PINK
MAGAZINE

CURBSIDE COMMUNITY

TELE-COUNSELING THROUGH COVID-19

PICK UP A COMIC DURING QUARANTINE

RECIPE FOR A LIMITED PANTRY

PHASE GYM

APRIL 2020 | 1ST EDITION

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PINK MAGAZINE

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BAO BIRMINGHAM AIDS OUTREACH

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Welcome to *PINK* Magazine! *PINK* will be used as a way to spread awareness of all of the amazing programs offered at Birmingham AIDS Outreach (BAO), Magic City Acceptance Center (MCAC), Magic City Acceptance Academy (MCAA), and Magic City Wellness Center (MCWC) and as a newsletter for anyone interested in learning more about our services. In the coming months we hope to launch *PINK* as a print publication throughout town and will add features such as a community calendar and an out on the town photo section. For questions or comments about *PINK* email Kyle@mcwc-bao.org. We hope you enjoy our first edition!

Out & About 25/40

LGBTQ SOCIAL GROUP

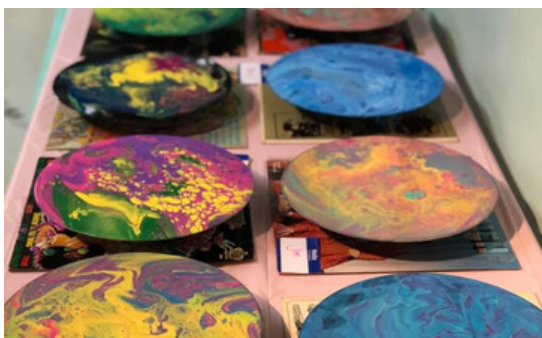
Out & About 25/40 is a social group for LGBTQ individuals and allies ages 25/40 that meets a few times each month with art and movie nights.

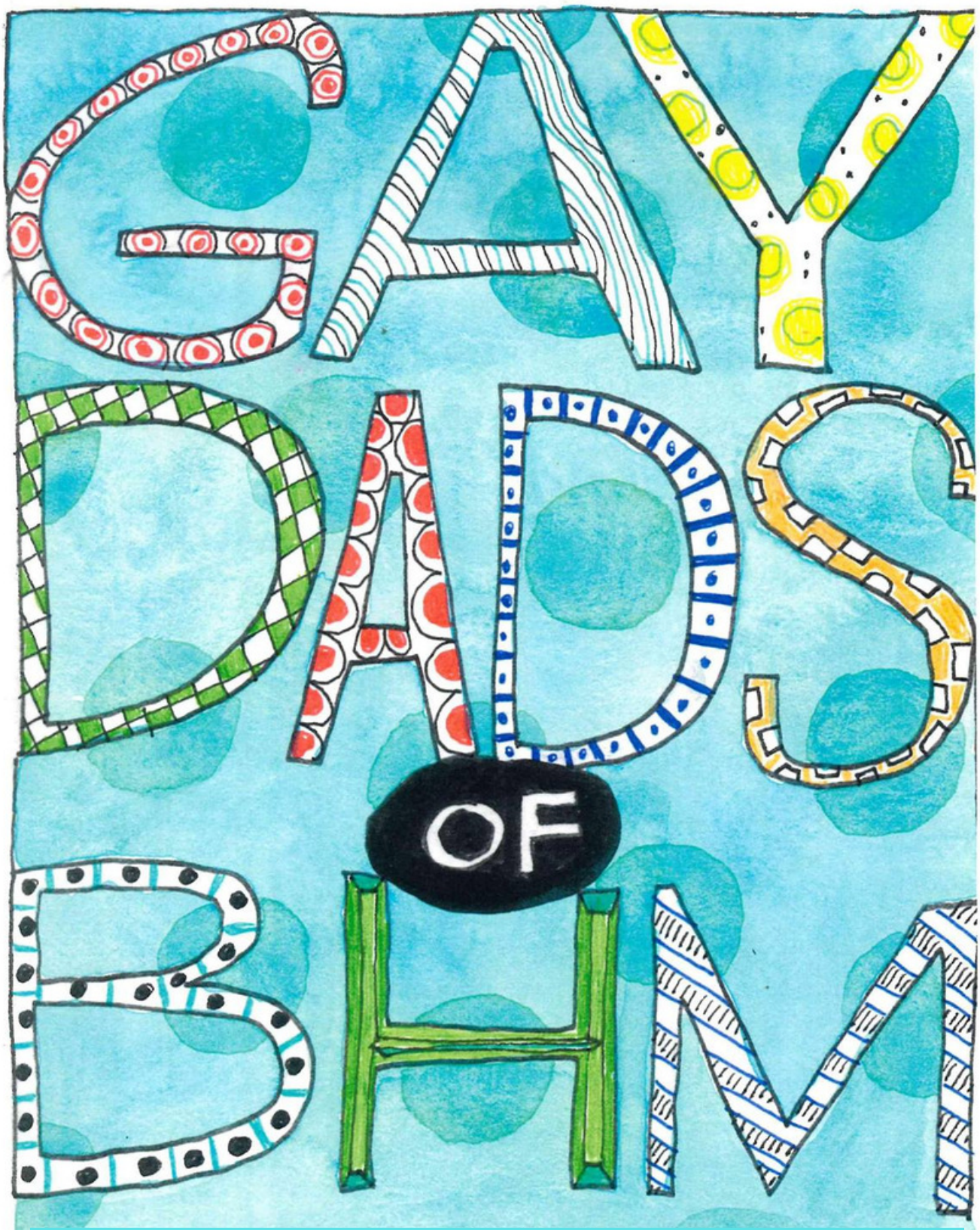
Follow Out & About 25/40 on Facebook for more details.
@oa2540

OUT & ABOUT

Out & About is a social group for LGBTQ individuals and allies ages 40 and better that meets a few times each month with art and movie nights.

Follow Out & About on Facebook for more details.
@OutandAboutBham





If interested in talking to other like-minded guys, we meet once a month to vent, share & support one another.

Email us

GDBHM2019@GMAIL.COM

QUARANTINE CUISINE

Joshua Glenn, BAO Food and Nutrition Educator

The sounds and tastes of New Orleans are some of my favorite things.

