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The Premier Media Source for LGBT Texas | Established 1984 | DallasVoice.com | Volume 36 | Issue 48 | FREE | Friday, April 3, 2020

Friends in need

**Bob McCranie, others in the community
step up to help save lives**

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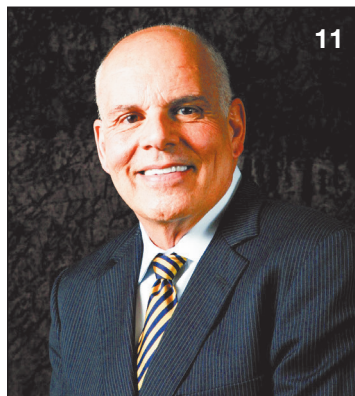
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Bob McCrainie sewing masks.

Photo by Terry McCrainie

TerryMcCrainie.com

Design by Kevin Thomas



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BREAKING NEWS: Dallas Pride rescheduled

Jaron Turnbow, executive director of Dallas Pride, announced today (Friday, April 3,) that the 37th annual Dallas Pride festivities have been postponed until the end of July.

The Miller Lite Music Festival in the Park — including the Family Pride Zone and Teen Pride — has been rescheduled to Saturday, July 25, at Fair Park.

The Alan Ross Texas Freedom Parade has been rescheduled to Sunday, July 26, also in Fair Park.

To keep up with all the latest information on Dallas Pride, visit the website at DallasPride.org.
— Tammye Nash

Abbott, Paxton issue joint guidance on order naming churches 'essential'

Gov. Greg Abbott and Attorney General Ken Paxton on Wednesday, April 1, issued joint guidance regarding the effect of Executive Order GA 14 on religious services conducted in congregations and houses of worship.

Executive Order GA 14 defines essential services to include "religious services conducted in churches, congregations and houses of worship." Orders given by state or local

governments prohibiting people from providing or obtaining certain services must ensure that the orders do not violate the First Amendment of the U. S. Constitution, Article I of the Texas Constitution, and the Texas Religious Freedom Restoration Act, which protect the rights of Texans to freely exercise their religion, Paxton and Abbott said.

The guidance notes the U.S. and Texas constitutions provide "even stronger protections to faith communities, and government must ensure that it complies with RFRA when it acts." The guidance says that any time orders and regulations handed down from county or city governments contradict Abbott's order, Abbott's order supersedes the others. It does, however, call on churches to not hold in-person services if they can hold virtual services, and those in COVID-19 hotspots should avoid in-person services completely.

The complete text of the guidance is available at the Texas Attorney General's website.
— Tammye Nash

SBA, Treasury begin working to distribute funds to businesses

Following President Trump's signing of the historic Coronavirus Aid, Relief and Economic Security (CARES) Act, Small Business Association Administrator Jovita Carranza and Treasury

Secretary Steven T. Mnuchin announced Tuesday, March 31, that the SBA and Treasury Department have "initiated a robust mobilization effort of banks and other lending institutions to provide small businesses with the capital they need," according to a press release from the SBA.

"The loans will be forgiven as long as the funds are used to keep employees on the payroll and for certain other expenses," Mnuchin said.

The new loan program will help small businesses with their payroll and other business operating expenses, and it will provide critical capital to businesses without collateral requirements, personal guarantees, or SBA fees. All loan payments will be deferred for six months, and the SBA will forgive the portion of the loan proceeds that are used to cover the first eight weeks of payroll costs, rent, utilities and mortgage interest.

— Tammye Nash

Fort Worth reports first COVID-related death

The Tarrant County Public Health Department has reported the first confirmed COVID-19-related death of a Fort Worth resident. A woman who had recently tested

positive for the virus died on March 31 in Fort Worth. At this point, Tarrant County has not released additional information.

Since the outbreak started in December 2019, more than 190,089 cases and 2,860 deaths have been reported in the United States as of early April 1.

News of the city's first COVID-19 related death follows news reported earlier in the week that a third Fort Worth Police Department officer has tested positive for COVID-19. This officer, as well as the two previous officers, are in good spirits and have been in self-isolation at home.

— Tammye Nash

New cases in Dallas County tops 100 in one day

For the first time, Dallas County Health and Human Services is reporting 100 new cases of COVID-19 today (April 1). The county reported two new deaths today — a man in his 50s from Mesquite and a woman in her 80s from Garland.

The numbers of intensive care unit hospitalizations from COVID-19 from this past week have exceeded the peak week of ICU hospitalizations from influenza this past 2019-2020 season in Dallas County.

— David Taffet

HHSC launches statewide COVID-19 mental health support line

Texas Health and Human Services has launched a 24/7 statewide mental health support line to help any Texans experiencing anxiety, stress or emotional challenges due to the COVID-19 pandemic. People can call the Statewide COVID-19 Mental Health Support Line 24 hours a day, seven days a week toll-free at 833-986-1919.

Operated by the Harris Center for Mental Health and IDD, the support line offers trauma-informed support and psychological first aid to those experiencing stress and anxiety related to COVID-19. Counseling services are confidential and free of charge to people who call the hotline.

— Tammye Nash

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Woof! Your pets and COVID-19

Hello there! I hope everyone is holding up well during these unprecedented times of the COVID-19 pandemic. Some of us are still processing that what we are going through is a reality and not a scary movie.

Part of this reality is that many people are now working from home or losing their jobs. I am sure most of our fur babies are not complaining about this, but it does bring new concerns to the table.

Can animals get or transmit COVID-19? Sadly, many people are abandoning their pets or giving them away to shelters due to concerns of further transmission of COVID-19. In this column, we will address how this horrible virus can potentially affect our pets and whether we need to be concerned about transmission by or to our pets.

Before we dive into the topic, please be aware that there is still much that we do not know about this novel coronavirus. While the information I will share here is the most up-to-date we have, please know that we are acquiring new knowledge every day during this ordeal. Make sure you utilize reliable sources

when you gather information, including the American Veterinary Medical Association's website.

Let us address the most important question first: Can COVID-19 be transmitted from humans to our pets or from our pets to humans?

In late February, there was a dog in Hong Kong that tested weak positive for COVID-19. But this was a very elderly dog that was at a home where the caretaker was positive for COVID-19. The dog did not show any symptoms related to COVID-19 and did not seem to be able to transmit it to other humans or pets.

Other than that case, there is no other evidence showing that our pets can get sick from our COVID-19 pandemic or likely transmit it to other humans or animals.

That being said, their fur can potentially act as a carrier of the virus (fomite), but the likelihood of this is low. The reason for that is because porous and fibrous surfaces (like



WOOF

Dr. Josh Talks Animals



pet fur) can trap the virus but do not easily spread it through just normal touch. Smooth surfaces are more likely to transmit the virus than porous/fibrous surfaces.

However, if you or a loved one tests positive for COVID-19, it is strongly recommended to have someone else take care of any fur babies at home as to avoid potential transmission of the virus or exposure of them to the virus.

As usual, basic hygiene is also recommended, meaning thoroughly washing your hands before and after petting a dog or cat. Also avoid touching your face as much as possible, which is recommended regardless of whether you have fur babies or not.

Please keep in mind that more and more veterinary hospitals and clinics are doing curbside services, where clients are not allowed to come into the facilities. While this is not ideal for most of us, it seems to be a



trend, and it may get even more strict. But at least we are able to offer essential medical services to our fur babies.

As we continue to face the unpredictable and the unimaginable, make sure you are prepared by having the medications your baby may need refilled ahead of time and making sure they stay as healthy as possible.

Also keep in mind that many rescue groups and shelters need help and support during these times. I recently visited a local shelter to look into fostering

a dog, and it was so sad to see so many animals in need! Please consider fostering a baby in need. We are in this together and we need to support each other.

The compassion we show to animals should also be extended to the people around us. Let us be nice to each other, even when we feel like the world is falling apart. We do not know what someone else may be going through. Let us help our animals and our neighbors during times of uncertainty and we will make it through!

There is only Plan A and that is to get back on our feet, with our loving fur babies, as soon as possible. Hang in there, everyone! Abrazos!

Dr. Josh owns *Isla Veterinary Boutique Hospital* in 14380 Marsh Ln. Ste. 110 Addison, TX 75001 (Next to Tom Thumb). Contact him by phone at 972-738-1111 or visit IslaVet.com.

