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Volume 23, #11
Fall/Winter 2016



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Volume 23 Issue #11
Nov/Dec 2016

Box 1961 Green Bay, 54305

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www.quest-online.com

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Quest/Outbound is published monthly
and is distributed free throughout Wis-
consin in area bars & businesses that
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ON THIS MONTH'S COVER: GAREK RELEASES HIS FIRST ALBUM: TAKEtheKING



Garek has his first album out available now on
iTunes, Spotify and Google Play. **TAKEtheKING**
came out on September 23. On October 31
Garek declared on his facebook page **STRAY**
(a message/warning to his younger self about
self-loathing that he wished he had as a kid,) became
the #1 most requested song on Sirius XM
Entertainment Weekly. Check it out at
https://m.youtube.com/watch?v=l_XvqrEVhi4

He has been getting a lot of attention touring
live and some great press including and exclusive
debut for **STRAY** in Out Magazine.

Quest has been following Garek for some time.
He is an accomplished artist with gallery shows
in New York City and also a seasoned songwriter
/performer. He started out in New York working
for a company that produced tunes for the Disney
empire. His in-your-face song **Goddamn Dizzy**
Kids is a slap in the face to the overproduced
mainstream music biz. Check it out here:

https://www.youtube.com/watch?v=_raY1rwSFJI

Garek, comes from Northeastern Wisconsin but
now calls New York City his home. You may have
caught him performing live at Green Bay's Pride
Alive a few years back or at XS nightclub perform-
ing on thier stage. He still gets back into our area
when visiting family.

If you weren't lucky enough to catch one of
these free shows and aren't going to be in New
York any time soon, you can see some pretty slick
videos created for his new album release on
Youtube. Best of all you can purchase or listen
to this talented artist using the links below.

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Interview with Milwaukee's THIS IS IT owner, George Schneider

By Paul Masterson

<http://WWW.GAREK.TV>

George Schneider is a familiar face and a familiar force in Milwaukee. A former PrideFest director with a brief stint on its board, he is best known as the heir of This Is It, Milwaukee's oldest continuously operating gay bar. Once a hidden doorway on East Wells Street on the lower east side, the venue now sports a rainbow painted façade and a fluttering rainbow flag. QUEST spoke with Schneider about This Is It, millennials, and his take on the future of LGBT bars in the city.

QUEST: In recent years Milwaukee has seen

a major decline in its gay bar scene. Many bars have closed and in the few remaining ones, you hear both owners and clientele complain that it's only a matter of time before gay bars will cease to exist. You've just inherited *This Is It*. Isn't this a bad time to take over a gay bar?

GEORGE SCHNEIDER: I don't buy at all that the gay bar is dead or dying. The argument that social media is killing the bar scene is not valid. Bars disappear for different reasons. I have no sympathy for anyone in the business who points to the tragedy of Grindr and Scruff as competition and then let their bars go into decline.

You just need to think differently. Part of the

get pierced the area which has been pierced becomes overly active as far as nerve cells are concerned and thus makes you feel more intense sensations. So don't get all worried every time you touch your nipple piercing. If you don't like this sensation, and I don't know why you wouldn't, just place a band-aid or a piece of gauze over the piercing.

Well I hope you all learned something today as you read my column, because there will be a test on Tuesday. So make sure you wear clean underwear!

If you have any questions please let me know! Send your questions to info@agpiercing.com.

Until next month, have a great turkey day!



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Well, here we are again, in the month of November. The month of Turkey's and people who resemble what they eat. This month I have really no rant or rave as no one really talked to me last month. Maybe it's just because I am anti-social, of course it could be the well documented fact that I am an as*hole. But either way who cares. Let's get on with the piercings this month. This month I figured we would touch on some of the facial piercings. I'll just pick a few and we will see where we are going.

First let's talk about the lip piercing. This piercing goes right on the lip line and is traditionally done with a ring, although in recent years people have begun using studs as well. The lip piercing today is usually worn by people who want to stand out but not that much. Usually it is the "pop-punk" kids of today and urban teens who get this piercing. Because of its placement on the face most jobs won't allow people to wear these at work but there is a savior to this problem. Many of today's body piercing companies make retainers which will hide the piercing from view while still keeping it open and allowing you to put jewelry back in at a later date and time.

