

# dallas voice

The Premier Media Source for  | | Established 1984 | Volume 36 | Issue 38 | FREE | Friday, January 24, 2020



## Food fit for a *Queen*

**Cody Lynch's new personal meal prep business helps clients keep fit**

by Tammye Nash  
Page 8



# ALL OVER JOY

*When you think about it, there's no single grooming service that does as much for your overall appearance as tanning. It's truly transformative, changing how you look from your head all the way down to your toes. Making your whole body your best feature.*

*And Planet Tan® is here for it.*

*We're here for the pure unadulterated joy of getting back to basics. Because when your skin looks this good, it's liberating. A literal revelation and a spiritual revolution all in one perfectly bronzed package. So, DFW, show off your self-acceptance. Celebrate your strength. You have absolutely nothing to hide.*

 **PLANET TAN**

**Make your whole body your best feature for under \$15 a month.**

**All Over Joy • All Over DFW**

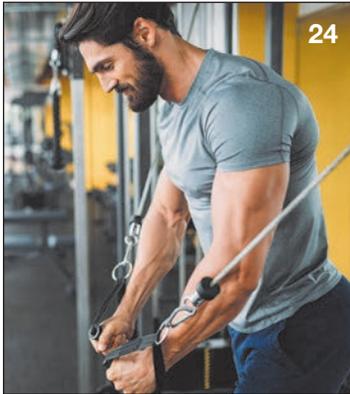
[planettan.com](http://planettan.com)



10



20



24

## headlines

### ■ TEXAS NEWS

- 8 WELLNESS: Fit food for fit queens
- 10 EBJ leads effort to honor WWII hero
- 12 Anna Waugh follows up on censorship
- 15 SCOTUS to review 'worrisome' cases

### ■ LIFE+STYLE

- 20 WELLNESS: Yoga goes 'Radical'
- 21 WELLNESS: Psychotherapy benefits
- 24 WELLNESS: LGBT-friendly gyms
- 27 Drawing Dallas: Floyd McLean Jr.

### ■ ON THE COVER

Cody Lynch of Fit Queen Cuisine.  
Photo by Tammye Nash.  
Design by Kevin Thomas.

## departments

- |    |                |    |             |
|----|----------------|----|-------------|
| 6  | The Gay Agenda | 31 | Best Bets   |
| 8  | News           | 34 | Jenny Block |
| 18 | Voices         | 36 | Scene       |
| 20 | Life+Style     | 42 | MarketPlace |

dallasvoice.com  
The Premier Media Source for LGBT Texas

**Tired of SHAVING?**  
**We Can Help!**

Serving the LGBT Community for 5 Years!

Call Today for your **FREE Consultation!**

682-593-1442  
htglectrolysis.com  
4245 N. Central Expy.  
Suite 450, Dallas, TX

Hair Today Gone Tomorrow  
Electrolysis

Wellness begins in the mind.

# BREATHE

SELF-CARE IS THE PATH TO PEACE OF MIND.  
WE ARE HERE FOR YOU.

MHA  
Mental Health America  
of Greater Dallas  
www.MHADallas.org | (214) 871-2420  
@MHA\_Dallas

# Smile with PRIDE

CAROLE ANN BOYD, DDS, PC  
general & cosmetic dentistry

4514 COLE AVE, STE 905  
DALLAS, TX 75205  
214.521.6261  
DRBOYD.NET

Max  
Dental Comfort Dog

# INJURED?

... I can help.

PERSONAL INJURY • CRIMINAL DEFENSE

## 972-ASK-CHAD

CW CHAD WEST, PLLC  
ATTORNEYS AT LAW

BEST D BEST LAWYERS LIST MAGAZINE

READERS VOICE AWARDS

Call for a consultation | 3606 S. Tyler St., Dallas TX 75224  
ChadWestLaw.com | ¡Hablamos Español!

# Exceptional Service, No Exceptions.

When your family experiences a time of need, count on our family to guide and support you in making thoughtful, informed decisions.

- Cremations
- Traditional Burials
- Pre-Arrangement Planning & Transfers
- Accept Life Insurance

Ben LaFleur | Jeremy Lewis

207 S. Wood St. Ferris TX 75215 • 972-842-5777 • greenfh.com

PROUDLY GAY-OWNED  
Serving all of DFW

GREEN  
FUNERAL HOME

# Be Seen by the Premier HIV/Infectious Disease Doctors in Dallas



**NORTH TEXAS  
INFECTIOUS DISEASES CONSULTANTS**



**STI testing & treatment** at our location on the Baylor campus

**PrEP Services** provided with specialty pharmacy on-site

**Financial & medication** assistance available

**Prep & HIV Clinical Trials** available

**Gender affirmation** hormone therapy

**Anal Cancer** screenings

**We accept most insurance plans!**

**MAKE YOUR APPOINTMENT AT**

**214.823.2533**  
3409 Worth St. Suite 710  
Dallas, TX

**214.890.1616**  
9301 North Central Expy. Suite 310  
Dallas, TX

**infectiousdiseases.com**  
or **ntidc.org**



**LinkedIn**

## instanTEA

[DallasVoice.com/Category/Instant-Tea](https://DallasVoice.com/Category/Instant-Tea)

### RVA 2020:

#### Don't forget to vote!



Everybody has their favorites — whether it's your favorite dance club, bartender or drag queen, your favorite taco

joint or romantic date night dining spot, all the way to your favorite doctor, hair dresser, community activist or community ally.

And now's the time to let your favorites know exactly how you feel by voting in Dallas Voice's 2020 Readers Voice Awards.

And while voting was eventually set to end on Jan. 31, due to some technical difficulties with our website last weekend — which have now been resolved — we have extended the deadline til Feb. 7. So go vote, and get your friends to go vote — and not just because your favorites need to feel the love; everyone who votes can enter the drawing to win a package of fabulous prizes!

Vanna, tell them what they can win! Well Pat, our winner will get everything they need for a fabulous date night: \$500 cash, a \$100 gift card to Mattito's restaurant and two tickets to see a TITAS performance!

Individuals can only vote once. Winners will be announced in the March 27 issue of Dallas Voice.

— Tammye Nash

### Rainbow Roundup planning for Jellystone camping trip

The folks at Rainbow Roundup are gearing up for their annual camping trip at the North Texas Jellystone Park in Burleson, and RR Executive Director Kimberly Kantor is reminding those who want to participate to start making plans now.

Kantor said those joining the campout must call the park to make a reservation, and to make sure to; get in the room block with other Rainbow Roundup campers, mention the code "Rainbow Roundup 2020." "You are encouraged to book now and be paid in full by Feb. 28," Kantor said.

Check out the Rainbow Roundup Facebook page for details.

— Tammye Nash

### Equality Texas on Wednesday, Jan. 22

announced the Equality Texas Steering Committee for 2020 and the leadership team for the Love Equality Event set for Feb. 15 in Dallas.

Co-chairs for the 2020 Love Equality event are Brian Bristow and Dean Crawford. Brady James, Ashley White, D'Landria Michael and Clarke Newman are also members of the leadership team for the signature Dallas event, which is Equality Texas' annual fundraising event and party benefitting Equality Texas. Love Equality is a fun night of celebration, and

dancing, with drinks and light food.

Love Equality is set for Feb. 15, from 8-11 p.m. at 7 for Parties, 150 Turtle Creek Blvd., No. 107. Tickets are \$50 in advance, with a \$25 Queen of Hearts VIP upgrade available. Tickets at the door go up to \$75. Visit [EqualityTexas.org](https://EqualityTexas.org) to purchase tickets in advance.

Sponsorships are also available here, beginning at \$1,000.

Equality Texas Steering Committee members include Steve Atkinson, Wesley Bailey, Vicki Bell, Karri Bertrand, Brian Bistrow, Dean Crawford, D'Landria Fowls, Brett Gray, Jess Herbst, Earl Hoover, Brady James, Theresa Lim, Marissa McGrarah, Clark Newman, Mark Niermann, Nathan Robbins, Mark Sadlek, Laura Sundin, Annie Hsu, Brian Walker and Ashley White.

Steve Atkinson is Dallas Board Chair and Dallas board members are Steve Rudner, Mark Sadlek, Mark Niermann, Mark Phariss and Jess Herbst.

— Tammye Nash

### Texas drag legend Sweet Savage has died



Texas drag legend Sweet Savage (Freddie Cortez) of San Antonio passed away early Tuesday, Jan. 21, following a lengthy illness.

In a post on Facebook, the Pride San Antonio

organization wrote: "It is with immense sadness that we announce that the ICONIC Sweet Savage passed away this morning. Savage was a dear friend of Pride San Antonio and a REMARKABLE performer. Thanks so much for making San Antonio a little SWEETER and for PROUDLY representing our city. We will miss you beyond belief. Thanks so much for helping Pride Bigger Than Texas get to where we are today. From the days of Gay Pride SA to Pride San Antonio, you have been a major influence. Rest in peace Miss US of A ... Rest In Peace."

Sweet Savage, born and raised in Edinburg, Texas, just north of McAllen, began her drag career in the 1980s and quickly became a fan favorite around Texas. She held an extensive list of titles, including Miss Gay USofA 1993. She had an extensive drag family, giving her drag children and grandchildren the name O'Hara, which was her husband's last name. She was drag mother to Josephine O'Hara and drag grandmother to Dallas favorites (and *RuPaul's Drag Race* alums) Asia O'Hara (Season 10) and Raja O'Hara (Season 11).

Betty Neal and Michael Lybarger have announced plans for a special party celebrating Sweet Savage's life and her legacy. Stay tuned for details.

— Tammye Nash



American Heart Association.  
Côtes du Coeur

2020 VISION  
THE END OF HEART DISEASE IS IN SIGHT.

JOIN US FOR A FINE WINE AND  
CELEBRITY CHEF EXPERIENCE

SATURDAY, APRIL 18, 2020 | OMNI DALLAS HOTEL

FOR MORE INFORMATION CALL 214.441.4219  
OR VISIT [COTESDUCOEUR.COM](http://COTESDUCOEUR.COM)

LIFE IS WHY SPONSOR

**TOYOTA**



PLATFORM SPONSORS

**CALIBER  
COLLISION**

RESTORING THE RHYTHM OF YOUR LIFE™



**UNISYS** | Securing Your Tomorrow™

# THE GAY AGENDA



Have an event coming up? Email your information to Managing Editor Tammye Nash at [nash@dallasvoice.com](mailto:nash@dallasvoice.com) or Senior Staff Writer David Taffet at [taffet@dallasvoice.com](mailto:taffet@dallasvoice.com) by Wednesday at 5 p.m. for that week's issue.

## JANUARY

### • Jan. 24: Educare

Educare presents Becoming Visible: LGBTQ+ Care from Theory to Practice with keynote speaker Tim Johnson from SAGE discussing serious and unique health challenges due to historically unfair and cruel treatment from 7:30 a.m.-4:30 p.m. at Lovers Lane United Methodist Church, 9200 Inwood Road. Register at [EduCareDallas.com](http://EduCareDallas.com).

### • Jan. 26: PrimeTimers

Game night at Nick's in Rockwall from 2-5 p.m. Info at 214-218-0912.

### • Jan. 26: DFW Trans Kids and Families fundraiser

Wine tasting and scholarship fundraiser for DFW Trans Kids and Families of Texas from 2-6 p.m. at the Wine Therapist, 1909 Skillman St. Tickets at [Events.Eventzilla.net](http://Events.Eventzilla.net).

### • Jan. 27: DIVA new member clinics

Dallas Independent Volleyball Association holds new member clinic for anyone interested in playing volleyball, learning about volleyball or joining the league from 6:30-9 p.m. at Brookhaven College, 3939 Valley View Lane. [DIVADallas.org](http://DIVADallas.org).

### • Jan. 28: Get Centered tour

Tour Resource Center and learn about its programs from 5-6:30 p.m. at 5750 Cedar Springs Road. [MyResourceCenter.org](http://MyResourceCenter.org).

### • Jan. 28: DIVA new member clinics

Dallas Independent Volleyball Association holds new member clinic for anyone interested in playing volleyball, learning about volleyball or joining the league from 6:30-9 p.m. at Brookhaven College, 3939 Valley View Lane. [DIVADallas.org](http://DIVADallas.org).

### • Jan. 28: Same-sex partner grief group

Grief group for those who have lost a same-sex partner through death from 6:45-8 p.m. at Resource Center, 5750 Cedar Springs Road.

### • Jan. 28: PrimeTimers

Dinner from 7-9 p.m. at Maracas, 2914 Main St. RSVP at 214-218-0912.

### • Jan. 28: Media cultural competency training

Training for local media, journalists and public relations folks with wine and light bites at 5 p.m., Get Centered Mission Tour at 5:30 p.m., LGBT media training at 6:30 p.m. at Resource Center, 5750 Cedar Springs Road. [MyResourceCenter.org](http://MyResourceCenter.org).

### • Jan. 29: DIVA new member clinics

Dallas Independent Volleyball Association holds new member clinic for anyone interested in playing

volleyball, learning about volleyball or joining the league from 6:30-9 p.m. at Brookhaven College, 3939 Valley View Lane. [DIVADallas.org](http://DIVADallas.org).

### • Jan. 31: Business and Community Excellence Awards

Awards luncheon from 11 a.m.-1 p.m. at Renaissance Dallas Hotel, 2222 N. Stemmons Freeway. [LGBTChamber.com](http://LGBTChamber.com).

## FEBRUARY

### • Feb. 1: PrimeTimers

Potluck from 5-9 p.m. at Sean's in Plano. RSVP and address at 214-218-0912.

### • Feb. 4: PrimeTimers

First Tuesday lunch at Golden Corral at 11:30 a.m. 3312 Forest Lane. 214-218-0912.

### • Feb. 6: Casablanca screening

The Texas Theatre presents a pre-Valentine's Day screening of the 1942 Humphrey Bogart-Ingrid Bergman classic Casablanca at 8 p.m. at the Majestic Theatre, 1925 Elm St. Tickets at [prekindle.com](http://prekindle.com).

### • Feb. 6: Brewing Up Business

Develop new business relationships from 8:30-9:30 a.m. at Crickles, 4000 Cedar Springs Road, Suite E. Free to LGBT Chamber members, non-members \$10 in advance, \$20 at the door. [LGBTChamber.com](http://LGBTChamber.com).

### • Feb. 7: Naming the Leper

Christopher Lee Manes, president of Congregation Beth El Binah, reads from his new book of poetry Naming the Leper at 7 p.m. at Half Price Books, 5803 E. Northwest Highway. Free.

### • Feb. 8: Dallas Bears monthly meeting

Monthly membership meeting begins at noon at Cathedral of Hope, 5910 Cedar Springs Road.

### • Feb. 8: PrimeTimers

Brunch and the Perot Museum at 11 a.m. at Mama's Daughter's Diner, 2014 Irving Blvd. 214-218-0912.

### • Feb. 11: Same-sex partner grief group

Grief group for those who have lost a same-sex partner through death from 6:45-8 p.m. at Resource Center, 5750 Cedar Springs Road.

### • Feb. 11: Simply Fondue with the Dallas Bears

A four-course classic from 7-10 p.m. at Simply Fondue, 2108 Greenville Ave.

### • Feb. 12: PrimeTimers

Dinner at 7 p.m. at Fly Fishing, 6126 Luther Lane. Info at 214-218-0912.

### • Feb. 15: Heart On Gaybingo

From 5-9 p.m. at The Rose Room, 3911 Cedar Springs Road. [MyResourceCenter.org](http://MyResourceCenter.org).

### Weekly: Lambda Weekly at 1 p.m.

on Sunday on 89.3 KNON-FM with David Taffet, Lerone Landis and the late Patti Fink with this week's guest **Larry Sanders** author of *Incoming: Memories of a Combat Medic Growing Up Poor Getting Drafted to Vietnam Coming Home and Coming Out*; **Silver Pride Project Coffee and Convo for LGBTQ+ seniors** meets Mondays from 11 a.m.-1 p.m. at Oak Lawn Library, 4100 Cedar Springs Road, Tuesdays from 10 a.m.-1 p.m. at Grauwlyer Park Branch Library, 2146 Gilford St. Wednesdays for Breakfast Club from 10 a.m.-noon at Reverchon Recreation Center, 3505 Maple Ave. and Thursdays for Rainbow Rec from 10 a.m.-noon at Reverchon Recreation Center, 3505 Maple Ave.; **Unwired**

**Group of Crystal Meth Anonymous** meets Sunday at 5:30 p.m., Monday, Wednesday and Friday at 7:30 p.m. and Saturday at 11:30 a.m. at Resource Center, 2701 Reagan St. First Monday is birthday night at 5750 Cedar Springs Road; **Core Group Meeting** every 1st and 3rd Tuesday of the month at 7 p.m.; **Fuse game night** every Monday evening except the last of the month at 8 p.m. at the Fuse space in the 3918 Harry Hines Blvd.; **FuseConnect** every Wednesday from 7 p.m. For more information call or e-mail [Jalenzski@myresourcecenter.org](mailto:Jalenzski@myresourcecenter.org); **LGBT square dancing group Pegasus Squares** meets the second and fourth Sunday from 2-4 p.m. at Grace United Methodist Church, 4105 Junius St.

