WITH YOUR INSURANCE COMPANY IF YOU ARE HAVING TROUBLE GETTING SOMETHING PAID FOR

DISTRACT YOU WHILE YOU ARE WAITING

ENCOURAGE YOU WITH SOME FRIENDLY COMPETITION TO SEE WHO CAN (FOR EXAMPLE) GO TO THE DENTIST FIRST, ETC.

TROUBLESHOOT WITH YOU WHEN AN ENCOUNTER IS GOING POORLY

YOUR HEALTHCARE BUDDY DOESN'T NEED TO BE YOUR BEST FRIEND OR YOUR PARTNER...SOMETIMES ADDING EMOTIONAL INTIMACY AND WORRY TO THE HEALTHCARE SITUATION MAKES THE HEALTHCARE ENCOUNTER HARDER. SOME FOLKS FIND MUTUAL HEALTHCARE BUDDIES TO WORK REALLY WELL. YOU CAN GO WITH THEM TO THEIR APPOINTMENTS, THEY CAN GO WITH YOU TO YOURS...

TIP #6

GIVE YOURSELF PERMISSION TO...

COUNT EVERY STEP AS A SUCCESS

IF YOU HAVEN'T GOTTEN HEALTHCARE IN A WHILE MAYBE EVEN JUST GETTING TO THE DOOR OF THE CLINIC IS A SUCCESS FOR YOU...



AND MAYBE TOMORROW YOU WILL MAKE IT ALL THE WAY INSIDE!

USE WHATEVER SELF TALK GETS YOU CLOSER TO CARE

IF THE BABY QUEERS SEE ME IGNORING MY BODY'S NEEDS, THEY WILL DO THE SAME. I HAVE TO BE A GOOD EXAMPLE.

IF IT WAS EASY I WOULD HAVE ALREADY DONE THIS. IT'S OKAY FOR THIS TO BE REALLY HARD FOR ME.

I CAN COMPLAIN AS MUCH AS I WANT ABOUT THIS STUPID APPOINTMENT AS LONG AS I GO

I LIKE HAVING SEX AND I NEED MY BODY FOR THAT SO I GUESS I BETTER TAKE CARE OF IT!

NEVER THOUGHT I'D LIVE TO SEE 30 BUT SINCE I HAVE LIVED TO 30, I MIGHT KEEP ON LIVING. SO I SHOULD TAKE CARE OF THE PLACE I LIVE!

I REALLY DON'T LIKE MY BODY BUT MAN, IT'S GONNA BE EVEN MORE OF A PAIN IN THE ASS IF IT BREAKS DOWN SO I GUESS I SHOULD TAKE CARE OF IT

RIGHT NOW A TRUMP SUPPORTER IS GOING TO THE DENTIST, GETTING A PAP EXAM AND GETTING A MOLE CHECKED OUT. WE CAN'T DIE WHILE THEY LIVE, IT'S A SOCIAL JUSTICE ISSUE!

TIP #7

WORK THROUGH YOUR CATASTROPHIC THOUGHTS

SO HERE'S SOMETHING WEIRD ABOUT THIS PROCESS:

GETTING HEALTHCARE CAN

FEEL SCARY

EVEN THOUGH IT MIGHT SAVE US SOME PAIN AND SUFFERING OVER TIME

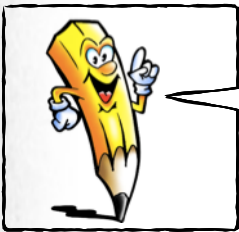
NEGLECTING HEALTHCARE CAN BE



DANGEROUS

EVEN THOUGH IT MIGHT FEEL LESS SCARY IN THE MOMENT

WANT TO MOVE SOME OF THAT BLOB-LIKE ALL ENCOMPASSING FEAR INTO SOMETHING MORE SPECIFIC YOU CAN DEAL WITH?



AND LOOK A WHIMSICAL PENCIL ICON TO PERSUADE YOU TO WRITE DOWN YOUR BIGGEST FEARS!

HOW LIKELY IS THIS TERRIBLE THING TO HAPPEN?

WHAT IS THE VERY WORST THAT COULD HAPPEN IF YOU DO GET THIS HEALTH CARE YOU NEED?

WHAT INNER AND OUTER RESOURCES DO YOU HAVE TO COPE WITH EITHER OF THESE SITUATIONS? IF THE WORST HAPPENED, HOW WOULD YOU GET THROUGH IT?

