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Volume 1, Issue 8
JULY 2017

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OUT CLIQUE .ORG

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Steven O. Evans, PhD

CEO & Editor in Chief

Steven.Evans@OutClique.org

Darren Loli

Chief Information Officer

Darren.Loli@OutClique.org

Alan Beck

Vice President for Sales & Marketing

Alan.Beck@OutClique.org

Joey Amato

Public Relations & Marketing

Joey.Amato@OutClique.org

Anthony Yates

Sales & Accounts

Anthony.Yates@OutClique.org

Dylan Denmark

Sales & Community Outreach

Dylan.Denmark@OutClique.org

Sach AD Group

Director of Graphic Design

Sach.Elore@OutClique.org

Steve Smith

Account Manager

Steve.Smith@OutClique.org

National Advertising

Rivendell Media

Contributing Writers

Michael Brewer, Dylan Denmark,
Michael Ferrara, Bobby Jackson, Marty Kiar,
Dr. Beau Nelson, Denny Patterson,
Jimmy Rodgers, Patrick, Rogers,
Gregg Shapiro

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11900 Biscayne Blvd, Suite 840
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GAY LIFE IN KEY WEST

By Mike Brewer



No matter where you live in the U.S., there's usually a touristy spot where you can quickly drive and unwind for a few days. In L.A., the place is Vegas. In New York, it's the Hamptons or Fire Island. For residents of Fort Lauderdale, despite our equally abundant sunshine and beaches, that spot is often somewhere in the Florida Keys.

Arguably the most gay-friendly city to our south is Key West. Just four miles long and one mile wide, Key West is synonymous with Sushi in the red shoe, that old buoy where everybody takes a selfie, and Jimmy Buffet. But its history is also deeply steeped in gay culture, the foundations of which Fort Lauderdale is modeled after.

Key West's reputation as a gay-friendly city began in the early 70's and stumbled with the AIDS epidemic in the 80s. Thirty years later, Key West has gained notoriety across the globe as one of the most laid-back, come-as-you-are hot spots in the U.S.

There are still pioneers of gay life on the island, some of whom are responsible for the city's gay culture. One of them is Joey Schroeder, owner of world-famous Bourbon Street Pub and several other businesses that cater to the gay community. The pub, you may recall, was front-and-center on CNN and other networks due to its hosting of the New Year's Eve "Drag Queen Drop." Celebrity drag queen Sushi can be seen sitting inside a giant red shoe that's lowered from the pub at midnight.



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"Sushi's been doing it for 20 years," said Schroeder. "The first year she was scared as hell. Now she's up there like Cirque du Soleil."

Schroeder came to Key West in the 70's after serving in the Navy. A contractor and engineer by trade, he started out as the go-to-contractor for the gay bars there (he is known on the island as the "Disco Contractor"). The city's largest club, Copa, burned down in 1995. Consequently, Copa's sister bar in Fort Lauderdale at the time was the spot where Nick Navarro, Broward County Sheriff at the time, carried out one of the city's most notorious gay bar raids in 1991.



still building. Already covering more than a city block, the pub is a collection of six loosely connected buildings that contain a large pool, a clothing optional bar, hotel and several floors with DJs and live entertainment.

"What I've been doing is putting money back into the bar in stages over the last 22 years. I still want to expand up, down and sideways, maybe add more guestrooms," said Schroeder. "I'm creating a playground for the island. I've had lots of offers to sell (including an offer from actor Jimmy Chisholm), but I'm not selling. I've already started a trust so the bar doesn't get into anyone's hands after I die."

"When Copa burned, there was no place for us to go," said Schroeder. "It was small, but it was always packed to the gills."

Schroeder saw an opportunity to bring gay nightlife back to Key West. He built Bourbon Street Pub shortly after the Copa fire and he's

When it comes to his love of Key West, Schroeder says it's the only place where you can drop all pretenses.

"You're kind of stripped of whatever you are. Nobody cares about where you're from, what





you do, any of that," said Schroeder. "It's all about what's inside your heart. When you need help, everybody is here to help. I think it's because we are separated from the rest of the world. If you don't wake up happy here every day, there's something really wrong."

While Schroeder has no problem attracting business, the Key West Business Guild is expanding what it's like to be a gay business owner on the island.

Aside from the tourist appeal, Dan Skahen, Vice President of the Guild's Board of Directors, owes Key West's attraction amongst gays and

lesbians to its history of acceptance and the climate.

"It has been a haven since the 70s when everyone was finding themselves," said Skahen. "It's always been a safe place to live and we have a very diverse population, from young to retired. I have been here for twenty years and I can't imagine living anywhere else. It's small enough that we know each other, and we have each other's backs."

The centerpiece event that's sponsored by the Guild, Tropical Heat, is one of the country's largest gay men's events is held in Key West each summer. ➤





Major gay-centric events at Key West include:

Tropical Heat – Aug. 16-20. Featuring all-male theme parties, pool parties, and adult-oriented entertainment, Tropical Heat draws thousands of gay men from around the globe.

Bone Island Bare It All Weekend

- July 5-9. Check your clothing and inhibitions at the doors of Key West's famous gay daytime and nighttime establishments. Featured events include naked dance parties, pool parties, shopping, dining, sailing, performances, and tours.

Women's Fest – Sept. 6-10. Key West welcomes women from across the globe to an annual celebration that has become one of the

largest gatherings of lesbians and friends in North America.

New Year's Eve – Dec. 31. Of course, a Key West New Year's Eve is one of the most celebrated events on the island. See the Red Shoe Drop, featuring drag queen Sushi, Conch Shell Drop, fun revelry in the streets, and more.



Food and Wine Festival – Jan. 24-28, 2018. A series of wine and food themed events showcasing a diverse range of wines and inventive cuisine, hosted by their passionate creators at iconic island locations.

A visit to Key West is obviously worthwhile. It's one of the few places the LGBT community can claim it a "second home."



CYNDI LAUPER TAKES DETOUR ON TOUR

By Gregg Shapiro

Known for putting her money where her mouth is, versatile Grammy and Tony Award-winning diva Cyndi Lauper is an outspoken supporter of the LGBT community. But it was her singing voice and distinctive fashion sense that initially caught our eye. After forays into pop, dance music, standards and the blues, Lauper lends her remarkable vocal range to a set of country numbers on *Detour* (Sire). Joined by country legends Willie Nelson and Emmylou Harris, Lauper leaves her

"unusual" mark on mid-20th century country classics, including Wanda Jackson's "Funnel of Love," Patsy Cline's "Walking After Midnight" and "I Fall to Pieces." She knows when to use country's trademark catch-in-the-throat on heartbreakers "Misty Blue" and "Begging to You." Duets with a yodeling Jewel ("I Want To Be a Cowboy's Sweetheart") and Alison Krauss ("Hard Candy Christmas") are also standouts. I spoke with Lauper, who is embarking on a concert tour with Rod Stewart in June 2017.



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[Cyndi Lauper performs on July 6 at Seminole Hard Rock Hotel & Casino in Hollywood.]

Gregg Shapiro: You are about to embark on a multi-city concert tour with Rod Stewart. How did this pairing come about?

Cyndi Lauper: Rod and I shared a stage once in the '80s, then again last year when we did this private event together and it was great. Sir Rod came to me and said, "We should do that again" and then my agent, Marsha Vlasic, called me a bit later and told me that the tour was coming together. I'm very much looking forward to it.

GS In 2016, you released the country music album *Detour* and in 2015 Rod released a country album *Another Country*. What do you think is the attraction to country music for artists such as you and Rod?

CL For me, old country music was very popular as a young girl growing up in New York. No one called it country music or even put a label to it. It was just good old pop music and "mainstream". These were the songs that were hits all across the country, in rural and urban areas. Country artists played right along "pop" artists and we knew that it was just good hit music on the radio at the time. So that golden age of country music was

the soundtrack of my very early childhood.

GS *Detour* consists of mostly vintage country songs such as "I Want To Be A Cowboy's Sweetheart," "Walkin' After Midnight" and "I Fall To Pieces". Is there a song that didn't make the cut that you wish had been included on *Detour*?

CL Seymour Stein and I went thru literally thousands of songs. So, yes, there were a lot of songs I wasn't able to put on the record. But the songs that did make it were my favorites.

GS If you were to do a follow-up to *Detour*, would you ever consider doing an album of songs by contemporary female country songwriters such as out lesbians Brandy Clark and Brandi Carlile, as well as straight women including Neko Case, Kacey Musgraves and Gillian Welch?

CL Why not? Country music has a lot of amazing new talent. I think it's a really interesting time in music. The country scene is amazing. My next CD is going to be new songs that I write; a new studio album and not a covers project.



GS 2016 was the 30th anniversary of your True Colors album. Did you ever expect the title song to become an anthem the way that it did?

CL Tom Kelly wrote the song and it's an important song. Before I recorded "True Colors", a friend of mine named Gregory was very sick. We didn't know it at the time but he would later be diagnosed with HIV/AIDS. He asked me to write a song about him, so he would not be forgotten. So, I wrote a song called "Boy Blue". A little later, I heard Tom's "True Colors" and I knew that was the healing song. When I recorded it, I was singing to my friend who I had lost. Because he grew up completely rejected by his family and struggled with self-acceptance his whole life. He was just a wonderful guy, perfect just the way he was and he just couldn't see that. So, I sang it for Gregory and all the Gregories of the world who felt crushed by life. And the song lifts you up and makes you feel hopeful and that's why it resonated. Tom Kelly should be very proud of how he has helped people thru his words.

GS You are halfway to the coveted EGOT (Emmy, Grammy, Oscar, Tony) status with Grammy and Tony Awards to your name, as well as an Emmy nomination. Do you have a special place of honor for your Grammy and Tony statuettes?

CL I have them in my office at my apartment. I try to make my home my home, ya know [laughs]! Not that I am not proud of winning those awards and I really want that EGOT. But I try and keep my home for family and not anything career-related.

GS Are there any upcoming projects that could potentially lead to an Emmy or an Oscar? Say a movie version of Kinky Boots perhaps?

CL Yes, we are working on the movie version of our musical now. I have a few other film projects I am working on so you never know [laughs]!

GS Over the years, you have also become respected and known for your generosity when it comes to your charity work. Can you please say something about the importance of giving back?

CL I am friends and family of the community. Back in the '70s and '80s I witnessed a lot of discrimination and had to speak out. You can't sit by while your friends and family are being treated like second-class citizens. And then when I became famous I had a lot of fans that were LGBT, too, and since you guys supported me, of course I have to support you, too. I think that maybe because I was an outsider looking in most of my life, I could relate. I don't care about backlash.

GS Finally, on June 11, 2016, I attended your concert in Boca Raton, Florida, where you talked about the tragedy of the Christina Grimmie murder. Little did we know that just a few hours later, another tragedy in Orlando – the Pulse Nightclub attack – would also be making headlines. Please share your thoughts about that tragic event.

CL Like all of us, I was and still am devastated by what happened at the Pulse nightclub last year. Now, today, I am hearing about another mindless shooting of five innocent people in Orlando. We must stay vigilant and engaged in the conversation, not only on combating terrorism, but also in changing the gun laws in this country. We, as a community, need to continually resist and push back on this current administration to ensure that our LGBTQ rights are not stripped away and that, like all of our citizens, we are protected under the constitution.



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- **Kidney problems, including kidney failure.** Your healthcare provider should do blood and urine tests to check your kidneys. Your healthcare provider may tell you to stop taking DESCOVY if you develop new or worse kidney problems.
- **Too much lactic acid in your blood (lactic acidosis),** which is a serious but rare medical emergency that can lead to death. Tell your healthcare provider right away if you get these symptoms: weakness or being more tired than usual, unusual muscle pain, being short of breath or fast breathing, stomach pain with nausea and vomiting, cold or blue hands and feet, feel dizzy or lightheaded, or a fast or abnormal heartbeat.
- **Severe liver problems,** which in rare cases can lead to death. Tell your healthcare provider right away if you get these symptoms: skin or the white part of your eyes turns yellow, dark "tea-colored" urine, light-colored stools, loss of appetite for several days or longer, nausea, or stomach-area pain.
- **Bone problems,** such as bone pain, softening, or thinning, which may lead to fractures. Your healthcare provider may do tests to check your bones.