For more info, email [pegasussquares@gmail.com](mailto:pegasussquares@gmail.com); **Dallas Frontrunners** meet for a walk or run at Oak Lawn Park, near the intersection of Turtle Creek and Hall Street, every Wednesday at 7:15 p.m. and every Saturday at 8:30 a.m.; **Leadership Lambda Toastmasters** practices and develops speaking and leadership skills from 6:30-8 p.m. on Mondays at First Unitarian Church, third floor of the Hallman Building, 4012 St. Andrews; **Thrive**, program of Resource Center for LGBTQ adults 50+ support group every Monday from 11:30 a.m.-1 p.m. followed by free lunch at Resource Center, 5750 Cedar Springs Road; **Lambda AA** meets at noon, 6:30 p.m., 7:45 p.m. and 11 p.m. at St. Thomas the Apostle Church,

6525 Inwood Road. Call 214-267-0222 for details; **LGBT Sex Addicts Anonymous** meets at 6 p.m. every Friday at 1919 Independence St., Room 19, Plano. 972-316-9188 for details; **Leadership Lambda Toastmasters** gay-identified Toastmasters group meets from 6:30-8 p.m. every Monday at the First Unitarian Church, 4015 Normandy Road (does not meet on Mondays that are holidays); **United Black Ellument** hosts discussion on HIV/AIDS in the black community (UBE Connected) at 7 p.m. every fourth Tuesday of the month at 3918 Harry Hines Blvd.; **DVtv in Spayse**, news and entertainment discussion live streaming every Friday, 4-5 p.m., on the Spayse Station YouTube channel.

• **Feb. 15: Love Equality**

An event benefitting Equality Texas is a night of celebration and dancing with drinks and light food from 8-11 p.m. at Seven for Parties, 150 Turtle Creek Blvd. Suite 107. Tickets at [Secure.Everyaction.com](http://Secure.Everyaction.com).

• **Feb. 16: Dallas Bears Teddy Bear Auction**

Auction benefits AIDS Services Dallas. Item drop off begins at 3 p.m. and auction starts at 7 p.m. at the Round-Up Saloon, 3912 Cedar Springs Road.

• **Feb. 17: President's Day**

Honoring our presidents who haven't been impeached.

• **Feb. 19: PrimeTimers**

Brunch at 12:30 p.m. at the Charco Broiler, 413 W. Jefferson Blvd. Info at 214-218-0912.

• **Feb. 21: Toast to Life Sponsor Party**  
[MyResourceCenter.org](http://MyResourceCenter.org).

• **Feb. 21: LGBTQ Global Symposium**

on Equality and Human Rights  
A coalition of Dallas-based organizations presents a symposium on equality and human rights. A diverse group of LGBTQ and ally presenters will highlight Dallas' rich history of moving from openly opposing to vocally championing human rights and equality from 8:30 a.m.-2 p.m. at Southern Methodist University, Tickets at [DFWWorld.org](http://DFWWorld.org).

• **Feb. 22: Turtle Creek Chorale gala**  
Idina Menzel performs at a gala benefiting the Turtle Creek Chorale at 7:30 p.m. at The Statler, 1914 Commerce St. [TurtleCreekChorale.com](http://TurtleCreekChorale.com).

• **Feb. 23: PrimeTimers**  
Games in Plano at 2 p.m. For address and directions call 214-218-0912.

pet of the week / ARCHIE



Meet Archie, a 5-year-old, female terrier mix weighing 15 pounds. She has a scruffy, black-and-white coat, brown eyes and small, floppy ears. She's petite and cute, making her the perfect

lap dog. She can be a little shy around new people and unfamiliar places but is a total sweetheart once she has time to get to know you. She enjoys quiet time, taking it easy and cuddling with people she is close to. She would prefer to go to a calm, laidback home where she won't be overwhelmed with activity. If you're looking for a small pup to join your happy home, she's the one for you.

Archie is waiting for you at the SPCA of Texas' Jan Rees-Jones Animal Care Center in Dallas, 2400 Lone Star Drive (near I-30 and Hampton Road). Hours are noon-6 p.m. Sun-Wed and noon- p.m. Thurs-S. Regular adoption fees are \$150 for puppies and kittens aged 0-6 months and \$75 for adult dogs and cats aged 6 months or older. Fee includes spay/neuter surgery, age-appropriate vaccinations, a heartworm test for dogs six months and older and a FIV/FelV test for cats 4 months and older, initial flea/tick preventative and heartworm preventative, a microchip, 30 days of PetHealth Insurance provided by PetHealth, a free 14-day wellness exam with VCA Animal Hospitals, a rabies tag and a free leash. Call 214-742-SPCA (7722) or visit today.

THE PERFECT VACATION STARTS WITH US!



DESTINATION WEDDINGS AND HONEYMOONS. GAY & LESBIAN CHARTER CRUISES, FAMILY TRAVEL, MILESTONE EVENTS, FESTIVALS AND MORE!

**Robert Hickman**  
Make Your Dream Vacation a Reality!  
469-428-6787

[www.RCHDreamTravel.com](http://www.RCHDreamTravel.com)  
[robert.hickman@cruiseplanners.com](mailto:robert.hickman@cruiseplanners.com)  
[www.facebook.com/RCHDreamTravel](https://www.facebook.com/RCHDreamTravel)  
[www.twitter.com/RCHDreamTravel](https://www.twitter.com/RCHDreamTravel)  
FLST# 39068 • CST# 2034468-50 • HST# TAR-7058 • WAST# 603-399-504

**CRUISE PLANNERS**  
YOUR LAND AND CRUISE EXPERTS

# PET SUPPLIES PLUS<sup>®</sup>

minus the hassle

Show your pet some

# LOVE!



# \$5 off

Any Purchase \$30 or more

Must be a Preferred Pet Club member. Sign up in store today. It's easy. STORE COUPON.

May be redeemed at Pet Supplies Plus only. Must be a Preferred Pet Club member. One coupon per household please. No cash value. No cash back. Not valid on the purchase of gift cards or prior purchases. May not be combined with any other offer. OFFER VALID THRU February 20, 2020. PLU# 81042

20 DFW locations to serve you.  
[petsuppliesplus.com](http://petsuppliesplus.com)

# Fit food fit for a queen

Cody Lynch's Fit Queen Cuisine offers meal prep for fitness-focused folks

**C**ody Lynch just launched his new meal prep service, and it is already taking off. After developing a meal plan and recipes aimed at losing weight and getting

back in shape himself, Lynch said, several of his friends asked if he would do the same for them. And Fit Queen Cuisine was born.

Lynch started out with three or four clients, he said. Then other people started asking him to cook for them, too, and his client list jumped to six or eight. Before he knew it, Lynch had gone from making about 65 meals a week to making about 150 meals a week. And more potential clients are asking about his service all the time. If the business grows any more, he said, he might have to consider hiring some help.

"Working on my own, I can turn out as many as 240 meals a day, but I am really more comfortable at about 60 meals a day," he said.

## A childhood passion

Lynch said his passion for cooking goes back to his childhood when he would spend vacations with his aunt in New Orleans, who taught him how to cook mouth-watering Cajun concoctions. On each visit, he said, she would teach him a new recipe. And when he graduated from high school, she gifted him with a cookbook holding all the recipes she had taught him through the years.

By his mid-20s, Lynch said, he was working as an event coordinator for the company that owned the bar BJ's

NXS, then located on Fitzhugh Avenue at Travis Street. As he juggled an increasingly hectic work schedule, Lynch said he let his personal fitness regimen slide, and before he realized it, he had packed on 80 pounds.

"One day, I really realized how much weight I had gained, and I told myself, ok, I gotta lose these extra pounds," he recalled. So after researching some options, Lynch chose to go with the Whole30 meal plan. While he saw some success with that plan, he said he soon began to find the diet far too restrictive. There are a lot of absolute no-nos with the Whole30 plan — no dairy, no added sugar, no alcohol either to drink or to use in cooking. The plan also forbids all grains, Lynch said.

The Whole30 plan is ranked low among popular diet plans because the restrictions can make it hard to stick with the plan. So Lynch said he started researching a lot of different diet plans, including the higher-ranked Mediterranean style diets and eventually developed his own formula.

With his personally customized diet plan in place, Lynch said, he managed to reach his goal weight — 170 pounds — and maintain that weight over the course of three or four years. It was his friends that noticed his success in losing the weight and keeping it off that were his first clients. Then they recommended him to their friends, and Fit Queen Cuisine came to be.



## How it works

Lynch spends four days a week — every Sunday and Monday and every Wednesday and Thursday — preparing clients' meals. By cooking twice a week rather than preparing a week's worth of meals in advance, he said, he is better able to maintain the freshness and the flavors of the meals he creates.

Each Thursday, Lynch releases his menu for the next week. He offers six different meals a week, picking and choosing each week's offerings from a list of 42 recipe options. Soon, he said, he plans to start adding to the recipe vault, adding a new dish every month or so.

Lynch said that his recipes work for a number of reasons, not the least among them the fact that he always uses fresh ingredients. And while he references those Cajun recipes he learned from his aunt and other dishes too, Lynch recre-

ates that deliciousness in a lower-calorie, healthier form.

He said his recipes use no added sugars and no processed foods, "only fresh and healthy ingredients." He also makes his own sauces and dressings rather than using pre-made, store-bought options.

"I don't use any dairy either," Lynch said. "I just found that it makes my body feel better to go without the dairy. And there are plenty of non-dairy options available. I use cashew milk or light coconut milk. And I make my own 'parmesan' [using a crushed mixture of yeast and seasonings]."

"I have had several clients tell me, 'I never knew eating healthy could taste so good.'"

Lynch's website, FitQueenCuisine.com, details the different plans and options he offers, including the "seven meals for \$75" plan. The website also details all the macros and calorie counts



for the different recipes — none are more than 600 calories — and he will be adding nutritional labels for each recipe soon.

### Fit food and more

Fit Queen Cuisine is not Lynch's only job. He also works as the events coordinator for Legacy Counseling Center and operates Spirit Chic Boputique (an online clothing line of hand-painted "school spirit wear" started by his mother and

taken over by Lynch about seven years ago). He is also involved in community activities, having served on the board of the Dallas Red Foundation, including a stint as president of the board.

"It's really all about helping people," Lynch said. "That's my real passion, helping people in my community. That's why I got involved with Legacy and with Dallas Red Foundation. And that's really my goal with Fit Queen Cuisine. I want to help people lead healthier, happier lives." ■



# Doctor EyeCare

OUTSTANDING SERVICE - MOST INSURANCES ACCEPTED

Award-winning Contact Lens Specialist  
Optometric Glaucoma Specialist  
Therapeutic Optometrist

VERSACE  
HUGO BOSS HUGO BOSS Ray-Ban  
GUCCI  
TOMFORDEYEWEAR  
PORSCHE DESIGN



Dr. Allen B. Safir

4414 Lemmon Ave. at Herschel  
Dallas, TX 75219 • (214) 522-EYES  
www.doctoreyecare.com

**DV TV**  
STUDIOS  
On The Scene

**Watch them**  
@dallasvoice.com

dallasvoice.com  
The Premier Media Source for LGBT Texas

## Discover Your Authentic Self

Serving our LGBT community for more than 25 years. Are you looking to improve your happiness, meaning and purpose? **Let's Dare Together.**

Jimmy G. Owen, LPC-S

Individuals | Couples | Groups

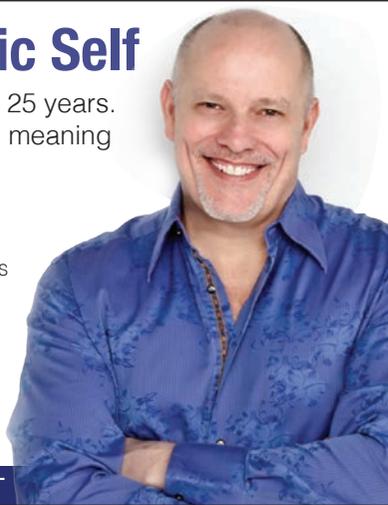
Certified Daring Way™ Facilitator

**jimmyowen.com | 214.546.8852**

jimmy@jimmyowen.com

3838 Oak Lawn Ave., Suite 1000

PSYCHOTHERAPIST





# Eugene Tseng, D.D.S



## Truly Trusted Dental Care

Cosmetic and General Dentistry



3300 Douglas Ave. Ste. A (@ Hall St.) 214.855.0789

Now offering **coolsculpting**

## FREEZE away your fat.

FDA - cleared to treat the flanks (love handles), abdomen, double chin and more.

25% OFF

with the purchase of 2 or more cycles!



BEFORE      AFTER

Actual Advanced Skin Fitness Patient



advanced skin fitness  
LASER & SKIN CARE

Offer expires February 7, 2020  
Not to be combined with other specials or promotions.

Call Today! 214-521-5277

2928 Oak Lawn Ave.  
[advancedskinfitness.com](http://advancedskinfitness.com)



THE PERFECT VACATION STARTS WITH US!



YOUR LAND AND CRUISE EXPERTS

DESTINATION WEDDINGS AND HONEYMOONS. GAY & LESBIAN CHARTER CRUISES, FAMILY TRAVEL, MILESTONE EVENTS, FESTIVALS AND MORE!

## Robert Hickman

Make Your Dream Vacation a Reality!

469-428-6787

www.RCHDreamTravel.com  
robert.hickman@cruiseplanners.com  
www.facebook.com/RCHDreamTravel  
www.twitter.com/RCHDreamTravel

FLST# 39068 • CST# 2034468-50 • HST# TAR-7058 • WAST# 603-399-504

# Doris Miller recognized



A rainbow appears behind U.S. Rep. Eddie Bernice Johnson as she speaks during ceremonies announcing the naming of an aircraft carrier after World War II hero Doris Miller of Waco. (Photo courtesy of the Office of Congresswoman Eddie Bernice Johnson)

EBJ gets aircraft carrier named after her hometown hero

DAVID TAFFET | Senior Staff Writer  
taffet@dallasvoice.com

**R**ep. Eddie Bernice Johnson worked for years to get the Congressional Medal of Honor for Doris "Dorie" Miller, a WWII serviceman from her hometown of Waco. And on Martin Luther King Jr.'s birthday, the Navy announced it would name its next aircraft carrier after him.

Miller was a cook onboard the U.S.S. *West Virginia* in Pearl Harbor when the Japanese attacked on Dec. 7, 1941. He served breakfast that morning and was collecting laundry when his ship was hit by the first of seven torpedoes plus two bombs

Because Miller was black, he was not allowed to handle guns. But when his ship was attacked, he headed for his battle station and saved lives on his ship and on others by his actions. He was awarded the Navy Cross, the third highest award in that branch of the military at

that time. He was the first African-American to receive that award.

Until Franklin Roosevelt's administration, blacks couldn't serve in the military at all. Under FDR, attendant, steward and cook positions were open. Miller enlisted in 1939 at age 19.

When the attack started, Miller heard the call to battle stations. So he raced to the deck. When he got on deck, he heard the captain had been wounded, so he raced to the bridge then carried the captain down to first aid before helping other wounded sailors to safety.

Miller saw an anti-aircraft gun not being used, so he went over to it and began shooting. Although he hadn't been trained on the .50-caliber machine gun, he downed one of the attacking planes. He then continued to rescue other sailors before the ship sank.

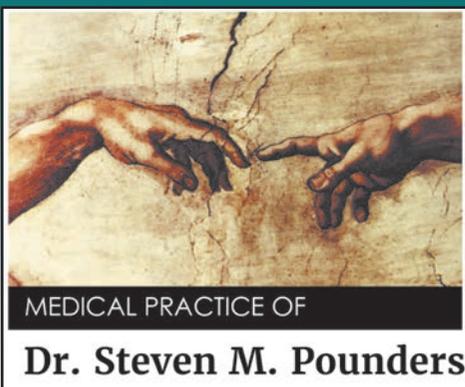
In the film *Pearl Harbor*, Miller was portrayed by Cuba Gooding Jr.

In 1942, Miller was called home to head a war bond tour. He appeared in Waco and Dallas as well as in California. He was also featured in a 1943 U.S. Navy recruiting poster before reporting to the Puget Sound Navy Yard where he was assigned to the escort carrier *U.S.S. Liscomb Bay*.

