May 2 - May 15, 2024
50 cents at newsstands Vol. 39, No 47

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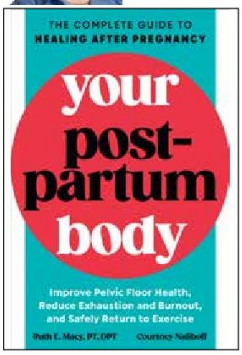
New Book on New Book on Postpartum Healing Is for All Who Have Been Pregnant

by Dana Rudolph | drudolph@mombian.com
contributing writer



During pregnancy, tissues stretch, hormones change, muscles and bones shift, and even the heart and lungs are altered. Access to postpartum healthcare, however, can be inconsistent, and there has been little evidence-based information available to help guide people in their own recovery, according to a new book aimed at providing just that—a book for "every postpartum human," including transgender and nonbinary people and people whose pregnancies did not end in parenthood.

Courtney Naliboff, co-author with Ruth Macy of "Your Postpartum Body: The Complete Guide to Healing After Pregnancy" (Avery), said in an interview that "almost everything that exists for you to read after you have a baby is about the baby, and about your relationship to the baby as a parent." This book, in contrast, is "about the person who has been pregnant."

The idea for the volume began when Naliboff, a full-time teacher and journalist in Maine, sought a book to explain the "weird stuff" happening in her body after pregnancy.

see **MOMBIAN,** *page 4*

Registration Now Open for Boston's LGBTQ+ Pride Parade and Festivals

Organizers Seek Sponsors for June 8th Celebration

Submitted by BP4TP

Boston Pride Parade 2023. Photo by Bay Windows Staff.

Boston Pride For The People (BP4TP) today announced the opening of registration for the 2024 Pride Parade, as well as the festivals to be held on Saturday, June 8th, 2024 on Boston Common and City Hall Plaza.

The parade will start in Copley Square at 11 A.M. and move through the city's South End, finishing at Boston Common where everyone can enjoy the festival that includes performances from local and national entertainers. City Hall Plaza will host a Block Party for those 21+ that begins later in the afternoon. All BP4TP events are free to attend.

Last year, more than 1 million people attended Pride, the region's largest LGBTQ+ event.

Parade + Festival Registration will be completed online via Eventbrite, where interested parties will reserve their place in the parade and/or space at the festivals. Registration fees and payment options are outlined at https://www.bostonprideforthepeople.org/

Several hundred community

see **PRIDE 2024,** *page 3*

Dancing In our truth and respecting others'

Braving the discomfort of a conversation

by Richard J. Rosendall | rrosendall@starpower.net
contributing writer

Not only have Trump and his mob assaulted the rule of law. They have also trampled commonly accepted norms. We will not restore them unless we uphold them, including by making politicians who violate them pay the consequences on Election Day. We also need to raise our expectations of students.

If your college education never makes you uncomfortable, you are doing it wrong. If a culture of "triggering" leads you to claim your rights are violated every time your preconceptions are challenged, you are using fake fragility to hide from a world that you need to engage with for your own sake and that of others.

The reality of our diversity is not erased by hiding from it.

Since the deadly terrorist attack against Israel by Hamas on October 7, I have defended the longstanding American policy of embracing a two-state solution in which the rights of both Israelis and Palestinians to their own free and independent states are respected. Since then, I have been called both a Jew hater and a defender of genocide by people on different sides. No.

George Packer writes in *The Atlantic* that elite universities have "trained pro-Palestinian students to believe that, on the oppressor-oppressed axis, Jews are white and therefore dominant, not 'marginalized,' while Israel is a settler-colonialist state and therefore illegitimate. They've trained pro-Israel students to believe that unwelcome and even offensive speech makes them so unsafe that they should stay away

see **ROSENDALL,** *page 4*

Golden Rainbow TIMES
Serving LGBT Boomers and Pioneers May 2, 2024

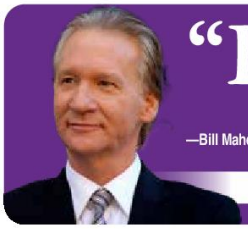
Gearing Up: One Man's Quest for a Good Night's Sleep

by Judah Leblang | www.JudahLeblang.com
contributing writer

For the past ten years, ever since I was diagnosed with sleep apnea in my late fifties, I've been on a quest to get a decent night's sleep. But so far, that quest has been quixotic, frustrating, and at times, downright ridiculous.