With travel out of the question for the foreseeable future, I decided to have a taste of New Orleans at home. Ahhh, red beans and rice! This classic recipe has been filling hungry bellies on a dime for centuries. It's rich, flavorful, has lots of fiber and protein, makes plenty of freezer-friendly leftovers, and is a budget cook's dream!

Traditionally, red beans and rice was a Monday dish as you could cook them all day while you did the laundry without having to pay much attention to the beans. But, these classic Louisiana red beans and rice do take a little time to cook so plan this one for a Saturday or Sunday afternoon when you wil be binge watching a Netflix series at home, or in our current state of social quarantine you can start in the early afternoon and be ready for dinner. Your house will smell amazing and you will have enough food for the entire week!

Before we get started, lets go over a few things.....

Are red beans and kidney beans the same thing?

Nope! They're both red but they are two different beans. Red beans and rice is traditionally made with "small red beans" but you can use kidney beans if small red beans are not available in your area. If you really want that original New Orleans recipe stick to small red beans.

Do I have to soak my beans overnight?

Yes and no. Soaking beans in the refrigerator overnight will reduce drastically the time they have to cook. You shouldn't soak your beans at room temperature as this could cause the beans to ferment and ruin your recipe. The texture of the beans will be at their best with fewer split or burst ones if you use the overnight refrigerated method. There are several quick soak methods and you can also cook them without soaking at all. Your cooking times will vary based on the method you use.

What type of sausage or meat should I use?

First, families in 19th century New Orleans would often have ham as part of their elaborate Sunday dinners. Red beans and rice was a great way to extend the value of the ham by using the hambone and leftover scraps of ham in the next night's meal. Traditionally, red beans and rice is made with Andouille sausage, which is a smoked pork sausage that is popular in Louisiana. If you can't find Andouille, you can use any type of smoked pork or beef sausage that may be available to you. When I made my recent batch I used beef smoked sausage because that was all that was left at the store amid the rush for quarantine groceries. May the Louisiana cuisine Gods forgive me!

Can I freeze this for later?

As Anelle said in Steel Magnolias, "I want to do something from the freezes beautifully section of my cookbook". I recommend portioning out your red beans and rice into individual servings. This will allow the beans to cool down quicker for food safety standards and will make it easier to grab a portion and throw them in the microwave. Or if you are not socially distancing, single portions make it easy to take a serving to work for lunch and make your coworkers jealous!

NOLA RED BEANS AND RICE

Prep Time: 15 minutes
Cook Time: 2-3 Hours
Soaking Time: 8 Hours
Total Time: 10 Hours 15 Minutes - 11 Hours 15 Minutes

INGREDIENTS:

1 lb dry red beans

2 Tbsp canola oil

14 oz. Andouille Sausage

1 ham bone (optional)

1 medium yellow onion

1 green bell pepper

3 ribs of celery

4 cloves garlic

2 tsp smoked paprika

1 tsp dried oregano

1 tsp dried thyme

1/2 tsp garlic powder

1/2 tsp onion powder

1/4 tsp cayenne pepper (optional)

1/4 tsp cracked black pepper

2 bay leaves

6 cups of water or chicken stock

1/4 cup chopped parsley

1 tbsp salt, or to taste

1.5 cups long grain white rice (uncooked)

3 green onions

INSTRUCTIONS:

The night before, add the dry beans to a large bowl with double their volume in water. Allow the beans to soak in the refrigerator, or at least 8 hours.

When you are ready to start cooking, slice the sausage into rounds. Add the cooking oil and sliced sausage to a large heavy bottom pan and cook over medium heat until browned. Remove the cooked sausage with a slotted spoon. Place in refrigerator while you prepare the rest of the dish.

While the sausage is cooking, dice the onion, bell pepper, and celery. You want it to be a finer dice but not too small. Mince the garlic.

After removing the sausage from the pan, add the onion, bell pepper and celery. Saute in sausage grease over medium heat until tender and transparent. Once tender, add the garlic. Garlic burns easily so only cook until fragrant and only add towards the end.

Add smoked paprika, oregano, thyme, garlic powder, onion powder, cayenne, blak pepper, and bay leaves to the pot. Stir and cook for one minute more.

Drain and rinse soaked beans. Add them to the pot along with 6 cups of water or stock and stir to combine. Add in ham bone if desired.

Cover and increase heat to medium-high to bring to a boil. Once boiling, turn down to medium low and allow to continue to boil for 1 hour stirring occasionally.

After boiling for one hour, the beans should be tender. Begin to smash the beans with the back of your spoon against the side of the pot. Continue smashing the beans and letting the pot simmer without a lid for 30 minutes to thicken the pot.

While the beans are simmering for the final 30 minutes, cook the rice. Follow the instructions on the bag of rice. (No one will judge you if you use boil in a bag rice....just dont tell them!)

Once the beans have thickened, add the cooked sausage back to pot along with 1/4 cup of chopped parsley. Stir to combine. Taste and add salt to taste only adding a half teaspoon at a time and tasting between.

Serve topped with a scoop of rice and sprinkle with green onions.

FOOD SAFETY TIPS.....You've got the time now

Right now, more than ever, cleaning and sanitizing is at the forefront of everyone's mind. It's a

great time to target harmful bacteria that can lurk on kitchen surfaces and even in your refrigerator. *Salmonella, Staphyloccus*, *E-coli and listeria* are just some of the bacteria that may be hanging in your kitchen. While you can't see or smell food-borne bacteria, they are everywhere and they especially like moist environments. A clean and dry kitchen helps fight bacteria and protect you and your family from illness.

Clean vs Sanitize: Know the difference

It's important to know the difference between **cleaning** and **sanitizing**. They are not the same thing. Both are important to help prevent the spread of harmful germs and bacteria.

CLEANING:

removes germs, dirt, and impurities from surfaces or objects. Cleaning works by using soap (or detergent) and water to physically remove germs from surfaces. This process does not necessarily kill germs, but by removing them, it lowers their numbers and the risk of spreading infection.

SANITIZING:

lowers the number of germs on surfaces or objects. For disinfection, diluted household bleach solutions, alcohol solutions with at least 70% alcohol, and most common EPA-registered household disinfectants should be effective.