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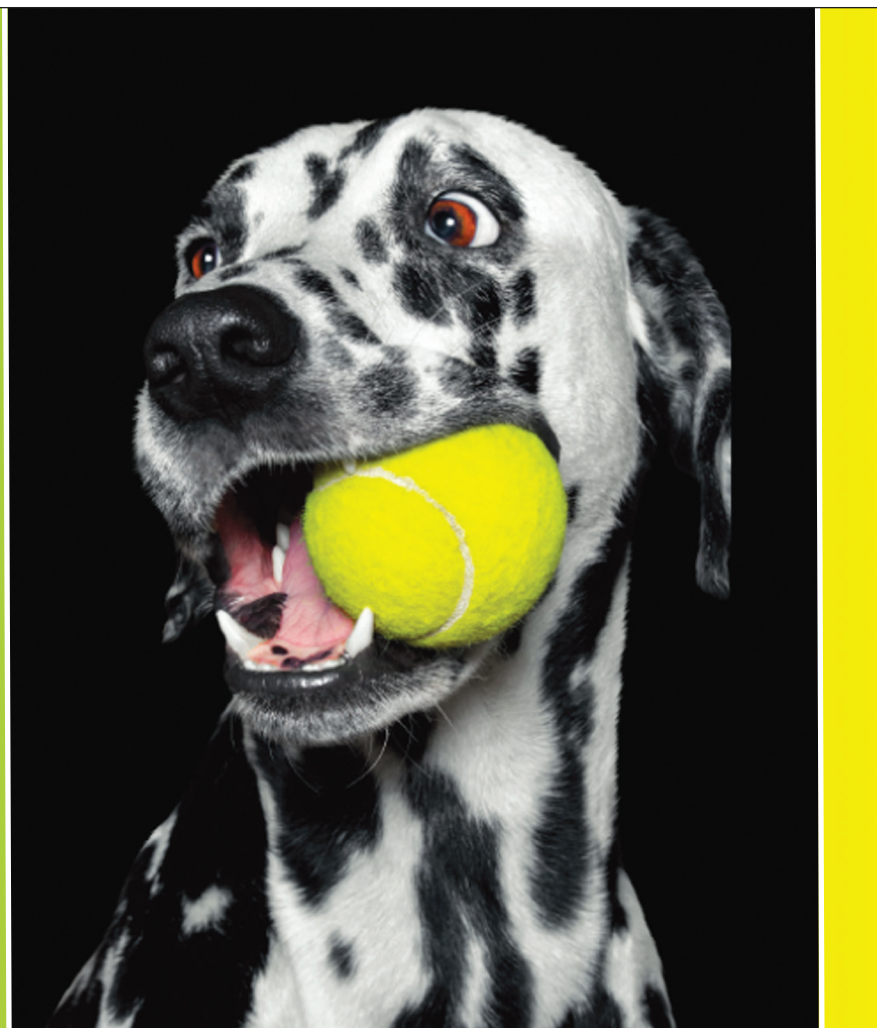
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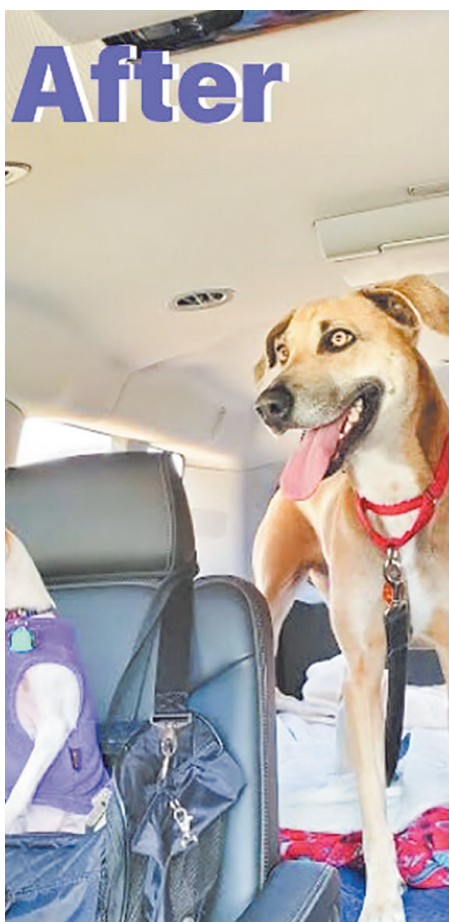
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A MESSAGE FROM THE SPCA OF TEXAS



Due to COVID-19 and the Dallas County shelter-in-place order, The SPCA of Texas has made some changes to its operations and will no longer be offering adoptions or fostering until at least April 5. There are, however, always happy stories to be told.

At the SPCA of Texas' Russell H. Perry Animal Care Center, it was rare to see Bree let her guard down. This gorgeous dog showed some sparks of playfulness with staff, especially when they brought treats, but she was always tense underneath. She had a hard time learning to trust the staff and volunteers, and while she was happy to go on walks and get enrichment snacks, her guard was constantly up.

But that's not Bree today. Bree went to a foster home this week, and the photos her foster family sent brought tears to everyone's eyes. Bree smiling!? Relaxed and seeking attention? Impossible!

But it's not impossible; it's the magic of fostering. The SPCA of Texas can't help but be surprised when it happens, but we admit we shouldn't, because it happens a lot! We see animals just absolutely blossom once they get the chance to get out of the shelter environment. Staff and volunteers can give them all the love, attention, playtime and enrichment we can offer, but nothing can ever compare to a real home!

Fostering saves lives, and the SPCA of Texas is so incredibly grateful to all of our foster families.

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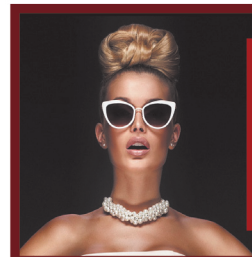
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Sewing to save lives

Rather than sit home feeling helpless, local Realtor Bob McCranie decided he could help by making face masks for those who need them

DAVID TAFFET | Senior Staff Writer
taffet@dallasvoice.com

Retail workers, a postal employee, a window installation company, workers at a facility for people who have suffered brain injuries and strokes have all asked Bob McCranie for his homemade face masks.

Would surgical masks be safer? McCranie is the first to admit they would. But the folks asking for his homemade masks weren't able to get professionally made masks.

So, when McCranie posted on Facebook that he was going to make masks, the requests started pouring in.

McCranie is the owner and founder of Texas Pride Realty Group. He started the company in 2009; he is based in Carrollton and does business in Dallas, Tarrant, Denton and Collin counties as well as in Rockwall and in Houston. He said that doing business in all the different counties has never been much of a challenge until now, with each county issuing different "Stay Home" rules in the face of the COVID-19 pandemic.

Texas Pride Realty's Dallas agents must stay home, because Dallas County rules apply to those who live in the county. But his Collin County agents can show property in Dallas County. And Tarrant County rules, which are fairly lax, don't apply to much stricter city of Fort Worth "Y'all Stay Home" rules.

So, what's McCranie doing?

"We're still trying to show houses virtually," he said. "And I'm doing some messaging about upcoming property tax evaluations."

But like most business, things have slowed down at Texas Pride Realty. So McCranie said when he saw a report on a mother/daughter team making masks he decided to do likewise. And since he took home economics in seventh grade, and had just bought himself a new one for his birthday, it seemed like the perfect way to help out.

"I'm not a great seamstress," McCranie admitted. But he's really much better than he's giving himself credit for.

McCranie pulled out some old dress shirts that he cut into pieces. Then he went shopping for elastic, which





Bob McCranie sewing face masks
(Photos courtesy Terry McCranie)

nated fabric for the masks. So fabric is something he doesn't need now, but if anyone has a massive amount of elastic, that might help.

After the H1N1 flu epidemic, the National Institute of Health published a study comparing wearing homemade face masks to wearing surgical face masks to wearing no face masks.

The first problem the study found was fit, which varied among masks studied. So McCranie spent significant time working on the design for his masks.

Next, the study looked at the number of microorganisms isolated from coughs, and compared homemade masks to no mask using several air sampling techniques and to surgical masks. Surgical masks caught three times the number of droplets, but homemade masks worked much better than no protection.

McCranie said he's not proposing these be used in medical settings, but the note from the brain injury and stroke facility said they needed masks "and we can't get them." And McCranie's masks are certainly better than no mask.

he found is as readily available as toilet paper. So, he looked for a substitute and found pony tail ties would work to craft the ear pieces.