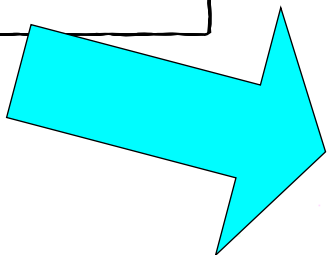
WHAT IS THE VERY WORST THAT COULD HAPPEN IF YOU DO NOT GET THIS HEALTH CARE YOU NEED? HOW LIKELY IS THAT?

TIP #8

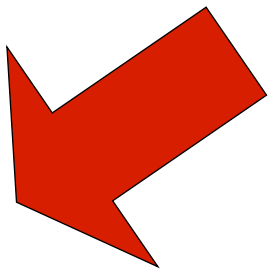
PREPARE YOUR ARMOR!

SOMETIMES PEOPLE WHO HAVE BEEN TRAUMATIZED HAVE TROUBLE MODULATING THEIR AFFECT (IN OTHER WORDS WE STRUGGLE WITH SELF SOOTHING)

WHEN WE'RE IN A POST TRAUMATIC STATE SOMETIMES WE MIGHT FEEL LIKE THE VOLUME ON OUR EMOTIONS IS ALL THE WAY OFF



AND SOMETIMES IT MIGHT FEEL LIKE THE VOLUME IS WAY UP



IF WE WALK INTO A SITUATION (LIKE A PROVIDERS' OFFICE) WITH OUR FEELINGS VOLUME ALREADY SET AT AN 8 OR 9, THE FIRST BIT OF NONSENSE CAN PUT US TO A 10. THAT'S NEVER FUN. FOR ANYONE INVOLVED.

SELF SOOTHING.....

IS THE WAY TO LOWER THE VOLUME THROUGH OUR FIVE SENSES

MAKE YOURSELF A TINY LITTLE SELF SOOTHING BOX TO TAKE WITH YOU ON HEALTHCARE EXCURSIONS. YOU CAN INCLUDE...

MAYBE A PICTURE OF RIIS BEACH?



HEADPHONE AND MUSIC OR MEDITATION APP...ALSO USEFUL FOR BLOCKING OUT OTHER PEOPLE'S CONVERSATIONS



A SYMBOL OF THE SUPPORT OF PEOPLE WHO LOVE YOU. A FRIEND GAVE ME THIS LITTLE LION TO REMIND ME HOW BRAVE I AM....EVEN WHEN I DON'T FEEL BRAVE!

SOMETHING SOFT TO FEEL, LIKE YOUR FAVORITE HOODIE



(QUEER ARMOR COMES IN ALL GENDERS...)

BLOCKING OUT HEALTHCARE SMELLS IS NO JOKE. HIGHLY RECOMMENDED: CITRUS ESSENTIAL OIL, YOU CAN DAB A TINY LITTLE BIT UNDER YOUR NOSE AND MAYBE IT WILL BE CONVINCED YOU ARE ON VACATION! EVEN IF THE REST OF YOUR BODY IS NOT.



HOW ABOUT A LITTLE PAPER JOURNAL TO VENT ALL THE FEELINGS YOU CAN'T EXPRESS ALOUD?



TIP #9

REWARD YOURSELF!



GO DANCING SOMEWHERE THAT HAS A DISCO BALL AND ALLOWS PETS

STORE THE FEELING OF THIS SUCCESS WAY DEEP DOWN SO WHEN THE NEXT HEALTH CARE CHALLENGE COMES UP YOU'RE REMINDED "IT MIGHT BE HARD BUT I CAN DO IT, I GOT THIS"

ABOUT THE AUTHOR:

KELLI DUNHAM IS THE EX NUN GENDERQUEER NURSE STORYTELLING COMIC SO COMMON IN MODERN BROOKLYN. KELLI HAS APPEARED ON SHOWTIME AND THE DISCOVERY CHANNEL AND NATIONWIDE AT PRIDES, COLLEGES, FUNDRAISERS, LIVESTOCK AUCTIONS. KELLI IS THE AUTHOR OF SEVEN BOOKS OF HUMOROUS NONFICTION, THE CO-FOUNDER OF QUEER MEMOIR, NYC'S OLDEST LGBT STORYTELLING SHOW AND THE FOUNDER OF ORGAN RECITAL: AN ANNUAL WEEKLONG FESTIVAL OF STORIES ABOUT BODIES, HEALTH AND HEALTHCARE.

FIND KELLI ON TWITTER, FB, IG AND AT KELLIDUNHAM.COM



THIS IS THE SECOND EDITION, WHAT SHOULD WE ADD TO THE THIRD? SEND CONTENT SUGGESTIONS TO KELLIDUNHAM@GMAIL.COM (ALL TYPOS WERE LEFT IN TO KEEP THE VIRGOS HAPPY, DON'T NEED TO EMAIL ABOUT THOSE!)