

ISSUE 09.24

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## EDITORIAL

**Publisher:** BOI Magazine, Inc.  
**Editor:** Nate Daniels  
**Feature Editor:** Mike at Night  
**Media:** Sylvia Stewart  
**Graphic Design:** Titanium Graphics  
**Layout Specialist:** Jerry Ellison  
**Social Media:** Media Services Mgmt.  
**AI Staff Assistant:** boiBOT

## COVER

**Art Title:** Ethos Meets Reality  
**Artist:** Greta Sandquist / Festival of the Arts  
**Graphic Designer:** Mike at Night

## EDITORIAL, ARTICLES & JOURNALSITS

**Feature Articles:** Nate Daniels - [Nate@boiMAG.com](mailto:Nate@boiMAG.com)  
**Exclusive Interviews:** Mike at Night - [Mike@boiMAG.com](mailto:Mike@boiMAG.com)  
**Concert Reviews:** Jorge Suarez - [InConcert@boiMAG.com](mailto:InConcert@boiMAG.com)  
**Health & Wellness:** Charla Waxman - [Charla@boiMAG.com](mailto:Charla@boiMAG.com)  
**Community Support:** Mike at Night - [Mike@boiMAG.com](mailto:Mike@boiMAG.com)  
**Uncensored:** Rachael Cain - [Uncensored@boiMAG.com](mailto:Uncensored@boiMAG.com)  
**Travel Pride Journey:** Joey Amato - [Travel@boiMAG.com](mailto:Travel@boiMAG.com)  
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**Tech Trends:** Jack Santos - [Jack@boiMAG.com](mailto:Jack@boiMAG.com)

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Contact: Todd Evans **908.232.2021**  
[Todd@RivendellMedia.com](mailto:Todd@RivendellMedia.com)

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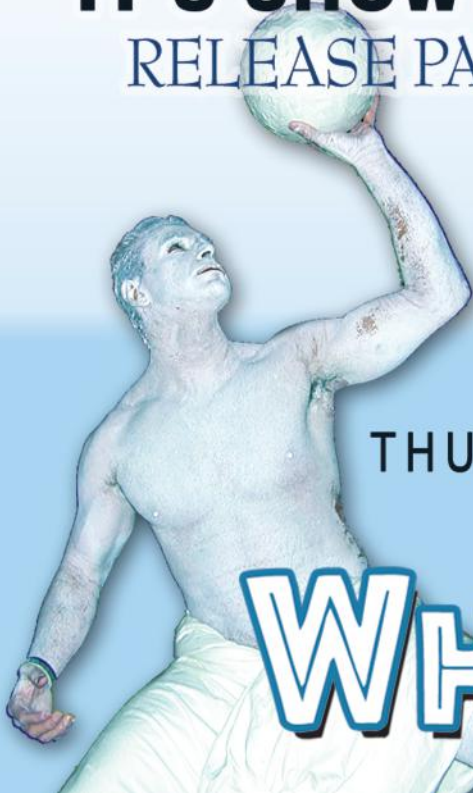
THURSDAY, SEPTEMBER 5, 2024

First Thursday's FLASHBACK Show

# ESCENA RETROSPECTIVA

THURSDAY  
SEPTEMBER 12, 2024

**Miss Ketty's**  
**"IT'S SHOWTIME"**  
RELEASE PARTY



THURSDAY, SEPTEMBER 19, 2024

**Miss Ketty's Annual**

# WHITE PARTY



19TH ANNUAL  
LAKEVIEW EAST  
FESTIVAL OF THE ARTS

## SEPTEMBER 14 & 15

Get ready for the 19th Annual Lakeview East Festival of the Arts! This vibrant celebration will showcase over 120 top-tier artists, featuring paintings, sculptures, captivating photography, exquisite furniture, unique jewelry, and much more. With a diverse range of original pieces available for sale, there's something for every taste and budget.

The festival is more than just an art show, it's a dynamic hub of excitement for the entire weekend! Experience live demonstrations that bring the creative process to life, groove to the beats on our entertainment stages, enjoy family-friendly activities, and unwind in our serene garden oasis. Experience one of the best weekends in Lakeview East.

The Lakeview East Festival of the Arts happens on Broadway, from Belmont to Hawthorne. The street is closed to traffic, and turns into a creative haven.

