

Maryland OUTloud

A Voice for the LGBTQIA+ Community & Their Allies

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Celebrating Black History Month Remembering Rev. Delores Berry

By Adam Romanik

As we celebrate Black History Month, we remember those that have been pioneers in the LGBTQ+ community and their allies. One of those remarkable pioneers was preacher, singer and evangelist, Rev. Delores Berry. Delores was born in Baltimore in February 1951 and was called at the age of 19 to ministry. She was ordained as a Christian Methodist Episcopal Minister and pastored in that denomination for around five years.



After coming out at age 24, she transferred her clergy credentials in 1978 to the LGBTQ-affirming, Universal Fellowship of Metropolitan Community Churches (UFMCC). During her early years in UFMCC, Rev. Berry served as District Coordinator of the Mid-Atlantic District and assistant pastor of MCC Baltimore, Maryland. Berry simultaneously pastored Good Samaritan MCC (Norfolk) and MCC Peninsula (Newport News). During this time, she facilitated the merger of these churches to become New Life MCC, Norfolk, Virginia, and continued as pastor of New Life after the merger. Delores's last pastorate was with MCC Portland, Oregon.

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Laser Hair Removal as Gender-Affirming Care for Transgender Patients

By GBMC HealthCare

Laser hair removal is an often overlooked, but critical part of transition care for transgender patients. Facial hair is one noticeable area, but removing chest, back, and other body hair can provide an equal source of comfort, confidence, and alignment with gender identity.

"Laser hair removal is probably the service we do most for the transgender community," Esther Kim, DNP, FNP-BC, a board-certified nurse practitioner at Greater Beauty and The Vein Center at GBMC, said, "especially facial hair removal, because it really helps with gender dysphoria."

"Even when it's temporary, any little bit helps. Reducing facial hair makes daily maintenance easier and helps patients feel more confident."

Insurance acceptance has expanded access to care, yet Kim is still among very few laser hair removal specialists in the region who accept insurance. Care is individualized, goal-oriented, and focused on educating patients to ensure their care fits their needs. Some patients self-select to see Kim while others are required to go through hair removal treatment before surgery.

Laser hair removal can be done before, after, or concurrently with hormone therapy. While estrogen may slow growth and thin hair, it does not eliminate follicles.

"If hormone doses change, we may see some hair growth during the laser process, and that's something we talk through with patients," Kim said.

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**Esther Kim,
DNP, FNP-BC**

Rev. Delores Berry Continued

Berry co-founded the National Coalition of Black Lesbians and Gays in 1978. It was the first national organization serving the black LGBTQ community in the United States. She also helped organize first Gay and Lesbian March on Washington in D.C. in 1979 and the first People of Color Gay and Lesbian White House Conference.

In 1984, Delores met her life partner Judy Kaiser and in 1987, the pair formed Rev. Delores Berry Evangelistic Ministries. From 1987 until around 2015, Rev. Delores and Judy traveled worldwide to around 50 churches annually as evangelists in UFMCC spreading the good news of God's radical love. During her preaching and testimony, Rev. Delores would sing and was known for changing the words to famous Christian songs including Don't give me that Old Time Religion and You Raise me up (The LGBTQ+) version as well as many others. She recorded 4 CD's during the time and sold thousands spreading God's love through song to all those that needed to hear it.

As someone who attended several services and concerts of Rev. Delores, what I experienced was that the spirit was with her and through her. Anyone who came was blessed. Rev. Delores brought the soulful roots of her African-American background crossed with the Pentecostal movement of UFMCC and blended them together like no one else. Judy passed away in 2016 and Rev. Berry passed in 2017. While she may no longer be with us spreading the good news, her legacy lives on. There are many Youtube videos of Rev. Delores's preaching and singing as well as interviews. Look them up and share. In this time of fear, hate and hopelessness, someone needs to hear them and the message that they bring.



Rev. Berry & Judy

Laser Hair Removal Continued

Laser targets pigment or melanin in hair follicles. Because of this, it unfortunately cannot be used to treat gray, white, red, or very light blonde hair.

Electrolysis is required for those hair types, which treats individual hairs manually.

It's important patients understand laser provides permanent hair reduction, not total removal. Once a follicle is destroyed, it will not grow back, but dormant follicles can activate later. The goal is 80% or greater reduction through a typical course of treatment, with possible maintenance treatments following to catch the dormant follicles.

During an initial course of treatment, patients will see Kim for six to eight sessions, spaced 4-6 weeks apart, depending on the need. Face and neck treatments can take 10 minutes, but legs or larger areas can take an hour or more. The sensation is generally tolerable, though uncomfortable. Some patients choose to split treatments into multiple visits for comfort.

