

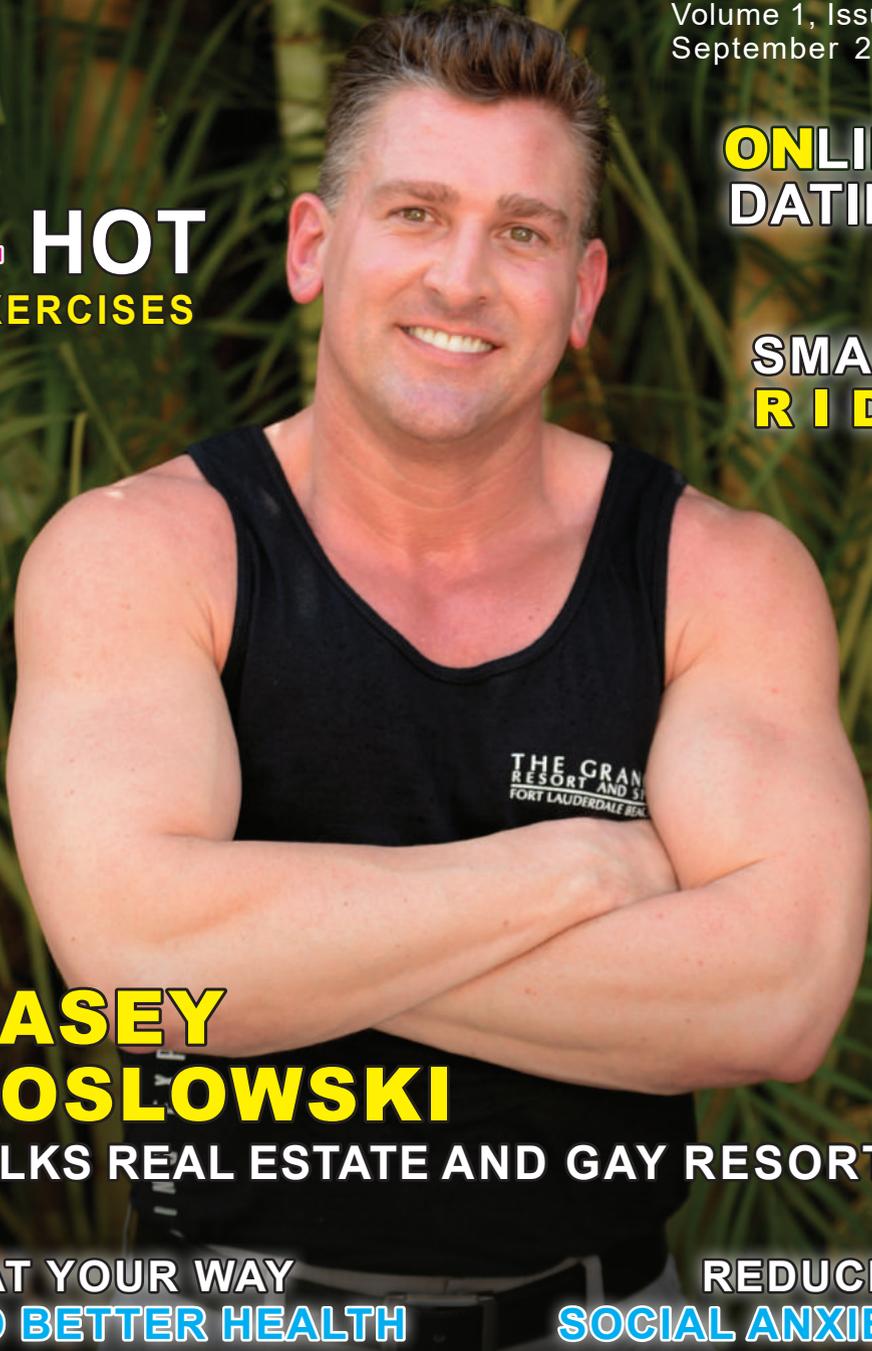
OUT CLIQUE .ORG

Volume 1, Issue 10
September 2017

4 HOT
EXERCISES

ONLINE
DATING

SMART
RIDE



CASEY
KOSLOWSKI

TALKS REAL ESTATE AND GAY RESORTS

EAT YOUR WAY
TO BETTER HEALTH

REDUCING
SOCIAL ANXIETY

South Florida's LGBTQ Lifestyle Magazine & Destination Guide



LIVING WITH HIV?

Find out if you qualify for a clinical research study evaluating an investigational once-daily combination medication for HIV

A clinical research study is looking for adult volunteers to test an investigational combination medication for people with HIV. Doctors are evaluating the safety and effectiveness of this medication to treat people with HIV.

Volunteers must be diagnosed with HIV-1 and receiving certain treatment regimens for at least the past 3 months. Those who qualify will take study medication for at least 48 weeks (almost 1 year), and will receive all study-related care at no cost. Study medication will either be the investigational medication or an approved medication for HIV.

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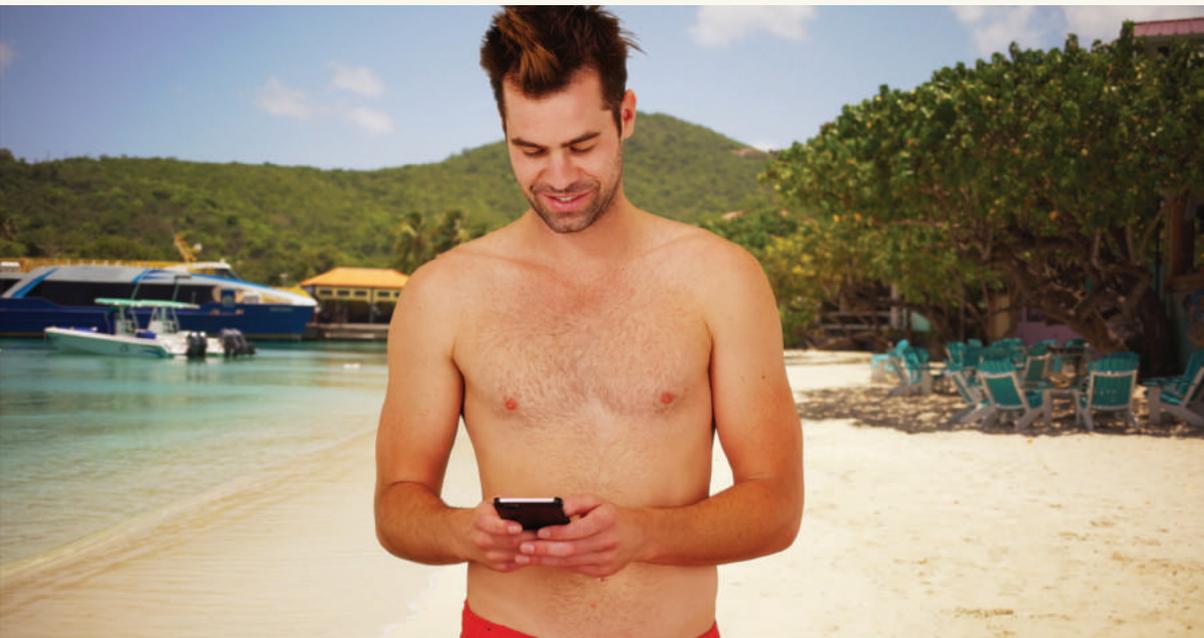
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ARE YOU CATFISH BAIT?

5 SIGNS YOU MIGHT BE CHATTING WITH A “FAKEBOY”

By Joey Leslie



Finding a match can be hard enough in our swipe-happy culture, but the old cliché that a picture is worth a thousand words stands the test of time for a reason. Looks matter, for better or for worse, and whether you're looking for love or a hookup your profile picture (and those locked pics) are your currency.

If you've even dabbled in one of those dating apps or sites, you've likely encountered a counterfeit profile at some point. Whether somebody's using a stolen face as a conversation starter or to trick you into sending sexy pics that he'll post on an anonymous Tumblr page with his other trophies, nobody has time for that.

Here are a few ways you can suss out a fake account and block the “fakeboys” cluttering your feed.

Keep in mind that while one or two of these

things alone don't necessarily prove the case against a potential catfish, if you see more than two warning signs, it's probably time to ring the alarm.

1. His pictures are: grainy, oddly cropped, or screenshots from another app or website.

We all have our own selfie style, even if subconsciously. In most cases, you should be able to sense some consistency in his photos that indicate they're all taken by the same person. If photos are oddly cropped or grainy, it's likely because they're screenshots of somebody else or from the web. Be on high alert if even one of his photos is watermarked with the logo of an app other than the one you're using.

2. He has several really, really good public photos, but won't send you any others because of (insert reasons).

If he can't send you a face pic to confirm what he's wearing today, then something isn't right.



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talks real estate and gay resorts

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OUT CLIQUE .ORG

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HEALTH AND SEX BELONG TOGETHER

A photograph of two men lying in bed, wearing colorful wrestling masks. The man on the left wears a blue mask with red accents, and the man on the right wears a red mask with white and black accents. They are both shirtless and have their arms raised behind their heads. They are lying on a white patterned bedspread with a brown quilted blanket pulled up to their chests. The background is a grey wall with a framed picture.

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Oh, your phone storage is full. Boy, bye!

3. He looks like a model.

As much as we all want to believe that perfect 10's are out there waiting for us to message them and fall in love, the odds are much higher that these are photos of an actual model snatched from the web. It's not uncommon to see fake profiles for celebrities and porn stars too, so if you see your favorite adult entertainer online a couple miles away, maybe check his tumblr feed to confirm his travel whereabouts before you consider sending him pictures of your assets.

4. He's (suddenly) 1,400 miles away.

Unless he has a little airplane in his headline because he's a flight attendant (and most of them like to be upfront with that info for some reason) you're likely talking to a fake, who's next messages will invite you to be friends with him on his pay per view webcam. Save yourself the time and ignore the gorgeous jetsetter.