There are two stages of live music, beer tents on site so you can sip while you shop, and local restaurants as food vendors so you won't go hungry! There's a Kid-Zone on site as well, with entertainment, arts and crafts, and more, so you can bring the whole family out for some fun! With over 120 artist booths, plan on bringing home something beautiful, whether it's a painting to add to your collection, a funky ceramic sculpture, or some jewelry to gift to a loved one.

The festival starts at 11am on both Saturday & Sunday! The artist booths are open until 7pm both days, live music will run until 10pm on Saturday, and until 7pm on Sunday!

This year's featured artist and boiMAGazine's cover artist is **Greta Sandquist**.

Every year, we choose one piece of art to center the show around, done by one of the artists attending the festival. This year, the featured piece of work is done by Greta Sandquist!

Featured here and on the cover, this piece is titled **Ethos Meets Reality**. Greta trained as an illustrator and worked in commercial art for 15 years before following her heart into her true passion of painting in 2010. She began selling her work at art fairs and local galleries and shops, and occasionally doing commission work. Greta has been fortunate to have had amazing mentors along the path of her creative life, from fantastic high school art teachers to painting classes that truly inspired her. But ultimately, she is primarily self-taught. She has developed her own distinctive style, inspired by nature, portraiture, and animals.

Living and working in St Paul, Minnesota, she balances her art life with her home life of 3 kids, 2 cats, a husband, and good friends. More at <https://www.gretasandquist.com>

If walking around and dancing makes you hungry, we have fantastic food vendors on site to give you the energy to keep enjoying Festival of the Arts!

Here is the food vendors on site for 2024:

- Brazilian Bowl
- Chills Italian Ice
- Clark Street Dog
- El Taco Cart
- Chicago Sugar Daddy

### SATURDAY, SEPTEMBER 14

**MAIN STAGE**

12:00PM .....Raices  
1:15PM .....Justin Sconza  
2:45PM .....Arnica Montana  
4:00PM .....whtrbtt.obj  
6:00PM .....Midnight Sun  
7:30PM .....Old Shoe  
9:00PM .....charlie otto + his gear

**GARDEN STAGE**

12:00PM ..... Dr. Murphy's Band  
1:30PM ..... The Half Brits  
3:00PM ..... Fresh Hops  
4:30PM ..... Impulsive Hearts  
6:00PM ..... Screeners

### SUNDAY, SEPTEMBER 15

**MAIN STAGE**

11:45PM .....3rd City Brass Band  
1:00PM .....3 Martini Jeannie  
2:30PM .....Cosmic Bull  
4:00PM .....TIMELESS  
5:30PM .....Steepwater Band

**GARDEN STAGE**

12:00PM ..... Steve Hashimoto Duo  
1:30PM ..... The Beaus  
3:00PM ..... Kent Rose  
4:30PM ..... Spindles  
6:00PM ..... Simple Remedy

## IMPORTANT FACTS FOR BIKTARVY®

This is only a brief summary of important information about BIKTARVY® and does not replace talking to your healthcare provider about your condition and your treatment.

(bik-TAR-vee)

### MOST IMPORTANT INFORMATION ABOUT BIKTARVY

**BIKTARVY may cause serious side effects, including:**

- ▶ **Worsening of hepatitis B (HBV) infection.** Your healthcare provider will test you for HBV. If you have both HIV-1 and HBV, your HBV may suddenly get worse if you stop taking BIKTARVY. Do not stop taking BIKTARVY without first talking to your healthcare provider, as they will need to check your health regularly for several months, and may give you HBV medicine.

### ABOUT BIKTARVY

BIKTARVY is a complete, 1-pill, once-a-day prescription medicine used to treat HIV-1 in adults and children who weigh at least 55 pounds. It can either be used in people who have never taken HIV-1 medicines before, or people who are replacing their current HIV-1 medicines and whose healthcare provider determines they meet certain requirements.

**BIKTARVY does not cure HIV-1 or AIDS.** HIV-1 is the virus that causes AIDS.

**Do NOT take BIKTARVY if you also take a medicine that contains:**

- ▶ dofetilide
- ▶ rifampin
- ▶ any other medicines to treat HIV-1

### BEFORE TAKING BIKTARVY

**Tell your healthcare provider if you:**

- ▶ Have or have had any kidney or liver problems, including hepatitis infection.
- ▶ Have any other health problems.
- ▶ Are pregnant or plan to become pregnant. Tell your healthcare provider if you become pregnant while taking BIKTARVY.
- ▶ Are breastfeeding (nursing) or plan to breastfeed. Talk to your healthcare provider about the risks of breastfeeding during treatment with BIKTARVY.

