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Volume 1, Issue 7
JUNE 2017

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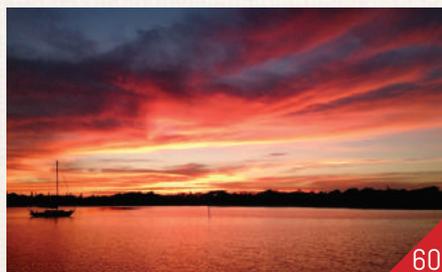
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OUT CLIQUE ORG

WHERE TO GO. WHAT TO DO. WHO TO MEET

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MAN ON THE STREET: IAN JACOB

By Denny Patterson

Welcome back! It is now time to meet Ian Jacob. Ian is a D.C. native and visual artist who is on the path to success. With a focus on modeling and photography, Ian has a peculiar creative outlook. Last year, Ian moved to Orlando to be with the man of his dreams. However, the relationship did not last. In addition, little did Ian know that he would be just a couple minutes away from the country's worst mass shooting – Pulse Nightclub. Now, almost a year later, Ian is back in D.C. and ready to focus on himself and his art. His biggest passion is promoting his creativity.

So, you moved to Orlando to be with a guy?

Yes. I had been dating this guy long distance for over a year. I was living in D.C. and he was just north of Orlando. We decided to give it a solid go, so I moved down there. We were in it for the long haul.

I am so sorry that it didn't work out.

Thanks. There was a pivotal point in our relationship where I started to plan to propose and have a family with him, but at the end of last summer, it all kind of fell apart.

When did you move back to D.C.?

I moved back to D.C. early last fall.

You mentioned Orlando was a culture shock. How so?

Growing up in D.C. was weird. Like it was normal for the kid who you cheated off AP Government to be the child of a senator. You would walk by the Capitol every day. It's not like that in other places. I was young when 9/11 happened, and so many major events surround this town because it's the capital of the country. Florida, and even the southern region, is a little weird to me. Here in D.C., everyone wears khakis and dress shirts all year round. Down there, the joke is you can wear flip flops to a funeral. That would not fly here [laughs].





You lived in Orlando during the Pulse tragedy, correct?

Yes, I did.

Were you at the nightclub when it happened?

No. I had just started to make my own friends outside my ex's friend groups and they were planning on taking me out for the first time that night. We were going to bar hop and they told me we were going to end up at Latin night at Pulse. I ended up flaking on going out with them that night because my partner at the time, that was one of the first days where I thought this was not going to work out. I wasn't in the mood to go out. The next morning, I woke up to a dozen voicemails from my mother freaking out, because the last she heard, I was going to go out bar hopping and clubbing in Orlando. I immediately text my friends to make sure they didn't go. For me, it brought back a lot of the fight or flight kind of feeling after 9/11. Everyone down there was trying to work through what had just happened.

Did your friends end up going?

No, they didn't. They ended up going to a straight bar instead. I never thought I would be so thankful for them to go to a straight bar instead of a gay bar.

What a relief. What ran through your mind when you first heard what happened?

It was a complicated morning. I woke up with all these voicemails from my mom, who of course, was very upset because she thought I was there. My partner was getting in touch with all his friends who were mostly heterosexual and didn't know many gay people, so it was odd to see how they reacted. I was shocked and scared, but it was weird being among people who weren't as shook up as I was. I even got a message from Facebook asking if I was okay because it knew my location, so I responded saying that I was safe. I then got all these messages from friends asking if I was okay.

Of all my friends in D.C., none believed in fate more than I did that day, because if it wasn't for my relationship falling apart, I probably would have been there.

How did the Orlando LGBT community respond?

That's probably one of the things that makes me the saddest because my partner didn't really participate in the gay community in Orlando. Most of his friends were straight, he didn't like to go to gay bars, he was freshly 21 and he had the opportunity to go out and experience gay culture, but he didn't want to. So, he didn't want to go to any of the vigils or anything like that. The few friends I had down there, they were too unnerved to go, and I was too shy to go alone. It was one of those weird moments where shortly before moving to Orlando, I was beginning to find myself within the gay community in D.C. Then suddenly, I'm in Orlando and a horrible tragedy happens and I





wasn't sure where I fit in yet. But overall, I saw a lot of beautiful memorials and remembrance tributes.

It's hard to believe that the one year anniversary is coming up.

It is. It's just shy of a month away. I'll be going to the vigil in D.C., and that will be the first vigil I'll get to go to which is kind of surprising. It will be hard for me and it's another situation where I'm not sure if people are going to understand because I was so close to it. I went back down for Pride last November. A lot of it was a bit of a memorial for those who lost their lives and loved ones and friends. I was glad I could do that.

Let's move on to a happier subject. Tell me more about your art. You primarily do photography and modeling?

Yes. In terms of art, I haven't done too much photography since high school. Growing up, I always wanted to be a model and actor, but I never got the growth spurt I was expecting, so in high school, I really turned to photography. I did quite a bit of portraits and landscape photography, and I was good at it. I participated in local student shows. When I was about 20, almost 21, I didn't really have anyone who was willing to model for me. I was lost for a muse, so I would take these selfies of myself. Like really weird stuff. I'd cover myself in chalk and do artsy, dark things. Well, someone hit me up on Tumblr and basically said I had a good face and should give modeling a shot. So I did. And within 2-3 months, I was doing shoots in New York. It all happened so much quicker than I expected. When I was younger, I did a lot of sculpture and painting, but now I do a lot of digital artwork. >

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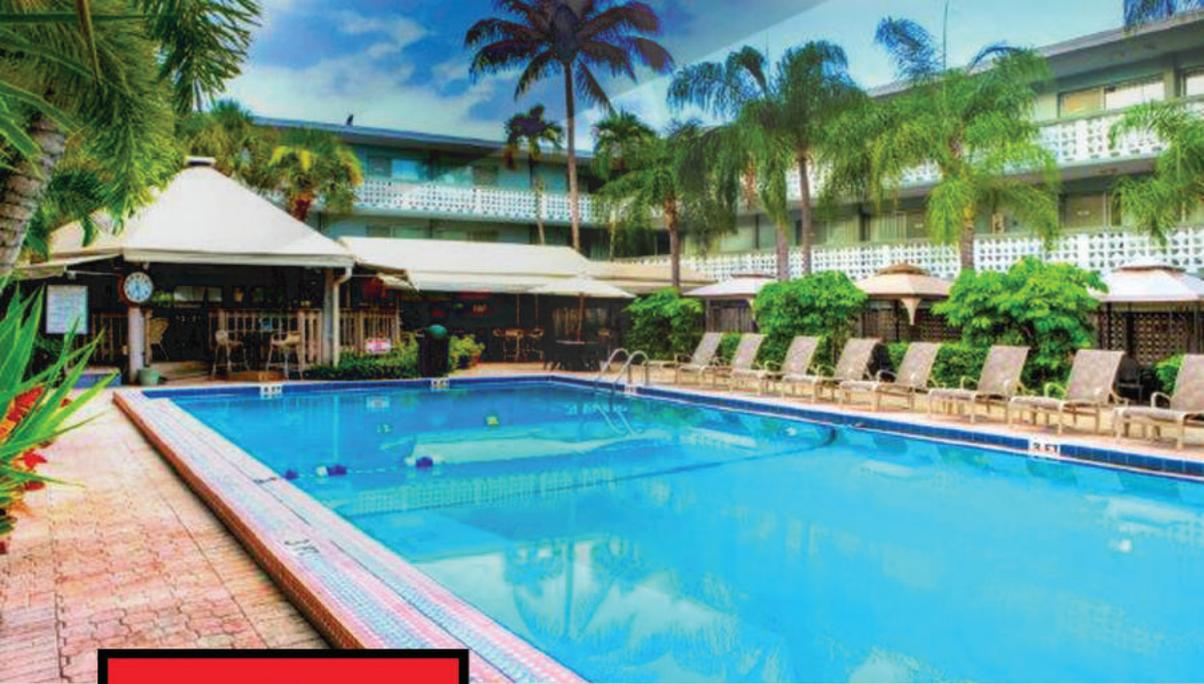
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Does your art also include fashion as well?

Yes. Fashion is something I have always been into. When I was younger, I also wanted to be a designer. I basically wanted to be the kind of celebrity who dabbles in everything. You know, many of us have those kind of dreams [laughs]. I always loved fashion, but it was hard for me when I first started because not only was I new, but because I'm not that standard industry size. The industry makes clothes in a slight variety of sizes, but I don't fit in any of them. I'm really short and have thick thighs and a long neck, so I can't just wear anything. I have to be tricky with the way I dress and style myself. Almost every shoot I've done, I've had to style myself and I take pride in that. A lot of models dress as models, but I had to do more.

What is your favorite fashion trend?

Right now, I kind of love chokers. They're cute and trendy and I love that. Just recently, I was featured on BuzzFeed for wearing a crop top. The photos are a couple of years old, but it's great. Traditionally, fashion is usually geared towards T-shirts, jeans and suits, but there is now a lot more variety. We are getting to a point where general lines are being blurred

without being looked at too funny on the street.

Another one of your favorite pastimes is traveling?

Yes, I love traveling. I've been really lucky. I probably shouldn't say this, but my grandma, my mom's mother, I was really close to her, she said, "Ian, you're the only grandbaby who has a future. You're the only one who I have really high hopes for to do something special." When I was 16, she sent me on a trip to Japan, she sent me on another trip to the Mediterranean, Turkey, Greece, and Italy after my high school graduation, and she sent me to Paris when I was like 20. So, I have gotten to travel a good bit. I want to try and make it to Toronto this summer if possible and a lot of places in the U.S. are on my bucket list.

What is the long-term plan for you?

I am going back to school to finish my bachelors in graphic technology, and I eventually want to try to make it with an ad agency in either New York or L.A. In creative terms, I want to get to the point where people know me more than what they see. I want people to know that I am smart and I am creative.

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THE 4 STEPS TO A FLAT STOMACH

By Bobby Jackson, BA, CSCS



The most common question I receive as a fitness professional is “How do I get a flat stomach?” It is by far the most popular goal in the gym, as well as one of the most misunderstood. There are several major factors that go into achieving and maintaining a truly flat stomach, the least of which is the exercises you choose to target those muscles. Here are the 4 simple steps that I use with my clients, and on myself, to get the coveted flat stomach.

1 LOWER DAILY CALORIES

The very first thing we need to understand is that when our goal is to tone up, increase muscular definition, or flatten our stomach, what this really means is that we want to lower our body fat percentage. When we lose body fat it better exposes the muscles underneath. That is what creates the toning, defining, flattening effect. Our first step

should be to slightly lower our daily caloric intake to help our bodies begin burning stored fat. We should only lower calories slightly at the beginning and then gradually lower them more and more, every 2 or 3 weeks, until we've found the right daily caloric intake (calories in) to support the results we want.

2 MAXIMIZE WORKOUTS

The most efficient way to jumpstart calorie and fat burning (calories out) is with a well-structured workout routine. This means that when we are in the gym, we need to be using the most efficient exercises to maximize the number of calories we burn per workout. The easiest way to do this is to focus on compound exercises, keep the total volume

(reps and sets) of each exercise high, and limit your rest between sets and exercises to 2 minutes or less. We also need to work as many muscle groups as possible in each workout. This system will allow you to achieve a higher calorie burn-rate and help maintain it throughout the entire training session.



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3 DIGESTIVE HEALTH

The least commonly discussed factor when talking about flattening our stomachs is digestive health. However, even when a low body fat percentage is achieved, poor digestive health can cause significant bloating and protrusion of the lower abdomen.