Proudly serving the DFW LGBTQ community  
with over **30 years** of hands-on experience



**Erin Simms, FNP-C / Steven M. Pounders, MD / Chad Nyland, DO  
D. Trew Deckard, PA-C, MHS / Cameron Wyatt, FNP-C / Chad Crager, FNP-C**



**PRIMARY CARE  
HIV SPECIALISTS  
GENDER AFFIRMATION  
COSMETIC PROCEDURES**  
Concierge Medicine offered  
by Steven M. Pounders, MD

**ASK  
ABOUT  
PrEP!**

**GIVE US A CALL TODAY TO SCHEDULE YOUR APPOINTMENT!**

**214.520.8833 / 3500 Oak Lawn, Ste. 600 / DrPounders.com**

# Vote for Democrat Shawn Terry

for State House  
District 108



VICTORY  
FUND

ENDORSEE  
2020

**Shawn is proud to stand with the LGBTQIA community.  
He's supported by:**

John Adams  
Jesus Aguilar  
Denis Alexander  
Alex Amby, M.D.  
David Andrews  
J.D. Angle  
Michael Anglin  
Desiree Asher  
John Atkins  
Steve Atkinson  
William Baker  
Ryan Barker  
Scott Bates  
Bobby Bisor  
Phil Boustani  
David Brehm, M.D.  
Justin Bundick  
Joel Burns  
Nancy Caldwell  
Bryan Carr  
Chris Champion  
Jason Clark  
Harry Clark  
Lee Cobb  
Blair Conley  
Terry Connor  
Ernie Cote  
Morgan Cox  
Giles Davidson  
Roberto De La Cruz, M.D.  
Jim DiMarino  
Wesley Dowden  
Ferrell Drum  
Kurt Eagleman  
Michael Eitel  
TJ Engstrom  
Julian Escobar-Verhoeven  
Pieter Escobar-Verhoeven  
Anne Fay  
Ky Fiser  
Zach Fountain-Metz  
Don Gaiser

Tim Garippa  
Pam Gerber  
Jonathan Geter  
Wade Gibson  
Stephen Gilhooly  
Jose Gomez, M.D.  
David Gonzalez  
Steve Gonzalez  
Julio Gonzalez  
Nick Goodwin  
Scott Gray  
Troy Greenstreet  
Anabelle Gutierrez  
Dolph Haas  
Derek Haas, M.D.  
Trent Hagler  
Robert Hallam  
Faisal Halum  
Jason Hanna  
Thom Hanson  
Jim Harrison  
Jeremy Hawpe  
Paul Hayter  
Chris Heinbaugh  
Chris Hendlar  
Kathy Hewitt  
Alex Hicks  
Derrall Hill  
Jon Hodge  
Craig Holcomb  
Tom Holden  
Paul Hollowell  
Mark Hopper  
Tino Jalomo  
Eric Johnson  
Jim Jones  
Scott Kahle  
Michael Kaufman  
David Kelley  
Ted Kincaid  
Jon Langbert  
Bradley Laye

Richard Layman, M.D.  
Mark Ledoux, M.D.  
Stewart Lee  
Stephen Lewis  
Terry Loftis  
Scott Lohmann  
Bryan Loving  
David Lumbley  
Francis Luttmmer  
Enrique Macgregor  
Kevin Mackenroth  
Chris Matta  
Josh Mayer  
Joe McClaran, M.D.  
John McGill  
Jason Mitchell  
Erik Moss  
Zach Mueller  
Phillip Murrell  
Stephen Myers  
Mark Niermann  
Phillip Nirchi  
Nick Nusrallah  
Alex O'Donnell  
Dow O'Neal  
Jimmy O'Reilly  
Jay Oppenheimer  
Bill Orenic  
Shayom Ortiz, M.D.  
Joe Pacetti  
Mark Parker, M.D.  
Larry Pease  
Lucilo Pena  
Paul Polanco  
Keith Pomykal  
Stephen Pounders, M.D.  
Scot Presley  
Scott Pusillo  
Matt Ramirez  
Ralph Randall  
Steven Rayl  
Chris Reed

Jim Reis  
Mario Reyes  
Nick Rice  
Michael Richardson  
Joe Riggs  
Nate Robbins  
Shayne Robinson  
Worth Ross  
Steven Safra  
Noel Santini, M.D.  
Cathi Scalise  
Ted Schweitzer  
Jordan Schwertner  
Ray Scott  
Danny Shidid  
Tulio Silva  
Ethan Skinner  
Suzanne Slonim, M.D.  
Andy Smith  
Roman Smith  
Cade Stephens  
Greg Swalwell  
Wesley Taylor  
Jeff Thomas  
Cody Titensor  
Lem Van Croft  
Jaime Vasquez, M.D.  
Michael Veale  
Vaughn Vennerbert  
Paul Von Wupperfeld  
Dan Waldmann  
Geoff Walker, M.D.  
Durward Watson  
Chad West  
Matt Wilkerson  
Kay Wilkins  
Mike Williams  
David Wyrick  
Dan Zale

PAID FOR BY SHAWN FOR TEXAS

# Nearly 2 years, no progress

Irving ISD refuses to respond  
to continued LGBT book  
censorship

ANNA WAUGH | Special Contributor  
annamwaugh@gmail.com



**Anna Waugh**  
Contributing Columnist

Staff at the Irving Independent School District have gone silent regarding an incident of censorship that started nearly two years ago with removing books and banning them from the district curriculum and continues to this day with bookmarked pages district leadership deem inappropriate for high school students to consume.

Yet in the work Carol Revelle and I have done since this, it's become clear through reflection and introspection that blind loyalty to a district and fear of speaking out and facing termination are factors in remaining silent about censorship, especially when LGBT titles are still considered controversial by many in leadership.

It started in March 2018 when two teachers — Revelle and I — planned a graphic novel unit around social justice with four other English I teachers at Irving High School. The graphic novels chosen covered topics of poverty, the prison industrial complex, bullying, sexual assault and civil and LGBT rights. It included *Maus* by Art Spiegelman, *Speak* by Laurie Halse Anderson, *Monster* by Walter Dean Myers, *Hidden* by Loïc Dauvillier, *In Real Life* by Cory Doctorow and Jen Wang, *March* by John Lewis, and *Love is Love* edited by Marc Andreyko.

Revelle and I feared *Love is Love* would cause issues because it featured the LGBT community, an area where many books face banning and challenges according to the American Library Association, which tracks censorship.

As an openly LGBT educator, I felt ashamed that I had questioned the graphic novel's inclusion in the unit, be-

cause it is important for LGBT students to learn about their history. *Love is Love* is a graphic novel anthology featuring themat-

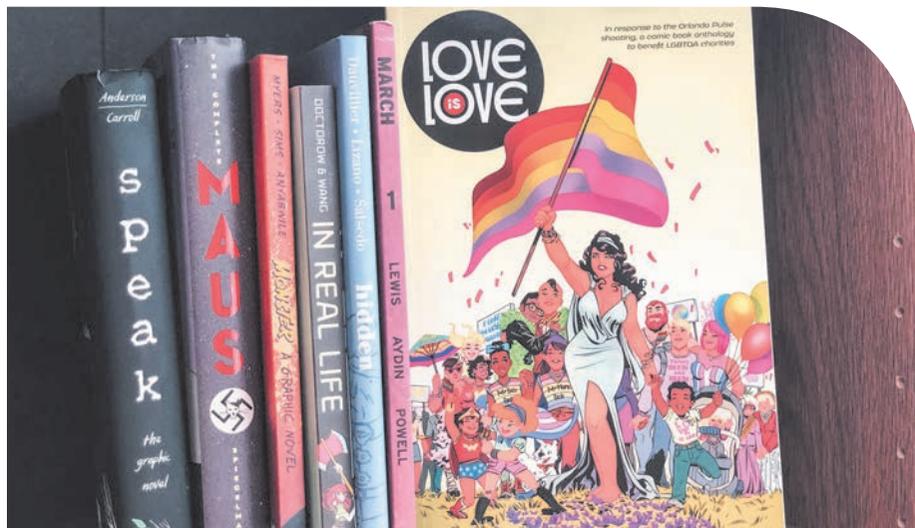
ically linked panels about love, acceptance and healing created after the 2016 mass shooting at Pulse nightclub in Orlando that left 49 dead and 53 injured.

After the funds for the project were secured through a grant by the Irving Schools Foundation, the books were ordered. Only after the books were received and we were covering the paperback books so they would last longer did the principal enter our meeting to inform the English I team that there had been a complaint and that the books would be removed.

This was two days before the unit was set to begin in late April 2018. At the end of the school year, the principal sat down with Revelle and me to inform us that the committee, comprised mostly of librarians (committee list provided at Resource Center Dallas' request) had decided based on the facts that it had no formal reviews, was in paperback-only format and had "mature content" that *Love is Love* would not be used.

Yet rumors circulated around central office, the curriculum staff talked about it being "the gay book," and even one of Irving High School's then-librarians referred to its "extreme homosexuality" as being the mature content the committee took issue with, as she had spoken to librarian friends who had served on the committee. The content was the reason the Irving High librarian said she wouldn't put it in the school library.

In July of 2019, Irving High teacher Cecelia Holden reached out to Book Riot after the site picked up the Dallas Voice



article about the ban. She told them the books were returned to teachers' classrooms for students to read "on their own time," confirming that the graphic novel set was still prohibited from the district curriculum. She claimed the violent images were what made Love is Love and other graphic novels "bookmarked" for their content.

"All of the graphic novels were returned from being reviewed with bookmarked pages of inappropriate images or text. What caused Love is Love to be removed from the curriculum was the GRAPHIC violence depicted at the Pulse shooting. Monster was flagged for language, Speak for sexual content," Holden told Book Riot.

Yet in meetings with the principal, and when I reached out to Resource Center's Rafael McDonnell and he met with state Rep. Rafael Anchia, former Irving ISD superintendent Dr. Parra, and Irving ISD's legal counsel, that's the only book that was discussed for censoring and eventual banning, as the legal counsel explained in a letter stating that the Love is Love books had been returned.

But according to Holden, the books remained.

Holden's use of the term "graphic" violence is not only confusing, it's disturbing. Revelle and I combed through that novel dozens of times to find any inappropriate or questionable material. What we found were a few images that were geared toward mature readers, which the novel's back cover suggests. High school students fall under this category.

There's an image of a bloody couple, still clinging onto each other as the police drape a sheet over them; images of Batman walking through the Pulse aftermath wondering how anyone can stop the hatred that caused the shooting (pictured).

These images were simplistic and more representational than graphic. Other images celebrated love and the diversity of the LGBT community while a few panels use the word "faggot" as a way to teach readers how not to use hateful language.

The images in the text detail a horribly tragic and shocking event where hatred once again caused. Those in the LGBT community to fear for their safety and seek healing.

Holden did not respond to a message on Facebook asking her to clarify her comments. Therefore questions still linger, such as the ones I emailed to Nicole Mansell, Irving ISD's executive director of communications and marketing, in September.

The questions I posed were: Why were the books initially removed? Which books are bookmarked or flagged? What do these flags look like? Are pages removed? What was the reasoning behind the bookmarking or flagging? When and why was the decision made to return the books for in-class choice reading only? Could the graphic novels be added to the curriculum in the future? Why or why not? What specific panels are graphically violent in Love is Love?

Mansell had previously sent a statement to Yahoo Lifestyle about the story, denying any books were "banned" and claiming no "recommendations were ever made to pull, ban or censor any books" by the "district librarians." This is untrue.

I emailed Mansell the questions listed above in September and sent a follow-up email again at the end of September. She never responded.

Magda Hernández was named Irving ISD superintendent in December of 2018. After Mansell did not respond to two separate emails, I emailed Hernández

PROGRESS, Page 16



# IMMIGRATION

Same-sex Couples and Individuals  
Green Cards ♦ Fiancé Visas ♦ Citizenship Waivers ♦ Appeals ♦ Deportation Defense

## OLINGER LAW, PLLC

### LYNN S. OLINGER

Board Certified Immigration Law Specialist  
Serving the LGBT community for 15+ years  
214.396.9090  
www.lsolaw.com



# INCOME TAX RETURNS



## RON ALLEN CPA, PC

- Former IRS Agent/ IRS Negotiations
- Individual and Business Tax Returns
- Same-Sex Marriage Issues
- QuickBooks Pro Advisor On Staff
- First Consultation Free
- Certified Public Accountant



2909 Cole Ave. Suite 119 • Dallas, TX 75204  
214.954.0042  
ron@ronallencpa.com • www.ronallencpa.com

# SIZE matters!




How **BIG** is your Social Media Footprint?  
Let us help you achieve **RESULTS** with Social Media Management!

dallasvoice  
The Premier Media Source for LGBT Texas

**Stephen Mobley - Social Media Manager**  
214.754.8710 - dallasvoice.com/social-media-management-services



# Reach local LGBT communities **across the nation.**

Start connecting with over a million loyal readers  
in print and online across the country.

212-242-6863

[info@nationallgbtmediaassociation.com](mailto:info@nationallgbtmediaassociation.com)

[www.nationallgbtmediaassociation.com](http://www.nationallgbtmediaassociation.com)



*THE* BAY AREA REPORTER

BAY WINDOWS

**BTL**  
Between Lines

dallasvoice  
The Premier Media Source for LGBT Texas

Gay City NEWS

blade

pgn  
LGBT NEWS SINCE 1979

SFGN

GEORGIA  
VOICE  
LGBT NEWS SINCE 1979

blade

watermark  
LGBT NEWS SINCE 1979

WINDY  
TIMES

Atlanta | Boston | Chicago | Dallas/ Ft Worth | Detroit | Los Angeles | Miami/ Ft Lauderdale | New York | Orlando/Tampa Bay | Philadelphia | San Francisco | Washington DC

# 'Deeply worrisome'

SCOTUS agrees to hear 2 cases that could impact LGBTQ health care

LISA KEEN | Keen News Service  
lisakeen@mac.com

In a move that LGBT legal activists see as "deeply worrisome," the U.S. Supreme Court on Jan. 17 said it will review two appeals in which the Trump administration is seeking to make it much easier for employers to exclude health insurance coverage for some medical procedures by saying such procedures violate their religious beliefs or moral conscience.

The cases, *Trump v. Pennsylvania* and *Little Sisters v. Pennsylvania*, originated as lawsuits by a wide variety of groups to stop new Trump administration regulations around the Affordable Care Act. Original ACA rules required most employers to include full coverage for certain preventive care, such as contraception. The ACA excluded churches from the requirement, and a later Supreme Court ruling, in *Hobby Lobby v. Burwell*, extended that exemption to corporations owned and operated by families.

But the new Trump regulations pro-

pose to extend exemptions to "conscience-based," religious and moral objections to a larger, more wide-ranging variety of employers.

"The Trump rules set the stage for targeted, discriminatory exclusions of insurance coverage for reproductive care, gender transition care and family health benefits for workers with a same-sex spouse, among other things about which an employer might claim a religious objection," said Jenny Pizer, senior counsel at Lambda Legal.

Pizer characterized as "deeply worrisome" the Trump regulations' "effec-

tively limitless religious exemptions."

The Supreme Court consolidated both cases out of Pennsylvania, both of which were lost by the Trump administration at the Third Circuit U.S. Court of the Appeals, where a panel upheld a national injunction issued by the district court to stop the new Trump regulations from taking effect.

The regulations sought to enable a wide array of employers to deny coverage for procedures, by saying they have "conscience-based," religious, or moral objections.

The National Center for Lesbian Rights and GLBTQ Legal Advocates and Defenders (GLAD) joined other civil rights groups in a brief at the appeals court level. They argued the Trump regulations would provide an exemption to "nearly every employer or university with a religious or moral objection from complying."

**WORRISOME**, Page 19



Maura Healey

**ARE YOU PrEP'D?**

**ONE PILL A DAY CAN PROTECT YOU AGAINST HIV.**

**FIND OUT IF PrEP IS RIGHT FOR YOU.**

@huy\_see

**PrISM Health**  
NORTH TEXAS

New Oak Lawn Center  
2801 Lemmon Avenue, Suite 200, Dallas, TX 75204  
469.687.3200 [dallasprep.com](http://dallasprep.com)



# PROGRESS

From Page 13

dez directly to inquire about the banning and marked pages in October. She also did not reply.

“Based on the summary provided by the review committee and a letter provided by the district council, it was determined by previous district leadership that the books would not be required reading,” yet the statement Holden sent to Yahoo Lifestyle states, “[H]owever, all the books, including Love is Love were

made available for student self-selection in the teacher’s classrooms during the 2018-2019 academic year and remain accessible.”

Mansell’s concern seems misplaced, as if the censoring occurred in the library and not the classroom, mentioning in the statement that there are 1,500 LGBT books in the district. Her statement ended with “No recommendations were ever made to pull, ban or censor any

books by the Irving ISD Library Services department or any Irving ISD librarian. Irving ISD is a forward thinking, inclusive district where all student voices are represented.”

This is untrue. It is a lie. That “review committee,” as Mansell calls it in the statement, consisted of these people: the division director of curriculum and instruction, the director of digital learning and learning resources, the library services coordinator with 18 years as a librarian and a high school librarian with 13 years of librarian experience.



So librarians were involved in the banning texts from a classroom curriculum, which is somehow justified because the materials would still be available for students to independently find and read as choice reading. But still they supported the curriculum ban.

Their fear of reprisals or fear of taking a stand to fight for the book is inexcusable. As a masters of library science student, I am ashamed I worked for a district where this happened.

One of my professors called librarianship a radical procession during my first semester. And that has stuck with me in times when I have wondered about how these librarians could lend their voices to the suppression of ideas and views for all by supporting the censorship, now about more books than Love is Love. They failed not only students, they failed the profession.

Revelle and I fought the ban once we secured other jobs, making a formal fight with the Comic Book Legal Defence League impossible. But we used the experience to continue to find answers. Now that the district has gone silent, it’s clear that nothing will change unless more voices speak up.

After this incident a new curriculum policy was created to include a six-week review process with an application to get a book on the district’s approved list instead of allowing teachers to use their judgment as professionals in their field to choose books and texts for the unique needs of the students in their classes. This is a lasting effect from this graphic novel censorship event.

So it is no wonder there are no return emails; there is simply too much damage control to be done. It’s better to simply stay quiet and hope everyone forgets about the poorly-handled censorship that revealed the district’s bias.

Because it is censoring. Censoring

PROGRESS, Next Page



Providing comprehensive and compassionate medical care to the LGBT community for more than 35 Years!



David M. Lee, M.D.

Marc A. Tribble, M.D.

Donald A. Graneto, M.D.

Eric Klappholz, NP

Peter Triporo, NP

Jason Vercher, PA-C

Vanessa Bludau, NP

William Hays, MD, ATC, LAT

Ismail Boodhwani, FNP-C

**BEST General Practitioner  
6 Years in a Row!  
BEST Medical Group Practice  
BEST HIV Specialists**

**Uptown Physicians Group**

Uptown Tower

4144 N. Central Expressway, Suite 750

214-303-1033

[www.UptownDocs.com](http://www.UptownDocs.com)

Comprehensive  
HIV/AIDS management

STD testing and treatment

PrEP counseling and treatment

General adult medical care

Cosmetic - BOTOX®  
and JUVÉDERM®



Dr. Marc Tribble and Dr. Donald Graneto named to D Magazine's Best Doctors in Dallas for 2017 in Infectious Disease and Family Medicine respectively.



Peter Triporo, NP named Top 10 in 2018 America's Top Nurse Practitioner Awards presented by Point of Care Network



Voted 2019 Readers Voice Awards  
BEST Medical Group Practice  
BEST HIV Specialists  
and Dr. David Lee,  
BEST General Practitioner



## PROGRESS

From previous Page

about a repulsive night of anti-LGBT and anti-Hispanic hate as the shooter targeted the clubgoers specifically on Latin Night. When we censor, we lose our ability to transfer the coverage we see on the news to the devastating pain, sadness and eventual healing that art inspires.

While Irving ISD is behind the times, the city of Irving is moving forward: The city of Irving scored a 32 on the Human Rights Campaign's 2018 Municipal Equality Index, which rates various cities in each state on inclusive policies and leadership positions, such as having an LGBT police liaison. That was a considerable improvement over the score of six the city had received previous year and the zero it scored back in 2015.