**Tell your healthcare provider about all the medicines you take:**

- ▶ Keep a list that includes all prescription and over-the-counter medicines, antacids, laxatives, vitamins, and herbal supplements, and show it to your healthcare provider and pharmacist.
- ▶ BIKTARVY and other medicines may affect each other. Ask your healthcare provider and pharmacist about medicines that interact with BIKTARVY, and ask if it is safe to take BIKTARVY with all your other medicines.

### POSSIBLE SIDE EFFECTS OF BIKTARVY

**BIKTARVY may cause serious side effects, including:**

- ▶ Those in the “Most Important Information About BIKTARVY” section.
- ▶ **Changes in your immune system.** Your immune system may get stronger and begin to fight infections that may have been hidden in your body. Tell your healthcare provider if you have any new symptoms after you start taking BIKTARVY.
- ▶ **Kidney problems, including kidney failure.** Your healthcare provider should do blood and urine tests to check your kidneys. If you develop new or worse kidney problems, they may tell you to stop taking BIKTARVY.
- ▶ **Too much lactic acid in your blood (lactic acidosis),** which is a serious but rare medical emergency that can lead to death. Tell your healthcare provider right away if you get these symptoms: weakness or being more tired than usual, unusual muscle pain, being short of breath or fast breathing, stomach pain with nausea and vomiting, cold or blue hands and feet, feel dizzy or lightheaded, or a fast or abnormal heartbeat.
- ▶ **Severe liver problems,** which in rare cases can lead to death. Tell your healthcare provider right away if you get these symptoms: skin or the white part of your eyes turns yellow, dark “tea-colored” urine, light-colored stools, loss of appetite for several days or longer, nausea, or stomach-area pain.
- ▶ **The most common side effects of BIKTARVY** in clinical studies were diarrhea (6%), nausea (6%), and headache (5%).

These are not all the possible side effects of BIKTARVY. Tell your healthcare provider right away if you have any new symptoms while taking BIKTARVY.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit [www.FDA.gov/medwatch](http://www.FDA.gov/medwatch) or call 1-800-FDA-1088.

**Your healthcare provider will need to do tests to monitor your health before and during treatment with BIKTARVY.**

### HOW TO TAKE BIKTARVY

Take BIKTARVY 1 time each day with or without food.

### GET MORE INFORMATION

- ▶ This is only a brief summary of important information about BIKTARVY. Talk to your healthcare provider or pharmacist to learn more.
- ▶ Go to [BIKTARVY.com](http://BIKTARVY.com) or call 1-800-GILEAD-5.
- ▶ If you need help paying for your medicine, visit [BIKTARVY.com](http://BIKTARVY.com) for program information.







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**Ask your healthcare provider if BIKTARVY is right for you.**

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Please see Important Facts about BIKTARVY, including important warnings, on the previous page and at [BIKTARVY.com](http://BIKTARVY.com).

Chicago is often recognized for its great food, entertainment, and even crime in the media. However, what is often overlooked is its status as the capital of streetwear. While New York boasts brands like Stussy, Supreme, or Marc Jacobs, the true essence of day-to-day fashion and influences come from the blue-collar workers of Chicago.

The styles that inspire and motivate Jordan culture and street life are propelled and nurtured by the kids from O Block and the west side of Chicago. Without them, we wouldn't know how to style a Jordan 1. Chicago fashion is less about designer pieces and more about attitude and functionality. It is reminiscent of warehouse jobs and busy bicyclists who prioritize living over caring for cashmere or silk pieces.

In Chicago, brands like Chicago Midwest Made stay true to the origins of the streets while elevating day-to-day garments. Mario Maldonado, the founder of Chicago Midwest Made and creative director of Chicago's house music label Trax Records' fashion line, expertly styles and blends mundane pieces with his acute precision for graphic design.

Born and raised in Pilsen, Maldonado is a key figure in Chicago's fashion scene. From merchandising festivals like Miche Fest to printing for store fronts like Bridgeport Records, Maldonado has developed a growing fan base and created an entire world of fashion. Whether selling custom pieces or mass-produced items, Maldonado remains grounded in the essence of Chicago's streetwear culture.

While brands like JD Sports and Foot Locker market themselves as leaders in streetwear mass fashion, it is individuals like Mario Maldonado who continue to "RAISINGBARS" in the fashion industry. Chicago is and always will be a fashion capital, with Maldonado embodying the city's unique style and spirit.

