



# PINK

MAGAZINE

## HEALTHY COOKING

NEW RECIPE

## SPICE UP YOUR LIFE

STOCKING YOUR PANTRY  
WITH FLAVOR

## WORKING IT

MEET CHRISTA

## LET'S TALK ABOUT PREP, BABY

## TAKE CHARGE OF YOUR HEALTH

WITH MCWC

## PAPERDOLL BAR

## OUT&ABOUT

MAY 2020 | ISSUE 2

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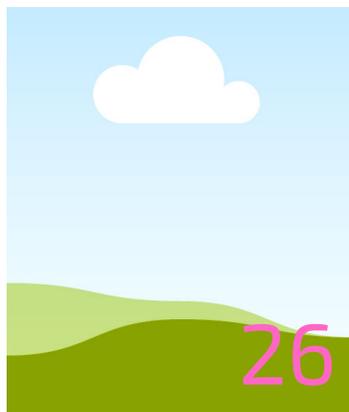
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**PAPERDOLL**

**PINK**  
MAGAZINE



SWANN BUILDING  
205 32ND STREET SOUTH  
BIRMINGHAM, AL 35233



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# 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

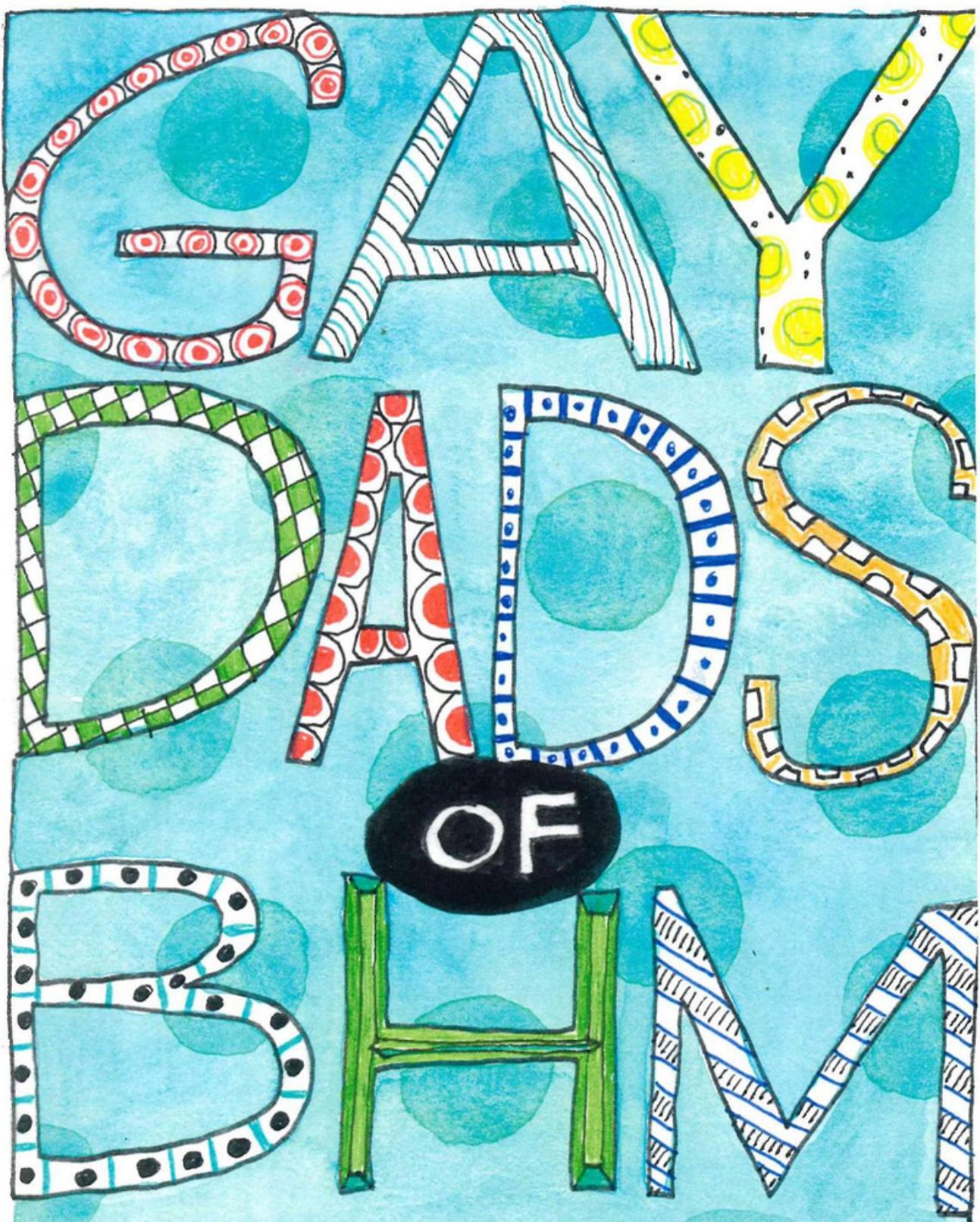


Out & About is a social group for LGBTQ individuals and allies ages 40 and better that meets a few times each month with art and movie nights.

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. 2002



# HEALTHY COOKING

Joshua Glenn, BAO Food and Nutrition Educator

**Anyone who knows me knows that I love to cook.**

There is something that I can't stand that comes along with cooking and that is doing the dishes! In my house we have a dishwasher and its name is Joshua. (Disclaimer: The roommates do help with dishes, but typically it is me that cleans up as I cook.)

