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For the Kid's Fashion Project

Posted on 10 March 2011.

When your first two signature events are as successful and widely praised as The Toy Party and Backpack in the Park, you better *bring* it if you're creating a third. For the Kid in All of Us can consider it "broughten" as they present the fashion-forward event Project Prom on the top floor of the W Midtown on March 20.

The goal of Project Prom is to help create the dream prom night for underprivileged teens by providing both the dress and the funds for an exquisite dinner out. To accomplish it, they partnered with dashing designer Vincent Martinez of Grady High School's Urban Couture program and Becca's Closet, a national non-profit providing prom dresses to underprivileged girls.

Becca's Closet donated about 100 previously owned dresses, which were divided between Martinez, award-winning designer and SCAD professor of design Jason Bunin, and Karen English of the teen/tween after-school design program English Design Lab. And their kids got to work refurbishing!

"It's such a challenge because these dresses are rough," says Martinez. "They've got more spangles and sequins than Bob Mackie's closet." But Martinez is touched by the mission.

"These are teenagers helping teenagers," he says. "They are producing and creating something that can bring so much joy and fulfillment to someone who may be lacking it in their life."

After a cocktail reception to begin the night, the runway opens. 40 looks will be modeled by Grady students as well as one special guest model – Miss Georgia 2010 Christina McCauley.

97.1 The River DJ Kaedy Kiely will emcee.

It was a long time coming for a third signature event, but For the Kid president Chris Bess says it has paid off. "We've been talking for a couple of years about starting a third event and it never seemed like it was a great time to do it logistically, but this year we decided to bite the bullet and make it happen," Bess says.

"The fact that everything is falling into place is testament that this was the right time to make that step forward."

Project Prom

Presented by For the Kid in All of Us

Sunday, March 20 at 5-8PM

The W Atlanta – Midtown

\$35 Donation – Age 21+

Visit www.forthekid.org to reserve tickets.

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Jesse Brune: The Fenuxe Interview

Posted on 18 November 2010. Tags: [Atlanta](#), [dinner](#), [Fenuxe](#), [Food](#), [gay](#), [Holidays](#), [Joy](#), [Thanksgiving](#)

Jesse Brune turned heads as a hot, openly gay personal trainer on Bravo's breakout hit *Workout*, and now he's putting his true passion of cooking to use on The Food Network's *Private Chefs of Beverly Hills*. When he's not trying to keep eccentric clients happy on the air, he devotes his time to his LGBT non-profit Project: Service L.A. The charismatic chef called us while in the middle of post-production on *Private Chefs* to talk about his Southern roots, playing straight for a week, and some surprising Thanksgiving tips.

So Jesse, tell us about Private Chefs of Beverly Hills.

The title kind of says it all [laughs]. It's a show that follows six chefs in Beverly Hills as we take on these really insane events thrown by eccentric clientele with ridiculous requests. The personalities are really big, from the chefs to the clients, so a natural conflict arises. It often comes down to who has a better vision, who's right, who has better taste and how we're going to execute it.

What kind of ridiculous requests?

I've had to do a four-course meal for dogs. Seriously. It was at a country club for dogs, which actually exists. I did this whole party for this guy whose name is Joe Exclusive, who calls himself a lifestyle ambassador to the rich and fabulous. This guy was almost from another planet, just wacky. As the season progresses, it just gets more insane.

Did you ever question whether you were going to be "out" on Workout?

Well I studied acting for years and acted in New York and Los Angeles. I had a creepy experience when I was 23 or 24 signing with a larger management firm and they wanted me to go into the closet. So being so young and really wanting to be successful I said "Yeah sure, of course!" And that worked for about a week. I called them and just said, "You know what, I think you guys are the devil." [laughs]. And I just stopped, I'd had enough. My two passions were acting and food and I knew I had to decide what I wanted to do, so I hung up the acting hat and started culinary school the next week.