Rafael McDonnell worked with the city to get some protections put into place, such as its LGBT city and police liaisons. It's now the only suburb in North Texas



## MILLER

From Page 10

Waco has honored its hometown hero by naming a city recreation center, a YMCA, a cemetery and an elementary school after him.

Before Johnson entered Congress in 1993, Reps. Jake Pickle, Barbara Jordan, Mickey Leland and Craig Washington worked to honor Miller with the Congressional Medal of Honor. In March 2015, Johnson re-introduced a piece of legislation to grant him the award.

He never was awarded that Congressional Medal of Honor. But on Monday, Jan. 20, acting Secretary of the Navy Thomas Modly and Rep. Johnson announced Miller would be the first African-American to have an aircraft carrier named after him.

"The sacrifice and patriotism of heroes like Doris Miller inspired me to pursue public service," Johnson said. "Though he is deserving of even higher official recognition, including the Medal of Honor, the announcement of the naming of this vessel on Martin Luther King Day could not be more fitting."

Miller went missing in action in November 1943 during the Battle of Makin when his ship was sunk by a Japanese submarine. Of 900 people on his ship, only 272 survived, and a year later Miller was listed as presumed dead. ■

with an LGBT police liaison. And the city itself has an inclusive nondiscrimination policy for city employees.

When McDonnell met with city leaders, he said they appeared embarrassed to not have the protections in place, adding that while the city is moving forward, the school district needs to follow suit. So while school leaders view the district as conservative, in actuality, the district's city is becoming more open and accepting while the school district lags behind, refusing to work with McDonnell and add LGBT-inclusive protections

for students since they are not covered at the federal level.

As a new decade has just begun, we are reminded that we just ended a decade in which more than half of the 10 deadliest shootings in United States history took place, according to CNN, the Pulse shooting being among them. Not only are the rights of LGBT people expanding, so is the hate. And to not allow students to fully reflect and absorb the effects of that violence may hinder their development into accepting, empathetic adults.

To fight the continued censorship, stu-

dents, parents, staff and faculty and city of Irving residents can contact the school board members and insist on more LGBT representation in the curriculum and request a change to the policy that ties the hands of teachers that want to make LGBT texts a part of their curriculum.

To view copies of the literature review or legal counsel letter, visit [DallasVoice.com](http://DallasVoice.com). ■

*Anna Waugh is a lesbian high school English teacher in DFW and is a masters of library science student at Texas Woman's University. She can be reached at [annam-waugh@gmail.com](mailto:annam-waugh@gmail.com).*

## WELCOME TO — THE NEW AGE — OF ANTI-AGING



10-time Readers Voice Award Winner



## Cosmetic Procedures Offered

### Laser Peel

If you're not ready for a full facelift and creams & lotions are not working, then laser is for you. Achieve complete skin rejuvenation using advanced multiple laser technologies in just 60 days.

### Microdermabrasion, Peels & Facials

Reverse the signs of aging and ensure your own radiant skin continues to shine. These procedures can revitalize your skin with little to no downtime.

### Laser Hair Removal

We provide a safe and effective way of removing hair with non-invasive laser technology. Packages are available.

4144 N. Central Expressway, Ste. 855, Dallas  
214.303.1102 | [uptownderm.com](http://uptownderm.com)

administration

Leo Cusimano Publisher ■ 114

editorial

Tammye Nash Managing Editor ■ 113

Arnold Wayne Jones Executive Editor Life+Style ■ 129

David Taffet Senior Staff Writer ■ 125

Philip Burton Proofreader

**Contributors:** Chris Azzopardi, Gary Bellomy, Jenny Block, J. Denton Bricker, Alicia Chang, D'Anne Witowski, Lawrence Ferber, Hardy Haberman, Scott Huffman, Lisa Keen, Mark Lowry, Joey Moreno, Cassie Nova, Josh Robbins, Mikey Rox, Howard Lewis Russell, James Russell,

Terri Schlichenmeyer, Leslie McMurray, Mathew Shaw,

Brandi Amara Skyy, Mark Stokes, Jef Tingley, Casey Williams

**Photographers:** Chuck Marcelo, Cassie Quinn

**Intern:** John McClanahan

advertising

Chad Mantooth Advertising Director ■ 131

Nicholas Gonzalez Advertising Account Rep. ■ 115

Stephen Mobley MarketPlace Sales ■ 123

**National Advertising Representative**

Rivendell Media Inc. 908-232-2021

art

Kevin Thomas Art Director ■ 119

Shawn Weston Graphic Designer ■ 132

multimedia

Stephen Mobley Social Media Director ■ 123

Brian Kennedy Video Producer

Israel Luna Video Producer/DVtv host

Brad Pritchett DVtv Host

Brandi Amara Skyy DVtv Host

Regina Lyn

circulation

Linda Depriter Circulation Director ■ 120

founders

Robert Moore ■ Don Ritz

affiliations/memberships

Associated Press - Associate Member

National Gay and Lesbian Journalists Association

Certified LGBT Business Enterprise

Founding Member - North Texas GLBT Chamber

Founding Member - National LGBT Media Association



© 2019 Voice Publishing Company, Inc. All rights reserved. Reprint rights are available only by written consent of the publisher or managing editor.

Dallas Voice is published every Friday. Additional copies may be purchased for \$1 each, payable in advance at the Dallas Voice office. Dallas Voice may be distributed only by Dallas Voice authorized independent contractors or distributors. No person may, without prior written permission of Voice Publishing, take more than one copy of each Dallas Voice weekly issue.

Subscriptions via First Class Mail are available: Three months (13 consecutive issues), \$65. Six months (26 consecutive issues), \$85. One year (52 consecutive issues), \$130. Contact Dallas Voice at 214-754-8710 x123.

Paid advertising copy represents the claim(s) of the advertiser. Bring inappropriate claims to the attention of the publisher. Dallas Voice reserves the right to enforce its own judgments regarding the suitability of advertising copy, illustrations and/or photographs.

Unsolicited manuscripts are accepted by email only. To obtain a copy of our guidelines for contributors, send a request by email to editor@dallasvoice.com.

■ commUNITYvoices

Putting out the Trumpster fire

In this season of fires in the southern hemisphere, I am reminded of the one we have burning right here in our country. It has a name, and that name is Donald Trump. And he is systematically burning his way through every moral tenant our nation has held dear. He is, like a wildfire, out of control.

I am also reminded of ways wildfires can be effectively fought. Of course, the most obvious weapon against fire is water. Dousing a fire with enough water will have the desired results. While dousing Donald Trump with water is not an option, we could try to soak him with truth, logic, morality.

Still, my suspicion is that none of that will work. Trump has already shown that he has a very sketchy relationship with morals and truth, so most likely trying to use those against him would have little effect.

Another very effective way to fight fires is to remove what's fueling it. Cutting fire breaks can often limit the damage a fire can cause. With regard to the Trumpster fire, voting him out of office would remove the fuel. Unfortunately that will take many months, and there is no guarantee we will get a fair election this time either.

The perfect way to stop a fire is to deprive it of oxygen. Fire is, simply put, a very rapid oxidation of a material; without oxygen that can't occur.

When it comes to Trump, his oxygen is notoriety. He is a narcissist and as such thrives on being the center of attention. The presidency is the perfect place from his point of view in that every move a



Hardy Haberman  
Flagging Left

president makes, every word a president says is news and thus gets attention.

Add to this Trump's instinctive tactics to garner at-

tention, and you have an out of control narcissist in a very dangerous position of power.

So how do we starve this fire of oxygen?

We can begin by slowing down the amplification of every morally bereft statement or act the man makes. There is nothing to be gained by broadcasting his latest tweet or outrageous statement all over social media. All it does is feed his ego and fan the flames. It also infuriates his cult-like followers, who are never outraged by his behavior, instead finding it the perfectly "refreshing" antidote to the "political correctness" they rail against.

For anyone who is seriously opposed to Trump and his politics, the rebroadcasting of his outrageous behaviors only reinforces the already obvious fact that he is morally bankrupt and a danger to the entire world. Frankly, if you don't already know that, no amount of information is going to change your

mind. And splashing his latest tantrum across social media only gives him the oxygen he needs to keep going.

Though he might not see your posts or your friends's posts, he does watch polls and trends, and as long as his name is running high in the ratings, good or bad, he is happy.

There is no new information regarding Donald Trump. He is a one trick pony; his tweets and chopper-talk press appearances are all designed to do one thing: focus cameras and microphones on Trump.

So why give him more of what he wants? It's not like he is going to do anything surprising. He will continue to dismantle our freedoms, attack the bedrock morals of society and lie — lie a lot.

I could successfully make up tomorrow's headlines simply by imagining how low he could go. I would have a high probability of predicting him correctly, and, frankly, so would everyone else.

It's time to starve the Trumpster fire of its oxygen. Stop feeding the flames on social media and start doing something to make sure he is doused in November.

Get out and work for a candidate to defeat him. Start working to make the world a better place. Start living your life openly and freely and without the cloud of Trump's smoke hanging over your head. You will find it a lot easier to breath.

Hardy Haberman is a longtime local LGBT activist and a board member of the Woodhull Freedom Alliance. His blog is at [Dungeon-Diary.blogspot.com](http://Dungeon-Diary.blogspot.com)



# Political activism matters now more than ever.



If we want change — real change — within our nation, our local communities and even within the LGBTQIA+ experience, it requires real individuals to stand up, be heard and be the impetus for agendas to move forward.

It's a simple request and demand: We want to be heard!

But being heard is harder than ever before in our nation, it seems, because there are so many different groups and movements that are speaking out. From women's rights to immigrant rights to rallies wanting equality for human rights — the sheer volume can feel overwhelming.

Sure, we all can make a lot of noise. But that doesn't mean that we are actually being heard.

For me, I want to be heard in my healthcare experiences. I want the healthcare delivered to me to be personal, designed specifically for me — the exact opposite of community-wide healthcare. And I want my healthcare providers to understand my journey and react specifically to the needs that I have on my journey.

I don't want to be a statistic anymore, and I couldn't care less about in what risk pool I've previously been placed or grouped. Sometimes the labels and words — like "MSM" (men who have



**Josh Robbins**  
Contributing Columnist

sex with men) and "high risk" (sexually) — completely veil my identity within my own health.

And it isn't okay anymore.

I am an individual

first, and my healthcare needs to be mine. I want to be heard.

As a cisgender white male, I have substantial privilege, obviously. I completely accept that as neither my fault nor my reward. I cannot affect it. I recognize it, however.

But as an HIV-positive queer trying to navigate healthcare, at times I feel I am losing. I have yet to find health equity — and I'm putting in the work.

More times than not, I believe that lack of understanding of the LGBTQIA+ experience by my healthcare providers is the beginning of the concerns. For me, I am already on the defensive with a new provider as I attempt to explain or recognize whether they are queer-friendly.

That is precisely why I am so supporting of the #WeNeedAButton campaign that is calling for patient-matching websites to include an identifier for queer-friendly medical providers. The simple identification of these providers will reduce the anxiety that I experience from the onset of a medical appointment.

As much as we are told to stand up and fight for social issues, to rise up and speak against inequalities and to do the important work to bring justice and equity to all people, I realize that each of us has the right and need to be heard as an individual in our own personal healthcare — because so much of it happens behind closed doors. The quest to find queer-friendly providers is an important first step in reaching this goal.

We want to be heard. We should be heard.

Let's fight to make it happen. Join me in supporting the #WeNeedAButton campaign and share your healthcare story as an LGBTQIA+ individual.

The time is now! ■

*Josh Robbins is a spokesperson for Dating.com Group, an award-winning sexual health advocate, and author of the site imstilljosh.com. He was nominated for a GLAAD media award in 2017 and recently won the National Lesbian and Gay Journalist Association's Excellence Award in the blogging category.*



## WORRISOME

From Page 15

The Trump administration's petition to the Supreme Court argued that the administration was trying to resolve lawsuits brought by "many employers" who have religious and moral objections to certain coverage. The administration claimed the federal Religious Freedom Restoration Act requires its proposed regulations.

The RFRA says the federal government may not "substantially burden a person's free exercise of religion without demonstrating a compelling interest in doing so."

But openly lesbian Massachusetts Attorney General Maura Healey led a brief at the district court level, saying states have a compelling interest in "protecting the health, well-being and economic security of their residents."

The brief was joined by California, New York, Michigan, Illinois, 15 other states and the District of Columbia.

Healey, who is expected to lead a brief on the Supreme Court appeal, too, said her office would "urge the Supreme Court to protect access to no-cost contraception for women across the country."

"We will keep fighting for equality and do everything we can to protect personal health care decisions," she said.

Pizer said that Lambda Legal has warned "from the beginning the dangers for LGBTQ and HIV-positive people, and others, of the religious exemption arguments pressed by employers... We believe the Third Circuit gave proper answers to these questions and was on solid legal ground when blocking the Trump administration from enforcing its outrageous rules."

These two cases will likely be argued in March, with decisions coming out in June. LGBT legal activists also expect the Supreme Court to rule in June — though it could rule sooner — on whether Title VII of the Civil Rights Act prohibits discrimination against employees because of sexual orientation or gender identity. The justices heard oral arguments in October and are expected to issue two opinions on those matters, probably in late June, when the 2019-20 session ends. ■

© 2020 Keen News Service. All rights reserved.



Roberto Alvarez, left, practices yoga alongside students Tim Lewis, Robert Elorduy and Demetres Hunter. (Photography by Arnold Wayne Jones)

# Om naturel

Leave your anxiety, your ego and your clothes at the door for Radical Yoga

**RICH LOPEZ** | Contributing Writer  
richlopezwrites@gmail.com

For some queer men, it might be a fantasy to strip off all their clothes and writhe around with a bunch of other men. At Radical Yoga, that's just a weekly thing.

But get your mind out of the gutter. It's not like that.

Roberto Alvarez Jr.'s studio, inside the Vigor Massage space in East Dallas, is a place where those who are comfortable out of clothes can get their stretch on. But he also wants to provide a safe space for those with some trepidation and curiosity. Ultimately, everyone has his own reasons.

"There are a few things that lead people here," Alvarez says. "They are either trying to recover from something or do something new. Some try it to be adventurous or just meet new people. But there is space for everybody."

Alvarez, 29, started his classes in 2017 under the studio's first moniker Naked Yoga Dallas. He's revamped his studio to Radical Yoga with its first class, held just last week. Plus, the name seemed a better fit.

"Being naked is a form of being radical. It's more than just taking off your clothes; it's the symbolism in layers we have on ourselves," he explains.

OK, but why yoga in the nude in the first place? The reason goes back to

Alvarez's college days.

Yoga was part of Alvarez's curriculum while studying dance in college. His interest grew when he pursued his masters at Texas Woman's University, which also came in handy for another reason.

"Grad school was stressful! I was crying most of the time, so yoga kept me centered," he says. "But that helped me learn that yoga was not just for the body but also the mind. And then I did my first naked yoga in Austin where I saw men of all different ages and sizes forming community."

The experience ended up being a profound one for Alvarez. He explains that he learned much about himself in many ways including understanding his own sexuality. Being naked, for him, stripped away more than just clothes, and he wanted others to know the same experience.

"So sure, clothes may get in the way, especially when they get sweaty, but when we just wear ourselves — especially as gay or queer men — to confront our bodies is a big thing."

Gay culture is bombarded by images of ideal physiques, but gay men are also shamed about their bodies by society, religion and family, according to Alvarez. He sees the act of just removing

clothes in this setting as healing.

"Firstly, the world doesn't end," he says. "Men will say they can't do it. I get that. Whatever trauma tells them that, I reassure them that we're all just doing our best, and that we're all in this together."

But there is one important question that just can't be ignored, because the reality simply that is a boner might just join in on the yoga session. It's a question Alvarez confronts so often that he's put it on his website.

*What happens if I get aroused?*

*Nothing. It might be your body's natural response in this space — and that's nothing to be ashamed of.*

If anything, he flips the script on that whole situation.

"It's a response from sensations in the body, and maybe on some level a projection, and that's OK. I think we are afraid of who we are sometimes. Instead, it's what you do with that feeling. Being aroused is a powerful form of energy, but no one taught us how to use that energy. As a tantric experience, embracing that can release some level of shame," he says.

Alvarez teaches three types of yoga: hatha, vinyasa flow and yin. He intends

# Going (un)mental



## 5 health benefits of psychotherapy

**ARNOLD WAYNE JONES** | Executive Editor  
jones@dallasvoice.com

**W**hen we talk about “staying healthy,” most of us, especially in the gay community, think about exercise, diet and mastering good habits like quitting smoking. But as essential as body health is mental health.

“Mental and behavioral health problems are widespread among American adults,” says William Shepard, Ph.D., a clinical psychologist with the Dallas practice of Simonsen + Shepard Behavioral Health. As recently as 2018, he says, up to 20 percent of American adults have experienced a diagnosable mental/behavioral problem such as depression, anxiety or substance abuse. And yet, “25 percent of those same adults received *no* [professional] help, most frequently citing affordability issues, not knowing how to access services and believing they could solve their problems on their own,” Shepard says.

Shepard practices “talk therapy,” also known as psychotherapy, a scientifically-validated approach to treating mental problems. The concept is to provide a supportive, non-judgmental and collaborative environment to work through one’s problems, improve thinking, modify behavior and “learn to live a happier and more fulfilling life.” (By contrast, counseling, he explains, can involve

mental/behavioral health problems, but also such things as nutrition, finances, spirituality, etc.)

We asked Shepard to outline for us some of the benefits of psychotherapy and why mental health should be as much a part of your fitness as a trip to the gym.

**1. It can help you no longer feel alone.** “Many people who develop mental/behavioral health problems are reluctant to tell others about their difficulties, and this fear can be isolating. Often, those suffering with depression, anxiety, or other problems will withdraw from family and friends, making their difficulties much worse. When you connect with a skilled psychotherapist, you’ll likely feel immediate relief that you have a professional on your side who wants to help.”