Then he sat down at the sewing machine and produced his first few masks. And then he threw out the first and second ones he made and adjusted his pattern so that the fabric would be pleated more tightly around the ear.

When he had face masks that satisfied him, McCranie put the finished product in plastic bags on his doorstep and invited people on Facebook who needed them to come get them.

So far, he's delivered 72 face masks and has orders for 453 more.

To help out, lots of people have do-

McCranie continues to get requests and is filling orders for five DART workers. One order is for 20 masks for court workers, and he's sent some to Uber drivers. He said he's even delivered some to people in the Carrollton and Plano area and a few to people who are immuno-compromised and shouldn't be out.

Each night, McCranie said he can produce 25 masks. He has a goal of making 1,000, which means he has his work cut out for him. But why is he so dedicated to getting his masks out?

During the AIDS crisis, everyone felt a little helpless. McCranie's face masks might just save a few lives, and, he said, "I didn't want to just sit here and do nothing." ■

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Comedy in the time of COVID-19



Austin-based comedians finding work-arounds to keep web series on track

DAVID TAFFET | Senior Staff Writer
taffet@dallasvoice.com

What do Texas-based stand-up comedians whose short film was accepted in SXSW do when they find they're suddenly out of work because audiences are gone? They continue making comedy.

Colton Dowling is an Austin-based stand-up comic who created in Van



Damn, Jean Claude, a "new web series about a liberal gay man who unwittingly becomes the adopted father of a right-wing orphaned boy."

Dowling said eight comedians are involved in the project. Three episodes are complete, and they're hoping to make three more. So they opened a kickstarter campaign to fund their project.

Dowling explained how they'd do that while maintaining social distancing: Just four people would be on set at any time — two comedians, one videographer and one sound person.

The stand-up comedians have learned that on video, there are three levels of comedians involved: First there's the writer, then there are the actors and finally the editor.

Dowling described the editor as possibly the most important person and editing as the most time-consuming part of the work. It is important because the timing must be perfect. Why must the editor be a comedian? Because the editor needs to know if a joke landed. And it is time consuming because if one part of the joke isn't delivered properly, the editor has to find the pieces to put the joke back together and make it work.

Comedy, Dowling said, usually comes out of the comedian's experience. Van Damn is about conflict between liberal and conservative, but neither side is right, and it's not meant to take sides.

"Everybody thinks that they're right," he said. "How do you co-exist with that person?"

So how, in liberal Austin, did he

find conservative writers and actors? "Round Rock," he explained. Translated into Dallas reference, he said, "Round Rock" means "Plano."

And how do the episodes made before COVID-19 hit translate into a post-coronavirus world? "Coronavirus shouldn't be partisan, but it totally is," Dowling said. He explained that liberals are debating what's really essential while Trump supporters are still arguing that it is all "fake news."

He said if "stay home" orders continue, that'll affect all television production for next season. Small scenes will be filmed with small crews, if they're filmed at all.

But, Dowling wondered, what will things look like when life starts getting back to normal? Will it take long for people to begin feeling comfortable again in large crowds? Maybe, maybe not.

Maybe people will ease into being together again in intimate settings like a comedy club first. Dowling hopes so.

He does expect darker humor to emerge. Just as out-LGBT comedy emerged from the AIDS crisis, he expects many people will deal with loss after the coronavirus crisis through comedy.

So while he's social distancing, Dowling is also making comedy from Austin, a city he calls one of the best markets for live comedy in the country. By producing comedy, he hopes to do his part in getting everyone through the coronavirus crisis.

To get more information on Van Damn, Jean Claud, visit [Kickstarter.com/projects/coltondowling/van-damn-jean-claude](https://www.kickstarter.com/projects/coltondowling/van-damn-jean-claude)

Bellos returns to clinical practice

TAMMY NASH | Managing Editor
nash@dallasvoice.com

When Dr. Nick Bellos retired from his clinical practice in September 2012, it wasn't because he didn't like seeing patients. He loved his patients; what he didn't like was all the computer time that was becoming an ever-larger part of clinical medicine. It was the necessity of maintaining the time-consuming EHR — electronic health records — that convinced him it was time to retire.

But, he notes now, "I didn't really retire; I just left clinical practice. I have stayed in the medical field all along."

Bellos has been working as medical director for Quest Labs, a "patient-facing health and wellness business," he said this week. "We are the people you see at

health fairs doing screenings for things like diabetes and high blood pressure. We also work with insurance companies to make sure their patients get all the appropriate testing required by the government."

And as of last week, he added, "I am the point person for Quest employees for all questions and issues related to COVID-19. All 45,000 employees — if they have questions or problems related to COVID, they come to me. I also work with the employee health solutions people, of course, but ultimately, the buck stops with me."

But busy as he has been, there was one fact Bellos couldn't ignore: "I missed clinical medicine," he said. "I missed taking care of my patients."

So when Texas Speciality Clinic gave him a chance to have that again, he took it.

That connection with the patients was what had made practicing medicine worthwhile. But when the emphasis began to shift to the electronic record keeping to the point that it interfered with the doctor/patient relationship, Bellos decided to make a change.

"I practiced concierge medicine before I knew it was concierge medicine!" he

declared. "I always spent as much time with my patients as I needed to. And a lot of my patients ended up being my friends. I'd say about 60 percent of them always had my home phone number and my personal email address. I was very fortunate that none of them ever took advantage of that."

When he was offered the chance to practice clinical medicine again with Texas Speciality Clinic, Bellos said he was a little leery at first. He told them he wasn't interested if it meant shuffling patients in and out as quickly as possible while spending most of the time having to enter the required EHR.

"They told me that wouldn't be a problem. They have someone else to handle all the EHR," he said. "It takes me about 45 seconds to dictate a new patient's information. That affords me the ability to look a person in the eye and spend time with them, rather than having to turn my back on them and put things into the computer. Honestly, I am sort of an old fart when it comes to that stuff. I think a doctor should spend time with the patient, not the computer. I get to do that here."

Because of the requirements of his work with Quest, Bellos said he has of-



Dr. Bellos

fice hours from 9 a.m.-1 p.m. each Saturday at Texas Speciality Clinic, located 2603 Oak Lawn Ave. The actual clinic is now closed due to the COVID-19 epidemic but doctors are available by telephone in the meantime.

Bellos said there is a nurse practitioner at the clinic who handles the well woman exams and the practice also includes sexual health, offering PrEP and in-office rapid testing for HIV.

"If someone comes in to get tested and finds out they are positive, they get treated for HIV immediately. They leave the office that day with a prescription for the meds they need. There's no waiting to find out how the test came out, and no waiting for treatment."

The main thing Bellos said he wants the community to know is, "We are here to serve the gay community overall." ■

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Friends In Need

The LGBTQ community steps up to help fight COVID-19.



Joe Pacetti of Joe Pacetti Jewelry and Michelle Henderson of Loro Lino Fine Linens

Funny how this whole mask thing started. My dear friend Michelle Henderson, the custom tabletop and bed linen designer with Loro Lino, and I check in daily on the telephone. She called me early last week as I was on one of my exciting outings — going to the Tom Thumb grocery store! Never in my life, with more than 9,000,000 traveled miles on American Airlines alone, did I think a trip to the grocery store could be so exciting and something to so look forward to!

The first thing she asked me was if I had on a mask and gloves. I admitted that I did not and that, honestly, didn't even have either at the house. After giving me a motherly scolding, Michelle insisted on meeting me in the parking lot and giving me one of her custom-made masks. Her seamstresses are making them, and they are donating them to charities and those in need.

So I submitted and let her bring me one of her beautiful Egyptian cotton white masks and a pair of hot pink gloves. Now, how GAY do they look?! And into the Tom Thumb I went. No one in the store recognized me even though I've been shopping there for 37 years, and many of them are very long time employees. I had to speak to them by name before they knew who I was!

"Wow!" I thought. "Besides protecting you, this mask really does conceal who

Masks for Legacy

Melissa Grove, executive director of Legacy Counseling Center and Legacy Founders Cottage, said that as the COVID-19 epidemic descended on North Texas, the community has responded wholeheartedly, making sure that the agency has the masks it needs.

Frances Stinnett sent a number of masks, and a bunch have shown up in the mail, Grove said. Another Legacy supporter said she knew the agency was going to need masks, so she started making them. She made 42 masks that have pieces for heater/ac filters donated by Home Depot inside the help increase efficiency. She asked to remain anonymous.