Proper digestive health not only alleviates digestive distress but also increases nutrient absorption, allowing us to get more out of the food we eat. Make sure you are eating well balanced meals, plenty of vegetables, and lots of water throughout the week.

4 CORE EXERCISES

The final step to a flat stomach is selecting the right exercises to target the sides and center of our core. We also need to be sure that we are engaging the entire length of our abdominal muscles and not just the top portion. Our abdominal muscles stretch from the base of our pelvis all the way up to the base of our chest. This requires a larger range

of motion to fully engage than the standard crunch exercise. My go-to exercises for thorough abdominal engagement include activation at the front of the hip to ensure that the very base of the stomach will be engaged. This includes leg raises, v-ups, and mountain climbers. My rule is: if your feet are planted on the floor, you are probably missing your lower abs.



By lowering our daily calories (calories in), maximizing our workouts (calories out), increasing our digestive health, and hitting the right exercises, we will be well on our way to the flat stomach of our dreams. However, even after we master these 4 steps, our success will still come down to how consistently we apply them. Give yourself a few solid months of consistent training before expecting to see head-turning results. Luckily, once we get there, it is much easier to maintain them.

Bobby is a graduate of Minnesota State University with a degree in Biology, emphasis in Health and Medical Sciences. Certified as a Strength and Conditioning Specialist, Bobby is the owner and director of The Custom Fitness Institute, a private training studio in Pompano Beach.

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BAD MEMORY?

DO THESE! TRY THIS! CHECK THIS OUT!

By Jimmy Rodgers

I know that I'm not the only one with confusing moments trying to remember "What I was doing", "Why did I come in here", "What I was saying," and "Have we met before?"

Are we too busy? Is life going by too fast? Do we have too much on our plates? The answer to all of that is, YES!

With June being Alzheimer's awareness month, I can't think of a more perfect time to remember our memory, or try to at least. Instead of writing it off as, "It must not have been that important." Of course it was dork! That's why you spent almost 10 minutes trying to remember what you forgot!



First and foremost, let's confirm the nitty gritty. We first need to understand that Alzheimer's and Dementia may be two different things, but Alzheimer's is actually a form of Dementia, with Dementia being the final stage, if you will, of memory loss and behavioral changes that include acts of delusion, disorientation, mood and behavior changes, suspicions about family and friends, and even difficulty speaking and walking.

We all have brain farts, some more than others. Yes, with age they come on more frequently, but memory loss is not a precursor to getting older. Unfortunately, it just happens to most people and thus falls in the logic that by getting older you will lose your memory and be forgetful. Wrong! Like everything else that needs maintenance, there are certain things

to do to train your brain to keep your thoughts on track and your memories stay put where they should be.

Below are some really cool brain-boosting lifestyle stuff:

EAT RIGHT

Fresh, organic vegetables are essential, as are healthy fats. Celery, broccoli, cauliflower, and walnuts all contain antioxidants that protect your brain health and may even stimulate the production of new brain cells. Increasing healthy fats like omega-3 (salmon, tuna, sardines, spinach, and pumpkin seeds) are mega brain-boosters as well as Krill oil, which contains astaxanthin, that not only protects the omega-3 fats from oxidation but also is beneficial for brain health. Coconut oil is

another healthy fat for brain function, amongst other super powers.

EXERCISE

Exercise encourages your brain to work at optimum capacity by stimulating nerve cells to multiply, strengthening their interconnections and protecting them from damage. Individuals who exercise are actually growing and expanding the brain's memory center up to 2% per year, instead of declining in size. Well that's a 'no-brainer'.

STOP MULTITASKING

Yes! I'm talking to you! Multitasking may actually slow you down, make you prone to errors as well as make you forgetful. Huh? You need about eight seconds to commit a piece of information to your memory, so if you're on your phone and carrying a bunch of stuff when you put down your car keys, you're unlikely to remember where you left them.

The opposite of multitasking would be mindfulness, which helps you achieve undistracted focus. Sweet! Mindfulness classes improve reading comprehension and working memory capacity, as well as experiencing fewer distracting thoughts.

GO TO BED!

Sleep enhances your memories and helps you practice and improve your performance of challenging skills. A single night of sleep or only four to six hours can impact your ability to think

clearly the next day. In addition, mid-day naps were found to dramatically boost and restore brainpower. Just to clarify, a nap would be about 15–20 minutes. More than that you might as well turn on the night light.

PLAY BRAINY GAMES

If you don't sufficiently challenge your brain with new information, it eventually begins to deteriorate. By providing appropriate stimulus, you can counteract this degeneration. I'm in!

One option to play these games online via the web or on your smartphone is Lumosity.com. Another great program is called Brain HQ. Both have many different exercises designed to improve brain function and it also allows you to track and monitor your progress.

If you decide to try brain games, 20 minutes a day is preferred, but no more than five to seven minutes is to be spent on a specific task. When you spend longer amounts of time on a brainy game, the benefits weaken.

MASTER A NEW SKILL

Don't like brain games? Find a skill or hobby. Engaging in meaningful activities stimulates your neurological system, counters the effects of stress-related diseases, reduces the risk of dementia, and enhances health and well-being. The task must be important to you, mentally stimulating and/or somehow interesting. It must hold your attention and something you



JIMMY SAYS: You've heard it time and time again. "A mind is a terrible thing to waste!" So, stop Wasting it! It only takes a little TLC here and there to keep all cognitive function in adequate working order and for your noodles upstairs to remain al dente. It's relatively simple to do and takes just minutes a day. Now, where did I put those damn car keys?

look forward to. Watching TV is neither a hobby, nor a skill.

IMPROVING GUT HEALTH

As I've mentioned in past articles, your gut is your "second brain," and the bacteria in your belly sends information to your brain. Just as you have neurons in your brain, you also have neurons in your gut.

One of the best ways to support gut health is to consume beneficial bacteria. You can use a probiotic supplement for this, but using fermented vegetables can deliver extraordinarily high levels of beneficial bacteria. A healthy serving of sauerkraut, two to three ounces or so, provides the equivalent of nearly 100 capsules of the highest-potency probiotic you can buy. (Mic drop)

HAVE A LAUGH

You've heard that laughter is the best medicine, well it still is! For your brain, your memory, and your body. Emotional responses are limited to specific areas of the brain, but laughter engages multiple regions across the whole brain. Here are a few ways to start:

Laugh at yourself. Share your embarrassing moments.

When you hear laughter, move toward it. Join in.

Hang out with fun, playful people. These are people who laugh easily and their playful point of view and laughter are or should be contagious.

Surround yourself with reminders to lighten up. Keep toys on your desk or in your car (I have them in both). Choose a computer screensaver that makes you (and others) laugh. Frame photos of you and your loved ones having fun.

Pay attention to children and emulate them (even if you don't like the little darlins). They are the experts on playing, taking life lightly, and laughing.

OTHER IMPORTANT BRAIN BOOSTERS, HELPERS, AND INFO:

Blueberries, red meat, crab, garbanzo beans, choline, vitamin D, intermittent fasting, socializing regularly, get organized (not to be confused with multi-tasking), write it down, and make things relatable - if you can't relate to something what makes you think you'll be able to remember it?

Some items to avoid that hinder brain boosting power and memory recollection are tobacco, alcohol (moderation is ok, thank god), and sugar and carbohydrates, including gluten.

Feeling Super Yet?



Jimmy is a Holistic Health Coach who received his training from the Institute for Integrative Nutrition in New York City. He is also board certified by the American Association of Drugless Practitioners and provides continual support in the areas of food, nutrition, and lifestyle to locate the balance needed to achieve any personal health and wellness goals.

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Kybella (deoxycholic acid) is a non-surgical, injectable treatment that destroys fat below the chin also known as "double chin" and in the jowls area. Kybella kills the fat cells which are then eliminated from your body, while the surrounding tissues are unaffected. Kybella costs under a thousand dollars per treatment but that will vary based on area size. And unlike treatments like Botox, this does not require updates as the fat is destroyed and will never return.

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BOY BAG ABC'S

(THE ALPHABET OF A SUBMISSIVE'S TOTE)

By Pup Napoleon

My Sir and my Alpha (my mentors within the fetish arts) both expect excellence from me. I may be just a 12 month old Pup, but I know I want to please them. Fortunately, I am an old enough (human) to provide that satisfaction. It may add an extra five minutes before I walk out the door, but I always have at hand what I need for the day, and even more importantly, what others around me may need.

A boy is prepared to be of service to the community. It may mean an instant (or tedious) task commanded by Sir, but usually, it is just being able to offer a flame to a nearby brother who needs a cigar light. For ease of mind, I make sure I keep all of my essentials in one location, in my Boy Bag, the bag I take with me to blend into society while meeting all of my needs as a symbiotic and productive member of society.



When a situation may arise which could require a valiant solutions, here are a few ways to make sure your Boy Bag is of service to you. And yes, I take inspiration from everywhere: Dora, Batman, Mary Poppins, and even Harriet the Spy. I have finally narrowed my boy bag to just the essentials:

- Bluetooth headphones (for work, workout, or to reach Sir)
- Notebook & pen (an artist has to dream)
- Nintendo Switch (I'm a people-puppy)
- Contact Case (if I end up out too long)
- Cell phone charger (the more connection options, the better)
- Pocket knife (just for the bar tools alone)
- Protein bar (munchies)

I've divided the list into 5 key categories so that you, too, can make sure you have your own essentials. Remember, you want your bag small and light, able to be taken anywhere. So choose wisely. Perhaps one or two items from each heading.

A. Cleanliness: This could mean as simple as a pleasant scent. I recommend cologne over deodorant due to the heat down south. Other great options to meet specific needs are breath mints (though, not gum, which stimulates more saliva production), a toothbrush, or the catch-all, alcohol wipes. Use the wipes on your tongue, your skin, or your bum. Tissues are another good idea, for wiping away any sort of fluid from wherever it lay.

B. Handiness: there are tools for practicality which can always be added to a bag. A lighter is a must if you go to bars. Another ubiquitous item, the pocket knife, has two key items: a wine cork and beer bottle opener. Everything else is bonus; fit to your needs. Contrastingly, you could lean on a kit dedicated to tools, if you often build with your leather buds; perhaps even a survival kit.

C. Organization: A good boy knows to stay sharp. In a previous life, a palm pilot would have been the device here. Now, we all



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use Smart Phones; just make sure you keep with you a charger, enhanced with various attachments so that others may use it. If you're old fashioned like me, there is nothing as satisfying as using your own hand, and a notepad is another big must.

D. Intake: Whatever you may need to consume. Snacks and water, your 3 p.m. medication, or just some zinc, if you want a quicker recharge for round two.

E. Puppy item: This is (of course) my favorite category, it asks you bring

something social for play. Other than a bunch of sex toys, we have classic options such as a deck of cards or a small puzzle. Encourage group play, even when it is rated G.



F. Sexuality: Sure, a condom is a given, but make sure you are replacing it regularly as heat and pressure can cause them to weaken. Other ideas include a portable douche, some non-grip rope, or clothes pins. The latter two are very multipurposed, so stay tuned to read more about common household objects that can be made into pervertables.

Of course, the key is to personalize based around your own life's needs.

What do you think? Did I miss your favorite item? Has one of these items saved you in the past? Have a particular affinity for a brand? Shout out and let me know on instagram and facebook (@Pup_Eon).

