

AUGUST 18, 2026 VOL XVII • ISSUE#8

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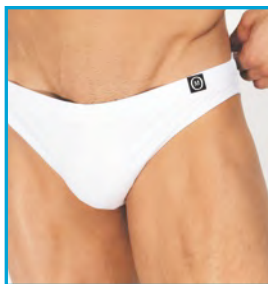
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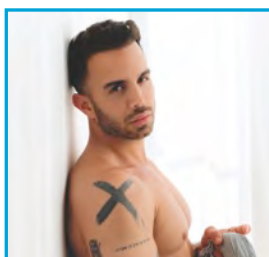
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GRAB MOUNDERWEAR

Brief Encounter Mounderwear strips it all back for Summer 2026 with Core Swim

By Ben Nelson

Some brands chase the next big thing. Mounderwear is chasing the one thing that never goes out of style. The body-positive underwear and swimwear label is diving into Summer 2026 with Core Swim, a collection built on a refreshingly simple idea: less noise, more confidence. In a season crowded with prints, mesh, and maximalist everything, Mounderwear is making the case for restraint, betting that a perfect fit will always outshine a flashy one.

The star of the show is the classic swim brief, a shape founder and head designer On Mekahel didn't try to reinvent so much as refine down to its essence. There's no gimmick here, no season-specific hook —

Photo By Luke Forgeron



Photo By Luke Forgeron

just the kind of piece you reach for every summer, for years to come. "I wanted to create the swim brief every man should own," Mekahel says. "Something classic and effortless. Core Swim is about stripping away distractions and focusing on what matters most: great fit, great colors, and confidence." We caught up

with him to talk about the new collection, the brand's gay roots, and what's next as Mounderwear celebrates its 10th anniversary.

Ben Nelson: How would you define the essence of MOUNDERWEAR as a brand?

On Mekahel: MOUNDERWEAR is all about confidence. Not the loud kind of confidence that comes from showing off, but the confidence that comes from feeling good in your own skin. Every piece we create is designed to make men feel sexy, comfortable, and unapologetically themselves. My philosophy has always been simple: if it doesn't look good, feel good, and make you feel hot, it doesn't make it into the collection.

BN: Is the brand designed specifically for gay men?

OM: As a gay-owned brand, our roots are definitely with the gay men. But MOUNDERWEAR is for anyone wants to feel good, regardless of how they identify.

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BN: What are you introducing for Summer 2026?

OM: This summer is all about simplifying things. We live in a world where everything feels over-designed, and Core Swim is our answer to that. Clean lines, timeless cuts, elevated colors, and a fit that speaks for itself. We're focusing on pieces that will look just as good three years from now as they do today.

BN: What inspired the creation of the new Core Swim collection?

OM: I wanted to create the swim brief every man should own. Something simple, classic, and effortless. Core Swim is about stripping away distractions and focusing on what matters most: great fit, great colors, and confidence. It's the collection I always wished existed when I was shopping for swimwear.

BN: Looking ahead, how do you see MOUNDERWEAR continuing to evolve while staying true to the values that first attracted its loyal community?

OM: As we approach our 10-year anniversary, my goal is to keep

Photo By Luke Forgeron



evolving while staying true to the reason we started: making men feel confident. We'll continue expanding into new categories, exploring new ideas, and pushing the brand forward, but confidence, comfort, and celebrating individuality will always remain at the heart of MOUNDERWEAR.

The Core Swim collection is available now at www.moundewear.com. Follow along at @moundewear.

GRAB BOB



Loud and sweet: An interview with Bob Mould of Sugar

By Gregg Shapiro

Modern rock pioneer **Bob Mould** is not one to sit idle. Over the course of his more than 40-year recording career, the gay musician recorded six studio albums with Hüsker Dü, two full-length albums with Sugar, and more than a dozen solo studio records. That doesn't even include other projects such as those he recorded in the dance/electronic realm. In 2026, reunited with his former Sugar bandmates David Barbe and Malcolm Travis, Mould is playing a series of live shows featuring Sugar fan favorites, along with some new songs. Bob generously made space for a summertime interview about the Sugar reunion.

Gregg Shapiro: Bob, after a span of 30 years, why was now the time for Sugar to record new songs and go on tour?

Bob Mould: There was a lot of interest building with fans, with people in the music business. It started to feel like something that people would be excited about. I reached out to David Barbe a couple of years ago with the idea and he

was amenable to it. We went to Malcolm Travis, the drummer in Sugar, and he was pretty excited about it. I guess if we were ever going to revisit the three albums that we made in the '90s and, as you mentioned, a few new songs...(the) clock's ticking [laughs]. None of us are getting any younger. It just felt like the time to do it. So far, it's been great.

GS: I'm glad you mentioned Malcolm. I went to college in Boston during the early 1980s and one of my favorite local bands from that time was Human Sexual Response, which featured Sugar drummer Malcolm Travis. How did you and Malcolm connect?

BM: Malcolm and I connected in 1988. It was after I had left Hüsker Dü and before (my solo debut) "Workbook" was released. Malcolm was playing drums in a band called The Zulus.

GS: That was an offshoot of Human Sexual Response, right?

BM: Correct. It was Larry (Bangor) and Rich Gilbert and Malcolm and

Rich Cortese was the bass player. They got signed to Slash Records and I was asked to produce their album. I was in the studio for a lot of time with Malcolm. I knew that he was a great drummer. That was in my memory bank as time went on and, then Sugar came together.

GS: Sugar, like Hüsker Dü before it, and your current solo touring band with Jason Narducy and Jon Wurster, is a trio. What appeals to you about musical threesomes?

BM: It feels natural to me. Starting with Hüsker Dü, that's what set the stage for the configuration with Sugar and, as you said, with Jon and Jason. To me, the more musicians you have on stage, there's less direct communication and less room for improvisation. (Even though) Sugar's not a band that improvises a lot. Guitar, bass, drums, and vocals is such a direct way to address songs. There's been a lot of great three-pieces over the history of Western pop music. I always think about Jimi Hendrix Experience. Even the Ramones, who I loved, are a three-piece, but with the lead singer, a

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fourth member. It's where I started and it's been my main way of performing live with other musicians.

GS: Does the Sugar tour setlist include all album tracks and B-sides?

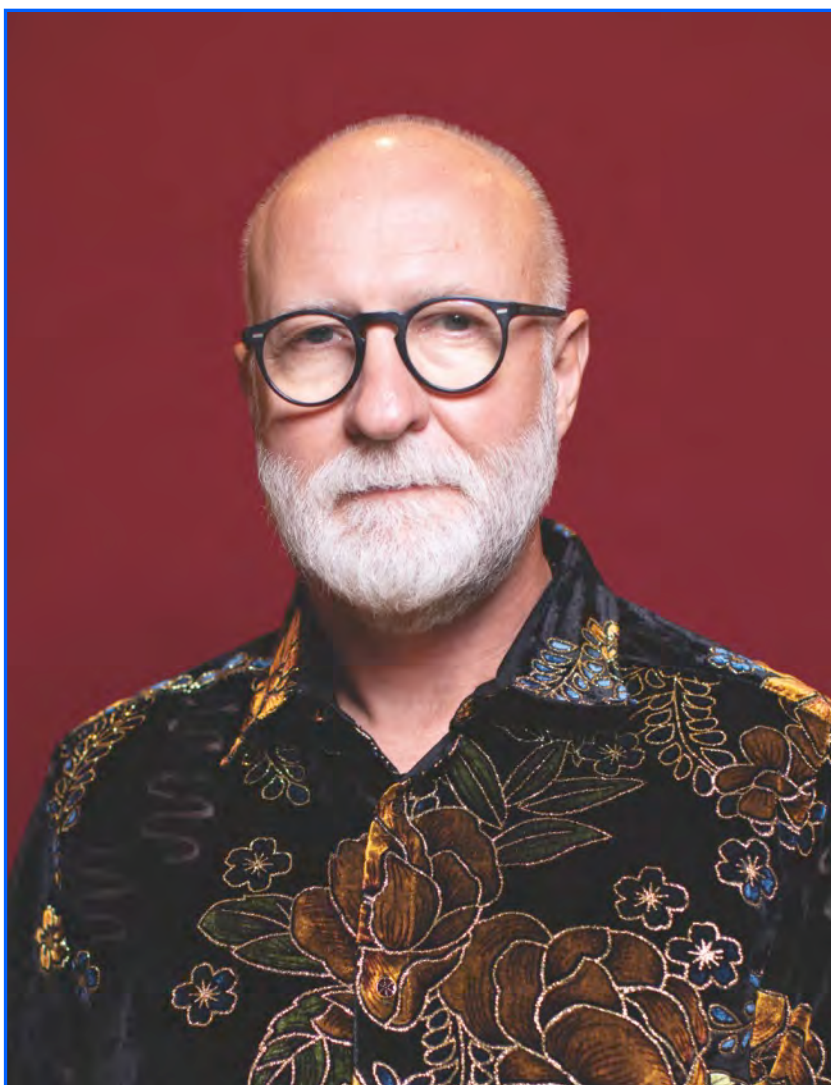
BM: We have a general set that we play every night. We make alterations: maybe a couple times a week we'll switch out a few songs. It's not top to bottom album play or anything. A fair amount of "Copper Blue," half of "Beaster, a fair amount of "FUEL" ("File Under Easy Listening"), and a lot of deep cuts and the new songs, as well. It's a pretty interesting set. It's been running about 90 minutes. We're not real talkative on stage. We just get on to the music and keep going. We've cycled a few songs out and brought some new stuff in. When we pick up again in August, we'll take a look at some other things that we haven't been playing.