None of my doctors suspected I had apnea. After all, I was thin, fit, and didn't snore. But by the time I hit 55, I was also chronically tired. I tried supplements, thyroid pills, and Chinese herbs, all without success. Finally, I saw the symptoms of sleep apnea in an article on the internet: fatigue, restless sleep, and waking up at night gasping for air. (Check, check, and check!)

see **LEBLANG,** *page 5*



"Brought down by a Pecker."

—Bill Maher's quip on Real Time about the current Trump trial. Guest Scott Galloway said that in the courtroom, Trump looks like "a suicide bomber that's having second thoughts."

more in Billy Masters on page 6!

Photo by Angela George, via Wikimedia Commons .

2024 MUSICAL SEASON

JERSEY BOYS
The Story of Frankie Valli & The Four Seasons
MAY 7 - MAY 19

FIDDLER ON THE ROOF
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JUNE 4 - JUNE 16

FROZEN
The North Shore Music Theatre Production of Disney
THE BROADWAY MUSICAL
JULY 9 - JULY 28

TOOTSIE
A NEW COMEDY MUSICAL
AUG 13 - AUG 25

MILLION DOLLAR QUARTET
ELVIS PRESLEY · JERRY LEE LEWIS · CARL PERKINS · JOHNNY CASH
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Pride 2024

Continued from page 1

groups, businesses, schools, government agencies, employee resource groups, elected officials, and others are expected to march in the parade. Organizers estimate that the number of booths available for vendors at the festivals will be 250 and are likely to sell out.

Sponsorship Opportunities are available, at levels ranging from $5,000 to $50,000. The cost of producing the parade and festivals is estimated at nearly $1 million. In addition to registration fees, contributions from community and businesses are an essential source of financing the events.

A Partnership Package is available for corporations and non-profit organizations interested in supporting this year's Pride. It includes the dates for informational sessions for interested sponsors and can be found on the BP4TP website: www.bostonprideforthepeople.org

Boston Pride For The People (BP4TP) is the volunteer and community-run non-profit organization working to empower, celebrate, commemorate, and educate in partnership with Boston's LGBTQ+ communities. In 2023 BP4TP hosted and managed Boston's first Pride parade and festivals in more than three years, bringing New England's largest Pride parade back to its home in Boston. For more information visit: bostonprideforthepeople.org.

Boston Pride Parade 2023. Photo by Bay Windows Staff.

Get more information at
www.bostonprideforthepeople.org

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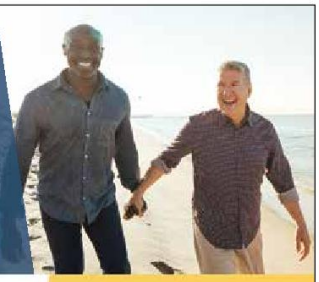

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Cape Cod Senior Residences, Bourne
Compass On The Bay, South Boston*
Concord Park, Concord*
Cornerstone at Canton, Canton*
Cornerstone at Hampton, Hampton, NH*
Cornerstone at Milford, Milford*
Farmington Station, Farmington CT*
Forestdale Park, Malden*
Goddard House, Brookline*
Heights Crossing, Brockton*
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Mombian

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She found nothing, and turned to Macy, a long-time friend and a licensed pelvic floor therapist with 17 years of experience.

Macy said her own postpartum patients had been asking her, "Why doesn't anybody talk about this? Why isn't this information out there for everyone?" She said the idea for the book also "coincided with the social movement to pay more attention to the health of people with uteruses and to advocate for them and their general health. It's such a necessary thing, and it's odd to think that there's not a reputable medical book out there already."

They were intentional from the start about making the book inclusive of all pregnant people, in language and content. Macy said their attitude was, "This book doesn't exist at all, so can we just make it exist for everyone who has the capacity for birth? I think we both feel passionate about: start with inclusive, don't start female-forward, cis/hetero only, and then back pedal."