Next let's talk about the tongue piercing. I know you are all thinking with the wrong end of your brain right now but bear with me; we will get to the juicy parts later on in the column. The tongue piercing pretty much started with the punk movement of the 1970's, ever since then it has remained a standard within the body piercing industry. People do like to play with it a little too much and those who do will usually end up with chipped teeth or some sort of dental damage, so the moral of this story is to not play with your piercings! Let other people play with your piercings! j/k. A number of people get their tongue

pierced for sexual reasons as they think it will help them pleasure their partner. Take it from me, a barbell in your mouth will not turn a finger painting into a masterpiece, you need some basic skills to accomplish anything! For me the tongue piercing just gets in the way, while many other people have told me that their sex life drastically improved once they got their tongue pierced. Basically, I say get it and make up your own damn mind! Also though they do make covers for the piercing, which are called "Tongue Ticklers", which go over the ball of the piercing and create different sensations through using different shapes of silicone. Some are smooth, others are rough, and some have spikes! Yea you kinky bastards are all about that one aren't you? Either way there is something for everyone when it comes to tongue piercing.

Next on the hit list is the regular old fashioned ear piercing. Most everyone has one of these and they have kind of lost their novelty over the years. But never the less there are many different styles that people like to go for. Some people prefer to have just a small jeweled stud while others insist on wearing only "jersey girl" earrings. Which ever way you go you can't really go wrong with one of these piercings.

Well now that we have talked about all that lets get to some reader mail.

Dear Brent,

I recently got my nipple pierced and have noticed that every time my nipple hits or brushes up against something I feel it and it feels really intense. Is this normal? —Bob

First off Bob thanks for writing in. And secondly, yes this is completely normal. When you

problem is, and was, a lot people who own the establishments own them prior to social media and are not in tune with the current trends. Bar owners are not willing to adapt. In 1977 all you needed was booze and a rainbow flag and you had a gay bar and a clientele.

The generational changes are there but owners are refusing to adapt. Take *This Is It*. It was once popularly called *Heaven's Waiting Room* or *This Was It*. And that was the tone and we were the prime example. We adapted. We recognized the needs of today's clientele. We are now rated as one of the top bars to go to. *This Is It* is now a model. It's flattering. We are a

proven case of a reverse and that doesn't go unnoticed.

QUEST: Speaking of generations, the *This is It* revival has successfully attracted a millennial crowd. There's a palpable shift in the vibe. Doesn't that push out the older regulars?

GS: It's frustrating that there's a heated schism between the younger generation and the older. It comes from all sides. I'm caught in the middle - I'm a borderline millennial born in 1984. It's hard to combat the lack of open mindedness. Younger people complain about the older and older complain about the younger. We try to lu-



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bricate the situation and try to bring in all ages, colors, and genders to change the mindset. We want to cater to the client's needs but also welcome everyone. That's the bigger challenge.

Part of what helps TITS is that we've embraced our history rather than fight it. TITS keeps the environment alive in which you can play host to the 21 year old as well as have the older people stay comfortable. We can't capture everyone but those who come are genuinely interested in their history and those individuals pass along the torch. Here I see a 94 year old sitting next to a 21 year old with a 30 year old in the middle. That's the coolest thing in the world

to be greeted as a person, as an individual on the same level. That's the rule of gay bars moving forward. We need to celebrate that in some way. Even some of the city's LGBT organizations have tried to accomplish that and have not been successful. But the bars can teach us to be ourselves. Technology can't kill it. Nothing can kill it.

QUEST: So how do bars adapt?

GS: Technology is everything. This is how millennials think. It's wrong to pigeonhole that idea. Social media like Snapchat is used every day by TITS. Gone are the days when you can



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view. My most favorite part of the luncheon, the return of Carole Caine, it was too long since she was silenced from the airwaves. Carole is a great advocate for the LGBT Community including being in the Pride Parade last June!

I've finally made it to the Kimpton Hotel – Journey Man in The Historic Third Ward. In a word – wow! Loved it, the hype – is factual! ARCW hosted a to-do there- Dan & Pam Mueller, Mary Hartwig, Nick Giebel, Melanie, Deb and so many ARCW-ers saw to our every need. Paul Milakovch & Kate (the date) Venne, Will Radler, Justin Singleton, Jerry Janis & John Heidemann, Roger Ram Jet, David & Robert, Jack and so many fun people – a fab time – but I was totally bowled over by the terrace, the Party Room, the lobby, restrooms, and Jacob our bartender – they have it happening here!