**2. You may realize you aren’t “crazy” after all.** “Anyone who tries to tell you that mental/behavioral health problems aren’t real is, at best, misinformed and, at worst, possibly dangerous. A skilled therapist will explain the nature and extent of your problems and give you some ideas about why people develop these difficulties in the first place. Almost everyone who gets into therapy feels relieved when they learn how common their problems actually are ... and realize they aren’t ‘crazy’ after all.”

**3. You can begin to see “a way out.”** “You’ll have the help of a trained and experienced professional, who can guide you to the type of life you want,

# WINNER!

10 TONY AWARDS INCLUDING  
BEST MUSICAL



# • THE • BAND'S VISIT

A NEW MUSICAL

TICKETS START AT \$25

FEBRUARY 4-23

AT&T PERFORMING ARTS CENTER

TheBandsVisitDallas.com



# TOTAL MED SOLUTIONS

## TESTOSTERONE THERAPY



**Paying too much  
for Viagra?**  
Try our \$99 ED program,  
30 day supply

### SPECIAL OFFER ONLY \$259!

Save over \$200. Your one month program includes:  
Initial Consultation with our Professional Medical staff  
PSA Testing | Testosterone Level Testing  
1st Month of Testosterone Injections | (\$460 value)

Prescription Appetite Suppressants | B12/B6 Lipotropic Fat Burner Shot  
VelaShape - Skin Tightening | Circumferential & Cellulite Reduction  
Photo Facial IPL | Laser Acne Treatment | Laser Hair Removal Microdermabrasion  
Viagra/Cialis | Botox/Dysport | Juvederm Ultra | Supplements

**50 UNITS OF DYSPORT | \$149**  
**1 SYRINGE OF JUVEDERM ULTRA | \$399**  
**NOW OFFERING COOLSCULPTING**  
FREE CONSULTATION - 25% SAVINGS  
GUYS, BE READY EVERY TIME HE IS!  
FREE TESTOSTERONE TEST WITH \$99 E.D. PURCHASE

**CALL NOW TO BOOK  
YOUR APPOINTMENT AND  
RECEIVE A FREE PSA**  
(PROSTATE SCREENING BLOOD TEST)

## LOCATIONS

**5445 La Sierra Dr. Suite 420** Dallas, Texas 75231 | 214.987.9200  
**6101 Windcom Ct. Suite 300** Plano, Texas 75093 | 214.987.9203  
**1150 N. Watters Rd. Suite 100** Allen, Texas 75013 | 214.987.9201  
**200 Miron Dr.** Southlake, Texas 76092 | 214.987.9210

*Additional services available at additional cost.*

# 469.888.8288



WHO DOESN'T  
LOVE A  
**BIG**  
PACKAGE?

Teen Pride  
Presents:

# The Main Event!

**Kennedy  
Davenport**  
Lands at the  
**Peacock Theater**  
In Frisco



**TEEN  
PRIDE  
USA**

**Save the date!**  
**Saturday, Feb. 8th**  
Doors open 7pm,  
Showtime 8pm

Join us for a magical evening of Magic, Drag and Mystery as we raise money for Teen Pride, a project of Real Live Connection.

Tickets are \$40 with light bites, signature cocktails and live & silent auction. Register here:  
<http://tinyurl.com/tqevffc>

Special thanks to our sponsors:



**dallasvoice**  
THE PREMIER MEDIA SOURCE FOR LGBT TEXAS

**nerdvana**  
frisco

**EQUALITY**  
vodka

For more info call: 214-870-7363

L+S | gyms

## Hit the weights



### 7 LGBT-friendly workout spots

**A**s we cruise into the new year, a few places await folks hoping to embrace their resolutions as much as gyms do. Whether maintaining last year's workout regimen or starting a new one, you need to be at the right place for you. Gyms and fitness centers should be sacred realms where people looking to stay healthy can test their bodies and minds in a safe environment. Most of us like to feel comfortable wherever we workout, a place where few judging eyes stare, so here's a list of queer-friendly area gyms to check out.

**Club Dallas.** This specialized 18-and-over Swiss Avenue sauna and fitness center caters to Dallas' gay men always looking to keep fit and stay well. Just steps away from a DART station, Club Dallas provides its members a full gym, cardiovascular-focused area, whirlpool, steam room, outdoor pool and private dressing rooms. But most important, the Club prides itself as a safe and discreet place for its members to rejuvenate and stay healthy with others. Membership costs \$32/mo., with one-time visits costing \$8 on weekdays and \$10 on weekends. The-Clubs.com.

**Diesel Fitness.** This uptown gym located in City Place off North Central Expressway offers weekly classes to

help members work on their body tone. On Mondays and Wednesdays, the Iron Body Bootcamp could whip any newcomer into shape, and the spot's Bun's & Gun's workout suits the more advanced types on Tuesday nights. And along with the usual fitness amenities, such as barbells and various lift machines, Diesel features a designated space for boxing and an indoor turf. DieselFitness214.com.

**Equinox Fitness.** For those looking for a facility promoting luxury, Equinox provides high-end equipment and machines, with membership usually running about \$180/mo. Locations are in Plano, Highland Park and Preston Hollow for Dallasites of all types. And members can utilize the establishment's cycling space, personal trainers, Pilates studio and spa, featuring massage and facial stations. Along with purchasing one-on-one training sessions, members can take unlimited group fitness classes for free. Equinox.com.

**Gold's Gym.** One of the definitive health centers nationwide, the Uptown branch of this national chain has remained popular in the community for years. GoldsGym.com.

**LA Fitness.** The sprawling center in the gayborhood, with its pool area, weights, treadmills and more, is perennially popular with queer fitness folks



in Dallas. LAFitness.com.

**Planet Fitness.** One can find a PF almost anywhere, but the membership rates here offer the convenience at a real bargain. For about \$10/mo., members can exercise in a 24/7 facility that prides itself as a Judgment Free Zone. PF even allows its members to use the restrooms and locker rooms they identify with as their preferred gender. But if patrons upgrade to Black Card membership, they get exclusive access to the gym's massage and tanning center.

**Utopia Food + Fitness.** Utopia offers a unique take on fitness for those

always conscientious about their diet before and after workouts. Different from a typical gym, this establishment focuses on pairing personalized workouts, which last about 20 minutes, with healthy meals ordered, prepared and ready to pick up on site. Utopia keeps a chef and dietician on site that aim to create organic cuisines to supplement the short workouts. Membership of \$129/mo. comes with a \$40 food credit, customized 20-minute workouts, free full body measurements and body composition analysis. ■

— John Carder McClanahan

■ **MENTAL** From Page 21

by the path that is best suited for you. Early in treatment, a good therapist will help you set goals and will begin tracking your progress. More severe problems may require medication (e.g., antidepressants), and this can reduce some of the worst symptoms. But when thinking or behavior problems are the underlying cause of your difficulties, medication alone won't help as much as combining it with talk therapy."

**4. You will become accountable for making changes.** "Whether that means actually doing things differently, or accepting that some things aren't going to change for you, a good therapist will hold you accountable for the goals

you've set, and will challenge you on whether and how often you're acting on those necessary changes."

**5. You can become a better version of yourself.** "Most people who start psychotherapy and stick with it for more than a session or two report tremendous benefit from it," Shepard says. "Many report that psychotherapy has been transformative for them: helping them to shed regret about the past, be more present in their daily lives, and be more optimistic and hopeful about the future." ■

*Simonsen & Shepard Behavioral Health practices in the Oak Lawn area. 214-443-7808. SSBH.care.*

# Southwest KIA

Non-Commission  
Sales Team  
Guaranteed Pay  
Health Care  
Flexible Schedule  
Great Work  
Environment

## NOW HIRING!

Make Our  
Team Better,  
One Individual  
at a Time!

Call Rebecca Burns @ 972-283-9797  
[SouthwestKia.com/employment.htm](http://SouthwestKia.com/employment.htm)

# Doctor EyeCare

OUTSTANDING SERVICE - MOST INSURANCES ACCEPTED

Award-winning Contact Lens Specialist  
Optometric Glaucoma Specialist  
Therapeutic Optometrist

VERSACE

HUGO HUGO BOSS Ray-Ban

GUCCI

TOMFORDEYEWEAR

PORSCHE DESIGN

Dr. Allen B. Safir

4414 Lemmon Ave. at Herschel  
Dallas, TX 75219 • (214) 522-EYES  
[www.doctoreyecare.com](http://www.doctoreyecare.com)

# Let's get cookin'

Cookbooks can help you stay healthy

**W**ant to know one of the best ways to stay fit and save money? Make your own meals at home. You can make sure you have fresh, healthy ingredients as well as control sodium, sugar and fats. Plus, it's just fun.

But we all know this; the problem usually is motivation — how do we get ideas for what to make and have the expertise to come up with something interesting day after day? Having a cookbook or two around will facilitate your time in the kitchen.

Here are some of the cookbooks out right now that have gotten us hovering over the stove lately.

*Easy Keto in 30 Minutes* by **Urvashi Pitre**. Keto is one of the hotter health trends in recent years — a diet that

focuses on controlling carbs in favor of proteins and “good” fats. If you’ve never fully understood how keto works, though, Pitre does an excellent job of explaining the fundamentals, and also isn’t overly hardcore — there’s always room to accommodate your own tastes and even cheat a little. In addition, the recipes that we’ve tried taste great, including a riced cauliflower “mac” and cheese with bacon and jalapenos, and a luscious take on creamed spinach.

*Antoni in the Kitchen* by **Antoni Porowski**. The “food gay” from the new *Queer Eye* isn’t just nice to look at and helpful to hopeless straights, he has some great ideas about cooking, which you can find in this cookbook chock full of good recipes and attractive photos. ■

— Arnold Wayne Jones



2020 TOYOTA  
COROLLA

\$2,000  
CASH BACK

OR

0% APR  
60 MOS

OFFER ENDS FEBRUARY 3

# NEW YEAR NEW YOU!

**Brian Smith**

TOYOTA  
of IRVING

This is your place

972-210-1516

1999 W. Airport Frwy. Irving, Texas

Brian\_Smith@ToyotaofIrving.com

toyotaofirving.com

KNOWLEDGE  
COMPASSION  
EXPERIENCE  
COMMUNITY

---

Homeowners | Automotive | Life Insurance\*  
Variable Universal Life Insurance\*  
Variable Annuities\*\* | Retirement Plans\*\*  
Commercial Business Insurance  
Traditional IRA's\* and ROTH IRA's\*

READERS  
★★★★★  
**VOICE**  
awards  
2019

Thanks for voting us  
Best Insurance Agency!

---

FARMERS  
INSURANCE

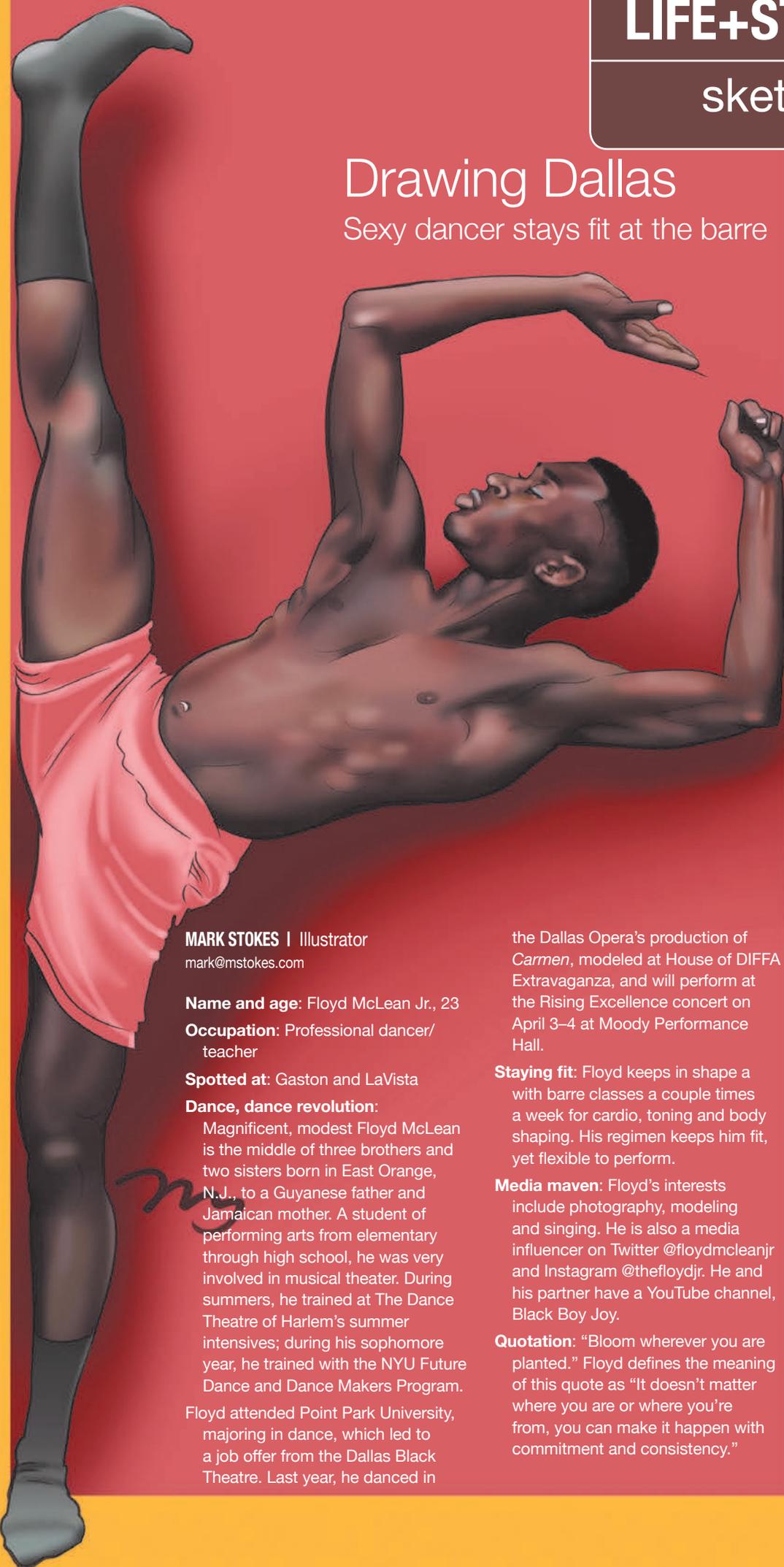
**M. Angel Irvin**  
Insurance & Financial  
Services Agent

972.367.6200  
14651 Dallas Parkway Suite 110  
Dallas, TX 75254

Member FINRA, and SIPC  
Home Office: 31051 Agoura Road  
Westlake Village, CA 91361 818.584.0200  
\*Life insurance and annuities issued by  
Farmers New World Life Insurance Company,  
3003 77th Ave SE, Mercer Island, WA 98040  
\*\*Securities offered through: Farmers Financial Solutions, LLC

## Drawing Dallas

Sexy dancer stays fit at the barre



**MARK STOKES** | Illustrator  
mark@mstokes.com

**Name and age:** Floyd McLean Jr., 23

**Occupation:** Professional dancer/  
teacher

**Spotted at:** Gaston and LaVista

**Dance, dance revolution:**

Magnificent, modest Floyd McLean is the middle of three brothers and two sisters born in East Orange, N.J., to a Guyanese father and Jamaican mother. A student of performing arts from elementary through high school, he was very involved in musical theater. During summers, he trained at The Dance Theatre of Harlem's summer intensives; during his sophomore year, he trained with the NYU Future Dance and Dance Makers Program.

Floyd attended Point Park University, majoring in dance, which led to a job offer from the Dallas Black Theatre. Last year, he danced in

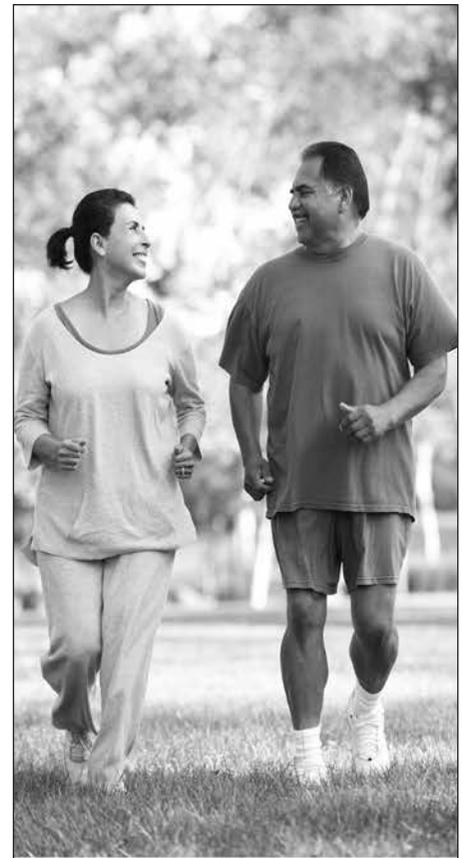
the Dallas Opera's production of *Carmen*, modeled at House of DIFFA Extravaganza, and will perform at the Rising Excellence concert on April 3-4 at Moody Performance Hall.

**Staying fit:** Floyd keeps in shape a with barre classes a couple times a week for cardio, toning and body shaping. His regimen keeps him fit, yet flexible to perform.

**Media maven:** Floyd's interests include photography, modeling and singing. He is also a media influencer on Twitter @floydmcleanjr and Instagram @thefloydjr. He and his partner have a YouTube channel, Black Boy Joy.

**Quotation:** "Bloom wherever you are planted." Floyd defines the meaning of this quote as "It doesn't matter where you are or where you're from, you can make it happen with commitment and consistency."

Special thanks to Xavier Mack for visual inspiration.



*Get moving.  
Stop diabetes.*

Start your new year  
the right way.