I love to find recipes that are quick, easy, and healthy and best of all that have little or no cleanup!

This One-Pan Balsamic Chicken Veggie Bake is proof that eating healthy can be easy and delicious. Best of all, clean-up is quick with this recipe because all you need aside from the ingredients and an oven is a pan, a cutting board, and a knife to prepare this meal.

For an even easier weeknight meal, you can prep the ingredients up to the point of cooking by pre-chopping the veggies and making the marinade. This can be done 2-3 days in advance.

In addition to it being a perfect weeknight meal, it's also a great option for weekend meal prep. Portion the meals out and eat it throughout the week for healthy lunches and dinners.



# ONE PAN BALSAMIC CHICKEN BAKE

- Prep Time: 20 Minutes
- Cook Time: 25 Minutes
- Total Time: 45 Minutes
- Yield: 5 servings

## INGREDIENTS:

- 1 1/4 lbs. or approx 5 pieces boneless, skinless chicken breast or thighs. (cut in half if large)
- 3 small heads of broccoli, chopped into pieces (4-5 cups)
- 3-4 medium carrots, peeled and cut into skinny sticks
- 2 cups of button mushrooms, halved or quartered
- 1 small red onion, diced into larger chunks
- 1 cup grape tomatoes
- 1/4 cup balsamic vinegar
- 1/2 cup olive oil
- 4 garlic cloves, minced
- 3 Tbsp. fresh basil, finely chopped, plus additional for topping
- 1 tsp. dijon mustard
- 1/2 tsp. salt
- 1/4 tsp pepper

## INSTRUCTIONS:

1. Preheat oven to 400 degrees. Line a baking sheet with parchment paper
  2. Combine balsamic vinegar, oil, garlic, basil, mustard, salt and pepper. Whisk to make sauce.
  3. Place chicken in zip top bag with about 1/2 of the sauce. Toss chicken to coat and marinate in the fridge while you prep the remaining ingredients. You can marinate for a longer period of time up to overnight.
  4. Chop the veggies *\*see notes*
  5. Place veggies, except for tomatoes, on the pan. Pour remaining sauce over veggies and toss to coat. Use hands to massage sauce into broccoli.
  6. Move veggies around to make space for chicken. Place chicken on pan. Discard the marinade used for the chicken.
  7. Transfer pan to the oven and bake for 10 minutes. After 10 minutes, remove from oven and add tomatoes and stir veggies. Place back into oven.
  8. Bake for an additional 10 minutes or until chicken is cooked through and juices run clear. This will depend on the thickness of the chicken. To make sure your chicken is done, use a meat thermometer and ensure the chicken has reached 165 degrees at its thickest portion.
  9. Remove pan from oven and top with chopped fresh basil.
- ENJOY!

## NOTES:

- **For more tender carrots, cut into skinny sticks.**  
The carrots will take longest to cook. So, if you prefer cooked carrots to be very tender with little crunch, cut them into skinny sticks. If you prefer carrots to have a slight crunch, cut them into medium sized sticks
- **Add the tomatoes 10 minutes into baking time**  
Grape tomatoes have a quick cook time so adding them well into the baking time will help to avoid overcooked and mushy tomatoes.
- **Feel free to substitute veggies.**  
You just want to make sure that the veggies you use all have a similar cooking time so that you don't end up with uneven cooked veggies.





# **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](mailto:katie@mcwc-bao.org) to  
receive a link to join our Zoom meetings.



**2ND WEDNESDAY  
OF EACH MONTH**

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

EMAIL: [LAUREN@MCAC-BAO.ORG](mailto:LAUREN@MCAC-BAO.ORG)



**& QUEER  
TRANS  
PEOPLE  
OF  
COLOR**

**SPEAK OUT!**

**3RD WEDNESDAYS @ 6 PM**



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.

# SPICE UP YOUR LIFE

Tips for stocking your spice cabinet by: Joshua Glenn



## A kitchen without spices is like a drag queen without her make-up kit.

She may have all the wigs, jewelry, and outfits to make her an amazing drag queen but without makeup, not many people will want to watch her perform. The same goes for food. With the right amount and kinds of seasonings, plain food can become delicious and irresistible.

Spices have been prominently featured in many cultures. From the Egyptians to the Greeks, spices were used in food preparation, as preservatives and for their medical value. Ancient greeks weaved parsley and marjoram into their head garlands to prevent drunkenness. I can certainly think of a few times I should have sported this look! In the third century, Chinese courtiers stuffed their mouths with cloves to sweeten their breath before approaching the emperors. Old school breath mints!

As time has passed spices have become commonplace and easily accessible. It used to be that only the privileged and wealthy could afford the use of spices, now, we can find spices in every grocery store. Most kitchens are stocked with spices. The choices of spices are determined by personal and cultural preferences. In this article, I will share some common spices every cook should have on hand. My only qualification for making my top must-have spices is that it's something I currently have in my cabinet and I use more than once a week.

### GARLIC

Garlic belongs to the Allium family and gives off a strong and pungent odor due to the presence of allicin. The smell can ward off vampires (and any hot dates), but it is also the chemical responsible for a number of health benefits. Whether it's minced, chopped, roasted whole or pickled, garlic can transform and upgrade any number of dishes.

### ONION

The onion needs no introduction. It is, after all, the oldest edible source known to mankind. Its strong robust flavor and characteristic pungency help to complement and enhance the flavor of foods. So whether fresh, diced, or powder, this is a must have!