"Mirrors" the creation of Billy Kirchin, with book by Larry LaGuardia and lyrics by Jim Chudy took Brew City by storm. Again to be cloned, I had another engagement, and alas had to miss this. I'll have to see it on Broadway – just like the rest of

the world. So good to know that art and creativity is happening here!

Dear friend Rich Tamey shares that he has donated the self-portrait of Holly Brown to UWM. Holly was the Australian bombshell that reigned over BrewTown Drag in the 80's – both 219 and La Cage fought for her services. A great entertainer, comedian, and beauty! I am fortunate to have a portrait of her friend Jacqueline – I've had it forever and never bore of it. But Rich felt he wanted to share Holly with the world – so when you take in the awesome LGBT Archives – make sure you save some time to see Miss Holly Brown's self-portrait, as the 60's pop hit goes "Mrs. Brown You've Got a Lovely Daughter". And she did!

I have to close now – remember it's the glamor, not the grammar - wishing you a terrific Thanksgiving, a most-magical Holiday season – no matter what you observe – may it leaving you smiling. It is my honor and privilege to record our history, before it is history. Cheers to a peaceful and loving New Year, as I remain still Cordially Yours.



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generate business just by a drink special. On the other hand if you have events that engage people, that are tactile or something gimmicky, as annoying as it might seem, it creates an experience and a memory. We also do our fundraising to meld the various organizations with the community that is our clientele. It's important for everyone to participate.

The biggest mistake you can make is to look at your clientele and put them into groups. Targeting everybody, knowing what everybody likes, is a lot easier. I just feel the best way is to play to everyone's needs, wants and desires. If you do, you'll have successful establishment.

QUEST: And what's the future?

GS: Michael Fischer, my new business partner, and I are looking into the possibility of opening a new place. He was named partner in October. It

means I trust him implicitly. One of things I have to admit is my own relevance. I sometimes take a step back and understand some of my ideas are old and I need to constantly reinvent myself and the ownership of the bar to stay relevant. I think Michael's set of ideas will bring something to the table and give us an edge. We are willing to adapt and look to the future. I don't want to see another bar close. I would like to open up another dance club and have it be successful... not in the 1970s idea but another. There's also a need for a lounge atmosphere bar.

QUEST: But, living in Savannah, GA, you're sort of an absentee owner. How can you do both?

GS: I moved to Savannah but I'm now moving back. It's bitter sweet. I love it down here. I want to do new things and it makes more sense to

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La Cage Aux Folles at the Skylight

By Paul Masterson

La Cage Aux Folles (The Bird Cage)



Ray Jivoff



Norman Moses



Chris March

It's not often that a mainstream Milwaukee theatre celebrates drag. Maybe that's because with all the drag out there anyway, if not done right, it would just be yet another drag show. But, this one is different. A well-established work in the gay stage and screen pantheon, *La Cage Aux Folles* is a celebration of LGBT life as we know it, or least as we would like it to know it. And now, the acclaimed, multiple Tony Award winning musical about drag family values, based on the 1973 French play that begat the charming 1978 French film adaptation that begat the musical in 1983, that, in turn, begat *The Bird Cage*, the American film reprise featuring Robin Williams and Nathan Lane, comes to Milwaukee's Skylight Music Theatre.

A French lesson might be helpful here since some of you might be wondering how *La Cage Aux Folles* became *The Bird Cage* (and, by no coincidence the namesake for Milwaukee's popular gay dance club). Cage means cage, so that's easy enough. *Folles* actually would translate to "crazy girls" which, given the drag theme, might seem appropriate enough. But then we have to explore the wonderful world of idioms and, when we do, we find that *Folle* is French for an effeminate man or "queen". So, we get a "The Cage of Queens". Apparently, because of the Anglo use of "bird" for a girl, and, of course, for homosexuals, *The Bird Cage* title follows suit as an insider double-enten-

dre and must have seemed a fair enough translation without being otherwise offensive.