The most common side effect of DESCOVY is nausea. Tell your healthcare provider if you have any side effects that bother you or don't go away.

What should I tell my healthcare provider before taking DESCOVY?

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Ask your healthcare provider if an HIV-1 treatment that contains DESCOVY[®] is right for you.

- **All the medicines you take**, including prescription and over-the-counter medicines, vitamins, and herbal supplements. Other medicines may affect how DESCOVY works. Keep a list of all your medicines and show it to your healthcare provider and pharmacist. Ask your healthcare provider if it is safe to take DESCOVY with all of your other medicines.
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Please see Important Facts about DESCOVY, including important warnings, on the following page.



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ABOUT DESCOVY

- DESCOVY is a prescription medicine that is used together with other HIV-1 medicines to treat HIV-1 in people 12 years of age and older. DESCOVY is **not** for use to help reduce the risk of getting HIV-1 infection.
- **DESCOVY does not cure HIV-1 or AIDS.** Ask your healthcare provider about how to prevent passing HIV-1 to others.

BEFORE TAKING DESCOVY

Tell your healthcare provider if you:

- Have or had any kidney, bone, or liver problems, including hepatitis infection.
- Have any other medical condition.
- Are pregnant or plan to become pregnant.
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Tell your healthcare provider about all the medicines you take:

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- DESCOVY is a one pill, once a day HIV-1 medicine that is taken with other HIV-1 medicines.
- Take DESCOVY with or without food.

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DESCOVY can cause serious side effects, including:

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- Changes in your immune system.
- New or worse kidney problems, including kidney failure.
- Too much lactic acid in your blood (lactic acidosis), which is a serious but rare medical emergency that can lead to death. Tell your healthcare provider right away if you get these symptoms: weakness or being more tired than usual, unusual muscle pain, being short of breath or fast breathing, stomach pain with nausea and vomiting, cold or blue hands and feet, feel dizzy or lightheaded, or a fast or abnormal heartbeat.
- Severe liver problems, which in rare cases can lead to death. Tell your healthcare provider right away if you get these symptoms: skin or the white part of your eyes turns yellow, dark “tea-colored” urine, light-colored stools, loss of appetite for several days or longer, nausea, or stomach-area pain.
- Bone problems.

The most common side effect of DESCOVY is nausea.

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

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

GET MORE INFORMATION

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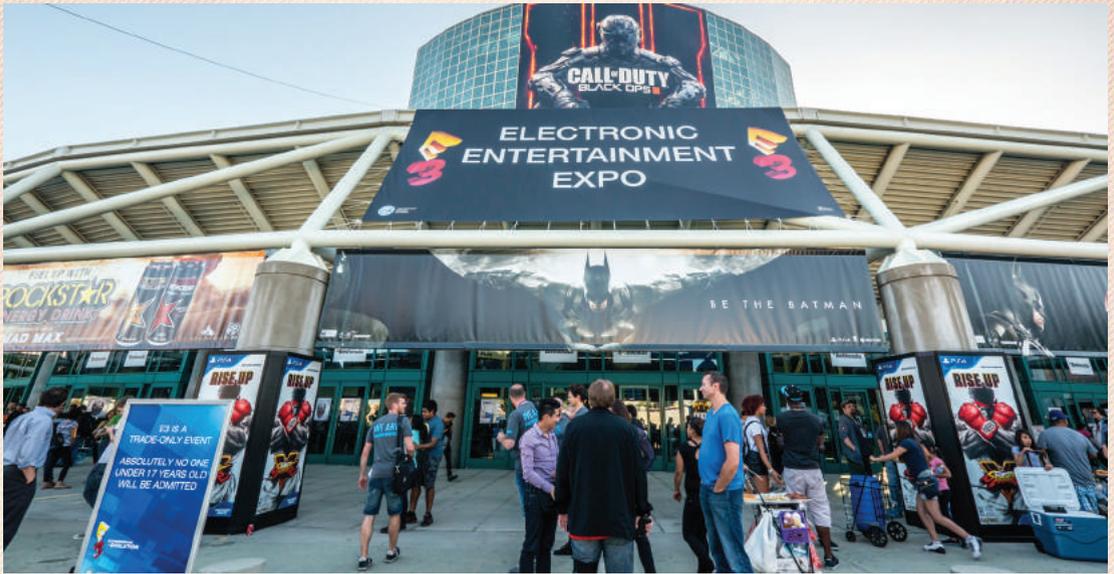


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GAME CORNER!

ELECTRONIC ENTERTAINMENT EXPO (E3) 2017: TOP PICKS

By Pup Napoleon



It's Christmas time to all of us gamers. This year we were treated to a plethora of news from nearly every company, running all week rather than the usual 3 days. Here are the things I'm most excited about.

Nintendo revealed the games Metroid 4 and "Pokemon core RPG." Nintendo is really listening to its fans. Not only are these the games we needed, but the news coming so early tells us they want us to be aware of the trajectory of the Switch.

More points of discussion from Nintendo include 2018 games (Kirby and Yoshi), Rocket League, Splatoon 2, and ARMS, already out in any electronic store.

Microsoft had some big announcements regarding the previously titled Scorpio, now

called the Xbox One X. In addition to Virtual Reality, the Xbox now features many more games in 4K resolution (if you have the 4K TV). Another big thing is that the Xbox One will now be backward compatible with games as far back as the original Xbox. Their popular game, Minecraft, will now be cross compatible across all platforms (PC, Microsoft, and Nintendo), except for Sony's Playstation.

The Playstation will be getting Monster Hunter World, produced by Capcom. While it was their pinnacle announcements, it is getting the largest uproar in Japan.

Ubisoft has partnered with Nintendo to bring us Mario + Rabbids Kingdom Battle. Their other big points were Assassins Creed Origins, and after a decade of waiting, Beyond Good and Evil 2.



There were more studios to get some attention, such as Bethesda and EA games, but the above list best encapsulates the new releases I picked out from e3 2017. If I missed any of your favorites or hit them on target, let me know!

Facebook @PupNapoleon and Instagram @Outclique.



THE 4 TYPES OF RESISTANCE TRAINING

By Bobby Jackson, BA, CSCS



Resistance training is the most important part of any fitness training program. The effects of resistance training on the body range from calorie/fat burning to increasing bone density. Unfortunately, most people only associate resistance training with muscle building and getting "bulky". Although muscle building can certainly be a byproduct of a specific type of resistance training, there are several other effects it can have with the right training program design. This article will break down the 4 types of resistance training and will explain the exercise parameters of each.

1 ► POWER

Training for power is the least common resistance training goal. It is usually only seen, and recommended, in the training of seasoned athletes. Power training is used to increase strength in quick, explosive movements. Vertical jumping is the perfect example of a power movement. Given that not many people

have a need for something like a competitively high jump, few people train in the power capacity. However, if power is something that you need, you should be using high intensity, relatively heavy weight exercises with low repetitions [2-5], sets [3-5], and longer rest intervals [2-5 minutes] due to the high intensity.

2 ► STRENGTH

When training specifically for an increase in physical strength, similarly to training for power, the intensity/weight of each exercise must be very high. The major difference is that strength training does not require the movements to be done quickly. A controlled tempo should always be used with resistance

training other than for power. Due to the controlled tempo, a slightly higher amount of weight can be used for strength training as compared to power. Your ideal strength training volume is still low repetitions [6 or less], sets [2-6], and longer rest intervals [2-5 minutes] due to the heavy weight. ►

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3 HYPERTROPHY

If your goal is to build muscle mass, then hypertrophy training parameters should be applied. Hypertrophy refers to the physical enlargement of your muscle tissue. Muscle hypertrophy requires a higher training volume in your repetitions [6-12], sets [3-6], and shorter rest intervals [30-90 seconds]. The

higher exercise volume and shorter rest intervals allows a more thorough breakdown and a greater potential rebuilding of the muscle fibers. However, if you are training to make significant muscle gains, your daily protein intake should be increased to aid in the rebuilding process of the muscles as well.

4 MUSCULAR ENDURANCE

Muscular endurance training is used to increase your muscle's ability to function over a longer period of time. Endurance is increased by using lower amounts of weight, higher repetitions [12 or more], a moderate number of sets [2-3], and very low rest intervals [30 seconds or less]. Another great result of endurance resistance training is the toning

effect that it can provide across your entire body. Just think about some of the most complete endurance trained athletes. Boxers, swimmers, basketball players, they usually have very evenly endurance trained bodies to allow themselves to compete in long-duration events. They also tend to have very low body fat.

Although these 4 styles have many differences, they can be applied to many of the same exercises in the gym. That's why I usually recommend combining training styles within a weekly program, and sometimes within a single workout. This will challenge your body in different ways and tends to accelerate your results. Now that you know the breakdown of each resistance training style you should be able to better maximize each of your own training sessions.



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.

[Facebook.com/TheCustomFitnessInstitute](https://www.facebook.com/TheCustomFitnessInstitute).



EAT YOUR SPF!

By Jimmy Rodgers



The heat is definitely rising and brings with it many little cautions we all need to be aware of. Obviously, hydration is a must! Without enough water, we dehydrate, which usually causes a plethora of issues. Wearing protective or reflective clothing helps people who work or hobby outdoors. Breathable and lightweight clothing is preferred so your body does not overheat. Shelter or shade can be our best friend too, even if only for a simple break. A few minutes in the shade will help lower your body temp and also give you a little recharge.

But, when we think about the summer and the sun we usually think “the beach.” Hopefully somewhere in that thought process should pop up the idea of “sunblock” as well. Whether it’s lotions or sprays, SPF 15 to 100, waterproof, sweat proof, earth and ocean friendly (it better be!), or unfortunately even the chemical ridden ones, there are a few choices to make but those choices only cover the outside of your body. Well, what about the inside?

We already take vitamins and supplements to fill in the blanks of what we are not eating in our food choices and are choosing certain items in our diets that provide nutrition specific to our own individual needs, right? So, why not arm our bodies and prepare it for the sun, from the inside out?

Here are a few Super powerful UV-blockers

conveniently down the street in the produce aisle that naturally boost sun protection and healing in the body (antioxidants) and ultimately prevent you from looking like a seared ahi tuna:

Tomatoes (especially when cooked) are one of the best sources for Lycopene: a carotenoid and antioxidant that neutralizes the free radicals produced from too much sun; minimizing any inflammatory response to UV damage. Translation 1: Eat cooked tomatoes! Carotenoid supplementation reduces erythema in human skin after solar radiation exposure. Translation 2: you will be less susceptible to burn. A few tablespoons of tomato paste with some olive oil a day provides significant protection. Watermelon and grapefruit are two other high-rollers in Lycopene. However, if you prefer spicy, Chili powder is also rich in

lycopene, as well as vitamin E. Bloody Mary anyone?

Sweet potatoes have more beta-carotene than almost any other vegetable. Purple sweet potatoes have even higher amounts of cyanidin and peonidin, shown to increase UV protection in cosmetic creams. Other sources of beta-carotene include carrots, butternut squash, and many different types of greens; and when combined with vitamin E., the antioxidants that both contain, protect and repair cells from photoaging.

Leafy Greens and Cruciferous Veggies

contain high levels of folic acid and vitamins A, C and E. Broccoli is a good source of sulforaphane, which reduces the risk of skin cancer. Green lettuce, spinach, kale, and Swiss chard, are excellent sources of both lutein and zeaxanthin which have been shown to halt cell growth prompted by UV light in animal studies. Parsley, basil, sage, and rosemary are also great skin protectors.