### PEPPER

(White, Black, Red, Green) In essence, peppercorns are dried fruits and the color depends on the time of harvest and processing method. In general, they are pungent and aromatic, with the white pepper leading on the pungency barometer. Green and black peppercorns are more aromatic. Different cultures have developed preferences for the pepper that they use though not exclusively. However, black pepper is used in almost all of the world's cuisines, so it dominates in production and consumption.

## BASIL

Basil is incredibly versatile. The leaves can be eaten fresh or cooked. Fresh leaves add extra zing to salads and can double up as beautiful garnishes. Minced, chopped or blended together with other herbs (works especially well with garlic, thyme and lemon), there are countless ways to enjoy this aromatic herb. It greatly enhances the flavor of veal, chicken, fish or lamb. When used with mild vegetables such as cauliflower, potatoes, cabbage, squash, eggplant or zucchini, basil accentuates the taste factor. Soups, stews, sauces and marinades with basil add zip and zest.

## OREGANO

Small grayish-green oval leaves characterize Oregano. Crush some fresh leaves between your fingers and it will exude a warm, peppery and sweet fragrance. This herb boasts high levels of vitamin K, manganese, iron, calcium and dietary fiber. Oregano means "brightness of the mountain", and this herb has no doubt brought brightness to the culinary experience.

## PAPRIKA

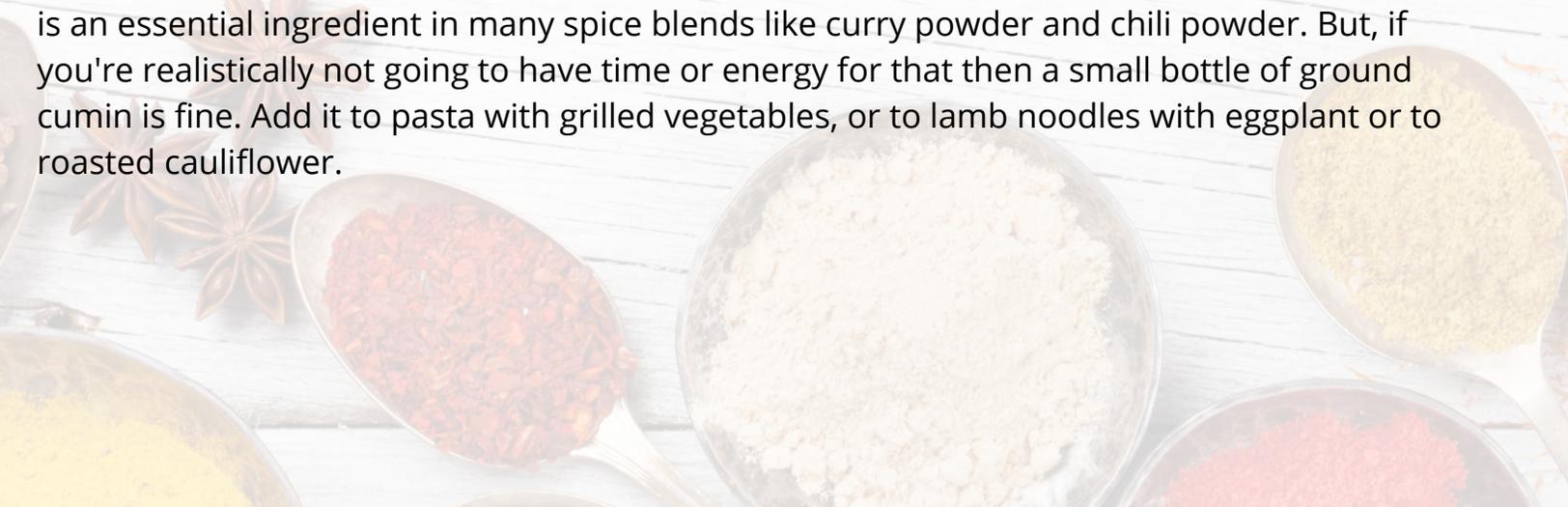
Paprika in its simplest form is made from grinding sweet pepper pods to create the iconic bright red powder. But depending on the variety of paprika, the color can range from a bright orange-red to a deep blood red and the flavor can be anything from sweet and mild to bitter and hot.

## SALT

Salt is arguably one of the most important cooking ingredients. Not all salts are created equal and there are plenty to choose from. My personal favorites are sea salt and kosher salt. Remember a little salt goes a long way...it's easier to add more but almost impossible to rescue something that is too salty.

## CUMIN

You know that earthy, aromatic, slightly nutty note that you get in a pot of chili? That often comes from cumin, a spice that's incredibly versatile. "It's naturally rich in oils, and you don't need a lot of it to get that rich, earthiness." said Julie Gould, the marketing director of Spice Islands. It's great to get cumin whole and grind it up as needed and it lasts longer that way. It is an essential ingredient in many spice blends like curry powder and chili powder. But, if you're realistically not going to have time or energy for that then a small bottle of ground cumin is fine. Add it to pasta with grilled vegetables, or to lamb noodles with eggplant or to roasted cauliflower.



## ROSEMARY

Woodsy, fragrant and aromatic rosemary is used in many Mediterranean dishes and works well in many dishes when used carefully. Rosemary is versatile and can be used in a range of dishes. JUST DON'T ADD TOO MUCH!