# the kid from chicago



Above designer Mario Maldonado and his muse Yanna in Pilsen  
Photographed and styled by Jorge | [chicagomidwestmade.com](http://chicagomidwestmade.com)



# LONDON NEW YORK PARIS CHICAGO



PHOTOGRAPHED AND  
STYLED BY: JORGE  
MODEL: YANNA





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FESTIVAL OF THE ARTS**

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FESTIVAL OF THE ARTS  
11 AM - 7 PM  
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UNTIL 7 PM

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# HEALTH & WELLNESS

## CAN WORD GAMES IMPROVE MIND FUNCTION AND MEMORY?



by: Dr. Charla Waxman *BS, MBA, EdD*  
*Director of Business Development at Lake Behavioral Hospital*

**Are You a Word Game Fanatic? If you are there may be benefits you didn't even know about! If you love word games, read on. If you have never engaged in Words with Friends or Wordle and countless other word games, read on. You may want to start playing.**

Some believe that word games improve both mind function and memory. Some think it will help the natural and sometimes, not so natural decline of the workings of the brain as we get older. Well, the jury of researchers is still out on these particular benefits to your health, but there are reasons why word games and your health are a good match.

One of the good parts of word games is getting that answer correct or creating a strategy that makes it harder for an opponent or, even, just finding that answer or spelling can engage dopamine, the chemical from the reward center of the brain. Good feelings are connected to this reward center and make us feel satisfied and happy.

Word puzzles and games are great stress relievers. Completion of a puzzle or ending a game of Words with Friends in the "W" column or even getting a stronger score than the last time you played brings a sense of accomplishment. It also satisfies the competitive nature many of us have even if we are playing without a partner. Bringing an activity to a point of completion is especially satisfying to those of us who have jobs where tasks are endless and we never quite leave

the mass confusion of our work. Our work and the tasks that go with it might never end, but a word game has a clear start and a clear finish. Even if a game ends in a loss, it ends and we always have the option of starting again. There is no real punishment for a "word game fail"; there's just the next game. No pressure, no stress!

Some of us have jobs that require intense focus. Some of us have figured out that picking up the phone and locking in on a single game can give us exactly the break we needed. We go back into the work task, even after only a few minutes, feeling refreshed and ready to get right back to work.

Most of us have solved a problem that made us feel great about our capabilities. Word games are challenging and can offer the same perk. Word game perks can also be seen when our vocabulary and conversations are more creatively enhanced with improved ways of explaining our thoughts and feelings.

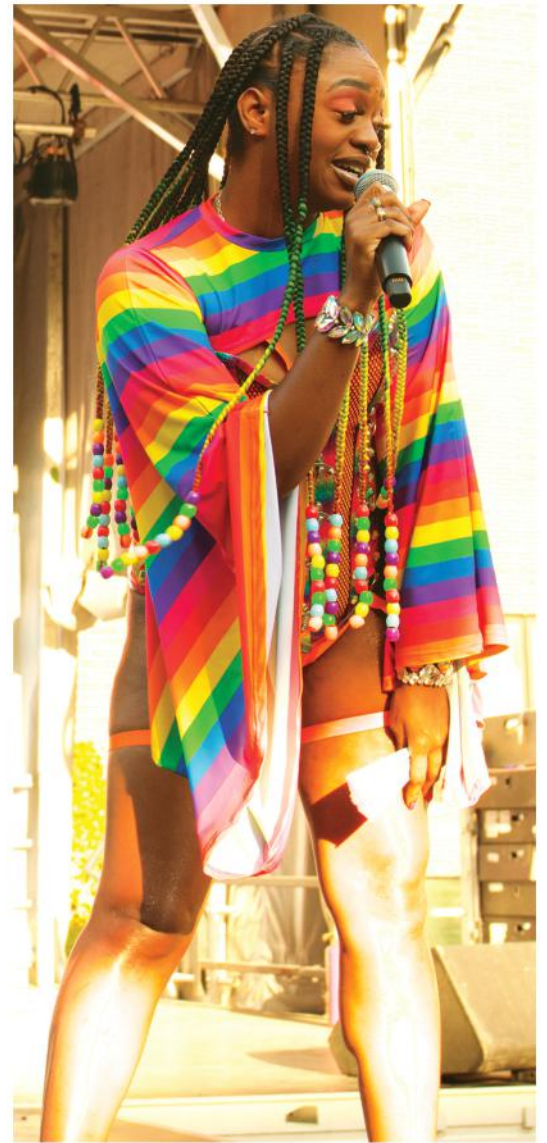
Lots of word games online offer us a chance to play

people from around the world and in games like Words with Friends, you can even chat with your opponent or even good natured "trash talk: challenges to those you play. Some people have played the same opponents for years and have even established friendships within the game. Social engagement is another really great benefit that cannot be overlooked!