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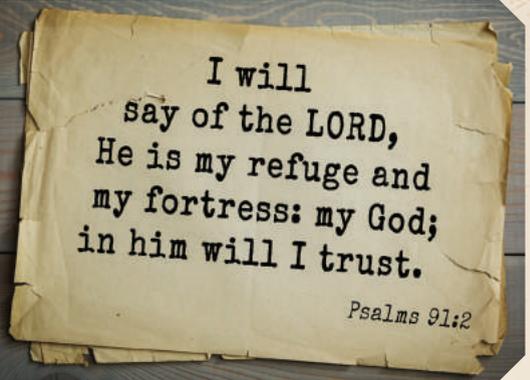
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PSALM 91: A PULSE TRIBUTE

By Ashley Ball

My name is Ashley Ball, a guy called Ashley! My sister is Melanie, guess my mother liked *Gone with the Wind*. We should have been more aptly named Rhett and Scarlett, but I digress. I am a Christian and gay. No conflict of interest. I live in Naples, FL and I am a composer. No, we didn't all die with Beethoven. My recent project has been writing music for church choirs.



Then June 11, 2016 happened. The horrific massacre of 49 innocent people and the wounding of 53 at Pulse. The deadliest mass shooting in modern U.S. history and deadliest violence directed towards the gay community in U.S. history.

Like most decent civilized people, I was horrified and saddened beyond grief. Television coverage was unbearable and the proximity of the atrocity to South Florida made it more horrid. Any of us could have been there, any of us, victims of the evil murderer. Who's to blame? The murderer, using as his excuse a distorted version of Islam? The ISIS terrorist organization? The all too readily available firearms? Years of bigotry, intolerance, discrimination, and hatred directed against gays by governments and individuals, much of it in the name of religion, yes Christians too, who should know better than to ever judge others. Didn't Christ continually warn them not to?

Even in horror, there were reasons to be thankful. The bravery of the police who rescued trapped victims and calling a halt to the murderer's rampage. The skill of medical staff caring for the injured.

My thoughts in the days after the tragedy turned to Psalm 91. I decided to compose a setting and dedicate it to those we lost.

Composing comes easily to me. But this Psalm? None of the great composers ever made a version. Mendelssohn set two verses, as did Palestrina (heard of him?). No one, it seems, wanted to touch it. It presents challenges. The Psalms in Hebrew or English are far from strophic. Sentences are differing lengths with varying syllables, so no room to compose a melody with a set phrase structure. Eventually, I mixed a variety of translations and my own poetic license to produce a text true to the original but giving flexibility.

In its original form, Psalm 91 is art, a poem to be sung perhaps accompanied by a lyre or wooden flute, maybe cymbals and drum-like instruments too. We have little concept of its sound 2,700 years ago. No musical notation exists and their "music" was as far removed from our "well tempered" system of western harmony that it would sound to us as foreign as folk music from some undiscovered tribe from the Amazon. This Psalm is probably the best known after number 23, "The Lord is my shepherd" but it's author is a mystery. Jewish scholars suggest Moses, mainstream academics agree on David, and a third thesis suggests a dialogue between David, Solomon, and God. In reading it, one cannot but feel that it's promises are unbelievable.

HERE IS MY ADAPTED TEXT:

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will rest in the shadow of the Almighty. I will say of my Creator, you are my hiding place, my God in whom I trust. Surely He will release me from the terror that would enslave me. He'll defend me from the violence in the streets. He will save me. He will redeem me, rescue me, He will deliver me. My Creator will cover me with feathers, and under His wings I will be safe. He will guide me past hands that reach out death to me, protect me from plagues that threaten all I love. He will hold me in His arms through the lonely restless night. Because he loves me, says The Lord, I will rescue him, I will protect him for he acknowledges my name. He'll call to me and I will answer him, be with him in trouble, deliver him and honor him, and with long life will he be satisfied and I will show him my salvation."

Now we go deep. These cannot be realistic promises? If we assume David as author, there are clear analogies. As a shepherd he

fought cougars and bears. Palestine 2,700 years ago was a dangerous place. David was an expert at using the slingshot. We know of his encounter with the 7 foot giant Goliath, the terrifying Philistine gladiator, dispatched by David's stone between the eyes. He even dodged a javelin from King Saul, slamming into the wall beside his head. Yet these promises don't seem to ring true to the average person. After all, even Jesus, the Son of God, told us that the sun shines and the rain falls on the good and the bad alike. There must be more to this poem than we first read.

The answer to its interpretation may come from the most unlikely source, Satan! He quoted this Psalm as He tempted Jesus in the wilderness, flinging the words in His face as if, "Hey, take this literally, throw yourself off the top of this building and God will save you." Jesus' response was to say that one should not tempt God. It's a clue that the Psalm shouldn't be taken literally and yet it's presentation of God as omnipotent and omnipresent are reassuring and comforting to all. As a Christian, it seems obvious the Psalmist is prophetic of the coming Messiah, Christ, who would redeem, save, rescue and deliver us. My favorite bit? One interesting image here is that of the mother hen. In the Bible, God is addressed in the masculine and Jesus called him Father and in Greek, "Daddy." Here, however, for a moment God shows us a feminine side which listeners then would pick up on. Baby chicks when scared, run to their mother who appears to sit on them, guarding them under her wings, hence the words, "under His wings we shall be safe." A beautiful picture.

This Psalm is not a magical spell. If I knew the answer as to why horrific things happen, I would not be just a composer. Sadness and grief, it seems, are an inevitable and essential part of living for reasons that one day we may understand.

So I dedicate my choral composition, Psalm 91, to the innocent victims of the Pulse massacre. My condolences to their families. May they be confident that God cares for them as they come to terms with their loss and heartache, assured as the Psalmist says, that God, The Creator of all things, is sheltering their forty-nine loved ones safely beneath His eternal wings.



Copies of the score are available from www.paracletepress.com.

SUMMERTIME FRESHNESS!

By: Michael A. Ferrara, Creator & CEO Blowmei, LLC

Summer is the best time of year. People take time off from work, go on vacations, travel to exotic and tropical destinations, and of course go to the many PRIDE events around our sun drenched, warm weather, salt in the air, beautiful state of Florida.

On the flip side, Florida's summer climate can be a real challenge when trying to look and feel your best for those summertime events! It's hot. It's humid. Your hair and face become oilier and greasier. You're sweating so much it is near impossible to even catch a slight buzz from those poolside cocktails at your BFF's BBQ. Then we have this whole "masc" issue, so everyone's secretly competing for the most corn fed, rugged, lumberjack-esque thick manly beard in town (you know who you are). I'm sweating just writing this article thinking of what's yet to come!

Lucky for you I have brought together a few effective and easy summer grooming tips and tricks all my bro's can follow. Seek no more! This has now become your official Summertime Not-So-Sad-Time Dude's Diary, Men's Minute, Bro's Bible, Guy's Guide to keepin' it fresh this summer!

HAIR & BEARD

DRY SHAMPOO

Still rockin' that man bun? Maybe your body sweats like crazy. This can wreak havoc on anyone who's hair is more than a couple inches long! Meet dry shampoo. This stuff is fast, effective, and can be applied virtually anywhere because no water necessary. This option is doubly good because it will provide

your hair a break from the typical wet shampoo you use, which when done too often, can strip the natural oils from your hair. Those oils help us keep thick, full, shiny, and healthy looking hair.

Try: Toni & Guy Dry Shampoo



POMADE

Still using that same bottle of LA Looks from last summer? Let's get you into something a little more sophisticated like a pomade. Pomades typically have a strong all day hold, high shine and never drip. The last thing you want is to look like the sasquatch crawling out of the swamp because your hair gel couldn't withstand the hot humid weather. Pomades are perfect for any hair type. Use sparingly. Too much product on your hair can start looking

like an oily mess, so keep it to a minimum. Look for an all natural product. It's seriously better for your hair if you avoid petroleum and other nasties that are in many of the hair products sold in the big box retailers today.

Try: Pig Pomade by Blowmei



BEARD OIL

Even the "bearded light," myself included, should be using some kind of beard oil. It helps open up your pores which prevents ingrown hairs, makes shaving more pleasurable, especially around the sensitive neck area, and it adds a richer scent to you, which studies show make a person more memorable to others. Look for an oil that isn't too thick.

Those will usually cause breakouts and leave you feeling heavy and greasy all day.

Try: Manetame (get it?) by Blowmei has a peppermint and almond oil daily beard oil that is perfect for the summertime heat!



FACE

OIL FREE CLEANSER

Some beauty guru's out there say using oil based products trick your body into thinking there's already enough oil, and therefore stops producing oil over time leaving a matte perfect face even in the sweltering months of summer. Well, I'm not buying that story for a minute! If it's Oil Free, it's for me (and should be for you too!) Your body is a powerful machine performing

all kinds of tasks every second, including producing oils which exit your pores. Adding more oil to that just sounds crazy.

Try: Clinique for men 2-in-1 Skin Hydrator



FACE SUNSCREEN

This is a year long way of life for those of us non snow-bird types. Make sure your sunscreen protects against both UVA and UVB sun rays

and always SPF15 or more!

Try: Zealios Sun Barrier 45spf



BODY

BODY SCRUB

Get rid of any excess dead skin cells that can contribute to body acne and the like. Use an exfoliator every few days in the shower to prevent ingrown hairs, and to keep your skin soft. Make sure you choose a scrub with hydrating properties in order to calm down any irritation caused. Also, make sure to use a light hand; too harsh of a scrub can feel satisfying

at first, but can cause red patches on your skin if it isn't used to exfoliation.

Try: Dove Men's shower scrub and exfoliating scrub bar soap.



ANTI-CHAFING GEL

Oh what a treat! That last bulk cycle has made you the Incredible Hulk's twin, and you do look incredible! However, we all know too well, that summertime heat causes us to sweat, things are rubbing and eventually chafing which can lead to a very uncomfortable situation. Don't worry guys. Using a product to prevent your inner thighs from causing a potential forest

fire doesn't make you high maintenance, it makes you smart!

Try: Anthony's No Sweat Body Defense
<https://anthony.com/shop/no-sweat-body-defense/>



If you would like to contact Michael, please email him at michael@blowmei.co or visit www.blowmei.co to learn more about Blowmei the brand and their current product offerings.



DEVELOPING COPING SKILLS THAT WORK

By Dr. Beau A. Nelson, DBH, LCSW

For most of us, each day is a cat-and-mouse game of problems and solutions. We have so much to do and so many things to say that we can barely keep track of it. Needless to say, stress is a part of our lives. Unfortunately, most of us never took a life course called “effective healthy coping skills,” so we have just had to wing it all this time. Let’s take some time to look at the good, the bad, and the possible, just in case you may need to add something to your coping skills toolbox.



Coping skills are defined as the psychological or behavioral processes that we employ to maintain our sense of self and safety. This is my definition with patients, you may add something in, but this about covers it. Most of the time we do not even notice we are “using” our coping skills. They are just automatic responses. Examples are: if someone cuts in front of your car you react with a coping mechanism; if a friend is late to meet for a drink, you are either understanding or pissed, and finally if you lose your job you might be able to stay positive or else you feel like giving up. Whatever the situations in our lives, we tend to cope with what we have become comfortable with rather than what might be more effective.

Have you ever heard that we give better advice to others than we often give to ourselves? Ever been to a fat doctor? Ever seen a police officer run a red light? Ever hung out with a teacher who said they were terrible in school? The point is, we are not so good at holding ourselves to the principles of effective and healthy coping skills, often we take the easy and comfortable path. However, when it’s someone we care about, we tend to be much more “effective and healthy” with them.

Most of us are really trying to get through the days, and the days evolve into months, and those months into years. I thought, as Mother’s Day was approaching last month, that my Mother died more than 30 years ago this month from health problems. It was a hard thing for a 17-year-old to deal with, for sure. I can’t believe it has been that long. I remember how I coped at first; I would go into the bathroom every hour and cry for 5 minutes, then put on my game face and go back out and be very, very busy. After all, I was taught, “boys aren’t supposed to cry,” and “be strong.” So, I didn’t know what to do. Then it hit me a few months later my freshman year in college, I was almost paralyzed with grief and I thought about just not waking up anymore. I was able to talk to some friends, had my spiritual connection revived, and I got through it. I was lucky. I also learned a lot about coping.