5. His bio gives you romance, and alternative facts.

A handsome guy recently hit me up on a dating site and his headline read verbatim "I'm here looking for my true love here who I can trust and be with him all the rest of my life." It seemed a little on the nose, but hell, I'm a romantic at heart so we chatted for a bit until:

Red Flag #1: He asked if I was cool with him being stationed overseas.

Red Flag #2: He apologized for his poor English, but according to his profile was originally from North Dakota.

Red Flag #3: He lavished me with compliments and talked about how relieved he was to finally have found someone like me.

I had a feeling **Red Flag #4** was something like him asking me to wire money so he could spend a romantic weekend with me or some ish like that, so I ended the conversation



before it could get weirder. When things don't add up, it's time to get out.

Want to get Nancy Drew on his ass?

If you're seeing red flags but want further confirmation before unleashing your "Block" bomb, you can screenshot his photo and do a Google reverse image search to see what comes back. If you're lucky, you'll find a Facebook profile with a photo and bio that prove he's legit. Or you'll find a Pinterest board with him and other stock studs from which the catfisher likely plucked the photo facade.

For best results, screenshot his image and crop out any logos the app overlays on the pic before you run the search. Don't ask me how I know.

Good luck, people! May we all find love without ever showing our asses to a con man ever again.



Joey Leslie is a writer and content strategist living in Miami. You can follow his adventures on Instagram [@joeygoes_MIA](#). Visit www.cleverest.fyi to drop him a line with business inquiries or rad collaboration ideas.

OUTCLIQUE STAFF

LIKE WHAT WE ARE DOING AND WANT TO JOIN OUR TEAM?

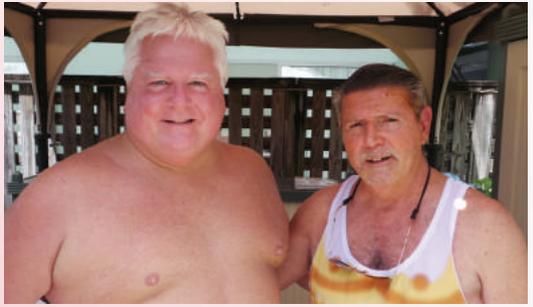
Well you are in luck! We are currently hiring dynamic, creative, and energetic self starters to add to our OutClique family in our sales division. Qualified individuals should have sales experience and a love for the LGBTQ community in South Florida.

This is just the beginning of the OutClique brand, so it's a great time to get on board with what we are doing.

Feel free to email CEO and founder Steven Evans at steven.evans@outclique.org.



A CELEBRATION OF FRIENDS



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

IF NOT NOW, WHEN? SMART RIDE 14

By Rob Bullock

Photos courtesy The SMART Ride

The 14th Southern Most HIV/AIDS Ride (SMART Ride) will take place this year on November 17-18. This two-day, 165 mile ride (it is not a race) departs from the University of Miami campus and ends at the AIDS Memorial on the pier in Key West. The SMART Ride is unique, in that 100% of the dollars raised by the riders and crew are returned to the participating HIV/AIDS service organization across the state of Florida. In the first 13 years, more than \$8.5 million has been donated back.



In 2016 the Ride experienced near perfect weather and this group was enjoying the beautiful scenery crossing through the Keys.

"There is a tremendous sense of community," says co-founder Glen Weinzimer. "For 13 years now, riders, and crew members have come together from [not only] all across the state, but also from across the country and even Canada, to make sure we are able to support these agencies who provide care, compassion, and life-saving services to prevent, treat, and educate those affected and infected by HIV and AIDS." He goes on to say, "We hear constantly from our agencies how the dollars raised are making a difference. We also hear how some of these services would go away without the support of the SMART Ride. Because of this we continue to work harder."

The money raised supports HIV/AIDS prevention, education, and direct services that are often not supported by other grant funding sources. 90% of the funds go to the 7 primary beneficiaries of the Ride: Broward House and Children's Diagnostic & Treatment Center (CDTC) in Broward County, Metro Wellness and Community Centers in Hillsborough, Pasco, and Pinellas Counties, Pridelines in Miami-Dade County, AIDS Help in Monroe County, Miracle of Love, Inc. in Orange County, and

Compass Community Center in Palm Beach County. The remaining 10% goes into the Lifeline fund that other HIV/AIDS programs from around the state may apply to for a grant to support direct client services.

SMART Ride funds have helped agencies expand HIV testing and prevention services in their communities, purchase a mobile testing van, expand housing opportunities, obtain medications in emergency situations, provide food and clothing, assist with getting a newly employed client work clothes and a bike to get to and from work, provide bus passes to get individuals to and from medical appointments, and provide emergency services to LGBTQ youth who are at high-risk for homelessness and HIV. These are just a few examples of the impact that the SMART Ride has on our communities.

Many ask if HIV is "still a thing" and the resounding answer is, "Yes!" especially here in Florida. Florida continues to lead the country in the number of newly diagnosed cases of HIV with Miami-Dade and Broward counties ranking first and second for the highest incidence



of new cases. In 2016 there were more than 2,000 newly diagnosed cases in the two-county region with ages ranging from 13 to 70+. Although there have been tremendous advances with the development of Pre-Exposure Prophylactic (PrEP) treatment and one pill a day treatment regimens for controlling the virus in those already infected, there is still no cure or vaccination that has proven to be effective. Also because HIV is seen by many as a chronic disease now, research indicated a “burnout” effect in many who lived through the early wave of the HIV pandemic, people are less compelled to practice safer sex or consider initiating PrEP. So, our work continues to find the resources to support prevention, education and direct services.

Both riders and crew of the SMART Ride often say that it is a life-changing experience. For Martin Rodas, 2017 will be his second ride. He stated, “As a younger man I see how HIV/AIDS is affecting my community and people my age. Last year, I loved that we all came together for a common cause and I really loved the challenge of doing the ride.”



Rider Amanda Cooper makes her way along the route in 2016.



(l-r) Kevin Murdock, Julie Seaver and Carlos Prada strike a pose at one the Pit Stops along the way

Ten-year rider Kevin Murdock said, “I ride because I know in my heart that the SMART Ride helps people who need help. I know that 100% of the money I raise goes to directly help people. I’ve made great friends through this experience. I’ve enjoyed thousands of miles of riding up and down the coast of Florida as I train and as I do the SMART Ride, while always remembering that this is a great cause and it does great things.”

Three time rider Amanda Cooper shared that, “I registered for my first ride as a challenge, really nothing more. I walked away from that first SMART Ride with an overwhelming feeling of humbleness and a full heart. I was humbled by the sincere ‘Thank yous’ I received from complete strangers. They did not know me or why I was riding, but I became part of a community.”

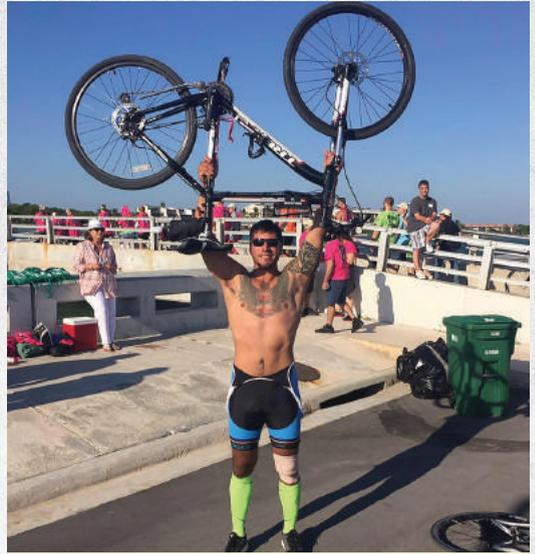
Tim Hart became aware of the SMART Ride 5 years ago when his firm began doing the taxes for the Ride. He will complete his third ride in 2017. He said, “I want to honor the memory of those who cannot ride. While riding, I think of a very special friend who passed away long ago. I want him to know that we are still thinking

about him today. I also know the impactful work done by the agencies in our communities who provide dignity and hope for the living, and I want to help them make a difference today."

Crew member Joel Rosado said, "2016 was my first year and I am hooked. I will be back in 2017 and bring more friends with me. I saw how hard the riders trained and pushed themselves during the ride and I want to make sure every rider who comes through our pit stop leaves feeling energized and supported."

So we ask the question, "If not now, when?" Will this be the year you ride or crew in the SMART Ride to make an impact in our communities? Will this be the year you or your business sponsors the ride or makes a donation? Will this be the year you speak out to make sure everyone knows that HIV is "still a thing" and there is still much more to do?

It is not too late to sign up to ride or crew. Just go to www.TheSmartRide.org. The registration fee is \$95 which includes overnight accommodations at Hawks Cay at the end of day one; two dinners, two lunches, and two breakfasts; and pit stop snacks to keep you



Martin Rodas celebrates completing his first ride on the pier in Key West.

energized and fit. Riders are required to raise \$1,250 to participate. Crew members are not required to fund raise but are encouraged to do so. In 2016, the crew raised more than \$100,000 of the over \$1,077,000 total.

This is a fully-supported ride with medical, bike mechanics, safety teams, massage therapists, and sag vehicles just in case you need assistance. There are training rides and information sessions to give you the tools to prepare and remember that this is a ride, not a race.

If you would like more information about being a rider or a crew member, or making a donation to support the ride, contact the SMART Ride at www.TheSmartRide.org, any of the participating agencies listed in this article, email RBullock@BrowardHouse.org, or call (954) 522-4749.

Rob Bullock is the Director of Development at Broward House. He has a BA in Speech, Theater, and Communications and a MA in Public Affairs & Non-Profit Management from Indiana University. Rob and his husband, Mark, moved to Fort Lauderdale in the fall of 2015.



2016 Crew members (l-r) Ed Garcia and Joel Rosado kept spirits up and the riders ready.



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MAKING A DIFFERENCE

THE LIFE AND TIMES OF RUSSELL MATHENEY

By Rev. Patrick Rogers, MDiv.