Nabiloff was also inspired by author and educator Trystan Reese, a transgender man, whom she heard speak on a podcast a number of years ago about becoming a gestational parent. Reese had become a sought-after expert on transgender fertility and pregnancy, and they consulted him for the book.

For both transgender and cisgender people, "Lots of things needed to work together" to support pregnancy, Macy said, "but those things don't realistically, in almost any case, just bounce back, and you may have lasting changes," whether you had a cesarean section or vaginal birth.

"There is this perception that if you just do your Kegels, which is a pelvic floor tightening contraction, then everything's going to get better, but the research does not support that," she added. "It says maybe 30% of people are going to get better, so there are still 70% of people who are being underserved even with that simple recommendation."

"Your Postpartum Body" therefore provides detailed information on the many physical and mental changes one might experience after pregnancy, and offers advice on pelvic floor recovery, nutrition and hydration, lactation (and how to end it, when desired), reducing pain, reclaiming fitness and sexual activity, finding support, when to resume hormone therapy, and much more.

"We're trying to give people stuff that's very pragmatic and ask questions of them that they can ask themselves to help steer them in the right direction," she explained. The book suggests things to look out for; ways to advocate for yourself; how to get the most out of your doctor visits, and when you should rush to the doctor or emergency care.

"There are things that are commonly experienced that you can also heal from," Naliboff added. For example, she said, just because an older generation says that "sneeze-peeing" (bladder leakage when sneezing) is "something you have to live with," it's possible that, "You maybe can improve with some of the things that we have in the book."

At the same time, she said, sometimes the body will change, but in ways that can be lived with, like going up a pants size. The book, therefore, as Macy put it, is "trying to ride the line between changing what's changeable and accepting what needs to be accepted."

While the volume draws on evidence-based recommendations and Macy's professional experience, Naliboff noted that "The reason that a book like this needs to exist is that a lot of times there are not recommendations made across the board that are based on any sort of meaningful research. And if that's true for cisgender women, that is doubly true for anybody outside of that category who is going through a pregnancy."

Macy agreed, "Most folks who have been pregnant are underserved from the start, because we're not investing and being curious and answering these questions that people ask me in my office every week," she observed.

Naliboff said the volume also ties into larger conversations about reproductive healthcare. "If we don't turn the lens back onto the body that was pregnant and all of the things that happened to that body and validate those experiences, I think that we're going to continue to have maternal mortality crises and maternal mental health crises," she asserted. "I think that everything we can do to acknowledge and support the person who was pregnant is going to be a real benefit to society at large and to every single person that we can reach."

"Your Postpartum Body" comes out on June 4, but is available for preorder.

Dana Rudolph is the founder and publisher of Mombian (mombian.com), a two-time GLAAD Media Award-winning blog and resource directory, plus a searchable database of 1,500+ LGBTQ family books.

Rosendall

Continued from page 1

from campus. What the universities haven't done is train their students to talk with one another."

How do we advance justice by making nonnegotiable demands? We cannot insulate ourselves from messy reality by hiding inside ideological bubbles.

When university administrators summon police to remove an illegal encampment, and the cops beat the crap out of nonviolent students and faculty, who are the criminals? When a university president is trapped between the demands of liberal faculty and those of demagogic congressional Republicans, what chance is there of finding a solution? Holding one another hostage is not governance.

We have to do better than saying "We don't want two states, we want it all!" on one side and "Expel them! Fire them! Cancel their funding!" on the other. Do we aspire to be a nation of Marjorie Taylor Greenes?

We need to pull ourselves together, individually and collectively. We need to have the difficult conversations and find the small patches of common ground from which vibrant, sturdy communities and nations are built.

We need to pull ourselves together, individually and collectively. We need to have the difficult conversations and find the small patches of common ground from which vibrant, sturdy communities and nations are built.

Brutal police must be held responsible. At the same time, there is responsibility on the part of protesters who deliberately use the most inflammatory rhetoric to provoke an overreaction that helps the protesters' recruitment efforts. Advancing justice requires work, not just attention-getting.