GS: How close is Sugar to releasing a new full-length studio album?

BM: We haven't really even addressed that. We have the three songs that we that we did last June and then just started focusing on getting ready for all the touring this year.

GS: Among the many cities on Sugar's tour schedule is Chicago for the annual Riot Fest. The 2012 "Copper Blue+Beaster" reissue on Merge included the bonus disc "Live At Cabaret Metro, 1992," recorded in Chicago. Please say something about your relationship with the Chicago music scene.

BM: Hüsker Dü started in Minneapolis in '79. Some of our earliest out of town shows were in Chicago in late '80. That was back in the (music venues) Oz, O'Banion's, C.O.D. days. And then Cubby Bear, and, of course, Metro. I still have a great relationship with Metro and Joe (Shanahan) and Chicago, in general. There's always been so much support, so much love from (radio station) WJXT. We've been fortunate to play Riot Fest a number of times, and look forward to getting back this year. The (live disc from the) show you mentioned, that was summer '92. Sugar did a two-week tour of the Southeast and a few shows in the Midwest. Those shows were before



any music had been released. People were coming to that show at Metro on faith. They hadn't heard any of music. We got such a great response. Those two weeks got us up and running for the first singles that came out and going over to the UK. Then the album came out a couple months after the Metro show and off we went at that point.

GS: Is there any chance that Jason (Narducy, who lives in the Chicago area) will be in town and will join Sugar on stage at Riot Fest?

BM: He's already been on stage (with us). He jumped up at one of the New York shows [laughs]. It was great to see him. I think it was the third of the Webster Hall shows in New York City. I did not know that Jason was in town until late that morning. He was like, "Hey, I'm

around. Can I come down?" I said, "Yeah, you want to jump up?" And he's like, "Yeah!"

GS: Your eponymous 1996 album was released 30 years ago. Do you think you might include anything from that album on your concert tour to acknowledge the anniversary?

BM: No. I'm glad you mentioned it. Believe it or not, I completely lost track of that 30th anniversary. It's the three (Sugar) albums, the B-sides and the new stuff. That's what we're doing this time around.

GS: Is there a genre of music or an artist that you listen to that might surprise your fans?

BM: I think during a lot of the 2000s, when I got deep into electronic music and was DJing regularly. I

think that surprised a lot of people then. I think it probably would surprise new Sugar fans now, that I still have such a love of French house and progressive house music. It's pretty far away from punk rock or grunge or shoegaze, which, I guess, are the genres in which I've worked in and around for most of my working career. I still like electronic music, but I'm not as informed or educated as I used to be when I was DJing. Back in those days, it would be looking for new music for half the day, listening online and trying to find new stuff to DJ.

GS: Lastly, a couple of days before we're speaking, Jennifer Finch of L7 passed away. Did you ever cross paths with Jennifer at a festival or show?

BM: I think we may have done some festivals together. It's terrible news. It's really sad. L7 were an important band in the day, and it looks like they're still preparing to do some stuff despite this huge loss. It's always sad to lose people too soon, of course. My thoughts are with her fans and friends and family.


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GRAB A GETAWAY



The Seattle of the Midwest: City of Lakes and Parks: Your Minneapolis Guide

By Bill Malcolm

Minneapolis features a great park system (with a chain of lakes), lots of museums and attractions, and a unique regional feel. It's one of the largest metros in the country and is very welcoming to all. Known as the Twin Cities, nearby St. Paul is another option.

TO DO

I walked with Frontrunners on Saturday along the Mississippi River. They meet at 9:30 a.m. on Nicollet Island just north of downtown and walk along the river. Bruch followed. Nearby is the Falls of St. Anthony and Lock House and other river front attractions.

Bde Maka Ska Park (formerly Lake Calhoun Park) is just three miles southwest of town and features walking and biking trails, two beaches, boat rentals and more. Do not miss Thomas Beach.

Loring Park is on a lake and is just southwest of downtown. Be sure to walk or jog over.

Indeed, both parks are part of a Chain of Lakes which is what makes the city so nice. Other nearby lakes

include Cedar Lake, Lake of the Isles, and Lake Harriett. All feature bike and hike trails and some have canoe rentals. There are a lot of parks and green spaces. There is even a midtown greenway bike and hike trail in nearby Uptown, just south of downtown.

Minnesota Orchestra Hall has lots of shows. Last-minute seats are just \$25, and there is a food truck party in the lobby on certain weekends before the concert, complete with games and an \$8 happy hour. I was there for a Triple Beethoven.

Nicollet is downtown's most walkable street and features art, self-guided tours, historical markers, great restaurants, and shopping. Pose for a picture in front of the Mary Tyler Moore statue on the corner of 7th and Nicollet.

WHERE TO EAT

Britt's Pub has lawn bowling on the roof. The fish and chips were exceptionally good.

The Red Cow has great brunches and healthy drinks. You can sit

outside on the patio in the summer. Try the Thai salad.

The Dakota Jazz Club on Nicollet Mall downtown is also excellent.

Barrio also on the mall is great for innovative Mexican dishes. Try the shrimp tacos.

Hell's Kitchen is a basement dive bar and restaurant. I recommend the salmon; it was cooked to perfection. Do not miss the photo booth.

The Living Room in the W Hotel in Foshay Tower is a lot of fun. The building itself is an art deco treasure.

GETTING THERE

Delta has a hub at MSP with convenient flights from all over. It has the best service and snacks. Even Fresca! My flights were affordable and on time. The free internet for SkyMiles members was a plus as was the in seat (seat back) entertainment system. Plus, you can go nonstop from virtually anywhere.

Amtrak fans can take one of two trains daily to and from Chicago (The Empire Builder and the Borealis) which go to nearby St. Paul. You can then take the light rail to

Minneapolis. The ride is through Wisconsin and then over to Winona along the Mississippi River and is very scenic.

Take the Hiawatha Light Rail Green line downtown from MSP. Metro also has rapid and regular buses to take you anywhere you need to go. Rental car not needed.

NIGHTLIFE

The Gay 90s nightclub is still going strong. It's a nightclub on several levels that has been a Minneapolis staple for decades.

The Saloon has events every night of the week. It has dancers Sunday night and karaoke on Monday. It also serves food and features an outdoor patio. It is my favorite bar in the Twin Cities. The Sunday night crowd was very friendly: there is also a dance floor. It's my favorite.

Other fun bars include the Eagle as well as a few in nearby St. Paul.

WHERE TO STAY

I stayed at the Hilton near the convention center downtown. Service was top-notch. The rooms



were cleaned daily without asking. The bar was fun. It has a coffee shop and convenience store open until 10 if you need anything. Plus, no annoying resort or destination junk fees. It was one of the best hotels I have ever stayed in, and the staff is professional and helpful (the rooms are spotless).

The W Hotel in the art deco Foshay Tower is another gem and has a fun bar.

The Hyatt Centric nearby is another option.

KNOW BEFORE YOU GO

They have a huge Target on Nicollet Mall if you need anything including groceries. Minneapolis is the home of Target as well as 22 other Fortune 500 companies.

An amazing skyway system connects all the buildings so you can get around downtown without ever going outside which is great during sizzling summer days or during the long, frigid winter.

Take the light rail to the airport. Rental car/UBER not needed. And there are no annoying airport surcharges on the bus and light rail fares.

Haskell's Wine and Spirits is nearby on 9th Street.

Pick up some new duds while in Minnesota which has no sales tax on clothes.

The city's LGBTQ publication, *Lavender Magazine*, just ceased publication and, unfortunately, there is no competing website to find events or happenings.

Pride is every June in Loring Park and is a must.

Put Minneapolis on your list of cities to visit. It is full of parks, theatres, a fun bar scene and much more. Very welcoming to all.

Bill Malcolm is a syndicated LGBTQ travel columnist who focuses on value. He lives in Indianapolis.





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GRAB ON MEKAHEL

Pop artist, model, entrepreneur, and fashionista On Mekahel is turning up the heat for summer with two electrifying new singles tearing up gay dancefloors.

By Mick Sandoval

"Dose" is a sleek, adrenaline-charged pop anthem that captures the reckless thrill of the dancefloor. "Pu\$\$y" explores the confidence that exists alongside vulnerability and self-awareness.