Fashion designer Parker Parker has



also contributed (see story this page).

Grove said that because homeless shelters are "hotbeds for COVID-19," Legacy is trying to get people out of the shelters as quickly as possible and into safer housing. Jim Windler donated two sofas to help furnish an apartment for them, and the crew from AVSD Pro AudioVisual delivered them.

you are!"

Actually, I've been totally void of jewelry for the last few weeks. So this is definitely my low-key look.

After that, I was thrilled to donate to the GoFundMe account that Michelle has set up to help pay for the masks. I love the positive outreach everyone is showing one another during these stressful times.

When Michelle and I met for a photo to demonstrate how to properly wear a mask — completely covering your nose and mouth — we also demonstrated proper social distancing six feet. (We both talked about how we've been directing our clients to our websites for their shopping needs. Thank God for UPS and Federal Express for shipping both of our merchandise to clients who can do "retail therapy" from the comfort of their homes!)

Now as stylish as it is, this mask thing is only a temporary look for me, because every time I breathe whilst wearing the mask, my glasses fog up! I'm sure we are all looking forward to returning to all of our "normal" lives!

The Medical Masks for Dallas COVID-19 Support Go Fund Me page is at [GoFundMe.com/f/surgical-masks-for-dallas-covid-support](https://www.gofundme.com/f/surgical-masks-for-dallas-covid-support).

Fashion Designer Parker Parker:

I come from nothing, or maybe it's that I come from something but not the kind of something you want to come from. I grew up moving from family to family ... to family ... never really knowing where I would end up, and never really having anyone to care for or love me entirely.

Then when I was 21, I had my daughter, my every reason for living. Her father was never really in the picture, and I had to do what I could to give my daughter a better quality of life. So I taught myself to sew for her. I never wanted her to wear "rags" like I had to.

Over the years we have seen more hardships than most people. But despite all that we have been through, we chose to be people that never let life take our joy or our love. Through the years, no matter where our lives were at, I have always tried to be there for others the way I have always wanted others to be there for us. Now, that means making protective masks for our frontline heroes in the hospitals.

My career as a fashion designer has come to a complete halt. But I had \$1,500



Fashion designer Parker Parker

saved up and decided to use that money to buy what I could to make masks for our doctors, nurses and others who are in high risk of this virus — at absolutely no charge to them.

I didn't want to just create any mask though. I put a lot of thought and consideration into the construction of the masks, which include two layers of cotton and a middle layer of stabilizer — three layers of protection, plus a pocket inside to hold more protective layers and wire around the nose part so the mask can be more form-fitting and thus, more effective.

I also wanted to let all our frontline heroes know how much of heroes they really are. So I started putting "HERO" on the front of the masks. I like to think that maybe the patients that see someone walking toward wearing a mask that says "HERO" will get just a little bit of comfort from it, and that those wearing these masks will feel appreciated and loved by others.

I wrote "Psalms 91:3-7" in small print just below "HERO." This is a scripture I read nightly with my daughter that says: "He will rescue you from every trap and protect you from deadly disease. He will cover you with his feathers. He will shelter you with his wings. His faithful promises are your armor and protection. Do not be afraid of the terrors of the night, nor the arrow that flies in the day. Do not dread the disease that stalks in darkness, nor the disaster that strikes at midday. Though a thousand fall at your side, though ten thousand are dying around you, these evils will not touch you."

I have spoken this verse over every mask I have made, and I have prayed deeply for protection, comfort and healing for all of these beautiful heroes on the frontline. I know to some it may seem silly, but in this crazy world we are in now, who couldn't use just a little more joy, love and protection — just one more little miracle.

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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.

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■ commUNITYvoices

Dealing with the trauma of quarantine

Hello all! I am the nosy, bossy mom, and I am here to help you through the time of quarantines. It seems like a lifetime ago that many of us saw each other, but here we are, just two weeks into a truly life altering event — the COVID-19 pandemic.

We keep hearing the term “the new normal” everywhere — on the news, from our bosses and coworkers and so on. But most us just want back the *old* normal that we complained about and took for granted.

So often events like this pandemic only happen elsewhere, in some distance “third-world” country or to an isolated group with which we neither have nor feel any real connection. This just doesn’t happen to the planet as a collective whole! But it is happening now to all of us.

That means that this is the time to talk about emotional and psychological trauma. Normally, people deal with emotional and psychological trauma in the aftermath of natural disasters like tornados or floods or massive wildfires. But here we are, right smack in the middle of a disaster of epic proportions, and that means the trauma we are dealing with is pretty epic, too.

Trauma like this is the result of extraordinarily stressful events that shatter your sense of security, making you feel helpless in a dangerous world. It can leave you struggling with upsetting emotions, memories and anxiety that just won’t go away. It can leave you feeling numb and disconnected. You may even feel a looming sense of fear.

You are experiencing so many emotions all at once and in such a pure form that it is just overwhelming.

I want everyone to come out of this ok, but I also want us to learn how to be our brothers’ keepers, too. Right now, despite the stress and the trauma, we have an opportunity to build the kind of world we want to live in. I know it is hard, sometimes, to see the bigger picture when what is right in front of you is so scary. But there is a bigger picture, and we have the chance to make it a better picture. Like the caterpillar coming out of its cocoon



Sandra Kelley
Contributing Columnist



into a new world, we have the chance to emerge from the cocoon of COVID quarantines into a new and better world, too.

But first, we have to know how to cope with the trauma we all are facing.

Coping with the trauma can present unique challenges. Every day, someone on television is reminding us of the fragility of our world. People that should be making sane and rationale decisions clearly are not. We are not even in a position of going out to find our support network. But as we traverse all of the new orders and codes being flung at us from all sides, here are some things, we can all do to help ourselves:

- **Get Moving:** Trauma disrupts the body’s natural equilibrium. You can be frozen in a state of hyperarousal and fear. Exercise and movement can help repair the nervous system, burning off the adrenaline and releasing endorphins. We like endorphins; as we all know, those endorphins make people happy.

- **Don’t Isolate:** I know this sounds impossible right now, but there are tons of ways to connect with people. Google Meetings, Facebook Live, the HouseParty app and Zoom are just a few examples. Chat with your co-workers, your family and your friends. Schedule a virtual happy hour or binge club, since we all love to binge TV shows. It’s a more modern version of the book club. Connect digitally. Attend a virtual concert. Pick up dinner and share the event with your family and friends.

- **Take Care of Yourself:** Eat a well-balanced diet and don’t just inhale a bunch

of garbage. Get plenty of sleep. Avoid drinking in alcohol in excess. Find a relaxation technique; I know there some people leading yoga classes online. Find a way to meditate, such as deep breathing exercises.

Remember that it is okay to feel what we feel, and it is okay to be scared of what’s happening. We need to know that it is okay. Get a notebook and write down the things you are thinking and feeling. Don’t dismiss your feelings, and don’t feel like you always must be strong for the people around you. Allow yourself the opportunity to go through the stages of grief that you are feeling.

There is now no “new normal” and no “old normal.” There is just our normal. Remember to make your schedule and stick to it. Step away and take a breath when you need to. Remember to be kind — those around you and to yourself, too.

If you truly become overwhelmed and cannot pull yourself out of it, do not forget about the virtual doctors. They offer the option to speak with a licensed therapist. So evaluate yourself and make that call if you need to; there’s nothing wrong with asking for help. And be that friend that suggests such making a call if you notice that someone else seems to be moving into a bad place. Help them make the call if necessary.

We can get through this. But we will have to get through it together if we want to get through it successfully. ■

Sandra Kelley has a bachelor’s degree in human services and is pursuing her master’s degree in the same field. She is spending the quarantine working from home with her partner, her sons and her dogs and cats.



City of Dallas COVID-19 Facility Closures

The City of Dallas is open, but many of our facilities are **closed for walk-in services**. To keep our staff and community safe, we are closing City Facilities and providing remote services by phone, email, and online.

The City of Dallas is open, but **City Hall is CLOSED** unless you have an appointment.

Check below for department-specific remote services.