Diluted household bleach solutions can be used if appropriate for the surface. Follow manufacturer's instructions for application and proper ventilation. Check to ensure the product is not past its expiration date. **NEVER MIX HOUSEHOLD BLEACH WITH AMMONIA OR ANY OTHER CLEANER.**

Prepare a bleach solution by mixing: 5 tablespoons (1/3 cup) bleach per gallon of water
4 teaspoons bleach per quart of water

WHEN TO CLEAN AND WHEN TO SANITIZE:

EXAMPLES OF WHEN TO CLEAN:

To remove dried food and spills from countertops.
To remove food from a stove top.
Wipe down interior refrigerator surfaces with hot water and soap.

EXAMPLES OF WHEN TO SANITIZE:

Someone sneezed or coughed on your countertop.
Someone who has been sick touches your refrigerator handle or faucet.
Raw meat juices are spilled on your countertop, stovetop, sink, floor, or refrigerator.
Raw meat touched a countertop, stovetop, sink, utensil, or cutting board or shelf in your refrigerator.

Cleaning tips to practice year round to make your kitchen and meals safer:

Your counters may look clean, but bacteria may be hiding all over your kitchen. Always clean surfaces thoroughly with hot water and soap. After thoroughly washing surfaces with soap and water, you can sanitize them with a diluted chlorine bleach solution or disinfecting household cleaner. Let the solution stand on the surface for several minutes, then rinse with cold water and air dry or pat dry with a fresh papertowel. Bleach solutions can lose their effectiveness over time, so discard unused portions after one week.

Kitchen towels and sponges provide a moist environment for bacteria to grow. Consider using paper towels to clean up kitchen surfaces. When done, throw away the towel. If you use a cloth towel, wash them often in the hot cycle of your washing machine. If you use kitchen sponges, replace them frequently.

Rid your refrigerator of spills, bacteria, mold, and mildew. Clean your refrigerator weekly to kill germs that could contaminate food. To tackle bacteria, mold and mildew, clean interior refrigerator surfaces with hot water and soap. Rinse with a damp cloth; dry with a clean cloth. Manufacturers recommend against using chlorine bleach, solvent cleaning solutions, or abrasives as they can damage seals, gaskets and linings.

Food particles get trapped in the drain and disposal, creating the perfect environment for bacterial growth. Clean your kitchen sink, drain, and disposal once or twice a week with warm water and soap. Disinfect your drain and disposal by pouring in a solution of 3/4 teaspoon chlorine bleach per quart of water.

Microwaves are often overlooked in day-to-day cleaning, but you can get your microwave clean with just a few steps. Heat a microwave safe bowl filled with water for 4 minutes. Remove bowl and use hot water and dish soap to wipe down the microwave interior. Dry with a fresh papertowel.

*Information provided by the Partnership for Food Safety Education, the USDA, and the CDC.

JOIN US AT BAO AT 6PM
ON THE THIRD WEDNESDAY OF EACH MONTH!

book

L G B T Q I A

club

205 32ND STREET SOUTH | BIRMINGHAM, AL 35233
BIRMINGHAMAIDSOUTREACH.ORG

QUEER & TRANS PEOPLE OF COLOR

2ND WEDNESDAY OF EACH MONTH

5:30-7:00 PM
3130 3rd AVENUE SOUTH
B'HAM, AL 35233

EMAIL: LAUREN@MCAC-BAO.ORG

MCAC
A BAO Affiliated Program

SPEAK OUT!

3RD WEDNESDAYS @ 6 PM

MAGIC CITY
Acceptance Center
A BAO Affiliated Program

3130 3RD AVENUE SOUTH, BIRMINGHAM, AL 35233

Speak OUT offers an inclusive space for LGBTQ adults, ages 25+ to build community, discuss common issues, seek resources, and support.

Love TRANSformed

Together we will explore what it's like to be the partner or spouse of someone who is transgender. Join us in a professionally-facilitated safe space as we share, grow, and learn how to support ourselves while also supporting our transgender loved ones. Open to all, ages 21 and up.

Meetings are held on the 4th Friday of each month from 4:15pm - 5:15pm at MCAC.

For more information, please send an email to katie@mcwc-bao.org or amanda@mcac-bao.org, or call (205) 877-8677.

MAGIC CITY Acceptance Center
A BAO Affiliated Program

MAGIC CITY Wellness Center
A BAO Affiliated Program

PosterMyWall.com

TELE-COUNSELING

Katie Reese, MED, LPC, NCC, BAO Director of Counseling and Support Groups

THROUGH QUARANTINE

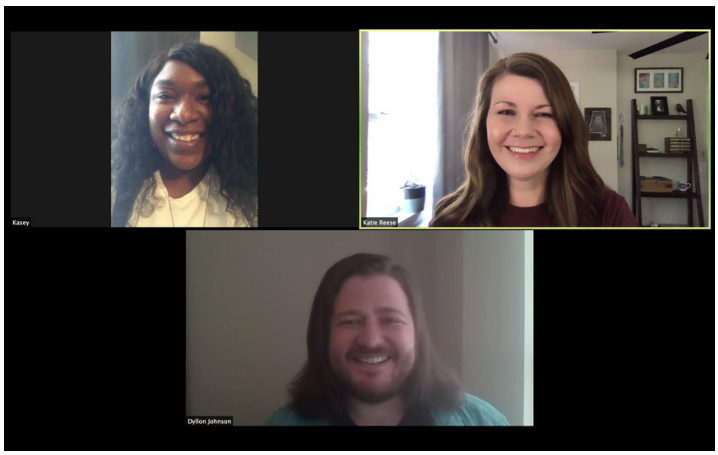
A massive shift in operations for the mental health field is taking shape as therapists, counselors, psychiatrists, and other mental health professionals make the move to providing online or phone-based treatment due to the COVID-19 epidemic.

This past week, our licensed therapists at the Magic City Wellness Center (MCWC) began to offer their services by phone or online appointments. Thanks to web-based platforms like Zoom and the HIPAA-compliant Doxy.me, MCWC is uniquely positioned to reach out to community members who are sheltering-in-place in their homes through individual counseling sessions and support groups that are held over the phone or online. This model helps longtime clients maintain routine visits, as well as provide care for new clients seeking help. While people are physically isolating themselves for health reasons, it's essential for individuals to be able to access mental health services and receive support during this time.