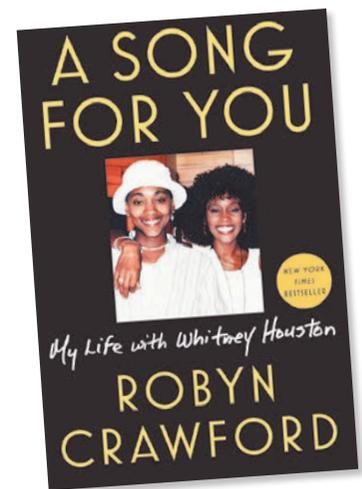
Learn more about  
lowering your diabetes  
risk at  
[ParklandDiabetes.com](http://ParklandDiabetes.com)



**Parkland**

Care. Connecting. Community.

# The greatest love of all



Robyn Crawford talks tell-all book on her romance with Whitney Houston

**A**fter four decades of speculation that they were romantically involved, Robyn Crawford has spoken her truth: She loved Whitney Houston. In her heartfelt autobiography released late last year, *A Song for You: My Life with Whitney Houston*, Crawford shares that their love was real but stifled, a romance that, at first intimate and sexual, wavered as Whitney rose to fame in the '80s.

Whitney and Crawford became friends as teenagers, during the summer of 1980, while both working at the East Orange Community Development Center in New Jersey. Their relationship deepened into romantic love, and finally, with Crawford as Whitney's assistant, a trusted professional alliance.

A loving, dignified tribute buoyed by Crawford's generosity of spirit through her many grievances, including the loss of Whitney, the autobiography is the first time Crawford has disclosed the extent of their relationship. It reveals in intimate, evocative detail many lesser-known facts about how Whitney operated and their supportive, tumultuous shared experiences on tour and at home: the rise, the fall, the fallout. The tragedy of Whitney's death.

Crawford, as depicted in the book, is no saint, either. She's remarkably forthcoming about the drugs she and Whitney did when they were teenagers. But beyond their longtime relationship is the life story of Crawford, whose

tabloid-spun persona was limited to her association with Whitney.

Now, Crawford takes her story back, speaking from New Jersey, where she lives with her wife Lisa Hintelmann and their twins.

— Chris Azzopardi

**Dallas Voice: I'm happy that we know your story, not just the story the media's been telling us all these years.**

Robyn Crawford: I had a life too, right, Chris?

**You did. But as a Whitney fan, the book made me sad. As you were writing this, what emotions were you wrestling with?** Shoot. There were many different emotions. Sometimes I felt sad, sometimes I laughed. It was like an emotional rollercoaster. I was reliving the '80s and the '90s like I was there. I was in it. I just... I felt like I could keep writing. I couldn't see an end.

**Because there were so many more stories?** Yeah. It was huge: the experiences on aircrafts, and feeling like the plane was gonna drop out of the sky. The first award show and what that was like. And when it was just us, and not so many people, what that was like. I wrote a lot. I had a very good editor in Jill Schwartzman, but there was so much more of the journey that's not on the pages.

**How did you manage to stay silent on your relationship with Whitney for so long?** I cherish those years. We had a bond of trust and loyalty from the get-go. And we made a pact to support each other. I felt good about what I had experienced and the love that I had for Whitney and that we shared. It was always there.

**Was it challenging for you to keep that inside all these years?** Honestly, I didn't read a lot of the stuff. People called me

and said, "Robyn, did you hear this? Did you see this?" I did not see the documentaries [about Houston]. I had twins, and that kept me busy. I'm guilty of staying focused on where I am, and I did get angry when I heard stuff. Like when Whitney passed, I really was angry and frustrated every time I heard something that was said [about us], but I didn't know what to say or who to say it to. Once you start talking, you're just out there, and that wasn't a comfortable feeling.

**Did it feel like a burden to have to keep your sexuality on the down-low because Whitney couldn't be out about your relationship?** I've been saying this: That we never looked at our friendship and our experiences as anything other than, this is me. You were you. And when I say it was open and honest, I mean, we could say anything to each other or just look at each other, and we just knew exactly... we were communicating. But the '80s were the time where you were either this or that, and my world at that age was so much bigger as far as adventurous. I had a boyfriend growing up, and I talk about him in the book, and I loved him. He respected me.

With Whitney, she was perfect in every way. Someone that I met, and everything we were doing together was beautiful; it really was. We were having a good time. And I never felt like... I mean, I knew musically and show business-wise, that was a world that we wanted to learn more about and be prepared and ready for, and with that thought, I could see more of, "Boy, if people find out we're doing this..." because that's just how it was. And obviously her mother [Cissy] made her feelings clear about our closeness. She didn't even know how deep we were; she just made it clear that she didn't like how close we were.

**Whitney didn't seem to mind when you were romantically involved with a man,**

**but when she learned that you were linked with other women, she became jealous and furious. Did you ever question that logic?** Whitney didn't explain things. She just would let me know if she didn't like something, and she didn't have a problem asking me to tell this person to leave. I think she felt a certain possessiveness, and it wasn't like Whitney had a lot of friends. Her life was so like... it was just really me. She was a very private person who didn't have a lot of friends, who didn't want a lot of friends. She could've had them if she wanted to. She didn't like to do a whole lot, she was a homebody. So I look at it like that: She was possessive because, really, all she had to do was say, "OK, it's me and you" [laughs] and it would've been, "OK." But that's not what she wanted. She didn't want it like that. And who wants to be with someone or wants to harbor those kinds of feelings when they don't want that? You better get yourself together. And our love was bigger than that.

**Do you think that if she were a part of today's music landscape, with so many out artists, life might've been different for Whitney?** Well, you've heard Whitney speak and how she always said, "I'm not gay," and she was tired of answering that question.

**You recount her being asked about the lesbian rumors, when she said, "I ain't suckin' no dick. I ain't gettin' on my knees. Something must be wrong: I can't just really sing. I can't just be a really talented, gifted person. She's gotta be gay." You say in the book her response was "uncalled for and wrong." But you never felt her own struggles with her sexuality caused her to spew anti-queer vitriol?** You are absolutely right. And no, I do not believe that she was internalizing and projecting — no. Absolutely not.

Show your favorites some love...

**VOTE NOW!**

**DallasVoice.com/RVA**

Winner gets \$500 cash, \$100 Mattitos gift card  
and 2 tickets to TITAS!

*\*One winner will be selected from all votes.*

READERS  
★ ★ ★ ★ ★  
**VOICE**  
awards  
• 2020 •



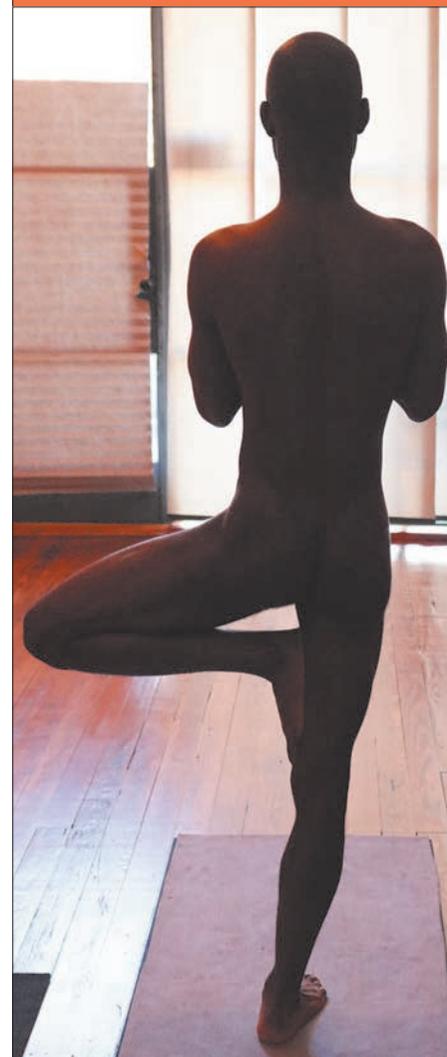
■ NATUREL From Page 20

to host power flow, which he describes as a bit more advanced. Classes currently run \$15 and also feature a post-session of tantra (for \$10) which dives into meditation and reflection. He also provides private instruction. As his rebranding settles, Alvarez also expects to expand classes for women and workshops to explore queer yoga spaces.

For those coming to his class — especially those with some reluctance or lack of assurance — Alvarez only has one piece of advice: “Have an open mind. It’s OK to feel anxious. That’s a natural feeling. We’re there to help take care of each other.” ■

Visit [radical.yoga](http://radical.yoga) for class schedules and to purchase a session.

## STRIKE A POSE



TITAS / DANCE UNBOUND  
IN ASSOCIATION WITH AT&T PERFORMING ARTS CENTER  
2019:20

DEL FOS DANZA  
CONTEMPORÁNEA  
(Mexico)

JANUARY 31 2020  
WINSPEAR OPERA HOUSE

"One of the most important dance companies in Latin America."

- *The Miami Herald*



TICKETS ON SALE NOW

Sheraton PERFORMING ARTS CENTER TAMU Office of Cultural Affairs neta DALLAS HERITAGE CHARLIE UNIFORM TANGO Nancy Marini 214.880.0202 • ATTPAC.ORG/TITAS

Roberto Alvarez Jr., founder and owner of Radical Yoga, describes the different types of yoga his studio teaches.

**Vinyasa flow:** “This has a New Age feel. There’s a lot of movement with breath. I see it almost as a form of dance going in and out of different poses.”

**Hatha:** “This removes some of the flow found in vinyasa flow. So we may stand on the left leg and hold a pose as opposed to moving in and out of poses. It’s a very traditional form.”

**Yin:** “This takes out flow completely and more so targets the connective tissues over the muscles. So when we are holding a butterfly pose, we focus on the inner thighs. We would hold for 3–5 minutes.”

**Tantra:** Its own thing, this involves couples pairings, though not in a sexual way. “There’s touching, like hand-on-heart poses.”

— *Rich Lopez*



Friday 01.24 –  
Sunday 01.26

**Bernadette Peters sings at Meyerson**

If you haven't seen bona fide Broadway star Bernadette Peters serenade audiences in hit musicals such as *Annie Get Your Gun* or *The Goodbye Girl*, the Grammy- and Tony-winning singer and actress performs three shows this weekend with the DSO. Peters shuffles her vocal concerts among work in theater, television and cinema but loves to showcase her soothing, heartfelt voice heard in her many musical appearances as well as her original songs.

**DEETS:** Meyerson Symphony Center, 2301 Flora St. MyDSO.com.



Friday 01.31

**TITAS presents Delfos Danza for first dance of 2020**

One of the largest players in Mexican contemporary dance slides into Dallas for a

one-night show. Since 1992, Delfos Danza Contemporanea has mesmerized audiences with breathtaking performances focused on powerful imagery, high energy and vibrant movement. Come see choreographers Claudia Lavista and Victor Manuel Ruiz's vision birthed from the heart of Mexico City brought to life inside Winspear.

**DEETS:** Winspear Opera House, 2403 Flora St. 8 p.m. ATPAC.org.



Wednesday 01.29

**Queen of the hill**

The queens are back at Sue Ellen's and ready to dazzle in another Queer Off. Featuring 10 contestants from The Queer Off's Season 1 and 2, these all-star queens compete each week in this elimination-style contest to see who reigns as the community's top at drag. Every Wednesday night at Sue Ellen's, surviving entertainers from the previous week show off their best costumes, makeup and performance skills, as well as completing a special weekly challenge. Each week's winner is posted via social media the day after, with queen Nayda Montana snagging the win the first two weeks. Tune in to see who might top Nayda or if she keeps her streak afloat until the finale later this winter.

**DEETS:** Sue Ellen's, 3014 Throckmorton St. 10:30 p.m.

**Lambda Weekly**

America's longest running LGBT radio show  
**NEEDS YOUR HELP!**  
Help get KNON back on the air.  
Make a donation at [knon.org/pledge-now](http://knon.org/pledge-now)

dallasvoice & LANDMARK THEATRES PRESENT THE BIG MOVIE

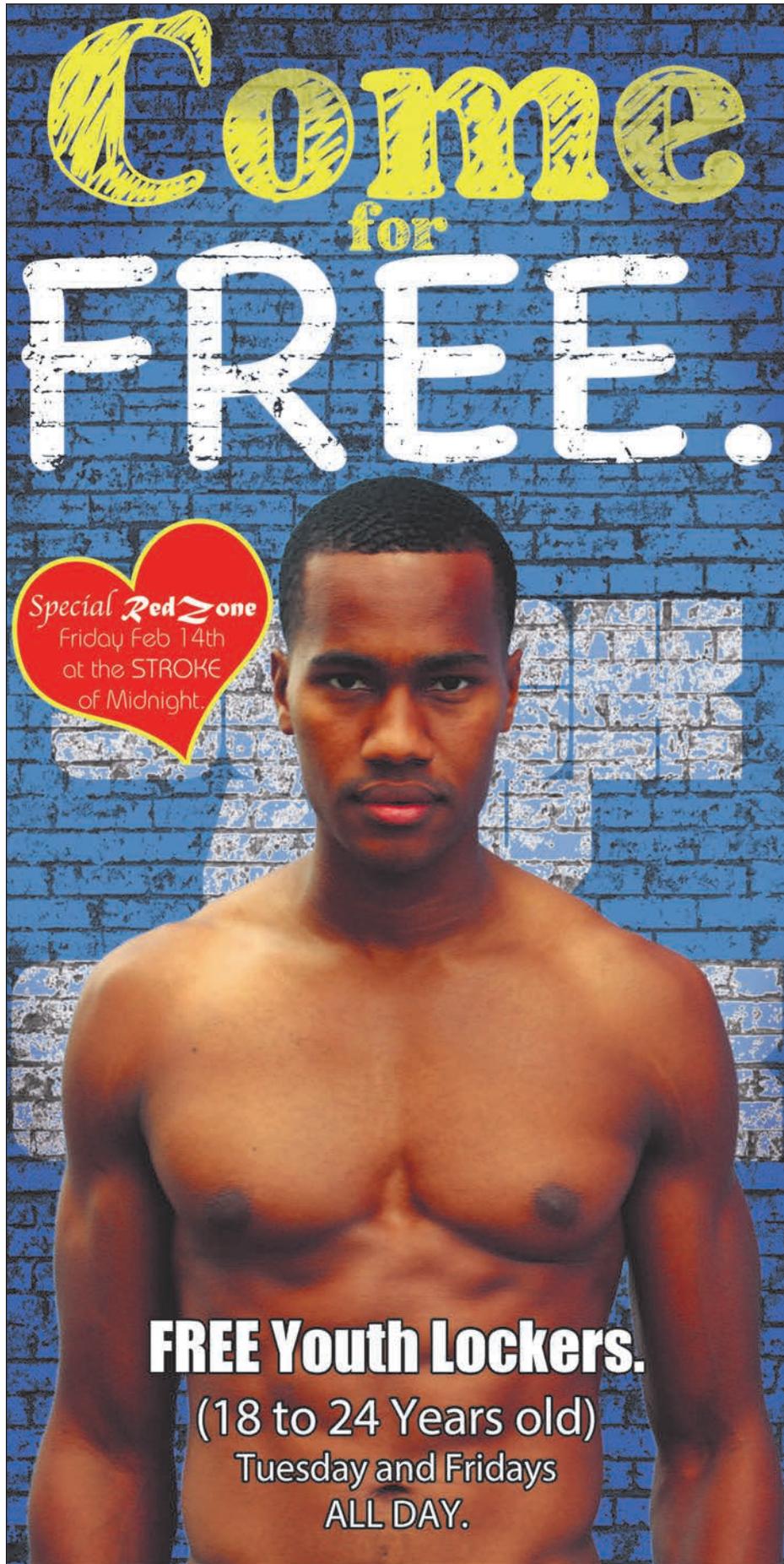
"Hey big spender, spend a little time with me."

SHIRLEY MACLAINE  
**SWEET CHARITY**  
ROADSHOW VERSION!  
DIRECTED BY BOB FOSSE

LANDMARK THEATRES  
**Magnolia Theatre**  
3699 McKinney • West Village • (214) 520-0394

**Tue, January 28 at 2:00 & 7:30PM**  
Buy Advance Tickets Online [landmarktheatres.com](http://landmarktheatres.com)

NEW 4K DIGITAL RESTORATION!



**FREE Youth Lockers.**  
(18 to 24 Years old)  
Tuesday and Fridays  
ALL DAY.



**THE CLUB DALLAS** | 2614 Swiss Ave,  
Dallas, TX 75204  
**An American Sauna** | (214) 821-1990  
**GOOD. CLEAN. FUN.** | TheClubs.com

## calendar highlights

### ARTSWEEK

#### THEATER

**Ada and the Engine.** Regional premiere of Lauren Gunderson's play about the real-life woman, daughter of Lord Byron, who in the mid-19th century pioneered the first computer. Stage West, 821 W. Vickery Blvd., Fort Worth. Through Feb. 9. StageWest.org.

**Slide By.** The premiere of the play written by Thomas Ward. Part of the Elevator Project. Presented by Jack Nice. Wyly Theatre, 2400 Flora St. Through Jan. 26. ATPAC.org.

**Puffs!** Imprint Theatreworks opens its third season with this comedy for Harry Potter fans. Stomping Ground Comedy, 1350 Manufacturing St. Through Jan. 25. ImprintTheatreworks.org.

**To Be Young, Gifted and Black.** Just in time for Black History Month, Jubilee Theatre stages this play from the writings of Lorraine Hansberry. Jubilee Theatre, 506 Main St., Fort Worth. Jan. 24–Feb. 23 JubileeTheatre.org.

**Zombie Dearest.** One of the camp melodramas at Pocket Sandwich Theatre, 5400 E. Mockingbird Lane. Through Feb. 15. PocketSandwich.com.

#### CONCERTS

**Bernadette Peters.** The Tony winner appears with the Dallas Symphony Orchestra. Meyerson Symphony Center, 2301 Flora St. Friday–Saturday at 8 p.m., Sunday at 2 p.m. MyDSO.com.

### FRIDAY 01.24

#### COMMUNITY

**DFW Pride Happy Hour.** Monthly LGBT mixer sponsored by the LGBT Chamber of Commerce Foundation. Crab House Seafood and Oyster Bar, 2508 Maple Ave. 5:30–7 p.m.