A LGBTQ hero from our local community recently died and this column is dedicated to him – Russell Mathenev.

After completing years of seminary education and also with experience from serving faith communities around the country, two and a half years ago I was called to serve as the Senior Pastor at United Church of Christ here in Fort Lauderdale. When I arrived, my best friend took me to his favorite Sunday evening T-Dance, Gospel Jubilee, Drag Show, and Bear Gay Bar. We arrived at Scandal's Saloon at 5PM that first visit, walked up to the outside bar and I was introduced to the bartender named Russell. I was my friend's new pastor. Russell's reply was "Bless me Father, for I have sinned! What do you want!" That felt like a brief welcome and sort of harsh. I laughed and looked at him and Russell stared back at me and impatiently replied "Well?" (I love the Biblical reference of a different type of well). So I ordered a drink.



Who would have known that two and a half years later, I would be co-officiating with that same friend, Russell's Celebration of Life Service after Russell died at the age of forty-one. I prayed about the scripture to use for the homily at Russell's memorial service and the gospel of Mark 7:24-30 kept coming to mind. It is the story of the Syro-phoenician woman. At first, I didn't see any type of connection. Over the years, Russell had been very involved in fundraisers which helped raise a tremendous amount of funds for those in our community in need and sometimes dressed as a woman. It all became very clear. Russell was our community's own Syro-phoenician person!

In the New Testament, the Syro-phoenician woman had a sick daughter and heard about Jesus. She traveled on foot for two days and found Jesus in a house trying to eat a quiet dinner alone. Since Jesus was Jewish, as a

Gentile, she should not have even approached Jesus and especially since she was an unknown woman. This was against all cultural, societal and religious beliefs and laws of that time.

Against all boundaries which had been established, she approached Jesus anyway asking for healing for her sick daughter and Jesus' response was not what we today would expect! Jesus first responded, "Let the children be satisfied first, for it is not good to take the children's bread and throw it to the dogs." In context, this meant that Jesus had brought the good news to the "Children of Israel" (the Jewish population) and it was not meant for the "dogs" which was a detrimental slang word for the Gentiles. Jesus referred to this woman as a dog (an outsider)! It appears that Jesus was denying her access to the table.



Many scholars believe that this was the point in Jesus' humanness where he was enlightened to understand that he was the Messiah sent for "all" humanity and not just the Jewish population. There are other theories about Jesus' initial reaction. The empowering part of the story is when the Syro-phoenician woman fires back at Jesus and "claims" her place at the table and after she does, Jesus heals her daughter! In other words, we are called to stand up as all are created in God's image, we are all Children of God, and when any obstacle presents itself, we must take a stand.

Those who attended Russell's Celebration of Life service represented the amazing diversity of our incredible community and God's people. They were and are God's children. Attending were Leathermen, LGBTQ people, Drag Queens, Friends, Family, Bar Owners, Clergy, Deacons, Fellow Employees, Community Leaders and more. Other churches and denominations which currently exist could have learned an invaluable lesson about God's love that day! The church was filled with the Holy Spirit and God's love and Jesus' message of "inclusion" not "exclusion!" The service even included communion where all were welcome to participate and invited to the communion table.

Russell taught me personally, and all of us, that it is important to take a stand for our right to be at THE table (even when it's called a bar!). Russell toughened us up through some past rough times of oppression and persecution by many in society, especially those in political power. He taught us to take a stand for our right at the table! Yet one night, I had been visiting a very sick friend, went into the bar, Russell pointed at me to step behind the bar, and said, "You need a hug!" And embraced me. Russell taught us both sides of how to successfully navigate through "this" life! He not only taught us how to be tough, but also about compassion, love, and dedication to one another and our community.



Russell, over his short life span here in human form, made quite a difference. Russell was our therapist, counselor, bartender, community activist, brother (and sometimes sister) who counseled many of us on a weekly basis. He was always there for us no matter what kind of week we had! His laugh was healing (especially when he yelled, "Get out of here!") and always helped us get through the following week! Personally, my friends and I over the last two and a half years had church at Russell's bar every Sunday night. From our harsh beginning, it evolved to one Sunday evening, Russell began to call me "pastor." I always looked forward to Sunday night church at Scandals. A sacred gift that I will always treasure.

We haven't lost Russell. Russell knows exactly where he is! He is still watching over us. Russell will always be a part of my heart and our hearts and every time on Sunday morning that I read the gospel text about the Syro-phoenician woman, I will think of him (or her)! Russell, thank you.

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

4 STEPS TO PERFECT POSTURE

By Bobby Jackson, BA, CSCS



We've all heard that good posture is important. That we should be sitting up straighter at work and shouldn't stay slumped over a desk or computer all day. Why is that, exactly? How do we prevent that from happening in the first place? With bad posture, our shoulders have been pulled forward and the top of our back begins to arch forward. This also causes an unnatural, backwards arch in the neck. These excessive bends in the spine, along the back and neck, can cause significant discomfort and in some cases, serious injury. This article will give you a few great ways to correct these imbalances and help prevent them from happening again.

1 LIMBER UP

You need to start by getting your body prepared to maintain the correct posture position in the first place. This is done by stretching and loosening up the muscles on your body that are inhibiting that correct

position. Bad posture over time will cause the muscles on the front of our torso and back of your neck to tighten up. Your focus should be on stretching the chest, front of the shoulder, and back of the neck.

2 DON'T PRESS MORE THAN YOU PULL

One way our posture can be unnaturally pulled forward is by disproportionately working out the muscles on the front of our body, primarily chest, compared to our back. This gives us excessive tension, uneven strength, and usually imbalanced mass built on the front. These will actively fight against our ideal posture. Instead, keep track of the

number and intensity of the pressing/chest exercises you do in the gym and make sure you match or exceed that in number of pulling/back exercises. If your posture is already bad, like most people's, I recommend doing 2 more exercises for your back than your chest in each workout until the problem is corrected.





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3 PULL LAST

A very subtle, yet efficient way to ensure your workout has not left your shoulders pulled forward is to finish your routine with one of your strongest back exercises. By finishing with

a back exercise, you are leaving your back tightened, shoulders back, and chest stretched last. That combination will have you leaving the gym with a boost of postural correction.

4 DON'T FORGET THE DLS

The most comprehensive exercise to promote good posture is the deadlift. If you are not currently incorporating deadlifts into your workout routine then you need to go pick up the August issue of OutClique Magazine and check out my article "The Only 4 Exercises You Need" to hear the unbelievable range of

benefits from this exercise. Deadlifts, done properly, have an amazing effect on almost every part of your body. Due to the strict need of spinal alignment during the movement, they can significantly build up the postural and stabilizing muscles of the back, all the way from the hips up into the neck.

If these additional back exercises end up causing you extra soreness in the muscles along your spine, I recommend using a foam roller to alleviate the discomfort until your back becomes conditioned to the new routine. An added bonus of a well strengthened back is a wider, more athletic appearance. Not only will great posture give you a much more confident and commanding presence, it will help prevent a lot of the shoulder and neck tension that we feel throughout our workday.



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).



KEY WEST AMPHITHEATER

By Denny Patterson



There will soon be another reason to visit the beautiful city of Key West.

Earlier this year, construction and development for a proposed \$4 million amphitheater in the new Truman Waterfront Park began. The project is currently on schedule and set to be complete in September 2017.

"We received some property from the Navy," Mayor Craig Cates said. "The base closed down, so they gave the property to Key West. We had the intention of building a park on the land, but we had to go through the process of cleaning up all the contamination first. We started building the park last year, and the amphitheater was one of the phases. We looked over the designs, got a grant from the Tourist Development Council (TDC), and broke ground at the beginning of the year."

Truman Waterfront Park is 25 acres of land that will have bike paths, exercise trails, playgrounds for kids, water features, and a ton

of trees. The amphitheater will be located in a corner of the park and will be open to the public unless there is a special event. Otherwise, barricades will be put in place to block public access.

According to Cates, no money had to be borrowed for this project. He has been a supporter of the amphitheater since its conception.

"I'm the one who pushed this and got the support of the community," he said. "It's been a long road, and I knew it was going to be, but I know it's important to the community. It's going to be a great venue that will have events that will attract tourists. That's why the TDC approved the grant. We have never had a facility this large before. We have several parks and a small band stand to hold small bands and concerts, but nothing this large. We want to enhance the whole experiences for



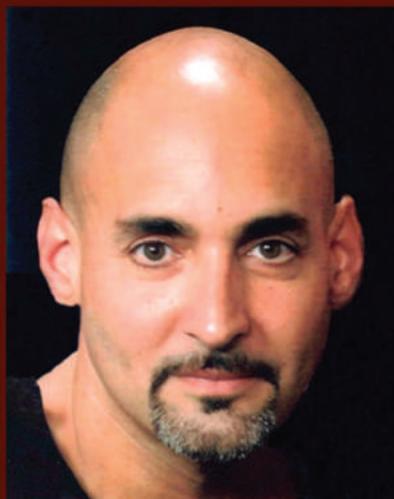
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visitors and locals alike here in Key West."

However, there have been concerns from several Key West residents. Cates has been fending off criticism, as well as incorrect information being spread on Facebook and other social media platforms by locals.

"Some neighbors think the amphitheater will cause too much noise, but it is being designed to not disturb residents," Cates said. "The engineers took that into consideration. It's being designed in a way where the noise will be contained and facing away from the neighborhoods."

Cates and his staff are in the process of estimating how many events and shows the amphitheater will put on a year.

"We are looking for many events," he said. "We are talking about six larger events, like concerts, with a maximum of 3,500 people, and several smaller events to be held throughout

the park. Local events like wine tastings, Taste of Key West which is food and wine, car shows, school graduations, etc. Events that can at least bring in 1,000 people or more."

