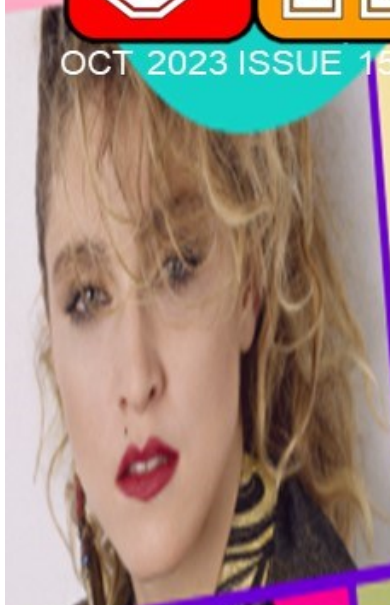


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OCT 2023 ISSUE 159

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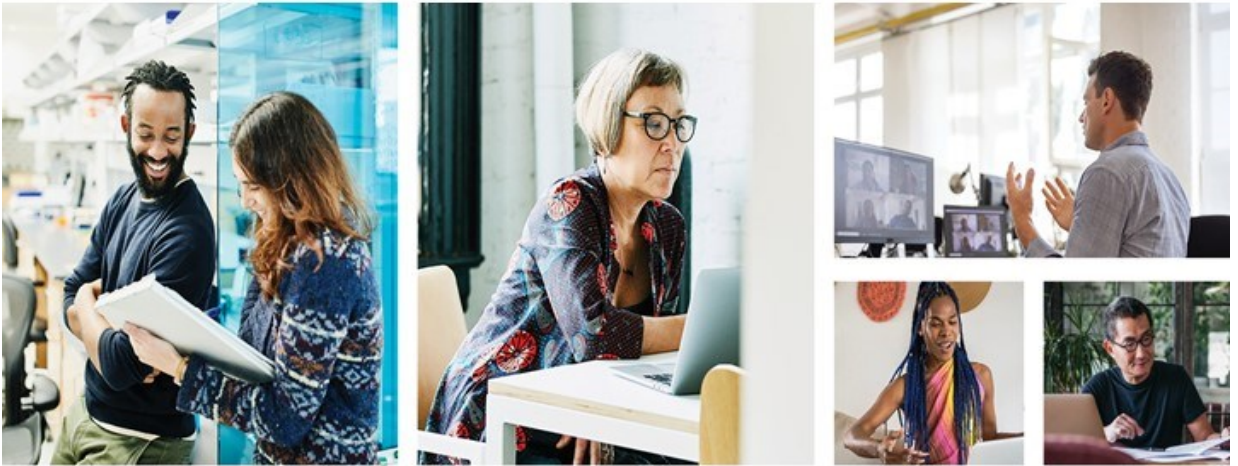
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Our mission as a 502(c)3 non-profit is to promote North Florida and especially in Jacksonville, as a welcoming LGBTQ+ destination through marketing and events. Jax Gay produces many events a year, including Jax Equality Festival in Jacksonville. Other events include the Rainbow Awards Show, White Party, Big Gay Picnic, Taste of Pride and Red Party. Visit [www.JaxGayMag.com](http://www.JaxGayMag.com) for more information.

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*By David Vandygriff*



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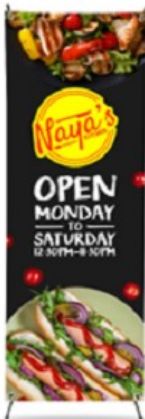
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# News & Politics

## Olivia Hill Becomes First Out Trans Official In Tennessee

By Maria Adams



Olivia Hill was sworn in Monday evening as a member of the Metropolitan Council of Nashville and Davidson County, becoming the first out transgender elected official in Tennessee.

Hill was elected September 14 as an at-large member of the council, which means she represents the entire city. She is also part of a council that has, for the first time, a majority of women.

“Representation is everything,” Hill said at the ceremony, Nashville TV station WSMV reports. “I’ve been approached by so many moms and dads and teachers and leaders that have thanked me for running because now a lot of the trans community has someone to see.”

“I paid a heavy price for my transition, and I’ve lost most of my family, my friends, my career, and so many people that stand beside me,” she continued. But some family members, including a cousin, attended the ceremony, as did friends and supporters of Hill.

“And for the very first time since I transitioned, I stand before you to celebrate some-

thing special with my family present,” she said. “I ran this race as a qualified human, I didn’t run this race as a trans woman, I didn’t run this race as the first trans woman or as a woman at all. I only ran this race to showcase my experience and for a right to sit at the table.”

Hill, a Nashville native and longtime LGBTQ+ advocate, was in the U.S. Navy from 1986 to 1995 and served in combat during Operation Desert Storm. After leaving the military, she worked at Vanderbilt University in Nashville. She spent 26 years at the university’s power plant, retiring in December 2021 as its senior supervisor.

She transitioned during her time at Vanderbilt, but she ended up suing the university, alleging she faced extensive discrimination as she was going through the process. She filed suit in September 2021, and she and Vanderbilt agreed to a settlement three months later.

Hill also received honors from Vanderbilt, including the Chancellor’s Heart and Soul Award in 2019 and the citation as one of three LGBTQ

Advocates of the Year by the university’s Office of Lesbian, Gay, Bisexual, Transgender, Queer and Intersex Life in 2020.

Hill’s priorities on the council will include improving infrastructure, with expansion of the city’s public transportation system high on her list. “I tried my best to run as a qualified human,” Hill told *The Tennessean*. “The fact that I’m trans is just a part of who I am. I’m here to help fix the broken parts of Nashville.”

But, she said, “I don’t want to be a bull in a china shop. I want to go in. I want to meet with all the department heads. Start learning where the problems are and come up with the best solutions.”

Along the way, she will provide trans visibility in a state that has seen a rash of anti-trans legislation passed, including a ban on gender-affirming care for trans youth. A federal appeals court recently ruled that the ban can be enforced while a lawsuit against it is heard.