Anyway, *La Cage aux Folles* is this season's Skylight holiday show. The family friendly production provides a local take with stars Norman Moses as Georges, the drag nightclub owner, and Ray Jivoff as Georges' lover Albin, the club's star attraction. A veritable "guess-who's-coming-to-dinner" styled French farce ensues when the flamboyantly gay couple's straight son announces his plans to marry the daughter of ultra-conservative parents. Costumes design is by *Project Runway*'s Chris March who returns to the Skylight with a promise of some spectacular drag certainly never before seen in this venue, or perhaps any other. This first time run of *La Cage* at the Skylight is directed by John de los Santos with musical direction by Shari Rhoads.

The show runs November 18 through December 23. A special LGBT BeOUT Night performance takes place on Wednesday, Dec. 7th. The BeOUT reception starts at 6:30 pm and is followed by the show at 7:30 pm. The Skylight's BeOUT events have become a tradition for Milwaukee GAMMA members as well as other community groups.

Tickets may be purchased through the Skylight box office or on line at www.skylightmusictheatre.org/shows-events/events/be-out-at-skylight



Halloween at Kruz and This Is It

Photos by Paul Masterson



Friday, December 2 – Sunday, January 8. This creation is created by the Dynamic Duo of: Anthony (A Cudahy Caroler Christmas) Wood and Mondy (A Twisted Carol) Carter – come for the theater, stay for the laughs. 628 North 10th Street 414-271-1371.

Michael Pink's Milwaukee Ballet brings alive the Holiday family favorite "The Nutcracker" – simply magical – Saturday, Dec. 10 - Tuesday, Dec. 27. Uihlein Hall of The Marcus Center 929 North Water Street 414-902-2103.

I'll be BLU-tending once again on Monday, December 12 for the United Way! BLU in The Pfister. Come see their newly updated lobby and their sensational Christmas decorations. Fun on the 23rd floor!

R.I.P. Miss Joey Cross, the First Lady of Milwaukee Cabaret! The joy I had hearing Joey with The Jeff Stoll Trio at The Packing House was the place to be! It still is for fine cuisine – just no Miss Cross. She was a friend, how I cherished her yearly Christmas card with her Jungle red lip stick kisses all over her seasonal greeting. Joey is probably in a trio up there with Ella and Eartha – ssssh quite please, there's a lady on stage – and if you listen, real close you may hear her.

What a wild time of the year it is! I love it, I just wished I was cloned so I wouldn't miss a minute of it!

Even though the weather was if-fy, AIDS Walk Wisconsin 2016 went off without a hitch! Applause to Mary, Nick, Dan, Melanie, Deb, Mike and all who help this treasured tradition weather on. I got to meet and be photographed with Taye Diggs this year's Honorary Chair. Mike Hiller took the photo and is a wizard with a camera.

I mentioned early in the column, that Thanksgiving is HIT (the Holiday Invitational Tournament). Since 1979, the year I made my debut in the Com-

munity, HIT has happened – now in its 38th year! Personally, I never bowl – but for decades I "host-ess-ed" "The Welcome Show" – Club 219, La Cage, Boom – what fun! The fun still happens; Jim Moore coordinated a great Bus Trip to Chicago for Show Tunes at Side Track on Halsted Street. Lee Trudell – remembered from his nights at Boom/The Room treated us all like visiting royalty. Love my Show Tunes!

Happy 30th Anniversary of bliss to Papa Joe & Lee – I should be so lucky! I would have loved to join them in their celebration – but I had to work. The same Saturday I got to work with Milwaukee Visionary David Caruso and Dynamic Events designed the most marvelous Gala, Levy Catering fed everyone, Dale Servais did the flawless flowers and the 873 guests got to enjoy the sterling sounds of Chicago! Talk about "Saturday in the Park"

The Mitchell Park Domes had a fantastic fund raiser – the Domes after dark, drinks and appetizers by Zilli Catering, a Silent Auction – and with me around, you know it wasn't too quite! Then a Mystery Dinner at 12 popular restaurants. I had been to 11 of the dozen – so I was thrilled to be rewarded with the Chop House at The Milwaukee Hilton. Chef Brian Atkinson prepared a feast for us and the table of eight was beyond satisfied! I highly recommend the Chop House and will return! The Monarch Room – where my cousin's wedding reception was held back in 1980 – is now The Monarch Lounge. So chic, even a grand piano and hearing it played to midnight was quite a gift! Try the Hilton you won't be disappointed! I love the facelift The Pfister Lobby, The Hilton's sister hotel received. It looks positively enormous now. And who doesn't appreciate a big lobby?