CLOSED FOR ALL WALK-INS

DEPARTMENT	STATUS	CONTACT INFO
Bureau of Vital Statistics – Birth & Death Certificates	To accept/register new birth and death records & issue birth & death records, complete forms online	www.dallasvitalstatistics.com 214-670-3092
City Controller’s Office Accounts Payable	Invoices can be submitted by mail or electronically	CODAccountsPayable@DallasCityHall.com 214-670-0109
City Secretary’s Office Open Records Requests	Orders delayed per Governor’s Office disaster declaration; new & existing orders to be filled upon reopening	openrecords@dallascityhall.com 214-671-6736
Code Compliance Consumer Health Division	Applications for food-related permits can be made online	dallascityhall.com/departments/codecompliance 214-670-8083
Court & Detention Services and Municipal Court	Resolve activities like citations, court dates, probation, etc. by mail, phone, or online	courts.dallascityhall.com 214-670-0109
Dallas Public Library	All libraries are closed; visit website for online materials	www.dallaslibrary.org 214-670-7809
Dallas Water Utilities	Pay bill online, by phone, by mail, or at Fidelity Express Pay locations; check special collections fees online	epay.dallascityhall.com 214-651-1441
Department of Public Works	Payments accepted by mail but electronic submittal of invoices and documents is encouraged	dallascityhall.com/departments/public-works 214-670-4491
Department of Transportation	All parking hearings have been postponed; protestations can be made in writing	214-670-6904
Office of Arts & Culture	For specific questions on existing programs, call or visit Department website	www.dallasculture.org 214-670-3687

Current as of 3/27/20.

Please refer to the City’s website for the latest information.

CLOSED FOR ALL WALK-INS (CONTINUED)

DEPARTMENT	STATUS	CONTACT INFO
Office of Community Police Oversight	Complaints can be submitted by phone or online	OCPO@dallascityhall.com 214-670-3882
Office of Fair Housing & Human Rights	Call or go online to file fair housing, ADA, LGBT complaints, and reasonable accomodation requests	www.dallasfairhousing.com 214-670-3247
Office of Housing & Neighborhood Revitalization	Call or email for questions on liens, HIPPP, DHAP, Land Bank, evictions, etc.	https://dallascityhall.com/departments/housing-neighborhood-revitalization 214-670-5988
Office of Special Events	For specific questions, call or visit Department website	www.dallasspecialevents.com 214-939-2701
Paid Sick Leave	For inquiries, resources, or complaints, call or visit website	dallascityhall.com/paid-sick-leave 214-670-3247

OPEN FOR LIMITED SERVICES

DEPARTMENT	STATUS	CONTACT INFO
Dallas Police Department Auto-Pound	Reduced staff on site; expect longer service times	dallaspolice.net/resource/generalinfo 214-670-5116
Dallas Animal Services	Field officers remain active; online/curbside services available	www.dallasanimalservices.org 214-670-6800
Dallas Park & Recreation	All rec centers & facilities are closed; parks & trails are open with social distancing enforced	www.dallasparks.org 214-670-4100
Department of Sanitation	McCommas Bluff Landfill & transfer stations open only to commerical customers; call or email for questions	dallascityhall.com/departments/sanitation 214-670-3155
Department of Sustainable Development & Construction	Oak Cliff Municipal Center open; documents should be submitted digitally when possible	https://dallascityhall.com/departments/sustainabledevelopment/buildinginspection/ 214-670-4127
Office of Community Care WIC Centers	All WIC clinics are closed; limited curbside pickup available	dallascityhall.com/departments/community-care 214-670-7200

Current as of 3/27/20.

Please refer to the City's website for the latest information.



City of Dallas

Carrying the torch

Laura Carrizales and Mel Arizpe opened their West Dallas eloteria Locura before the outbreak and have continued to serve customers while building their brand and expanding their menu. (Photo by Arnold Wayne Jones)

Restaurateurs are soldiering on in the face of sheltering rules

ARNOLD WAYNE JONES | Executive Editor
jones@dallasvoice.com

The social distancing protocols have wreaked havoc on all our lives and livelihoods, but few businesses have been harder hit than restaurants. But in this time of transition some entrepreneurs in food service are forging ahead.

"Like everybody else we're dealing with the zombie apocalypse — it's like we're living in a movie," says Khanh Nguyen, founder of ZaLat Pizza. "We're undergoing lots of changes."

But in the midst of this hubbub, ZaLat is doing something few businesses are right now: Expanding. To the company's six existing pizzerias, Nguyen is readying to open a seventh in the heart of the gayborhood.

The new ZaLat, located at Throckmorton and Lemmon, completed construction before the shelter-in-place rules and has just received its occupancy certificate from the city; it is slated to open its doors for pickup and delivery on April 13, from 4 p.m. to midnight at first, then eventually normalizing to the 11 a.m. to 4 a.m. hours common at other stores.

It helps, of course, that pizza is perhaps the role model of eat-at-home cuisines, where delivery and pickup are folded into the structure. And business is kinda booming.

"Our numbers are holding, and we have not had to reduce staff, though we have contracted hours," Nguyen says. "Lunch is not a thing [right now], and there is not after-bar eating because there aren't any bars open, but we are doing the same amount of sales from dinner to midnight that we were doing all day 'til 4 a.m." On average, ZaLat's

flagship shop on Fitzhugh produces a pizza every 20 seconds during peak hours; UberEats has named that location the no. 2 spot for its drivers to pick up... *in the world*. But Nguyen hopes the new store will be a game-changer.

"I've actually wanted to be in the [gayborhood] from the start," says Nguyen, who began his career as a restaurateur when he opened the Vietnamese restaurant Dalat in 2011. (Dalat continues to offer curbside service during the lockdown.) "I've been in Dallas for a very long time — I party over there all the time. We had a hard time finding a spot *on* Cedar Springs, but we wanted to be fairly close. When the neighborhood comes back online, that's one of the busiest spots in the whole city."

He wants to integrate into the character of the community as well; not only will the Lemmon location be nicknamed "the rainbow shop," they are redesign-

ing the company logo (a superheroism "Z" emblem) in rainbow colors and plan to commission a muralist to paint the store in a spectrum. "I love what the city did with the crosswalks and want to see if we can [recreate it]," he says. "Our crew is super excited about the location."

Nguyen is as enthusiastic about his crew as they are about the company. ZaLat has offered full medical and dental benefits (including for same-sex partners) for two years, as well as a 401(k) and upcoming stock-purchase options. He even has a tattoo artist on retainer who will bestow long-time staff with the company Z. ("Even our outside counsel has one!" Nguyen crows.) The employee manual is actually a comic book about a service-industry worker disillusioned by colleagues who don't care and is motivated by the cape-clad crew at ZaLat.

"We're trying to make a difference

and are super proud of the pizzas,” Nguyen says. “If your heart’s in it, it will come through [in the food].”

Launching a restaurant during a quarantine — or any time — is surely a stressful venture. But you wouldn’t know it by walking into Locura, an elotes-centric street-food restaurant that started service in February in West Dallas.

“Not the best time to open a restaurant,” chef and co-owner Laura Carrizales smiles with good-natured irony, while acknowledging that it’s not the best time to *anything* in the current environment.

It is a perverse twist of serendipity, then, that the name chosen for this unique counter-service... ummm... *eloteria* (?), Locura, translates into “Madness.” The name had nothing to do with the current state of the culture. Carrizales, with her partner — in life, business and *la musica* — is Mel Arizpe; together, they have performed for several years as the singing duo Mi Diva Loca (a play on *mi vida loca*, “my crazy life”).

The singing gigs have been on hold since November, when they decided it was time to pursue their dreams of restaurateurship.

Carrizales had the background — by training, if not experience. She studied culinary at El Centro, then attended Texas Woman’s University where she obtained a degree in food service management. Both women, being of Mexican descent, wanted a way to showcase the flavors of their upbringings.

“Growing up in Brownsville on the border, we would go across to Matamoros a lot and there were eloterios — basically ‘corn men,’ selling corn on the cob dressed with all the good stuff: mayo, cheese,” Arizpe explains. “We wanted to keep that tradition— anywhere you go in Dallas where [restaurants] do have elotes, it’s usually in a



Hand-tossed crust (with gloves on!) from ZaLat: The pizzeria is thriving during the lockdown because of the delivery-and-pick-up business model; the company will shortly open its seventh store in the gayborhood. (Photo courtesy Kathy Tran)

cup and not necessarily fresh corn.”

“We shuck ours fresh,” Carrizales adds, they steam it and finish off on an open flame; down the road, they may start offering a version in a cup.