"People already know me for making fun, high-energy dance music, but these songs feel different," he explains from his home in Los Angeles. "They're more confident, more focused, and completely fearless. I stopped second-guessing myself and am embracing exactly who I am as an artist. That freedom changed everything."

We spoke with him about the new songs, as well as his summer Mounderwear collection, "Core Swim," and his podcast, Boys Bare Talk, which he co-hosts with his husband, Dave.

Mick Sandoval: What takes precedence—the fashion or the music?

On Mekahel: It depends on the moment, but they get equal amounts of love and attention. I don't do anything halfway, so whenever one of them needs me, I give it my all to accomplish the next goal or important task.

MS: Mounderwear started as your story on camera during Revry's hit reality show, Putting On. Does Core feel like the brand finally speaking for itself, without a

reality show narrating it?

OM: I never really thought about it in that way, but yes, I would agree that Core Swim truly represents the blueprint for what the brand is: refined simplicity. No BS. Classic.

MS: It is a stripped-back return to the classic swim brief.

OM: The concept of "less noise, more confidence" is really the DNA of the brand.

MS: It's funny because where Core is about restraint, your new summer singles, "Dose" and "Pu\$\$y", scream sexiness and confidence.

OM: I would say that my music and the brand encompass different sides of me. In a lot of ways, the restraint of Core represents the way I live my life and engage with the world, while my music reflects the wilder, more unrestrained side of me that is also very much a part of who I am.



photo by Trevor Paul

MS: You've talked about the difference between being a "shirtless boy on Instagram" and an artist building a real body of work. Where do "Dose" and "Pu\$\$y" sit on that line for you?

OM: To be honest, both of these songs are an extension or evolution of the shirtless boy on Instagram. They're definitely running together in parallel spaces. I need to give myself some credit, though, because being the shirtless boy on Instagram is still a creative endeavor—maybe just one with a little less depth and complexity.

MS: "Pu\$\$y" is a title that dares people to react before they've even heard the hook. How did you make the decision to own the word instead of softening it?

MO: To be honest, I didn't even

think twice about the title. Sure, it's a little vulgar and in your face, but something I love about words, especially in the English language, is how dynamic they can be and how their meanings evolve over time, especially in street and pop culture. For me, I just wanted to have a good time introducing the concept of using the word "pussy" to describe a mood. Wild and bold is sometimes best.

MS: "Dose" suggests something addictive, maybe even a little dangerous.

OM: It's an acknowledgment that we all have something in our lives that represents a dose. A fix. Something that makes us feel amazing and leaves us wanting more. For me, it's also about my person, who is my husband. We can never get enough of each other, and in a relationship, that's such an amazing feeling.

MS: You and Dave do a lot together, including running Mounderwear.

OM: The best part is getting to be together and work toward a common goal. Being creative with each other and discussing our ideas creates this collaborative space in our lives that teaches us more about each other and strengthens our communication and our relationship.

MS: You also have a podcast together.

OM: Yes, it's called Boys Bare Talk, where we explore topics such as masculinity, body image, relationships, confidence, and modern queer culture.

MS: Where can we find Boys Bare Talk?

OM: We're on Spotify, YouTube and all major platforms.

MS: Do you also make your music together?

OM: We do! He writes all of my songs because he is good with words and knows me better than anyone. He knows what I think before I even think it.

MS: What do you want the world to know about Dave?

OM: That he is my best friend, my favorite human, and my whole world. He is one of the greatest humans I've ever met.

MS: What's next for you this fall?

OM: We're currently working on a whole new collection of socks and underwear for Mounderwear. Also, I'm spending a lot of time in the studio, working on new music as I start piecing together a bigger project!

**Follow On Mekahel on IG
@iamonmekahel**



GRAB MUSIC

Q-Music: Dance diva confessions

By Gregg Shapiro

Let's be blunt here. **Madonna** has been desperately seeking a comeback following her misspent years on Interscope, which produced three inferior albums in seven years. Beginning with the embarrassing "MDNA" and concluding with the daring "Madame X."

Returning to the Warner fold, the label family that operated Sire during her early years, and then released her output through 2008, Madonna has released her most accomplished album in years with "Confessions II" (Warner). Sonically pleasing, lyrically revealing, and self-referential, it's a necessary return to form.

In the seven years between studio albums (Madonna's longest gap), other artists, both long established (Kylie Minogue) and next generation (Lady Gaga, Beyoncé, Robyn, and Jessie Ware), overtook Madonna's reign. With "Confessions II," the pride of Bay City, Michigan, reclaims the mantle. Not an act of desperation to remain relevant, as much as it is a reminder of her ability to establish trends.

Available in multiple formats, including double LP translucent pink vinyl, as well as CD, Madonna and co-producer Stuart Price (who also produced most of 2005's less exhilarating "Confessions on a Dancefloor"), get things started by inviting us into the musical confessional of "I Feel So Free," which subtly nods to Giorgio Moroder. "Good For the Soul" gallops along with a "Ray of Light" shimmer and "One Step Away" intends to make dancing a religious experience.

Wisely teaming up with Sabrina



Carpenter on "Bring Your Love," Madonna has finally found a duet partner worthy of her vintage vibe. Speaking of vintage, the name-dropping "Danceteria" (not to be confused with the new Soft Cell song of the same name) not only recalls "Vogue," but also Blondie's "Rapture" and Lady Gaga's "Born This Way." It's as much a tribute to the legendary venue as it is to Madonna herself. "Everything" borders on mind-blowing, and Madonna brings house music home on "Love Sensation," and then literally pays tribute to the genre (and others) on "Love Without Words."

Madonna gets serious as the album reaches its conclusion. "Fragile," "My Sins Are My Savior," and "Betrayal" fit the confession theme like kid gloves. On "The Test," a duet with her daughter Lourdes (aka Lola Leon), Madonna displays unexpected vulnerability. Gorgeous album closer "L.E.S. Girl" brings "Confessions II" to an end on an emotional high note.

Mentioned above, **Jessie**

Ware continues to blossom into a divine dance-diva with

"Superbloom" (EMI). Ware, who is in possession of an impressive set of pipes, knows her way around this set of blue-eyed soul bangers. We could all easily get used to the retro disco of "I Could Get Used To This," "Automatic," "No Consequences," and the title cut. "Mr. Valentine" goes for the heart of the dancefloor and "Sauna" is as steamy as it is funky. Co-written by Ware and Jake Shears (of Scissor Sisters fame), the fabulous "Don't You Know Who I Am?" asks a question listeners will want to answer, while "Ride" borrows an irresistible riff from the Ennio Morricone's "The Good, The Bad & The Ugly" theme, and "16 Summers" gives Ware the chance to show off her chanteuse chops.

Toronto-based, Polaris Music Prize-winning electro artist **Debby Friday** goes full on rave diva on her second full-length album "The Starr of the Queen of Life" (Sub Pop). Friday practically dares listeners to sit still on the suitably titled "All I Want To Do Is Party," "In The Club," "Darker The Better." She flashes her experimental, yet accessible, side on "Lipsync," and reveals a taste for the

exotic on “Higher.”
 “Arcadia” incorporates
 multiple rhythms, and “Bet
 On Me” stirs up some
 good old-fashioned drum
 ‘n’ bass nostalgia.

Although there doesn’t
 appear to be any
 consensus online about
 how to spell her name, **K Á
 R Y Y N** (or KÁRYN)
 nevertheless takes
 listeners on an
 unforgettable electronic
 journey on “Physics
 Universal Love
 Language” (Mute).
 “Elsewhen” goes straight
 for hips and guarantees a
 workout. There’s an
 undeniable magnetism to
 “Pull” (aka the acronym of
 the album’s title), and
 album closer “FWD”
 moves dancers forward, up
 and down, back and forth,
 and side to side.