## THYME

Thyme has a subtle, dry aroma and a slightly minty flavor. Rub minced garlic and thyme over lamb, pork, or beef roasts. Season cheese, tomato, and egg dishes with thyme. Blend fragrant thyme into poultry stuffing, spaghetti and pizza sauce and chili along with any combination of marjoram, basil, oregano, sage, rosemary, or garlic.

## CINNAMON

There are typically two kinds of cinnamon-the sweeter, more refined Ceylon cinnamon and the more common Chinese cinnamon (cassia). They are available in sticks or powder. A sprinkle of cinnamon can work wonders with dessert, breads, cookies, pies, candies, beverages and even savory dishes. They work well with sweet vegetables such as squash, sweet potatoes and pumpkin-hence the spiced pumpkin pies.

## CAYENNE

Cayenne pepper is invaluable if you love spicy food. The active ingredient, capsaicin, imparts a spicy hit and the degree of spiciness varies with varieties of red chili pepper used. You can use fresh chili pepper or the powdered form. It can be added to food to enhance the spice factor and to add color. Can you imagine a bowl of chili without a touch of cayenne?

## BAY LEAF

Bay is one of those spices that have a flavor that is hard to put your finger on, but you know it when its missing. Older Bay Leaves won't add much flavor to what you are preparing, but more freshly dried ones have a beautiful, herbaceous aroma. If you are not sure whether your bay leaves are fresh enough to make a difference, snap one in half and smell it. You should get a pleasant, spicy, floral scent. If not, it's probably on the older side.

## HONORABLE MENTIONS:

**CAJUN SPICE BLEND-** My favorite is Tony Cachere's

**GREEK BLEND-**My favorite is Cavender's

Not every cook will agree on this list and not every cook will agree on how best to use them and that is ok! But, one thing all cooks will agree on: the proper use of spice in cooking adds flair and flavor and gives food an attitude...a good one at that!

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

book

L G B T Q I A

queer

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





# 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](mailto:katie@mcwc-bao.org) or [amanda@mcac-bao.org](mailto:amanda@mcac-bao.org), or call (205) 877-8677.



MAGIC CITY  
**Acceptance Center**  
A BAO Affiliated Program

PosterMyWall.com



MAGIC CITY  
**Wellness Center**  
A BAO Affiliated Program



# **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](mailto: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](http://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!

# NEW SPACE FOR MCAC

Written by Amanda Keller

The Magic City Acceptance Center opened in 2014 as part of BAO's mission to provide inclusive services to the LGBTQ community. Our opening was a direct response to the alarming rates of new HIV infections occurring in youth and young adults, ages 13-24, and the lack of age-appropriate and inclusive safer sex education being provided in schools.



In the last 6 years, we have grown to serve over 1,200 unique individuals through youth-led initiatives such as drop-in hours, prom, summer camp, social-supportive and advocacy groups, safer sex and wellness workshops and so much more. While at MCAC, youth have access to a full spectrum of services including HIV/STI testing, case management services, referrals, and linkage to important agency resources such as legal clinics and counseling. We may not have had the opportunity to celebrate our 6 year anniversary in April, but we are looking forward to a time when we can all gather again and celebrate togetherness and opportunity to build community with our incredible LGBTQ young people.

## TELL US ABOUT THE NEW BUILDING

2020 was intended to be a big year for us at MCAC. We moved into a new space that is 4 times the size of our previous building and includes a full kitchen and gathering space, 3 bathrooms, a KultureCity sensory room, washer/dryer, shower, and plenty of space for an expansion of programs. We hoped to host over 200 youth for our 7th annual LGBTQ Youth Prom which is now postponed so we are more eager than ever to get back into our space and share it with the community. In the meantime, we have moved many of our programs online so we hope that you will join us for virtual programming until we can all be together again!

## HAVE PROGRAMS EXPANDED SINCE MOVING INTO THE NEW SPACE?

We have big(ger) shoes to fill in our new space and we are excited to expand services by offering a beautiful new kitchen and space to provide cooking classes, and a table for gathering during mealtime, a safe place to shower with access to a wide variety of personal hygiene supplies, laundry services and detergent, fully accessible and beautifully organized art supplies that youth can use at any time during programs, a KultureCity sensory room, a bigger, better space to host incredible events like prom and summer camp with triple the capacity, and a brand new accessibility initiative intended to make our space fully inclusive and accessible to the entire community.

## WHO QUALIFIES TO RECEIVE SERVICES FROM MCAC?

MCAC is free and open to all LGBTQ individuals in Birmingham and surrounding areas. There is no intake process or registration required for most events so all you have to do is show up. We are most well-known for our youth programs, but we also provide programs for trans children (ages 14 and under) and their parents, adults 25+, and our agency even provides programs for those retirement age and better. To learn more, visit our Facebook page and click "sign up" below the banner for a monthly email with our calendar of events, or check us out on Instagram @MCACBham.

## WHAT IS THE MAGIC CITY ACCEPTANCE ACADEMY? IS IT PART OF MCAC?

The Magic City Acceptance Academy (MCAA) is an extension of the inclusive space we provide for LGBTQ youth in Alabama. We recognize that many of our young people do not have the opportunity to flourish in traditional school environments where they aren't supported for who they are, and are in fact penalized for being open about their identity. MCAA is a proposed charter school that 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. MCAA will motivate and prepare students in grades six through twelve by providing an exceptional, innovative and quality-driven education. MCAA's purpose is to engage students who have dropped out or are not thriving in traditional schools.