The first official event to be held at the amphitheater will be the Key West Headdress Ball on October 27. Part of Key West's Fantasy Fest Week, this event is a fundraiser for the Key West Business Guild, the nation's oldest LGBT Chamber of Commerce.

Since Key West has a large LGBT community, Cates sees the event fitting.

"My staff and I are really excited to put this event together," he said. "Last year, 500 was the maximum number of people who could attend. Hopefully there will be more people this year and tickets will be sold out within a week. I look forward to it. Come down and visit us and enjoy the beautiful weather and people in Key West."



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DON'T FORGET TO FEED YOUR MANHOOD!

By Jimmy Rodgers



I know, I know. Many of you are saying, "Jeez, all this guy writes about is food!" And for the most part you are correct. Food is life and knowing what you are eating, more specifically why you are eating it, is extremely important when making your food choices.

We hear every day about certain things to eat simply because they are good for you, but the reason usually ends there. I always like to further my information and get specifics. Well, the specifics I have specifically chosen for you boys, specifically benefit your sleeping dragons.

So, yes! Here are more things I am reminding you to eat but these bad asses will have the both of you working in perfect harmony give your piece substantial recognition in the bedroom or wherever you choose to do what you do.

Oatmeal is slow-burning, won't spike up blood sugar up and provides excellent energy. Its soluble fiber will protect your heart and arteries, and its zinc will combat stress. Oatmeal also boosts testosterone, important for sex drive and orgasmic strength. It also

contains L-arginine, an amino acid that helps relax muscles around blood vessels in the penis and when they dilate, blood flow increases to maintain an erection. Instant oats need not apply but thanks for your interest.

Berries contain fiber, vitamins, minerals, and include free-radical-fighting antioxidants. These fight diseases and maintain connections between the cells in your brain and nervous system; ensuring clearer, quicker thinking and a killer memory!

They also contain tumor-blocking compounds that slow the reproduction of cancer cells and tell colon, prostate, and esophageal cancers to take a hike. Their Vitamin C is a libido booster and specifically blueberries and blackberries contain compounds to relax blood vessels and improve circulation down there. Feeling brave? Throw some in your oatmeal for a double

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whammy! (I and most people already do. Catch up!)

Fatty Fish like salmon, mackerel, sardines, and tuna are loaded with the ever-important omega-3's. These slow down memory loss, boosts heart health, and reduces depression. Not only a pioneer for protein synthesis, it also stimulates your metabolism. These fatty acids raise dopamine levels that trigger arousal and also contain the wonderful L-arginine. Which now we all know is critical for erections. Eat fish, get wood! Kind of ironic for most of you.

Leafy Greens, especially spinach, are loaded with fiber, calcium, and beta carotene. The phytonutrients contained promote cell function and communication, and paves the way for strong immunity. These lovely's also embrace my favorite sex-nutrient—folate, that also increases blood flow and protects against age-related sexual issues. In addition to sexy-folate, they are rich in magnesium which decreases inflammation in blood vessels and increases blood flow. See what I'm painting for ya?

Watermelon, nature's Viagra, contains the special phytonutrients lycopene and L-citrulline which can improve sexual stamina and erectile dysfunction. Lycopene plays an important role in protecting the prostate while L-citrulline can help make your erection harder. Citrulline converts to L-arginine, stimulating the production of nitric oxide; increasing blood flow to the penis and strengthening your erections. Citrulline relaxes the blood vessels, but it does not target specific organs like prescription medications for erectile dysfunction does. Watermelon happens to be one of the richest natural sources of L-citrulline and is a great alternative for those who are not medically fit to take erectile dysfunction medications. Regretting those expensive Viagra refills? Bummer.

Brazil Nuts. First off, I know some of you guys avoid nuts because they are so calorie-dense. Stop It! Studies have shown that because nuts are such a hard food, a significant amount of their calories are not absorbed. Nor did the test subjects have significant weight change.



Pumpkin, sunflower seeds, almonds, peanuts, walnuts, and other nuts all contain the necessary monounsaturated fats with which your body creates cholesterol—and your sex hormones need that cholesterol to work properly. In addition, brazil nuts are packed with added magic for your manhood: Selenium. It is a trace mineral that plays an important role in hormone health and brazil nuts happen to be

the richest source available. You only need a tiny bit for healthy sperm, but a tiny deficiency can be catastrophic for reproductive health. Selenium has also been linked to preventing cancers of the prostate and colon. Brazil nuts also happen to be one of the 20 healthy fats to make you thin. Can we say Win Win?

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 interested in a Health Consultation or just to say hey, don't hesitate to contact me

SuperJWellness@gmail.com www.SuperJWellness.com

WHAT IS DESCOVY[®]?

DESCOVY is a prescription medicine that is used together with other HIV-1 medicines to treat HIV-1 in people 12 years and older. DESCOVY is not for use to help reduce the risk of getting HIV-1 infection. DESCOVY combines 2 medicines into 1 pill taken once a day. Because DESCOVY by itself is not a complete treatment for HIV-1, it must be used together with other HIV-1 medicines.

DESCOVY does not cure HIV-1 infection or AIDS.

To control HIV-1 infection and decrease HIV-related illnesses, you must keep taking DESCOVY. Ask your healthcare provider if you have questions about how to reduce the risk of passing HIV-1 to others. Always practice safer sex and use condoms to lower the chance of sexual contact with body fluids. Never reuse or share needles or other items that have body fluids on them.

IMPORTANT SAFETY INFORMATION

What is the most important information I should know about DESCOVY?

DESCOVY may cause serious side effects:

- **Worsening of hepatitis B (HBV) infection.** DESCOVY is not approved to treat HBV. If you have both HIV-1 and HBV and stop taking DESCOVY, your HBV may suddenly get worse. Do not stop taking DESCOVY without first talking to your healthcare provider, as they will need to monitor your health.

What are the other possible side effects of DESCOVY?

Serious side effects of DESCOVY may also include:

- **Changes in your immune system.** Your immune system may get stronger and begin to fight infections. Tell your healthcare provider if you have any new symptoms after you start taking DESCOVY.

- **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?

- **All your health problems.** Be sure to tell your healthcare provider if you have or have had any kidney, bone, or liver problems, including hepatitis virus infection.

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.
- **If you are pregnant** or plan to become pregnant. It is not known if DESCOVY can harm your unborn baby. Tell your healthcare provider if you become pregnant while taking DESCOVY.

- **If you are breastfeeding** (nursing) or plan to breastfeed. Do not breastfeed. HIV-1 can be passed to the baby in breast milk.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

Please see Important Facts about DESCOVY, including important warnings, on the following page.



(des-KOH-vee)

IMPORTANT FACTS

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

MOST IMPORTANT INFORMATION ABOUT DESCOVY

DESCOVY may cause serious side effects, including:

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

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.
- Are breastfeeding (nursing) or plan to breastfeed. Do not breastfeed if you have HIV-1 because of the risk of passing HIV-1 to your baby.

Tell your healthcare provider about all the medicines you take:

- Keep a list that includes all prescription and over-the-counter medicines, vitamins, and herbal supplements, and show it to your healthcare provider and pharmacist.
- Ask your healthcare provider or pharmacist about medicines that should not be taken with DESCOVY.

HOW TO TAKE DESCOVY

- 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.

POSSIBLE SIDE EFFECTS OF DESCOVY

DESCOVY can cause serious side effects, including:

- Those in the “Most Important Information About DESCOVY” section.
- 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

- This is only a brief summary of important information about DESCOVY. Talk to your healthcare provider or pharmacist to learn more.
- Go to DESCOVY.com or call 1-800-GILEAD-5
- If you need help paying for your medicine, visit DESCOVY.com for program information.

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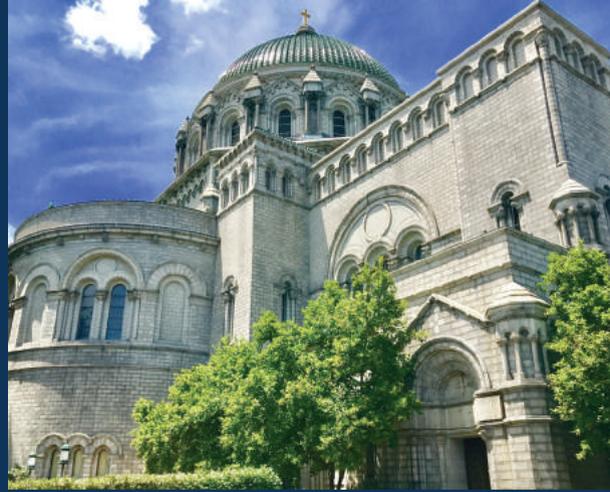


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MEET ME IN ST. LOUIS

By Denny Patterson

Whether visiting for business or pleasure, St. Louis, also known as the Gateway City, will surely leave a lasting impression. Forget the headlines saying it's one of the worst cities across the country. St. Louis is a magnet for young, ambitious folks. From eclectic cultural attractions and signature cuisine to exciting nightlife and live entertainment, each neighborhood has a unique style and character. This welcoming city located on the mighty Mississippi River will win you over with its charm and friendly locals. In addition, St. Louis is one of the most gay-friendly destinations in the country with one of the Midwest's largest LGBTQ Pride festivals. Listed below are some of St. Louis' top neighborhoods every person, LGBTQ or not, should visit.



CENTRAL WEST END

The Central West End (CWE) has been a LGBTQ favorite since the 1960s. Known as one of St. Louis' most cosmopolitan neighborhoods, the CWE is home to numerous sidewalk cafes, restaurants, galleries, trendy boutiques, and cozy pubs. This is the perfect place to relax and people watch. Tree-lined private streets display stately turn-of-the-century homes, new high-rise condo towers, lofts, and apartments. Make sure to look for the family apartment of playwright, Tennessee Williams, said to be the

setting of his play, *The Glass Menagerie*. Other notable features include the luxurious Chase-Park Plaza, the breathtaking Cathedral Basilica of St. Louis, which houses the world's largest collection of mosaic art and the World Chess Hall of Fame, home to the world's largest chess piece. Annual CWE events include the Central West End Art Fair & Taste Festival in June, a Greek Festival during Labor Day weekend, and multiple Halloween festivities throughout October.