Phone and online counseling appointments work much the same as in-person sessions and are free of charge. Any necessary paperwork to establish a counseling relationship can be emailed to clients or completed over the phone. A major component of the therapeutic process that takes place in a counseling session comes from a feeling of safety, connection, affirmation, and support that occurs between a client and therapist, and that experience can happen online or over the phone just as easily as face-to-face.

The unspoken side effects of the COVID-19 pandemic and the shift in normalcy that has come with it can profoundly impact one's mental health. The permission for people to feel and express wide-ranging emotions - from anger and frustration to sorrow and desperation - is crucial. While some individuals may have been struggling with their mental health or certain life factors prior to the coronavirus epidemic, the outbreak has added extra layers of physical, mental, emotional and psychological stress. In turn, this can exacerbate symptoms and affect people's ability to cope with the current situation. Social isolation due to sheltering-in-place may also lead to individuals seeking therapy for the first time. Because of this, MCWC is committed to continuing to provide mental health care to the community to help individuals cope and begin to move forward in the face of these uncharted circumstances.

For more information on our counseling services please email Katie@mcwc-bao.org or call 205-877-8677



Kasey Coleman, MED,ALC (top right), Katie Reese,MED., LPC, NCC (top left), and Dyllon Johnson ,MED, ALC (Bottom center) participate in a Zoom hosted staff meeting during social distancing

*This project was supported by Subgrant #18-VA-VS-017 awarded by the Law Enforcement Traffic Safety Division of ADECA and the U.S. Department of Justice. The opinions, findings, and conclusions or recommendations expressed in this publication/program/exhibition are those of the author(s) and do not necessarily reflect the views of the Department of Justice or grant-making component.

SHELTER-IN-PLACE SUPPORT MEET-UP

AN ONLINE MEETING SPACE FOR LGBTQ FOLKS AGES 25+

Weekly meetings on Tuesdays & Thursdays at 5pm, beginning April 7 - choose the day that works best for you!

Join us once a week for an hour of distant socializing with community and discussion about self-care. Meetings are facilitated by our licensed therapists.

Please send an email to katie@mcwc-bao.org to receive a link to join our Zoom meetings.

LIFE AFTER LOSS

LGBTQ GRIEF SUPPORT GROUP

Life After Loss is an ongoing monthly support group to help LGBTQ individuals who have lost a loved one cope with personal experiences of grief in a safe, affirming, and caring environment.

***To participate in this group, individuals must contact Katie Reese at katie@mcwc-bao.org or (205) 877-8677 for a brief intake interview to ensure this is an appropriate group for your needs.**

T-HEAL

TRANSGENDER
HEALTH
EMPOWERMENT
AFFIRMATION
LEARNING

A support group for members of the transgender community offering resources, group events, and more.

MAGIC CITY ACCEPTANCE

ACADEMY

Dr. Mike Wilson, Founding Principal

The Magic City Acceptance Academy will facilitate a community in which all learners are empowered to embrace education, achieve individual success, and take ownership of their future in a safe, LGBTQ-affirming learning environment.

www.magiccityacceptanceacademy.org

STEEL CITY SPECTRUM

Steel City Spectrum, hosted by the Magic City Acceptance Center, offers a professionally facilitated support group for trans/non binary/gender non-conforming individuals, ages 25+ from 4:15-5:15 PM! Free to attend, and confidential!

Join us in our brand new space, located at 3130 3rd Avenue South!

*Please note that this is not a space for allies and family members. LoveTRANSformed is our newest group specifically for partners and spouses of trans individuals!

CURBSIDE COMMUNITY

OPINION PIECE Written by Kyle Pugh

The last few weeks have been crazy. As the covid-19 pandemic has ramped up, businesses have been forced to slow down. It has been a trying time for all of us but even more so for small businesses.

Raise your hand if you miss Sunday Funday, brunch or just being able to sit in a restaurant and relax for a minute?!?! We were all hanging out on Sunday, March 15 enjoying an early spring day with beautiful weather and anticipating the following Tuesday and St. Patrick's Day celebrations. Then it was Monday.....coincidentally my birthday.....and everything was different overnight.

As the developments have unfolded, everyone has had to make adjustments. In an unprecedented move, the Jefferson County Department of Health made the decision to close all bars and nightclubs and prohibit restaurants from serving dine-in customers in order to prevent the further spread of the coronavirus and ensure that everyone can maintain a social distance of 6 feet or more.

A few days into the mandated closures, the ABC Board said that local bars could offer curbside service (with limitations) loosening the normally incredibly strict regulations set by the state concerning alcohol sales. Those venues who wanted to open, could do so with a curbside pickup menu for beer, wine and spirits in limited quantities. One of the first to jump on board was Al's on Seventh.

,, The second Mark posted he would be offering curbside service, everyone knew that was a call to action. Mark and the team at Al's on Seventh have always been huge supporters of every aspect of the community and it was time to give back.

I must admit, it is a little weird to drive up for liquor. However, seeing a smiling and familiar face that you may not otherwise be able to see right now made all the difference. Curbside has allowed a feeling of a sense of normalcy in a currently not so normal world.

I am sure you have noticed the campaigns on GoFundMe circulating on social media to help support not only the Al's family but also those at Our Place and the Quest, as well. (Here's something remarkable.....the Quest is closed for the first time in however many years as they have always been a 24/7 365 venue.) These campaigns are a great way to support your favorite venue while they are unable to open and keep a little revenue and support flowing.

Zoom and Facetime have become a new way of life for our house and our friends. Almost nightly, promptly at 8:30PM you hear a ring from the iPad where someone has started our nightly conference call for our "virtual happy hour". It gives us a way to connect without breaking the rules of quarantine. We all sit and have the regular drink we would have during a normal happy hour. On the weekends, either through Venmo or the GoFundMe campaigns, each choose our favorite venue, bartender, or support staff person and send them a "tip" in the amount of one drink at our favorite club. It's a fun way to let them know we are thinking about them during this time and also a way to continue to support our community. If you think about all the money you are saving by being quarantined, then it makes that $5 tip feel less strain on your budget and although a small amount, those tips can add up quickly and every little bit helps.