Photo by Jack Grange

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TUESDAY	2 Bears Tavern Uptown: \$3 House Shots, \$5 Miller Lite Drafts, EVERYDAY SPECIALS: \$4 Tallboy Beers (Old Style, PBR, Hamm's), \$5 Jägermeister, Fireball & Malört Shots, FREE Pinball & Darts. @mosphere: \$5 Well Cocktails & Draft Beer 6-8pm, Game Night with Tony. Cell Block: Open 1pm-2am. Charlie's: \$4 You Call It's 5pm - 9pm, 7pm - 11pm BS Karaoke, 11pm Baddies Block Party. dB/Decibel: Open 8pm-4am Industry & Friends Night All Night Drink Specials \$2 Well Cocktails, \$2 PBR, \$3 Bombs, \$4 Deep Eddy Flavored Vodka Cocktails, \$4 High Noon. Hydrate: Tat Tuesday XXL Doors open at 8pm. Kit Kat Lounge: Happy Hour 4-6pm \$8 WINE, \$9 APPS, \$10 Martinis. Live Instrumentalists. Lucky Horseshoe: Open at 6pm. Dancers at 8pm. Open auditions for male dancers 7pm. \$5 drink specials. Meeting House Tavern: \$3 House Shots, \$5 Miller Lite Drafts, \$5 Premium Well Cocktails, EVERYDAY SPECIALS: \$4 Tallboy Beers (Old Style, PBR, Hamm's), \$5 Jägermeister, Fireball & Malört Shots, FREE Darts & Pool. North End: Open at 11am, \$5 Canned Beers, Seltzers & Ciders. Shakers on Clark: \$3 Domestic Beers. Sidetrack: Open at 3pm, Trivia Tuesday 8-10pm, TRL Tuesday: Totally Rad Line-up of 90's-to-Now Music Videos 10pm-2am, OUTspoken LGBTQ+ Storytelling 1st Tuesday of the month from 7-9pm. Steamworks: Every Tuesday 4 pm - 4 am Guys Under 25 Get In Free* (*Free 30 day membership and free locker). The Sofo Tap: \$5 New Amsterdam Cocktails, EVERYDAY SPECIALS: \$4 Tallboy Beers (Old Style, PBR, Hamm's), \$5 Jägermeister, Fireball & Malört Shots, FREE Darts Touche: Open 5pm - 4am. Hardcore Cruisin' No Cell Phones/ Wifi, 6-9pm \$3 Well Drinks \$1 Off call-imports, \$3 PBR/Rolling Rock.
WEDNESDAY	2 Bears Tavern Uptown: \$5 Premium Well Cocktails, EVERYDAY SPECIALS: \$4 Tallboy Beers (Old Style, PBR, Hamm's), \$5 Jägermeister, Fireball & Malört Shots, FREE Pinball & Darts. Cell Block: Open 1pm-2am. Charlie's: \$4 You Call It's 5pm - 9pm, 7pm - 11pm SCCDA Country Dancing, 11pm Boys and Booze. Jackhammer: \$4 Premium Well Cocktails, \$3 House Shots, EVERYDAY SPECIALS: \$4 Tallboy Beers (Old Style, PBR, Hamm's), \$5 Jägermeister, Fireball & Malört Shots, FREE Pool & Darts. Kit Kat Lounge: Happy Hour 4-6pm \$8 WINE, \$9 APPS, \$10 Martinis. Live Broadway Vocalists. Lucky Horseshoe: Open at 6pm Dancers at 8pm. \$5 drink specials. North End: Open at 11am \$5 Lagunitas Draft & Cans. Shakers on Clark: Karaoke Night \$1 Off Long Islands. Sidetrack: Open at 3pm, All Things Taylor 1st Wed of month, All Things Beyoncé 2nd Wed of month, All Things Gaga 3rd Wed of month, All Things Dua & Ariana last Wed of month: all 9pm-2am. Steamworks: Bear Hump Every second Wednesday 6-9pm A monthly mid-week gathering of Furry Men. The Sofo Tap: \$3 House Shots, \$5 Stoli Cocktails (All Flavors), \$5 Miller Lite Drafts, EVERYDAY SPECIALS: \$4 Tallboy Beers (Old Style, PBR, Hamm's), \$5 Jägermeister, Fireball & Malört Shots, FREE Darts. Touche: Open 5pm-4am.
THURSDAY	2 Bears Tavern Uptown: \$5 Premium Well Cocktails, EVERYDAY SPECIALS: \$4 Tallboy Beers (Old Style, PBR, Hamm's), \$5 Jägermeister, Fireball & Malört Shots, FREE Pinball & Darts. @mosphere: \$5 Well Cocktails & Draft Beer 6-8pm, RuPaul Drag Race All Stars 6 Viewing Party - 7pm. Cell Block: Open 1pm-2am. Charlie's: 1st & 3rd Thursday of the month: \$4 You Call it's 5pm - 9pm, 8pm - 10pm Mother Rebirth, 10pm - Power up Reloaded. 2nd Thursday of the Month: \$4 You Call it's 5pm - 9pm, 8pm - 10pm the Pop Ball, 10pm Scissor Sisters. 4th Thursday of the Month: \$4 You Call it's 5pm - 9pm, 8pm - 10pm the Pop Ball, 10pm Vinyl. dB/Decibel: Open 8pm-4am All Night Drink Specials \$3 Well Cocktails, \$3 Bombs, \$3 PBR, \$4 Deep Eddy Flavored Vodka Cocktails, \$4 High Noon, \$5 Titos, Altos, Jameson, Hendricks, Bacardi. Kit Kat Lounge: Happy Hour 4-6pm \$8 WINE, \$9 APPS, \$10 Martinis. Live Ballet. Lucky Horseshoe: Open at 6pm. Dancers at 8pm. \$5 drink specials. Meeting House Tavern: \$4 Premium Well Cocktails, EVERYDAY SPECIALS: \$4 Tallboy Beers (Old Style, PBR, Hamm's), \$5 Jägermeister, Fireball & Malört Shots, FREE Darts & Pool. North End: Open at 11am, \$5 Deep Eddy Cocktails. Shakers on Clark: \$1 off All Call Liquor Mixed Drinks, Karaoke 10pm-1am. Sidetrack: Open at 3pm, "Let's Go! Thursday" Pop Music Videos in Glass/Side Bars 9pm-2am. In Main Bar: Pink Pony Club 1st Thur of month, other Thursdays are "Let's Go! Latin" or "All Things K-Pop. Steamworks: Lights Out Thursdays, The Club goes Dark Every Thursday 4pm-4am. The Sofo Tap: \$5 New Amsterdam Cocktails, \$5 Stoli Mules (All Flavors), EVERYDAY SPECIALS: \$4 Tallboy Beers (Old Style, PBR, Hamm's), \$5 Jägermeister, Fireball & Malört Shots, FREE Darts Touche: Open 5pm - 4am. Throwback Thursdays 70's & 80's Music & Porn By Bijou Video.

FRIDAY

2 Bears Tavern Uptown: HAPPY HOUR (3-7 PM): \$4 New Amsterdam Cocktails, \$5 Chicago Handshakes, ALL DAY SPECIALS: \$3 House Shots, \$5 Miller Lite Drafts, EVERYDAY SPECIALS: \$4 Tallboy Beers (Old Style, PBR, Hamm's), \$5 Jägermeister, Fireball & Malört Shots, FREE Pinball & Darts. **@mosphere:** \$5 Well Cocktails & Draft Beer 6-8pm, Dancers 10pm-1am. **Cell Block:** Open 1pm-2am. **Charlie's:** 1st Friday of the Month 8pm - 11pm Cage Fight Allstars, 11pm Charlie's Presents. 2nd Friday: 8pm - 11pm Cage Fight Allstars, 11pm Glow Up. 3rd Friday 8pm - 11pm Cage Fight Allstars, 11pm Thirst Trap. 4th Friday 8pm - 11pm Cage Fight Allstars 11pm Haus of Charlie's. **dB/Decibel:** HAPPY HOUR 8pm-10pm. \$5 Titos, Altos, Jameson, Hendricks, Bacardi, \$5 High Noon, \$4 Deep Eddy Flavored Vodka Cocktails, \$4 PBR. **Jackhammer:** \$8 New Amsterdam & Red Bulls, \$8 WYNK THC, EVERYDAY SPECIALS: \$4 Tallboy Beers (Old Style, PBR, Hamm's), \$5 Jägermeister, Fireball & Malört Shots, FREE Pool & Darts. **Kit Kat Lounge:** All Day Brunch All Drag, Brunch Seating Times 11am and 1:30PM. **Sidetrack:** Open at 3pm, TGIF Show Tunes 4-9pm, Friday Night Dance Party 9pm-2am. **Meeting House Tavern:** HAPPY HOUR (5-8 PM): \$5 Chicago Handshakes, ALL DAY SPECIALS: \$6 Tito's Cocktails, \$5 Miller Lite Drafts, EVERYDAY SPECIALS: \$4 Tallboy Beers (Old Style, PBR, Hamm's), \$5 Jägermeister, Fireball & Malört Shots, FREE Darts & Pool. **The Sofo Tap:** HAPPY HOUR (3-6 PM): \$4 Signature Margaritas, ALL DAY SPECIALS: \$5 Premium Well Cocktails, \$5 Miller Lite Drafts, EVERYDAY SPECIALS: \$4 Tallboy Beers (Old Style, PBR, Hamm's), \$5 Jägermeister, Fireball & Malört Shots, FREE Darts. **Touche:** Open 5pm - 4am. 8/21 Cowboy RoundUp with ILGRA. 8/28 Full Moon Party & Contest. 9/4 Man'Nipple'ate Nipple Fetish Play Night. 9/11 Friday Funder caring for our community.