“I just want to go in there and get busy,” Hill told *The Tennessean*.





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# OUT & HEALTH

## U.S. To Recommend Antibiotic Pill After Sex To Prevent STIs

By Justin Graham



Amid soaring rates of chlamydia, gonorrhea and syphilis, US health authorities on Monday proposed that docs begin prescribing a common antibiotic as a pill taken after sex, despite concerns over fueling more resistant strains.

DoxyPEP, or doxycycline used as a post-exposure prophylaxis, was found to cut the risk of developing these infections in clinical trials involving men who have sex with men and transgender women who engaged in condomless sex.

Draft guidelines developed by the CDC accordingly target

only these higher risk groups, out of concern a broader recommendation could drive the rise of superbugs.

"Innovation and creativity matter in public health, and more tools are desperately needed," Jonathan Mermin, who leads STI prevention at the CDC.

The guidelines recommend a single 200 mg pill taken orally within 72 hours of a sexual encounter.

Reported cases of the three bacterial infections rose to 2.5 million in the US in 2021, a further spike following about a decade of growth.

Several issues are behind the trend: fewer people are using condoms since the advent of PrEP -- daily pills that significantly reduce chances of contracting HIV.

Another potential driver of the spike is that people who are on PrEP are recommended to undergo health screenings every 3 months, likely increasing the identification of infections.

There is also the basic epidemiological fact that the greater the number of people infected, the more they can further infect.

Researchers have found DoxyPEP efficacious in 3 of 4 trials.

"What we found was there was about a two-thirds reduction in sexually transmitted infection every three months," said Annie Luetkemeyer, who co-led a US trial.

The physician-scientist at the University of California recruited some 500 people in San Francisco and Seattle among communities of men who have sex with men and transgender women.

The drug's efficacy was greatest against chlamydia and syphilis, both of which were



reduced by about 80%, while for gonorrhea it was about 55%. There were few side effects.

Broadening access to doxycycline has prompted concerns about causing antibiotic resistance, particularly in gonorrhea, which is fast mutating. But early research hasn't found cause for alarm.

Connie Celum of the University of Washington, who co-led the US study, said researchers tested gonorrhea samples from breakthrough infections -- when people contracted the diseases despite taking the antibiotic -- in the Doxy-PEP group and compared them to the group who didn't receive the pill.

Though they found the rate of resistant gonorrhea slightly higher in the DoxyPEP group, she said the finding could simply mean the pill is less effective against already resistant strains, rather than causing that resistance.

DoxyPEP could even boost better antibiotic practices.

If the preventative treatment were to slash gonorrhea cases by some 50 percent, it could reduce the number of people requiring antibiotic treatment with the current frontline treatment drug, ceftriaxone, whose efficacy which doctors are eager to preserve.

Longer term study is required, on both impacts on STIs but also "bystander" bacteria such as *Staphylococcus aureus*, which live inside people's noses but sometimes cause serious infections.



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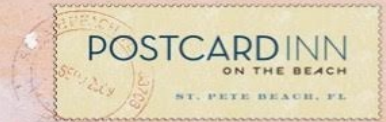
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## Heartstopper Season 3 Is Now Officially In Production

By James Merkley



A new Heartstopper update! Following the massive success of seasons one and two, Heartstopper has officially entered production for a third season. The announcement was made by Heartstopper creator Alice Oseman via an Instagram post.

“AND ACTION! Heartstopper season three is officially in production,” the caption reads. In the photo, Oseman holds a clapperboard revealing that Andy Newbery (Hidden, 15 Days) will direct the first episode of season three.

The third season of Heartstopper will feature most of the series’ main cast members such as Kit Connor

(Nick), Joe Locke (Charlie), Yasmin Finney (Elle), William Gao (Tao), Kizzy Edgell (Darcy), Corinna Brown as (Tara), and Tobie Donovan (Isaac).

According to the Netflix-run blog Tudum, Sebastian Croft (Ben) will not return for season three of Heartstopper. Oseman believes that it would’ve been “needlessly cruel” for Ben to receive “any form of redemption arc on-screen” following the trauma that he’s inflicted on Charlie. They wrote:

“Particularly as the aftershocks of Ben’s manipulation are still causing Charlie pain, Ben can become a better person, but Charlie should not have to

witness that, endorse it, or offer any forgiveness. And so he won’t.”

Other actors who are expected to reprise their roles include Olivia Colman (Sarah), Rhea Norwood (Imogen), Jenny Walser (Tori), Cormac Hyde-Corin (Harry), Fisayo Akinade (Nathan), Bradley Riches (James), and Chetna Pandya (Singh).

We’ll probably only get to watch season three of Heartstopper in 2024, but we can’t wait to see all the incoming updates in the months to follow!

***The first two seasons of Heartstopper are now streaming on Netflix.***

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# OUT & HEALTH

## Do I Need To Worry About Sleeping With My Phone Next To My Bed?

By Billy Roberts



We know that there can be impacts on your mental health if you scroll through your phone too much during the day. But could where you lay your phone to rest at night affect your health too?

There's certainly chatter about how cellphones affect our health in general, especially when it comes to the potentially harmful effects of radiation. A July 2023 study published in the journal *Cancers* found a positive if weak correlation between death from brain cancer and mobile phone usage. Shabbir Syed Abdul, co-author of the study, told VeryWell Health that "it is crucial to recognize that definitive conclusions cannot be made at this point."

### Should We Be Worried About Radiation When Sleeping By A Phone?

Dr. Neha Narula, a clinical assistant professor of medicine at Stanford University, agrees that radiation isn't something you should worry about when it comes to your phone, even if you are sleeping with your phone next to your bed — and head.

"At this time, there's actually no evidence that supports that the

radiation that is emitted from smartphones or tablets affects our health long-term," Narula tells Yahoo Life, pointing out that the type of radiation emitted from cellphones and tablets is different from, say, the kind we see from X-rays, which we know can cause DNA damage.