Many of us will grasp on to whatever makes us feel better; but we may sacrifice getting better by taking the easy way out. After a long stressed day, does a drink really take it away? When you are overwhelmed and you smoke a cigarette, does the smoke take away the problems? Have you ever eaten or drunk yourself into a good relationship? Nope. But we





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try. Sometimes we need to stop for a minute and think what could be better for us. Maybe we could try something new to get through this tough day. Maybe we can ask, what would we tell someone else if they were hurting and needed a lifeline? You may find that you cope well, that things turn out okay, and that you have good supports. Good for you! If you find the grief never heals, you are angry and can't get over it, or if stress seems to lead you to temporary fixes, take a break and try to take care of yourself. Ask for help, talk to a friend, think of another way to take care of yourself, seek professional support if you need it.

You may not need to examine your coping skills if things are okay right now and you are feeling good. But problems, stress, and difficulties can arise and we will tend to fall to old patterns unless we find new ones and start to practice them. Here are a few healthy coping skills that you may want to take time to think about for your next crisis. No guarantees, but these tend to be what highly resilient people, those who bounce back after adversity better than the norm, utilize. Sometimes a new tool in the "coping skills toolbox" can help us to avoid some pitfalls and help healing come sooner.

Healthy coping skills to try and incorporate into your life (not just in a crisis):

Take care of the basics: get enough sleep and eat each day.

Exercise like your life depended on it (it does), try 30 minutes, 3 times a week for good physical and mental benefits.

Talk to someone: when you need to, reach out, no one goes through life alone and has all the answers. Use others as support when you need to (and remember to support others when they need it, too).

Participate in spirituality, attend church, meditate, do yoga, step outside yourself, and gain some perspective regularly - remember not to take yourself too seriously all the time, there is something bigger out there, it's not all you.

Be involved! Don't just work and watch TV. Life is meant to be alive, maybe there is something you are passionate about that you can invest time and energy into to make life more meaningful.

Have fun! Enjoyment is a part of life; we sometimes prioritize fun too low on the list. Laughter heals, smiling changes our moods, being in nature feeds our souls. Have some fun regularly and don't skip it and think that there isn't time, you need it.



Dr. Nelson has a psychology practice in Fort Lauderdale and he helps people deal with many life issues and he works to help his patients develop a life they enjoy living. More information about his practice is available at improveyourmood.com and you can email him at drnelson@improveyourmood.com.



GETTING REAL(ITY) WITH AUSTIN ARMACOST

By Gregg Shapiro

Photos by Adept Studios Photography | www.adeptstudios.com

At The Grand Resort And Spa | www.GrandResort.net

You probably remember Austin Armacost from his appearances on reality shows The A-List New York and Celebrity Big Brother. How could you not? Handsome, tall, muscly, and often not wearing much, Armacost first crossed our radar as a fashion model, and subsequently had a romantic relationship with designer Marc Jacobs. Currently, he has a number of projects in the works, and was good enough to take time out of his busy schedule to answer a few questions.

Gregg Shapiro: Austin, what brings you to South Florida?

Austin Armacost: I have always been a fan of the Sunshine State. The weather, the relaxed atmosphere, the drinks that never stop pouring [laughs]. It has been a favorite destination of mine ever since I can remember. Some of my favorite places include Fort Lauderdale and Key West. [I'm] not a big fan of Miami (unless I am boarding a cruise ship).

GS In 2010, you made your television debut as a member of the cast of The A-List New York. What was the experience like for you?

AA The A-List New York first aired to extremely high ratings. The show was my first introduction to reality television. I am a trained actor and have done television and theatre, but never in the realm of reality TV. Who would have thought that show would have led me to the great successes to follow in the UK? I thought to myself. "I actually get paid to go to dinner, clubs, fashion shows, parties and just allow a camera crew to follow me? I'M IN! [laughs]." I made some good friends on the cast and am still great friends with Reichen (Lehmkuhl) and Derek (Lloyd Saathoff). It was strange, however, after the first season being marginally famous and having people come up and ask for photos with me. I was definitely not used to that coming from Southern Indiana [laughs].





GS Did you always want to work in the entertainment industry?

AA I would have to say no. I was an All-American athlete in my teens and my main focus was athletics. To be more specific, pole vault (track & field). I started modeling around 14 or 15, after my uncle, who is a successful actor in Chicago, recommended I give it a shot. I went out and got an agent and started working immediately; being booked for commercials, catalog shoots, and eventually, high fashion editorials in NYC. I have enjoyed my run in the business and am so appreciative of the opportunities it has given me - especially in the UK after two appearances on *Celebrity Big Brother*. First time I was runner up and the second time I came back as an All-Star. I am looking to move away from the business now and focus on my media/public relations business, which I have been running since 2011.

GS As you mentioned, you are from Indiana. How would you say that being from the Midwest works in your favor?

AA Being from the Midwest and from a happily married home and a great upbringing gave me the tools to be a well-

rounded, respectable, balanced individual.

GS Are there any ways in which it works to your detriment?

AA Naivete. There were so many things in "the big cities" that I didn't know or wasn't used to experiencing: bathhouses, drugs, anonymous sex, open relationships, just to name a few. I was definitely taken advantage of many times. People were able to manipulate me because they had cruel intentions and I simply didn't know any better.

GS What do you think of fellow Indiana-native Mike Pence?

AA Him, his policies, and political history concern me. He is an openly anti-gay advocate. Having lived in Indiana during the time HB101 was introduced, I was on the receiving end of his political bigotry. HB101 was framed on the "Return to Freedom of Religion Act" which gave private businesses the right to refuse service based on faith. In other words, not serve the LGBT community out of discrimination covered in the cloak of religious protection. He is a horrible man with a tiny mind. Hopefully stepping into the Vice President role will help him to understand



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NMLS #3094

the modern world we live in and the broader mindset of people not sheltered in middle America.

GS As the coming out process goes -- would you say that yours was easy or difficult?

AA Easy! Easy! Easy [laughs]! I was so fortunate and often think about how lucky I was to have gone through the coming out process so painlessly. Most of my dad's family are in the entertainment business to some degree and we often had gay friends and family over for family holidays. It was an extremely accepting group of people that I was lucky enough to call my family. Having two bad-ass older brothers looking out for me didn't hurt either. I encourage anybody who is having trouble coming out to get hold of me for advice. I know how difficult the process can be through speaking to youths around the world and helping to counsel them in any way I can. I am proud of what I have done to help young LGBT people through that difficult process and will continue to do so as long as I can.



GS You have become something of a reality TV staple, as you mentioned having also appeared on Celebrity Big Brother. What do you enjoy most about that kind of programming?

AA I have been very lucky post The A-List: New York to have such a good career in reality TV in England. The first time I appeared on Celebrity Big Brother I was runner-up, beating Janice Dickinson, Jenna Jameson, FatMan Scoop, Alec Baldwin, Teen Mom's Farrah Abraham, and several other British celebrities. The second time I went back into the house, in January 2017, I was an All-Star in their new theme "All-Stars versus New Stars" where seven housemates (including me) had been in before and seven housemates were celebrities new to the game. To answer the question, however, I find being able to be yourself the most enjoyable aspect. I guess people find me and my antics entertaining, so why not pop a camera in front of me and get a





paycheck for it [laughs]? The shows also are a unique experience in the sense that you live 24/7 with some fascinating people. The show is 30 days and you are literally locked into a house the entire time: no phones, computers, newspapers, no communication with the outside world at all. I don't intend to actively pursue my reality TV career any further, but will take part in shows as I continue to get cast for them in the future. I think another key element is that the reality TV world does have a lot of money to spend on talent. For example, at the height of Jersey Shore, cast members were being paid upwards of a million dollars per season! I wouldn't mind that paycheck.

GS Do you want to act in scripted movies or TV shows, comedies or dramas?

AA Yes. I have always loved acting and am formally trained as well. I just recently signed with a new agent in London who will be looking after the TV and film side of my career. England is a world renowned for its thespians and I have been able to push myself as an actor working in that country for the past several years.

GS You are also known for your club appearances. What can you tell me about those?

AA Club appearances are just a fun opportunity for fans of mine to meet me, have some pictures, and a little chat. Club appearances (meet & greets) are a very big part of my life. I started doing them back in 2010 after The A-List: New York and have continued through my Celebrity Big Brother stint. I get to travel, meet fans, and many times give them an opportunity they may never have to meet somebody from TV. I have heard some incredibly entertaining stories from fans but also some incredibly moving ones. It is an opportunity for me to be unfiltered in a relaxed setting and have my fans ask me anything and everything. Believe me, I have been asked some crazy questions [laughs]!

GS What's the one thing you've never told an interviewer before?

AA [Big laugh] I tend to get this question more and more often now and being that I am so open with my life it is getting more difficult to answer. I have openly talked about my struggle with drugs and alcohol, losing my brother, my mom being sentenced to six years in prison, etc. But, if I were to tell you something nobody knows it would be: I have never cheated.



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LGBTQ PRIDE READING LIST 2017

By Gregg Shapiro

Among the things that separates LGBTQ folks from our straight brothers and sisters is our love of literature. Many of us have been avid readers since we were young, when we sought and found comfort from the problems of the outside world in the pages of books. The following are new books by LGBTQ writers out just in time for Pride month and summer reading.

POETRY

Among the more than 70 poems in *The Screwdriver's Apprentice* (Blue Light Press/1st World Publishing, 2017) by poet, playwright, fiction writer and educator Edmund Miller, author of the renowned *The Go-Go Boy Sonnets*, you will find "In The Porno Theater", "The Beauty of a Male Model Fades" and "Learning From Lap Dancers", among others.

Manila-based poet and novelist R. Zamora Linmark returns with the new poetry collection *Pop Vérité* (Hanging Loose Press, 2017), aptly named for its poems featuring poets (James

Schuyler is a favorite) and other writers, dead divas (such as Amy Winehouse, Whitney Houston and Donna Summer), film references (see "Abecedarian for John Waters") and other pop culture and literary figures.

Things are lost (weight, memories, causes) and found (a drag queen, and birds, lots of birds) in award-winning lesbian poet Cheryl Dumensil's lustrous poems in *Showtime at the Ministry of Lost Causes* (University of Pittsburgh Press, 2016).

FICTION

How to Survive a Summer (Blue Rider Press, 2017), the debut novel by writer and educator Nick White, follows graduate student Will as he confronts the time he spent at ex-gay Camp Levi in his youth with the person he is today.

In black and white, and read from left to right, openly gay Japanese artist Gengoroh Tagame's graphic novel *My Brother's Husband* (Pantheon, 2017) lovingly depicts what happens when burly gay Canadian Mike arrives in Tokyo at the home of Yaichi, his late husband's straight identical twin brother's house, meeting him and his daughter Kana for the first time.

Dustin and Gauge, the main characters in Craig Moody's debut novel *The '49 Indian* (Vivid Imagery, 2017) meet in South Florida in the summer of 1983 and following a series "dramatic and disturbing" events head to California's Pacific Coast on the back of the restored titular vehicle.

Proof that gay men can write in a wide variety of literary genres, Wade Rouse, writing under his pseudonym Viola Shipman, presents *The Hope Chest* (Thomas Dunne Books/St. Martin's Press, 2017), the second in his series of "heirloom novels".

The 14 short stories in *The Dahlia Field* (Chelsea Station Editions, 2017) by novelist Henry Alley were written (and some published in anthologies and literary journals) over the course of the past two decades.