## TELL US MORE ABOUT THE ADULT PROGRAMS AVAILABLE AT MCAC

MCAC works as a resource for our entire community and people of all ages. Although a majority of our programs center LGBTQ youth, we also offer adult programs and services. MCAC hosts two professionally facilitated support groups for adults each month. Speak OUT for LGBTQ adults meets on the 3rd Wednesday of each month, and Steel City Spectrum for trans and non-binary adults meets on the 4th Friday of each month. Case management services, linkage to resources, and shower and laundry services are available to individuals of all ages.

Through our collaboration with the Magic City Wellness Center Counseling Team, we are also able to offer Love Transformed, a professionally facilitated support group for partners and spouses of trans individuals, as well as Space to be Me, a support group for parents of trans youth. We are always growing and developing new ways to serve the community, and are very proud to serve ages 5-75. We hope you will consider joining us at our next event!

## WHAT DOES MCAC DO IN THE COMMUNITY?

In addition to daily supportive programs, offered at MCAC, we also provide community outreach, education, and speaking engagements. In the last year, MCAC staff provided over 73 hours of LGBTQ Competency Trainings, SafeZone and Safer Sex Workshops, as well as 100+ hours of Gay Straight Alliance visits to local schools, class lectures, and community resource fairs. If you are interested in receiving an LGBTQ Competency Training for your company or organization, please email [Keller@mcac-bao.org](mailto:Keller@mcac-bao.org)

## WHO HAS HELPED MCAC BECOME WHAT IT IS TODAY?

MCAC is truly a community effort. We are a program for the community, by the community, meaning that individuals are the highest contributors to our cause. We deeply support those who have been with us since day one like the Mystic Krewe of Apollo who physically made our first space what it was with sweat, and a few tears as we tore down walls and removed carpet. Local bars like Al's on Seventh, Our Place, and The Quest have also been an incredible source of support over the years and we simply would not exist without them.

**YOU** have helped MCAC become what it is, by spreading the word about our programs, referring folks to us, and supporting us through donations of snacks and financial contributions. Thank you to everyone who has ever donated batteries for our gaming systems, snacks, sodas, more snacks, camp lunches, and so much more. Thank you to our community for keeping our fridge, and our hearts full.

### **HOW CAN PEOPLE SUPPORT MCAC?**

There are multiple ways to support us. Our most basic needs include snacks, soda, bottled water, as well as paint and miscellaneous art supplies. These can be found on our Amazon wish list and it's a quick and easy one-step click to send the items our way. We're still accepting packages but suggest delaying food shipments until May at the earliest. Additionally, you can help by donating at [www.magiccityacceptancecenter.org](http://www.magiccityacceptancecenter.org), texting BAOBHM to 41411, and becoming a sustaining donor with monthly donations. Every bit truly helps! Have a gift card you are not going to use? We accept Dominos and pizza gift cards, Publix, Amazon, and Target. Consider supporting local by donating a gift card to MCAC for a local restaurant or art supply store! We support roughly 30 youth each day so every dollar is deeply appreciated.

### **WHAT IS THE ONE YEAR, ONE YOUTH PROGRAM?**

Currently, each youth we serve costs us roughly \$300 each year. This cost includes 300+ hours of drop-in hours services, prom, homecoming, holiday gatherings to prepare youth to go home, health and wellness workshops, case management services, a full-day summer camp with workshops and 2+ meals a day, field trips, HIV/STI testing, arts and crafts materials, and the list goes on. Last year we met over 250 new youth and we plan to continue to grow when we reopen our doors. Please consider becoming a supporting partner and investing in an MCAC youth or two today!