"The radiation that comes off of cellphones is what we call 'nonionizing,'" she says. "This type of radiation, which we see emitted from microwaves and smartphones and things like that, we have no concrete evidence at this time that shows that there are long-term effects or harmful effects on our health." Of course, we have no concrete evidence that it is not harmful, either, as highlighted by the International Agency for Research on Cancer having classified it as a "possible human carcinogen."

### How Using Your Phone Affects Sleep

While Narula says that there's "not too much to be worried about in terms of radiation coming from a phone that's next to you," she adds that sleeping next to your phone can have a different kind of impact on your health. For one thing, you're far more likely to

use your phone close to bedtime if it's right next to where you sleep, and "there has been so much evidence that shows people who do use their phones right before bed or in bed are more likely to have insufficient or poor quality sleep compared to those that kind of put their phones away an hour or two before bed."

"Phones require a lot of manual control and an active mind to use them," she says. "That provokes the sense of wakefulness and alertness, which is not ideal for when you are trying to wind down. Stimulation that comes from having a phone next to you, even if you use it for five minutes, you're still in that active state of arousal, which can impact sleep."

### How Light Can Have An Impact On Sleep

Outside of the interaction with one's phone, the light it emits can be a big problem. Light helps us maintain our circadian rhythm, which is our sleep-wake cycle. Humans, in general, have a 24-hour circadian rhythm, and the natural light coming from the sun helps stimulate feelings of alertness and arousal, which allows us to stay awake during

the day. When evening comes, and the light goes down, so does our level of alertness. But smartphones, as well as TVs and tablets, emit light — and our brain can't distinguish between it and the sun. That interferes with our melatonin production, which is the hormone that makes us feel tired.

“Melatonin levels are generally lower in people who use their phones during bedtime, which can impact our sleep quality, as well as our REM sleep, which is the stage of sleep that we dream — the state of sleep that helps us with emotions and processing memories,” Narula says. “A reduction in REM sleep can interfere with our alertness levels and increase

stress in general, which can lead to physical and mental health issues.”

### **Not Everyone Needs To Give Up The Phone By Their Bed**

Dr. Rafael Pelayo, professor of sleep medicine at Stanford University and author of *How to Sleep: The New Science-Based Solutions for Sleeping Through the Night*, says that whether or not you should sleep with your phone next to your bed depends on your relationship with your phone. People with chronic insomnia, for example, may find that sleeping next to their phone increases hypervigilance during bedtime, meaning that they are all too aware of the things that will keep them

awake — leading them to get less sleep overall. But the impact of having a phone near your bed can fluctuate with the circumstances of your life.

“If somebody were to tell you, ‘Hey, I may or may not call you at 3 a.m. to pick me up at the airport,’ you’re not going to sleep well that night because at any moment you may expect that phone call, even if it never comes. If the phone enhances that hypervigilance in you, then it’s going to disturb your sleep,” he says. “On the other hand, let’s say you live alone, and you worry somebody’s going to break in. Having a phone nearby may provide you a feeling of security. So it’s not the phone, per se, but what it represents to you.”



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# Life and Style

## Ceviche Nachos A New Favorite Bar Snack

By Elizabeth Hearn



When it comes to appetizers, warm tortilla chips layered with oozy cheese and toppings galore is one dish that can usually be found on most restaurant and bar menus. Its versatility, tasty flavor combos, and fresh ingredients make it easy to see why loaded nachos are so popular. However, it's always an unfortunate experience when your meaty nachos end up getting cold before you can finish them. But what if your nachos were stacked with ingredients that were meant to be eaten cold? Seafood lovers rejoice, because ceviche nachos are indeed a thing, and an easy-to-make thing at that.

If you love eating sushi and have never tried ceviche, you might want to change that. Ceviche is a culinary staple in Peru, especially near its coastal cities where fresh fish is caught daily, but it's also a popular eat in other places too. The best type of fish for ceviche is mixed with cilantro, onions, tomatoes, salt, and sometimes peppers for an extra kick. However, the most important ingredient is copious amounts of lime juice — the acidity of the citrus cures the raw fish so it becomes firm.

Combine it with tortilla chips, and you've created a zesty platter chock-full of fresh veggies with a pleasant, salty crunch to it.

You could go with a simple ceviche recipe or swap the fish for authentic Mexican shrimp ceviche — either way, the nacho possibilities are endless. Here are some mouthwatering ideas to make ceviche nachos the talk of your next party.

### Use Peppers, Beans, Or Even Fruit To Make Your Ceviche Nachos Stand Out

Since many countries around the world have their own unique versions of ceviche, there's lots of room for experimentation when it comes to what ingredients to include on your nachos. While lean types of fish with white flesh like halibut, tilapia, and bass are usually great choices for this dish, it can be daunting to find fish that is safe to eat raw, unless it's labeled as "sushi-grade". That's why chopping up some cocktail shrimp for your ceviche nachos is the perfect solution since they've already been boiled, so you know it'll be safe to eat. You can use raw shrimp, submerging them in lime juice to marinate for at least three hours until they've

been "cooked" by the acid, but poaching them first or using cocktail shrimp may be easier.

To add some more substance to your ceviche nachos recipe, mix in some black beans, include shredded lettuce, or add cucumber or jicama for some added crunch. Avocados and small cherry or Roma tomatoes are frequently used when making this seafood snack, as well as red onion, which is specifically used for its peppery flavor. Speaking of, peppers like pimentos, jalapeños, or habaneros are great for spicing things up, or you could simply mix in a touch of hot sauce. Even sweet fruits like cantaloupe and mango will work well in ceviche nachos. Just be sure all your fresh ingredients are diced and thoroughly mixed before serving.

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# BUSINESS & TRAVEL

## Netflix Plans To Raise Prices After Actors' Strike Ends

By Regina David

While no information was provided on how much those prices will increase or when they will take effect, the company expects to wait until the ongoing actor strikes end before going ahead with those increases, the WSJ states.