But while the style may be traditional, the flavors are largely the result of Carrizales’ flights of fancy. (“I don’t cook,” says Arizpe. “I have a degree in music! But for a year, I was the taste-tester.”) Among the unique recipes: a lemon-pepper wing elotes; a Middle Eastern za’atar recipe (both started out as special “elotes of the day” and worked their way onto the permanent menu); even house-made ranch (all the sauces, in fact, are made in-house). Anything, Carrizales says, that “tastes good with corn and butter.” (Although, I ask: what doesn’t? “Well, fruity stuff doesn’t

■ TORCH Page 19

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DTC's 'American Mariachi' finally has an audience online.

DTC and Stage West preserve live recordings of their most recent shows for viewing on the internet

ARNOLD WAYNE JONES | Executive Editor
jones@dallasvoice.com

On the evening of Thursday, March 12, at two theaters on opposite sides of the Trinity River, two separate companies were putting up two separate plays that otherwise had little in common except their premiere week: *American Mariachi* at the Dallas Theater Center was working on its first tech rehearsal for the multi-set, multi-character play with music, to be followed by a dress rehearsal on March 13 before the first preview performance on March 14. Over in Fort Worth, Stage West was mounting its first preview of *The Children*, a three-character box-set drama.

Three weeks later, these shows share a lot more: Like all live theater across North Texas, both were victims of the shelter-in-place rules from their respec-

tive municipalities. Neither got to do full or even meaningful runs of their shows. But both will also live on, if only fleetingly.

As with a number of theaters across the U.S., DTC and Stage West applied for and received special permission to release filmed versions of their plays for availability on the internet. It may be the last gasp of live theater for the foreseeable future, but we'll take what we can get.

"We learned about 10:30 p.m. that Thursday about the county order" effectively closing all theaters, recalls Kevin Moriarty, artistic director of DTC. He knew instantly that the rules meant that *American Mariachi* — and another, *Pipeline*, which had just begun rehearsals — would never be seen by live, paying audiences. But he and the rest of the company weren't quite willing to give up that easily.

"We gathered together that Friday afternoon to tell them we would be sending them home," but because they were all prepared to do the planned dress rehearsal, the leadership made a request: "We asked if they would be willing to let us film the dress rehears-

al," Moriarty says. Everyone agreed.

Although most major theaters do videotape all their shows, they are constrained by the rules governing Actors Equity (the main actors' union) concerning the use of recordings of live performances. Archival tapes may be made with a single fixed camera, and may not be distributed, even internally. Making a multi-camera recording, and then making it available over for streaming, was unheard of... at least until the historic rule-breaking of the coronavirus pandemic.

"Because San Francisco was already under much heavier restrictions, we knew from our peer theaters that they had started a dialogue with Actors Equity to capture a show they already had up and running," Moriarty says. "So we assumed we could also get permission. Everyone was operating in a spirit of collegiality. We knew if we got the permissions we would move forward." The DTC's marketing team brought in four cameras; cast members were allowed to invite a few friends to watch from the balcony and loges. The rehearsal went forward... and the cameras captured it all.

By Monday they had permission. Now, the sole surviving record of DTC's production of *American Mariachi* is available to stream ... under certain conditions.

"We could only sell tickets for the length of its run," meaning the original performance date of April 5 — this Sunday — is the last time you can buy the stream. You can only watch once and have only two weeks to watch before it disappears forever. But there are advantages.

"We use the same pathway to buy tickets [for the stream] as for buying tickets to the show... though there is nothing to prevent you from buying one ticket and letting everyone in the household watch it," he laughs.

For Stage West, the conditions were different. Fort Worth and Tarrant County had different social distancing guidelines. *The Children* was able to open as planned and play for a weekend before the lockdown effectively closed the theater to the public. But like Moriarty, Stage West executive producer Dana Schultes was aware of the speedy way AE was accommodating theaters trying to salvage a production.

“We reached out to AE and Dramatists Play Service within four or five days, they gave us permission,” she says. By the following Saturday, March 21, they were able to pull together a film crew in just seven hours.

“We had three cameras and our original [stage] director, Kara-Lynn Vaeni, sent in a shot list — a few moments she wanted to get [where the camera focused on that action]. We were lucky we got it in that Saturday to shoot it,” she says. That night, more stringent restrictions would have prevented even the small cast and crew from gathering to film it. (Stage West was also able to secure a two-week window to stream, and have chosen to make it available April 9–23, though tickets are currently available for purchase.)

Schultes feels the translation from live theater to recording was a success. “They did such a good job, there was almost no difference. It transfers well — it’s a play, a single set, three actors, very moody. You can kind of lean into it like you would from the second row,” she says.

Moriarty, who likes the transfer of *American Mariachi* to video, is more sanguine about the compromise but also

generally upbeat.

“It’s a hard time for the arts, but I’m oddly exhilarated that the possibilities [the social restrictions] will unlock,” he says. “A lot of folks are really scared about this time, but I am not. I am incredibly positive. As long as I have been a theatermaker, I have been asked, ‘Why should I dress up and go out to see a play — why not watch something at home on Netflix?’ And for the first time in my life I feel like there is not a person in the world who needs to be explained the value of being in a physical space, surrounded by strangers, sharing a communal experience. You can be at home with your family or come out, have a drink, shake hands, laughing together, touching another person. When we come out of this, I think there will be a renewed appreciation for the value of social connection. There will be this wave of appreciation for being in a place with other people.”

Which is precisely what theater was meant to do.

You can access the stream of American Mariachi through April 5 at DallasTheaterCenter.org. You can order tickets for The Children at StageWest.org for streaming April 9–23.



Revised laws permit restaurants to deliver alcoholic beverages; ZaLat throws in the option of ordering toilet paper as a courtesy. (Photo courtesy Kathy Tran)

■ **TORCH** From Page 17

work,” she has discovered.)

And while elotes were the inspiration, the menu has expanded to include tapas-style small bites with a variety of influences: a pork belly dressed Carrizales’ take on an Argentine chimichurri (I tried it; it’s heavenly); the Locura fries, which Carrizales describes as a “Mexican poutine — green pico and pork

gravy;” a pozole Frito pie, which Arizpe says has been her own go-to dish when the kitchen it busy.

Of course, the kitchen hasn’t been as busy as these new restaurateurs might have hoped when they signed the lease last fall for what had been the original Trompo space (Trompo has since moved to Bishop Arts). Initially, they had

■ **TORCH** Next Page



CITY OF DALLAS

OFFICE OF FAIR HOUSING AND HUMAN RIGHTS

The Fair Housing and Mixed Income Housing Ordinance makes it illegal to discriminate against a person in regards to:

Race | Color | Religion | Sex | National Origin | Handicap (Mental or Physical) | Familial Status (Children Under 18) | Source of Income (social security, spousal support, child support or veterans with housing assistance vouchers) | Sexual Orientation | Gender Identity

The actions that are covered by the City Ordinance are:

RENTAL, including leasing, using and keeping a unit, and property management;

SALES, including brokers, sales agents, lenders, mortgage brokers, insurance agents and sellers;

ADVERTISEMENT, including brokers, sales agents, lenders, mortgage brokers, insurance agents and sellers;

EMPLOYMENT, including brokers, sales agents, lenders, mortgage brokers, insurance agents and sellers;

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intended for Locura to be full-service; it was only after working with the city that they learned they had too few parking spaces for that and had to operate as take-out.

“That was a huge bummer” at the time, Arizpe admits, “but it ended up being ideal because we got to stay open. We still do our to-go orders and have added UberEats and Doordash.”

The couple has been buoyed in part by the support of the community. They

were added to a list of small businesses, which has helped. Friends have volunteered their services helping build the website and taking photos of the food. Colleagues from Arizpe’s day job stop by for lunch.

They’ve also done their best to brighten the space with a colorful mural. Some old Trompo customers still pop in and immediately notice the changes. “They often say, ‘It looks happy in here!’ Then we tell them about the menu and

if they like it, hopefully they’ll be back,” Arizpe says.

Return customers would be magnificent, but for now they are still trying to expand the customer base. Shelter-in-place restrictions “have slowed down business — we’re not where we wanted to be,” Arizpe says. “We’ve done pretty good in the short time we’ve been open. We’re just gonna keep going and expand with our delivery options. As long as people keep ordering food! We’re do-



Chef Laura Carrizales developed a number of elotes recipes, all for traditional corn-on-the-cob consumption. (Photo by Arnold Wayne Jones)

ing something right. People are really enjoying the food. Our attitude is, ‘Let’s kill it.’”