I want a country where people resolve their differences without reflexively resorting to violence and authoritarianism. I want a country where people do not regard anything short of total agreement with everything they want as a betrayal. I want a country not riven by tribalism; a country where one political party does not insist on airbrushing away all the unpleasant parts of our history.

For that matter, I want a country with people smart enough to know that children are less fragile than they imagine; and that censoring the nasty bits of our past does not make them nor their enduring effects go away. I want a country in which people channel their anger productively—a country in which politicians get elected by appealing to the best in us, not the worst. Of our two leading presidential candidates, is there any question that Joe Biden is the better model of that?

I want an America in which people do not pretend to be threatened when some children have (say) one father they call Papa and another they call Daddy. The burden is not only on straight cisgender people to "get over it." It is also on us to be ourselves openly, quietly, and unashamedly.

Thus I was happy to see *Politico* reporter Eugene Daniels sitting next to Vice President Kamala Harris on April 27 at the White House Correspondents' Dinner. He posted on social media on National Coming Out Day last October about having learned "to dance in my truth everyday."

There Eugene was on the dais, being his poised and stylish self, which reminded me of how many African Americans dressed for the *Black Panther* premiere in 2018. In June he will become the first black openly gay president of the White House Correspondents' Association. Cheers!

Richard J. Rosendall is a writer and activist at rrosendall@me.com.

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PO BOX E14,
Boston, MA 02127

Publishers Emeritus:
Jeff Coakley
Sue O'Connell

Editorial:
Editor-in-Chief
Sue O'Connell
sue.baywindows@gmail.com

Contributing Writers:
Judah Leblang
Billy Masters
Richard J. Rosendall
Dana Rudolph
Rev. Irene Monroe
Jules Becker

Letters to the Editor:
letters.baywindows@gmail.com

News tips:
news.baywindows@gmail.com

Calendar listings:
news.baywindows@gmail.com

Announcements:
announcements.baywindows@gmail.com

Advertising:
Display Advertising
sales@baywindows.com

Classified Advertising:
classifiedads@baywindows.com

Editorial Design Manager:
Julie Walker Palmer

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LeBlang

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Once or twice a month I'd wake up gasping, my heart pounding, often just after I'd fallen asleep. I'd have a brief but intense 'am I dying here?' experience and then fall back into restless sleep, trying not to think about it. I wrote it down to nerves, to my anxiety-prone genes, until the next time it happened.

After a home-sleep study, in which I was wired up like a lab rat, confirmed that I had apnea, and stopped breathing 56 times during the 7 hours I was on the monitor, I was sucked into a new world of devices, medications, and warnings about the dangers of this condition. Those dangers included a higher incidence of heart disease and heart attacks, which claimed my father, my uncle, and assorted other men in my family.

Once or twice a month I'd wake up gasping, my heart pounding, often just after I'd fallen asleep. I'd have a brief but intense 'am I dying here?' experience and then fall back into restless sleep, trying not to think about it.

The gold-standard treatment was a c-pap machine, a helpful device about the size of a loaf of bread. The device consisted of a control panel, mask, and hose, and according to the technician at Mt. Auburn Hospital's sleep clinic, would take "a little getting used to."

That was an understatement, or an outright lie. My first mask was small and light, with nasal plugs that fit into each nostril. But those nostrils were congested, and just as I fell asleep my mouth opened and I was blasted with air, which woke me up. Next, I tried a full-face mask, which seemed well-suited for scuba-diving, if not for sleep. With both of those masks, I could only sleep in one position, on my back. And that led to another problem -- I can't sleep on my back. I sleep on my stomach or on my side, not splayed out on my back with a hose forcing air down my throat.

After I ditched the c-pap, I found a sleep dentist who fit me with a mouthguard, a special oral device that moves my teeth and lower jaw forward, so that I look like Cro-Magnon Man, one of my prehistoric ancestors. Still, the mouthguard allows me to breathe through the night, while still not eliminating my apnea. The device is awkward, mildly uncomfortable, and has changed my bite over time, shifting my teeth and triggering jaw pain.