Members of the Screen Actors Guild-American Federation of Radio and Television Artists (SAG-AFTRA) began their strike back in July, protesting certain video game companies over concerns involving wages, artificial intelligence and workplace safety.

An article by the WSJ says that Netflix was the only major streaming service to not raise

its prices over the past year, with the most recent happening in January 2022.

Netflix stopped offering its \$9.99/month ad-free tier in the U.S. back in July, meaning the streaming service now has an ad-supported plan for \$6.99/month and a standard ad-free plan at \$15.49/month.

Netflix isn't the only streaming service planning to change prices, though.

On Oct. 12, Disney+ will increase its premium ad-free plan to \$13.99/month (up from \$10.99), and Hulu's ad-free plan will jump to \$17.99/month (up from \$14.99). Meanwhile, Amazon Prime Video is

charging customers \$2.99 for a new ad-free tier starting next year, with the basic Prime Video service to include ads.

Last year, Netflix cracked down on practices like password sharing in an effort to prop up the streaming service's revenue. Despite the attempt to improve sales, the company saw a loss of 200,000 subscribers soon after the measures were implemented.

However, Netflix saw a large influx of millions of subscribers earlier this year, indicating that the crackdown may be paying off.



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## What Makes Judy Garland A Gay Icon?

By David Vandygriff



Throughout the decades, LGBTQ people have used the term “gay icon” to describe a specific kind of public figure: typically a larger-than-life diva whose life, work and allyship has made a significant impact on queer culture and its devoted fanbase.

But what makes a gay icon, well, iconic?

“A gay icon is somebody who represents the determination to be who they are — and [is] unapologetic for it,” Bruce Vilanch, the legendary Hollywood writer and culture critic, tells Yahoo Life. Having an understanding of what it’s like to “be on the outside” is equally as important.

“When we create icons out of people, we’re doing it because we realize that they get us,” he continues. “Lady Gaga gets us, Madonna gets us, but also, Nelson Mandela gets us. They’re all gay icons because they represent part of our struggle — and they acknowledge us.”

These qualities are certainly shared by several figures today: from Lil Nas X, whose frankness about his Black, queer identity is changing the

face of hip-hop; JoJo Siwa, a Gen-Z powerhouse whose devoted tween fanbase watched her make history as one-half of the first same-sex pairing in the history of *Dancing With the Stars*; and Demi Lovato, whose conversations about their nonbinary identity ignited dialogue about the importance of using inclusive language.

Of course, such qualities were also recognized by queer audiences as far back as the 1920s (although there wasn’t exactly a term for it at the time), in actresses like the star of *Sunset Boulevard*, Gloria Swanson, and vixen Mae West, a vocal LGBTQ ally who shocked the nation after casting drag queens in her Broadway play *The Drag*. Golden Age stars like Joan Crawford, who was reportedly bisexual, and Bette Davis were revered by queer fans not just for their campy performances, but also because they were surrounded by gay people in their personal lives.

While it’s easy to use blanket terms like “camp,” “diva” or “glamor” when attempting to describe such icons, the gay-culture critic Michael Musto explains that not all of

them explicitly fall into these categories — just as all are not pop singers or movie stars. They can also be socialites, like “Little” and “Big” Edie Bouvier Beale, the infamous cousins of Jacqueline Kennedy Onassis whose lives were profiled in the documentary *Grey Gardens*. (As explained by Michael Wilson, who directed a production of *Grey Gardens — The Musical*, “There’s meant to be shame associated with being outrageous. You suffer a lot of ridicule, you suffer bullying. These two women suffered those things ... but they endured, they survived,” and with humor, which Wilson called “the life-resilient force of the gay community.”) Or they can be royalty, like Princess Diana, whose mix of glamour and activism has made for an enduring reputation as a gay icon.

“Queer people are oppressed, by nature, so we rely oftentimes on gay icons to lift us up, to elevate us, to educate us and inspire us,” explains Musto, who credits such icons for providing queer people catharsis in times of trauma — whether during the height of the AIDS crisis or amid the



anti-trans culture war today.

But to fully grasp the concept of the gay icon, it's important to go back a bit, to the mother of all gay icons: Judy Garland.

### Friends Of Dorothy

As Vilanch explains, the modern archetype of a gay icon is commonly understood to be the legendary Garland, who would have turned 100 this year (prompting celebrations including in-theater Wizard of Oz screenings and a perfume launch). The star's image, as a tortured soul who suffered for her art, layered with incredible talent and unwavering loyalty to her gay fanbase, struck a chord with the long-oppressed LGBTQ community — and still does today.

At a time when being out was dangerous, Garland's concerts were well-attended by out gay men, lesbians and trans people alike. "There was much comment at the time about her gay fanbase, and it was never pleasant," Vilanch explains. "In

all of the reviews you read, they talk about the 'boys in the balcony,' but they weren't in the balcony. They were right there in the front row."

She's even thought to be connected, at least tangentially, to the phrase "friend of Dorothy," coded slang, and the way gay men sometimes referred to each other as far back as World War II. The term probably refers to the misfit pals of Dorothy in *The Wizard of Oz*, as portrayed on screen by Garland (although the term has also been associated with the American satirist of the 1920s Dorothy Parker).

In any event, Vilanch says of Garland, "There was a tremendous amount of simpatico, a back-and-forth, between her gay fans and herself. She expressed heartbreak so eloquently." Further, he adds, "That generation also watched her develop from this bright-eyed girl into this woman who had

been ravaged by her own insanity, and by the insanity of the world she'd been put into."

Garland died of an

accidental overdose at 47 — and her funeral was held just hours before the historic Stonewall uprising, a revolt that's known for jump-starting the modern LGBTQ-rights movement. Some historians have argued that the so-called "riot" was triggered by the emotional aftermath of Garland's funeral, although that premise has been questioned.