Gender-affirming care is not one-size-fits-all. Inclusive services like laser hair removal reflect a broader commitment to meeting patients where they are. Backed by institutional support and individualized care planning, Greater Beauty at GBMC is helping ensure transgender patients have access to services that support their health, identity, and confidence throughout their care journey.

For more information, visit:
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Leather Line - MAL 2026: Staying Positive in a Sea of Change



by Rodney Burger

Mr. Pittsburgh Leather Fetish 2026 Gage Ryder was sashed Mr. Mid-Atlantic Leather 2026 during the annual Mid-Atlantic Leather Weekend hosted by the Centaur MC at the Hyatt Regency Washington Capitol Hill on January 16th -19th. First runner-up went to Dante from Raleigh, North Carolina and Mr. Connecticut Leather 2026 Ricky Mestre took home the 2nd runner-up medallion. Also competing in front of a packed ballroom were Mr. Virginia Leather 2025 Sir Don, Mr. Rehoboth Leather 2025 Adam Gold, Morbius Nkosi (ONYX SE) from Atlanta, and Mr. North Carolina Triangle Leather 2025 Boy Diesel (Sean).

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Tasked with judging what had to be a very close contest were Mr. Mid-Atlantic Leather 2025 Jason Elliott, International Mr. Leather 2025 Rene Hebert, popular Baltimore entertainer Miss Leon's 2025 Sapphire Brilliance Dupree, President of Steel City Pups Asami the Fox, Mr. Eagle LA Leather 2025 Matias Gomez Constenla, Mr. San Francisco Leather 2019 Jawn Marques, and leather man performer and founder of a performing arts studio Omar Ziese.

Tally Masters were Mr. GNI Leather 2022 Christopher Gonzalez and Mr. Rubber Ireland 2015 Collie (Pup Link). Tasked with keeping the judges happy was Judges' Boy Mr. Mayhem Leather 2023 Keron. The contest was co-emceed by Mr. Mid-Atlantic Leather 1993 Frank Nowicki and Mr. Mid-Atlantic Leather 2020 David Spivey. After being the amazing MAL emcee since 1995, Frank is passing the torch. It is always nice to see new faces, some on the old faces.

The theme for the weekend was "Centaur Noir" which fit very well with a hotel that had recently been completely redecorated in a sort of steampunk style in shades of black and white. As with all changes, it was not without controversy. The hotel issued at statement that: "Due to recently completed renovations, large gatherings will not be allowed in suites and guest rooms." The leather community is all about adapting to change, so the fun did not end. Most clubs just scaled down their gatherings limiting them to club members and a few guests. If 2020 taught us anything, it is about adapting and making it work. Mr. MAL 2009 Kip Hollar had a much smaller party this year, but I still had a wonderful time and met some interesting people. Things change. I can remember when someone could just walk into the lobby at MAL for free. Now, not only are tickets required, there were warnings about scammers selling bogus tickets.

One thing that didn't change was Saturday night's Leather Cocktails. This year the Centaur MC toasted fifty years of the leather community's best party. Not only were there amazing film noir decorations, (Where does one find black roses and black calla lilies?), but a film was even made that played in the lobby and above the escalators leading to the ballroom.

Also unchanged was the popular MIR rubber social, puppy mosh, super hero meet up, MAUL cocktail party, and the always packed ONYX fashion show.

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Mr. MAL 2026

Community Word Search

B V O T X C R J G W E L T C L L S R F A Y R X L X
 I P M G S H O B D R C O L I A A N M E C B O E R S
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 V X R R O L Q Z M F V E I M F J O I I E U X C I P
 L H E F N Z K U F U K E O F H S T G Q P N N L N S
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Rainbow

Respect

Rights

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You can watch on the following:

- AACTV Glen Burnie Cable Access- Check Local Listings
- Fridays at 9:30PM on Comcast 99 & Verizon 213
- theglenburnieplayers.com
- @AnneArundelAnimation
- <https://youtu.be/GC4AtkheMpI>

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December 2025 MarylandOUTloud.com Vol. 1 No. 5
Meet Dr. Ruth Horowitz, Endocrinologist and LGBTQ+ Advocate

By Adam Romanik

Recently, I sat down with Dr. Ruth Horowitz, Endocrinologist and LGBTQ+ Advocate. Dr. Horowitz is the Chief of the Division of Endocrinology at Greater Baltimore Medical Center and serves on the Pride committee to make GBMC a more inclusive and friendly institution for all. Dr. Horowitz is also one of the only endocrinologists in Maryland who's part of the World Professional Association for Transgender Health.