SATURDAY

2 Bears Tavern Uptown: HAPPY HOUR (3-7 PM): 1/2 Off All Draft Beers, ALL DAY SPECIALS: \$5 Premium Well Cocktails, EVERYDAY SPECIALS: \$4 Tallboy Beers (Old Style, PBR, Hamm's), \$5 Jägermeister, Fireball & Malört Shots, FREE Pinball & Darts. **@mosphere:** \$5 Well Cocktails & Draft Beer 3pm-5pm, Dancers 10pm - 1am. **Cell Block:** Open 12pm-3am. **Charlie's:** 7pm - 11pm SCCDA Country Dancing, 11pm Under the boots tonight. **dB/Decibel:** HAPPY HOUR 8pm-10pm. \$5 Titos, Altos, Jameson, Hendricks, Bacardi, \$5 High Noon, \$4 Deep Eddy Flavored Vodka Cocktails, \$4 PBR. **Jackhammer:** \$3 House Shots, \$8 New Amsterdam & Red Bulls, \$8 WYNK THC, EVERYDAY SPECIALS: \$4 Tallboy Beers (Old Style, PBR, Hamm's), \$5 Jägermeister, Fireball & Malört Shots, FREE Pool & Darts. **Kit Kat Lounge:** All Day Brunch All Drag, Brunch Seating Times 11am and 1:30PM. **Lucky Horseshoe:** Open with dancers at 3pm. \$5 drink specials. **Meeting House Tavern:** HAPPY HOUR (2-5 PM): \$5 New Amsterdam Cocktails, ALL DAY SPECIALS: \$5 Lost Coast Tangerine Wheat Drafts, \$5 Signature Margaritas, \$8 WYNK THC, \$3 House Shots, EVERYDAY SPECIALS: \$4 Tallboy Beers (Old Style, PBR, Hamm's), \$5 Jägermeister, Fireball & Malört Shots, FREE Darts & Pool. **North End:** Open at 11am, \$3 Miller Lite Drafts 11am-2pm. **Sidetrack:** Open at 1pm, Post-Brunch SaturGay Fun 1pm-6pm, Saturday Night Dance Party 9pm-3am, Dog Day 1st Saturday of the month 1-5pm. **The Sofo Tap:** HAPPY HOUR: (12-3 PM): 1/2 Off All Draft Beers, ALL DAY SPECIALS: \$5 Miller Lite Drafts, \$5 Signature Margaritas, EVERYDAY SPECIALS: \$4 Tallboy Beers (Old Style, PBR, Hamm's), \$5 Jägermeister, Fireball & Malört Shots, FREE Darts. **Touche:** Open 2pm - 5am. 8/22 RIPE Party Dim Lights, Deep Beats Go-Go Dudes DJ Harry T. 9/5 Chicago's BEAR NIGHT Midnight Pizza Panic 9/12 Dungeon Master Night S&M Demo @ Midnight CWB 5pm.

SUNDAY FUNDAY

2 Bears Tavern Uptown: \$5 Premium Well Cocktails, \$6 Chicago Handshakes, EVERYDAY SPECIALS: \$4 Tallboy Beers (Old Style, PBR, Hamm's), \$5 Jägermeister, Fireball & Malört Shots, FREE Pinball & Darts. **@mosphere:** \$6 Jack Products, \$4 Domestic Draft, House Shots \$2. **Cell Block:** Open 12pm-2am. **Charlie's:** 1st and 3rd Sunday of the Month 5pm - 7pm Queeriod, 7pm - 11pm Starlight Karaoke, 11pm Estrellas, Ritmo, y Perreo. 2nd Sunday 5pm - 7pm Queeriod Presents Drag U 7pm - 11pm Starlight Karaoke, 11pm Estrellas, Ritmo y Perreo. 4th Sunday 5pm - 7pm Queeriod Presents Boyfriend Material, 7pm - 11pm Starlight Karaoke, 11pm Estrellas, Ritmo y Perreo. **Hydrate:** Doors open at 2pm Northalsted's Official after Brunch party. **Jackhammer:** HAPPY HOUR (3-7 PM): \$3 House Shots, \$5 New Amsterdam Cocktails, \$7 Jackhammered Long Islands, EVERYDAY SPECIALS: \$4 Tallboy Beers (Old Style, PBR, Hamm's), \$5 Jägermeister, Fireball & Malört Shots, FREE Pool & Darts. **Kit Kat Lounge:** All Day Brunch All Drag, Brunch Seating Times 11am and 1:30PM. Sunday Tea Dance DJ Janky and Friends 4pm-10pm \$9 Martinis. **Lucky Horseshoe:** Open with dancers at 3pm. \$5 drink specials. **Meeting House Tavern:** \$5 Premium Well Cocktails, \$12 Mimosa Carafes, \$3 House Shots, EVERYDAY SPECIALS: \$4 Tallboy Beers (Old Style, PBR, Hamm's), \$5 Jägermeister, Fireball & Malört Shots, FREE Darts & Pool. **North End:** Open at 11am, \$3 Miller Lite Drafts 7-10pm. **Shakers on Clark:** \$1 off Bloody Mary's, \$1 off Tito's Mules, and \$1 off all Revolution beers. **Sidetrack:** Open at Noon, Sunday Funday Show Tunes 4-9pm, Sunday Funday After Dark Dance Party 9pm-2am. **The Sofo Tap:** HAPPY HOUR (1-3 PM): \$3 House Shots, FREE Hotdogs (while supplies last) ALL DAY SPECIALS: \$6 New Amsterdam Cocktails, \$5 Miller Lite Drafts, EVERYDAY SPECIALS: \$4 Tallboy Beers (Old Style, PBR, Hamm's), \$5 Jägermeister, Fireball & Malört Shots, FREE Darts. **Touche:** Open 2pm - 4am. Beer Bust \$2 Draughts & Sodas Clubroom opens 6pm Movie Night 7pm.

**The Next Issue of GRAB hits the streets and online
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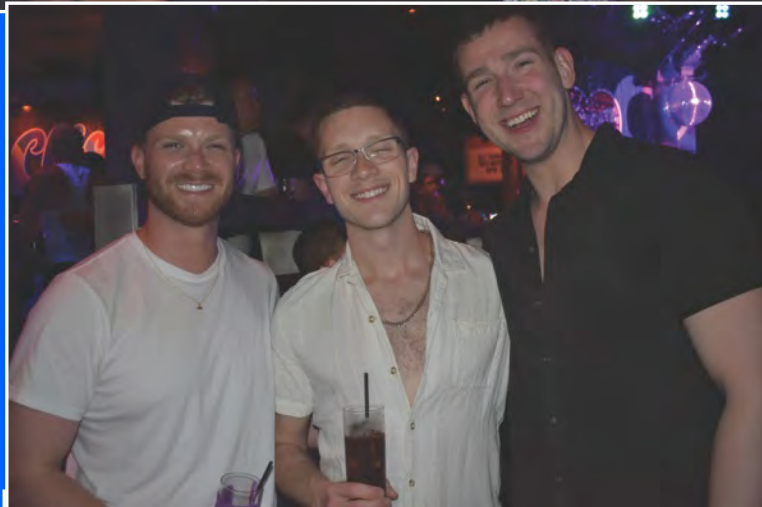
Top 30 Dance Chart For the First week of August 2026

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	Artist	Title
1	Vassy x BustR	Day N Night
2	Lucas & Steve	All I Know
3	Zhangye x Skylar Grey	Dreaming
4	Icona Pop	Yellow Top
5	Bebe Rexha x David Guetta	Sad Girls
6	DJ Pauly D	Lost Ft. Capri Everitt
7	Bleona	Boy Gone Bad (Damon Sharpe Remix)
8	Fisher	What A Life Ft. Florence Arman
9	Aname	Sirens ft. Emelie Hollow
10	Meduza & Rani	Silence
11	Disco Fries x Mintd & Kayrae	Elevate
12	Bag Raiders	Break My Heart Ft. Meg Mac
13	ANYMA x JOJI	Beautiful
14	ManyFew	Your Love Is All I Need (VIP MIX)
15	Paul Rudd	Chasing Midnight
16	Dash Berlin	Lonely Man Ft. Simon Ward
17	Lumine	Here For Us
18	Old Jim x Arty x Alexandra Stan x Ceres	In My Head
19	Axwell	Whatever Turns You On Ft. Bonn
20	Alok & Jennifer Lopez	Everything's Fine (PM Version)
21	Ave	Meet Me In The Dark
22	Madonna	Danceteria
23	Morgin Madison x Leyet	The Otherside
24	Pigine	One More Sunday
25	Karrion x Kaden Meza x Disco Fries	Smooth
26	Krewella	Without You
27	Dvbbs x Nelly Furtado	Torture Of The Heart
28	Manuel Riva X Great Adamz	Shake
29	The Second Voice	Let Me Be (Uptempo Mix)
30	Logic1000	All In For You Ft. Kucka



Photos By Anthony Meade



GRAB ROGER

Strategies for Avoiding Crazy Relatives

By Roger V. McCaffrey-Boss, Esq.