My first week in culinary school I was like, "I am so screwed." I could never work in a restaurant, it was impossible. So my goal was to be on The Food Network but I knew that I would never compromise being who I am. So I came out very publicly on *Workout* as the gay trainer and I've been working steadily ever since because I was really comfortable being who I am and letting my natural talents really flow.

So back to cooking. What's the first piece of advice you would give to someone who's hosting their first Thanksgiving dinner?

Give yourself a *lot* of time. A lot of people wait until the day of to start preparing stuff. That Thanksgiving meal is a task. There's a lot of prep especially if you don't have a lot of help in the kitchen. I have backed myself into that corner so many times and by the end of making the meal I don't want to eat, I want to sleep.

But generally I say, "Just go for it." The holidays are your get out of jail free card, your one time that you can just go for it and indulge and have fun and not worry about all the ingredients you're using. I

usually get asked what are some healthy alternatives you can do for Thanksgiving and I'm just like "Ugh, don't!" [laughs]. There's always ways to be more conscious in preparing your food, like substituting the butter with different kinds of oil, using less salt and cream, using things like soy or almond milk, keeping your vegetables clean and steamed, things of that nature. But why would you? [laughs]

So you teach cooking classes around the country. Do you ever make it to Atlanta?

I would *love* to come spend some time in Atlanta. I haven't been down there since I was a kid and my grandparents lived in the area. My mother is a southern belle, she was born and raised in Charleston, South Carolina so I was raised on soul food. So though I generally cook pretty healthy, I can do premium soul food. One of the episodes this season I did a healthy soul food party and part of me died a little bit with that because it was like, "Oh my God, my Mom's mouth is probably going to melt off when she sees this." [laughs] But it actually turned out pretty good.

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Vicki Powell

Posted on 04 November 2010.

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Photo courtesy Alli Royce Soble

VICKI POWELL

One name has become synonymous with the city's music and party scene for the last several years, and that's Vicki Powell. She's intent on bringing what she calls "light and happiness" to Atlanta through her parties and charity work, and she's followed through on the promise one beat at a time.

How would you define your role in Atlanta's LGBT community?

I try to bring light and happiness to Atlanta through my parties and events by creating a space that is free for everyone to come and be who they are. I think people can really "let go" at my parties and dance their daily worries away – that's what I want for them! Being LGBT is hard for a lot of people right now – with all the teen bullying we hear about, politicians denying us rights and treating us like "lesser people" – I think it's important to create a space that lets Atlanta's LGBT crowd – and our allies – feel safe, free, and happy. This community has given me so much, and it's also important for me to give back through my charity and activism work. I feel very intertwined with Atlanta's LGBT community on many levels.

What do you forecast for Atlanta's LGBT community in the next 5 to 10 years?

I think Atlanta's LGBT community is really on the verge of something great. I'm a native Atlantan and I've seen some really good times in Atlanta's LGBT scene. There is definitely an "upswing" of creative musical and artistic energy in this city right now, and I think it will only continue to develop and flourish over the next 5-10 years. A lot of this creativity is youthful energy coming out of SCAD, which is also really cool to see. I love seeing Atlanta continuously recognized as a great place for LGBT people to live, but I think if we really want to let the world know what great energy this city has – if we want to make our mark on the international urban scene – we still have some work to do. I think Pride is a great way to celebrate who we are as a community, and where we've come from. It is really my hope for Atlanta's LGBT community that we can take Pride back to June where it belongs – in recognition of Stonewall and the folks that fought for our rights before us – and in solidarity with the other greatest cities in the world. Let's infuse some of this great creative energy that is blossoming in Atlanta's LGBT community into our parade and festival and take Pride back to June!

We learn from all our experiences, both good and bad. Tell us about a negative life experience you've had that you learned a valuable lesson from.

My dad passed away at 72 years last January. We were really close, and it's been a hard transition for me. I still really miss him a lot. But I guess when you lose someone close to you, as hard as the experience is, it is a good reminder that life is precious and you really do have to make it what you want it to be while you're in it. It also changes the relationships around you, you know, like losing my dad has brought my mom and I close in a way we weren't for a long time. It's been beautiful and fun to get to know her in a different way now.