"She wasn't the cause of Stonewall," Musto says. "But her death was in the air." The transgender activist Sylvia Rivera, a leader of the uprising, did see the loss of Garland as a turning point, according to Martin Duberman's 1994 book *Stonewall*, a historic recounting of the event. "It's the end of an era," he reports Rivera saying through her tears. "The greatest singer, the greatest actress of my childhood is no more ... no one left to look up to."

Whether she played a part that night or not, the timing of Garland's funeral helped solidify her legacy in the queer community for generations to come.

After her death, a slew of other beloved performers followed in her footsteps — including her equally legendary daughter, Liza Minnelli, who was 23 when her mother died.

"Liza has a lot of similar qualities that make her a gay icon," Musto says. Of course, Minnelli won the hearts of queer fans for her career-turning role in 1972's *Cabaret*, which earned her an





Mahogany solidified her place as a diva, while “I’m Coming Out” continues to be one of the most popular gay anthems worldwide.

Meanwhile, icons like Cher, Cyndi Lauper and Madonna have not only embraced their gay fans, but have made staunch efforts to elevate them in their work and activism. “Madonna was one of the first people to really recognize the importance of the gay audience,” Musto explains. “She made us center stage.

She worked with her gay brother and so many others, like Jean Paul Gaultier, and catered to a gay audience.”

Musto argues that Madonna took what Garland manifested — “being vulnerable and strong at the same time” — and concentrated it. “Madonna was just strong,” he explains. “She didn’t show vulnerability.” She also, after losing many friends to AIDS, became a staunch activist, raising and donating millions of dollars over the years to AIDS research.

And that brings up another icon quality, which is an ability to “bounce back” after experiencing loss, explains LGBTQ journalist Dan Avery. “People like Cher and Judy Garland went from superstardom to financial ruin, and then back again,” he says. That, combined with a track record of solid work, is what sets them apart from the rest.

“As much as I enjoy the music of someone like Ariana Grande, or even some of the younger stars, it’s like, you

an Academy Award, as well as for her reputation in the 1970s for “partying with the gays” at Studio 54, including with her dear friend Halston (not to mention that two of her ex-husbands, Peter Allen and David Gest, were rumored to be gay).

Vilanch points out that divas like Bette Midler, Barbra Streisand and Diana Ross were also grabbing their share of attention, displaying a sensibility that resonated with gay fans.

Midler, who was raised in Hawaii before starting out on her career in 1970s New York City singing at a gay men’s bathhouse, is a unique example of an icon who earned her reputation in the gay community before making it into the mainstream. Her devoted queer fanbase has never left her.

“I don’t think she ever anticipated that was the way her career was going to go, but it was the way it went,” says

Vilanch, who was Midler’s collaborator for nearly 50 years. “She was attracted to that [queer] sensibility, because she herself understood it. She was always an outsider. Our joke was: ‘It was tough being the only Jewish girl in a Samoan neighborhood.’”

Barbra Streisand, similarly, “has always known the value of her gay audience,” Musto explains. Not only had she come into Hollywood as an outsider who successfully challenged beauty standards, she was known for taking on roles, in films from *Funny Girl* to *Yentl*, portraying outsiders who found their confidence from within — something that resonated deeply with queer audiences. Plus, she’s long been an outspoken advocate for equality (no doubt fueled by support for her son, Jason Gould, a gay man).

In the same vein, Ross’s music has been a beacon for LGBTQ fans through the decades, starting with her glamorous start with the Supremes. Her fierce turn as a supermodel in

haven't really suffered the slings and arrows," he adds. "You're approaching icon status, but I don't think you're there yet."

### The Future Is Intersectional

While pop idols and icons like David Bowie, Elton John and Melissa Etheridge have spoken publicly about their queer identities throughout their careers, it's important to note that the idea of out and proud LGBTQ people — especially Black nonbinary/trans folks — being embraced by gay and mainstream audiences alike is a fairly new one.

"There's a difference in, say, Ellen DeGeneres's iconography and Lil Nas X's iconography or a Saucy Santana's iconography. That difference is how those folks show up in the world," explains Tre'Veil Anderson, a Black nonbinary entertainment journalist and activist. "Queer folks, we have more complex and nuanced conversations about our icons than, you know, the 'John Hughes-cis-het' public does. And I think that's OK."

While DeGeneres certainly "kicked down doors" when she came out publicly at the height of her hit show in 1997, and suffered from it, Anderson can't help but acknowledge that, as a white cisgender woman, DeGeneres was more "palpable" for mainstream audiences to embrace, and that her coming out didn't create opportunities for Black trans/nonbinary people to rise.

It would be nearly 20 years



before shows like *Orange Is the New Black* and *Pose* made stars — and icons — out of Laverne Cox and Mj Rodriguez, both of whom have broken barriers for trans and nonbinary performers in front of and behind the camera.

Performers like Mariah Carey, Celine Dion, Beyoncé and Lady Gaga, meanwhile, the last of whom identifies as bisexual, have followed in Madonna's footsteps by making huge strides toward inclusivity. Though Beyoncé is a straight, cisgender woman, her ability to capture the essence of Black queer sensibilities have given millions of queer fans confidence to be themselves. And Gaga routinely uses her platform to fight bigotry and defend equality.

"I really could have used icons like that when I was growing up," Musto says when speaking of their activism. "The world has changed. Today, we need gay idols that are just going to be tough and kick ass. That's Gaga, that's Beyoncé."

Further, Anderson adds, today's audiences crave authentic queer representation beyond strength and glamour and resilience, noting that the term "gay icon" has evolved to include LGBTQ folks. Among them are figures like RuPaul and Billy Porter — not to mention trans icons like Cox, perhaps the most famous trans person in the world, and *Umbrella Academy* star Elliot Page, who came out as trans last year. Pushing culture ahead, they have had a profound impact.

"Lil Nas X, in particular, as a Black, gay man in hip-hop, who is at the top of the pop charts, and who is a massive troll on social media, we haven't seen Black gay folks do that on the level he's doing it," Anderson says. "Folks looking finally feel represented, like, 'If Lil Nas X can be his fabulously gay self at the top of the charts, maybe we can be our fabulously queer selves at work or at brunch — or whatever the case may be.'"