For all LGBT couples there is always the concern that if they should die, their families will try to contest their wills. It is important to honestly assess which of your relatives could make life a living hell for your partner/spouse if you are not around to take care of matters. For anyone who has greedy/crazy/psycho relatives, some suggestions and strategies to protect your partner, married or not, and property from their greed.

Joint Tenancy. After the death of one joint tenant, the remaining joint tenant will continue to own the entire property. No probate. One drawback is that if you create a joint tenancy bank account by putting your spouse's name on the account, he or she can take all the money and spend it for whatever they want.

Name a Beneficiary. If you name your LGBT spouse/partner as beneficiary of your life insurance, IRA and employee benefits – such as

401(k) and pension and profit-sharing plans – that asset won't be subject to probate. It goes directly to the person you name.

Totten Trusts. A Totten trust is simply the name for a kind of bank account where one person deposits money in his or her name as trustee for another. The depositor reserves the power to withdraw all or part of the money at any time. Upon the death of the depositor the money in the bank account is paid to the named beneficiary of the trust.

Lifetime Gifts. Property you give away during your lifetime can't come under the probate court's control. Rather than waiting for death for the transfer of your assets, make gifts while alive so that you can see your spouse, life partner, friends family members or charities enjoy the benefit of your gifts. You may have to pay gift taxes and file gift tax returns.

Living Trusts. A revocable living trust is a legal arrangement where a person executes a written trust

document naming themselves as the trustee of their own trust and while alive they transfer their property to their trust so that the trust holds legal title to all their assets. The living trust acts like a will and dispose of the maker's property upon death. There is less chance of a lawsuit by family members to contest a living trust than there would be with a will.

The document creating the trust allows the person making the trust (maker) to at any time dissolve the trust, change the trust or take assets from the trust; always retaining complete control of their property. The trust document can

provide for the appointment of a successor trustee (surviving LGBT lover/spouse) who would only act upon the death or disability of the maker of the trust.

A living trust offers the following advantages:

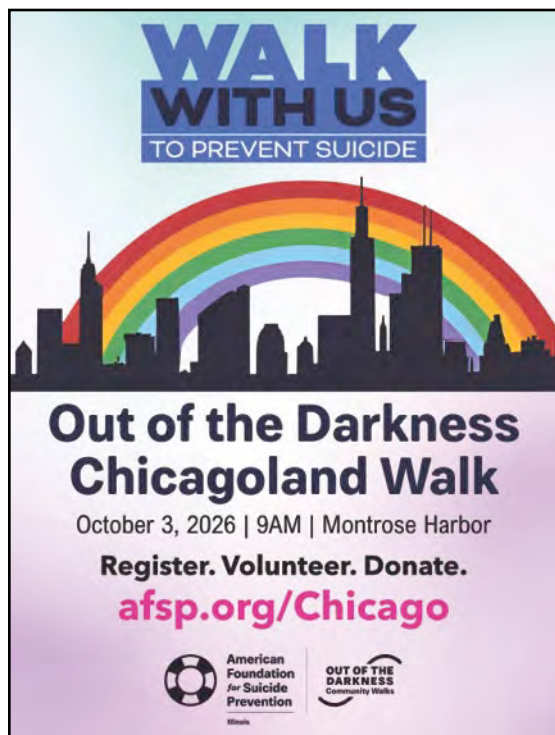
- Keeping control.** While the maker is alive he or she has the right to the income generated by the trust and sole use of the trust property, such as the house and bank accounts. Upon his or her death the assets of the trust could then be distributed.

- Providing for Disability.** Should the maker of the trust become physically or mentally incompetent the living trust can serve as the framework for the management of the maker's assets and property.

- Reducing delay and cost.** The living trust can act like a will and dispose of the maker's property upon death. The property of the trust is not subject to probate proceedings, thus avoiding court supervision.

- Preserving Privacy.** Trusts can also serve individuals who don't want an inheritance to be made public. It avoids problems of friends and family from going into the Probate Clerk's office to look at the file on their estate and see who got what.

Roger McCaffrey-Boss is a graduate of Hamline University School of Law, St. Paul, Minnesota, and is a member of the Chicago Bar Association. You can email him at RVMLawyer@aol.com. He suggests that you consult your own lawyer for any specific questions regarding the issues raised in this column.





NORTHALSTED MARKET DAYS

Photos By Ken Brown



GRAB HOLLY

Cindy Plans an IPO

By Holly Maholm

Within minutes of hearing that the Private Equity people who had funded ChatCafe were shutting down their counterfeit of a proper donut shop, I was on the phone to Recon and Fender, giving them the good news that they could remove the plywood hiding the Donut Time storefront. Donut Time was reopening!

Xandra and Cindy arrived soon after, and we pitched in to clean up the Donut Time kitchen, ready to reopen the next morning. News of the revival of Donut Time spread like wildfire, and our little town once more found its purpose in a promise of sugary treats and the most aromatic of caffeinated beverages.

It was a week after Donut Time reopened, just before closing, when I walked in the door and found Cindy sitting by herself in one of the booths, diligently working on her laptop. I slid into the booth across from her and – searching for just the right greeting to get her attention – said, “Open the pod bay doors, Cindy.” She – not missing a beat, and not bothering to look up from her screen – replied, “I’m sorry, Holly, I’m afraid I can’t do that.” I having confirmed my identity with our shared secret code, and she having

acknowledged that fact with the correct response, we went on.

“Actually,” Cindy explained, “I’m doing something super-secret right now, so I’ll tell you what, but you’ve got to keep it to yourself.” “Okay,” I replied. She resumed, “So after seeing how much money those PE goofballs were throwing at their AI-baby, I decided I would help them throw some of that money in my direction. What I’m doing now is writing up a proposal for an IPO for a new form of AI that I’ve invented. I figure if those big-name AI brands can raise hundreds of billions of dollars for systems that aren’t profitable – and probably never will be – why shouldn’t I get in on the grift, too?”

She continued. “I looked into how AI systems work, and here is what I found. The PE people are loading every bit of data they can lay their hands on into the database. Every book ever written, every movie and TV show ever produced, every bit of art ever created from antiquity to now. They just dumped everything they could buy, borrow or steal into the database, no matter how useless, incomplete or false it might be! Did they never hear the saying... ‘Garbage in, garbage out?’

“Then there’s another problem. As we know, they are operating several forms of digital and video surveillance which they are rolling out across the country. They are recording countless hours of data using license plate readers and facial recognition software to keep track of every person in America who goes out in public. And all this data just keeps piling up (cause they never delete anything) and as it does, the PE scammers have to build more and more gargantuan data centers that eat up fabulous amounts of power (and money) to build and operate. Who will pay for all those things, anyway? It’s just a big, useless AI-bubble that is destined to go ‘Pop’ someday.

“Finally, there’s one huge lie the AI grifters all tell to try to ‘scare the rubes’ into supporting their shameless money-



grab, which is this: They claim AI will be so powerful, so intelligent, so all-seeing and all-knowing, that it will cross over the boundary from ‘inanimate machine’ to ‘sentient being.’ They claim that if their AI can use logic and reason and can answer difficult questions, that it will thereby achieve equality with humans – and become no less conscious than we are.

“But is this the desirable outcome they think it is? Is ‘sentient’ really the test we want their AI systems to pass? Last time I looked, the category of ‘sentient’ included such figures as Joseph Stalin, Jeffrey Dahmer and – of most recent vintage – Jeffrey Epstein. Weren’t they possessed of logic, rationality and problem-solving abilities? We know that humans are capable of great evil: You building a vast and comprehensive database that approximates ‘life’ is no guarantee it will not likewise do great evil.”

Cindy concluded. “Those are the defects of AI systems, but here is my proposed solution (an app), which is a sort of ‘filter’ on whatever answer you get from AI. First, you download the app; then fill in your name (‘Holly’ let’s say). Then, when you ask AI to answer a question, the app will wait for the answer; after which the app will instruct the AI ‘Now go through your same process to answer the same question, but do so as if ‘Holly’ were nowhere to be found in your database.”

Cindy proudly revealed, “I named my app Happy Anonymous Life, and since I’m on the 9th prototype, I’m gonna call it HAL 9000.”

(To be continued)

Holly Maholm is a transgender woman living in Cleveland, Ohio. Look for Holly’s book Offered Magic: My Life Among the Unicorns (now available on Amazon) which collects the first 126 episodes of Holly’s adventures involving both magical unicorns and her LGBTQ friends. Send a message to Holly at www.hollymaholm.com.

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NORTHALSTED MARKET DAYS

Photos By Ken Brown



August 18, 2026

GRAB Magazine

31

GRAB A BOOK

By Terri Schlichenmeyer

"Bromantasy" by Maire Roche
c.2026, G.P. Putnam's Sons
\$20.00 339 pages



"Danger" just happens to be your middle name.

Any fray, any tussle, anytime anybody needs help, they count on you to step in and save the day. You're brave, smart and strategic, kind to old people, children and small animals and, as in the new book "Bromantasy" by Maire Roche, dragons.