The '49 Indian



A Novel By

Craig Moody

Y/A FICTION

Honestly Ben (Arthur A. Levine Books/Scholastic, 2017) by award-winning gay novelist Bill Konigsberg is the eagerly awaited sequel to his 2013 novel *Openly Straight* in which we were first introduced to Ben and Rafe, now exes, but who are still very important to each other.

A summer in Vancouver sounds like fun, but for anxiety-ridden teen Maeve, the main character of *10 Things I Can See From Here* (Knopf, 2017) by Carrie Mac, it's anything but. That is until she meets carefree local girl Salix and embarks on a "bumbling courtship".

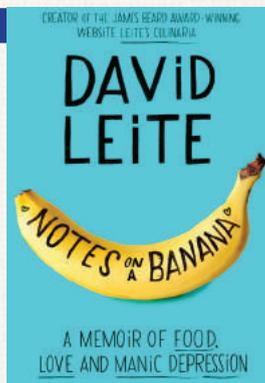


For *The Lottery's Plus One* (Arthur A. Levine Books/Scholastic, 2017) her first Y/A novel, Emma Donoghue, author of *Room* (for which she also wrote the screenplay adaptation for the Oscar-winning movie), tells a multi-cultural family story about two same-gender couples and their ever-expanding brood all living under one roof, with illustrations by Caroline Hadilaksono.

MEMOIRS

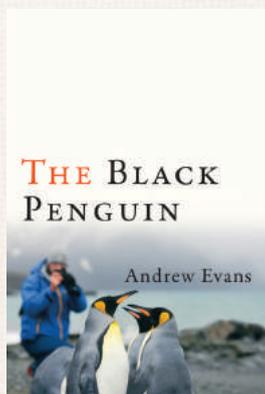
Like Maureen Seaton's *Sex Talks to Girls*, James Allen Hall's exquisite and devastating personal essay collection *I Liked You Better Before I Knew You So Well* (Cleveland State University Poetry Center, 2017) is the kind of memoir that could only have been written by a gay poet.

Notes on a Banana: A Memoir of Food, Love, and Manic Depression (Dey Street, 2017) is the eagerly anticipated memoir by gay writer David Leite, founder of the James Beard Award-winning Leite's Culinaria website. Nicknamed Banana by his mother, Leite writes of his 1960s childhood in Fall River, Massachusetts, his struggle with bipolar disorder and how cooking saved his life.



With praise from lesbian memoirist Julie Marie Wade and gay poet Neil De La Flor, *The Sunshine Chronicles* (Jitney Books, 2017) is queer writer Jan Becker's "social media book", a memoir consisting of Facebook posts in reverse chronological order, from October 2016 through January 2014.

"An outcast gay Mormon travels from his Washington, DC home to Antarctica – by bus," might sound like the setup for a joke, complete with punchline, but Andrew Evans' travel memoir *The Black Penguin* (University of Wisconsin Press, 2017) is anything but, as the author takes us on his personal journey, which also includes stops in Ohio and Utah.



CREATIVE TYPES

Originally published in 1992, *Pasolini Requiem* (University of Chicago Press, 2017) by Barth David Schwartz, about the late gay filmmaker and poet Pier Paolo Pasolini (1922-75), whose brutal murder cut short one of the most creative lives imaginable, has been updated and includes a new afterword in its anticipated second edition.

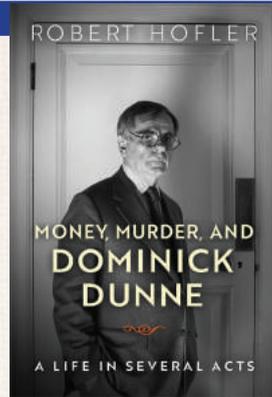
As the title says, *The Secret Life of the American Musical: How Broadway Shows Are Built* (Sarah Crichton Books, 2017) by Jack Viertel, the senior vice president of Jujamcyn Theaters (so he knows what he's talking about!), is essentially the anatomy of how to craft a musical, broken down song by song, and so on.

With *Kings & Queens in Their Castles* (Damiani, 2017), photographer Tom Atwood expands on the concept of his 2005 book *Kings in Their Castles: Photographs of Queer Men at Home*, revisiting previous subjects (John Waters, Simon Doonan, Tommy Tune and the late Edward Albee), and goes on to include several lesbians (Fun Home author Alison Bechdel, Houston Mayor Annise Parker, singer Mirah Zeitlyn, film producer Christine Vachon and actresses Meredith Baxter and Heather Mattarazzo), and many new familiar faces, such as Rufus Wainwright, Don Lemon, Alan Cumming, George Takei, Ari Shapiro, Leslie Jordan, Michael Urie, Barney Frank and Anthony Rapp, as well as a number of other people.

Based on a series of almost 50 lectures given by gay Beat legend Allen Ginsberg from a course he taught at the Naropa Institute and Brooklyn College, *The Best Minds of My Generation: A Literary History of the Beats* (Grove Press, 2017), edited by Beat historian Bill Morgan, with an introduction by poet Anne Waldman, is a compilation sure to please followers of the Beat Generation's Jack Kerouac, William S. Burroughs and others.

Money, Murder, and Dominick Dunne: A Life in Several Acts (University of Wisconsin Press, 2017) by theater critic and writer Robert Hofler is a biography of the bisexual "celebrity crime reporter, novelist and notorious raconteur".

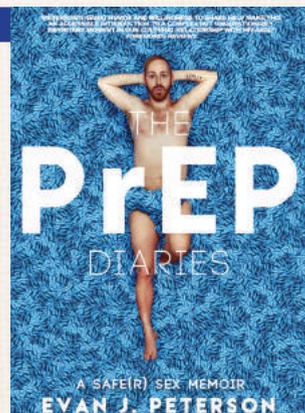
The writing and impact of gay classical scholar and poet A. E. Housman (1859-1936) is the focus of Peter Parker's *Housman Country: Into the Heart of England* (Farrar, Straus, Giroux, 2017), which also includes the complete text of Housman's landmark work *A Shropshire Lad*.



RELEVANT AIDS WRITING

Chronicling his life and experiences with PrEP (Pre-Exposure Prophylaxis), via pharmaceuticals such as Truvada, in *The PrEP Diaries* (Lethe Press, 2017), gay writer Evan J. Peterson offers his distinctive and informative firsthand perspective.

Lesbian feminist journalist and AIDS activist Anne-christine d'Adesky's *The Pox Lover: An Activist's Decade in New York and Paris* (University of Wisconsin Press, 2017) is her riveting personal history of "the turbulent 1990s", via her involvement in ACT UP and the Lesbian Avengers.





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ANIMALS' BEST FRIEND: CAROLYN HENNESSY

By Denny Patterson

Carolyn Hennesy may be known for her roles as Rosalyn Harris in *True Blood* and Diane Miller in *General Hospital*, but at the beginning of this year, she became the spokesperson of Fort Lauderdale's The Pet Project. Founded in 2002, the Pet Project was originally established to assist individuals living with HIV/AIDS. With five years of experience and a successful track record, the organization expanded its services to include the terminally ill, elderly, and disabled. Now, with Hennesy on their side, her mission is to raise awareness of the Pet Project and help it accomplish even more. OutClique received the pleasure of chatting with Hennesy about her involvement and her staunch animal advocacy. For more information, donations, and volunteer services, go to www.ThePetProjectFL.org.



Tell me a little bit more about how you got involved with the Pet Project.

My friend and producer Srdjan Stakic knows Paul Gallucio, the organization's chair. They are good friends. Srdjan knows my background in animal advocacy and he's produced several things and happened to be producing a film I was doing for a month in Atlanta. He came up to me and asked if I would please consider doing a voiceover PSA for the Pet Project and I said yes in a heartbeat. So, I recorded it for them and sent it off and then when I went back to Atlanta, as a thank you, they asked if I would like to come down and see what they do. So, my flight was rerouted and I spent the evening with everyone from the Pet Project and was given a full tour. All the bells and whistles. I had such a wonderful time and was so impressed. I was also stunned by the fact that there is nothing else like this around the country. My question is, why not?

When I was first told about the Pet Project, I thought it was an organization that pairs pets with either sick or handicapped people for companionship, but the overall goal is to help people not be separated from their pets, right?

Yes, the major benefit is that it allows individuals who love their pets, who have fallen on financial hard times, to stay with their pets. For many people, pets are family. Sometimes their only family. The idea of being separated from their dog or cat or turtle or bird is heartbreaking. The Pet Project enables them to stay together. That's the beat all end all. They will also feed your pet and help with shots and required vet care in a timely fashion for little or no cost. They really go the extra mile. Of course, there are various fundraisers that help as well. You can shop for cool and groovy stuff and know that the cost of your purchase will be going straight to helping someone keep their four-legged friend. If you are in need and are about to be separated from your pet, you go there and they will welcome you with open arms and open bags of food.

Why did you accept to help out?

Because it is physically impossible for me to say no to an animal. My brain does not work that way. I am all about organizations that give a voice to the voiceless. Even small children have tiny voices, but animals have nothing. They only have one brain that causes

crying and barking. And the Pet Project is such a worthy cause. I'm sitting here right now looking at my three dogs and I just lost one of my two cats. They are family to me. They are some of the best aspects of my life and the idea that they can be taken away from me is awful. I am all about supporting the Pet Project. This is another example on how important animals are in our life.

So, you've been a lifelong animal advocate your entire life.

Yes, but I really made it an adjunct passion in my life for the past 11 years.

Overall, how beneficial has the Pet Project been?

It's huge! While I was there, I saw them go through sacks and sacks of food. Four individual parties within an hour came on camera for me for my podcast, Animal Magnetism, and just broke down and talked about how they wouldn't be able to keep their pets if the Pet Project wasn't there. Business is booming.

The Pet Project is currently only in Florida?

Yes! Only in Fort Lauderdale. It could and should be franchised everywhere. If there is a city that has even one cat or dog living in it, I would like to see the Pet Project there.

What other animal advocacy groups are you involved in?

I'm the ambassador for American Humane. I am the ambassador and spokesperson for the Los Angeles Zoo and Botanical Gardens. I participated in a documentary called The Elephant Trainer in the Room that I went to Thailand and Cambodia for. I am a proponent for the Georgia Aquarium and Seaworld. I went down to speak to the California Coastal Commission on behalf of Seaworld's Blue World project, but unfortunately, the project was shut down due to the ignorance of the California Coastal Commission. So, I am involved with all of that, and I do advocacy through my podcast, Animal Magnetism. You can listen to that every other Sunday at

www.ubnradio.com.

Are you involved with any advocacy groups outside of animals?

I help with children and veterans. I may not be as involved with those groups, but if you ask me to come and speak, I will in a heartbeat. But my primary focus at this particular time is animals.

I know you mentioned it a couple times before, but go ahead and tell me more about your podcast, Animal Magnetism.

When I came home from Thailand and Cambodia, I was so despondent by what I saw over there. You don't see the elephants beaten, but you see the trainers sitting on top of an elephant's neck and all the emphasis is in their hands. They will tap behind an elephant's ear, which is the most sensitive spot on their body. You see these elephants living in a state of threat. Up the road, about a mile, is the Elephant Nature Park where you see these animals living in bliss. They are washed, fed, and loved. It's the complete polar opposite from what you see at those camps. So, when I got home, I was really depressed. I had to channel this into a force. I had to do something beneficial, so the idea of a media show was born and I have had amazing people on it. From people at the Georgia Aquarium to Jack Hanna, people all over the world calling in. It's been just wonderful. Usually it's live and in studio and goes out every two weeks on Sunday at 7:00. It's been the first baby steps to persuading people to change their hearts and minds about why we need modern zoos and aquariums. I feel this show is helping me to help people change their way of thinking about animals, exotic to domestic. Once animals go, we do. They don't need us. We need them.