Many events in our community have been postponed. It is important to note that because of our resiliency as a community, these events have not been cancelled. Southern Shootout, one of the oldest and longest running gay softball tournaments in the country, has been rescheduled for Mid June (June 19-21). BAO's 29th Annual Arty Party has also been re-scheduled for June 28. These along with many others are large-scale and long running, important for the lifeblood of our community and I am thrilled they have been postponed rather than cancelled!

So what can we all do to help?

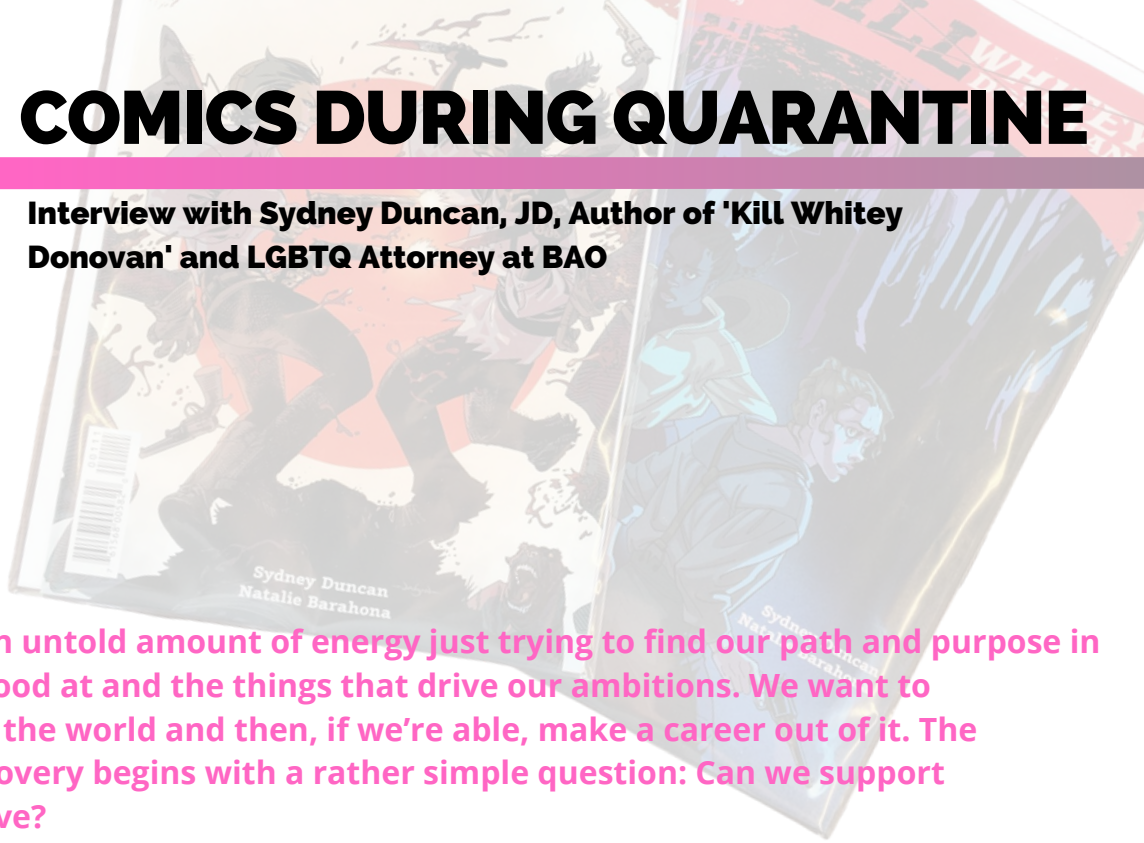
For starters, stay home. I know it's hard and some employers may not allow it but it's what we have to do. Quarantine does not mean that when work sends you home to keep you safe, you should head to Railroad park with your friends, host a party at your house or head to the paint counter at Home Depot. It means to go home. Grocery stores are essential, but changing the color of your bedroom because you are bored is not.

This is a great time to watch the trainwreck on Netflix called Tiger King. It is a great time to clean up your yard for spring, get your pool ready for summer, clean out your closet, learn a new recipe, video chat with friends, or even just catch up on sleep. Go ahead and get that first "burn" of the summer and establish your base. (I know it is bad for you but I know how many of us do it.....as I type this I am on my back porch taking in the sun). Send a venmo to your favorite bartender and host a Facetime virtual happy hour with your friends. Paint a picture to donate to Arty Party. There are many things to do but hanging out in large crowds and hosting parties shouldn't be one of them. If we all agree to follow the rules we can knock this out and get back to normal life.

A lot of people think that the self quarantine and social distancing may be an over-reaction. However, isn't the point to make sure nothing worse happens? I would rather over-react in early spring if it means we can keep our summer. I would rather spend a few weeks in my bathrobe now than give up my tanktops and flipflops for the year. I would rather spend a rainy spring indoors than not get to enjoy the lake or pool or beach with friends in June. We all have to do this together for it to work. One Birmingham, One Community, One World.....and if we do, hopefully we will come out the other side of this a little happier to see each other and we can go back to giving hugs when we meet.....and this time they will mean something again and come from the heart and not the habit.

COMICS DURING QUARANTINE

Interview with Sydney Duncan, JD, Author of 'Kill Whitey Donovan' and LGBTQ Attorney at BAO



Most of us spend an untold amount of energy just trying to find our path and purpose in life, exploring what we're good at and the things that drive our ambitions. We want to understand where we fit in the world and then, if we're able, make a career out of it. The journey to finding that discovery begins with a rather simple question: Can we support ourselves doing what we love?

Warren Buffett once said, "Don't settle for anything other than your passion, if you're lucky enough to find it." Sydney Duncan is one of those people lucky enough to find hers. Twice, actually. She is the lead attorney for the BAO LGBTQ Legal Program and a writer whose latest work, Kill Whitey Donovan from Dark Horse Comics, is being adapted for film in Hollywood.