Tea: Black, white, and green are packed with polyphenols and catechins, two flavonoids that can protect your skin from UV rays and help stop cancer development by limiting the blood supply to the cancerous area. Green tea prevents non-melanoma skin cancer by enhancing DNA repair, and is the most effective tea containing high amounts of most super-duper polyphenol there is, epigallocatechin-3-gallate/EGCG:



which slows down sun-related skin aging, prevents skin cancer, and inhibits tumor cells when consumed on a regular basis. Drink at least two cups of green tea a day. Matcha green tea is known to have the highest the amount of EGCG available.

Pomegranates contain antioxidants that enhance skin's sun-protective properties by 25% and may inhibit the growth of cancer cells. They also contain ellagic acid, which can help protect your skin from cell damage by UVA and UVB rays. When pomegranate

extract is used with sunscreen,

it increased the SPF by 20 percent! Sweet!

Extracting the seeds are so easy but due to writing size constraints I need to stick to the basics. Email me for more info.

Flaxseed is a good source of Omega-3s and has lots of fiber and lignans: antioxidants that protect your skin from sunburn, reduce additional inflammation if sunburn occurs, and fight against skin cancer. Flaxseed oil can protect your skin against UV rays and keep your skin moisturized. Cold-water fish like salmon, herring, mackerel, trout, and sardines are high in omega-3 fatty acids. Eat at least two servings of fish about the size of a deck of cards each week. Not a fish lover? A fish oil supplement works just as well. I do both!

Dark Chocolate over 70% cacao has 4 times the number of phenols and catechins as tea and provides up to a

JIMMY SAYS : GET OUTDOORS! AT LEAST 20 MIN A DAY. SUNSHINE AND VITAMIN D PRODUCTION ARE A CRITICAL FOR LONG-TERM HEALTH. CHEMICAL-FILLED SUNSCREENS CAUSE DISEASE, TRY NATURAL ONES (EWG.ORG). LIMIT PROCESSED FOODS, SUGAR, VEGETABLE OILS, AND GRAINS. EAT BRIGHTER. PLANTS USE THEIR BRIGHT PIGMENTS TO PROTECTION AGAINST THE SUN. STILL MAKE USE OF SPF LOTIONS, CREAMS, AND SPRAYS. ADDED INSURANCE IS ALWAYS A GOOD THING.

25% increase in sun protection. The Flavonoids found may improve the skin's ability to protect against some types of skin damage and sun burns. Long-term ingestion of high flavanol cocoa provides photoprotection against UV-induced erythema (sunburn) and improves skin condition. Two ounces a day is recommended. I'm sure there won't be any arm twisting there.

Coconut Oil, as most of us know, is amazing for so many health benefits from moisturizer to miracle worker. It's high in medium chain fatty acids and saturated fat, which help with sun tolerance. Apply it to your skin by itself to get a low-SPF sunscreen. Consume about a ¼ cup per day: eat a spoonful in the morning and evening, spread it on toast, or melt it in tea or coffee. Coconut oil makes a great healthier replacement for vegetable or other cooking oils, too.

Almonds are one of the best sources of vitamin E, which protects and repairs the skin from

sunlight and sunburn. Almonds also contain quercetin, which protects against UV damage and the wrinkle-causing breakdown of collagen. Pack some almonds to snack on, eat more almond butter and/or drink more almond milk.



Red Grapes have phytonutrients that can slow down the formation of destructive reactive oxygen species (ROS) that form in skin cells, which has been linked to sun damage, skin cancer and cell death. Grapes also contain quercetin as well as certain polyphenols that inhibit skin cancer induced by UV rays. The grapes that you will put in your freezer will become a great snack on a hot day.

Supplements taken into consideration are vitamin C, vitamin D3, fermented cod liver oil, and astaxanthin, one of the most potent antioxidants there is and acts as an internal sunscreen.

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. If you would like to know more about SJW or interested in a Health Consultation please feel free to contact me.
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In South Florida and Wilton Manors we have so many great options for body and skin treatments. Most of you probably know Botox is great for wrinkles, facials are great for your skin, and fillers address sagging skin, facial fat pad wasting, and under-eye problem areas but what about everything else out there?



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BEING GAY IN SOUTH BEACH

By Mike Brewer



South Beach is a wide span of European guys in Speedos (many of whom shouldn't be sporting them), straight Muscle Heads, and Fashionistas. But there's always been a pocket of gay boys and presumably, there always will be.

The gay migration started in the 90's, after its reputation as the Capital of Cocaine was snuffed out and the gays moved in. But although South Beach isn't quite the hub of gay nightlife it once was, the sugar white beaches in Miami's South Beach has many cool gay clubs and events.

The South Florida LGBT community certainly views Fort Lauderdale's Wilton Drive and spots in Key West as Mecca. But a few of us are beginning to look for a different night out in South Beach and its surrounding gay hot spots on Miami Beach. The drive there, to some of us, is worth it. But it wasn't always that way.

Nearly a decade ago, gays on South Beach were inconceivably hunted down like prey. It was a primary reason why much of South Florida's gay community started to thrive elsewhere and South Beach started to decline in popularity.

The gay community in the Keys started to take shape between the 50s and the 70s when the entire island of Key West was under renovation. The shabby shacks that dotted the landscape were being replaced by the beachy, charming homes we see there now. Some 70 percent of the contractors in charge of the work were gay. The rest, as they say, is history.

Fort Lauderdale's rise in gay popularity can be traced back to the 90's. But in 2010, South Beach was featured in a Broward New Times article, Gays Leave Unfriendly South Beach For Fort Lauderdale, documenting an alarming rise in hate crimes in SOBE: ➤

"In Fort Lauderdale, gay entertainers find work more easily, queer yuppies can afford spacious homes, and transgender ladies feel safer walking to the corner store. South Beach . . . has grown tense."

But South Beach has bounced back.

In 2010, Miami Beach passed a revised Human Rights Ordinance, making Miami Beach's human rights laws some of the most progressive in the state. An LGBTQ visitor's center opened. Little known fact: Fort Lauderdale had a Gay Pride parade years before South Beach.

Last month The Palace, a gay institution on Ocean Drive, is moving. Even though the building housing the bar was recently sold, Palace owners are scouting out a new location and promise it'll be better than it has been over the last 29 years since it opened.

Gay Miami crowd favorites, like Twist, Score and Floppy Rooster are enjoying glowing reviews from publications around the globe.

Open since 1993 on Washington Avenue, Twist has earned numerous accolades over the years

as the "Best Gay Bar in Miami." Popular with international visitors and locals alike, Twist could best be described as the three-way love child of Fort Lauderdale's Alibi, The Manor, and Key West's Bourbon Street Pub. That's to say Twist is a multi-floor dance and drag club with a different vibe in every corner. High energy meets neighborhood hangout.

Just up the street from Twist you'll find Score. Another popular spot for Club Kids, Score attracts a wide variety of a crowd, but typically attracts a decidedly younger clientele. Amongst the celebrity DJs, you'll find tightly-gripped Red Bull and vodkas and an abundance of muscled, dog-tagged chests. It's pretty much mandatory at Score to show up without a shirt on, so come prepared.

The Floppy Rooster, on the other hand, is Florida's only all-nude strip club. Floppy Rooster is a bit classier than your typical stripper joint. Rules prohibit shoving dollar bills into a guy's skivvies. Tipping the entertainers is only allowed on their armbands, and VIP rooms cost \$120 for 15 minutes without champagne. Still, shirtless guys drink beer for free for a couple of hours. Women are allowed,





but the ladies have to be escorted by a guy to get in.

If you're an "eventie," there's something in South Beach for you. Though Miami and South Beach events in summer go together like fire and ice, the fall and winter months are packed with stuff to do.

► Miami Beach Bruthaz

July 14-18. An annual LGBT summer lifestyle event on Miami Beach. While MBB is open to any and all individuals regardless of race, gender, sexual preference or orientation, the event was founded to raise awareness of the increasing HIV /AIDs rates within minority gay communities.

► White Party Week

Nov. 23-27. Need we say more?

► Art Basel

Dec. 7-10. Always a crowd-pleaser. Art Basel features leading galleries from North America,

Latin America, Europe, Asia and Africa showing significant work from the masters of Modern and contemporary art, as well the up-and-comers.

► Art Deco Weekend

Jan. 12-14, 2018. An event for those who appreciate the Art Deco era in Miami and those who are fighting to preserve it. Guided tours, fashion and car shows, live entertainment, festival and dog show are planned.

► Winter Party Festival

Feb. 28-Mar. 6, 2018. Like White Party Week, but bigger and cheaper.



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TRUST IN RELATIONSHIPS

By Dr. Beau A. Nelson, DBH, LCSW

Trust is something that is often taken for granted, until it is broken or we find that we have been betrayed. Life is full of relationships. Families, friends, significant others, spouses, they all have their own levels of trust and rules that govern our interactions. Trust, as a verb, is defined as to "believe in the reliability, truth, ability, or strength of" someone or something. When we trust someone in our life, we are expecting them to uphold the promises, sometimes unspoken, that we expect in that relationship. An example is that you could have the expectation that a friend will not take advantage of you for their own gain, such as if you loan them money, they are going to pay it back. If your friend does not meet that expectation, there is a betrayal, and for most of us that is a deal breaker, although for some it may be something you can work through.



Many times in our lives we take for granted that what we expect in relationships is also what another reasonable and rational person would expect. Sadly, that is not the case. First off, you may not be dealing with reasonable and rational people! Often, people have different agendas, and that means that there can be a disconnect in your relationship. It is also important to realize that people are not always honest and can even out and out lie to get what they want.

So now that the reality sets in, how the heck do you develop trust in your relationships? A caveat here is that what you expect from others you need to live up to yourself. If you take a hard look at yourself, are you acting in a reliable, honest, and trustworthy manner? If you aren't, then the work starts with you. Integrity is vital in successful relationships. Simply put, this means you say what you do and you do what you say. The work you may start with is learning to communicate openly and honestly, handling problems and not avoiding them, it means living up to your highest ideals in relationships, not just expecting others to treat you well.

I am reminded of a friend who came to me one night in tears. He was so upset he was shaking. He told me that he found out that his boyfriend was cheating on him with a good friend (talk about two betrayals!). He was devastated. After a little more talking he confided that he had cheated on his boyfriend and not told his partner. He rationalized his cheating as being "no big deal, it was just sex" and minimized that compared to what was done to him. Time for a reality check, eh? He then told me that his boyfriend had come to him and explained a one-time sexual encounter with a friend, and said that he hoped they could work things out. There obviously is a lot going on in this relationship, where to begin? How would you have handled this if you were in either partners' shoes?

Let me bring you back to integrity. Integrity directs that you have to be as good as what you are looking for, you are to be honest and authentic. Without that, what is your word worth? How can someone trust you? The ending to this story is they broke up, my friend felt so betrayed that he could not keep either his boyfriend or that friend. He continued to





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not be honest in subsequent relationships and that eventually led me to say goodbye to him as he was not the kind of person I wanted in my life, either.

I hope this situation paints a picture of the possible pitfalls of relationships. Some are internal, such as how we act in a trustworthy manner; others are external, depending on who we get to meet and know. Sadly, human beings, being who we are, betrayals or disappointments come around. It is somewhat unavoidable. Ouch! A lot of people really start to look at trust only after a betrayal. There are some difficult conversations that come as a result of a betrayal. Then come the difficult decisions about how to move forward or how to part ways. No one can tell you what your deal breakers are in relationships. Infidelities in a relationship, poor treatment from friends, rejection by family members, can be dealt with, although it may be a hard road.