According to my latest sleep study with my mouthguard, my oxygen level remained over 90%, which means that I hopefully will not die (soon), and will not endure the frequent gasping and choking that go along with untreated apnea. On the other hand, I'm still chronically tired, wake up frequently through the night, and never feel rested in the morning.

And so my quest continues. I recently found a new sleep doctor, who explained that my sleep issues are "complex," compounded by my "fragmented sleep" and my inability to sleep through the night. Now, when I prepare for bed, it looks like I'm going on some kind of expedition, like a "flat Earther" who's afraid of falling off the planet.

Each night before bed, I assemble my gear. My special Intake nose strip, to open my nostrils and compensate for my deviated septum; eye drops and eyewash for my chronic dry eyes, which often wake me through the night, my mouthguard to keep my throat clear for breathing, and mouth tape to promote nasal breathing, which is supposed to reduce sleep apnea, along with an antidepressant, which in small doses, helps me fall asleep.

Each morning, I bite down on another small device to realign my teeth, to move them back into their normal daytime position. I peel off the mouth-tape, remove my nose strip, and rinse off my eyes. Soon, before I've fully regained my energy, it will be time to gear up, lie down, and do it all again.

Judah Leblang is a teacher, writer, and storyteller in Boston. He is the author of two memoirs, and performs his one-man shows at Fringe Festivals, and community venues throughout the eastern US and Canada. Find out more at judahleblang.com

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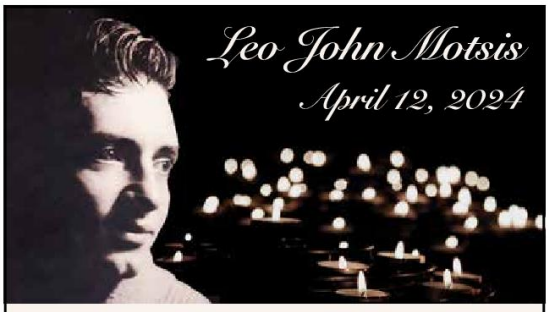


MOTSIS, Leo John of the South End, formerly of Mission Hill, passed away on April 12, 2024. Beloved son of the late John A. and Elizabeth (Flionis) Motsis. Dear brother of Nicholas J. Motsis and his partner Colleen Brady of Mission Hill, the late Arthur J., and Socrates Motsis. Loving uncle of John C. Motsis of Brookline. Partner of the late Ernest (Jack) Repetti. Leo was the owner of The Boston Eagle. Funeral from the William J. Gormley Funeral Home, 2055 Centre St., WEST ROXBURY, on Wednesday, April 24th at 8:30am followed by a Funeral Service in Annunciation Greek Orthodox Cathedral, 514 Parker Street, Boston at 10:00am. Relatives and friends are invited to attend. Interment in the Annunciation Greek Orthodox Cemetery, Dover, New Hampshire. Visiting Hours Tuesday, April 23rd from 4:00 to 8:00pm in the Funeral Home. In lieu of flowers, donations in memory of Leo may be made to a charity of your choice. For directions and guestbook gormleyfuneral.com.

billy masters

Continued from page 1

In 1997, **Joan Rivers** told me she was writing a book. "It's gonna be about how I lost my entire fortune...TWICE!" She called it, "Bouncing Back: I've Survived Everything...and I Mean Everything...and You Can Too!" I told her a better title would have been, "Don't Let This Happen To You". Lose a fortune once, shame on them. Lose a fortune twice, shame on you. I was reminded of this apropos of **Ellen DeGeneres'** return to the standup stage. Her first show took place last week at Largo in West Hollywood, which is housed inside the lovely Coronet Theatre—literally blocks away from my unpretentious Beverly Hills (adjacent) abode. "For those of you keeping score, this is the second time I've been kicked out of show business," said Ellen. Here's the punch line: "Eventually, they're going to kick me out for a third time because I'm mean, old, and gay."