Of all the things there were to do – preserving food, keeping house for himself and his best friend Morningthall "Mo" Elmhorn, advanced skincare, and drinking at the local tavern down the road – the one thing Juniper O'Reilly couldn't resist was a good brawl. It happened so often that Juniper honestly looked forward to it, though Mo wasn't a fan.

Mo was more grown-up, calm, thoughtful, able, and Juniper loved him for it. He loved Mo, in fact, since they were little boys. He loved Mo in ways that they didn't talk about, so they kept a wall between their bedrooms in their cottage.

Except for that one time.

They didn't talk about that, either.

Instead, as they did often, on a warm fall night, Juniper and Mo went to the tavern, where mead was served and they could learn about the king's weekly quests. There, Juniper could also find a good brawl, which is how he and Mo accidentally got into trouble: Juniper trounced one of the king's men and was forced into a quest.

He didn't want to fight dragons and he felt bad that Mo had been dragged along. He felt even worse leaving their farm, sleeping on the ground, wearing the same clothes every day, and not having enough skincare product along. A campfire added to the problem. A roving, lying prince, also in search of dragons, didn't help. And though a quest was no place for a child, Juniper and Mo found a frightened little girl they had no choice but to protect.

A child with strange eyes, sharp teeth, and fire on her breath.

"And just like that, Juniper and Mo had a dragon."

Bros + romance + fantasy = "Bromantasy." It also could equal one of two other things: a romp full of humor, dragons, kings, princes, and adventure.

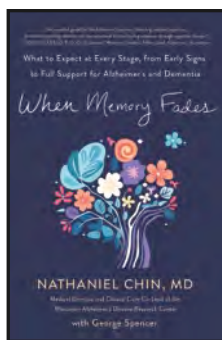
Or it could equal a whole lot of eye-rolling.

It's a fact that this book is funny, in the way that a 1980s high school comedy movie is funny – meaning that it's dippy, giddy, and very caricaturish but you'll laugh quite often. The story contains everything you want in a fantasy romance (a "romantasy"), including human-like alternate species, a life-changing journey, and plenty of nudge-nudge-wink skirting around the attraction the two main characters have for one another. It's a decent story, convoluted in just the right way. Purely, it's an escape.

So why wouldn't you want to read it? See above, and depending on your favorite reading genre. High-brow literature, this ain't.

For the right reader, "Bromantasy" is a decent-enough vacation read, something not too taxing or hard on the brain. It's for novel lovers, dragon hunters, king's questers, princes, and romantics. For everyone else, this tale is just middling.

"When Memory Fades: What to Expect at Every Stage, from Early Signs to Full Support for Alzheimer's and Dementia" by Nathaniel Chin, MD c.2026, St. Martin's Essentials
\$30.00 422 pages



Mom called you in a panic the other day.

She'd lost her keys and by the time you arrived to help, she'd found them. In the refrigerator.

These kinds of things keep happening, not often but often enough, and you don't know quite what to worry about. But in the new book "When Memory Fades" by Nathaniel Chin, MD, you'll learn about the journey ahead, for both of you. You can't remember why you walked into a room. You got lost last week, going to the bank. Popular wisdom

says that things like that are normal as we age, but Chin says that's not true – although the answer may not be a worst-case scenario, either. Yes, memory problems could just be signs of stress, dehydration, or lack of sleep – or is it time to see a doctor? Chin says maybe, yes.

He was working his way through medical residency when his father, a geriatrician in Madison, Wisconsin, was diagnosed with Alzheimer's. Chin, now a geriatrician, was blindsided, but that diagnosis also changed his life. Here, he writes about the brain, and how Alzheimer's and dementia are diagnosed, explaining that dementia has many faces and, depending on a doctor's evaluation, memory problems might be slowed or improved. He shares his father's illness with readers, but he also writes about his mother, a steadfast, steady caretaker.

Her story reminds reader-guardians to care for themselves, too.

Know how to talk the talk, so that you can have "a more productive" conversation with your doctor. Understand that there's nothing "normal" about dementia or Alzheimer's. Know the statistics – African Americans are affected with dementia twice as much as whites – and know how to lower your risks. Learn here what questions to ask, how to break the news to everyone, and any legal matters that will be important soon. And know how to tend to you. Says Chin, "The best action you can take is to educate yourself... The more you understand, the better equipped you are to make sound judgments." Something's off about Dad, just a lot of little things that don't add up. When is it time to step in? "When Memory Fades" can help you decide.

Wise, wide-spread, comprehensive, and compassionately helpful, this is a book you can read and then take it to the doctor with your loved one. It's a book that makes sense when nothing else does, and its biggest feature is that it smoothly transitions from easy-to-grasp science and charts, to gentle coaching for caregivers. Author Nathaniel Chin, MD writes with storytelling, humility, grace, and experience from both sides of the Alzheimer's/dementia issue, and his words are reassuring but also urgent. Learn, but don't wait, he says. Know how to safeguard yourself. See your doctor, and don't fear testing. Watch for signs of depression. And never, ever stop asking for help. Read those last seven words, and find "When Memory Fades" now. It's a book to have on your shelf, whether you're 45 or 95 because, as you'll see, dementia happens and knowledge is key.

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GRAB
MAGAZINE
CHICAGO'S MONTHLY **LGBTQ** PUBLICATION



American
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Illinois

A Suicide Prevention Event for LGBTQ+ Communities and Allies

This **FREE** full-day event featuring plenary and breakout
sessions, is intended for LGBTQ+ individuals and allies
interested in fostering supportive, inclusive, and affirming
environments that promote LGBTQ+ mental health.

Sat, August 29, 2026
8:30AM - 3:00 PM CST



Center on Halsted
3656 N Halsted St.
Chicago, IL



Pride Pathways



REGISTER: <https://unique.io/ppw-chicago>

**ILLINOIS CHAPTER OF AFSP
TO HOST "PRIDE PATHWAYS"
A GROUND BREAKING
SUICIDE PREVENTION
CONFERENCE FOR LGBTQ+
COMMUNITIES AND ALLIES
AT CENTER ON HALSTED
AUGUST 29TH**



**American
Foundation
for Suicide
Prevention**

The Illinois Chapter of the American Foundation for Suicide Prevention (AFSP) presents Pride Pathways: A Suicide Prevention Event for LGBTQ+ Communities and Allies. As one of a few pilot sites nationwide for this new program ahead of its official winter launch, this comprehensive full-day conference is designed to deepen understanding of how suicide impacts the LGBTQ+ community.

The event is tailored for LGBTQ+ individuals and allies committed to fostering supportive, inclusive, and affirming environments. Pride Pathways will include both general sessions as well as focused breakouts. The event will feature powerful insights from participant feedback, echoing the sentiment of attendees who note that the program creates a meaningful space where individuals can "show up fully and feel understood." Saturday August 29, 2026 8:30 a.m. to 3:00 p.m. At The Center on Halsted 3656 N Halsted. Cost is free thanks to the generosity of donors and sponsors of the Illinois Out of the Darkness Walks. More information on the walks at www.afsp.org/ILTogether.

www.grabChicago.com
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**LAKEVIEW EAST CHAMBER
OF COMMERCE CELEBRATES
21 YEARS OF THE ANNUAL
LAKEVIEW EAST
FESTIVAL OF THE ARTS
SEPTEMBER 19 AND 20**



The Lakeview East Chamber of Commerce will host and produce the 21st Annual Lakeview East Festival of the Arts, along Broadway, from Belmont Ave. to Hawthorne Place, in the heart of Lakeview, with 150 juried artists, family attractions, food, music and more. The official hours for the Lakeview East Festival of the Arts are Saturday, Sept. 19 from 11 a.m. – 7 p.m. with additional hours for live music, food and drink tents until 10 p.m. and Sunday, Sept. 20 from 10 a.m. – 6 p.m. Lakeview East Festival of the Arts asks for a \$5 donation upon entrance, this fee goes to supporting additional Lakeview East events and offerings. Visit

LakeviewEastFestivalOfTheArts.com for more information on artists, bands and offerings.

The performance schedule includes:

Saturday, Sept. 19

Main Stage

12 p.m. Jose Valdez and The Mambo All Stars
1:30 p.m. Hurricane Gumbo
3 p.m. Stevie McVie
4:30 p.m. Ellen Miller Nelson Street
6 p.m. Steve Richards Neil Diamond Tribute
8 p.m. Disco Dance Party
Roscoe Stage
12:30 p.m. Steve Hashimoto Duo
2 p.m. Elaine Dame
3:30 p.m. Nathan Graham
5 p.m. Girl K
6:30 p.m. Todd Allison and The Kind Force

Sunday, Sept. 20

Main Stage

12 p.m. Marirose Ruth Band
1:30 p.m. Third City Brass Band
3 p.m. Hurricane Reggae
4:30 p.m. Claudettes
Roscoe Stage

12:15 p.m. Amanda Coppetelli
1:30 p.m. Minor Moon
3 p.m. Spare Parts
4:30 p.m. The Beaus
Visit

LakeviewEastFestivalOfTheArts.com to see the full list of artists showcasing their work and for any additional updates.