Some word games provide feedback like, "Great word!" or "Way to go!" It's just nice sometimes to get the immediate reward of positive feedback.

If you are of the "mindful" generation, then you also know that word games keep us in the present. We are just in the moment and enjoying it.

Whether word games are for you or not, consider playing some kind of puzzles or engage in something that challenges you. You might just find some benefits you hadn't expected.



# MARKET DAYS







PHOTOGRAPHER *Adonis Childs*

# MARKET DAYS





# TOY *with* ME *ive*



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# IN CONCERT

## EDDIE & THE CULPRITS



This would turn into a 24 year run. Today, Eddie can be heard on Star 96.7 fm with partner **Hanna B.**

The station airs out of Crest Hill, Illinois.

**WAIT, THERE'S MORE!**

If anyone can sing and crack jokes continuously, and get away with it, it's **Eddie V.**

In 1984, radio personality **Eddie Volkman** was brought on board to Chicago's Pop/Dance radio station **B-96 (WBBM).**



I decide to sit close-up, only for Eddie to recognize me. For those that enjoyed listening to the Eddie & Jobo show in the past, Eddie hasn't lost his sense of humor. These were all drum roll jokes as he had the house, and myself, on the floor!

How to sum up this event? Grab your significant other, leave the kids at home (and the dog), and come out for a great time. It's guaranteed!

Band members include: **Eddie Volkman** (Vocals), **Tony Wilson** (Guitars), **Dan Parker** (Drums), **Donny K** (Bass), **Dan Ouimette** (Keys)

Check out their FB for concert dates:  
<https://www.facebook.com/profile.php?id=61559529788672>



# COMMENTARY UNCENSORED



by: Screamin' Rachael

Recording Artist, Entrepreneur, Publisher, Music Mogul, House Music Icon, sometimes Controversial, with a dash of Opinionism for good measure.

The opinions offered in this column are "uncensored" and are intended for "open dialog" and "entertainment purposes" only. Use of this column not intended to replace or be a substitute for any professional, financial, legal, advice or any other professional service. The opinions or views expressed in this column are those of the columnist, and not necessarily those of anyone else.

**As I write this column it's just prior the DNC Convention hitting the town. You never know what to expect in Chicago! But I'm in a good mood because my friend Grandmaster Melle Mel will be at the convention to speak about anti-gun violence. We talked about young people. As Mel commented, "Kids have no hope since they don't know how long they will live anyway, they will just do whatever! They want to fail because that's easier. Besides, their parents don't care."**

## WE HAVE TO GIVE THEM THINGS TO DO!

**This running the streets got to stop. Chicago is out of control. Even New Yorkers think I'm brave to stay here. I hope by next month when I write the "Uncensored" column, I'll still be alive and there will be peace in my town. As to politicians, I probably should not say this, but I am not impressed. I used to think you had to be intelligent to run for office, I hear a lot of stupidity on both sides of the aisle. Maybe I should run for office?**

I'm most excited about my upcoming album DISCO 3000. It's a real look inside my life. The thing about my past is, I was involved with Club Kids in **New York**. Our weekly party Disco 2000 was supposed to be the party to end all parties. In fact, **Anthony Hayden Guest** wrote a book about our post-Warhol, then post-**Studio 54** era... It was called "The Last Party". Yeah, we were hedonistic, acid house, LGBTQ+++ , and then some. Our outfits were trash made glamorous, and after It all ended in murder, there was the thought that nothing would ever reach that perfect height of fun insanity again. When I lived in **New Orleans**, everyone was curious about me. People would knock on my door to meet me. They knew about the movie, book, and the SHOCKUMENTARY "Party Monster. So picture a hot sweaty Nola summer night, sitting out in the courtyard, with **Penny Lane**, a young stripper who worked on Bourbon Street,

and was fascinated by my life. We'd talk about random things and that night her last words were, "I wish I could have been like you, and gone to the coolest parties ever! I got up and turned around to leave and I said, "I don't know about you, but I plan on having a lot more fun!" That was the last time I saw Penny until the night they rolled her out on a gurney in a black zip-up body bag. She OD'ed on heroin. In a way, I dedicate this album to her, and I'm sorry she won't be around for this next chapter. The party never had to stop, and I hope my album captures that same insane spirit that drives me forward. A couple days ago I came across a quote that I said at the beginning of my career, when I first released the single "My Main Man. **"My mission in life is to be EXTREME. When you've got something important to say there's no way anything can stop you."**You'll hear

the 3000 version mixed by the famous **House of NINJA, DJ CHIP CHOP**.