### SATURDAY 01.25

#### COMMUNITY

**FrontRunners.** Gay jogging/walking group meets weekly at 8:30 a.m. in Oak Lawn Park at Hall Street and Turtle Creek Boulevard for a run along the Katy Trail.

### MONDAY 01.27

#### CABARET

**Mama's Party.** Amy Stevenson's weekly show featuring talented singers. Mainstage, 222 E. Irving Blvd., Irving, Irving. 7:35 p.m. \$10.

### TUESDAY 01.28

#### FILM

**Sweet Charity.** If you saw the recent miniseries *Fosse/Verdon*, you will recognize the opening scene of that as the production of one of the signature scenes from this film, Bob Fosse's directorial debut. Screens as part of the Tuesday Big Movie New Classic Series, which now includes a matinee. Landmark's Magnolia Theatre in the West Village, 3699 McKinney Ave. Screens at 2 p.m. and 7:30 p.m.



Circle Theatre opens 'One Man, Two Guvnors' on Jan. 31.

### WEDNESDAY 01.29

#### COMMUNITY

**FrontRunners.** Gay jogging/walking group meets weekly at 7:15 p.m. in Oak Lawn Park at Hall Street and Turtle Creek Boulevard for a run along the Katy Trail.

**The Queer Off All Stars: The Winter Games.** Contestants from seasons 1 and 2 return for this elimination-style talent show for the queer community. Sue Ellen's, 3014 Throckmorton St. 10:30 p.m.

### FRIDAY 01.31

#### DANCE

**Delfos Danza Contemporanea.** The modern Mexican dance company performs through TITAS/Dance Unbound. Winspear Opera House, 2403 Flora St. ATPAC.org.

#### THEATER

**One Man, Two Guvnors.** A Mod 1960s farce. Circle Theatre, 230 W. 4th St., Fort Worth. Jan. 31–March 7. CircleTheatre.org.

## this week's solution

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

browse

For a more complete Community Calendar online, visit [Tinyurl.com/dvevents](http://Tinyurl.com/dvevents).

submit

To submit an item for inclusion in the Community Calendar, visit [Tinyurl.com/dvevents](http://Tinyurl.com/dvevents).

LGBT CRUISES & TOUR EVENTS

# aquafest



**10-Night**  
**Egypt Luxury Tour & Nile Cruise**  
**w/Pre-Jordan/Holy Land Tour option**  
**October 2-13, 2020**  
**From \$3499pp**

**11-Night India Land Tour**  
**Abercrombie & Kent**  
**March 7-18, 2020**

**From \$4599pp**

*with a post Mumbai option*



**7-Night Machu Picchu Tour**  
**Abercrombie & Kent**  
**May 23-30, 2020**

**From \$3999pp**

*with post tour Amazon Cruise option*



**7-Night Amadeus Provence**  
**River Cruise from Lyon**  
**July 9-16, 2020**

**From \$2594pp**

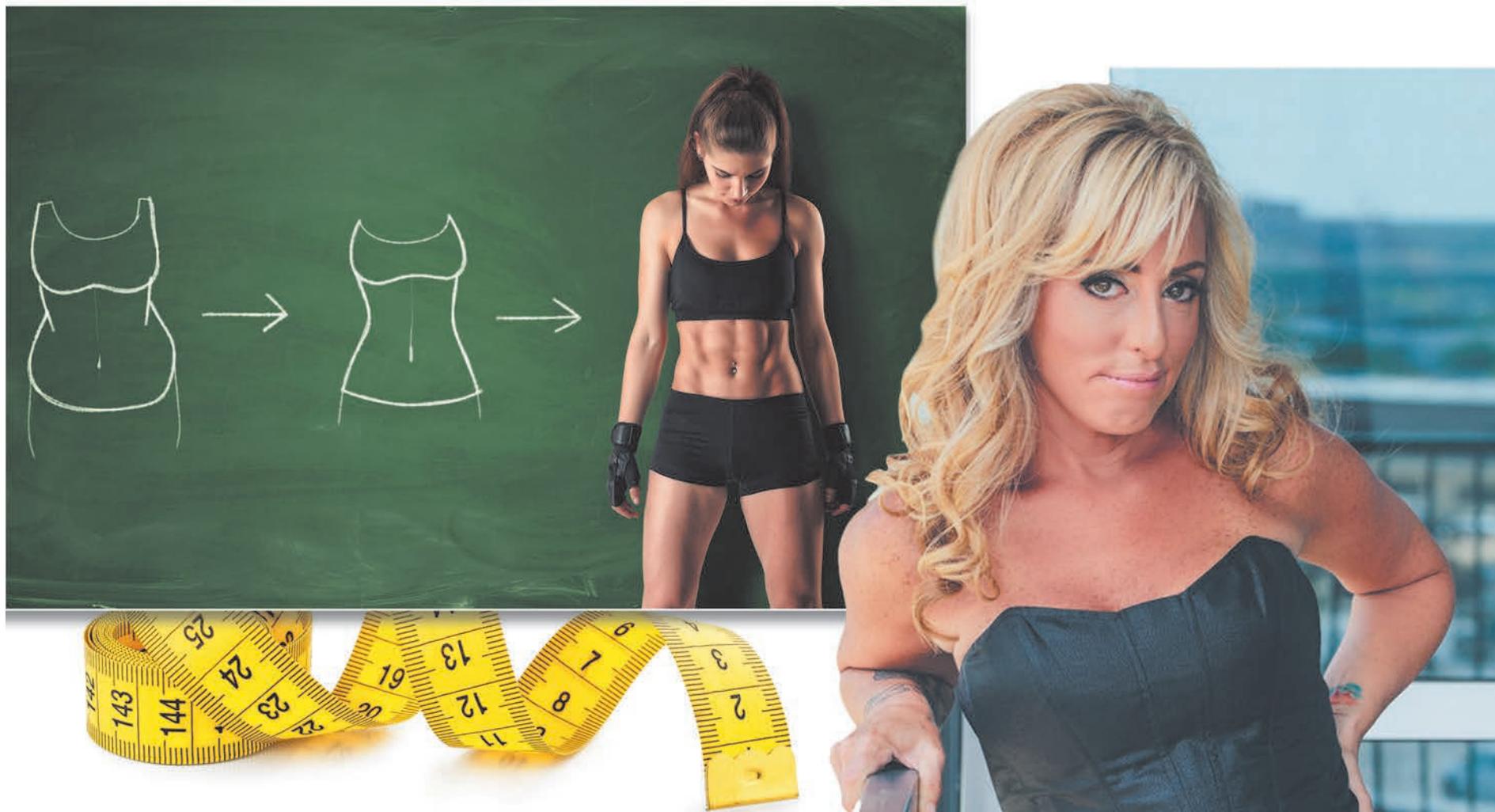
*with a pre-3 night Paris option*



2021: African Safari Jan 5-15, 2021 - Japan Cruise April 14-23, 2021

**(800) 592-9058 - AquafestCruises.com**

# Girl on girls



## Jenny Block tackles body issues

I feel like I have always been at war with my body. And I bet many of you feel the exact same.

Body image and weight are sensitive issues. And, let's face it, ageing puts those issues front and center for the majority of us. Taking care of ourselves and supporting our partners when it comes to appearance can be a challenge — being both honest and kind is a razor's edge. It can be equally difficult to share our feelings about our own bodies and get the support we need from our partner without hurt feelings.

This problem is often compounded when one partner feels as if she struggles more than the other, or the perception that it's somehow "easier" for the other (because of lifestyle — like whether one works from home or in an office — or your partner's personal goals or even metabolism). The thing is, a person's struggle is *their* struggle. Period. And when it comes to our partners, we all crave and need their support.

When it comes to how we feel about our bodies, the only thing that really matters is how we feel. It doesn't matter if someone else tells us we look "fine" or even "good." It doesn't matter if we're "only" struggling with

those same pesky 10 pounds, or lingering baby weight, or that spare tire that seems to come and go at will. It doesn't matter if we can still squeeze into our favorite jeans. If we're not where we want to be, we need our partner to hear us and support us.

For myself, my own body never looks the way I want it to, and then when I see old photos, I often say to myself with a sigh, "I can't believe I thought I was heavy then — look at me now." As I'm getting older, I'm not at all keen about how my metabolism doesn't seem to be cooperating with me, and how fat seems to have found new, creative places to settle.

My incredibly sweet wife constantly tells me how beautiful she thinks I am, and I appreciate that. But it doesn't change my own frustration with my weight. When I share that frustration, she can get cross with me, and that's hard for me, because I need her to hear how I feel about myself, even if it's not the same as she feels about me. I also want her to be honest, because I need to be able to trust her. If she says I always look good, I won't know when it's just the love talking.

The other difficulty is that if we criticize our own bodies, our partners might wrongly take that as criticism of theirs, as in, "If she thinks she needs to lose weight, she must think I really, *really* need to lose weight." But

we have to be able to hear only what our partner is saying and not create any subtext. Not everything is about *you*. We have to stop making comparisons. If she is saying, "This is how I feel about me," it's imperative we hear that and only that.

We also have to remember that even if we feel as if our ideal is farther out of reach than our partner's goal, that doesn't make our partner's journey any easier or less important. In fact, the last 10 or 15 pounds often are the hardest to lose. If that's the whole of their journey, that's no walk in the park. One person having to lose more or change more or whatever in no way discounts what the other person feels they need to do.

The same goes for if one partner is "busier" than the other. If we want to improve ourselves, there is always time and space to do that. No excuse has ever resulted in either toning or weight loss. Only eating less (and better) and moving more can do that. It might make us feel better for a minute to make excuses like, "Oh, he has so much time on his hands. It's so different for me." But those excuses hurt no one but ourselves.

Everyone has their own inner demons and their external challenges. Comparisons serve no purpose. Others not being at their ideal weight doesn't mean we shouldn't work towards being at ours. Each of us has to decide what we want and need for

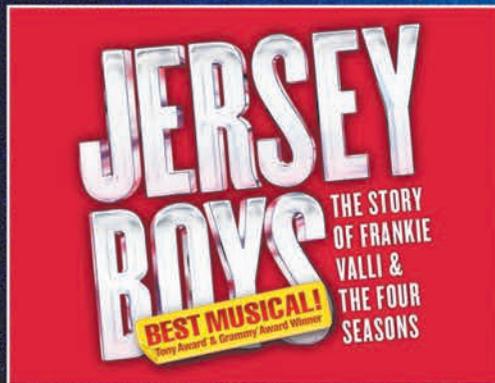
ourselves when it comes to our bodies, and we have to communicate that to our partners. If I ask if I look heavy in something, I want a real answer. Otherwise, I wouldn't be asking. And if you ask me the same, I will answer truthfully.

Here's the thing: We need to be able to tell our partners the truth without them thinking that it means we love them any less. I know my wife loves me, and I need her support as I continue to work to get my body to a state with which I am comfortable. I need my journey to be respected and not minimized, and I need to know when a pair of jeans or a dress need a hiatus before my body is ready for it again.

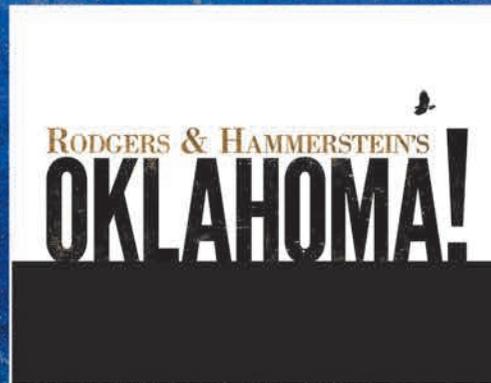
It's about not making things about us. My comfort with my body has nothing to do with my wife's body. My journey is my own. When it comes to body issues and weight, relatively is, well, irrelevant. So, be honest and be kind and hear what your partner is saying without inserting your own needs and feelings into what is being shared. The feelings we have and the battles we have to face are all real and all true, and other people's feelings and experiences do not negate our own. Ever.

*Jenny Block writes about relationships, modern living and culture. If you have a question or topic for her, send it to GirlOn-Girls@gmail.com.*

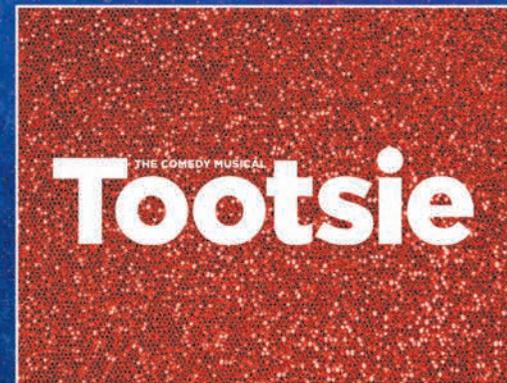
# EXPERIENCE THE BEST OF BROADWAY IN ONE PACKAGE!



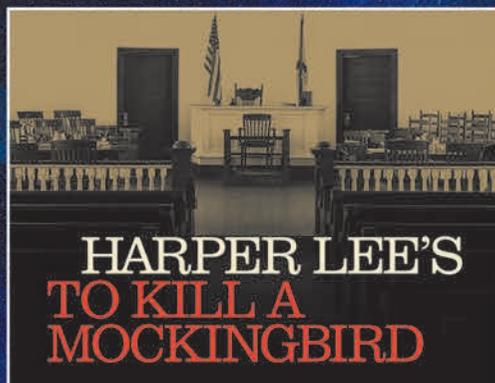
NOVEMBER 10 - 22, 2020



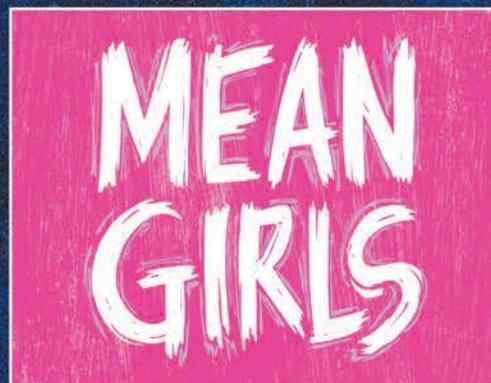
DECEMBER 9 - 20, 2020



JAN. 26 - FEB. 7, 2021



MARCH 2 - 14, 2021



APRIL 6 - 18, 2021



MAY 18 - 30, 2021



JULY 6 - 18, 2021



AUG. 4 - SEPT. 5, 2021

Please note: OKLAHOMA! and HADESTOWN will be presented at the Winspear Opera House.

**7-SHOW PACKAGES START AT \$265**

DallasSummerMusicals.org • 866.276.4884 (M-F, 9AM-5PM)



The Dallas Morning News



Season Subscriptions and all Tickets and Additional Tickets purchased under any Subscription, are subject to the Broadway Across America® Standard Season Subscription Terms and Conditions posted on our website at BroadwayAcrossAmerica.com/SubscriberTerms. By purchasing a Season Subscription, you agree to such Terms and Conditions.

JERSEY BOYS contains authentic, "profane Jersey language" and is recommended for ages 12+.

Season packages do not include WICKED. Additional purchase required.



## Creating Change Conference



### Making the SCENE the week of Jan. 10–16:

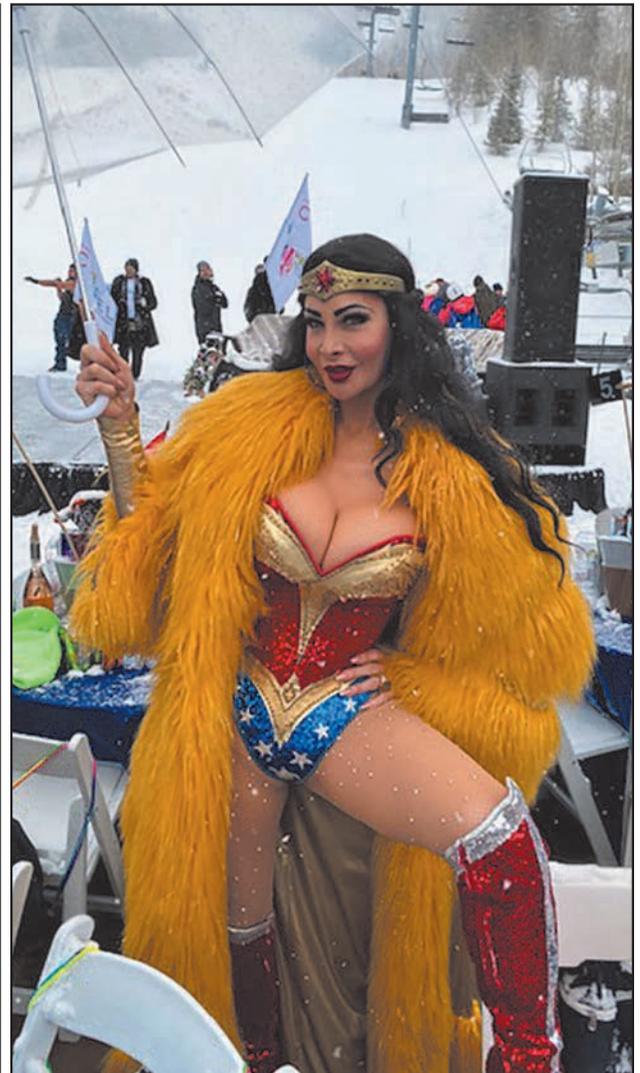
- **1851 Club:** **LGBT Poker Night** every Monday at 7:30 p.m., with drink specials and cash prizes. Free to play. **All-star drag shows** every Friday and Saturday at 10:30 p.m. with host **Kiana Lee**.
- **Alexandre's:** **Vero Voz y Compania** on Friday. **Jason Huff** on Saturday. **Karaoke with Wayne Smith** on Sunday. **K-Marie Broadway** on Tuesday. **Vero Voz** on Wednesday. **Chris Chism** on Thursday.
- **Cedar Springs Tap House:** **Celebrate Steak Wednesdays** with your choice of a rib-eye or sirloin steak plus a loaded baked potato for only \$13.99, plus \$4.50 pints of Lakewood Brewing Co. All Call Kolsch and half off all bottles of wine and champagne.
- **Club Reflection:** Don't miss **Twisted Tuesday** hosted by **Sapphire Tailor** and **Amy Muah**. Show at 11 p.m.
- **Dallas Eagle:** **Mutt Mosh** Friday night, 6-10 p.m. On Saturday, the **United Court of the Lone Star Empire** present **Angels vs. Demons** from 6-10 p.m., followed by **The Ram Party** from 10 p.m. to 2 a.m. **Line Dance Lessons** with **Yoshi** from 2-4 p.m. Sunday, with the **Dallas Diablos Cook-Out** from 5-9 p.m. And get read for the **Mr./Ms. Bootblack Texas Leather** contest coming next Friday, Jan. 31.
- **Hidden Door:** **Cher-e-oke karaoke** Thursday at 7 p.m. Then kick off February with the **Firedancers Annual Soup-R Bowl Cookoff** Saturday, Feb. 1, from 2-4 p.m.
- **Magnum:** Get Trashy every Tuesday with **DJ Charlie Phresh** spinning from 9 p.m. to close and DFW's hottest male entertainers. No cover.
- **Marty's Live:** **RudeBoy Dallas** and **Nicole O'hara Munro** host **Sexcapade Fridays**, with no cover before 11 p.m.
- **Pekers:** **Totally Twisted Karaoke** every Friday and Saturday with a progressive cash prize on Saturdays.
- **Round-Up Saloon:** **Couples/Partner Dance Lessons** with **Mike** at 8:30 p.m. on Monday. **Boys! Boots! Boxer Briefs!** at 10 p.m. on Monday. **Line Dance Lessons** with **Yoshi** at 8:30 p.m. on Wednesday, and **Line Dance Lessons** with **Ray** at 8:30 p.m. on Thursday.
- **Sue Ellen's:** **Prima Donna** performs live Saturday, with **Cherry Bomb** followed by **Tyla Taylor** on Sunday. Then **Queer Off All Stars: The Winter Games** continues on Wednesday.
- **The Rose Room:** **Roxy Brooks** joins the all-star cast on Friday, Saturday and Sunday, plus **Chanel LaMasters** and **Fantasha** on Sunday.
- **Urban Cowboy:** **The L Word: Generation Q Watch Party** from 8-10 p.m. on Sundays.
- **Woody's Sports & Video Bar:** **Jada Pinkett Fox** at 11 p.m. on Thursday.