CHEROKEE STREET

Cherokee Street is a vibrant center for commerce, culture, and creativity. This historic neighborhood has more than 12 blocks of independently owned and operated design studios, shops, art galleries, cafes, and restaurants. As an art community, Cherokee Street takes pride in collaboration, inclusiveness, diversity, and enthusiasm. Also

known as St. Louis' Mexican-food mecca, Cherokee Street has multiple Latino owned and operated businesses and restaurants showcasing a localized styling of delicious Mexican food. Visitors and locals do not want to miss out on the annual Cinco de Mayo celebration.



CLAYTON

Classy and sophisticated, Clayton, Mo. is St. Louis' other downtown and the heart of St. Louis County government. The city's train, also known as the MetroLink, makes it easy for you to visit this bustling district where you will find dozens of tasty restaurants, fine art galleries, and boutiques surrounded by elegant hotels, including the Ritz Carlton. The St. Louis

Art Fair, rated tops in the nation, attracts more than 150,000 people to Clayton's streets every September. Other special events include the Taste of Clayton food festival, Gallery Nights receptions in the area's art galleries, a seasonal farmers market, Parties in the Park cocktail gatherings each spring and summer, and the Big Read literary festival in the fall.

FOREST PARK

Do you love taking a walk or jog in the park? If so, Forest Park awaits. Located on 1,293 acres in the center of the St. Louis metropolitan area, Forest Park is 450 acres larger than New York City's Central Park. A natural oasis, it is home to several popular attractions including the St. Louis Art Museum, the Missouri History Museum, the St. Louis Science Center, the St. Louis Zoo, The Muny, one of the country's largest outdoor theatres, and the Jewel Box, a flower conservatory that is a popular venue for special events. Annual events include the free Shakespeare in the Park Festival and LouFest,



a two-day celebration of modern music and green living.

THE GROVE

Rainbow flags are proudly displayed along The Grove, located along Manchester Ave. Known as the epicenter of St. Louis' LGBTQ nightlife, this neighborhood is constantly expanding and has more than a dozen popular hot spots, each with its own unique vibe. You can enjoy

a cocktail at The Monocle or mingle on the massive patio at Just John. In the mood for a drag show? Make sure to check out Rehab and Attitudes. Who knows, you may just run into a queen from RuPaul's Drag Race.

THE HILL

St. Louis may be historical in many ways, but the Hill neighborhood prides itself on world-class athletes and Italian cuisine. Baseball's Yogi Berra and Joe Garagiola grew up in the Hill, and today it maintains a traditional collection of authentic Italian bakeries, grocery stores, restaurants, and mom-and-pop trattorias.

Every part of this neighborhood shows off its Italian pride. Even the fire hydrants are painted red, white, and green. Twenty-first century additions include studios, coffee houses, retail, and small businesses that create additional energy to an already vibrant area.

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LACLEDE'S LANDING

Laclede's Landing, also known as The Landing by locals, is a collection of 19th century riverfront warehouses that have been converted into nightclubs and restaurants. This is the neighborhood where the old and new will always come together. 19th century architecture meets 21st century dining and

entertainment. Visit a brewpub, dance the night away, or have a drink at a dueling piano bar. The options are limitless. Feeling lucky? Then the Lumiere Place casino complex is waiting for you. This district hosts special events such as the free Big Muddy Blues Festival on Labor Day Weekend.

THE LOOP

Named after an old streetcar turnaround, this one-of-a-kind neighborhood is home to over 150 shops, boutiques, clubs and restaurants. From modern and vintage to funky and ethnic – the Loop has it all. Visitors are encouraged to check out popular late-night entertainment options, including Pin-Up Bowl, the Tivoli movie

theatre, and the Pageant concert nightclub. Take a stroll down the St. Louis Walk of Fame to learn more about which famous actors, authors, politicians, and musicians call the Gateway City home, and end the day with a relaxing and comfortable stay at the ever-popular Moonrise Hotel.

SOULARD

Just a few minutes south of the Gateway Arch, Soulard is the city's oldest neighborhood. These historic streets are lined with red brick townhomes that house restaurants and music clubs where you will more than likely be hearing the blues. Elaborate courtyards offer outdoor seating and dining from spring through fall. In addition to the neighborhood's rich history,

visitors and locals alike flock to Soulard for its Mardi Gras celebration, the second largest in the country, Oktoberfest in the fall, and the Soulard Farmer's Market which has been operating continuously since 1779 and is held on Wednesdays and Saturdays. There's nothing like the taste of fresh produce and the smell of baked goods.

SOUTH GRAND

There are no words that can describe South Grand. This wonderfully diverse neighborhood offers a wide array of Japanese, Vietnamese, Thai, Latin and Chinese restaurants, ethnic groceries, boutiques, vintage clothing stores, and Asian import centers. Eat, shop and stroll around the world. It is essentially St. Louis' Epcot. Some popular LGBTQ hot spots include LGBTQ-owned businesses like MoKaBe's

Coffee House, Brickyard Tavern, and Cheap TRX, a shopping experience you will never forget. Also located within the area is Tower Grove Park, an elegant 19th-century Victorian walking park with whimsical picnic pavilions, statuary, and fountains, and The Missouri Botanical Garden which welcomes visitors and researchers to one of the top three botanical gardens in the world.

OUT IN FRONT: AN INTERVIEW WITH ERIC RUNYAN

PRESIDENT OF FRONT RUNNERS & WALKERS FORT LAUDERDALE

By Gregg Shapiro



When it comes to fitness and staying in shape, I tend to make light of it. I usually say, "I get all of my exercise jumping to conclusions and running off at the mouth." Another stock answer goes something like, "I only run if someone's chasing me." But there's something about the South Florida sunshine that makes me want to be in motion.

The idea of a climate-controlled (read: cold) gym with no open windows and lots of sweaty body held no appeal to me or my husband. After doing a little online research we discovered Front Runners & Walkers Fort Lauderdale and have been members since spring of 2014.

Eric Runyan, who is midway through his second yearly term as president of Front Runners & Walkers Fort Lauderdale, has lived in the region for about 27 years. Originally from Springfield, Ohio (between Dayton and Columbus), he moved to South Florida as a flight attendant with the now defunct Tower Air, to help establish a base to serve the Scandinavian vacation market locally. A member of Front Runners & Walkers Fort Lauderdale for about

six years, Runyan previously served two years as the club's Social Coordinator. I spoke with Eric about the group in late June 2017.

Gregg Shapiro: Eric, what is the history of Front Runners & Walkers Fort Lauderdale?

Eric Runyan: In 1989, a group of local gay and lesbian runners who had the goal of participating in the New York Marathon, formed our chapter. For many years, our chapter was a constituent of the Sunshine Athletic Association until it disbanded in 2007. Our chapter is a member of the International Front Runners, taking its name from Patricia Nell Warren's 1974 book, *The Front Runner*, about homosexual love in the sports world.

GS What is the make-up of the membership of Front Runners & Walkers Fort Lauderdale, in terms of the breakdown of gender and age?

ER We are currently working to diversify the group and are pleased to have added several women and people of color



to our ranks. We have even taken to calling ourselves LGBT-friendly as we now have a couple straight members as well. In terms of age, the full spectrum is represented.

GS What is the range of the skill levels of the members?

ER We have a broad range, from members who compete and place often in races and marathons to members who walk an abbreviated version of our walking route as their health allows.

GS How often does Front Runners & Walkers Fort Lauderdale meet to run/walk?

ER We offer three weekly meet-ups. Sunday at 6 p.m. and Wednesday at 7 p.m. in Holiday Park and Saturday mornings at 7:30am at the Pride Center, Equality Park. A three-mile walk and four or six-mile run is available at each. We meet at a casual eatery after each run/walk. Besides our work-outs we gather together for various social activities such as kayaking, bar mixers and parties in members' homes.

GS What is entailed in your duties as president?

ER I view my position as a mix of “facilitator and cheerleader.” We have a great Board of Directors, currently composed of eight members that steer and run the club. I also spend a lot of time working on development, thinking of how the club can better serve the health and happiness of our members and the local LGBT community.

GS What would you like to be remembered for when your term as president of Front Runners & Walkers Fort Lauderdale comes to an end?

ER I am proud that we have tripled our paid membership in the last two years and that we have a high level of participation by our members. I am also proud that we are beginning to interest a new generation of runners and walkers in the Front Runners movement.

GS I understand that you marched with the D.C. Fronrunners contingent at the National Equality March in June 2017. What was that experience like for you?

ER Truly inspiring. I actually joined with the D.C. Front Runners for the March. It reminded me that we are all part of the same movement for social justice in our country.





It also gave me confidence that although we might experience momentary setbacks on the road, to quote Dr. Martin Luther King, Jr. "The arc of the moral universe is long, but it bends to justice."

GS Are you a runner or a walker?

ER I have been both. I ran cross-country and track in high school. As with most long-time runners I have faced knee and foot issues that have hindered me at times. I started running again last fall to assist in our

free "Couch to 5K" training program for new runners. Miraculously, my knee and foot issues resolved themselves once I started training again. So never give up!

GS You mentioned the "Couch to 5K". What can you tell me about it?

ER We just set the start date as November 15 at Holiday Park at 6:30 p.m. This is our free training program to new aspiring runners who want to participate in the pride centers rainbow 5K in January.