There's no way to stop the party! It's time for Disco 3000! R.I.Party, Penny Lane. I miss you girl...

There are songs that friends from around the world produced with me. With titles like "Acid Trip", written with underground house legend **Marcus Mix** and "BITCH",

Continued >>

WEEKEND LARRY  
HARD ON PARTIES FOR HARD WORKING DUDES  
LABOR DAY

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FRIDAY, AUGUST 30

# HAND BALLER NIGHT

RED HANKY GIVEAWAYS  
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SATURDAY, AUGUST 31

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SUNDAY, SEPTEMBER 1

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WET JOCKEY SHORTS CONTEST



MONDAY, SEPTEMBER 2

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LABOR DAY WEEKEND  
LABOR DAY WEEKEND  
LABOR DAY WEEKEND



# iHeart

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*Chicago*



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## >> **UNCENSORED** Continued

because I'm the real OG Boss Bitch. I chew up haters and spit them out! Don't hate me because I'm FABULOUS!!!! The funny thing is anybody can be fabulous, just step out of the bullshit and don't be afraid to be yourself. I can't forget that the album was curated by **Jorge**, the other TRAX Bitch, so when dealing with us remember three is too much of a crowd.

It was at the **Pucci** store on **Madison Avenue**. I purchased some Pucci tights, and he introduced himself, he invited me to his party and told me about his HOUSE! I soon found out that it was a real house of House, and learned what VOGUING was. Willi was the Godfather of Voguing and though he sadly passed away the House lives on and so does he in the film "Paris is Burning." The night of September 7th will be a tribute to him. I got to perform with him several times and he was always so kind and humble actually giving me a belt to cinch my outfit backstage at **El Museo Del Barrio** when we performed with **Junior Vasquez**.



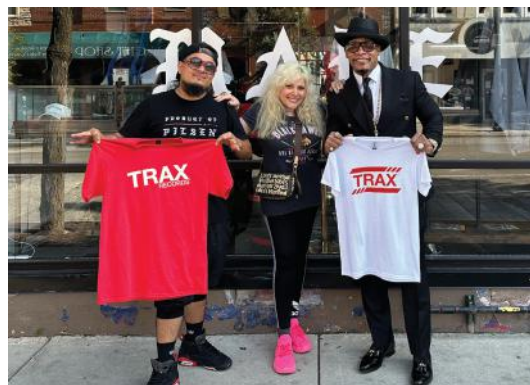
I cannot wait to see my good friend **SoHo Johnny**, impresario, owner of Tribeca Records and television host. Johnny doesn't just make the scene, he creates it! You can be sure if the party is happening in NYC he'll be there. And the rain didn't stop his recent star-studded yearly soiree either.

Speaking of FABULOUS, I'm heading to **NYC Fashion Week** and the Best Party of the season, **COSMODA** presented by **THE HOUSE OF NINJA**, and so much more! I will never forget the first time I met **Willi Ninja**, the founder of **THE HOUSE**.

I was just filmed for two episodes of New York Homicide. I had the dubious distinction of being the only subject related to two UNRELATED homicides... I signed a non-disclosure agreement, so I can't talk about the interviews. You'll have to wait about six months until they're released.



Photo: Richard Fairbanks '87



Every year Amsterdam hosts the most important dance music event in the world. ADE, Amsterdam Dance Event. It takes place October 16th-20th. All the Trax team will be there, and we'll stand out proudly wearing our new TRAX collection, by Mario Maldonado. See us at the official TRAX Party on the 20th, where I'll perform songs from my soon to be released album.

# Out "n" About Chicago

by Jorge Suarez



When's the last time you visited nostalgia? Rolling Store Records, 7300 W Irving Park Road in Norridge/Chicago will take you there! Fancy ceiling trimmings and flashy colors throughout the store present a trendy, yet vintage appearance as accumulated over years by the family. I was in high school when I first experienced vinyl paradise.