Dr. Horowitz grew up in a very progressive home; her father worked for the Social Security Administration and her mother was a social worker. During her childhood years, she remembers how her parents instilled in her equity for every person. After high school, she attended Oberlin College, a liberal and progressive school and then earned her medical degree from the University of Cincinnati College of Medicine.

Dr. Horowitz selected endocrinology because it is a more specialized medicine based on individual patient conditions and at many times, in endocrinology it's like solving a complicated problem for each patient. During her time at Oberlin College, Dr. Horowitz was exposed to the LGBTQ+ community. Through her family she first got involved in the trans community and was approached about practicing trans medicine. After some training and conferences, she realized that practicing trans medicine was no different than any other form of medicine.

A few years later, the pride committee at GBMC was holding a celebration for Transgender Day of Remembrance which prompted her to reach out to the committee chair and join the pride committee. As a member of that committee, she has helped to make GBMC more inviting and inclusive. The committee also participates in the local pride festival and parade, holds other celebrations during pride month and national coming out day, and holds trainings and workshops for staff on topics to advance inclusivity.

As we were getting near the end of the interview, I asked Dr. Horowitz, what are the biggest issues that you are currently facing? "Fear," she replied. People in the trans community are worried about getting access to their meds, healthcare and about being safe. They are worried about information in their medical records going to set them up for being harassed, arrested, or deported. Dr. Horowitz reassures them that Maryland is a very trans friendly state and has protections for the community and has seen many patients move from other not so friendly trans states to Maryland because of the support there.

Dr. Horowitz's recommendation for the LGBTQ+ community is support each other and be active in the community. For those that are considering starting the journey of transitioning, she recommends making sure that you have psychological support and work with a mental health provider at the same time starting hormone replacement therapy as well as having some deep conversations with your medical provider to consider things that you may have not thought of previously.

Dr. Horowitz's practices at Bay West Endocrinology Associates PA in Timonium, MD. For more information, visit <https://www.myprivia.com/bayendocrinology>

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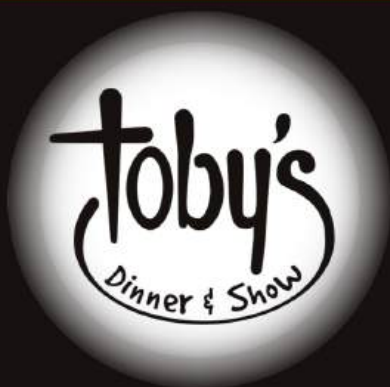
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The Economy and Markets Today — And What May Lie Ahead in 2026

By **Woody Derricks**



As we begin 2026, investors are facing a familiar but often confusing disconnect: stock markets near record highs, alongside persistent concerns about affordability, job security, and the cost of everyday life. Both views can be true at the same time and understanding why helps frame realistic expectations for the year ahead.

At the heart of this divide is what economists describe as a **K-shaped economy**, where financial outcomes differ sharply depending on income level, asset ownership, and industry exposure. This separation plays out not only in the stock market, but increasingly in **household finances**, consumer behavior, and long-term economic growth.

Where the Economy Stands Today - Growth, Inflation, and Employment

The U.S. economy in late 2025 continued to grow, but at a more moderate and uneven pace than in the immediate post-pandemic years.

- **Economic growth** remains positive, though slower than earlier in the recovery.
- **Inflation has cooled** from its peak, but prices remain noticeably higher than they were just a few years ago.
- **The labor market has softened**, particularly in lower-paying and cyclical industries, even as many professional and technical roles remain relatively stable.

These trends help explain why economic headlines often feel contradictory. Aggregate data suggests strength, while individual experiences vary widely depending on income, job type, and financial flexibility.

Stock Markets: Strong Headlines, Narrow Leadership, Market Performance

U.S. equity markets generally advanced through 2025, with major indexes such as the S&P 500 reaching or approaching record levels. However, market gains have been **highly concentrated**.

A relatively small group of large technology and AI-related companies—led by firms like Nvidia and other mega-cap names—has accounted for a top-heavy share of overall market returns. When these companies perform well, index-level results look strong even if many other stocks lag.

This concentration has important implications:

- Market performance may not reflect the experience of the “average” company.
- Volatility can increase if leadership narrows further or sentiment shifts.
- Diversification might matter more than headlines suggest.



Key takeaway:

A small group of companies is driving a large portion of market gains, while many others have delivered modest or mixed returns.