How has being LGBT shaped your outlook on life?

I have been queer for as long as I can remember, so it's the only *outlook* I really have on life. I feel the challenges that LGBT people struggle with, but I also feel the joys that being out and free in my community bring me.

Tell us a little more about yourself. What are your hobbies? What are your goals?

I love music, but I guess that's no surprise to anyone who knows me. I spend a lot of time searching for new music to bring to people through my parties. I also spend a lot of time hanging out with my pit bull Cornbread and riding around town on my bike. Most recently I've been working on a project to help foster some of Atlanta's creativity and also bring business to Atlanta's up-and-coming neighborhoods through electronic music. Together with local business owners in the Edgewood Corridor I'm putting on Atlanta's first *Edgewood Electronic Music Festival* November 13-14 – ya' better be there!

If you were stranded on a desert island, what's the one book you would want with you?

That's a tough one. I guess I would want something timeless with lots of positive, beautiful messages, like *The Little Prince*. Reading that book always brings me a certain happiness, like when I was a child, and I never get tired of reading it.

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Terence McPhaul

Posted on 04 November 2010.

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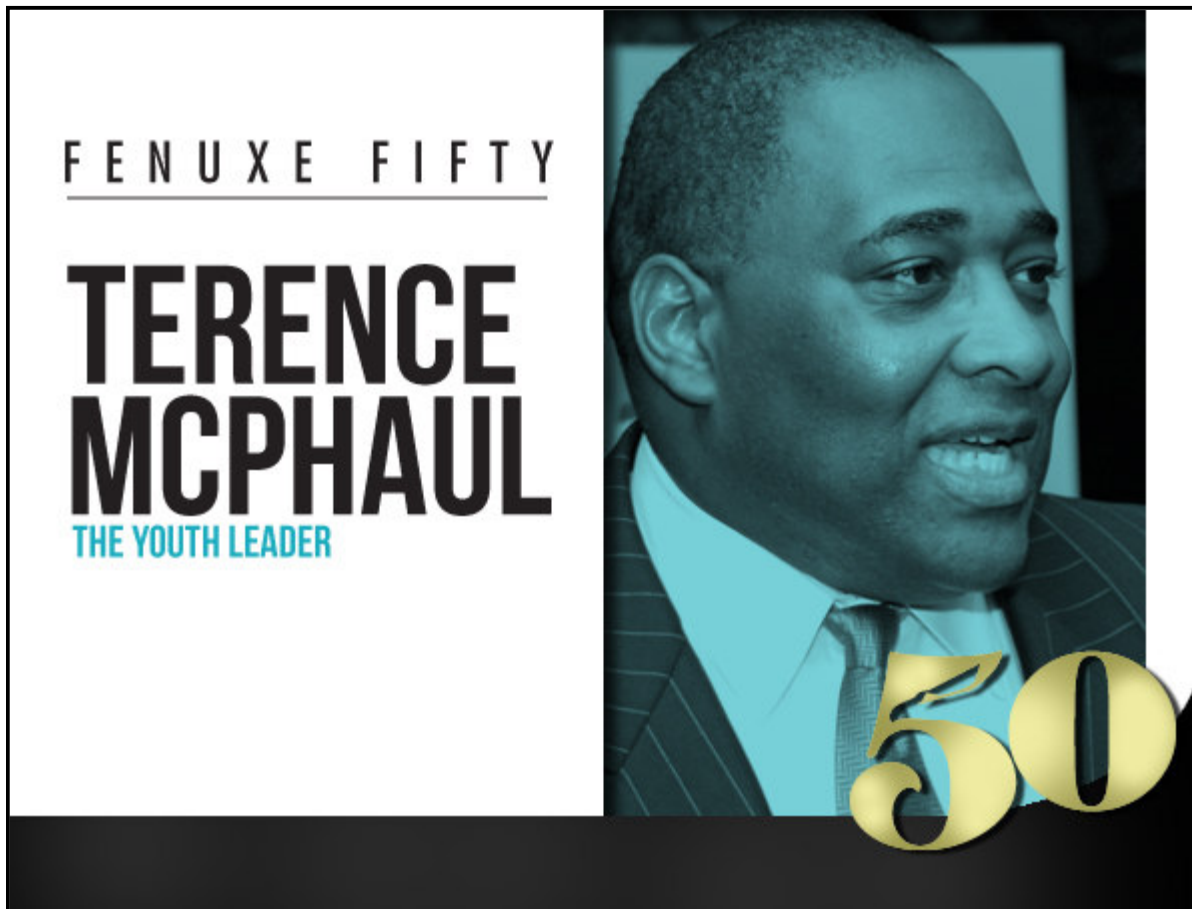