TELL US A LITTLE ABOUT YOURSELF:

I'm a born again nerd. Social butterfly. Policy wonk. Parent. Attorney. Writer. Advocate. Player of soccer. Keeper of an embarrassing yard. Proud Brummie. A lot of things, I guess. I've lived in Birmingham most of my life and have really grown to love it (especially the restaurant scene). The city is great for staying active with your friends and I feel incredibly supported by those around me. I also love to cook. I consider myself an armchair chef. Is that a thing?

WHAT DO YOU DO AT BAO?

For BAO I run the LGBTQ Legal Program. We are a pro bono, in house general practice, which means we focus on a lot of probate and domestic relations law. (The joke is we do estates for end of life planning with your partner or spouse and divorces for when you're planning end of life for your partner or spouse.) But we're also a great hub for legal services that we might not be able to provide. The intent of the program is to offer LGBTQ affirming legal services to those in need. If we can't do it, we'll definitely put you in the hands of someone who can and who would provide the same affirming service.

One of the major features of our program that we're incredibly proud to offer is our Trans Name Change Clinic. We do this in conjunction with the Magic City Acceptance Center and BAO's T-Heal Program, and it has been a fantastic success. There's this absolute joy that our clients express when all the pieces come together and they get that court order in their hand. It's really amazing. As someone who identifies as trans, it is such a privilege to be able to engage with my own community and do something positive.

CONTINUED ON NEXT PAGE.....

SO, WHERE DO YOU FIND TIME TO WRITE?

Ha! I wonder myself, sometimes. My schedule stays busy, so if I want to get something on the page, I have to carve out a time slot. That's usually early in the morning. 4:30 or 5. And on the weekends I try to squeeze in a writing block, though being a parent makes that difficult. I just make do. Find time when I can.

YIKES! THAT'S EARLY! TELL US MORE ABOUT KILL WHITEY DONOVAN.

Sure! Kill Whitey Donovan is a comic book series that was released earlier this year by Dark Horse Comics and will wrap up later this summer. It's a southern revenge thriller about two women racing to Atlanta to kill a man who's wronged them both. It's also an exploration of trauma and identity and, in a way, modern feminism. But hopefully, it maintains a sense of fun. Natalie Barahona does the art under the direction of Brian Stelfreeze, who is best known for his run on Marvel's Black Panther. Jason Pearson, of Marvel's Deadpool fame, gave us some amazing covers. Keven Gardner of 12 Gauge Comics produced the project. We've been thrilled by its reception and the series has been something of a critical darling. I'd originally written the series as a novel, but it's become so much more with this amazing creative team. To be a part of it has been a dream come true.

AND IT'S BEING ADAPTED FOR FILM?

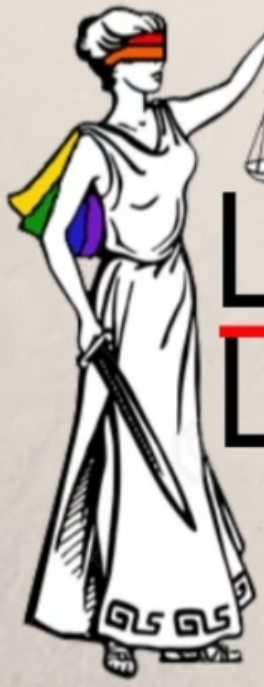
It is! Hideout Pictures is developing. Sigrid Gilmer, who is the head writer on the TV show, Claws, is writing the screenplay. She's an amazing talent and I can't wait to see what she comes up with. It's still early in development, but I'll definitely let you know when things take off.

I have a manager in Los Angeles and we have a few things in motion. Nothing I can talk about yet, but some fun discussions and meetings are being had with producers and other creatives. Other than that, I'm still writing and working with my agent in New York. I have a new novel in the works and a new comic book project waiting in the wings. Given the virus crisis, things are a bit uncertain. But hopefully we'll catch that light in the tunnel soon.

At BAO, we're as busy as ever. Our little law firm, under the leadership of Steve Rygiel, is always looking for ways to address the needs of the community and the struggles it faces. (Currently we're working hand-in-hand with community and national partners to address the latest assault on trans rights by the Alabama legislation. Our efforts are part of a concerted strategy to stop the anti-trans healthcare and athletics bills from going into effect.)

So we keep forward in the hopes of helping to make things better for Alabamians of a LGBTQ experience. It's hard work sometimes, but we're proud to do it.

Kill Whitey Donovan is available at Sanctum Comics in Avondale and online from multiple outlets.



LGBTQ LEGAL @BAO

NEW!

PRO-BONO LEGAL SERVICES FOR THE LGBTQ COMMUNITY

PROBATE LAW

WILLS AND ESTATE PLANNING

PRE-NUPTUALS

EMPLOYMENT ISSUES

TRANS NAME CHANGE SERVICES

ADOPTION

FAMILY LAW

DIVORCE

ELIGIBLE TO INDIVIDUALS WHO QUALIFY BENEATH 200% FEDERAL POVERTY RATE

AIDS United

MCAC BAO MCWC

ELTON JOHN AIDS FOUNDATION

For more information visit www.baobhm.org/lgbtq-legal-services or email Sydney@birminghamaidsoutreach.org

APRIL ADULT VIRTUAL CALENDAR OF EVENTS

WE'RE MOVING ONLINE! SEE OUR ONLINE EVENTS FOR LGBTQ ADULTS, AGES 25+, AND CHECK US OUT ON FACEBOOK AND INSTAGRAM @MCACBHAM