Photos by Chad Mantooth and Nicholas Gonzalez



# Round-Up Saloon & VisitDallas at Aspen Gay Ski Week

Photos Courtesy John McGill



# Queer Off returns to Sue's



Trusted ER GLBT Chamber Ribbon Cutting



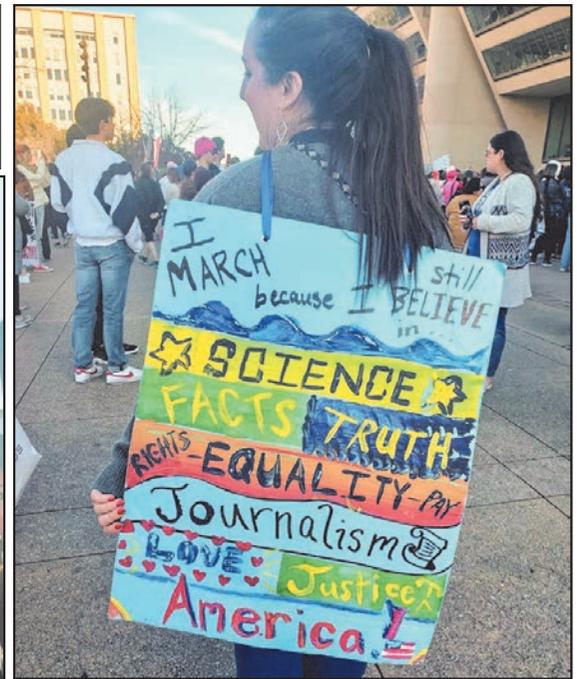
James and Nando at TMC



Bare Barry's boys

# Womens March - D.C. and Dallas

Photos Courtesy Chance Browning (D.C.) and Soraya Colli (Dallas)



THE **PLEASURE** IS ALL YOURS



**NOW  
HIRING!**



**Vector**  
by We-Vibe™  
Plug in a new sensation

"PROUD PLEASURE PROVIDERS"

*Alternatives*



NEW FINE ARTS • OPEN 24/7  
1720 W. Mockingbird Ln.  
Dallas, TX 75235 • 214-630-7071  
(enter in rear behind New Fine Arts)

q-puzzle

## Remembering Jerry

|    |    |    |    |    |    |    |    |    |    |    |    |    |    |    |
|----|----|----|----|----|----|----|----|----|----|----|----|----|----|----|
| 1  | 2  | 3  | 4  |    | 5  | 6  | 7  | 8  | 9  |    | 10 | 11 | 12 | 13 |
| 14 |    |    |    |    | 15 |    |    |    |    |    | 16 |    |    |    |
| 17 |    |    |    | 18 |    |    |    |    |    |    | 19 |    |    |    |
| 20 |    |    |    |    |    |    |    | 21 |    | 22 |    |    |    |    |
|    |    |    | 23 |    |    |    | 24 |    |    | 25 |    |    |    |    |
| 26 | 27 | 28 |    |    |    |    | 29 | 30 | 31 |    |    |    |    |    |
| 32 |    |    |    |    | 33 | 34 |    |    |    |    |    | 35 | 36 | 37 |
| 38 |    |    |    |    | 39 |    |    |    |    |    |    | 40 |    |    |
| 41 |    |    |    |    | 42 |    |    |    |    |    |    | 43 |    |    |
|    |    |    |    | 44 |    |    |    |    |    |    | 45 |    |    |    |
| 46 | 47 | 48 |    |    |    |    | 49 | 50 | 51 |    |    |    |    |    |
| 52 |    |    |    |    |    | 53 | 54 |    | 55 |    |    | 56 | 57 | 58 |
| 59 |    |    |    |    |    | 60 |    | 61 |    |    |    |    |    |    |
| 62 |    |    |    |    |    | 63 |    |    |    |    |    | 64 |    |    |
| 65 |    |    |    |    |    | 66 |    |    |    |    |    | 67 |    |    |

Solution on Page 32

### Across

- 1 Spread out on the breakfast table
- 5 What Trump calls "fake news"
- 10 Meadow sounds
- 14 Stick it in your bung hole
- 15 Online exaggeration?
- 16 Like some twins
- 17 Jerry Herman musical based on *The Matchmaker*
- 19 Jerry Herman musical about an auntie
- 20 Top choice
- 21 Stopped sitting for Diana Davies?
- 23 Leather pelts, e.g.
- 25 Hotel quote
- 26 Kahlo's cash
- 29 Early Peruvian
- 32 *Exotica* director Egoyan
- 33 Singer O'Connor
- 35 Rear on board
- 38 Jerry Herman musical about a gay couple that runs a drag club
- 41 Lodge man
- 42 Couch potato's tool
- 43 Alan of *The Aviator*
- 44 Big name in cutters
- 45 *The Celluloid Closet* author Vito
- 46 Eat alive
- 49 *Terminal Bar* playwright Paul
- 52 Mary Cassatt and Michelangelo

55 Gets a foamy head

- 59 "We \_\_\_ a Little Christmas" (song from 19-Across)
- 60 Song from 38-Across that became a gay anthem
- 62 Madonna's "Truth or \_\_\_"
- 63 Plumed wader
- 64 Pennsylvania city
- 65 Biathlete's slats
- 66 Portia de \_\_\_
- 67 Actor Auberjonois

### Down

- 1 Newspaper publisher Adolph
- 2 Co-founder of MGM
- 3 First name in detective stories
- 4 Word sung with a long O?
- 5 Changed from red to pink
- 6 It comes ahead of mentioned
- 7 KFC rank
- 8 Outed, for example
- 9 Lid problem
- 10 Grieve over
- 11 Word used to stop seamen
- 12 Anouk of *Lola*
- 13 You can go down on them in winter
- 18 Cole Porter's Miss
- 22 Madrid museum
- 24 Like the bodies of ballet dancers

- 26 Needing some South Beach rays
- 27 List ender
- 28 Batman word like "Pow!" and "Bam!"
- 30 Shout at an open call
- 31 Colette's coffee
- 33 Baldwin's *The Evidence of Things Not \_\_\_*
- 34 Also alternative
- 35 Start of a Shakespearean title
- 36 They may start a dragnet
- 37 \_\_\_ Wu of verse
- 39 Big squares above crossword clues
- 40 Response to Margaret Cho
- 44 Moves like Rudolf Nureyev
- 45 Novelist \_\_\_ Mae Brown
- 46 Smooths
- 47 Need lubricating, maybe
- 48 *Scary Movie* Cheri
- 50 Cary of *Robin Hood: Men in Tights*
- 51 *Gross Anatomy* actress Christine
- 53 Stadium level
- 54 Palm starch
- 56 Land of Emma Donoghue
- 57 Prince's purple precipitation
- 58 Nemesis of Tinkerbell
- 61 Dalloway title

**SQUIRT**.org

Mobile is **HOTTER THAN EVER**

CHECK OUT:  
sexy member videos,  
hot user stories, and  
new search filters.





We're  
**Hiring!**

**2**  
CERTIFIED  
MEDICAL  
ASSISTANTS

**2**  
HIV/PREP  
COMMUNITY  
HEALTH  
SPECIALISTS

Are you one of the best Medical Assistant in Texas? Are you a team player who is committed to making access to quality health services for LGBT Texans more accessible? If you answered yes to any of the questions, we want to talk to you! The MA role at the HELP includes phlebotomy, lab specimen processing and direct client interactions. **Medical Assistants are full-time benefits eligible positions.** Bilingual English Spanish highly desired for all positions.

Are you a Community Health Specialists? Do you have the ability to talk to a wall? Could you sell ice to an Eskimo? If so, come work with us! Community health Specialists will represent the HELP Center in the community, conduct HIV Testing in office and in community settings and have direct interaction with clients. **Community Health Specialists are full-time benefits eligible positions.** Bilingual English Spanish highly desired for all positions.

 **HELP Center**  
*for LGBT Health and Wellness*

Email resumes to  
[DeeJay@HELPfw.org](mailto:DeeJay@HELPfw.org)  
(no phone calls please)

**Arlington Center**  
200 E. Division Street  
Arlington, TX 76011

**Fort Worth Center**  
1717 S. Main Street  
Fort Worth, TX  
76110

# MarketPlace

## MarketPlace

Your calling card for LGBT Texas business  
For information on advertising, call us at:  
214-754-8710 ext. 110. Visit us online at:  
dallasvoice.com/marketplace

**dallasvoice.com**

The Premier Media Source for LGBT Texas

### Services



## THE PAINTER

Specializing In Interior Painting

25 Years Experience

Free Estimates

Extremely Meticulous

TONY R.

972-754-1536

TonyRThePainter@netscape.com

### Services

## Healing Touch

### Chaver's Massage Therapy

• 19 years experience

• Serving the entire metroplex

• Private studio

**Rob Chavers**  
Massage Therapist



Call or text 469.432.2295

by appointment only

### Legal



- Wills ▪ Probate of Wills
- Powers of Attorney
- Trusts & Asset Protection
- Advanced Directives
- Business Law



Rebecca S. Covell  
*The attorney who's not crooked or straight*

12222 Merit Drive, Suite 340  
Dallas, Texas 75251

(214) 443-0300  
rebecca@covellpc.com

### Legal



## Stephanie Hall Attorney at Law

#### Family Law

Cohabitation Agreements,  
Adoption, Child Custody,  
Divorce, Property Division,  
Child Support

#### LGBT Issues

Specializing In Family,  
Estate Planning,  
Property Agreements  
& Divisions

#### Estate planning and Probate

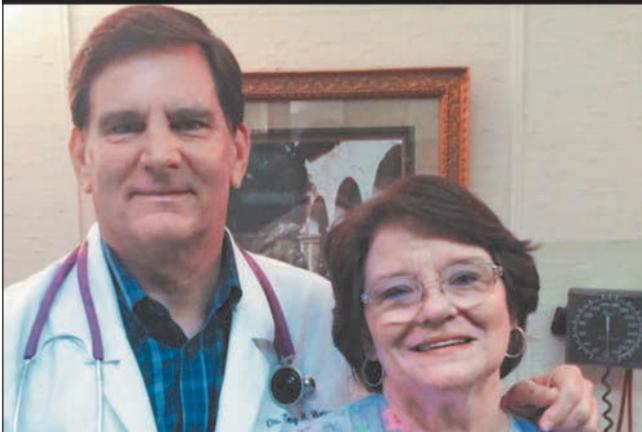
Wills, Medical & Durable Powers of Attorney,  
Guardianship, Litigation

4514 Cole Ave. • Suite 600 • Dallas, TX 75205  
214-522-3343 • ladylawsah.com

Not certified by the Texas Board of Legal Specialization

### Medical

## Guardian Health



- General Medicine
- Immune Disease
- Trans Health
- STD Treatment
- General Dermatology
- Affordable Pricing

### Dr. Terry Watson

8230 Elmbrook Drive Ste. 600 (Mockingbird & Harry Hines)  
214-221-8181 • drtwatson@sbcglobal.net

### Employment

## WANTED

DEAD OR ALIVE

Weekend Manager Needed  
Applicant must be TABC certified. Experience is helpful but not mandatory. All candidates must pass a criminal background check. The shifts will be primarily weekend closings.

CASH REWARD

Apply online with resume  
[www.roundupsaloon.com/employment](http://www.roundupsaloon.com/employment)

### Employment

**DALLAS PD IS HIRING!**  
Our Excellence Begins With You

STARTING PAY \$61,367!

[DALLASPOLICE.NET](http://DALLASPOLICE.NET)

### Services

## Fantastic Moves



VOTED BEST MOVERS 8 YEARS & COUNTING



Experience Counts!

20+ Years Supporting the Community

[www.FantasticMoves.com](http://www.FantasticMoves.com)

10610 Metric Drive, Suite # 175 Dallas, TX 75243

TXDMV 00521440B



**Services**

# Jade Air

**Let Us Heat You Up!**  ACC1801447ZE

**AIR CONDITIONING & HEATING SERVICE • SALES • INSTALLS**  
 ALL MAJOR BRANDS  
 RESIDENTIAL & COMMERCIAL  
 VISA, MC, AMX, DISC

**Goodman**  
**PROMPT EXCEPTIONAL SERVICE!**

**SERVING THE LGBT COMMUNITY FOR OVER 20 YEARS!** **214.522.2805**  
**JadeAirDallas.com** **214.923.7904**

**Real Estate**

## Michael Doeringsfeld

Licensee of Engel & Völkers U.S. Holdings, Inc.  
 5960 Berkshire Lane, 6th. Floor  
 Dallas, Texas 75225  
**214-457-4598**  
[www.mikedoeringsfeld.evrealstate.com](http://www.mikedoeringsfeld.evrealstate.com)




# MarketPlace

Your calling card for LGBT Texas business  
 For information on advertising, call us at:  
**214-754-8710 ext. 110.** Visit us online at:  
[dallasvoice.com/marketplace](http://dallasvoice.com/marketplace)  
**dallasvoice.com**  
 The Premier Media Source for LGBT Texas

**Real Estate**



## LET'S MAKE A DEAL!

### Todd Maley

[www.mrealtygroup.com](http://www.mrealtygroup.com)  
[toddmaley@aol.com](mailto:toddmaley@aol.com)  
**214-564-9598**



Proudly Serving the LGBT Community

**Real Estate**




MEMBER NORTH TEXAS  
**GLBT**  
 CHAMBER OF COMMERCE™

### Tim Stoll

**214.868.2959**  
[www.timstoll.com](http://www.timstoll.com)



**Services**

# EDDIE'S

QUALITY PAINTING



FENCE STAINING, INTERIOR/EXTERIOR,  
 TAPE, BED & TEXTURE  
 METICULOUS & ATTENTION TO DETAIL  
 POWER WASHING  
**469-471-8618**  
 25 YEARS EXPERIENCE!  
 SATISFACTION GUARANTEED!  
 NEAT, CLEAN & RELIABLE

**Real Estate**

*Call us today to find out why people rely on us!*



An innovative approach to changing your address



## Phil Hobson

Founder/Realtor®

### HGroup

**214.659.3624**  
[phil@hgrouphomes.com](mailto:phil@hgrouphomes.com)  
[www.hgrouphomes.com](http://www.hgrouphomes.com)



**D** BEST REAL ESTATE AGENTS AND TOP PRODUCERS IN DALLAS 2018



**Adult**



## AFTER HOURS VIDEO

**2528 W. Walnut, Garland**  
**(972) 276-0893**  
 7 Day Rentals! \$6 DVD's!  
 \$9.95 Head Cleaners.

**Adult**

## HARDLINE

### ALL MALE LIVE CHAT

ALL ACCESS  
**FREE TRIAL!**

**214.270.1300**

DALLAS 972.220.0709  
 FORT WORTH 817.204.0432  
 OTHER CITIES 1.877.510.3344

[HARDLINECHAT.COM](http://HARDLINECHAT.COM)   



**Adult**

Playmates or soul mates,  
 you'll find them  
 on MegaMates



Always FREE to listen  
 and reply to ads!

## 1-888-MegaMates™

Dallas:  
**(214) 269-1972**  
[www.megamates.com](http://www.megamates.com) 18+

# There's a pill that prevents HIV.



Pre-exposure prophylaxis (PrEP) decreases the risk of contracting HIV by more than 90%.

**Talk with your healthcare provider to find out if PrEP is right for you.**

**Avita**  
PHARMACY

219 Sunset Ave, Ste 118-A • Dallas, TX 75208  
P 214-943-5187 • [avitapharmacy.com](http://avitapharmacy.com)