## Mariah Carey Is Gifting Us With A Christmas Tour

By David Vandygriff



Get ready for a festive treat as Mariah Carey announces a Christmas tour! Unwrap the details of this exciting news and find out where the queen of Christmas pop will be spreading holiday cheer. Don't miss out on this musical gift!

This One Is For Those Among Us Who Are Already Itching To Put Up Winter Holiday Decorations.

The Proclaimed "Queen Of Christmas" Is In The Spirit As

Well.

Mariah Carey Has Announced Her "Merry Christmas One And All Tour."

"Yes, The Actual Defrosting Has Begun!," Carey Shared On Social Media. "Announcing The Merry Christmas One And All Tour! On Sale 10/6."

The Tour Is Scheduled To Kick Off At California's Yaamava Casino On Nov. 15, Before Making Stops In Other Cities, Including Los Angeles, Denver,

Toronto, Chicago, Boston, Montreal, Philadelphia.

The Tour Will Conclude Dec. 17 At Madison Square Garden In New York City.

Carey Did A Limited "Merry Christmas To All!" Series Of Concerts Last Year, Which Also Included A Cbs And Paramount+ Special.

Tickets For The New Tour Go On Presale Wednesday, With General Sale To Launch Oct 6th Via Live Nation.

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# Life and Style

## The 3 Best Gut-Healthy Vegetables for Fall

By Will Bulsiewicz, MD



Dr. B shared his favorite fall veggies, and we're adding them to the cart on our next grocery run.

*Reviewed by Dietitian Emily Lachtrupp, M.S., RD*

It's fall, which means pumpkin spice, apple pie and veggie-packed casseroles galore. But there are some seasonal produce options that are underappreciated, according to gastroenterologist Will Bulsiewicz, M.D.

"Fall is the best, and I'm going to share my favorite fall vegetables with you," Bulsiewicz said in a recent Instagram post.

Want to know his recommendations? Here are the doctor's top three favorite vegetables for fall that boast gut-healthy properties—plus recipes to incorporate them into your next batch of cozy meals.

### 1. Beets

"Beets are a natural source of nitrates, which in your body gets converted into nitric oxide

which actually helps to relax your blood vessels," Bulsiewicz raved. "This means better blood flow which can have a number of benefits."

With your gut health being linked to your heart health and blood pressure, beets provide beneficial nutrients—being packed with antioxidants and with nearly 4 grams of fiber per cup—that are all-around good for your health. Try the seasonal veggie in this Warm Beet & Spinach Salad or drink it up with our Ginger-Beet Juice.

### 2. Acorn Squash

Acorn squash also received its praise by the gastroenterologist.

"It's so orange because it's extremely high in carotenoids," he said. This is the same antioxidant-rich pigment found in carrots. He goes on to explain why carotenoids are so great for digestion and nutrient absorption in the body.

"They're fat soluble," he explained. "What that means is

when you cook your acorn squash, add a little bit of olive oil because that will actually help you to absorb these nutrients."

In that case, our Air-Fryer Stuffed Acorn Squash and Roasted Acorn Squash Wedges with Garlic-Herb Sauce are gastroenterologist-approved ways to prepare the comforting veggie.

### 3. Purple Cabbage

Purple cabbage, or red cabbage, wraps up this list of recommended vegetables.

"Cabbage, whatever cabbage you get, it is going to have glucosinolates, which are cancer-fighting phytochemicals which is fantastic," Bulsiewicz said. "Purple cabbage has the added benefit of having the anthocyanins, which are wonderful for your brain."

Purple cabbage can also help reduce your diabetes risk, and it's packed with fiber and water to help with healthy digestion. It's a great base for a slaw or as a braised side dish.



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ONE COMMUNITY



resolved. She looked like a fighter.

She identifies as Black and indigenous nonbinary trans/femm. Her vision is to turn vacant buildings into small business ventures and dilapidated houses and blighted neighborhoods into safe communities with affordable housing. She wants to bring resources into communities so that youth are not left to activities that will lead them into the carceral system.

Avory's platform transcends gender, and it is why I believe she is the change maker the 104th District needs. "We may think differently, but I can imagine we usually feel hunger, homelessness, community

violence, and the overdoses of loved ones the same," she said during her visit, "As abandonment by our politicians." For Avory, policies ought to lift people up, not keep them down. She articulates, substantively, on the how.

Gone are the days of believing that our politicians must be the person you would want to have a beer with. Deceptive campaign malarkey is watching how many politicians put on their best face while courting the voting constituency.

Avory, a hopeful politician, came into the "belly of the beast" to learn from some who have caused disastrous harm in their communities, but who may now be the cultivators on

how to heal the same communities. It is said that "a man's strength flows from the same well as his weaknesses."

Being incarcerated does not relieve us of our civic duty as U.S. citizens, and the U.S. Constitution supports that sentiment. It reads, "No State shall make or enforce any law which abridges or immunities of citizens of the United States."

Avory did not come to offer any promises or hand me the same laundry list of promises recycled from the last election's did-not-achieve-pile. Over a shared bag of vending-machine chips, we talked about solutions, ones that politicians seldom, if ever, think incarcerated citizens have.

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## Ginger Minj Teases All 'Drag Race' Tea She's Spilling In Her Upcoming Memoir

By Drew Williams

The glamour toad is spilling the tea.

Ginger Minj is one of the most recognizable alums from RuPaul's Drag Race. The queen made it all the way to the finale on season seven and season six of the hit spin-off RuPaul's Drag Race All Stars. Plus, she was one of the queens that made up the iconic cast of All Stars 2.

Now, the star is releasing her new book *Southern Fried Sass* that serves as a delicious memoir including signature dishes that tie into personal stories that made her the queen she is today.

"It's my life! It's part memoir, it's part tell-all, and it's part cookbook. Everyone's got a love language and mine of course is food. You can share a conversation with food," Minj tells *Jax Gay Mag*.