07 APR — **SHELTER-IN-PLACE SUPPORT MEET-UP**
LGBTQ ADULTS AGES 25+ | 5:00 PM

08 APR — **QTPOC TALK**
QUEER AND TRANS POC OF ALL AGES | 5:30 PM

09 APR — **SHELTER-IN-PLACE SUPPORT MEET-UP**
LGBTQ ADULTS AGES 25+ | 5:00 PM

14 APR — **SHELTER-IN-PLACE SUPPORT MEET-UP**
LGBTQ ADULTS AGES 25+ | 5:00 PM

15 APR — **LGBTQ BOOK CLUB**
LGBTQ ADULTS | 6:00 PM

16 APR — **SHELTER-IN-PLACE SUPPORT MEET-UP**
LGBTQ ADULTS AGES 25+ | 5:00 PM

18 APR — **SPACE TO BE ME PARENT CALL**
PARENTS OF TRANS YOUTH, AGES 14 AND UNDER | 11:00 AM

21 APR — **SHELTER-IN-PLACE SUPPORT MEET-UP**
LGBTQ ADULTS AGES 25+ | 5:00 PM

23 APR — **SHELTER-IN-PLACE SUPPORT MEET-UP**
LGBTQ ADULTS AGES 25+ | 5:00 PM

23 APR — **LIFE AFTER LOSS SUPPORT GROUP**
LGBTQ ADULTS AGES 25+ | 6:00 PM

24 APR — **LOVETRANSFORMED**
PARTNERS AND SPOUSES OF TRANS ADULTS AGES 25+ | 4:15 PM

28 APR — **SHELTER-IN-PLACE SUPPORT MEET-UP**
LGBTQ ADULTS AGES 25+ | 5:00 PM

30 APR — **SHELTER-IN-PLACE SUPPORT MEET-UP**
LGBTQ ADULTS AGES 25+ | 5:00 PM

MCAC
A BAO Affiliated Program

APRIL YOUTH VIRTUAL CALENDAR OF EVENTS

WE'RE MOVING ONLINE! SEE OUR ONLINE EVENTS FOR YOUTH, AGES 13-24. CHECK US OUT ON FACEBOOK AND INSTAGRAM @MCACBHAM FOR ADDITIONAL UPDATES

MCAC
A BAO Affiliated Program

02 APR — **DROP-IN HOURS**
AGES 13-24 | 3:00 PM

07 APR — **DROP-IN HOURS**
AGES 13-24 | 3:00 PM

08 APR — **QUEER & TRANS POC (QTPOC) TALK**
LGBTQ PEOPLE OF COLOR OF ALL AGES | 5:30 PM

09 APR — **DROP-IN HOURS**
AGES 13-24 | 3:00 PM

14 APR — **DROP-IN HOURS**
AGES 13-24 | 3:00 PM

16 APR — **DROP-IN HOURS**
AGES 13-24 | 3:00 PM

18 APR — **SPACE TO BE ME PARENT CALL**
PARENTS OF TRANS YOUTH, AGES 14 AND UNDER | 11:00 AM

21 APR — **DROP-IN HOURS**
AGES 13-24 | 3:00 PM

23 APR — **DROP-IN HOURS**
AGES 13-24 | 3:00 PM

28 APR — **DROP-IN HOURS**
AGES 13-24 | 3:00 PM

30 APR — **DROP-IN HOURS**
AGES 13-24 | 3:00 PM

COMMUNITY CALENDAR

TO SUBMIT YOUR EVENT EMAIL KYLE@MCWC-BAO.ORG

COVID-19 HEALTH TIPS

From Dr. Scott Weisberg, Magic City Wellness Center

As the Medical Director of Magic City Wellness Center, I want to first and foremost wish everyone a relaxing weekend that practices social distancing of at least 6 feet between you and others. Below are some links to websites that discuss the symptoms, tips on prevention and protecting yourself, testing sites currently available in Alabama, and some of the more common questions being asked about COVID19.

The CDC website has lots of great tools on their website which is constantly being updated if you are seeking more information.

To summarize the main symptoms are:

FEVER (>100.4), COUGH, SHORTNESS OF BREATH

Some patients have presented with sore throat, nausea/vomiting and diarrhea too but those individuals have all had FEVER as well.

Medical attention is needed if the following symptoms occur:

TROUBLE BREATHING, PAIN OR PRESSURE IN CHEST, ALTERED MENTAL STATE, VERY HIGH FEVER (>103)

For any of these symptoms, Alabama Department of Public Health has a hotline for general COVID-19 questions. You can call 1-800-270-7268 or email covid19info@adph.state.al.us . Calls are answered each day from 7am to 9pm.

If you are running a fever it is being recommended that you take Tylenol which can be dosed every 6 hours with a maximum of 3000mg in a 24 hour period. If you decide to take over the counter medications like Dayquil or Nyquil, many have Acetaminophen (Tylenol) in them so be careful to keep track of total mg per day.

If you are not having urgent symptoms, it is best to stay home. However, if you are concerned about things it is best to go to the nearest ER for medical attention over the weekend. Magic City Wellness Center is available Monday through Friday for tele-health visits. Please call our office to schedule an appointment if necessary during normal business hours.

Scott R. Weisberg, M.D., F.A.A.F.P.
www.magiccitywellnesscenter.org
205.877.8677

this is a good website to go over the symptoms of coronavirus
https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html

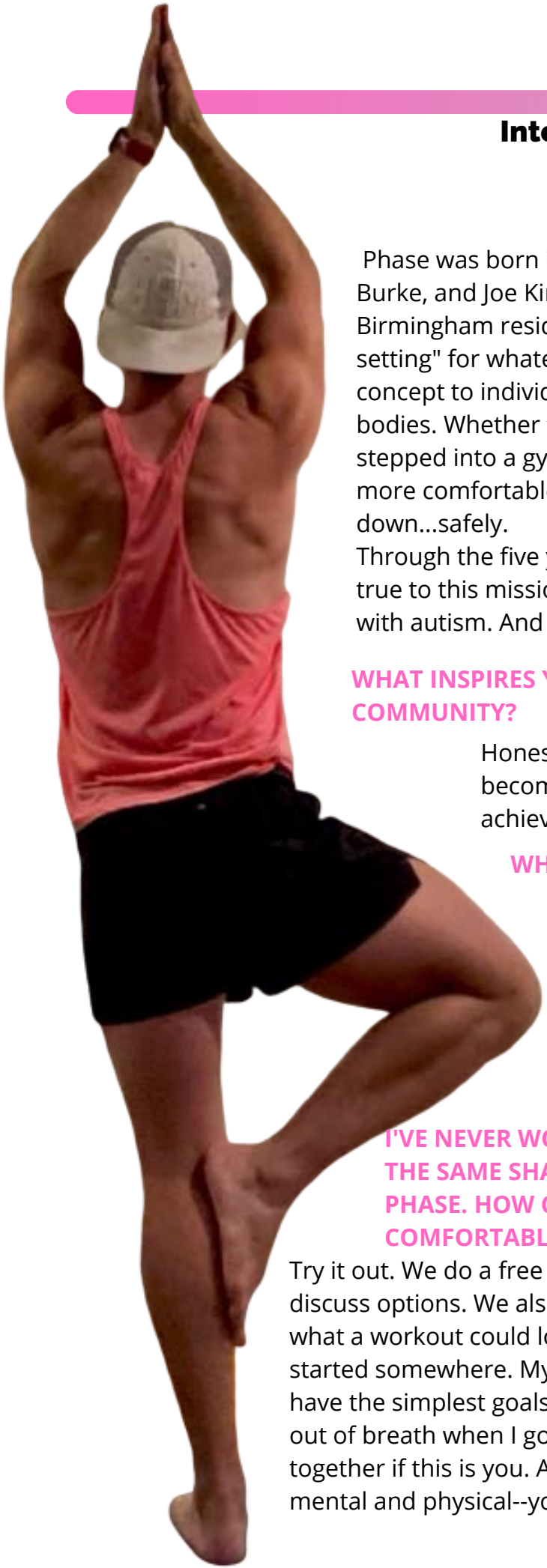
link for current testing sites throughout the state of Alabama
https://wbhm.org/feature/2020/can-get-tested-covid-19/