For years, I did couples counseling, and to be honest, it wore me out! It was a lot of work to try and help a couple after years and years of resentment that built up over broken trust (small things or big things). Eventually I stopped working with couples because, although I had many successes, it was something that I found I started to not enjoy doing. So, my integrity said, don't just make money, do what you love and focus on that. As a result, I stopped seeing couples. I had to be honest with myself!

Here is a play on the word trust to highlight some meaningful points on how to develop and maintain trust.

T – Truthful

This means that you are honest and open to communication in your relationships. It is not hiding, lying, or skirting the truth, it means that you are who you say you are, you are honest.

R – Realistic

This means that you act in a way that recognizes no one is perfect. It can contain an element of forgiveness, but it also tells us that we need to WORK on relationships, we need to cultivate, talk about, and invest in relationships for them to grow. Oftentimes betrayals are a big wakeup call that something was wrong way before the bedroom door closed and your pants are down around your ankles.

U – Understanding

Understanding means knowing yourself and your other person (friend, girlfriend, spouse, mother). Be alert to who you are and how you act. Be honest with yourself about others. My dad used to tell me, "do not expect more from others than they have the capacity to give." I use that all the time. Be aware that you may be asking for something that the other cannot give; be wise about expectations, it will help to minimize risks in relationships.

S – "Say It"

Communication is one of the most important aspects of a relationship. Create a dialogue. Talk about your expectations and fears, ask for support, hold each other accountable and do not skirt difficult issues. Talk about consequences. Talk about it all, the more that you discuss, the more you can agree on or you can see that you or they cannot meet what is expected.

T – Take A Risk

While it may sound like there are more problems than you can shake a stick at, be open to trusting someone and being someone who can be trusted. Many people close off to protect themselves from rejection or disappointment. This method guarantees that you will be lonely and sad. Abraham Lincoln said, "If you trust, you will be disappointed occasionally, but if you mistrust, you will be miserable all the time." Try and don't give up on trusting relationships, just work on them!

Dr. Nelson maintains a psychology practice in Fort Lauderdale where he helps people become their best self. More information about Dr. Nelson is available at improveyourmood.com or you can email him at drnelson@improveyourmood.com.

THE WONDER TWINS

By Mike Brewer



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Location: www.YachtSalesInternational.com

Twins are a rare breed. To think something so small as a human cell can determine how close you are to someone for a lifetime, both physically and emotionally, is nothing short of amazing. Yet one cell closer to some shared DNA defines who each of us are. Research suggests it's not just personality traits, likes and dislikes, but who twins sleep with as well.

A 2015 study by scientists at the University of California indicates scientists can predict with 70 percent accuracy whether twins will be gay or straight after birth, simply based on the individuals' genetics and environmental changes.

On the flip side, conservative scientists and religious organizations point to other factors that determine sexuality differences in twins. Many cite a study by Johns Hopkins University in 2016 suggesting that people are not simply "born that way," and suggests that "poor mental health" may be an explanation associated with gay and transgender people, according to Christian Post.

In reality, the "study," published by psychiatry professor Paul McHugh, was proclaimed by Johns Hopkins faculty itself as "deeply flawed." Importantly, McHugh authored a research paper – not a Johns Hopkins-endorsed study. McHugh is a devout Christian with a history of filing discriminatory lawsuits against various LGBT organizations while much of the university faculty, staff, and researchers condemned it.

Andrew and Jesse Tsygan are living proof that nature is stronger than nurture in the complexities of sexuality. Andrew is gay. Jesse is straight. But other than that, they're typical twins. They share nearly every waking moment together. They complete each other's sentences. They work and live together. And, they party together. ➤





As entrepreneurs in talent and brand management, “the twins,” as they are widely known in their vast and ever-growing social circle, the Tsygan brothers are proud of who they are, but grow tired of being mistaken for who they aren’t.

“We go out and a lot of guys ask me if I’m gay, if I want to be with a guy,” said Jesse. “It’s like, just because I’m in a gay bar doesn’t mean that I want to hook up with somebody. It gets annoying. They say if I’m not gay, why am I in a gay club? First of all, I don’t like going to straight clubs.”

But Jesse mostly takes in in stride. It’s the give-and-take of his occupation. As it turns out, Andrew and Jesse are together in gay bars a lot. Signing deals, shaking hands with movers-and-shakers, and spending time with their adoring throng of friends are all part of the life of a promoter. It’s what Andrew says is “the fame game.”

“Everywhere we go, people say, ‘Hey! It’s the twins! The twins are here!’ It’s pretty cool. Anywhere we go, people know us.”

Andrew and Jesse’s following started with their roots in Boca Raton. Their mother is a first-generation Israeli, their father, a first-generation Russian. Their parents met in New York and moved to Boca when the twins were in high school. As a conservative family, they were not at all aware that Andrew was gay until his mom had an encounter on the West Coast. It was a puzzle and she had put it all together. Quickly.

After college, Andrew and Jesse moved to L.A. and started hobnobbing with A-list celebrities at The Abbey, one of the longtime “see-and-be-seen” gay clubs in West Hollywood. Shortly after their move, “The Twins” became relatively famous in their own right. The one-twin-gay-and-one-twin-straight factor and their shared



assertive nature started to attract all the right people at all the right places.

Red carpets with honored celebrities, major recording artists, choreographers, and long nights at the club of the hour were quickly embedded in their shared DNA. They loved it. Their "it" friends loved them. But it wasn't a situation by chance. It was something they had planned way before they packed their bags.

Andrew and Jesse are hustlers, but not in the traditional or sexual sense of the word. They've been a keen business duo since before Jesse even knew Andrew was gay.

"Because we're twins, we set an image for ourselves since we were 18," said Andrew. "People are impressed with what we have done. My brother and I have put ourselves out there in the social scene, and have worked hard throughout our lives to get where we are. We are just as important as we should be."

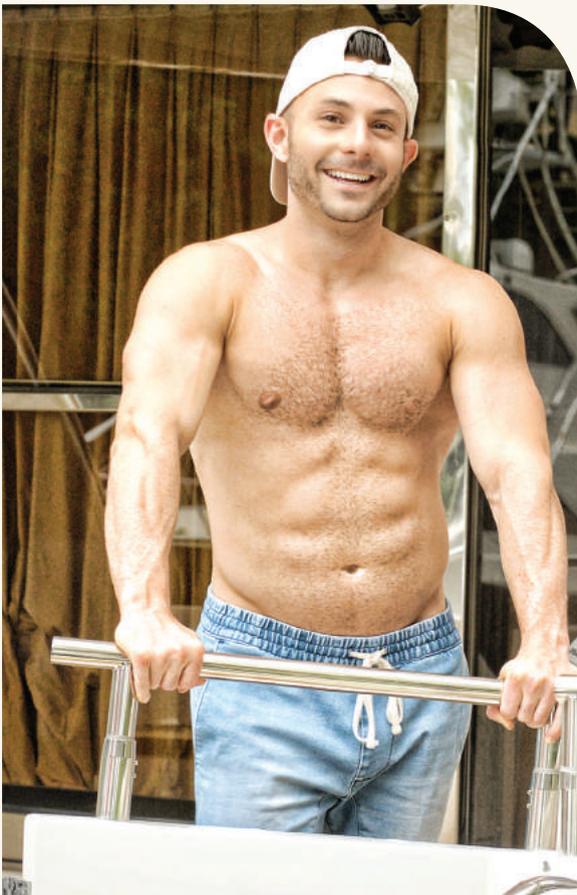


Andrew is quick to point out that he and Jesse's good fortune didn't land in their lap, like many people are quick to assume.

"Nobody knows the truth behind where we've been. The effort, the time. Nobody knows the struggle we have gone through for years. We have seen both our mom and dad fight to make a living," said Andrew. "When people meet us, it's like right away, 'You're a rich kid.' Not a lot of people know that we had to sleep in a car in L.A. and there was a lot of couch surfing. The truth is, we're really down to earth. Everyone assumes we come from a privileged family."

In this era of fluid sexuality, the twins decidedly move from one bar scene to the next. Gay and straight clubs are a blur to them. But Andrew scratched his promotional itch at the gay ones in Miami.

"I broke into the Miami scene at an early age."





Mostly in the gay scene. I didn't come out until my second year of college, and I was going out doing promotions and working with some TV celebrities, that's how I made my name in South Florida," said Andrew. "Now we have a reputation in both the straight scene and the gay scene. It's kind of cool."

You might imagine Andrew and Jesse wouldn't have any trouble in the dating arena. But that's one area that's a paradox for them both.

"When it comes to dating, a lot of people are very put off," said Andrew. "They feel like they're not a priority. My ex broke up with me because he couldn't take it. He didn't understand that I couldn't spend as much time with him as he wanted me to. We have rarely been able to live like that --- dating, boyfriends, girlfriends, all that is tough."

Jesse agrees.

"It's affected my relationships. Once I had invited my girlfriend out, she would see a lot of the guys who know me, not just by going to the gay clubs," said Jesse. "A lot of times the girls I'm with get overwhelmed and assume things. The girl that I was with recently said it was the fame factor."

Being mistaken for being the gay one or the straight one was more difficult than Andrew coming out to Jesse. Everyone has their own coming out story, some are simpler than others. It is said that twins have an inexplicable relationship that goes way beyond sharing the womb. That fact was a primary factor when Jesse learned that Andrew was gay.

"It was always kind of obvious, and I knew that he never had a girlfriend," said Jesse. "It happened randomly. We were in Miami one day having dinner with a friend. At dinner, my friend just threw it out there. He said, 'You know that Andrew is gay, right?' I just laughed and said,

"Yeah. I know."

Andrew didn't formally come out to his Mom either. It was like a flashbulb went off on the red carpet.

"When my mom came to L.A. for the very first time, that's when she experienced what the gay lifestyle was like," said Andrew. "We took her out to the Abbey and we were around some of the biggest gay celebrities. It just clicked when she saw us in our element. She started crying, just broke down. I can remember her breaking down in our bathroom. It was really new to her. She finally saw what was going on."

Since then, there has been no family arguments or discomfort about Andrew's sexuality. He is who he is.

Andrew says after he and Jesse moved back to South Florida he didn't think they would be here this long. Now after the three-year mark, they've been able to parlay their promoting in L.A. into the Latin music scene. In addition to owning and managing an online business, they are representing up-and-coming singers.

The guys certainly have a lot on their plates. But they're keeping them all in the air, launching head-strong into the various scenes they feel are key to their lives. During our phone interview, Jesse was getting out of the shower and Andrew was shaving. It was 7:30. They were getting ready to go out on a Tuesday night with their best friend Joey Schwartz.

"My friends ask what's next every night," said Andrew, apparently moving his razor across his face. "It's the energy, the nightlife that we live for."

When you're out, no doubt you will see them. You're always welcome to shout, "It's the twins!"

FORT LAUDERDALE GAY MEN'S CHORUS A FASIONABLE LEI



Photos by Adept Studios Photography | www.adeptstudios.com

For more photos of this event, visit us on Facebook at facebook.com/outclique.

AND THE ITSY, BITSY, SPIDER-MAN COMES UP THE SPOUT, AGAIN

By Pup Napoleon

What does a Spider-Man do?

We are within the golden age of superhero cinema, with what are soon to be classics; from the original X-Men film, to the recent release of Wonder Woman this past June. In this time we have seen five Spider-Man movies across two iterations of the hero, with an additional one hitting theaters on July 7th, Spider-Man: Homecoming.

We got a sneak peak at the hero in the previous year's blockbuster, Captain America: Civil War, but what can we really expect of this new take on the hero? Sometimes Spider-man can biologically shoot his sticky web, usually it is a tech upgrade. Sometimes his big love interest is Gwen Stacey or Felicia Hardy but often it is Mary Jane Watson. Usually the hero is Peter Parker but in recent renditions we have even seen Dr. Octopus take over his body and play the hero himself!