It was mid-70's, minus the hanging cd's and other memorabilia, this is the original store to the best of my knowledge that created the "cut-out" section. Never did i expect some albums were delivered with holes in the corner, or cut corners, but they were priced at \$3.99 each LP. My first cut-out was **Black Sabbath's** "Paranoid" LP. Oddly, the following week, I would find a handful of other Black Sabbath cut-out albums. So I came back was on a weekly basis.

I would find gems in the cut-out bin. I wouldn't return here until mid-80's, writing music reviews for **Chicago Music Magazine**. If lightning strikes twice, the back cover of the magazine was advertised by **Rolling Stones Records**.

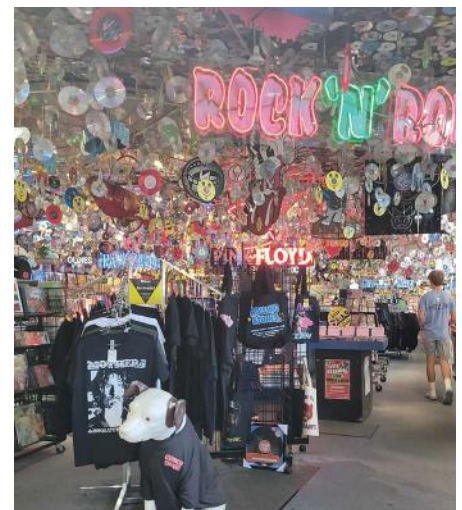


I would drop off magazines and chat with employees. Prices these days range from 15.00-20.00 for an album. Prices vary if you prefer 180 gram or box sets, but yes, vinyl remains in demand to this day. I was shocked to hear cassettes are selling about as equal to cd's these days.

A friendly young staff always courteous and helpful. Thanks to Javier for the assist! Don't forget to visit our Out "n" About Facebook group where you can read extended coverage, including additional pictures and videos.



You can find the largest selection of cd's i've ever seen here. Prices appear to have dropped and LP/cd's can be purchased for \$4.99 and up. Defintiely worth revisiting! Rolling Stones Record Store was established in 1971. They are open 7 days a week.



[www.rollingstonesmusic.com](http://www.rollingstonesmusic.com)

[www.facebook.com/profile.php?id=100082805602328](https://www.facebook.com/profile.php?id=100082805602328)



A photograph of three shirtless men in a locker room. The man in the center is a Black man with dark, wavy hair, looking slightly to the right. He has tattoos on his chest and arms. To his left is a white man with a goatee, looking towards the center. To his right is a white man with short brown hair, looking towards the center. They are standing in front of red lockers. The text 'COME TAKE A LOAD OFF' is overlaid in large white letters.

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# ASK CHAR

The views and/or advice expressed here are my personal opinions, based on my life experience, and don't necessarily reflect the opinions of any other individual or organization. Have a question? eMail me at [AskChar@boiMAG.com](mailto:AskChar@boiMAG.com)

Dear Char,

**"I'm dealing with a toxic person in my life. How do I set boundaries and protect my well-being without creating unnecessary drama?"**

Dear Drama in Davenport,

**Thanks for asking a question that we've all pondered about. As a means of providing a good response for you, let's take a moment to define and identify how we know, how a toxic person makes you feel and react.**

Some people say you will know you are dealing with a toxic person when you feel anxious, on edge and exhausted around them. Others say when you walk away from dealing with them and feel bad about how you behaved or, even feeling bad about yourself. A toxic person is leading the charge. Whatever it is, the feelings are negative and ultimately not healthy for you.

There are things you can do to make sure you maintain control and positivity in your life; leaving toxic people behind, even with those you have no choice and have to engage with regularly.

Let's start with some points of identification. You will know you are dealing with a toxic person when manipulation and lying are regular aspects of communication.

If they somehow make you begin to doubt yourself or cause you to apologize and then they are openly not accepting of your apology. Even though you know they care about you and your well-being, you walk away feeling unvalued and

unappreciated. You're constantly in conflict. You walk away feeling guilty about something every time you engage with them, but you can't really understand why.

They are selfish and unwillingly to make any concessions for others. They are frequently victims and openly criticize every one because they feel so preyed upon. They take no responsibility for their actions and turn the tables, blaming others incessantly and casually.

You may find yourself being negatively influenced by their negativity. Even reacting poorly or gossiping that make you feel ashamed about your own behavior.

I noticed that you said this person is in your life and it sounds like you have to deal with them regularly. I like that you want to set goals for reducing drama, and want to set boundaries, because that is exactly what you need to do if you want to save yourself from the grief and mindless drama that goes with being around a toxic person. But, you know you are better than that!