Let me remind you how we got here. I know people disagree with me regarding the sitcom, but it was not canceled because she came out. It was canceled because people stopped watching. And, in my humble opinion, people stopped watching because the show became unfunny. Yes, some will argue that the network wasn't behind her. The bottom line is showbiz will overlook anything if you're making money. As for her talk show, it averaged over four million viewers a day at its peak. After reports of a toxic workplace, it dropped to just over a million. Again, money talks. Trust me, nobody ever said Johnny Carson was warm and fuzzy. People from Ellen's staff had conflicting experiences with her. It's interesting to look at her DJs. Her first, **Scotty K**, was dismissed without notice after a few months. He rebounded by marrying **Sean Hayes**. **Tony Okungbowa** stayed the longest—on and off for about eight years. "While I am grateful for the opportunity it afforded me, I did experience and feel the toxicity of the environment." That is contrasted by **tWitch**, who replaced him. "Obviously there's some things to address, but from my standpoint and from countless others, there's been love." tWitch died by suicide in 2022.

Before Ellen started telling people to be kind to one another, **Rosie O'Donnell** was the Queen of Nice. While she has many critics, we never heard complaints from any of Rosie's employees. About a year ago, she tossed her hat into the podcast field with "Onward". I enjoyed it, but it was never an effortless fit. Like so many comedians, Rosie is at her best with a live audience. The long-form interview with a single guest was very hit-or-miss, so I wasn't surprised when Rosie announced she was ending the show. She said she'd like to find a way to incorporate live interaction with the audience. Like they've been doing since...oh, I dunno, the advent of radio! If **Seth Rudetsky and Billy Masters** can find a way to do live shows that also work as podcasts, it can't be that hard.

Way back in 2019, **Kevin Hart** was announced as host of the Oscars. He was dumped shortly thereafter when homophobic tweets from 2011 resurfaced. He addressed that situation with **Anderson Cooper** on "60 Minutes" last week. He credits **Wanda Sykes** for helping him understand the situation. She said, "There's people that are being hurt today because of comments like the ones that you made then, and there's people that were saying it's okay to make those comments today based off of what you did then." Hart told Coop, "It was presented to me in a way where I couldn't ignore that. So in those moments of despair, great understanding and education can come out of it if you're given the opportunity." I think that's a roundabout way of saying he'd like the Academy to ask him again.

A handful of gay performers are being honored at the "Celebration of LGBTQ+ Cinema & Television" presented by the Critics Choice Association. The event will take place on Friday, June 7th and will stream later on HereTV—which I didn't even know was still a thing. The event will be hosted by **Sherry Cola**. The Career Achievement Award will be given to **Nathan Lane**, and the Social Justice Award will go to **George Takei**. A full list of honorees can be found at CriticsChoice.com.

News about shows hitting Provincetown this summer continues to trickle in. I was delighted to hear that my pal **John McDaniel** will be spending some time in Ptown this summer. He'll have his hands in a number of shows at both the Post Office Café and Cabaret and Town Hall. People like **Kate Baldwin, Max Clayton, Alice Ripley, Nicholas Rodriguez and Liz Callaway** will join him at the Cabaret, while **Betty Buckley and Darren Criss** will play Town Hall. Check out PostOfficeCafe.net for more details.

The Post Office will also host many of my pals for various shows throughout the season. **Judy Gold** will have you laughing all summer long. **Branden & James** will be there July 12 and 13, and **John Hill** peddles his wares August 16. A full schedule and tickets can be found at PostOfficeCafe.net.

Nicolas King and Billy Stritch will also be at the Post Office on August 9 and 10. I was reminded of this when I spent time with **Nicolas and Seth Sikes** in Boston last week. Collectively they're known as The New Belters, and they brought their new MGM show to Boston's Club Café—and it was terrific. Clever arrangements of classic tunes and some rare gems sung by two consummate showmen. As usual, this duo delivers great vocals, witty banter, and they ain't so bad to look at! They really do evoke a bygone era that I definitely enjoyed visiting for 90 minutes. And, did I mention they ain't bad to look at? Check them out if they come to your locale—or in Ptown or Fire Island or, basically, any place gays congregate.