We know little for certain; Spider-Man is (finally) a part of the Marvel Cinematic Universe (MCU), and that he is played by an actor who is nearly a teenager himself. Ironman, patriarch of the MCU, plays a mentor to the young hero.

Perhaps we will see cameos from other Avengers, or even some of the Defenders (as seen on Netflix). Regardless of who may appear, we are certain to get some quick wit, youthful pride, and a new adorable nerd in star, Tom Holland. If they make jokes about him shooting too quickly, it will be all the better.



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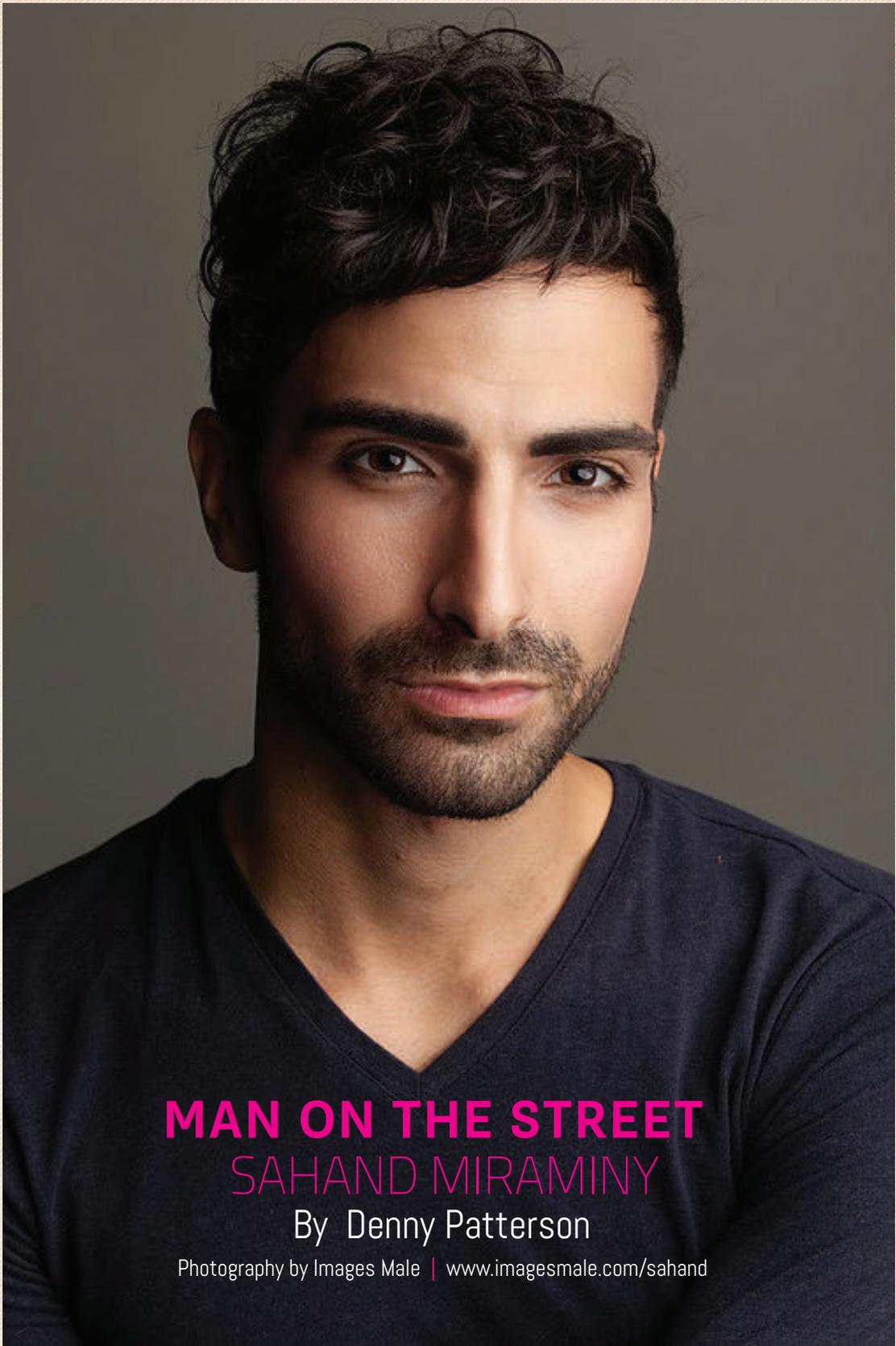
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MAN ON THE STREET
SAHAND MIRAMINY

By Denny Patterson

Photography by Images Male | www.imagesmale.com/sahand

Welcome back! It is now time to meet Sahand Miraminy. Born and raised in Washington D.C., Sahand is a singer/songwriter who is in the process of working on his first album. His videos on Facebook and YouTube have been viewed over a million times. Sahand is also a first-generation Iranian American, and a twin to a straight brother. Outside of music, Sahand works full time at a museum, gets involved with social and political activism, and helps rescue stray cats. Most people may consider him to be a crazy, outgoing person, but in reality, Sahand can be found at home binge eating and watching *The Golden Girls*. This is his story, and make sure to like and follow him on social media: facebook.com/officialsahand.



Let's start this interview off by chatting about your music. Where did your passion for it come? You know, that's hard to answer. I think it just came to me at a very early age. I come from a musical family, I'm one of five kids, and everyone has the capability of singing or playing an instrument of some sort. We were nowhere near becoming like the Jackson 5, but everyone had some interest in music. As a five-year-old, I kind of dreamed in the back of my head of being some Persian pop priestess [laughs].

You are currently working on your first album? I am, yes. The music is written, and I'll be working on it this summer and hopefully release it. We'll see what happens.

What can we expect from this album? My musical taste is kind of a broad mix of different genres. I love pop like a lot of people, but I also love classical music, world music, and Celtic music. So, it's kind of like a mix of some of those things, heavier on the pop side, and I kind of don't know the best way to describe it, but maybe a little slutty. Like in the messages of the songs. A lot of the lyrics are a little thirsty in a way.

Who are some of your musical influences? My favorite singer is a woman called Sarah Brightman. She mixes a lot of genres such as classical and pop and electronic. I also love

an artist named Loreena McKennitt, she's a Celtic artist. These are people that many haven't heard of.

Is this something you want to pursue as a career, or is it more of a hobby?

You know, living in a city, having a full-time job, volunteering, and doing all things a normal person does in their life, it's been difficult devoting some time to it. I found myself doing the same thing over and over again and every few months I might work on a song then maybe put it on the internet. It took a lot of other people to tell me that this is something I should pursue.

Right now, your full-time job is working at a museum in D.C.?

Yes. I work at a place called President Lincoln's Cottage. It's where Abraham Lincoln and his family lived during the summer and fall months of his presidency. It's where he developed the Emancipation Proclamation. It's a wonderful place because it focuses on equality and freedom and human rights. I have been there for seven years, and I oversee events there. So, whenever someone wants to host an event, whether they are a politician or corporate group or a private group for a wedding, I'm the one who helps with that.

I am a huge history nerd myself, so I find this very exciting.



You'll have to come visit then! It's a fabulous place.

Is there a specific time or era in history that you enjoy learning about the most?

I have always been interested in ancient history, and I studied anthropology and archeology in college. I have always been fascinated with different cultures. As far as American history, I enjoy early American history. I have worked at a lot of different historic sites throughout my time and some of them I will volunteer and dress up at. I think it's funny for people to see the Persian guy dressed in a colonial outfit [laughs]. It doesn't fit, but it does.

Do you think growing up in D.C. contributed to you love for history?

Yes. I come from a family that didn't really go to museums much, and I think that's partially a cultural thing. Some cultures do certain things more than others. Going to battlefields and historic house museums isn't a very Iranian thing to do. I had a great childhood and we did fun things, but never that sort of thing. However, I remember going on a field trip in third grade to a historic house museum and absolutely falling in love with it. I thought it was the coolest thing ever. And I never knew you could actually work at one. I thought it was only for old white ladies to volunteer! So, later down the line when I started to get involved, it got more and more exciting. To this day, I still volunteer at that home we visited on the field trip. It's really cool.

What other volunteer work are you involved with?

I do a lot of stuff with animals, in particularly cats. I am kind of known as one of the cat ladies of Washington D.C. I always have cat food in my car and help capture cats who aren't fixed to get them fixed then return them back to their alleys or wherever they live at. In some cases, they get adopted.

How many cats do you personally own?

I have six.

I have five, so I'm right there behind you!

That's amazing. I feel cat people are a little more real than everyone else [laughs].

What kind of political and social activism are



you involved in?

Well, I think with most people in D.C., I consider myself as a pretty liberal person. So, it is easy to become involved in liberal causes and marches. Living in D.C., there's a different march almost every single day. I regularly attend a lot of these events. In the past couple of months, I organized a rally for Syrian refugees. It's exciting, and being able to use my music and my followers for these sort of things is enjoyable.

I am assuming you took part in the LGBT equality march?

Yes. And the women's march and the Muslim ban march. Everyone is getting their steps in right now in D.C. We're all staying in shape!

Tell me more about your family. How did they react when you came out to them?

It's interesting. I don't have this beautiful, powerful coming out story. I think it's just because at some point, I think it was in high school, I started to not care anymore. It's not that I'm an old person or anything, but it's kind of amazing to see how things have changed in 15 years. I remember being called a faggot



in school. I was a pretty popular person, but the gay thing was just sort of something that wasn't as accepted. I just didn't care what other people thought. I used my humor and personality to kind of just let it come out. I remember my mom once telling me that I had too much rouge on my face. I was like, okay, she clearly knows something is going on here! I also think it was difficult in some ways since I come from a Persian American family where that's still a very taboo subject. It's something people don't really talk about even though it obviously exists. And being a twin, I was always associated with my brother. I didn't really have my own identity. My twin brother is an amazing guy, but he's macho, rides motorcycles and shoots guns. All the women love him and I was just the gay one. When I became old enough to have my own life and went to a different school and surround myself with people I didn't know since childhood, I was able to create this new identity.

Are you and your brother identical or fraternal?
Identical.

So, what was his reaction when you came out?
Something really interesting about twins is

that they know a lot about each other. Like I know what you dreamed about or I know what you're thinking. So, I think coming out to him and my other siblings was basically like a duh moment. They're like, "We know, that's fine. Don't get beat up, don't do anything stupid." I think more than anything, they were really understanding, but definitely protective. They know what has happened to some people and we all care about each other a lot.

That's great to hear. So, do you believe what studies say about twins? That with the majority, at least one turns out to be gay?

I guess so. To me, I think everyone is a little gay [laughs]. That's my theory. And in some ways, everyone is a little straight. I can see a girl and be like, hey, that's not so bad. I know a lot of twins who are both gay.

Are you currently seeing anyone?

I do have a boyfriend. I have been with him for a year and a half. He was my first match on Tinder. I had a flip phone for the longest time until I put it in the washing machine. I went to get a new phone and they said they don't make flip phones anymore. This was like two years ago. So, I was literally not into the new idea of Grindr and Scruff and these apps. I guess I was so use to either people approaching me in real life or meeting me in an organic way. It was so mind blowing to me. So, I matched him on Tinder and messaged him saying congratulations, you're my first match and he said hopefully your last. Ever since then, we have been together.

What is the long-term plan for you?

Right now, the long-term plan is to enjoy life. I am always a little bit tense.

Perfect. Lastly, and this may be the most important question, which Golden Girl do you identify with the most?

Oh! I think I am somewhere along the lines of Dorothy in the streets, Blanche in the sheets. I think I am known as being a very sassy, sarcastic person, but I like a lot of attention. I think it would be fun to be Blanche at times.