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The K-Shaped Economy: Beyond Markets

The term K-shaped economy describes a recovery where different groups move in opposite financial directions. This pattern has become increasingly visible—not just across companies, but across households.

Households on the Upper Arm of the “K” with Higher-income have generally benefited from:

- Strong stock market returns
- Greater exposure to retirement plans and taxable investment accounts
- Rising or sustained home equity
- Wage growth in specialized and professional roles
- Higher interest income on cash and savings

For these households, higher interest rates—while inconvenient for borrowing—have also created opportunities to earn meaningful yields on savings and short-term investments. Their net worth continues to grow, and their ability to buy

Surviving The Turmoil

By Janan Broadbent, Ph. D.



We are living in times most of us never thought would be a reality in the USA. Although history has examples of such upheavals in other countries, we had the image of that shining city on the hill that did not include armed and masked people creating the havoc we are seeing and not only detaining people with violence but killing them as well.

This is threatening to all but especially to minorities. It challenges our beliefs and values of fairness, justice, and due process. Predictably, those of us who uphold those values and beliefs have mixed reactions of sadness, anger, anxiety, and fear, but also defiance and courage not to accept the repressive actions.

I find the greatest comfort and hope in watching how large and small city residents are getting out, arctic cold notwithstanding, to protest, to hold signs and rally against the government. Once again, it is the human spirit and our connection to other human beings that create the backlash to lawlessness, uncalled-for violence and a general repudiation of what was decency and the freedom-loving American soul.

So I encourage you all to keep the faith in our neighbors, friends, family and community, not to lose hope, and not to despair. It is incredibly disappointing and infuriating when some people we knew as friends turn out to support this unAmerican situation. But courage is indeed contagious. Hold on to your peaceful inner core but keep fighting in any way you can...



"In union there is strength." — Aesop

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Leather Line Continued

The very look of leather has changed over the years. I remember a time when there were two types of leather: black and wrong. Boy have times change! I saw even more colors this year and so many new designs. The large leather vendor mart had a wonderful mix of old favorites like Anubis Gear, WolfStryker, and Mr. S and fun new offerings from Vilain Garcon and Sir Rat Leather & Gear.

Kinetic sponsored amazing dance parties all weekend with MAL ending on Sunday night with the fabulous Kinetic Closing Dance at the AI Warehouse.

In a world that keeps changing in scary ways, I am thankful to the Centaur MC for a positive weekend of joy and tradition.



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high-end items has been unaffected.

Households on the Lower Arm of the “K” face a different set of challenges:

- Limited exposure to stock market gains
- Greater sensitivity to higher prices for housing, food, insurance, and utilities
- Rising credit card and auto loan balances
- Less financial cushion for emergencies or job disruptions

Even though inflation has slowed, the early-COVID cost-of-living increase significantly raised the floor on most items, and wages have not fully offset that shift for many households. This dynamic helps explain why consumer sentiment surveys show that people are worried about their financial picture despite positive economic data.

Consumer Spending

Consumer spending remains the backbone of the U.S. economy. While overall spending has held up, it is increasingly driven by higher-income households. This creates vulnerability: if stock markets weaken, high-end housing prices decline, or jobs are lost in higher-paying sectors, spending could slow more quickly than expected.

Policy Challenges

The Federal Reserve (the “Fed”) must balance competing forces:

- Supporting employment and growth
- Preventing inflation from reaccelerating
- Managing financial stability risks

This balancing act becomes more difficult when economic conditions differ so widely across income levels. Until there is more clarity regarding inflation or a significant increase in unemployment, the Fed will continue to walk a fine line on their path to lower interest rates.

What This Environment Means for Investors

In a K-shaped economy, financial planning could matter as much as market performance. Key considerations include:

- Diversification: Reducing reliance on a narrow group of market leaders for the potential upside in other areas of the market or to help your portfolio if volatility strikes those top companies
- Risk management: Aligning portfolios with personal timelines and income needs
- Liquidity planning: Ensuring adequate reserves amid economic uncertainty
- Long-term discipline: Avoiding reactive decisions driven by headlines

Strong markets do not eliminate risk, and uneven economic conditions reinforce the value of a thoughtful, goals-based approach.

Bottom Line

As 2026 begins, the economy and markets are best described as resilient, but uneven. Stock market strength has masked meaningful differences beneath the surface—both across companies and across households.

The K-shaped economy helps explain why optimism and anxiety can coexist. For investors, recognizing this divergence is essential to setting realistic expectations, managing risk, and staying focused on long-term objectives rather than short-term noise.

A steady, well-diversified strategy—grounded in personal goals rather than market headlines—remains our suggestion for the year ahead.

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