tips from the CDC on how to protect oneself from COVID19
https://www.cdc.gov/coronavirus/2019-ncov/prepare/prevention.html

COVID-19 Frequently Asked Questions
https://www.alabamapublichealth.gov/infectiousdiseases/cov-faq.html

PHASE GYM

Interview with Martin Taylor of Phase Gym



Phase was born in 2015 as a brainchild of Martin Taylor, Kevin Burke, and Joe King. They wanted to provide a safe space for Birmingham residents who felt uncomfortable in a typical "gym setting" for whatever reason. We also wanted to extend this concept to individuals who were just learning how to use their bodies. Whether they felt awkward in gym class, or have never stepped into a gym, we were on a mission to help everyone feel more comfortable learning how to pick stuff up and put it down...safely.

Through the five years we've been in business, we have stayed true to this mission. While we are 80% LGBT, we also serve people with autism. And yes, we are in fact "straight safe."

WHAT INSPIRES YOU TO BE A SAFE PLACE FOR THE COMMUNITY?

Honestly it's the clients. We've watched them thrive and become more comfortable in their own bodies as they achieve goals. This is everything to us.

WHY SHOULD PEOPLE FEEL WELCOME AT PHASE?

Because we will kick anyone's butt who makes them feel unwelcome. No,
but seriously, we don't tolerate bullying or inappropriate gym behavior of any kind. You will hear the phrase "I'm on my own journey" often throughout the gym. It has become our motto.

I'VE NEVER WORKED OUT WITH A TRAINER AND I AM NOT IN THE SAME SHAPE AS SOME OF THE PEOPLE I SEE WHO GO TO PHASE. HOW CAN I OVERCOME THAT AND FEEL COMFORTABLE IN THE SPACE?

Try it out. We do a free first assessment where we discuss goals and discuss options. We also do a quick fitness assessment to show you what a workout could look like. Remember, every single one of us started somewhere. My personal favorite clients are the people who have the simplest goals. I love when someone says "I want to not be out of breath when I go for a walk." We are going to have a lot of fun together if this is you. And you're going to love the changes--both mental and physical--you'll see.

PHASE GYM

CONTINUED....

I DON'T THINK I CAN AFFORD A TRAINER RIGHT NOW. ARE THERE OTHER OPTIONS FOR ME AT PHASE?

We have open gym, online training, and WarHouse. Open gym is for those who just need to use the gym. Online training is for those who need workouts written for them for another gym, at-home, or while they travel. WarHouse combines the two--it's a program based on skill level that is written for Phase Gym by Phase Gym trainers. It includes an open-gym membership and gives you the tools and knowledge to workout with guidance on your schedule.

HOW HAVE YOU RECRUITED SUCH A DIVERSE GROUP OF EMPLOYEES AND HOW DO I KNOW WHICH TRAINER MAY BE RIGHT TO HELP ME WITH MY GOALS?

Gosh...tough one. We sought them out and stole them from other gyms? I mean that's just the truth. Through our network of friends and family, Kevin and I have met a lot of trainers. We knew who shared our values and we went after them. As far as helping with your goals, we have faith in each of our trainers to help get you to your goal. My advice to you: if you feel like one might not work well for you, that's probably the trainer you'll learn the most from. Think about it.

WHAT'S NEXT FOR YOUR TEAM?

Well, right now we are trying to navigate the covid-19 pandemic. We are taking training virtual and trying to ensure each client has the best options available to them. After that? I imagine we will include what we learn from this change into our existing business model. After all, that's essentially what we do when we exercise anyway- face challenges and conquer them to make us stronger and healthier. It's basically in our DNA to thrive in the face of an obstacle.

WHAT DO YOU WISH MORE PEOPLE KNEW ABOUT PHASE?

I wish people knew our hearts. We are a bunch of lovers. We laugh, we cry, and we care. Our members are our FAMILY members. We've been fortunate to be able to build this family and we want to share it with others.

WHAT'S THE BIGGEST TIP YOU CAN GIVE SOMEONE WHO IS JUST STARTING TO WORKOUT AND BEGIN THEIR JOURNEY TO A BETTER SELF?

Don't be afraid. Believe in yourself. The rest is picking stuff up and putting stuff down.

ANYTHING ELSE YOU WOULD LIKE TO COVER?

GET IN HERE, Y'ALL! Even though we may be virtual for a while, we can still help. Follow our Facebook page, join open-gym and get access to daily workouts. Stay healthy and take care of your mind and body. We love you all and we will see each of you soon.

PHASE GYM
615 28th Street South
205.601.3610
@phasegym

Don't gamble with your health...

Your source for LGBTQ Healthcare and Wellness

Primary Care | Women's Health
Transgender Healthcare Services
Counseling and Support Groups
STD/STI Testing and Treatment

205.877.8677

magiccitywellnesscenter.org