Photo courtesy ProjectQAtlanta.com

TERENCE MCPHAUL

He sees himself playing five roles in our community—advocate, innovator, liaison, educator, and collaborator—and Terence McPhaul combines those in his duties as executive director and CEO of

YouthPride. His goals? To build the LGBT youth center into the most recognizable brand with the highest quality services in the LGBT community.

How would you define your role in Atlanta's LGBT community?

In a word "involved" but let me explain further. My role has been advocate, innovator, liaison, educator, and collaborator. Connecting the optimal blend of people, causes, and organizations is a big part of this. It has been important for me to maintain focus on the identifying the bigger picture, as well as strategizing for the community's comprehensive future development. I enjoy helping people to understand the collective power of diversity, commonalities, and cultural competence. Then using this wisdom to think smarter, and become better.

What do you forecast for Atlanta's LGBT community in the next 5 to 10 years?

The community will be more cohesive. As we all start to focus on cultural competence within and outside of the LGBTQ community, and learn more about one another, prejudice and discrimination will gradually dissipate. Barriers between isolated pockets of the LGBTQ community based on race, culture, class, sexual orientation, gender, gender identification, education, and money will vanish. The LGBTQ community, as well as others, will incrementally come to the understanding that there is more to the personality of an LGBTQ person than their sexual orientation and identification. As this melding of the community happens, there will be a heightened understanding of the power of LGBTQ economics to impart positive action for the LGBTQ community. Politicians will be more likely to sit down with us, and stand up for us beyond the photo opportunity whether in Atlanta, or Washington. Some Fortune 500s, and other companies, will grow more inclined to invest equitably in LGBTQ community based programming. Finally, while the LGBTQ community has had many big issues with which to contend, including but not limited to the politics of DOMA and DADT, as well as the HIV/AIDS prevalence among gay males, I feel that the community will become more appropriately conscious of, and active in, the strategic and preventative measures that can protect LGBTQ youth (our future leaders) from social, emotional, and physical extinction.

We learn from all our experiences, both good and bad. Tell us about a negative life experience you've had that you learned a valuable lesson from.

Ten years ago, my older brother was murdered. He was a good guy. A happy-go-lucky type who would give you the shirt off his back. Often, he did just that. His generosity knew no bounds. My brother had no known enemies. In fact, even if he had a disagreement with someone he was the first to extend an olive branch. So many people loved him and he never liked to see another person not having a good time. Everyone he came in contact with appeared to love him. In spite of this, he was viciously killed; most likely unsuspecting what was about to happen to him. This experience taught me to live life abundantly, deliberately, humbly, vigilantly, and cautiously.

How has being LGBT shaped your outlook on life?

I feel that being part of the LGBT community has made me stronger, smarter, more resilient and compassionate.

Tell us a little more about yourself. What are your hobbies? What are your goals?

Many people do not know that while I am trained as a Mental Health Therapist, I am a Chemist as well. Writing is fun to me. Learning to me is as important as breathing. The idea of having more knowledge and being willing to share it to improve the lives of someone else is both exhilarating and empowering. I love great restaurants, parties, museums and art galleries. The Bill Lowe Gallery is

amazing! Spending time with my friends and family having a good laugh is absolutely essential. I enjoy international travel; this too is an education. Right now, my nearly exclusive goal is working to build YouthPride (a safe, supportive development center for LGBTQQ youth) into the best known brand in the LGBTQQ community, while providing the highest quality, culturally competent services. Brand recognition means that youth, parents, and allies can reach out to vital resources which will prevent youth suicides, promote good health, and build the responsible leaders that our community needs.