# MAY YOUTH VIRTUAL CALENDAR OF EVENTS

JOIN US ON OUR DISCORD SERVER, AND VISIT FACEBOOK AND INSTAGRAM @MCACBHAM FOR ADDITIONAL UPDATES



**05**  
MAY

**VIRTUAL DROP-IN HOURS**

AGES 13-24 | 3:00 PM

**07**  
MAY

**VIRTUAL DROP-IN HOURS**

AGES 13-24 | 3:00 PM

**12**  
MAY

**VIRTUAL DROP-IN HOURS**

AGES 13-24 | 3:00 PM

**12**  
MAY

**DISCORD SELF-CARE WORKSHOP**

AGES 13-24 | 3:00 PM

**13**  
MAY

**VIRTUAL QTPOC WATCH PARTY**

LGBTQ YOUTH AND YOUNG ADULT POC | 5:30 PM

**14**  
MAY

**VIRTUAL DROP-IN HOURS**

AGES 13-24 | 3:00 PM

**16**  
MAY

**SPACE TO BE ME PARENT CALL**

PARENTS OF TRANS YOUTH, AGES 14 AND UNDER | 11:00 AM

**19**  
MAY

**VIRTUAL DROP-IN HOURS**

AGES 13-24 | 3:00 PM

**21**  
MAY

**VIRTUAL DROP-IN HOURS**

AGES 13-24 | 3:00 PM

**26**  
MAY

**VIRTUAL DROP-IN HOURS**

AGES 13-24 | 3:00 PM

**28**  
MAY

**VIRTUAL DROP-IN HOURS**

AGES 13-24 | 3:00 PM

# MAY ADULT VIRTUAL CALENDAR OF EVENTS

FOR MORE INFO, FOLLOW US ON FACEBOOK AND INSTAGRAM @MCACBHAM

**05**  
MAY

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

**07**  
MAY

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

**12**  
MAY

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

**14**  
MAY

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

**16**  
MAY

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

**19**  
MAY

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

**20**  
MAY

**LGBTQ BOOK CLUB**  
LGBTQ ADULTS | 6:00 PM

**21**  
MAY

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

**22**  
MAY

**STEEL CITY SPECTRUM**  
TRANS ADULTS AGES 25+ | 4:30 PM

**22**  
MAY

**LOVE TRANSFORMED**  
PARTNERS AND SPOUSES OF TRANS ADULTS AGES 25+ | 4:30 PM

**26**  
MAY

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

**28**  
MAY

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



**MCAC**  
A BAO Affiliated Program



## GET TO KNOW CHRISTA DEVAUGHN FROM BAO and MCWC

**CHRISTA DEVAUGHN, LMSW, BSW IS DIRECTOR OF SPECIAL INITIATIVES AND CEUs AS WELL AS THE PROGRAM DIRECTOR OF PrEP UP. FROM HER MILITARY PAST TO MAKING A DIFFERENCE EVERYDAY, WE SIT DOWN AND DO A QUICK Q&A AND FOLLOW UP WITH LEARNING ABOUT PREP.**

### WHAT DO YOU DO AT BAO?

*I am the Director of Special Initiatives and COntinuing Education for BAO so I wear a few different hats. I am the Director of the PrEP-Up! Project at the Magic City Wellness Center. The project is focused on helping eliminate any social or economic barriers people may face as they attempt to access PrEP services. I am also Director of the T-HEAL (Transgender Health Education and Affirmation Learning) Project. This project is the first at BAO dedicated solely to addressing the unique needs of transgender women in our community. We help trans women navigate healthcare systems while providing supportive services in a variety of ways such as transportation assistance, case management and hosting safe and affirming social events like craft and movie nights. I also help with orientation for any new employees by teaching them about BAO and its history as an agency and giving every new person an in-depth overview of all the services provided across our numerous programs. In addition to those roles, I coordinate continuing education opportunities and professional development training for staff and coordinating student internships at BAO.*

### HOW LONG HAVE YOU WORKED AT BAO?

*This summer will mark the start of my eighth year at BAO. Fun fact, I have one son, Mitchell, and he was just a baby when I came to BAO. He couldn't even walk when I started at the agency! He's literally grown up here!*

### WHAT IS YOUR FAVORITE THING ABOUT WORKING AT BAO?

*BAO is such a fun place to work! We get to make a really big impact in our very own community and we get to do it in fun and creative ways. It's not uncommon to hear laughter and see smiles all around the building. Want to see a bunch of professionals turn to mush, hang around when one of the staff members or clients brings a puppy into the office. We all melt and giggle simultaneously. Happiness is supported and encouraged at BAO. It's the best.*

### WHAT DO YOU LOVE MOST ABOUT SOCIAL WORK?

*I love the diversity of Social Work as a professional discipline. Many people automatically associate social workers with child welfare or foster care, but social workers hold many different titles and work in many different fields. Universally, all social workers aim towards improving the social functioning and quality of life for vulnerable individuals and at-risk families or other groups. This absolutely includes work within child welfare-focused agencies but social workers can be found in hospitals and other medical facilities, they provide therapeutic interventions and treatment for mental health patients, social workers are important members of many law enforcement agencies, schools, and even work as community organizers and lobbyist within local, state and federal government settings.*

*The opportunities are vast and they are growing constantly. When I started pursuing social work, I interned at a nursing home first, and later I worked on the Neonatal Intensive Care Unit of the Women and Infants Center of UAB. Eventually, I did spend some years working in child welfare. Most recently, I found my way to HIV/AIDS work as I joined the BAO team as a Community Social Worker on one of our very first research projects.*

CONTINUED ON NEXT PAGE.....

### TELL US ABOUT YOUR MILITARY BACKGROUND

*I enlisted in the Alabama Army National Guard when I was seventeen years old. I was in JROTC all through high school and loved it, so I continued on into the Armed Forces and even spent two years in ROTC while at Auburn University. I went off to Basic Training in the Summer of 2005; it was my first time being away from home longer than a few days. That was the hardest three months of my life but I learned so much. I worked as both a Unit Supply Specialist and a Water Treatment Specialist while in the army. And yes, I was the same kind of Water Treatment Specialist as Pauly Shore in that movie "In the Army Now" :) I get that question all the time. I spent a total of six years in the National Guard and two more years in the US Army Reserves. Joining the army is one of the best decisions I could have ever made for myself. I know that my military experience helped to shape the woman I am today. The life skills and discipline I built while in the army, these tools have followed me and benefit me every day, still. I am very proud to be an American Veteran. I absolutely loved everything about being a soldier! Hooah.*

### HOW HAS YOUR MILITARY BACKGROUND HELPED YOU IN YOUR LIFE AS A SOCIAL WORKER?

*When you serve in the military, you live, eat, train, and share a bunk with people from all over the world. As a teenager, I left my little corner of the planet and was thrust into an environment filled with every kind of person. It was such a meaningful experience. I learned early, to appreciate diversity and to consider the best parts of people first. Even when those people don't speak like you, look like you, or express themselves in ways that you're used to, those people become your family. I realized then that the world is so much bigger than my neighborhood or town. I started thinking like a social worker when I joined the army and didn't even realize it until much later. Social Workers find value in all people, no matter their background or circumstances.....soldiers do too.*