Take control and know that the ball is in your court. You control the ball! Before you begin any conversation with this person, decide what your boundary is. You don't even have to tell them. Just know that if yelling starts, you make an excuse and leave. Another approach, tell them, "I promised myself that we wouldn't argue like this, so I am going to go now and we can talk more when you're feeling better."

Try reducing and/or avoiding casual, social engagements and impromptu situations with them, and only engage them when necessary.

When you have over-spent your time with them, and you are done with it, get ready to leave it behind and "let go". Just because they are not in a happy place in their life, doesn't mean you have to be dragged down with them. Go to your happy place or be in your good mood. Don't let anyone, or anything effect you. Simply decline their invitation to engage. This person will be saying things to hurt your feelings; it's in their nature. You can't fix them, but you can shift paradigms and leave every session with them with forgiveness for all involved. This will be a clean slate for your next encounter.

Make every encounter "drama-free". Don't give them license to be angry (which is a place they love to be) by saying things like, "I understand you are angry". Use phrases that identify lower level feelings like, "I am sorry this is upsetting" or, even better, "I can see this is upsetting you" or "Looks like this is too tough on you right now, I have something to do, so let's revisit this later".

It might help if you have someone to talk to before and/or after your conversation with the toxic person. Just make sure when talking with others are not cruel gossip, or complaining. Your goal should always to be the better person, making good decisions, and keeping your mental health in check. Process and depersonalize. You will be better for it.

Good luck!

# SEXBOT TECH TRENDS

by Jack Santo

## INTIMATE TECHNOLOGY

**There's the potential of sexbots to positively influence human to human relationships.**

**Not just by providing companionship, but by facilitating personal growth, enhancing relational skills, and fostering a deeper understanding of one's own sexuality and emotional needs.**

Imagine a world in which humanoid AI technology could be used to help humans co-create healthier relationships (see the section below on using Conscious Relationship Design to do just this). Is that too big a mind explosion?

It might be for some, so to be fair to those who have valid concerns, let's look at some of the risks people cite when we start talking about sexbots.

**Misplaced emotional attachment and dependency:** As highlighted in "Is It Good for Them Too? Ethical Concern for the Sexbots", there is a concern about emotional attachment and dependency on sexbots. This could lead to a scenario where individuals might prefer the predictability and compliance of robots over the complexities of human relationships, potentially leading to social isolation and a decrease in human empathy.



**Unrealistic expectations of human relationships:** Could the convenience and customization offered by sexbots lead to unrealistic expectations in human partners? There's a risk that reliance on robots for emotional and sexual needs could diminish the value placed on human connection and the effort required to build and maintain relationships.

**Normalization of harmful behaviors:** There may be a risk that sexbots could normalize certain harmful behaviors and attitudes in human interactions, especially if they are programmed to mimic non-consensual scenarios. Some also express concerns about people abusing sexbots and then carrying that behavior over into real life on women

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and children, not unlike concerns about children playing violent video games and becoming violent adults.

Societal changes: Beyond individual relationships, the widespread adoption of sexbots could have broader societal implications.



This includes potential changes in social norms around intimacy and relationships, as well as the impact on issues like loneliness and social isolation. The chapters in *Robot Sex*, entitled *Is It Good for Them Too? Ethical Concern for the Sexbots* and *From Sex Robots to*

*Love Robots*. Is mutual love with a Robot Possible? Argue for a cautious approach to integrating sexbots into society, emphasizing the need to consider their long-term effects on social fabric and human interaction dynamics.

Sexbots present a potential to both complement and complicate human-to-human relationships. They pose questions about the essence of intimacy, companionship, and love, challenging traditional models while offering new possibilities. As we venture further into this domain, it becomes increasingly important to navigate these changes thoughtfully, considering the profound implications for personal and societal dynamics.

While research indicates a growing interest in sexbots for sexual exploration rather than merely alleviating loneliness, this trend raises pivotal questions about how such interactions might shape our self-perception and sexual identity.

The pursuit of sexual exploration through sexbots, as opposed to seeking solace from loneliness, underscores a shift towards viewing these technologies as tools for personal and erotic discovery. This could signify a broader societal move towards embracing diverse expressions of sexuality and individual desires. However, it's essential to consider how these interactions might reinforce or challenge existing notions of self-image.

Sexbots offer a controlled environment for experimentation, potentially allowing individuals to explore aspects of their sexuality they might find challenging or impractical to navigate with human partners. This could lead to a more profound understanding and acceptance of one's sexual identity.

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