If you were stranded on a desert island, what's the one book you would want with you?

The Audacity of Hope: Thoughts on Reclaiming the American Dream by Barack Obama.

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Freddie Ashley

Posted on 29 October 2010.

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FREDDIE ASHLEY

Actor's Express is one of the most electrifying theater houses in town, and a big part of that is due to the work of artistic director Freddie Ashley. Each season's plays are bound to include content appealing to the LGBT community, and Ashley is proud to make it happen.

How would you define your role in Atlanta's LGBT community?

I am Artistic Director of Actor's Express here in Atlanta. We are a theatre company that produces provocative, contemporary work and are proud to be the theatre in Atlanta with the closest ties to the LGBT community. When making programming choices for the season, we always try to include play selections that will appeal to the LGBT members of our audience. We also promote an atmosphere in which our LGBT patrons will feel at home.

What do you forecast for Atlanta's LGBT community in the next 5 to 10 years?

Hopefully, we will see more LGBT representation in public office and see our leaders promote a community atmosphere of inclusivity.

We learn from all our experiences, both good and bad. Tell us about a negative life experience you've had that you learned a valuable lesson from.

With all the recent news about bullying, I'm reminded of my own experiences as a child being ridiculed and called names in a way that was hurtful. It fueled my insistence to be my own person and not to let someone else's hate and fear dominate my life.

How has being LGBT shaped your outlook on life?

This is something to which I haven't really given a lot of conscious thought. I think that we are shaped by so many of the details that make us who we are. I would say, based on my experiences, that treating every person you meet with respect and civility is one of the most important things. We're all in this life together regardless of sexual orientation, gender identity, race, economic class, political affiliation or religious tradition. Why don't we focus on that common humanity we all share and celebrate those differences that make each person unique?

Tell us a little more about yourself. What are your hobbies? What are your goals?

My work is my chief hobby. I love what I do and find great joy in my work. Aside from that, I am a *Project Runway* addict and I have a minor obsession with *The Golden Girls*.

If you were stranded on a desert island, what's the one book you would want with you?

Only one book? You're killing me. I would probably choose *A Good Man is Hard to Find* by Flannery O'Connor.

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David Buer | The Fenuxe Interview

Posted on 08 May 2010. Tags: [11 Alive](#), [Amanda Davis](#), [Blossom](#), [Dancing with the Stars](#), [Dave "Scooter" Honig](#), [David Buer](#), [Fenuxe](#), [Fenuxe Magazine](#), [Fox 5](#), [gay](#), [Gay Atlanta](#), [hbo](#), [Joey Lawrence](#), [LL Cool J](#), [Madea's Family Reunion](#), [Mike Tyson](#), [olympics](#), [Paul ossmann](#), [Platinum 360 Diet & Lifestyle](#), [Rick Roufus](#), [Starbucks](#), [Tyler Perry](#), [U.S. Indoor and Outdoor Masters Track and Field](#)

Celebrity trainer David Buer has worked with Tyler Perry, local news anchors, professional athletes and LL Cool J, so you'd never figure he was the fat kid who got picked on at the playground. After surviving the torments of youth as well as a horrific car accident, he rose to national prominence.

And now, the gay-friendly fitness guru has an immaculate 4,700 square foot studio in the heart of Buckhead, is a contributing writer to LL Cool J's upcoming book "Platinum 360 Diet & Lifestyle" and is working on a fitness book with "Blossom" and "Dancing With The Stars" actor Joey Lawrence.

Fenuxe talks to Buer about his celebrity clients, fitness tips and myths, working with gay clients, overcoming adversity and making the most out of life.

Fenuxe: How did you reach this point in your career as a celebrity trainer?