With plenty of delicious meals

and hot tea to dive into, the queen is even sharing new details on her time competing on *Drag Race*.

"There's a lot of juicy tidbits in there that people have never heard before — about *Drag Race* and beyond. It's the story of my life told through food and the people that have shaped me."

Not only does Minj open up on her *Drag Race* experience, but she's also getting candid on her real-life family problems.

"There's a lot of stories in there about my very Jerry Springer-esque family. They're good stories! They're fun for you, not for me... but they're fun for you."

Outside of her fame as a RuGirl, the star is excited that people of all backgrounds can connect and relate to the different stories read throughout the book.

"This is such a universal story. This is something that I honed in on and connected with immediately. Buy yourself a copy if you want it and then buy a copy and send it to somebody who wouldn't buy it for themselves. Even though we're all different, there's more that we have in common than we don't as human beings."

As a Florida native, Minj even sent a few copies of her memoir to a notable figure on the right side of the political isle.

"I've sent a whole box of them to Ron DeSantis' office. Buy one for your racist aunt Helen! Buy one for your bigoted cousin Kelly. Whoever it is, get it into the hands of somebody who could benefit from hearing an actual, honest, living, breathing story from a queer perspective."

***Southern Fried Sass* comes out November 7.**



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# News & Politics

## Gaetz Succeeds Cruz As The Most Hated Man In Congress

By David Vandygriff

Florida U.S. Rep. Matt Gaetz is the most hated man in Congress right now.

He's ousted the speaker against the wishes of the vast majority of his party in the House. They are steamed, to put it mildly. During the debate on the House floor, Gaetz looked like a hyper sadist. The detestation toward him was immensely powerful and palpable. And through his histrionics, he's also supplanted the formerly most hated man in Congress.

That would be Texas Senator Ted Cruz.

For all intents and purposes, he's still the most hated man in the Senate. His reign over both chambers ended today, after nearly a decade. The hate has stretched as far back as 2015, when Foreign Policy ran a story about him, obviously titled "The Most Hated Man in the Senate." And a New York Magazine article, also in 2015, ran with the title, "Why Everyone (In Congress) Hates Ted Cruz." There are others — far too many to list here.

Appearing on MSNBC's Deadline White House last year, re-

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lower...Cruz represents the Republican Party as good as anybody...he's willing to say or do anything including lying and deceiving."

I have a friend who has been a top lobbyist on Capitol Hill for over 20 years, I reached out to him and promised him anonymity if he would be frank with me about Ted Cruz and Matt Gaetz.

"He's just a jerk if you really want me to be honest," he said about Cruz. "No one likes him, even the other senators, and even ones from the Republican Party. They just can't stand him."

Why, I asked.

"Personally, I don't think he can be trusted, and I think everyone else feels that way. And there's a running joke that he'd tackle an old lady to get in front of a microphone. That's part of the problem. He'll say anything to make himself sound relevant, but then when he's off camera, he says the opposite. You can trust him about as far as you can throw him."

Finally, he said, "What I'm telling isn't breaking news. By this point, Cruz knows nobody likes him, but I don't think he

spected and mild-mannered former Republican consultant Matt Dowd said, "To know Ted Cruz is to dislike Ted Cruz...Every time I think he can't go lower he goes

really gives a shit."

What about Gaetz?

"I won't go near him. Nothing is worth dealing with him. I'd rather resign than take a meeting with Gaetz. I don't know anyone who would say anything nice about him, and again, I'm not telling you something that's breaking news. And like Cruz, Gaetz knows everyone hates him, but doesn't care."

Cruz has a doppelganger, viscerally, across the Capitol in the House, and that is Gaetz, who had a hissy fit about the fact that former Speaker Kevin McCarthy, no Mother Teresa himself, worked with Democrats on a stop-gap funding measure to avert a government shutdown over the weekend.

According to Salon, "After Gaetz stated that he would look to expel McCarthy from his seat, one House Republican told White House correspondent and Fox anchor Jacqui Heinrich, 'No one can stand him at this point. A smart guy without morals.'"

Mmm, "smart?" I don't know about that.

Appearing on Face the Nation on Sunday, McCarthy said of Gaetz's attempt to oust him, "He's more interested in securing TV interviews than doing something." Prior to this weekend, when a government shutdown looked all but certain, Republican Rep. Mike Lawler, from New York, told CNN that Gaetz was more concerned about his own agenda than

avoiding the doomsday of a shutdown.

Those were famous last words by McCarthy and Lawler. Gaetz succeeded in his agenda, as the media surrounded him like moths to his flaming flippancy.

Both Gaetz and Cruz, besides having no morals, are also ethically challenged. The ethics investigations and outside government investigations are too long to list in a column I try to keep to about 1,000 words.

Where to begin with Gaetz?

Let's put it this way, you know that caricature of a spoiled, rich, wildly out-of-control frat boy who thinks rules and laws don't apply to him? Well, that's Gaetz, whose parents are wealthy, and who looks and acts the part of an entitled frat boy.

As for Ted Cruz, you know that person who has multiple Ivy League degrees, and who talks down to you like you know nothing, even though you know more than they do? Well, that's Cruz, who went to Princeton for undergrad and Harvard Law. The know-more-than-you-do Cruz has a perpetual condescending sneer.

Two bloviating boorish boys.

Gaetz even had the gall to call out the fact that Cruz was hated in the Senate – a real case of the pot calling the kettle black. When Cruz went on the Senate floor and called the insurrection of January 6 a "terrorist attack," Gaetz had this to say, "The establishment will never love you, Ted. You know, you can bend over and bend a



knee for them, but they're just not going to love you."

Public service is a dedication to doing good for the greater good. In the cases of Gaetz and Cruz, public service is self-service, where their actions and words are all about their greater good. You could say, yes, but aren't all politicians like that? To a degree they are, but Gaetz and Cruz go way beyond the self-centered, egotistical nature of politics.