During a recent trip to NYC, I asked my usual sources for tickets to the off-Broadway hit, "Oh, Mary!"—**Cole Escola's** play about that laugh riot, Mary **Todd Lincoln**. Not only did all of the official avenues fail to secure a single ticket, even my unofficial sources came up dry...I hate when that happens! So I was delighted to hear that this well-received queer venture will transfer to Broadway this summer. Yes, it opens at the Lyceum Theatre on June 26th for a strictly limited 12-week run. But then I thought about how daunting it is for a small-ish off-Broadway show to successfully transfer from a 299-seat theater to one seating 950. Adding to my concern is the fact that the play is a slim 80 minutes. Now, I like my theater like I like my men—in and out and in the dark. But at Broadway prices, one might feel short-changed...which is never good.

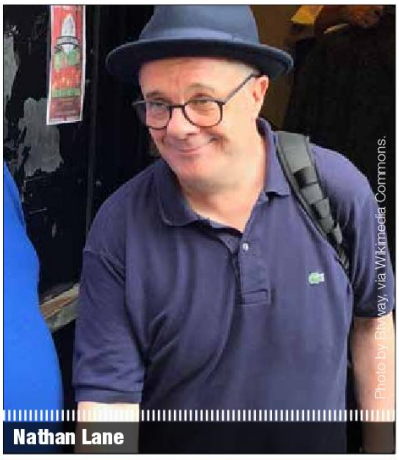
Pauly Shore's attempt at career resuscitation is still chugging along. You may recall that he campaigned to play **Richard Simmons** in a big-screen biopic. He even starred in a short film called "The Court Jester" as proof of concept. The only thing it proved to me is Pauly should get his eyes done before he ever appears on film again. Well, it also proved that not everyone is built for Dolphin shorts—but that's another story. Nonetheless, Pauly has convinced the folks at The Wolper Organization that he's the guy for the job. A script is being written by **Jordan Allen-Dutton**, who is best known for his writing of "Robot Chicken". Not sure I see the connection. It should be noted that Simmons has not only refused to endorse either project, he's actually spoken out against them.

I never thought I'd say this, but **Angelyne** is back! The blonde bombshell of Hollywood billboard fame is once again hovering above Santa Monica Boulevard. A new billboard just went up promoting her album "Driven to Fantasy", which was first released in 1987. This new issue will also come out on pink vinyl—which makes me think she found some crates in a storage unit somewhere near Cahuenga. Should you be in the WeHo area, Angie will be signing copies on May 4th at the Pleasure Chest from 5-7PM. I'd make a joke, but even I'm not that cheap.

Speaking of singers, let's fit in a quick "Ask Billy" question. Ron from Detroit says, *"I thought of you when I saw **Jenifer Lewis** on 'The Masked Singer'. Did you know it was her? She looked and sounded great."*

Did I know? Of course I knew. I'm surprised everyone didn't know—that voice is pretty distinctive. This was taped months ago, and Jenifer had a great time doing it. It was definitely fun to watch, so I'm glad you enjoyed it.

When I'm proving that I can keep a secret, we've definitely come to the end of yet another column. Here's something that's not a secret—I'm not happy when "The View" is in repeats. I know those ladies need a break, but it throws off my whole day. Happily, there's always fresh dish on www.BillyMasters.com, the site that never takes a vacation. If you have a question, send it off to Billy@BillyMasters.com and I promise to get back to you before I get kicked out of showbiz for being too mean, old, and gay! So, until next time, remember, one man's filth is another man's bible.



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Jennifer Lewis as Cleocatra

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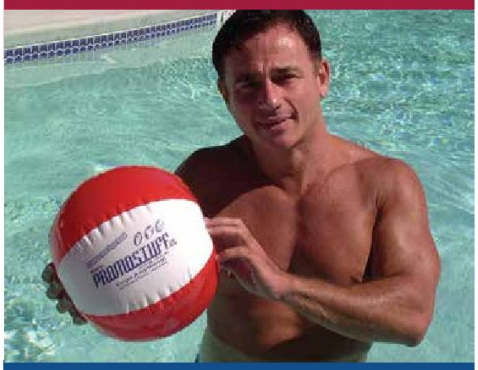

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