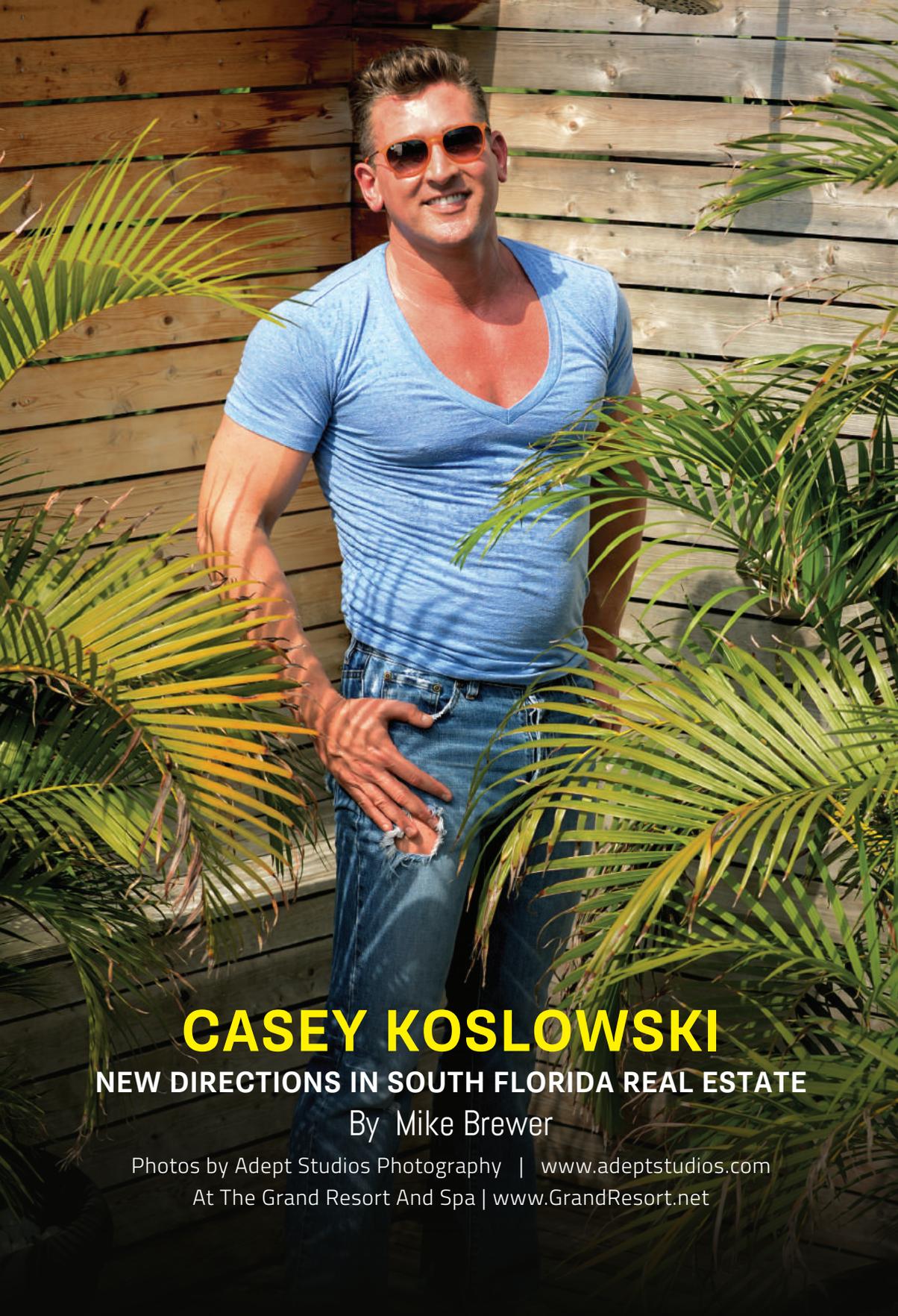




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CASEY KOSLOWSKI

NEW DIRECTIONS IN SOUTH FLORIDA REAL ESTATE

By Mike Brewer

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Fort Lauderdale has traditionally not been known as a “skyscraper city.” Rather, history tells of a town that’s repeatedly suffered its share of challenges to grow its skyline.

The merciless pummeling of Fort Lauderdale started in the 1920’s, during the “Florida Land Boom.” Six years later, the city was decimated with the arrival of a category 4 hurricane, causing \$165 billion of damage in today’s dollars. It remains the costliest storm in U.S. history.

Just when the city was shrugging it off and getting back on its feet, the Great Depression punched it square in the nose. The building stopped. The residents fled. It wasn’t until the early 1960s, when *Where the Boys Are* was produced, and turned Fort Lauderdale into a mecca for straight Spring Breakers with its well-known location right on Fort Lauderdale Beach.

Bloodied and bruised, Fort Lauderdale was showing signs of life again until the city took another blow in the late 1960’s. Residents fled and development froze after some not so clean-cut boys came to town. Seeking to get away from abusive or otherwise unstable family life, hundreds of runaways sought refuge in the southern-most state, flocking to Fort Lauderdale. They formed a group called “The Family.” Many of them resorted to petty crimes to support themselves. Robbery and roughhousing didn’t do much to create a desire for more houses. And without a need for new houses, there is no reason for developers to develop.

Like Rocky, when the bell rang in the boxing ring, the city pushed itself off the ropes. The celestial boxing match came to an end in the early 1970’s. Houses, hotels, business parks, and the conveniences of modern life spread west, creating the suburbs of Coral Springs, Miramar, and Pembroke Pines. That was also, coincidentally, the decade when Fort Lauderdale became the spot where the LGBTQ community started laying down roots.





1998 was a remarkable year for growth in Florida. That's when Casey Koslowski came to the state after he was recruited to Naples by a real estate developer. "The development was being inundated by German buyers coming to the area due to the new international airport that had just opened, as well as Miami buyers, who oftentimes preferred speaking Spanish, looking for vacation homes to come to on the weekends," said Koslowski, who speaks enough of those languages to sell real estate.

Packing his bags and moving here was an easy decision for him. Aside from having an established job before he even arrived, Koslowski sought a new lifestyle.

"Coming from Wisconsin originally, I clearly love the climate here in South Florida, as well as the fact that it boasts three international airports, and two of the world's largest cruising ports. So traveling from here is extremely easy too. I also love the diversity and strength of the influential and dynamic LGBT community here, especially in Fort Lauderdale."

As an attractive guy who balances a demanding career with his social life, Casey is a single gent living in Wilton Manors. His background is sort of a rags-to-riches story, with humble beginnings, and a tireless work ethic that was established when he was in middle school.

"I started working in sales and customer service at my family's small grocery store in suburban Milwaukee in the seventh grade. I then started working at restaurants while in college. Soon after graduating, I worked for Marriott International when I lived in Boulder, Colorado for a year," Casey says. "Most of the real estate developments I represent now involve a luxury hotel component, so I like to bring concepts and ideas I procured through these experiences to my resort here on Fort Lauderdale Beach."

Casey's first commercial investment was The Grand Resort and Spa, a landmark property





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that drew national LGBT vacationers to Fort Lauderdale. He and a few investors purchased the then-struggling property, just blocks from where the W Hotel was built shortly thereafter on the beach.

"I have long witnessed the growth in size and strength of the LGBT community in Fort Lauderdale since moving to Florida, which is a major reason why I became involved with the Grand Resort and Spa in 2001. Since that time, I have bought out my partners in the resort and hope to soon open another one."

The Grand Resort and Spa is now Fort Lauderdale's largest clothing-optional, gay owned and operated men's spa-resort. In the early years, Casey infused nearly a million dollars into renovating the resort's interiors from top-to-bottom and he continues enhancing its esthetic and adding amenities to this day. The resort has since earned national

and international acclaim from both LGBT and traditional media for its well-appointed luxury accommodations, spa services, and tropical grounds.

Local residents are among the resort's most frequent clientele who can now enjoy the perks of the new spa memberships that just launched this summer. Leisure vacationers book again and again during both the low and high seasons. The Grand Resort and Spa is clearly the standard of Fort Lauderdale's clothing-optional gay resorts.

Getting back to the luxury condominium development industry, Casey has sold eight condominium towers in South Florida. Some of his most notable projects include The Setai & The W both on South Beach; Ten Museum Park and Paramount Bay, both in Miami; and most recently, the Auberge North Tower in Fort Lauderdale. He continues to specialize in the



sales of luxury residential condominiums, high rises, and new construction in the area.

Today, Casey has embarked on one of his most ambitious projects to date - 100 Las Olas. At 499 feet, the mixed-use tower will be the tallest building in Fort Lauderdale when it opens in 2019. The tower will contain a new and sleek hotel brand from Hyatt called Centric that will operate 238 hotel rooms. Floors 16 to 46 will be home to the 121 luxury condominium residences, which will be delivered move-in ready.

100 Las Olas will deliver a much-needed shot in the arm in the Las Olas shopping district. Still home to boutique-ish shops and restaurants, tenants in the neighboring Riverfront area (immediately to the west of Las Olas Boulevard) have been begging the city and developers for years to help draw more visitors after the failed Riverfront entertainment development went belly-up in 2005. City zoning, lack of redevelopment interest and outstanding loans totaling \$35 million hampered efforts to revitalize the 3.5 acre Riverfront area.

Fort Lauderdale Mayor, Jack Seiler, once said, "This is like a gap in our Riverwalk, and it's extremely frustrating for us at the city."

This gap will soon be filled. Other hotel and residential buildings are coming online in the next couple years, but none will compare to 100 Las Olas.

"We have already broken ground and are currently slightly ahead of schedule," said Casey. "Passersby will be able to see the building coming out of the ground this fall already, because the foundation is already half complete."

The units will command selling prices fitting of the luxury offered at 100 Las Olas. Units start at \$800,000 (or the mid-\$500s per square foot) for a finished residence. Unlike most new construction residential towers, units in





100 Las Olas won't be sold as an unfinished or "decorator ready" residence as most of the developers in South Florida deliver.

"[Most residential condo developments] are really an empty shell which require weeks, if not months, and tens of thousands of dollars to make habitable. The developers of 100 Las Olas are taking the time to deliver a fully completed building with units featuring customizable finishes - this is very rare, and this is something that I really love about the building. It is one of the major reasons why I also am purchasing a residence here!" says Casey.