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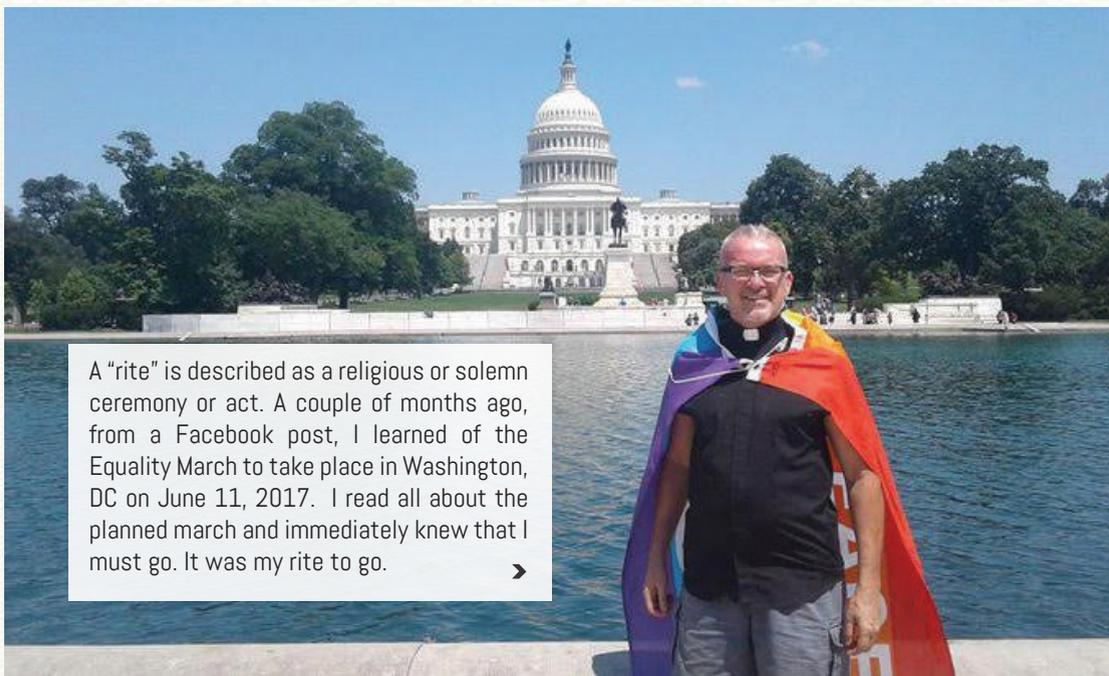
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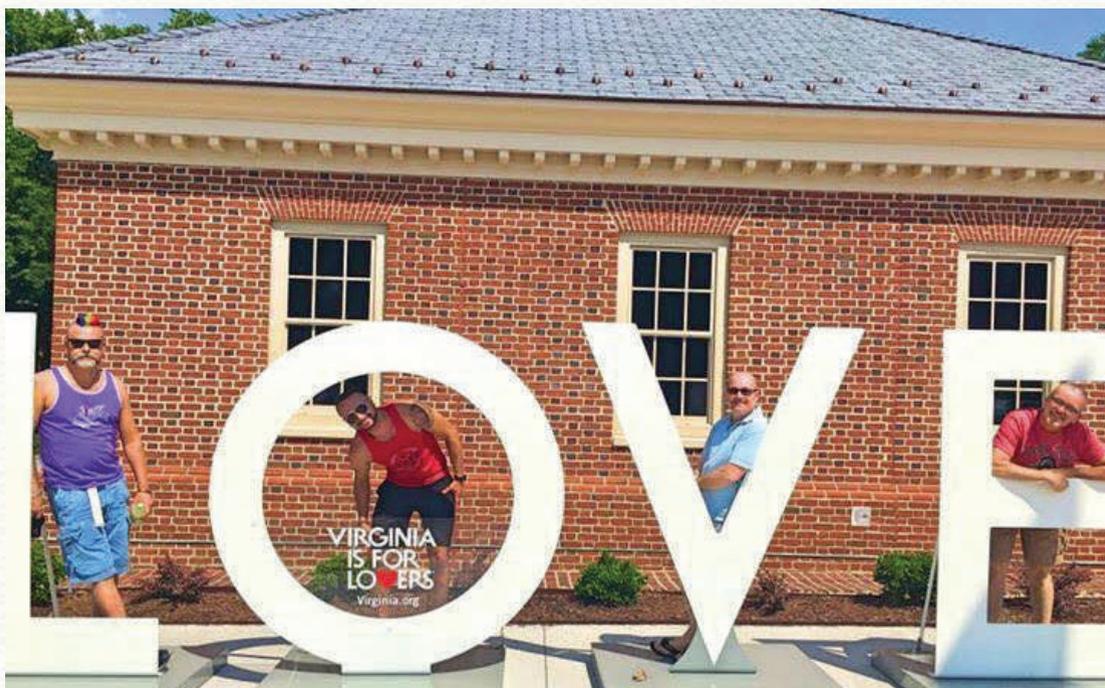
WASHINGTON DC EQUALITY MARCH 2017

THE RITE TO MARCH

By Rev. Patrick Rogers, MDiv.



A "rite" is described as a religious or solemn ceremony or act. A couple of months ago, from a Facebook post, I learned of the Equality March to take place in Washington, DC on June 11, 2017. I read all about the planned march and immediately knew that I must go. It was my rite to go. >





After the presidential election campaign and its results, I felt stunned and grief-stricken, and now angered and presently searching for hope amidst our country's growing division, I knew that this was indeed a way to respond. Marching wasn't about a political leader or party, but I would be marching for equality for all people, the foundation on which I strongly feel our country was founded.

Over the last seventeen years, I have marched for social justice. I have spoken before city councils, churches, met with city and state officials regarding LGBT rights, HIV/AIDS, homelessness, racism, and many other issues. But this felt different. It was a national march on Washington, DC, our nation's capital.

Prior to leaving for the march, 75 people of my church gathered for our usual Thursday night meal and worship service. I told them about the upcoming trip to Washington DC and they were thrilled. They individually thanked me for going and also said that they would pray for the trip and the march. They know my heart and beliefs and told me they felt represented at the march. I learned that I was going to Washington DC, not with three others to endure an eighteen hour one-way drive, but now there would be 78 people there spiritually in the 9 passenger van with me.

We stopped for the first time along the way at the tourist attraction I had driven by previously

all my life. We took the exit to visit "South of the Border." With the controversy surrounding building a wall between the U.S. and Mexico, I felt the need to patronize Pedro's tourist attraction. It was ironic for me to stop at this business to purchase 18 rainbow colored umbrella hats to we used at the Stonewall Festival parade here in Wilton Manors, FL on June 17.

After 18 hours of driving, we finally arrived in Washington, DC, just in time to sleep and then to awake the next morning for the march. The sign that I had made for the march was more than 10 feet tall so it became very interesting when the Latino Uber driver stopped to take us to the march site. God spoke again, as the driver was very accommodating. Two feet of the sign protruded outside each side window of the automobile. But the drive ensured that we and the sign would arrive safely at the march site.

We discovered that since it was the one year anniversary of our country's largest mass shooting and LGBT hate crime, a Florida contingency had brought a giant rainbow flag to carry and would lead the march. After the parade, the flag would be donated to the permanent museum being built in honor of the Pulse Orlando tragedy. We were asked to march with our Florida sisters and brothers and to lead the parade.



About half way through the march, the Gay Men's Chorus of D.C. entered the parade alongside us. They began to sing. The songs that were chosen deeply touched our hearts and strongly portrayed the march's message.

As they sang "We Shall Overcome," I became overcome with emotion. Hope had returned to me. I knew then that we would survive this struggle and we would do so together. As we marched and sang, I literally broke down in tears. The woman marching next to me reached over and asked if I was okay. I replied, "Now I am." She put her arm around me and hugged me. She reached into her bag and gave me a bottle of water. She said, "I'm an ally and a mother." I realized that God had sent an angel to be with us. A modern day bible story just occurred.



We arrived at the march destination and thousands of equality marchers had filled the D.C. National Mall. The question of "Why are you going to the march?" was answered. I could feel the presence of my 75 brothers and sisters back home. I wasn't alone. I could feel the presence of hundreds of Facebook friends who were following our trip. I could feel the presence of friends and family. Our message had been delivered to our nation's capital. Our hope had been renewed and we knew "deep in our hearts that love shall prevail, and we shall overcome."

On the 18 hour return trip home, we stopped at a rest stop in North Carolina. Someone had placed a religious pamphlet in the bathroom stall. The title on the front page is "Heaven or Hell, You Choose?" I brought it home with me.

Hell was described as evil and pure agony, darkness and decay. After touring the National Holocaust Museum on Monday, I understood those words more deeply. The world had experienced hell not in the future but in our past.

Heaven was described as being "connected" with God and experiencing joy, peace and love. I had experienced that on this trip. I had experienced all three.

Some theologians today ask the question, "Does heaven and hell exist?" It does exist but not in a future state of being but in the here and now. What happens after we physically die, I personally leave that up to God. God has a good grasp on that and doesn't need my help! But what I do experience in my spiritual journey on this earth is that on this journey, I get to choose the path to walk. The question isn't about my sexual orientation, it is about my decision to love.

"A Rite to March." In our daily walk, our path is indeed a sacred journey!

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



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A CELEBRATION OF FRIENDS: A PLACE FOR THE MATURE MEN

By Pup Napoleon



GREATER
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hello sunny





When you go to the A Celebration of Friends website, the first you'll see is this notice in big bold letters: "Warning!! Our Celebrations are guilt/attitude free conventions for real men and their admirers. While they are also welcome to attend, if you're looking for young body-beautiful models, this site is not for you."

For sixteen years, A Celebration of Friends (ACOF) has held Celebrations for the mature gay male along with his admirers and has raised over \$184,000 for various local gay charities. While no longer unique, ACOF is an organization which provides mature men and their admirers comfortable, safe, and engaging Celebrations recognizing and promoting self-worth, dignity, kindness, and friendship of and within our senior population.

Gay society has always been youth oriented. Where does the gay man go when his self-esteem is lowered because he's acquired a little age under his widening belt? Or, when he's no longer the life of the party? Who's he going to turn to when his body starts showing the earned scars of lessons learned from a life well lived? It's not just youngsters who get disowned once their families discover their true sexual identity. For years, Fort Lauderdale has been the destination for the mature man to retire. This is one of the few spots in the country where a man can feel free to search out and express his sexual identity.

"We demand equality, but we demonstrate it by sharing it with all who attend," Tom (Tomcat) Pence, the Founder and President explains. "We're all in the same boat. We just





need to start rowing in the same direction." All are welcome to our Celebrations regardless of body type, color, nationality, or age. Where else can a man in his 70's win our "Sexiest Senior Speedo Contest?" We had a 65 year old win our "Best Booty" prize last year and at our January Jamboree, a delightful man in his 70s' won the most coveted "Mr. January Jamboree" contest. Like any beauty pageant, all contestants parade in front of our judges in their bathing suits while wearing nothing else but a smile.

At last January's Celebration, the average age of a participant was 60 years young, ranging from 23-92 years of age. Past events have featured guest speakers like renown actor Ed Asner and former congressman Barney Frank. If that's not enough to peak your interest, come for the daily free lunch and happy hour while chatting with some of our various vendors. No matter why you come, feel free to pack a swimsuit and nothing else but a smile.

This summer's Celebration will be held July 20 - 23, 2017 at the beautiful Ramada Inn on US-1 in Oakland Park, the closest hotel to Wilton Drive. Each day registered attendees of the Celebration will receive a complimentary lunch, a free happy hour and the ability to win prizes by entering any contest they desire. For more info; please go to www.celebrationoffriends.org.

A Celebration of Friends, Inc. is a registered 502(c)4, nonprofit organization operating exclusively for the social welfare of our community.