In all his years in the Senate, Ted Cruz has never had a bill signed into law, and Matt Gaetz hasn't even tried. These two are habitual co-sponsors of bills like not allowing federal funding to organizations that support abortion rights – issues that only have them groveling to the far-right.

In 2017, bizarrely, Cruz and Gaetz introduced a resolution defending Israel, and condemning the United Nations Educational, Scientific, and Cultural Organization (UNESCO) for anti-Israel bias.

Clearly, this is of no interest to MAGA. Then again, it was 2017, so with these two, there's no doubt they've switched sides and are firmly anti-Jewish.

Back to my friend saying that he thinks Cruz and Gaetz don't care about people not liking them. Without regard to his popularity, Gaetz went ahead with his threat to kick McCarthy out of the speaker's chair. Putting McCarthy up for a straight up-and-down vote made Republicans look foolish and helpless – nothing wrong with that I suppose. Gaetz looked like the leader of the House for a moment, and wow, just think about what that says about the House Republican caucus.

It was hard to pick a favorite in the fight between Gaetz and McCarthy, two people that you loathe. I just wrote about the stupidity of Speaker McCarthy last week. He's entirely to blame for having lost his job. He's the one who changed the

rules to allow just one person – in this case Gaetz – to bring up the vacate resolution. How stupid was McCarthy to think that Gaetz wouldn't pounce?

Speaking of Speakers, in 2016, according to Politico, then Speaker of the House, Republican John Boehner, called Cruz, "lucifer in the flesh." Here's how Cruz seethed in response, "If you're happy with John Boehner as speaker of the House and you want a president like John Boehner, Donald Trump's your man."

Well, we all know that Ted ended up slobbering all over Trump. And then, lo and behold, last month Cruz refused to endorse him. "I'm staying out of it (the Republican presidential primary)," he said.

There's waffling, and then there's chicken and waffles – the latter describes Cruz to a tee.

In Kevin McCarthy, America got a speaker like Donald Trump, so much so that he gave the go-ahead for an impeachment inquiry against Biden -- at the behest of the twice impeached, four times indicted, two times guilty Trump. Not one to think things through — Trump and especially McCarthy, the inquiry is headed for disaster. During the first hearing, the Republicans own witnesses said there wasn't any evidence to impeach Biden. McCarthy dimly thought the impeachment inquiry would pacify Gaetz and the freedom caucus, and they'd "forget" about impeaching him.

Now, McCarthy has been impeached.

Because of the speaker's stupidity, here comes Gaetz. McCarthy didn't stand a chance, and surely his vaunted speakership, which he metaphorically beat up an old lady for, will go down in history as a sure fire loser. With Gaetz and Cruz it's all a vicious circle. No less an authority on losers, Lindsey Graham once said, "If you killed Ted Cruz on the floor of the Senate, and the trial was in the Senate, nobody would convict you."

With Graham's logic, if Matt Gaetz was attacked on the House floor tonight, jubilant Republicans would carry the assailant out on their shoulders in celebration.

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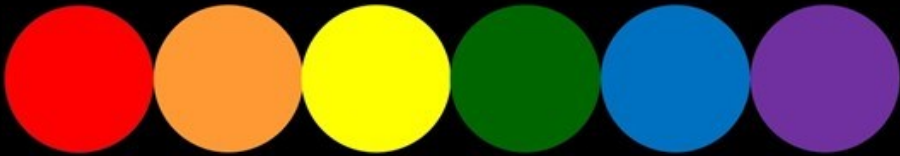
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# BUSINESS & TRAVEL

## JetBlue Puts Families First With No-Fee Seating Guarantee

By Rhonda Harrington



JetBlue Airways has joined three other US-based airlines in offering a no-fee guarantee that children 13 years and younger may sit next to an adult traveling with them on the same reservation.

“We know traveling with young children can add challenges, and we want to do everything we can to put parents and families at ease by providing a smooth trip each time they

choose JetBlue,” Joanna Geraghty, president and chief operating officer, said in a news release on Wednesday announcing the new arrangement.

JetBlue said it has a process that identifies reservations with children and adults traveling together who don’t have prior seating assignments. For no additional fee, JetBlue said it will ensure a traveling child is assigned a seat next to at least one accompanying adult – when seats are available.

Passengers who get JetBlue’s Blue Basic fare, the airline’s version of basic economy, are included in the seating policy. “For bookings made within 24 hours of planned travel, seats may need to be assigned manually by a JetBlue airport crewmember,” the release said.

JetBlue is still encouraging passengers to go ahead and pick their seats while they’re booking their tickets.

There are terms and conditions that apply to the guarantee. Among them, customers won’t be allowed to make additional seat changes once they are assigned seats with their children.

## Going After ‘Junk Fees’

JetBlue’s Wednesday announcement comes months after the Biden administration launched an effort to end “junk fees” for US flyers.

As part of that push, the federal government rolled out an online dashboard in March showing which airlines guarantee families will be able to select seats next to each other without an additional fee.

Three US-based airlines issued family seating guarantees late last winter.

“American Airlines, Alaska Airlines, and Frontier Airlines have stepped forward to guarantee that parents can sit with their young children without getting nickel and dimed,” said the Department of Transportation in a statement in March.

JetBlue, headquartered in New York City, now becomes the fourth airline listed on the dashboard as offering a guarantee of no-fee family seating. According to the DOT dashboard, Allegiant, Delta, Hawaiian, Southwest, Spirit and United still don’t offer such a guarantee.

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*October Events*

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6

ALEWIFE  
6-9 PM

MIXHER X JAXRCPRIDE present:  
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us to Mix.Mingle.Meet and  
celebrate PRIDE

## PRIDE PARADE

8

RIVERSIDE  
2 PM

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MIXHER in the annual  
RCJAXPRIDE parade!!  
(More info to come)

27

GREENHOUSE  
7-11 PM

## MIXHER'S HALLOWEEN PARTY

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