The ZaLat Rainbow location, set to open April 13, is located at 4007 Lemmon Ave., ste. B. ZalLatPizza.com.

Locura: Small Bites in Dallas TX is located at 839 Singleton Blvd. #50. LocuraDallas.com.

Teach a man to fish...

Restaurants are also adapting by turning your home into a kitchen. Asian Mint continues to offer curbside and delivery of prepared meals, but last week it began selling cook-at-home kits with all the ingredients necessary to make dishes, including pad Thai (pictured), potstickers, tom yum sound and spring rolls. And what makes it a kit rather than just a grocery delivery service? The inclusion of recipe cards that walk you through the prep step-by-step.

It’s a boon for Asian cuisine, since many of us probably have less experience in that category than, say, boiling pasta or fricaseeing a chicken. And the process is easy to follow.

Of course, the advantage of cooking at home is the ability to tailor a recipe to your own taste, so wanna add a stick of cinnamon to the tom yum broth, as I did? Go for it. You can steam or fry your dumplings, according to taste. And sprinkle as much of their proprietary spice mix — called Drama Queen! — as you can handle. Plate as you choose for maximum impact, as I did here and voila! You’re a chef.

— Arnold Wayne Jones

Asian Mint isn’t the only restaurant offering cook-at-home kits: Meddlesome Moth, Nosh and Primo’s all have various ingredient-and-instructional packs for your home-cheffing delight.



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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



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If you're like me, a lot of your usual podcasts are current-events-centric, and of late, that means an endless procession of dire news. So where do we find the best (free) listening options that

can distract and entertain while we're all feeling isolated? Here are some great choices for binge-listening ... or simply having something to look forward to each day.

PHOEBE READS A MYSTERY



With her breathy, slightly sibilant contralto, Phoebe Judge has, inarguably, the best voice in podcasting: Intimate, intelligent, erudite but approachable. Her signature podcast, *Criminal*, is about true crime but not sensational so much as character-focused: Weed dealers and underhanded undertakers and pioneering female detectives. There are well more than 100 half-hour episodes for you to go back to, but what has me happy now is her new product: **Phoebe Reads a Mystery**, in which every day, she reads another chapter of a classic mystery novel, ad-free. It just launched last week, and she begins with Agatha Christie's debut novel, first published a century ago: *The Mysterious Affair at Styles*. It's an excellent diversion for 15 to 30 minutes a day, a kind of lullaby for the mind that engages the intellect.

"YOU MUST REMEMBER THIS"

a Karina Longworth podcast

A less-wonderful voice is that of Karina Longworth, who annoyingly mispronounces names and practices vocal fry. But those are quibbles in light of the abiding fascination you'll enjoy listening to **You Must Remember This**, her scrupulously well-researched "forgotten history of Hollywood's first century." The older ones are mostly stand-alone stories about "the making of" movies and folks whose output or personal lives you had no understanding of; in later seasons, she does deep dives, such as into the Manson Family's relationship with Tinseltown or how blondes were exploited by the system. But with all but one of the 159 episodes available, you won't soon run out of compelling tales of the Hollywood dream machine.



There are limits to the number of free episodes available at any time of **How Did This Get Made**, but with each running 90 minutes or more, and more being released regularly, you won't run out of material very soon. Character actors Jason Mantzoukas (*John Wick Chapter 3*, *The Good Place*), Paul Scheer (*Fresh Off the Boat*, *The League*) and June-Diane Raphael (*Grace and Frankie*, *Long Shot*) are Hollywood insiders who know a lot about how movies are made... and still wonder how *these* got greenlit. Plus you can leverage your experience: Stream each movie before you listen and revel in the hilarious insights.

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Ask Howard

How to do the wrong thing right

"Take care of the luxuries, and the necessities will take care of themselves."

This quote — attributed to F. Scott Fitzgerald, and the motto by which I've so blithely lived my entire life — is evermore pertinent now. The simple truth is that here in America, we are getting to experience first-hand what ordinary life was like for the average Soviet citizen living under Brezhnev. The entire world, in fact, now gets to enjoy this new Big Party Communism experience, wallowing utopic in the inconsistencies of our bourgeois essentials: toilet paper, hand tissues, sanitizing wipes, diapers, baby food, fresh meats, canned tuna, peanut butter, milk, and even pet food for Lucky and Snowball. Rumors and innuendo swirl like Putin's hairline about which grocery will soon receive a shipment of paper towels on tomorrow's dawn — "Pssst, just remember to haul granny along with you: Seniors are permitted to rifle the ransacked shelves a full hour ahead of those not flaunting turkey wattles and knee dimples!"

From CEOs to street hustlers, everyone is riddled with a skittish anxiety about entering what's uncharted: The small gym in my building — as with all gathering-places involving too-close proximity of breathing humans — has shuttered. In the blink of a Trumpian eye, my previously much-sought-after personal trainer spiraled from having to turn down new clients on a Wednesday, to total abandonment by his slate of regulars on Friday—a securely self-employed, flesh-and-blood man gone human hologram — ineligibly undeserving of even a nickel from the new two-trillion-dollar "stimulus salvation" package. Inside my building's elevator doors, a cautionary notice has been taped warningly: "Do not touch the elevator buttons directly, use a tissue." (A box of Kleenex is courteously placed on a stand for just such a purpose.) Putinesque phrases I'd never heard of a mere two weeks ago — "shelter-in-place" and "social distancing" — are now suddenly part of our everyday lexicon. Next to my building, The Katy Trail sprouts advisory signage requesting everyone distance themselves six feet apart; previously, in line at my bank only two days earlier, it was three feet. Millennials I've spoken with say, universally, they're (duh!) not paying April's rent, no more than their unopened monthly credit card statements shall bother making it up from the mailroom's trashcan.

Obviously, Millennials aren't alone here. And no matter how cagily any media dunderheads spin it, there's plainly no mathematical way that our long-ago-now globalized economy can simply halt on a dime for a solid month, or even for two weeks, without inviting a worldwide, financially mortal meltdown. My brother in Gulf Shores, Ala., speciously informs me the public beaches have all closed down, but the ammo shops sport lines out the door. Inertia can only keep the globe spinning (via gallows' humor) for a short while; ultimately, everything simpers to just a heaving death rattle — the resultant new world order bearing no resemblance to

how things previously existed only 30 days prior. As renowned investigative journalist Alfred Henry Lewis terrifyingly stated back in 1906, "There are only nine meals between mankind and anarchy."

Exactly where our lives as they currently stand — everything closed and the hospitality/airline industries annihilated — will ultimately lead is anybody's stupefied guess; that everyone on Earth is now living through a 9/11-magnitude type of crisis seems clear. Meanwhile, jabberwocky empathy foams forth courtesy our own Oracle L'Orange's lucidity-free public assuages on his paycheck-embalmed citizenry; yet, nothing stops Air Force One taking off, Mar-a-Lago bound: Time to hit the greens!

In paralleling sidebar down here in Dallas recently, I received "a special message from American Airlines" announcing they've temporarily

changed a number of policies in response to COVID-19, including a "relaxed seating policy" to better enable customers to practice social distancing on board "whenever possible" as well as (what a shocker!) reduced food and beverage service; plus, naturally, the suspension of checked pets. In other words, at last the airlines, dead though they may be, have exhumed a legitimately watertight (albeit mortally contagious) scapegoat to finally quit doing what they've been seeking plausible alibis to do away with for years: meal service and animal husbandry: "For the safety of our customers, we're temporarily suspending food and beverage service on flights typically less than four-and-a-half hours, and because schedule changes increase the risk of leaving a pet stranded, all checked pet service will be suspended." Rest assuredly, though, they know you always have options when choosing to fly.

As T.S. Eliot warned, *This is the way the world ends/Not with a bang but a whimper*. Thus, dear readers, we arrive to this following letter attributed, dubiously, to the Fitzgerald canon. Written precisely 100 years ago, the author's anxiety-addled tone draws a prescient comparison between the Spanish Flu outbreak of 1918–19, the deadliest pandemic of the 20th century, according to the CDC... and our own 21st century's little springtime pestilence:

Dearest Rosemary, It was a limpid, dreary day hung as in a basket from a single gold star.

I thank you for your letter. Outside, I perceive what I think may be a collection of fallen leaves tussling against a trash can. It rings like jazz to my ears.