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Q-MUSIC: THE SOUND OF SENIORS

By Gregg Shapiro



Photo by Jason Powell

Paul McCartney and Ringo Starr, now in their mid-to-late 70s respectively, remain productive and continue to tour and perform on a regular basis. In their youth, the surviving half of The Beatles, along with the late John Lennon and George Harrison, made an immeasurable impact on contemporary music and culture. Out of all of the Beatles' albums, 1967's *Sgt. Pepper's Lonely Hearts Club Band* (Apple/Capitol/UMe), now available in a new two-CD 50th anniversary edition stereo mix (by Giles Martin, son of George Martin) 50th anniversary edition, is probably the Fab Four's most influential and eternal recording. Whether you last listened to Sgt. Pepper a year ago or 20 years ago, you are sure to be thrilled by the new sounds you will discover in this version, especially on songs such as "She's Leaving Home", "With A Little Help From My Friends", "Being For The Benefit of Mr. Kite", "Getting Better", "When I'm Sixty-Four" and "A Day In The Life". The second disc features numerous takes of the songs on the album, as well as 2017 stereo mixes of the singles "Strawberry Fields Forever" and "Penny Lane", which though recorded at the same time as Sgt. Pepper, would later find their way onto Magical Mystery Tour, released later in 1967.

The psychedelic sounds explored to great affect by the Beatles are also an essential component of Pink Floyd's 1967 debut album *The Piper at the Gates of Dawn*. Pink Floyd outlasted the Beatles by a few years, although they would eventually be undone by a similar kind of in-fighting. Additionally, the solo output by Pink Floyd's members was nowhere near as substantial as that of the Beatles'. *Is This the Life We Really Want?* (Columbia) is only the fourth solo album by Roger Waters, but is unmistakably the work of a former member of Pink Floyd. Produced by Nigel Godrich (Radiohead, Beck and others), *Is This the Life We Really Want?* succeeds by bringing prog-rock into the 21st century. As politically oriented as the best of Waters' (and by extension Pink Floyd's later) work, Waters gorgeous rage equals that of similarly-minded Depeche Mode's Spirit.

Midwestern prog rock superstars Styx, featuring openly gay founding member Chuck Panozzo, returns with *The Mission* (UMe), the band's first new studio album in more than a dozen years. A concept album chronicling the first manned mission to Mars in 2033, *The Mission* opens with "Overture", an instrumental boasting the kind of keyboards we've come to



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expect from Styx, while “Gone Gone Gone” delivers the band’s trademark guitars and harmonies. “Hundred Million Miles From Home” slips in a funky bassline, “The Greater Good” delivers the drama and “The Outpost” has potential as a single.

The aptly titled *Adiós* (UME) is being touted as the final studio album by **Glen Campbell**, the music legend who has been battling Alzheimer’s disease for several years. Produced by Carl Jackson, a longtime musical collaborator of Campbell’s, the album features four songs – including the title cut and “Just Like Always” -- by Jimmy Webb, the songwriter responsible for some of the singer’s most popular tunes, including “Wichita Lineman” and “Galveston”. The disc also features Campbell’s singular interpretations of “Funny How Time Slips Away” by Willie Nelson (who can also be heard on the track), Bob Dylan’s “Don’t Think Twice, It’s All Right” and Fred Neil’s “Everybody’s Talkin’”, among others.

Glen Campbell performed a cover of **Paul Simon**’s “Homeward Bound” on his 1967 *By The Time I Get To Phoenix* album. That song isn’t included among the Simon & Garfunkel selections on Simon’s two-CD/one DVD set *The Concert in Hyde Park* (Legacy), although he does do “The Boxer” and “The Sounds of Silence”. Recorded in 2012 during the Hard Rock Calling Festival in London, the live recording features many songs from Simon’s lengthy solo period, from early (“Me and Julio Down By the Schoolyard” and “Mother and

Child Reunion”) to mid-career (several songs from *Graceland*) and later (“Dazzling Blue”).

Credited to **Lindsey Buckingham** and **Christine McVie**, but also featuring Mick Fleetwood and John McVie (as well as Mitchell Froom), *Lindsey Buckingham/Christine McVie* (Atlantic) is essentially a Fleetwood Mac album, minus Stevie Nicks, of course. Already the subject of an extensive reissue campaign, involving beautifully packaged sets devoted to 1982’s *Mirage* and 1987’s *Tango in the Night* (as well as Nicks’ *Bella Donna* and *The Wild Heart*), Fleetwood Mac is never far from our consciousness. The truth is, *Lindsey Buckingham/Christine McVie* is the best Fleetwood Mac album in eons, with or without Nicks (but please don’t tell her we said that!). The songs, written by Buckingham and McVie, alone and in collaboration, are splendid, and fit well into the Mac’s oeuvre. “In My World,” “Feel About You”, “Red Sun”, “Sleeping Around The Corner”, “On With The Show”, “Love Is Here To Stay” and the ballad “Game of Pretend”, in particular, are fabulous.

No one could ever accuse **Willie Nelson** of being idle. His 21st century output alone amounts to an album year, sometimes two or more. Additionally, he still finds time to be an activist for causes that many of us can get behind. A marvelous mix of originals and covers, *God’s Problem Child* (Legacy) is a welcome addition to Nelson’s considerable and impressive catalog.



Photo by Rick Diamond

THIN IS IN! THE THICKER THE BETTER!

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

When it comes to our hair, we almost unanimously agree that we would like thicker hair. This is especially true for those who have experienced hair loss. There is plenty of material out there dispelling myths of hair loss; the major takeaway from each study you should know, studies prove one of the major factors is Polygenic.

DEFINE: pol-y-gen-ic | ORIGIN: 1940's from Greek polugenes 'of many kinds' | ADJECTIVE: polygen

Relating to or determined by polygenes.

Try using that word in a sentence 5 times today. Poly meaning more than one, so you'll have to look beyond mom and dad to see what your future hair has in store for you. And, it's primarily genetic! So do you embrace the inevitable shaved head Butch Cassidy within you? (YES! But for a different reason). NO! There are still a few easy breezy healthy habits to begin today and maybe one to avoid that will thicken your hair with noticeable results.

1 Use a shampoo that has one or more of the following ingredients: Vitamin A & D, Peppermint oil or rice protein. I know a kick ass brand you already love! Just email me for details. These ingredients when applied to wet hair absorb into each strands shaft (the microscopic inside of each hair we can't see) to repair and nourish. Think of your shampoo and conditioner as a protein shake after the gym. You wouldn't drink just any brand of protein, why not give your hair the same attention?



2 Be a MAN - Use your HANDS! Unless you're auditioning to become the next Fabio, your hair is easily styled using your hands. Combs and brushes in wet hair sometimes has a similar effect as mopping with paper towels. Eventually, the towel will tear...and so will your hair. Hair is a fabric. If your's has been around awhile or is a bit fragile, avoid the comb at all costs.

3 Avoid smoking cigarettes. No news flash here. The chemicals in commonly consumed cigarettes constrict blood flow throughout the entire body, which includes your scalp; Your blood is fighting gravity to get it up there.



4 Dry hair naturally. Hair is three times more fragile while wet. (remember wet paper towel story).

5 Blow dry. But didn't he just say?? Yes, I did and I'll explain in just a second. Warm air creates volume and expansion in each hair shaft. Not too hot or it will kill proteins leaving hair brittle.

6 Now, there is a difference between thin hair and fine hair. 'Thin' refers to how many individual hairs are on your head. 'Fine' refers to the diameter of individual hair strands on your head. Someone could have just a few thick hairs on their head and can use a blow dryer with little repercussions to follow. If someone has just a few fine hairs up there, I'd keep the blow dryer in the guest room.



If the hair thickening habits reviewed here are not effective for you, then throw on a wig just like our founding father's did way back when and celebrate our Independence, which has deeper and greater meaning as time moves along. Stay famous.

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.



FIRE ISLAND: THE ULTIMATE GAY VACATION

By Denny Patterson

Photos Courtesy of DWorld



Fire Island is a slim barrier island off the south coast of New York's Long Island, which happens to be one of the oldest and most popular LGBT summer destinations in the world. Unless you have been here before, you have never experienced a place quite like it. It is truly a unique adventure. Most of the action takes place within the two thriving resort towns of Cherry Grove and Fire Island Pines. There you will discover some of the best places to grab a drink, relax on the beach, and meet other like-minded gay travelers. In the summer months, parties are known to rock on well into the morning hours. So, if you are looking for some fun in the sun, and possibly with other men, Fire Island is the perfect choice for your next gay getaway.

Keep in mind that you cannot simply drive to Fire Island. You know what they say, getting there is half the fun. Cherry Grove and the Pines is about 90 minutes by car from New York City, but since there are no cars or paved roads on the island, some vacationers will drive on the Long Island Expressway to exit 59 and then to Sayville to catch a ferry. Another popular option is taking the Long Island Railroad, which departs from Penn Station. From there, you will travel to the Sayville train station where a commuter van awaits with service directly to the ferry terminal. No matter how

vacationers get to the island, they will have to leave their cars behind to take the ferry.

Established almost 150 years ago, Cherry Grove has evolved into one of America's first gay and lesbian towns. The New York Times once quoted a homeowner saying, "This is a wonderful environment where you could be gay and open and hold hands and enjoy life."

One of the town's gem landmarks is the Community House, also known as the Cherry Grove Community House and Theatre. This building, located near the intersection of Holly and Bayview Walks, provides a variety of public services. It has been used for municipal elections, theatre shows, and social activities. The theatre provided a creative haven for homosexual residents of Cherry Grove and their guests, where productions would openly address homosexual community issues. It is now the oldest continually operating gay summer theatre in the U.S., and thanks to its contribution in helping develop Cherry Grove into a LGBT town, it was named to the National Historic Places in 2013.

Cherry Grove's main outdoor attraction is the beach and the surrounding protected portions of the Fire Island National Seashore. Along the shore, guests can visit the Fire Island



Lighthouse, Lighthouse Beach, Otis Pike Fire Island High Dune Wilderness, and Sailor's Haven, a boardwalk trail as well as a visitor center, general store, and public marina. Guests should be advised that clothing-optional sunbathing is common at the beach.

If you starting to feel a little hungry, there are at least six restaurants within Cherry Grove. From pizza and breakfast to seafood and fine-dining, there are a variety of options for you to enjoy. As far as entertainment goes, there are at least four entertainment venues that host plays, underwear parties, dancing, art shows, and drag shows. Two of these drag shows are annual: The Homecoming Queen show over Memorial Day weekend and the Miss Fire Island contest around Labor Day. In addition, Cherry Grove is home to numerous civic activities which include charity events and an Awards Night, during which votes are taken and titles bestowed upon residents and local businesses. The Arts Project of Cherry Grove hosts a flea market, drag shows, and a gala dinner and dance in late September.

Cherry Grove's biggest event of the year is its annual Invasion of the Pines. Held on the Fourth of July weekend, this event dates back to 1976 when a resident of the Grove showed up wearing drag in Fire Island Pines and was refused service. This was when the Pines was a more-conservative, more-heterosexual community than the Grove. The Invasion of the Pines is a drag queen parade. After promenading through the Pines, the drag queens from Cherry Grove proclaim victory and return to Cherry Grove.

Fire Island Pines, also referred to as The Pines, is another community on Fire Island that is strongly associated with the LGBT community. Originally the site of a Coast Guard station built in 1876, the area was purchased by the Home Guardian Company in 1924. Since no development was occurring, the area became a popular nude beach. Over the time, the land was populated with large houses that are filled with summer shares and a four-bedroom house can easily contain eight people at a time. The population is primarily gay men 20-50 years old. It is affectionately referred to as "Chelsea with sand," with reference to one of Manhattan's gayer neighborhoods. Like Cherry Grove, transportation is via foot on the boardwalks. If a person wishes to carry groceries, the traditional way to do is by pulling toy wagons.