Fantastic. Lastly, how important is it to be involved?

If you're not involved, then you're taking up space [laughs]. So, get involved, stay involved, pick a project, and pick a passion. As long as it doesn't hurt anyone or anything. Make your life count for something enormous.

FATHER WILLIAM COLLINS – A HERO AND EXAMPLE

By Reverend Patrick Rogers

Often when I speak to people about their spiritual life, I receive the response “I am spiritual, not a religious person.” It is difficult to respond to that because of the hurt which has been instilled into countless people all in the “name of religion.” Most mainstream religious denominations spend the majority of their time on the “rules” of membership, who belongs and who does not belong, judging others on archaic interpretations of “religious law,” exclusion instead of inclusion, it feels that they have little time left for “loving the Divine with all your heart, mind, and soul, and also loving your neighbor as yourself.”



I recently watched Del Shores production of “Southern Baptist Sissies.” To me personally, the most powerful line from the play, set in a Texan Southern Baptist church, is when one of the conflicted young gay characters says, “My parents and church taught me to love Jesus. They taught me to love Elvis. They neglected to teach me to love myself.” Del Shores’ use of humor brings powerful insights into the damage that religion has and continues to bring. It helps us who have been damaged in our recovery and we pray that it brings insights into those who persecute in the “name of religion.”

Last week, a spiritual and religious hero of our community died. Father William Collins transitioned to the next phase of his spiritual journey. Father Bill is known in our community as the founder of Poverello.

A quote from Father Bill, “My dream was first envisioned more than twenty-five years ago when I began to minister to local HIV/AIDS patients who were discharged from the hospitals with little or no thought to their continued welfare. Poverello is dedicated to honor the dignity of those affected by the HIV/AIDS virus and to serve them with the highest possible degree of understanding, respect, and

love. The primary goals in serving our clients are to ease the stress and loneliness caused by the virus, and to their nutritional and other basic living requirements. The backbone of Poverello is the quality of its volunteer/client relationships. Perhaps more than any other illness, HIV/AIDS challenges human relationships most deeply. It causes us to evaluate our attitudes regarding morality, sexuality, and how we judge one another. It gives us pause to think about whom we include in “our” community and who we identify with as a part of “us” versus “them”. AIDS gives us a mirror in which we see who we are and how we respond to others. Our clients are facing the combined issues of mortality and survival. With your ongoing love and support Poverello is prepared to stand with them and to serve them.”

Father Bill is a spiritual hero and a religious hero. Father Bill lived the example. Father Bill’s motivation was not to bring the “religious community” nor the “spiritual community” together. Father Bill brought the community together to help those in need of basic necessities including care, love, and compassion. Father Bill did not, and Poverello does not, judge nor discriminate. A valuable lesson for church today. Father Bill, thank you for teaching us what we should be.

Rev. Patrick Rogers, MDiv. – Community Activist and Senior Pastor
at United Church of Christ Fort Lauderdale



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SOUTH FLORIDA GAY MEN'S CHORUS

By Mike Brewer



SFGMC HOSTS “GENERATION OUT”

The South Florida Gay Men's Chorus will host a special concert celebrating the diversity of music as part of the coming out process. “Generation Out” celebrates the diversity and collective stories of gay men who came out over the decades.



"Music has always been important to those who have come out," said Mark Kent, Executive Director of the Chorus. "One of the things we all share, whether we are an "L," a "G," a "B," "T" or "Q," is we all have a coming out story.

The chorus' narrative about the event highlights that music is the cornerstone of every coming out story.



"Across the generations, coming out is a shared rite of passage in the LGBT community. SFGMC celebrates the importance of coming out in this concert, which tells the story of our triumphs while also honoring our struggles. Every coming out story has a song and we've woven together a captivating collection of them for you to enjoy."

In addition to a variety of music from the generations, the "Generation Out" event will feature a song conducted by Cameron Glass, the first lucky high schooler who was honored to be chosen as the winner of its Howard Kaplan Young Conductor program.



The event will be at The Parker Playhouse, 707 NE 8th St. in Ft. Lauderdale.

Show starts at 8pm. You can purchase tickets online at the South Florida Gay Men's Chorus website (gmcfs.org). Tickets range from \$36.50 - \$46.50.



A NOTE ON YOUR BROWARD PROPERTY

By Marty Kiar



As a strong supporter of the LGBT community and equality, I would like to wish everyone Happy Pride Month! The Broward County Property Appraiser's Office is continually working to educate residents about any and all tax-saving exemptions they may be entitled to. The exemptions listed below are the most common; however, there are additional exemptions beyond those listed. For a full list of exemptions, please visit our website at www.bcpa.net and click on "Homestead & Other Exemptions". While the timely filing for exemptions was March 1, you may still late file up until September 18, 2017 for these exemptions.

LOW-INCOME SENIOR CITIZEN EXEMPTION

The filing period is January 1 through March 1 of each year. Applicants must be 65 years of age or older as of January 1 (even if other household members are under age 65), have the Homestead Exemption on the property, and the total household adjusted gross income for last year (2016) must not exceed \$28,841. This exemption must be applied for annually. Once you qualify for the initial year, the renewal process each year is simple. If you would like an application, please contact our office at (954) 357-6830 or you can download the Additional Senior Exemption application at www.bcpa.net/senior_instructions.asp. This exemption will save you approximately \$300 in property taxes.

\$500 WIDOW/WIDOWER'S EXEMPTION

Provide a copy of your spouse's death certificate, newspaper obituary, or memorial card. You are not eligible if you remarry. This exemption will save you approximately \$10 each year in taxes.

\$500 DISABILITY/BLINDNESS EXEMPTION

Provide one letter from a Florida physician stating you are "totally and permanently

disabled" or a certificate from the Florida Division of Blind Services or the US Department of Veterans Affairs certifying the applicant to be legally blind. Unlike the Full Exemption (see below), this disability/blindness exemption has no household income requirement. It will save you approximately \$10 each year in taxes.

FULL EXEMPTION FOR TOTALLY AND PERMANENTLY DISABLED PERSONS

Provide certificates from two licensed doctors of this state or a certificate from the US Department of Veterans Affairs. To be entitled to this exemption, you must be a (1) quadriplegic or (2) paraplegic, hemiplegic or other totally and permanently disabled person who must use a wheelchair for mobility or who is legally blind. For persons entitled to this exemption under number two (2) above, the prior year (2016) gross income of all persons residing in or upon the homestead shall not exceed \$28,115. This amount is adjusted annually and a statement of gross income must accompany the application. If you need a copy of the Physician's Certification of Total and Permanent Disability, please contact our office at (954) 357-6830 or download a copy at <http://www.bcpa.net/Forms/DR-416.pdf>.



The Broward County Property Appraiser's Community Outreach Department is at The Pride Center at Equality Park (2040 N Dixie Highway, Wilton Manors, FL 33305) on the 2nd Tuesday of each month between 10:00AM-Noon to assist residents with exemptions and other property related matters.

I look forward to providing you with important information in the coming months. If my office can ever be of assistance to you, please do not hesitate to contact me directly at (954) 357-6904 or by email at martykiar@bcpa.net

Take care,

Marty Kiar

Marty Kiar
Broward County Property Appraiser

Marty Kiar is the Broward County Property Appraiser and longtime advocate for LGBTQ equality.

The Broward County Property Appraiser's Office is located at 115 S Andrews Avenue, Room # 111, Fort Lauderdale, FL 33301

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PRIDE JOURNEY: ST. PETERSBURG

By Joey Amato



Having lived north of Tampa for nearly 3 years, I'm quite embarrassed to admit that I never took the opportunity to visit St. Petersburg. When the International Gay & Lesbian Travel Association (IGLTA) announced their 34th annual global convention would take place at the Renaissance Vinoy Resort & Golf Club, I knew I had to attend.

Flying to Tampa International Airport is a painless experience. The airport is small enough not to warrant the extensive lines and delays of major cities, but large enough to accommodate international flights. The first noticeable 'wow' moment is the drive from Tampa to St. Petersburg along I-275 over Tampa Bay. Surrounded on both sides by water, this scenic adventure is an experience of its own.

St. Petersburg is divided into three main sections: the Tampa Bay side, downtown and

the beach. Each has a different flavor and personality. Our hotel was located on the Bay side of the peninsula, adjacent to one of the local marinas and in walking distance to many wonderful shops, art galleries and restaurants. My favorite being Locale Market/FarmTable Kitchen. Locale Market is a one-stop destination for fresh meat, seafood, and other gourmet items all under one roof and manned by a team of dedicated chefs who are on hand to answer any questions customers may have about the products.

FarmTable Kitchen is a full-service restaurant located on the second floor of Locale Market offering casual gourmet dining and an acclaimed 8-course tasting menu. We were able to sample a bit of the menu at FarmTable which changes regularly.

After dinner, explore some of St. Pete's LGBT nightlife. Head over to Enigma Bar & Lounge





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for one of the best happy hour's in the city. From 12pm until 9pm, guests will enjoy 2-for-1 cocktails, beer and wine. Chat with the locals as the DJ spins today's hottest tunes along with the classics we grew to love.

For a different experience, swing by Hamburger Mary's for Drag Queen Bingo, hosted by Stephanie Shippae every Tuesday night. If you get hungry, Mary's also offers a full menu. I would recommend starting with an order of Macho Nacho's or their famous Fried Pickles. For your main course, you can't go wrong with one of their gourmet burgers. My favorite is the Proud Mary (mostly because I love Tina Turner), a perfectly cooked double patty burger topped with grilled onions, bacon, mushrooms, and two types of cheese. This burger should have been featured on an episode of Man vs. Food. Just don't forget to schedule a gym appointment the next morning.

For my arts and culture buffs, St. Petersburg has two destinations that should not be missed. The first, of course, is the Salvador

Dali Museum. The museum celebrates the life and work of Salvador Dali (1904-1989) and features over 2,100 works from every moment and in every medium of his artistic career, including oil paintings, original drawings, book illustrations, sculptures, and photos.

A few blocks away is the Chihuly Collection at Morean Arts Center, a breathtaking permanent collection of world-renowned artist Dale Chihuly's unique glass artwork. This is the first installation of Chihuly art in a building designed specifically for that purpose. Designed so that the art and architecture work together to create a visitor experience unlike any other exhibition of Chihuly's art. The centerpiece of the collection is an iconic 20-foot sculpture created especially for the site.

St. Petersburg has something for everyone and for every budget. I was pleasantly surprised at the diversity of offerings and regret having not visited many years ago. I will however plan to return in the near future to soak up some more sun, fun, and culture.



WATCH OUT: A HISTORY OF GAY TV

By Adam Cohen



Television. TV. The Boob Tube. The Idiot Box. Whatever role it plays in your life, there's no denying it plays an indelible role in pop cultural history and is the topic of endless water-cooler conversations. Although the LGBT community has slowly but surely made its mark in modern TV programming (Modern Family, Orange is the New Black, Ellen), it's hard to believe that less than 20 years ago, a gay or lesbian couple sharing a kiss or even acknowledging their sexuality on a nationally-televised program was an immediate call for boycotting, station cancellations, and national controversy. Although our community still has a ways to go before we can be as artistically free as we'd like, as we celebrate Gay Pride month this June, it is definitely noteworthy to see how far we've come since the 1970s and look back on a few key highlights in the evolution of the LGBT community on TV.