Bravo Jack H. Smith of Shorewest Realty in hosting a phenomenal pre-party for the LGBT Film Festival. Villa Terrace was never so much fun! Peter Holbrook & Tom Hoffmann, Edward LuPella and Emmett Liston from the Cream City Foundation, Joe Pabst & John, Paul Toonen & Jan Hill, Tom Schroeder, Michael Lisowski, Michael Takach & Chris Francis, Erik Stevens, Stewart Dempsey & Gerry Coons, Eric Levy, Sy Smitz, Mary H. Nelson and of course Dr. Carl Bogner the man makes all the magic happen! Then it was on to the movies.

Loved The Cream City Foundation's Business Luncheon, it was like a family reunion! So many dear friends! This year's locale – The Pilot House of Discovery World was a perfect choice. I just wished the draperies were open to soak up the





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The Iron Diaries – Fitness & Health

Avoid Holiday Weight Gain: 10 Top Tips

#1 Don't Just Eat Junk For The Sake Of It

If you're out at a family dinner or Christmas party, then I'm not saying you shouldn't enjoy yourself, eat some Christmas cake, mince pie or a handful of chocolates. There's a difference in 'treating yourself' at Christmas with allowing yourself foods you enjoy and binging on absurd amounts of food because 'that's what Christmas is about'.

2. Go On A Mini Diet

In the days leading up to a big meal or party, focus on eating really well and aim to reduce calories. Not only could you lose a couple of lb's from your 'mini diet' but you will enjoy the meal more because you've not been gorging on junk food all week.

3. Pick Your Favorite Course

Pick a course, and allow yourself to indulge on that one course. Don't do all 3. Then you can enjoy whatever you want for dessert. What's more, you'll probably enjoy it more because you won't be so stuffed from over indulging on the main.

4. Exercise More In The Run Up

Not only will you increase your caloric requirements, meaning you'll be less likely to store the extra calories as fat, but the extra calories might even help you fuel performance improvement or muscle gain. A more short term approach would be to exercise with higher volume the day, or days before, a big meal. This will deplete muscle glycogen so that there is more 'room' for the incoming calories to go before they get stored as fat.

5. Drink Water 10 Mins Before A Meal

This will reduce any false hunger signals you might get from being thirsty. It will also take up some space in the stomach and reduce the amount of food you can eat before feeling full.

6. Keep Protein Intake High

Protein, more than other macro-nutrients, will help make you feel full, which again, will reduce the amount of food you will likely eat before you feel full.



7. Load Up On Veggies

Along with protein, high fiber, low caloric density foods like green veggies are a great way to keep yourself full without consuming loads of calories.

8. Don't Adopt 'Screw It' Attitude

Don't make the mistake of thinking that if you have a little 'junk'/Christmas food that you might as well eat more, and more because you've ruined your diet. That's just silly.

9. Be Aware Of Liquid Calories

Alcohol, as well as food, often plays a big part of many Christmas celebrations. Some alcoholic drinks can pack quite the caloric punch. A pint of lager/cider comes in at over 200kcal. So it doesn't take many to start racking up the calories. Whereas a single vodka & diet lemonade/coke is only around 55kcal. So from a purely caloric load basis, drink vs drink, a vodka & diet lemonade would be a better option.

10. Enjoy Yourself

No explanation needed. Holidays are special, enjoy them.

Darron Lattomus MS, CPT, FNS

Founder of DLFitnessFoundation.com

Director of Strength Training at Synergy Sports
Performance in Green Bay

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Gordially Yours

by Michael Johnston

Hello again and welcome to mid-November – this column will take us through the end of the year! I warned you time does go fast! By the time you read this, we'll all know who our next President will be, Halloween will be a vivid memory, and you'll be planning your Thanksgiving menu – as the HIT Bowlers return to the Dairyland. Settle back and enjoy my last effort for 2016!

The Holidays are upon us: parties, fund raisers, theater and the social world is a whirl!