The streets are that empty. It seems as though the bulk of the city has retreated to their quarters, rightfully so. At this time, it seems very poignant to avoid all public spaces. Even the bars, as I told Hemingway, but to that he punched me in the stomach, to which I asked if he had washed his hands. He hadn't. He is much the denier, that one. Why, he considers the virus to be just influenza. I'm curious of his sources.

The officials have alerted us to ensure we have a month's worth of necessities. Zelda and I have stocked up on red wine, whiskey, rum, vermouth, absinthe, white wine sherry, gin, and lord, if we need it, brandy. Please pray for us.

You should see the square, oh, it is terrible. I weep for the damned eventualities this future brings. The long afternoons rolling forward slowly on the ever-slick bottomless highball. Z. says it's no excuse to drink, but I just can't seem to steady my hand. In the distance, from my brooding perch, the shoreline is cloaked in a dull haze where I can discern an unrelenting penance that has been heading this way for a long, long while. And yet, amongst the cracked cloud-line of an evening's cast, I focus on a single strain of light, calling me forth to believe in a better tomorrow.

Faithfully Yours,
F. Scott Fitzgerald.

Though purportedly penned in 1920, "Fitzgerald's Quarantine Letter" is actually a 2020 work of satire by American author Nick Farrietta: Even the most casual of Fitzgerald buffs well know F. Scott and

Zelda didn't become married until April 3, 1920, say nothing of visited jazzy France or palled around with Hemingway. Nonetheless, in a perfect example of what passes for World Wide Web truism, replete with the past clairvoyantly foretelling the future, arrives this letter from F. Scott Fitzgerald gone viral. And as for its unidentified recipient here named Rosemary? She's a lady who never existed in reality, borrowed from Fitzgerald's own fictional 18-year-old American actress, Rosemary Hoyt (from his 1934 novel, *Tender Is the Night*).

Although intended as a parody, "Fitzgerald's Quarantine Letter" — with its theme of nothing terrible lasting forever, or even for long — conjures up the best of our angels; inexcusably, North American virus cases now top the world. The current presidencies of both the U.S. and Mexico won office by the very

skin of their respective country's working-class teeth... the very same socioeconomic group now most decimated from global quarantining. Even during boom times, for those treading just 'neath the middle class, ruination looms but one wrench-tossed-into-the-system away. Oh, and of course you've all heard by now that L'Orange has (to the surprise of exactly no one) extended his previous end for our social distancing. *Grrrl, wha?* You heard me. No longer shall everything be "back to normal" again by Easter Sunday: "Six feet apart" now lasts this entire month... or is it 10 feet apart, rather, after the 12th? Who knows? Who, in the end, cares? It's just so damned hard to stay ahead of an aspirational beacon of light.

Alas, with grateful hearts, it's now our front lines' emergency rooms where the bravest examples of emerging heroes abound: In Mexico City's esteemed top medical facility, The Hospital Espanol, Dr. Ronaldo Rodriguez sums up a spirit of hopeful entrenchment best: "It doesn't matter if I get the virus. Emergency care was my path's choice. Risk of contagion is part of my life as a doctor. We'll see a light at the end of the tunnel very soon, and everything is going to be normal after this apocalypse." Oh, but that we could all aspire to Dr. Rodriguez's life philosophy with equal honor, grace and serenity.

Indeed, Eliot was correct: April is the cruelest month. For how long, and how severe will be the repercussions of this unfolding springtime *bete noir*? Well, if you ask Howard — which, after all, is why you've made it this far anyhow — I say try swallowing this: Think of the coronavirus as a hasty marriage made in Vegas to your just-released-from-prison callboy at 4 in the morning whilst partying with those twisted, fun-loving Tina and Molly twins, drunker than Cooter Brown. We're now in the honeymoon.

Kisses, kisses, terribly, terribly... see you in the distance, boiz!

— Howard Lewis Russell

Send your queries or comments to AskHoward@dallasvoice.com and he may include you in a future column.

this week's solution

B	A	S	E	W	O	L	F	S	E	T	A	T
Y	A	W	L	A	N	E	R	A	N	O	M	E
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Sheltering in place



Adam Derouen



Angel being essential



Angel in the bath



Augustine and Lance



Boady Beltz



Henry Ramirez III and Anthony Gipson



Janice Mitchell. Ob/Gyn in Flower Mound.



Chris Sapphire



David Chadd Pritchett painting from home



Jasper goes fishin

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q-puzzle

A Voice from Harlem

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61						62					63			
64						65					66			
67						68					69			

Solution on Page 22

Across

- 1 Home, to Glenn Burke
 5 Eats up, with "down"
 10 State, to Renee Vivien
 14 Gomer's boat for everyone?
 15 "The end of ____"
 16 Iditarod terminus
 17 Baldwin essay collection
 20 Legal ending
 21 "____ dump!"
 22 Halliwell's partner
 23 Quartet after a desertion
 25 Curly-leafed veggie
 27 Start of a Baldwin novel title
 31 Football shoes
 35 With "fours," doggy-style
 36 Flies like a falcon
 38 Goes bad
 39 *Modern Family* girl
 40 More of the title
 41 Top
 42 Machine gun sound
 43 Titanic sinker, and more
 44 "My Boo" singer
 45 Cuddle up
 47 End of the title
 49 One foot, to a stallion
 51 *The ____ in Winter*

- 52 Don't call me this

- 55 *The Muppet Show* pianist
 58 Shine, in ad-speak
 61 Baldwin novel that explores love between men
 64 His brother laid him in his grave
 65 Sculptor Nancy
 66 "Tickle-me" doll
 67 *Funny Girl* holder
 68 Trojan beauty
 69 Peter the Great, e.g.

Down

- 1 Memory unit
 2 Sounds of approval from Oz?
 3 Uses a honeyed tongue
 4 Fairy tale creature
 5 *Milk* director Andy
 6 Top draft level
 7 Mardi Gras follower
 8 Lose it, with "out"
 9 Clinton blows it
 10 Rubicon Restaurant main dish
 11 "Are you up ____?"
 12 Guns shoot it off
 13 Adult-to-be
 18 Start of a Gloria Gaynor title
 19 Rings one's chimes

- 24 Count (on)

- 26 Area of 160 rods
 27 Word on a map of Israel
 28 Held in reserve
 29 Dickinson's "There ____ frigate like a book"
 30 Tribal symbol
 32 Bosses of Broadway backers?
 33 Oscar winner Marisa
 34 Sailor's rear
 37 Phrase of discovery
 40 Margarine
 41 Concerning
 43 What comes out in spring
 44 Hook up with
 46 "____ be the day!"
 48 Comedienne Tracey
 50 Got stage fright
 52 Open a crack
 53 Jelly not for bread
 54 *Frasier's* response to a client
 56 Race track shape
 57 *The Way We ____*
 59 Monastic master
 60 Strong one in the locker room
 62 Ebenezer's exclamation
 63 Nongay, briefly

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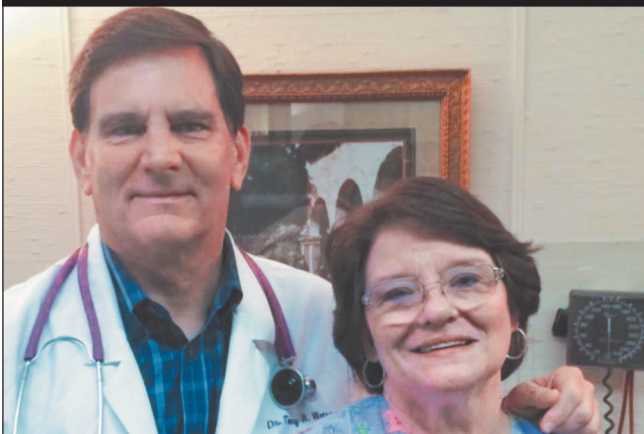
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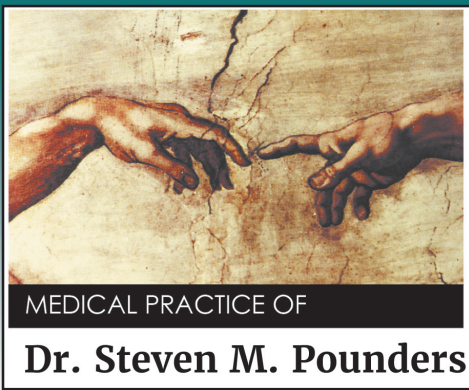
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