November, 1972: ABC airs "That Certain Summer" as their "Movie of the Week" (remember those awesome movies?) One of the first TV films to treat homosexuality with a degree of sympathy as opposed to campiness, it starred two big stars of the day (Martin Sheen and Hal Holbrook) as a gay couple

grappling with familial and societal impact(s), especially the effect of their relationship on the teenage son of Holbrook. The breakthrough telefilm was met with much critical acclaim.

January, 1975: Norman Lear, famous and quite controversial television developer of cutting-edge, societal-changing television series (All in the Family, Good Times, Maude) experienced his first major failure in this short-lived series about a run-down hotel in Baltimore, called "Hot L Baltimore" (the neon in the "e" of hotel was burned out, thus the unique spelling of the title.) The show featured unconventional residents of the hotel, including prostitutes, and the first mature committed gay couple (George and Gordon). Certain local networks refused to carry the show, and there was a warning preceding it, cautioning about "mature subject matter." The show was cancelled after 13 episodes, but still enough to make an indelible impact.

September 1977: Billy Crystal, (still regarded as one of the funniest A-list comics of his generation) star of the prime-time hit "Soap," a popular satire of the outlandishness of daytime soap operas, comes out as Jodie Dallas. Son

of one of the show's main characters, he broke ground as an "out" character on TV. Though his character was gay, he fathered a child after a one-night stand, and still had relationships with a number of female characters, despite claiming he was gay. The character was a lightning rod for controversy in the 70's, religious organizations objected to, and cried out about the portrayal of homosexuality on TV, while gay rights groups were scared of stereotyping and typecasting. There was also criticism by gay rights groups about the manner in which Jodie's brother was dismissive and downplayed Jodie's homosexuality. Despite the controversy, this was one of the first time mainstream audiences were subject to the star of a show being open about their sexuality. The show remained a hit for four seasons.

November 1985: Despite the AIDS epidemic having been rampant for years and lots of ongoing political controversy at the time about public acknowledgment of the disease, NBC broadcast the groundbreaking made-for-TV drama film "An Early Frost," starring Aidan Quinn as a young lawyer who receives the news that he has AIDS, and goes home to upper-class familial home in suburbia to share the news and die at peace. The movie made a huge impact on those of all generations, as it showed a lot of the rampant myths and misunderstandings about the transmission of the disease, isolation issues with families that could not grasp the reality of the plague, and some of the coldness that people who could not "identify" with felt. Though many felt the film was not informative to the public enough about the disease, it was nonetheless groundbreaking, with a wide audience, big budget, and big stars (Gena Rowlands, Ben Gazzara, Sylvia Sidney). Advertisers at the time were also leery about playing their ads during such a film, and NBC lost a great deal of revenue, but went ahead broadcasting the film despite this.

February 1991: Whenever people commonly think of the first gay primetime network TV kiss, people generally think of the notorious "Roseanne" episode, but that distinction



goes to the Steven Bochco hit "L.A. Law," when Abby Perkins (Michele Greene) and C.J. Lamb (Amanda Donohoe) share a kiss after Abby gets a promotion. Though it was a breakthrough in pop culture history, years later it was acknowledged as mostly a publicity stunt for ratings. The relationship, though a ratings sweep, was never developed into anything of any significance: C.J. was written off of the show, and Abby ended up with a man.

1994: Popular furniture chain Ikea runs a television ad, featuring two men shopping for furniture together. This is the first commercial featuring an "ordinary gay couple."

March 1994: The infamous "Don't Ask, Don't Tell" episode of Roseanne premieres with Roseanne Barr's character visiting a gay bar and sharing a same-sex kiss with guest star Mariel Hemingway. ABC brass threatened to not air the episode, but Roseanne rebutted, threatening to move her wildly popular series to another channel if they refused to do so. Roseanne won, and the episode aired, albeit with a "Parental Advisory" warning beforehand. Though some in the LGBT community found the kiss to be nothing but a ratings ploy, it is important to also note that Roseanne was also one of the first shows to have an openly gay recurring character, played by Sandra Bernhard, who was a memorable part of the show.

January 1996: Friends, which was one of most popular sitcoms of all time, but never really delved into many weighty subjects, featured a lesbian wedding between two supporting characters, one being Ross' (David Schwimmer) ex-wife; however the couple is not shown kissing at the end of the ceremony. The episode attracted controversy, but not as much as had been expected.

February 1997: Ellen DeGeneres appears on The Oprah Winfrey Show, and comes out publicly as a lesbian.

April 1997: The "coming-out" episode of Ellen, called "The Puppy Episode," to shroud the plot and details in secrecy. The episode was a huge ratings success, won many awards, and was a cultural landmark. Despite this, Ellen was only renewed for one more season before being cancelled, and Ellen faced years of career backlash before climbing to the top of Hollywood again with her phenomenally-successful daytime talk show.

September 1998: "Will and Grace," and NBC sitcom about 2 men and 2 straight women living in New York City debuts, and becomes one of the biggest smash hits of all times, airing for 8 years, and garnering 16 Emmys. Many "millennials" of today cite "Will and Grace" as being their touchstone and intro to the gay lifestyle as portrayed on TV. In fact, it was recently announced that the show will enjoy a "reboot" in the near future.

December 2000: "Queer as Folk," an American, Pittsburgh-based reboot of a popular UK series, begins airing on the Showtime Channel and becomes a smash hit.

February 2002: Although it was one of the worst-kept secrets in TV history, after years of speculation and artful dodging, Rosie O'Donnell finally comes out as gay and discusses her sexuality on the daytime talk show "The View."

July 2003: The Bravo Channel debuts "Queer Eye for the Straight Guy," which becomes a critical success, scores an Emmy for

'Outstanding Reality Series' and becomes a pop culture phenomenon. The show features a team of five gay men performing makeovers on straights, each having their own areas of expertise: fashion, food, personal grooming, interior design, and culture.

September 2003: "The Ellen DeGeneres Show" debuts as a daytime talk show and still enjoys incredible ratings today with A-list celebrity guests along with Ellen's wonderful, kind, and accepting sense of humor.



September 2004: Cable network Showtime, which a few years before broke ground with "Queer as Folk," debuts "The L Word," a series which focuses on a group of lesbian, bisexual, and transgender friends in Los Angeles.

2009: "Glee" debuts on Fox, a musical series focused on a high school choir. Over the course of its run, the teens deal with social issues, sexualities, and relationships.

2009: "Modern Family," a mockumentary-style TV comedy debuts on ABC. The show features three inter-related families. One of the families features 2 committed gay partners and their precocious adopted daughter. The series is a commercial and critical success (to this day), presenting the daily trials and tribulations of the same-sex couple as crazy and important as those of the straight family members.

Looking back, as a child of the 80's, I would've never imagined the progress we've made in the entertainment forum, let alone on TV. As we reflect during Pride Month, here's to continued progress!

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STUART MELTZER'S THE GOLDBERG VARIATIONS: AN INTERVIEW WITH LEAD ACTOR ALEX ALVAREZ

By Pup Napoleon

You grew up in South Florida. As a kid in the area, what local art (or other) scenes would hold your attention?

As a teenager, I wasn't too aware of any art scenes in South Florida. I had a friend who was older than me by a few years who introduced me to the local theatre scene. I honestly just had my mind set on New York. I was starting to get into musicals. I was a huge Rent fan. Knew every word. But my friend David was working for New Theatre, a theatre company that was in Coral Gables. And he told me that I needed to see their production of Angels in America. It made a huge impression on me. There was heart, sex, and so many other things that a gay teenager wants in a play. It was bold and exciting. And after that, I took a job at Gablestage in the box office, so I was able to see so many good plays there as well. Killer Joe, Popcorn, Closer, and Psychopathia Sexualis. All directed by Joe Adler, who I would later work with.

Do you see any ways in which your personality was influenced by these scenes, or by South Florida as a whole?

I was exposed to many plays that my drama teacher in high school wasn't really talking about it. He was a great guy, very supportive, but he had his own prejudices. So seeing plays at New Theatre and Gablestage as a teenager was really enriching. It exposed me to bold ideas and provocative art.

What aspect about the artistic life drew (and continues to draw) you in?

There are so many interesting theatres, galleries, painters, musicians, and performing artists. I have such a respect for artists everywhere. The thing that drew me to art as a child, is no longer what draws me in. I love being challenged as an artist, lover, and thinker. I love how the theatre community here produces work that keeps me emotionally and intellectually engaged.



What shows do you tend to gravitate toward?

I love plays that challenge my thinking. I like plays that don't have a neat resolution. I like all kinds of plays but those are the plays that really draw me in as an audience member. I love complicated characters.

When preparing to go on stage or get in character, do you have any rituals, or a warmup routine?

It all depends on the play and the character. For Stalking the Bogeyman, I played a jock with emotional issues, so my warm up consisted of pushups and psyching myself out in a mirror. I was channeling my alpha male, my aggression, my anger, my power. For a play like The Motherfucker with a Hat, I had to stay in character five to ten minutes before I'd start because the character was so different from me. So I'd be playful. I'd speak in my accent. I'd lift my spirits because he was so joyful.

We often hear stories about an actor's first paid gig being a big moment. When did you start to feel you were becoming successful in your field?

I didn't start to feel successful until my first full year of acting work. I had some great reviews early on. But it wasn't until I finished my first full year of work, when I was getting

work by referral that I really started to feel like I was successful.

What meaning do the Carbonell awards hold to you?

The Carbonells are something I've been aware of since I was teenager. I knew that it was a prestigious local award but it didn't really mean anything to me until I started to work in this community. You don't necessarily want to strive to win awards. That striving can lead to disappointment and can inhibit the work. And it's all about the work. I said that at the Carbonells this year, but it's true. It's the work that truly satisfies. The validation is temporary. People can love you in one thing and hate you in another. One of my favorite performances and play experiences that I've had not too many people got to see. But I had a blast and worked exceptionally hard. I'm proud of it. Award or no award.

Describe the moment when you won your Carbonell award for *Stalking the Bogeyman* at GableStage?

I was in shock when they called my name. I'd been nominated a few times before and I got used to losing. You have to smile and be gracious. And you understand that it was an honor just to be nominated. And it's true. It really is. But when your name is repeatedly not getting called, it's hard to imagine it ever happening. So I was in shock. It was a surreal feeling, but really nice. It's nice to be awarded for your work, to be acknowledged. It's nice to be included among a group of artists that I really do respect. But I respect other artists who've never won anything. It's an amazing and complex experience. The loved ones in the audience, that was really special. These things don't mean anything if you can't share it with the people you love.

When reflecting back on some of your more

successful pieces, what traits do your collaborators tend to possess?

My most successful pieces tend to be about balance. The director, the play, and the ensemble, all the technicians and the designers. It's the collaboration that is important. But I don't know if there some unifying ingredient. It's more alchemy. Do all the elements work together to make a cohesive whole.

You are currently in a production of Stuart Meltzer's *The Goldberg Variations*, presented by Island City Stage. Can you describe the show using 3 sets of paired words?

Great ensemble. Family issues. Playful, heartfelt.

Does the title hold any relation to a work, "*The Goldberg Variations*," a piece written in 1741 by renowned composer Johann Sebastian Bach?

It's a very important piece of music to the family. But it's also a reference to the structure of the play. There are some variations in the way the family perceives or deals with their issues and Stuart Meltzer found some creative ways to play with structure that gives insight into the psychology of the main character and the family. Variations in memory. Variations in perception. Variations in the way we deal with life or overcome tragedy.

What about the show spoke to you?

I like that each character has their moment, their inner monologue revealed with very specific deliveries. It's also a beautiful play about family. Even a healthy family deals with complications. That's just the nature of the beast. And I love that Stuart doesn't go for an easy resolution. Because nothing this complicated is resolved so easily.

Thank you very much for your time Alex!