Dale Gutzman's Off The Wall Theatre will be presenting a kinky comedy, directed by the kinky Jeremy C. Welter "Venus in Fur" (I love fur!) Thursday, Nov. 3 – Sunday, Nov. 13. 127 East Wells St. www.offthewalltheatre.com 414-484-8874 "The Last Holiday Punch" created by Dale Gutzman will grace their stage (with new, real theater seats) December 14, 15, 16, 17, 18, 27, 28, 29, 30, 31. Say good bye to 2016 in style!

"An Evening of Gilbert & Sullivan" is sung out for us Thursday, November 10 – Saturday, November 12 with the fine folks of The Florentine Opera Company. The Center Series 926 East Burleigh Street florentineopera.org 414-291-5700.

Tuesday, November 15 – Sunday, December 18 The Milwaukee Rep brings "The Foreigner" to the forefront. Larry Shue's outrageous opus that has been enjoyed forever! 108 East Wells Street.

Next Act Theatre 255 South Water Street offers up their Holiday fair "unSilent Night" by John Kishline Thursday, November 17 – Sunday, December 11 414-278-0765 / www.nextact.org – radio and theatre all in a great production.

The next day, Friday, November 18 "A Parisian Moulin Rouge Holiday Party"! As part of the Real Great Fridays (RGF – Unique People, & Places – all benefitting the LGBT Community Center) everyone will gather at the elegantly appointed home of Dr. Mark Hackbarth & Eric Nelson – 3601 North Oakland Avenue so you can all Canne, Canne! The New Year, Friday, January 13, 2017 will bring a "Carnegie Affair" at 2221 North Terrace Avenue. Due to a conflict of schedule, I couldn't attend the LGBT Community Center's "Big Night Out" – but by all reports, Brandon Herr outdid

himself and big night was had by all!

Skylight Music Theatre 158 North Broadway 414-291-7800 brings a bit of glitter and gaiety to the holiday season with that big Broadway blockbuster – "La Cage Aux Folles" (The Bird Cage) at the grand stage of the grand Cabot Theatre. Friday, November 18 – Friday, December 23. The music and lyrics of Jerry (Hello, Dolly!, Mame, Mack&Mable) Herman will be echoing through the halls reminding us all – "The Best of Times – Is Now!" Norman Moses and Ray Jivoff will lead this flawless fable of love – knowing no gender or age. Mark Hagen and I have been tapped to do the Theatre Talk before the show on Wednesdays and Sundays! I wonder why? OUT Night is Wednesday, December 7th – see You all then! As we celebrate in unison, please, our anthem – "I Am, What I Am".

ARCW's (AIDS Resource Center of Wisconsin) holds their Holiday favorite – Jolly, Holly, Folly the Tuesday before Thanksgiving (November 22) at The Marcus Center for the Performing Arts – 929 North Water Street. The party hasn't changed, restaurants all gather offering a tasting menu, bar, and theater – this year – as part of Broadway Across America – "Elf, The Broadway Musical". It's the first time "Elf" has played here – guaranteed to get you in that old mood of the season with the reason! The Marcus Center – will be home for "Elf" from Tuesday, Nov. 22 – Sunday, Nov. 27. Perfect entertainment for all!

Milwaukee Chamber Theatre (MCT) 158 North Broadway Studio Theatre has Kenneth Lowergan's "Lobby Hero" Wednesday, November 23 – Sunday, December 18. This show is a comedy, romance and play of ideas – all rolled into one!

Wednesday, November 30 This Is It – 8 – 11 pm "The Pink Hat Party", The last Wednesday of the month and for 2016. This time the **American Diabetes Association** will be the recipient of the great generosity of all who gather. Karen Valentine will be the ring master, come on down and have fun under the big top.

"The Curse of Perry Williams" is the Holiday Hell In Tandem Theatre Company serves piping hot!

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OUT BOUND MAGAZINE

Volume 15 #11 Fall/Winter 2016



Milwaukee LGBT Film / Video Festival 2016
Photos courtesy of Mike Lisowski/Queer Program



Above & right: Hamburger Mary's has completed their move to 730 & 734 S. 5th St (the old LaPerla space) They had a soft opening recently and then opened for real around November 5.
Thanks Brent (Avant Garde) for the soft opening pics.



Below & Left: Kendra Banx\$ got the votes needed to become your new Miss Gay WI USofA

MISS GAY WISCONSIN

Congratulations Kendra Banx\$. Your New Miss WI-USofA
Photos courtesy Mike Hiller

