

## The moment before life changes forever



**Daryn Kagan**  
What's Possible

It was 13 years ago this week. The moment that changed my life. The moment I met the man I now call, "Husband." The simple story is not that remarkable. Mutual friends introduced us at an early summer festival. What makes this story a story is the moment just before the moment that changed my life forever. The friends I was with were Craig and Michael and their young son. I was often the fourth wheel in their family outings, leading more than one critical person to point out, "How are you ever going to meet an eligible straight guy if you're just hanging out with your gay boyfriends?"

Fair point. Making this meeting all the more unlikely was this was the weekend my old boyfriend was getting married. I was distraught. "Busy! Busy! Busy!" Craig and Michael set the theme for the weekend. If nothing else, they were going to keep me moving. The summer festival was just a single stop. Which is why meeting my future husband was nowhere on my radar as I hung out at a hot, sweaty summer festival with my two gay boyfriends while wearing big sunglasses to cover up my puffy eyes. Michael and I were seated at a picnic table with their son while Craig ventured off to grab some food. He stood in line at the funnel cake stand and recognized another dad from their son's elementary school standing there with his daughter. Craig invited them to join the rest of us back at our table. "Single! Single! Incoming! Single!" Michael slugged my arm as he recognized who his husband was bringing over.

"Today is not the day," I pointed out the obvious to Michael. He would've seen me roll my eyes if not for the extra dark sunglasses. And yet. And yet. It most certainly was. After a brief introduction to this single father and his daughter over greasy funnel cakes and loud band music in the background, we parted ways. "What did you think?" Michael asked? "Seems like a decent guy," I half-heartedly answered. That was all the encouragement Michael needed to find this guy's contact info on the parent class list and encourage him to ask me out. Just a little over two years later, we were married.

I share because, Dear Reader, this week might be one of your low points. The lower than low. The "all things considered, there's no way I'll ever find happiness again" low point. Dare I say, this might just be the final moment before everything changes. And I share to remind myself, this moment before your life changes forever works the other way, as well. Maybe you can look back and shake your head at your innocence in the moments before that phone call, that accident, that diagnosis. How thankful I am. For all the moments since that fateful day in 2010. Thank you, Husband, for the luckiest, best 13 years of my life. I wouldn't change a single moment.

WELLNESS

## Young people are having less S-E-X



The number of young adults going without sex was rising even before COVID-19 made dating harder and riskier. One psychology professor said young adults increasingly delay major life events, such as moving out of their parents' homes and forging long-term romantic relationships. DREAMSTIME/TNS

### Researchers explore the trend, which predates COVID-19.

**By Phillip Reese**  
KFF Health News

Young adults aren't behaving the way their parents did: They're not drinking as much, they're facing more mental health challenges and they're living with their parents longer. On top of that, computer games and social media have become a sort of stand-in for physical relationships. All that means young Californians aren't having as much sex. The number of young adults

going without sex was rising even before COVID-19 made dating harder and riskier. In 2011, about 22% of Californians ages 18 to 30 reported having no sexual partners in the prior 12 months. That crept up to 29% in 2019, and it jumped to 38% in 2021, according to the latest figures from UCLA's California Health Interview Survey. Other age groups in California also reported an increase in abstinence, but the trend was not nearly as pronounced.

"Everything happens later," said San Diego State University psychology professor Jean Twenge, author of "Generations: The Real Differences Between Gen Z, Millennials, Gen X, Boomers, and Silents – And What They Mean for America's Future." She said the numbers reflect how young adults increasingly delay major life events, such as moving out of their parents' homes and forging long-term romantic relationships. Singles saw the most dramatic

change. It has long been the case that single people are more likely to report having no sex than married or cohabiting people. But as young adults delay marriage, the gap has widened. Young adults may be putting off long-term relationships "due to their increasingly economically precarious status or stress related to completing education and looking for jobs," said Lei

**S-E-X** continued on C6

PERSONAL JOURNEY

## Kettering man gets moving after weighing 310 pounds

David Matevia started working out at the gym for the first time when he was 54 years old.

**By Beth Anspach**  
Contributing Writer

Americans are too sedentary – sitting more, in fact, than any other time in history. State by state, Ohio ranks 37th in the nation – near the bottom – for physical inactivity. Blame it on sedentary jobs, unpleasant weather or simply stressful lifestyles with too much screen time; but regardless of the reason, about a quarter of Ohioans report doing no exercise outside of their regular jobs. David Matevia of Kettering found himself gaining weight after returning to Ohio from California in 2001.

"I'm a transplant to Dayton," Matevia said. "I was born in Troy and graduated from high school in Findlay." In San Francisco, Matevia worked in the music industry booking concerts. He and his wife, Leigh Ann, decided to move with their two children to Ohio to be closer to family. Matevia had no prospects for work in the music industry in Ohio, so he became a stay-at-home dad. "It was great because it saved us a lot of money on babysitting!" he said. Matevia, thin in high school,



David Matevia in 2016 as he was steadily gaining weight. He never stepped on the scale but knew he was gaining. He had no idea how much. CONTRIBUTED PHOTOS



David Matevia started his health journey in 2021 after he started tipping the scale at more than 300 pounds. He has since lost 65 pounds and built his fitness level by joining a local gym in Kettering.

didn't participate in sports outside of junior high track. He remained in good shape throughout the family's time in California because he walked everywhere. "Everything is different here – very sedentary," Matevia said. He knew he was gaining weight while staying at home with his children, but, like many people, he avoided the scale. It took all those years after returning to

Ohio for the weight to come on. He went from his normal weight of 155 to 310 but didn't know it for sure until he decided to get on the scale in October of 2021. "I freaked out," Matevia said. "I never would have guessed that." Matevia, at 6 feet, 2 inches tall, usually weighed in between 145 and 155 pounds. "I got really embarrassed when I saw my weight," Matevia said.

"Up to that point, I was thinking about going on a diet but didn't do anything." By this time, the Matevias had three children – two adults and a teenager – and a stay-at-home dad was no longer needed. Matevia took on what he considered another sedentary job – becoming a shopper for Sipt and

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