Make sure to check out *The Goldberg Variations*! The production runs June 15 - July 16 at Island City Stage, 2304 N Dixie Hwy in Wilton Manors. Performances are Thursdays, Fridays and Saturdays at 8:00pm, and Sundays at 5:00pm. Tickets can be ordered at islandcitystage.org or by calling the box office at 954-519-2533. PLEASE NOTE: Due to the annual Stonewall Festival in Wilton Manors there will be no performance on Saturday, June 17.

GUY AT THE END OF THE BAR

GREG BISTOLFI

Occupation? Art Director at TravelHost Media Group.

Single or taken? Married for 2 years, together for 11 years.

Favorite drink? Anything with pineapple and coconut.

Favorite thing about South Florida? We live in paradise, although we often take it for granted.

How do you stay so fit? I go to BodyTek in



Wilton Manors almost everyday, although I hate burpees and squats. I get through it with a sense of accomplishment.

Stay in or go out? Stay in. I take care of my Frenchie Lola, enjoy gaming, and watching Netflix.

What turns you on? Confidence and positivity.

What turns you off? Egotism and negativity.

Favorite beach? Hugh Taylor Birch State Park Beach, right off Sunrise Boulevard and A1A

What's your idea of a perfect date? Coffee, dinner, and a movie. That's how my husband and I met actually.

Are you a romantic? No. I'm more of a realist. I prefer when someone is thoughtful and considerate, rather than being romantic

which is why I love my hubby.

Celebrity crush? Oh man, Chris Pratt, equal parts sexy and geeky.

What surprises people about you? Probably that I'm a really super shy person. I guess I'm an introvert and I enjoy being alone.

Proudest accomplishment thus far? I would say getting back to health after cancer. It was an awakening for me and made me realize how short life can be.

What do you want to accomplish next in life? I live every day to the fullest, whatever life gives me I will embrace wholeheartedly.



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June 9 | Miami Beach

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June 10 | W Fort Lauderdale

SOUTH FLORIDA PRIDE WIND ENSEMBLE

June 10 | Fort Lauderdale (Performing arts Center)

E3 (ELECTRONICS ENTERTAINMENT EXPO)

June 13 | Los Angeles

"THE GOLDBERG VARIATIONS" BY STUART MELTZER

June 15 | Island City Stage

FLORIDA LEATHER SIR LEATHER BOY (FLSLB)

June 15 | St Petersburg

DADDY'S DAY POOL PARTY

June 18 | Fort Lauderdale (The Windamar)

ST PETERSBURG PRIDE

June 23 | St Petersburg

MIAMI GAY MEN'S CHORUS "IT TAKES A VILLAGE, PEOPLE!"

June 23 | Miami Shores United Church of Christ

GAY MEN'S CHORUS OF SOUTH FLORIDA, "GENERATION OUT"

June 24 | Parker Playhouse

STONEWALL FESTIVAL

June 17 | Wilton Manors, FL

NEW YORK PRIDE

June 23 | New York, NY

WORLD PRIDE

June 23 | Madrid, Spain

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Q-MUSIC:

LGBTQ PRIDE PLAYLIST 2017 – SOLO AND SO QUEER

By Gregg Shapiro

On her ironically-titled second album *Third* (Omnivore), trans singer/songwriter Cait Brennan had her work cut out for her in equaling her well-received 2016 debut *Debutante*. From all indications, she succeeded. Endorsed by Laura Jane Grace, and rocking with a versatility that would make Hedwig envious, Brennan has found her lucky number with *Third*. Just in terms of sheer variety – the raw rocker “Stack Overflow”, the retro-pop of “He Knows Too Much”, the dramatic “At the End of the World” and “Goodbye Missamerica” (sic), the Bowie-esque glam on “A Hard Man to Love” and “Benedict Cumberbatch”, and the rock and roll heaven anthem “The Angels Lie” -- *Third* time’s the charm.

Queer female folk singers such as Sera Cahoone are nothing new. However, what Cahoone does with the genre on *From Where I Stand* (Lady Muleskinner) deserves attention. Beginning with the stunning opener “Always Turn Around” and continuing through the touching “Better Woman”, the seductive

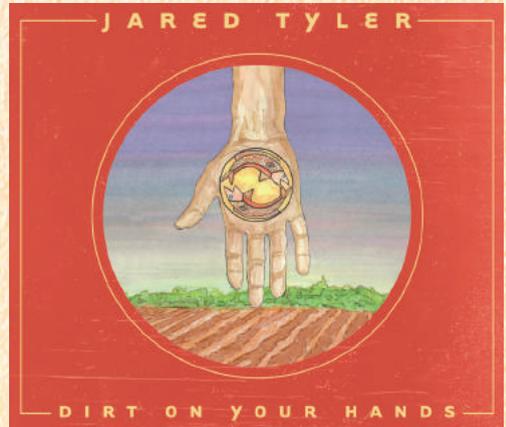


Americana of “Up To Me”, the gentle swing of “Time To Give”, Cahoone’s way with a love song is admirable. “Ladybug”, which addresses queer domestic violence, makes the personal universal. Cahoone is backed by a band of top-notch musicians, including Dave Depper of Death Cab for Cutie.

While it’s not uncommon to hear strong traces of country in the folk music of lesbian musicians such as Diana Jones or the aforementioned Sera Cahoone, it’s been less so when it comes to gay male artists. So, here’s a trend I bet you didn’t see coming! Sam Gleaves, an openly gay folk singer from Appalachia, and Tyler Hughes, a gay man who “grew up in the buckle of the Bible Belt.” The self-titled album by Sam Gleaves & Tyler Hughes (*Community Music*) is steeped in the tradition of duet singing, a reflection of the pair’s Southwest Virginia roots. Particularly noteworthy is Hughes’ “When We Love”, a song (and potential anthem) that brings traditional music firmly into the 21st century. The same can be said for the cover of Ola Belle Reed’s “Tear Down The Fences”.

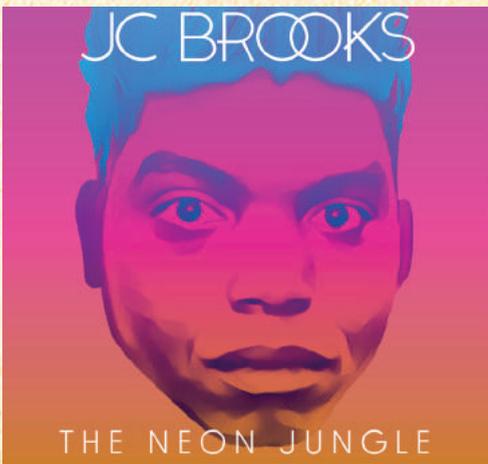


Jared Tyler exemplifies the way that contemporary country music continues to return to its rawest roots on his third album *Dirt On Your Hands* (jaredtyler.com). Bookending the disc are “Death Of Me” and “Love Of You”, two songs Tyler wrote for his life partner Jacob. Other outstanding originals include “Norway”, “Heart Wide Open” and the bouncy “Lucky I Am”. Tyler is also a capable interpreter of other people’s songs such as Malcolm Holcombe’s “The Door” and Dixie Mitchell’s “Waltzing Around With My Shadow”.



On a one-woman mission to disprove the myth of the humorless lesbian, Scout Durwood succeeds with ease on *Take One Thing Off* (Blue Elan). As she explains in the informative intro, the disc is a combination of a live stand-up comedy set and songs recorded in a studio. The stand-up material includes

lesbian sex tapes, hate crimes, alcoholism, football players, being hit on by straight guys, strip clubs, and anxiety. She also coins one of the funniest lines of the year - “the men in LA look so much like the lesbians in New York.” Durwood’s musical moments are alternately humorous (“The Wedding Song”, “Go Go”, the title cut) and serious (“Fallin’ In Love”, “Here We Go” and a cover of “My Funny Valentine”).



On *The Neon Jungle* (Rock Ridge Music), gay modern soul singer/songwriter JC Brooks shed more than the name of his previous band, *The Uptown Sound*. Returning with only one original member (Kevin Marks) and four new faces, Brooks steps to the fore, striving for a sound that incorporates his original retro sound (“Jungle”, “Drive”, “Edge of Night”, “Heartbeat”) with a fresh approach (“Stumble In the Dark”, “Watch Me” and “Get Gone”).



Any LGBT music column wouldn’t be complete without a dance music artist. That’s where James Raftery fits in with his new album *Everything* (Serious Janitor Music). After recording under the *Rat Wakes Red* moniker for 15 years, Raftery moves in a distinctly synth-pop direction. “Frame”, “Sun Roof”, “Mirroring” and the title cut are all meant for serious dancing. Raftery is also comfortable slowing down the beats on “Seed”, “The Goal” and “Hidden Mind”.



RE/MAX Experience

LOCAL REAL ESTATE VETERANS LAUNCH SECOND RE/MAX OFFICE RE/MAX EXPERIENCE OPENS IN WILTON MANORS

Wilton Manors, Florida

May 19, 2017 – Real estate veterans Jason Johnson and Chris Krzemien along with Domenic Faro announced today that they have opened a second RE/MAX office, RE/MAX Experience, in Wilton Manors. It was announced on March 29 that the ownership group joined the RE/MAX network, along with 30 agents, with the opening of RE/MAX Experience by the Sea in Ft. Lauderdale.

“The RE/MAX brand is built with an agent-centric approach, designed to attract and retain the best-performing and most experienced agents,” Jason Johnson said. “After more than 12 years of operating a local independent real estate brokerage, the time had come to take advantage of the visibility, support and unrivaled benefits of being a part of the RE/MAX network. Our team is thrilled to open our second RE/MAX office in South Florida and we’re eager to make a considerable impact on how real estate is marketed, bought, and sold locally.”



“We continue to recruit the region’s most productive agents who are looking to grow their businesses under the guidance of broker/owners who have the experience, knowledge and mentoring expertise that influences the local real estate industry,” Chris Krzemien said. “Since joining the number one name in real estate, we continue to build momentum as we grow our RE/MAX franchise. We have recruited some of the most respected names in the industry from Board Directors at the State level to local Community Leaders. We are excited to offer the most experienced Realtors in our community a place to thrive as well as offering our customers a level of service they deserve.”



Our team

"Our team's entrepreneurial spirit and exceptional knowledge of the local real estate industry complements the power of the RE/MAX brand," Domenic Faro said. "RE/MAX has held number one market share in the U.S. and Canada since 1999, as measured by total residential transaction sides, and we're developing a franchise that will attract the premier agents in the area."

About RE/MAX Experience by the Sea and RE/MAX Experience

RE/MAX Experience by the Sea and RE/MAX Experience are locally owned and operated. RE/MAX Experience by the Sea is located at 3908 North Ocean Boulevard in Fort Lauderdale and RE/MAX Experience is located at 1103 NE 26th Street in Wilton Manors. Both offices specialize in residential real estate and luxury homes.

Chris Krzemien also acknowledged that the superior quality of the RE/MAX network was a significant factor in deciding to join the brand. Real estate agents affiliated with RE/MAX dominated the esteemed 2016 REAL Trends "America's Best Real Estate Agents" ranking. RE/MAX agents accounted for 22 percent of those listed in the industry's largest agent ranking based on homes sold in 2015. RE/MAX affiliates accounted for 2,691 of the more than 12,000 participating agents in the survey, with nearly one-third more agents named than the next highest ranking brand. Coldwell Banker finished second and Keller Williams came in third.

Location

RE/MAX Experience is located at 1103 NE 26th Street, near the intersection of Wilton Drive and NE 26th Street. RE/MAX Experience by the Sea is located at 3908 North Ocean Boulevard in Fort Lauderdale.

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