Casey was also keen to the walk-ability and commuter convenience offered by the location. "When I started my career in real estate it was all about the 'smart home.' But now, with the ease of wireless technology, buyers are focusing more on the specific area that they are purchasing, especially the 'walkability' factor. This is a key attribute of 100 Las Olas and it is a major factor as to why the launch has been a great success," said Casey. "Thus far, our purchasers love the fact that they are within walking distance to 40 different restaurants, both on and near Tony Las Olas Blvd., as well as to two renowned museums, the Broward Performing Arts Center, and the

soon-to-open Brightline bullet-train's station."

Marketing 100 Las Olas to the LGBT community has been successful, according to Casey. He attributes this to these buyers' sophisticated tastes.

"The LGBT community especially appreciates the walkability attribute as many of us have been fortunate enough to live in other major cities in the U.S. and around the world where much more walking and the use of public transportation is more prevalent. That lifestyle is rapidly developing here now too."

Like other investors in the area, Casey is placing his bets on Fort Lauderdale. Where once the city struggled to deliver a knockout punch in the boxing ring of life, his pipeline of projects and investments are proof that Fort Lauderdale will be alive and kicking for years to come.

"I am very excited and bullish about the future of Fort Lauderdale. The local economy is becoming one of the best in the nation in terms of job growth and wage appreciation. To top it all off, Fort Lauderdale's restaurant & cultural scenes are improving too and it has become the LGBT capital of the state of Florida."

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THE ELECTRONIC STYLE OF JOEY SUAREZ

By Denny Patterson



Born in Florida and one of 12 children, but currently residing in San Antonio, Texas, Joey Suarez is an up and coming musical artist that everyone should be on the lookout for. Suarez diligently works on his music where he mixes the sounds of electronic and pop to create catchy, but refreshing beats. He can instantly lure any listener in. A do it yourself artist, Suarez didn't pursue his passion until he found balance in his life. His debut single, "High in the Sky," came out a year ago, and his latest single, "Love Me Back," came out within recent months. Come September, more of Suarez's music will be available.

Let's start off by chatting about the new music you will be releasing in September.

It's an EP, but I'm piecing it out. I'm kind of giving each song its day. I didn't want to put out a whole five song EP and feel like I couldn't give each song the kind of babying it needs. I

have one song that came out this past year, and it's given me the time to focus on it, understand it, and nurture it on a marketing level, and it's been quite successful so far. I think that's a good approach to take on each song. I just released another song, "Love Me Back," and I plan on releasing 2-3 more, it's kind of bi-monthly, but by September I want the whole EP to be out with 3-4, hopefully five songs. Some of these are happening on the fly. It's coming in waves of passion and it's motivated by my niece and nephew who are big fans of the things I do. I don't want to let them down.

What can audiences expect from your songs and music?

I have no clue [laughs]. That's a great question because my background, when it comes to music, it isn't very vast. I have experience in musical theatre and have written music for rap artists which a lot of people don't know





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about, but people are more familiar with Joey in his underwear on Instagram. The pretty boy model I guess you can say. So, I feel like I'm at the point where I have become more aware of how people were beginning to categorize me. People only kind of expect Joey in his underwear and I really didn't like that because people don't really know me. My life has been music and dance-related since I was five years old. People just have this naïve perception of me because of social media and that rattled me for a moment. When my first song came out, "High in the Sky," I was generalized and stereotyped as a white privileged guy who can sing. I was like whoa, I'm not white, I'm Hispanic. It hit me in a different kind of way, so I spent the past year rethinking my approach to myself on the internet. People would be like oh yea, you can sing, but I just want to see your pics. Hopefully, I will find people who want to hear my music, and sure I'll be in my underwear, but that's because I'm comfortable with my body. Not just to make a quick buck. So, this past year has been an experience and New York City kind of gave me a platform to leap off of. I'm learning who my fans are and who cares about my music and who doesn't. It's been exciting.

Tell me more about your aesthetic. What kind of music do you do?

Oh my God, I love this question. My music is dance oriented, electronic dance. A lot of it is inspired from old school house and dub step and a lot of the beats I work with are very common in the underground dance scene. These forms of music are very popular in Japan. I love this style of music because I love to dance and go to raves, I'm a big raver. I feel like I can take my influence of raving and merge it with the influence of pop. I'm dancing to beats all the time. From the bathroom to my car.

Where did your passion for music come from?

It's always been there, literally even before I could pick up a pen or ride a bike. I was always banging on a piano and singing to my brothers

and sisters. I think it just came naturally. I'm one of 12 kids, and I always felt like my brothers and sisters were musically inclined so when you're in a competitive household of 12 children and everyone picks up an instrument, by the time I got around to it, I was left with singing. I think that's where it comes from, by wanting to be a part of a group and be like your older siblings but wanting to be different of course. So, my choice was to be a musician and dancing was something all of us knew. We're all Hispanic, and if you can't dance, you're not Hispanic [laughs]. That's how we see it. So, music came from my love of dancing and family.

Who are some of your musical inspirations?

This question always trips me up every single time. I should write it down. When I heard that Chester Bennington committed suicide, I was driving to the studio and I was instantly heartbroken. Linkin Park was a huge part of my childhood. The whole hard rock era was very dear to me during hard parts of my childhood. Linkin Park is dear to me. Chester was dear to me. Evanescence is another very influential band, I listen to them on repeat all the time and it annoys the shit out of everybody. Daft Punk is a big one too. These three are all trendsetters within their genres that led this classic sound. Their music introduced a new generation to a whole new style of music and they were doing something before they had a name for it and that is kind of the best part of what I have always appreciated about these kinds of people. I'm definitely a gay guy. I love my Beyonce and Rhianna, but these types of people helped me build my confidence and if I want to express myself, I can pick up an instrument and go for it.

I know you have talked about how music is responsible for saving your life. Could you elaborate on that?

For sure. The darker side of my music stems from when I would have depression. Music is my way of reinventing childhood memories and turning them into something beautiful. I feel



like if I can create a song out of something dark, it can transcend. I came from an abusive environment as a child. My grandfather professionally pretty much used me as a sex slave. I know that may be abrasive to some, but that's the best way to describe it. This went on for about six years of my life and I do not blame any fault on my parents. My mother was a single mom who could only work so many hours per week, so the people taking care of us were my grandparents. It was a very unfortunate situation and music gave me an outlet. When the abuse began, I would latch onto music. I rebelled in school and didn't do well because I couldn't concentrate, but when it came to music, I excelled. I guess at the time, people never quite understood why I was a rambunctious child, but when it came to music, I was disciplined to the T. Later in life, I gave music that credit for helping me. I don't think I was at the age where I knew exactly what I was going through. Since then, I think because my childhood was more extreme than others, even when I go to these camps and programs and talk to people in programs like War Against Rape, a Florida affiliated program that my sisters helped begin, and unfortunately, in my family, at least nine out of 12 of us have experienced some sort of sexual assault. From molestation to rape. My siblings are beautiful people in every which way. I feel like my music has given me ways to deal with things that other people can't even relate to. Music humanizes anyone and everyone and that's kind of what it has done for me my whole life. Every format it comes in. The responses to my music has been overwhelming and it has rewarded me with a better sight of what I'm working towards and who I'm attracting and appealing to when it comes to my music and my story. The learning experience is on how to talk about it.

Do you have good support system?

Oh my God, beyond. I don't know how I have been blessed with so many amazing friends and family. Like I mentioned, my two oldest sisters helped begin War Against Rape in Florida



and it became a statewide program for support for people who have been through molestation and sexual abuse. My sisters were actually raped by my biological father, so it wasn't fun at home. The experiences of what we all went through, we learn from it. Even though I was silent as a child, I still understand the value of speaking up and talking about the problems we had. It wasn't until I was removed from the situation and moved to Texas when I was 13 that I began to talk about what was going on. But yes, I have a very supportive family. Even when it comes to support outside of music, when I finally came out to my parents and told them I was gay, they're Mormon, so that was hard, and I told them everything that had happened to me as a child, they have been nothing but the most happy and supportive loving family I could have asked for. I am blessed.

Do you have any sort of relationship with your biological father?

He came back into our lives six years ago.



He had another child with another woman after he was convicted of abusing us, so my effort to reconnect with my younger sister allowed him to reconnect with me. However, I have a stepfather who has been more of a dad than I could ask for, and to me personally, I don't really have room in my heart for another one. Although he wants a relationship, over time I learned that there was no room for him. I'm not interested. When it comes to my younger sister, he helped raise her for many years, and I don't know how legally, but if she wants him and I to have a relationship, I would do it for her. She is only nine so I don't think she understands a lot of the things she is held accountable for. I am giving her time to grow up and not worry about our family history.

What is the creative process like for you?

It's like self-torture! I guess every artist feels that way. In a pit of sorrow and doom. But yea, my creative process has been a learning process. No one taught me much about doing this, it just comes from feeling and needing



to succeed. When I lived in New York City and was sitting on my ass doing nothing, I didn't know how to make a difference besides posting a selfie. I reached out to people I knew and said I wanted to write a song and asked what do I do. I was blessed with some people who had solid advice and trudged me along down the right path.

Besides the creative process, are there any other challenges of being a musician?

Absolutely. I mean, it's true. There are also the connections. Who you know, and then the chances are if you make it and then money. Resources are something invaluable. When you are by yourself and don't know who to trust or turn to, it's a terrifying position. Money makes it easier, but money also makes you a bigger target. Realistically, being a musician means making a ton of sacrifices. It can be rewarding, but emotionally draining. It's like that for any job. That's what being an artist means, and I'm not restricting it to just music or the arts, but every position in any profession. If you are not fully invested, then you're not going to make it. You must put in the extra effort. I will also say that the shittiest part of being a musician is streams. They are like a permanent fuck you to the face from everybody. I am paid .0038406 of a penny every time my song is played. So, for maybe 100,000 plays, I will make about \$150. That's just the realistic side of things when you're a do it yourself artist and not negotiating contracts. You will be fed scraps and crumbs until somebody big comes along.