### YOU'RE GETTING MARRIED SOON! WHAT ARE YOU MOST EXCITED ABOUT WITH YOUR WEDDING?

*Since the year is 2020, we're having a costume wedding to commemorate the fabulous fashions of the Roaring 20s. I'm most excited to see just how much fun our guests will have with their outfits. Costumes make everything more fun! Another fun fact, I'm getting married at B&A Warehouse downtown. I went to B&A for the first time for a BAO event! It was for the 2014 "Arty Party", which is one of our annual charity events. When I walked inside I literally said, "This place is beautiful. I want to be married here one day." I hadn't even met my fiance at that point. I still can hardly believe we're actually getting married at the amazing venue BAO led me to, almost six years ago!*

### YOU STAY BUSY! WHAT DO YOU LIKE TO DO WHEN YOU HAVE A MOMENT OF FREE TIME?

*I'm an amateur artist and home decor fanatic. I absolutely love painting and I whip out my brushes whenever I have spare time. I paint mostly abstracts, acrylics and mixed media. When it comes to decorating, I love all things bright and bold. No two rooms in my home are painted the same color!*

**KEEP READING TO LEARN MORE ABOUT PrEP FROM CHRISTA!**



# LGBTQ LEGAL @BAO

# NEW!

PRO-BONO  
LEGAL SERVICES  
FOR THE LGBTQ  
COMMUNITY

PROBATE LAW

WILLS AND ESTATE PLANNING

PRE-NUPTIALS      EMPLOYMENT ISSUES

TRANS NAME CHANGE SERVICES

ADOPTION      FAMILY LAW      DIVORCE

*ELIGIBLE TO INDIVIDUALS WHO QUALIFY BENEATH 200% FEDERAL POVERTY RATE*



For more information visit  
[www.baobhm.org/lgbtq-legal-services](http://www.baobhm.org/lgbtq-legal-services)  
or email  
[Sydney@birminghamaidsoutreach.org](mailto:Sydney@birminghamaidsoutreach.org)

# COMMUNITY CALENDAR

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**TO SUBMIT YOUR EVENT  
EMAIL [KYLE@MCWC-BAO.ORG](mailto:KYLE@MCWC-BAO.ORG)**

**COMING SOON!**

# MAGIC CITY WELLNESS CENTER

Get to know our center and SB Wheeler, CRNP at MCWC

## WHAT IS THE MAGIC CITY WELLNESS CENTER?

*The Magic City Wellness Center is here to provide wellness and medical care for the LGBTQ community in a safe, welcoming, and affirming environment.*

## WHO IS ALLOWED TO BE A PATIENT AT MCWC?

*Anyone is welcome to seek medical care at MCWC! While we provide affirming care to the LGBTQ+ community and its allies, we can provide care for all individuals.*

## WHAT EXACTLY DO YOU DO AT MCWC?

*I am a certified Family Nurse Practitioner at MCWC. This means I can provide care for all ages, races, genders, and disease states across the lifespan. At MCWC, my focus is primary care including management of chronic conditions, preventative health care, women's health, sexual health, and many other health care concerns.*

## WHAT SETS MCWC APART FROM OTHER DOCTORS OFFICES?

*I believe what sets MCWC apart is the ability to create a welcoming environment for our patients.*

## WHAT DO YOU LIKE TO DO IN YOUR SPARE TIME OUTSIDE OF MCWC?

*In my spare time I love to exercise, make a summer garden, work in the yard, play with my pup, Luna, go to concerts, and go on ALL the vacations with my love, Lauren.*



SB Wheeler, CRNP @ MCWC  
and her partner Lauren



SB Wheeler, CRNP  
Magic City Wellness Center

## WHAT DO YOU LIKE MOST ABOUT WORKING AT MCWC?

*I love the camaraderie of this place! I love being able to work with some of the best people and have the opportunity to make a difference in someone's life.*

## HOW DO YOU HELP PATIENTS FEEL COMFORTABLE WITH THEIR APPOINTMENT?

*Many patients who come through our doors have had very bad experiences with previous providers. Many have experienced non-affirming spaces and/or non-compassionate care.*

*After experiencing this, it is difficult to open up to someone for fear of judgement. I like to make sure that every patient knows that I am here for them and the most important thing to me is that they receive the best care. My goal for each patient is to work towards their best healthy life!*

# MAGIC CITY WELLNESS CENTER

Continued.....

## WHAT KINDS OF SERVICES ARE OFFERED AT MCWC?

*Just like any other primary care office we offer primary care including management of chronic conditions, annual preventative health screenings, acute (non-urgent) medical conditions, and women's health screenings. We also specialize in sexual health care including preventative HIV medications or PrEP services, STI screenings and treatment, and sexual health counseling. We also provide transitional related services including hormone replacement therapy (HRT). I like to think of your primary care provider as the quarterback of the team and if there is something that is more specialized than we can help with then we can get you where you need to be.*

## WHAT DO YOU WISH MORE PEOPLE KNEW ABOUT MCWC?

*That we offer affordable mental health counseling services!*

## SO, MCWC PLAYS FUN MUSIC THROUGHOUT THE OFFICE....WHAT'S YOUR FAVORITE AND LEAST FAVORITE SONG CURRENTLY PLAYING?

*My favorites are anything Dixie Chicks or Kelly Clarkson. I love them and know that if you hear them then I probably requested it! My least favorites are Mr. Vain by Culture Beat and Dance, Dance, Dance by Chic.....in the words of Detox: "I've had it, officially" with those songs!*

## HOW CAN PEOPLE SCHEDULE AN APPOINTMENT WITH YOU?

*You can schedule an appointment with me by calling our office at 205-877-8677 or by visiting our website [www.magiccitywellnesscenter.org](http://www.magiccitywellnesscenter.org) and requesting an appointment.*