**CHICAGOLAND OUT OF THE
DARKNESS WALK UNITES
THOUSANDS TO SAVE LIVES
SATURDAY OCTOBER 3RD**



With the event rapidly approaching, thousands of participants from across the region will gather October 3 at Montrose Harbor for the nation's largest suicide prevention event: the Out of the Darkness (OOTD) Chicagoland Walk. Hosted by the Illinois Chapter of the American for Suicide Prevention (AFSP), this powerful annual event serves as a beacon of hope for those affected by suicide and is a vital fundraiser for life-saving research and education. Suicide is the third leading cause of death among Illinois residents for ages 15 through 34; it is the fourth leading cause of death for people from 35 through 54 years of age.

The 2026 event will be emceed by **Stefan Holt**, anchor for NBC 5 Chicago, which serves as a media partner. The three-mile walk features a Resource and Programs tent, Loss Survivors tent, the "Why We Walk" Wall to honor loved ones lost, and the signature AFSP honor beads (colored strands that allow participants to identify their personal connection to the cause). You can register or donate at www.afsp.org/Chicago

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**HELL IN A HANDBAG
PRODUCTIONS PRESENTS JOAN
CRAWFORD GOES TO HELL
AUGUST 21- SEPTEMBER 27
AT THE CLUTCH**



Hell in a Handbag Productions, now celebrating its 25th year, presents a revival of the fan favorite *Joan Crawford Goes To Hell*, written by Artistic Director **David Cerda** and directed by **Cheryl Snodgrass**, playing August 21 – September 27, 2026 at The Clutch, Handbag's boutique performance space at 4335 N. Western Ave. in Chicago.

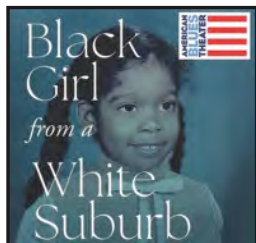
The premise? Joan Crawford (David Cerda) dies, goes to hell and is forced to view her life through the eyes of her daughter, Christina (TJ O'Brien) in a tale so big it needs three Joans! Part Mommie Dearest, part biography with a dash of Joan's lifestyle book, *My Way of Life*, Joan Crawford Goes to Hell is the perfect summer cocktail for those with a taste for camp.

Originally produced in 1999 with Sweetback Productions, Joan Crawford Goes To Hell is a roller coaster ride that explores the life of the legendary Hollywood star.

Tickets are currently on sale at handbagproductions.org.

**AMERICAN BLUES THEATER
OPENS ITS 31ST SEASON WITH
THE WORLD PREMIERE OF
BLACK GIRL FROM A WHITE
SUBURB**

SEPTEMBER 4 - OCTOBER 4



American Blues Theater, under the continued leadership of Executive Artistic Director **Gwendolyn Whiteside**, opens its 41st Season with the world premiere of *Black Girl from a White Suburb*, a tour-de-force solo show by Artistic Affiliate Tania Richard, directed by **J. Nicole Brooks**. *Black Girl from a White Suburb* runs September 4 – October 4, 2026, at American Blues Theater, 5627 N. Lincoln Ave. in Chicago.

Growing up in an all-white Chicago suburb, Tania Richard spent her days dodging microaggressions, striving to fit in, and yearning to see herself reflected. Her transformation began when she was cast as The Caterpillar in *Alice in Wonderland*. Blending cautionary tales, social commentary and humor, Richard takes the leading role in a culture that often relegates Black women to supporting characters. The production features Tania Richard in a tour-de-force solo performance.

Tickets are available at www.americanbluestheater.com or call (773) 654-3103.

**OPEN SPACE ARTS TO
PRESENT THE SWALLOW, BY
SPAIN'S GUILLEM CLUA,
SEPTEMBER 11-27TH**



Open Space Arts has announced it will stage the Chicago Premiere of *THE SWALLOW* - the internationally acclaimed drama by Spanish playwright **Guillem Clua**, author of the comedy *SMILEY*, which Open Space Arts produced from June 3 to July 19 this year. In this two-character 90-minute play, a voice lesson becomes a profound experience for the music teacher and her adult student. As they work together on a song, what initially seems like a simple musical exchange becomes something more personal, more complicated, and more revealing.

THE SWALLOW (originally titled *LA GOLONDRINA*) premiered in London in 2018. It was produced in Madrid the following year, with **Carmen Maura**, the star of seven films directed by the legendary Pedro Almodovar, as the music teacher. *THE SWALLOW* has also been staged in Athens, Rome, Washington, DC, and New York City. The Open Space Arts production will open on Friday, September 11, at 7:30 pm, and play Fridays through Sundays through September 27. All performances are in Open Space Arts' hyper-intimate 25-seat theatre at 1411 W. Wilson Ave., Chicago.

Open Space Arts' production of *THE SWALLOW* will be directed by **Laine Rogers**,

SMILEY author **Guillem Clua** is one of Spain's most widely produced contemporary playwrights. His work

has been staged internationally and translated into multiple languages. His plays, including *SMILEY* and *THE SWALLOW*, are known for their emotional intelligence, wit, and insight into the complexities of human connection. While *SMILEY* has become a global audience favorite, it has had only limited exposure in the United States, with select Spanish-language productions in New York and Miami. Open Space Arts' production introduces this internationally celebrated work to Chicago audiences, offering a fresh opportunity to experience one of the most engaging contemporary queer love stories to emerge from the European stage.

Tickets are on sale now at www.openspacearts.org.

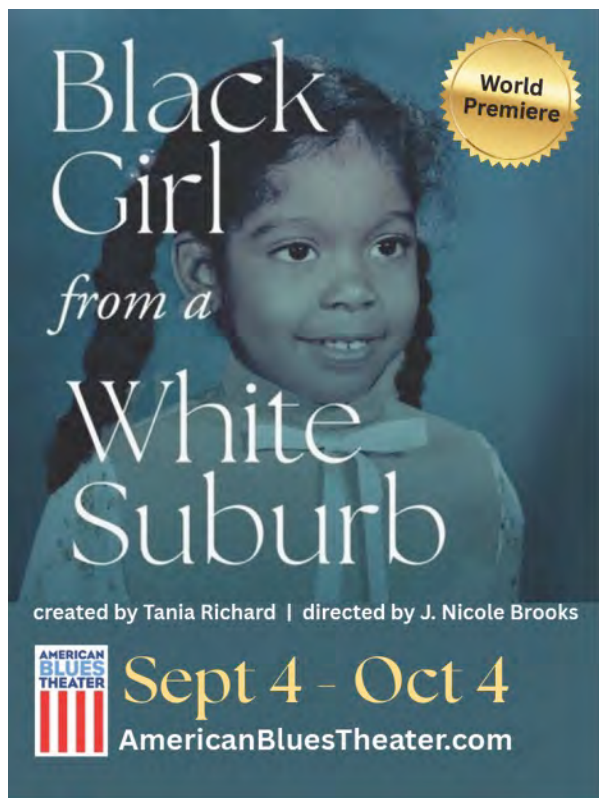
**BLACK ENSEMBLE THEATER
CONTINUES ITS 50TH
ANNIVERSARY SEASON WITH
THE REVIVAL OF THE HIT
MUSICAL REVUE YOU CAN'T
FAKE THE FUNK: A JOURNEY
THROUGH FUNK MUSIC
SEPTEMBER 5- OCTOBER 25**



Black Ensemble Theater continues its 50th Anniversary Season with the world premiere of *You Can't Fake the Funk: A Journey Through Funk Music*, written and directed by Artistic Director **Daryl D. Brooks**. *You Can't Fake the Funk* runs September 5- Through October 25th, at the Black Ensemble Theater Cultural Center, 4450 N. Clark Street in Chicago.

Hop aboard the Mothership and take a groovy ride back to the era when Afros were high, bell-bottoms were tight, and the music was truly out of sight! *You Can't Fake the Funk: A Journey Through Funk Music* is a high-energy, feel-good celebration of the sound that defined a generation. From Sly and the Family Stone to Parliament-Funkadelic to Earth, Wind & Fire, this electrifying production will have audiences dancing in the aisles and testifying to the unstoppable power of the Funk.

Tickets are available at www.blackensemble.org, (773) 769-4451 and at the Black Ensemble Theater Box Office, 4450 N. Clark Street in Chicago



Black Girl
from a
White Suburb

created by Tania Richard | directed by J. Nicole Brooks

World Premiere

AMERICAN BLUES THEATER

Sept 4 - Oct 4

AmericanBluesTheater.com



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SEPTEMBER 11-27



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HELL IN A HANDBAG
PRODUCTIONS PRESENTS

**JOAN CRAWFORD
GOES TO HELL**

by David Cerda

Directed by
Cheryl Snodgrass



AUG. 21 - SEPT. 27

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