Buer: I was the fattest kid in school growing up and English was my second language, so I was the subject of many jokes. I began to find comfort in food, until one day finding my Dad watch Mike Tyson fights on HBO. I started imitating what Mike would do. I started getting into a little bit of trouble so my Dad decided to channel that into boxing. But my Mom said that I could do anything I want in this world—except for fighting. So I gave up boxing for my Mom and my Grandma and moved onto other sports.

I was fortunate to work alongside some of the top strength and conditioning coaches in the country. I would intern with them and they would give me the perspective of being an athlete and a trainer at the same time.

My first high profile client was Rick Roufus, the 7-time world kickboxing champion. He's a legend in kickboxing. After the success that I had with him, the word got out and I ended up hooking up with Dave "Scooter" Honig, who was best known for his work with LL Cool J. He and I partnered up and started networking together and that allowed me to gain more notoriety and go from there.

Fenuxe: Who was your first celebrity client from the entertainment world?

Buer: Tyler Perry. I helped him prepare for Madea's Family Reunion and we ended up dropping about 80 pounds for that role.

Fenuxe: Which celebrity client stood out or surprised you based on what you had heard about them before actually meeting?

Buer: I was surprised with Tyler Perry given that he's a man that wears many hats and is involved in so many different projects and endeavors. At that time he was writing a book and he had a movie and he was working on TV shows and building a studio. It blew my mind that he was able to juggle all of that and still be successful at what we were trying to achieve.

Fenuxe: You've got two local news anchors from rival stations on your client list in 11 Alive's Paul Ossmann and Fox 5's Amanda Davis. What kind of students are they?

Buer: They're completely different, both are great. Paul has been working with me quite awhile. Since Paul has been working with me, he was the first man to win the U.S. Indoor and Outdoor Masters Track and Field shot put championship in the same year. He's a character. During his workouts he refers to himself as "The Big Sexy" or "The Big Swole."

And Amanda Davis, she juggles an incredible schedule, being that she's a Fox 5 news anchor and does a lot of community work. She's so dedicated and involved with the Atlanta community that for her to be able to wake up every morning and be motivated and dedicated to training and to live a healthy lifestyle and be a great example is tremendous.

Fenuxe: Do you have any openly gay celebrity clients?

Not openly gay celebrities, no. But I have several gay and lesbian non-celebrity clients. I will help anyone achieve their goals regardless of whatever their situation is.

Fenuxe: You got into a serious car accident several years ago, can you tell me what happened and how you were able to come back from that and prosper?

Buer: It was my 20th birthday and I was on my way to school and I got into a collision which was quite severe. The car was totaled and whoever had seen the vehicle thought that whoever was driving it didn't make it. I ended up going through the windshield partially and had lots of scarring and almost lost my left eye. But worse than the physical scarring, it was emotionally and mentally traumatizing because it had held me up in my training and pursuit of trying to compete for the U.S. Olympic team as a sprinter. So dusting myself off and kind of having to rebuild and restart from that was quite a journey.

Fenuxe: What are some of the biggest myths about diet or nutrition?

Buer: The most common thing people feel is that you need to eat less in order to lose weight, or they believe that drinking too much water is going to make them gain weight and get fat, or they believe that healthy fats will make them be fat. I understand that the things that life throws at you can cause you to get stressed out and emotional, and sometimes you make bad decisions as far as your eating and other things. But if you slip up, have a short term memory. Move on from it, don't try to make up for it.

Fenuxe: What are some of the biggest excuses about exercising?

Buer: "I don't have time." That's the biggest one. Everybody has time. If you've got four minutes, you've got time. There's a million ways to get creative around the house, there's various forms of training. If you have time to sit down and watch TV or pull into the Starbucks drive-through, you have time to get a quick workout in.

People are so quantity-driven as opposed to quality. Make the most out of every moment in life and life will make the most out of you. Same thing applies to exercising: make the most out of every rep and your body and your physical appearance will be where you want it to be.

For more information on David Buer visit www.davidbuerfitness.com

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