# 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



MAGIC CITY  
**Wellness Center**

A BAO Affiliated Program

# 205.877.8677

[magiccitywellnesscenter.org](http://magiccitywellnesscenter.org)

**VIRTUAL**

**STEEL CITY SPECTRUM:**

# **TRANS SUPPORT**

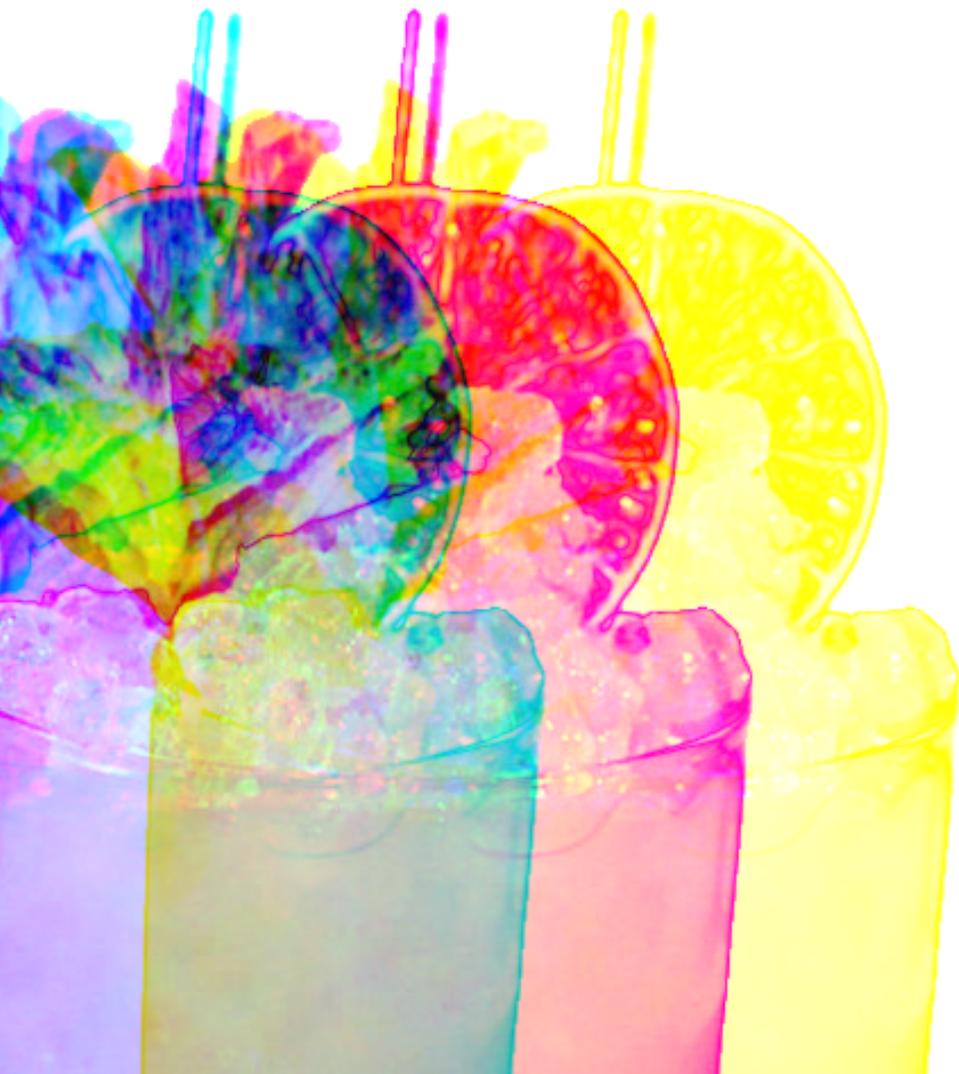
**MEETINGS OCCUR ON THE 4TH FRIDAY OF EACH MONTH FROM 4:15-5:15 PM  
FREE AND OPEN TO ALL TRANS AND NB FOLKS**



**MAGIC CITY  
Acceptance Center**  
A BAO Affiliated Program

# PAPERDOLL BAR

Interview with Jason Koenig of Paperdoll



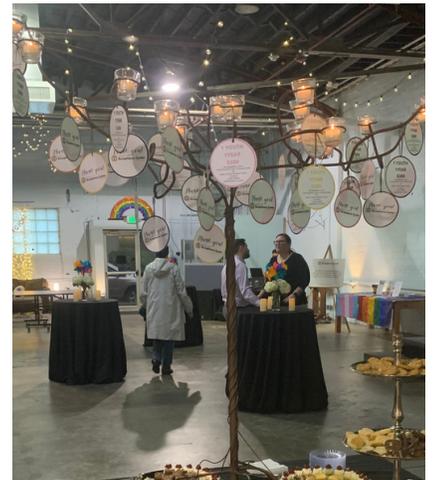
# PAPERDOLL

CONTINUED....

# SPOTTED OUT & ABOUT! MARCH 5, 2020

## MAGIC CITY ACCEPTANCE CENTER and BAO B-FED FOOD PANTRY OPEN HOUSE

Photos captured during the ribbon cutting and open house for our new programs. The night was filled with fun as guests explored our new space and featured signature cocktails, the Cantina food truck, a bicycle giveaway courtesy of Regions Bank, and lots of smiles!





*Drag Queen*

# BED TIME STORIES

**EACH TUESDAY**



**MCAC**

A BAO Affiliated Program