Like Cherry Grove, the Pines has multiple beaches, restaurants, and nightlife activities for you to enjoy, but the Pines is more well known for their multiple high-profile events and fundraisers that occur during the summer season, such as the Fire Island Dance Festival produced by Dancers Responding to AIDS, a program of Broadway Cares and Equity Fights AIDS, and the Pines Party, an all-night dance event held each July on the beach. Proceeds go to organizations like the Stonewall Community Foundation and the Fire Island Pines Property Owners Association Charitable Foundation.

So, does Fire Island sound like the perfect weekend getaway for you? If so, pack your bags and get going! An adventure awaits.



REMEMBERING PULSE

By Joey Amato



The morning of June 12, 2016 started off like every other morning. I was waking up in my hotel room having just wrapped up working a gay pride festival in Indianapolis a day earlier. My magazine at the time, *Unite*, was one of the festival's sponsors. As usual, I opened my Facebook app on my phone to see what all of my friends were up to that morning. As I scrolled, something didn't seem right. At first I thought it was a bad joke. Then as more and more of my friends posted the news, I became numb. Could this be true? Did this really take place in a city I once lived in? At a club I used to visit? My business partner, Blake, was still asleep in the bed next to mine and I didn't know what to do. I didn't know where to go. I felt helpless.

As the details started to trickle in about the number of casualties, I couldn't help but

wonder if anyone I knew was at Pulse the night Omar Mateen, a 29-year-old security guard, killed 49 people and wounded 58 others. I never would have thought an attack of that magnitude would have happened in Orlando, the City Beautiful, a place where many of my friends and family still reside.

I remember watching the news as the names of the victims were identified, wondering if any of them would be familiar. Many were young, gay men of Latino descent, who only wanted to have a good time with their friends that Saturday evening. As the number of victims grew, so did my sorrow. How can a person be filled with so much hate? Did Mateen target Pulse because it was a gay club? Because it was Latin night? Because it was in Orlando? These questions had not yet been answered.



Ironically, I had a business trip to South Florida planned for later that week and knew I had to rent a car and drive to Orlando to be with my community. I remember exiting onto I-4 from the Florida Turnpike and being overcome by a wave of emotion. It didn't fully sink in until I was in the city itself. The first place I visited was the memorial set up outside the performing arts center. News crews were everywhere. I had never seen anything like this in my life. Photos of the victims, wrapped in floral wreaths and ornamented with hearts, rainbows and love were scattered on the lawn.

I began reading the names: Edward Sotomayor Jr., Stanley Almodovar III, Luis Omar Ocasio-Capo, Juan Ramon Guerrero, Jerald Arthur Wright, Luis S. Vielma. I read their stories and how much they were loved and missed by their friends and family. Eric Ivan Ortiz-Rivera, Peter O. Gonzalez-Cruz, Kimberly Morris, Eddie Jamoldroy Justice, Darryl Roman Burt II. As I

started to look at other mourners, I realized this wasn't a gay thing. This affected the entire city of Orlando. Sex didn't matter. Race didn't matter. Political affiliation didn't matter. Deonka Deidra Drayton, Alejandro Barrios Martinez, Anthony Luis Laureano Disla, Jean Carlos Mendez Perez, Shane Evan Tomlinson, Frank Jimmy deJesus Velazquez.

Complete strangers embraced as they quietly paid their respects. Amanda Alvear, Martin Benitez Torres, Luis Daniel Wilson-Leon, Mercedes Marisol Flores, Xavier Emmanuel Serrano Rosado, Juan Chevez-Martinez.

I decided to visit the hospital grounds where the victims were taken, just a few blocks from Pulse itself. I saw a sea of white wooden crosses set up around a pond. Enrique Rios, Gilberto Ramon Silva Menendez, Simon Adrian Carrillo Fernandez, Oscar A. Aracena-Montero, Miguel Angel Honorato, Luis Daniel Conde.





After I paid my respects, I finally built up the courage to try to walk to the club, but it was still a crime scene and the police wouldn't let people anywhere near the establishment. I jumped in my car and drove to The Center, Orlando's LGBT community organization, led by Terry DeCarlo, who I had known from my time living in South Florida. After a brief hug, as he was being pulled in 100 different directions, I walked around the community center in silence, not knowing what to do or how to help. The people in the room knew the victims personally and were overcome with grief. Javier Jorge-Reyes, Jonathan A. Camuy Vega, Joel Rayon Paniagua, Jason Benjamin Josaphat, Cory James Connell, Juan P. Rivera Velazquez.

My next stop, Savoy, a gay bar not too far from The Center. More hugs, more tears, more

anger, more vodka. It was only 4 days after the shooting and many questions were still unanswered. The families of Leroy Valentin Fernandez, Tevin Eugene Crosby, Jean C. Nieves Rodriguez, Rodolfo Ayala-Ayala, Brenda Lee Marquez McCool and Yilmary Rodriguez Solivan among others were being interviewed on every local and national TV station. It was a moment I will never forget, on par with September 11.

So let's take a moment to reflect and remember those who lost their lives on June 12, 2016. Christopher Andrew Leinonen, Angel L. Candelario-Padro, Frank Hernandez, Paul Terrell Henry, Antonio Davon Brown, Christopher Joseph Sanfeliz, Akyra Monet Murray and Geraldo A. Ortiz-Jimenez.

You will forever live in our hearts.

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PET PROJECT COOKOUT

July 4 | Mona's Bar

FLORIDA SUPERCON

July 27 | Fort Lauderdale Convention Center

POVERELLO CELEBRITY LIP SYNC BATTLE

July 27 | Hunters

PET PROJECT BOWL-A-THON

July 29 | Manor Lanes

A CELEBRATION OF FRIENDS

July 20 | Ramada Inn Fort Lauderdale

BOWLING TO FIGHT HUNGER

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GUY AT THE END OF THE BAR

STEVEN ISICOFF

Occupation? I'm the personal assistant of Amanda Tae, owner of Focal Point Dance Studios, Tae Talent Agency, and Mosaic Dance Project.

Single or taken? Single

Favorite drink? Maker's Mark neat.

Favorite thing about South Florida? The challenge! Miami's a much bigger pond than my hometown of St. Augustine, so it's taught me a lot about myself. The city really helped me grow into a strong, self sufficient person.

How do you stay so fit? Who told you I was fit!?! Lol! I do kickboxing once a week. I also try to fit in weights or cardio at least once a week as well. I try to eat healthy more than anything else.

Stay in or go out? Stay in! After six years in Miami, the only reason I go out any more is social obligation. Nothing can beat a good book or video game these days.

What turns you on? Kindness, confidence, humor, authenticity, intelligence, and eloquence - in that order!

What turns you off? Heteronormativity, bigotry, conceit, and lack of self awareness.



Favorite beach? 12th street - it's always a party!

What's your idea of a perfect date? Going kayaking or biking to work up a sweat, dinner, drinks, and a good scary movie.

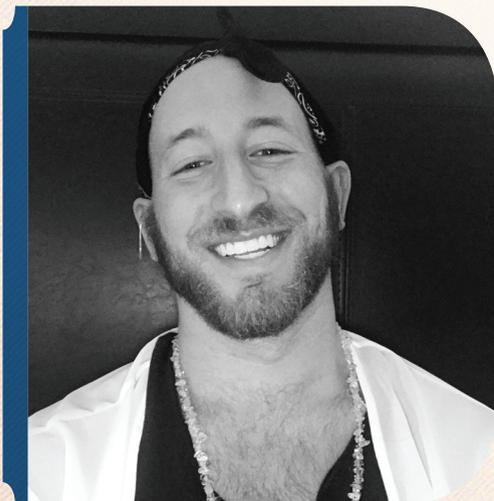
Are you a romantic? No, I'm realistic. Trust me, I know how to make a guy swoon, but I don't get caught up in my feelings without first closely examining the reality of the situation.

Celebrity crush? Emmanuel Macron. That guy is not taking Trump's shit!

What surprises people about you? Ever since I moved to Miami, most people have been surprised by my small town mentality. Smiling at strangers, holding doors open. A little kindness goes a long way in this city.

Proudest accomplishment thus far? I am most proud of my work on the Board of Directors of the Miami Gay Men's Chorus as Treasurer. It's my first time holding a position like this anywhere and nothing has been more challenging, nor more rewarding than working and singing with that absolutely fabulous group of guys.

What do you want to accomplish next in life? My next goal in life is to work with my current employer to build an empire that we can both take time away from to enjoy the simple things in life. We're on that relentless grind right now, but there is relaxation in our future - I'm sure of it.



YOUR BROWARD PROPERTY AND YOU

By Marty Kiar



The property tax exemption for certain totally and permanently disabled first responders and surviving spouse's bill was recently implemented. This bill allows for any real estate owned and used as a homestead by a person who is totally and permanently disabled as a result of an injury or injuries sustained in the line of duty, while serving as a first responder in Florida or during an operation in another state or country authorized by a Florida agency. The individual will be exempt from taxation if the first responder is a permanent resident of this state on January 1 of the tax year for which the exemption is being claimed.

First Responder: A law enforcement officer or correctional officer, a firefighter, or an emergency medical technician or paramedic, who is a full-time paid employee, part-time paid employee, or unpaid volunteer.

Total And Permanent Disability: An impairment of the mind or body that renders a first responder unable to engage in any substantial gainful occupation and that is reasonably certain to continue throughout his or her life.

Surviving Spouse: Any real estate owned and used as a homestead by the surviving spouse of a first responder who died but who had been receiving this tax exemption is exempt from taxation as long as the surviving spouse does not remarry.

When Does It Start: Beginning with the 2017 tax year. The law does not provide for retroactive application of the exemption to any tax year prior to 2017.

Filing Deadline: August 1, 2017 for the 2017 tax year. Late filing deadline is September 18, 2017.

The full language of this law is found within Section 196.102, Florida Statutes. For more information about the specific requirements for this and other exemptions, please contact the BCPA Customer Service & Exemptions Division at 954.357.6830 or email Kelly Brown, Customer Service Manager, at kbrown@bcpa.net.

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-12:00pm to assist residents with exemptions and other property related matters.

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,

A handwritten signature in black ink that reads "Marty Kiar".

Marty Kiar

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

Follow our office at:

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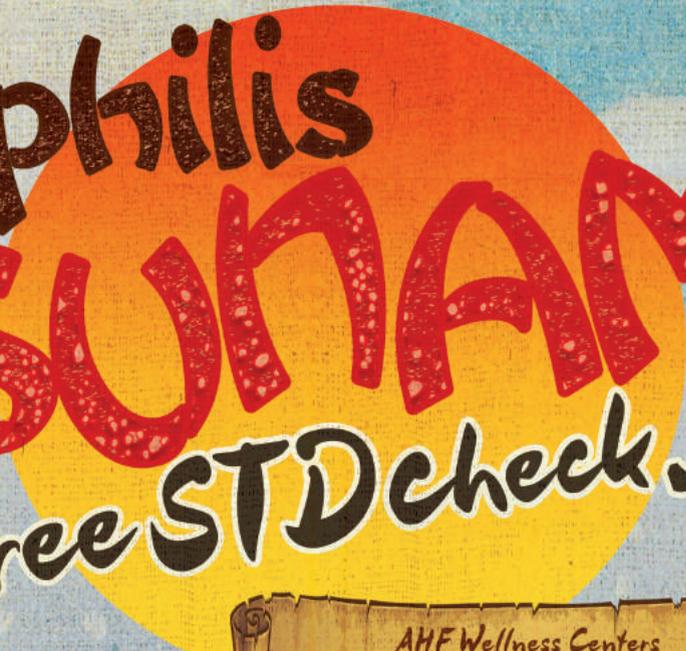
Broward County Mayor 2009-2010.

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