Do you play any instruments?

Absolutely. I am a do it yourself artist, and I taught myself how to play the piano when I was 16 years old. I couldn't afford to buy music and I felt like I wanted to be more in control of the music I'm writing. To this day, that is the only instrument I can do. I've tried others, but it's pitiful. The piano is a good foundation, and I have a song called "At Home" where I merge piano with electronic music. The song starts out beautiful and gets nasty towards the end.

What was it like to perform at San Antonio Pride?

It was amazing. I mean, it was my home Pride. I have done New York City Pride twice, and it's always amazing to perform in front of all those people, but it's not the same when you are performing at home and looking at faces you grew up with and they are sharing this moment with you. They can walk up after the show, and these are people you've known since you were 12, saying what a great job you did. It's rewarding. I was invited for next year and I will also be performing at Orlando Pride in October. Nothing compares to doing your own home Pride.

Besides music, do you have any other hobbies or interests? Any other projects you are working on?

Too many [laughs]. I sometimes spread myself too thin. Currently, I have been trying to expand my image beyond underwear by creating

apparel. It seems off track, but it's not, because my best friends are amazing artists within themselves and they create amazing rave gear basically. Harnesses covered in LED lights and glow wires, they are meant to be flashy and worn when dancing. Very popular in the EDC scene. People create outfits covered in flashy things, and I have been doing just that. Playing with flashy things and I love it. I felt like my image was easily identified as a white privileged male. I would rather redirect people away from my crotch to perhaps my chest, wrists, hat, and shoes. Something a little more than just my crotch. I created my own apparel brand and set up a store and will be posting about creating rave gear covered in UV paint, electronics, cool fidget spinners. I want to merge my social media image and music image so it is identifiable by how I feel. That has been my recent obsession. I have my two best friends helping me. I can't do it alone, much less keep track of myself.

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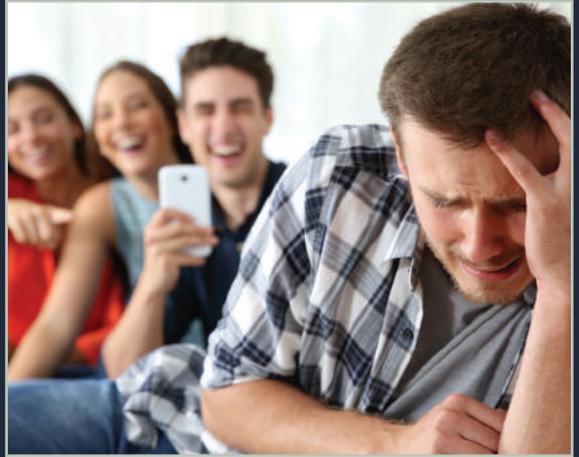
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HOW TO REDUCE YOUR SOCIAL ANXIETY

By Dr. Beau A. Nelson, DBH, LCSW

Are you petrified of going someplace by yourself, meeting new people, going to parties? You are one of more than 15 million Americans who relate to these same symptoms of social anxiety. A lot of research and work has gone into finding ways to help people who suffer from this kind of social discomfort. Symptoms can range from extreme, such as panic or inability to stay in social situations, to milder symptoms, avoidance of activities or lack of initiating social contacts. People who suffer from anxiety in social situations do one very unhelpful thing that non-sufferers do not do, people with social anxiety over focus on themselves. We are acutely aware of



our heart rate, what we say, our sweating, what we tell ourselves others are thinking about us, making negative interpretations about ourselves, and creating nightmare scenarios in our minds.

P sychology professionals see anxiety in many forms in the course of our work. Some people are scared of spiders, some of heights, but many are afraid of public speaking, social engagements, and one-on-one interactions. There are many things that we can do to be more social, we can force ourselves to get out, but what's the point if you feel miserable when doing it? The joys of being around friends, trying new experiences, and interpersonal contacts is lost when anxiety takes over and we think too much about ourselves and the situations we find ourselves in.

Some people are described as shy. Shyness may not be a clinical concern. Some people are introverted and are happy having alone time, but are okay with being around others, too. Social anxiety is something different. It is a fear of what can happen in social contexts and left unchecked it can be disabling. Here are a few tips to help if you are socially anxious and want to make an effort to lose some anxiety and gain more joy.

1. Stop thinking so much.

Socially anxious people over think and over think, and over think. They get worried when they know a social event is coming, they ruminate over it, they may cancel or go, but if they do go they take the fun out of it, and after, they are just glad it is over. If you think the worst is going to happen, you will be scared. Most of the dire predictions we make about social interactions never come true, and even if some do come true, how bad is it really? My psychological mentor was a psychologist named Dr. Albert Ellis and he was as shy as they come, especially around women. He used a technique that we call exposure in psychology; exposure is putting yourself in uncomfortable situations to desensitize yourself. Dr. Ellis went to Central Park in New York, where he lived, and sat on a bench and talked to every woman that sat down, about 200. He had one date from all those introductions, and she stood him up. Not such a good outcome? No, actually Dr. Ellis (a very outgoing larger than life person in later years) said it cured him, the



goal not being to have a date, but to get over his fear of talking to women. He no longer doubted himself or his ability to deal with women who were not interested. This may be one way to overcome fear or try and be positive, think more realistically, and come up with better options rather than just end-of-the-world predictions.

2. Slow down and breathe.

One of the simplest ways to control social anxiety is a technique that helps with anxiety itself. Most of us have heard of the fight-or-flight response that happens chemically when we encounter a danger. So, I run or hunker down to fight. The key here is interpreting dangers accurately. Let's say your thinking is on track (see above), you are not interpreting a life or death danger (going to a party), but you still have symptoms. Practice deep breathing to turn off your stress chemicals and relax yourself. You want to slow your breathing and take deep breaths to tell your body that things are cool. Breathe in through your nose for a count of 5 slowly and deeply, then hold it and out through your mouth for a count of 7, slowly. Repeat. This will stop the release of chemicals that excite your body and you should feel more relaxed.

3. Don't avoid, practice, practice, practice.

Most people increase their social fears by not meeting new people or going to new places. This happens because the more you don't do something the worse it is when you have to do it. It brings up so much anxiety! If you avoid social situations but then have to go to a work function, that function is going to feel like the end of the world, because you are not accustomed to being uncomfortable. The worst thing that happens in social situations



is that you experience discomfort. Nothing more than that. It goes away with practice. Toastmasters is a great organization that helps people practice speaking publicly, and through exposure, you learn to be more comfortable. If you give a thousand speeches, mistakes and all, you will find that nothing terrible happens.

At speech 1001, you are simply not that anxious – because you can't make yourself anxious, it's simply not a big deal after all that public speaking.

4. Recognize you cannot read minds and no one really cares about you

Boy, that sounds rough! In reality, what are other people concerned with at a party, you or them? Them! You put on 5 pounds. It's not like you are J Lo, please, people just don't care. They may notice, but I doubt you will be on the cover of People Magazine the next day. You are the one obsessed with your flaws, not others. Do not tell yourself that you know what people are thinking or how they are reacting to you. When you are anxious and mind reading, the funny thing is that everyone in the room is thinking the same things you are thinking (all about you) and is that really possible? Do you think you are so awful that you dominate the minds and conversations of everyone else? Please, again, you are not that important. Just go to a party, be yourself, some people may like you, some may not, who cares? You don't like everyone, do you? Well, others get the same right, and if they don't like you, move on, the earth does not stop spinning.

5. Try something new

If you are like most socially anxious people you sit at home, feel lonely and think you are missing out on life. What is the worst that can happen if you head out of your cocoon?





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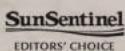
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Dr. Ellis, who I referred to above, also taught his students to practice "shame attacking" exercises to overcome fears. It sounds crazy but it works. Get up and visibly mess up giving a speech. What's the worst that can happen? Most people will empathize with you and some may laugh, but it is just being human. Spill a drink on a first date, will your date leave and hate you, no, most likely if they are a keeper they will laugh and feel embarrassed with you, and it will be a good story about how nervous you were. Get out there and try life, on its terms, not being perfect, and you may be shocked how much easier it all is. If you don't want to stay alone, as you already know how miserable that is, maybe it's worth going out and even if something bad happens, you did something!



Dr. Nelson practices psychology in Fort Lauderdale and helps patients with a variety of issues including stress, anxiety, and living life to the fullest. You can find more information about his practice at improveyourmood.com or you can email him at drnelson@improveyourmood.com.



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SHORTS GONE WILD 5: LAWRENCE BUZZEO

By Denny Patterson

Island City Stage's much anticipated event is back. Bigger and better than ever, Shorts Gone Wild mixes six actors, eight playwrights, and four directors to produce eight short, yet provocative and hysterical plays that will leave audiences thoroughly entertained. Entering its fifth year, Shorts Gone Wild features brand new plays from local and nationally recognized playwrights. Also coming back is Lawrence Buzzeo. Not only is he the oldest member in age, but the only member of the cast who has been involved with Shorts Gone Wild from the beginning. Lawrence has recently been seen at the Broward Center in Xanadu as Danny and Zosar in *Aida*. He will be appearing in the *Radicalization of Rolfe and Hir* for Island City's upcoming season. Shorts Gone Wild plays through September 10 and tickets can be purchased on islandcitystage.org.



Why don't you go ahead and start off by telling me more about Shorts Gone Wild 5.

It's been going on for five years now, this is the fifth season, and it's a collaboration of eight different pieces/performances that are about 10 minutes long that are performed by six different actors. Usually three women and three men. This year, I am the only senior person. I have been in all five of them now. We rehearse these shorts and get them down solid, but the reason it's called Shorts Gone Wild, each year, there's some different way of picking the order of the shorts, so the actors don't know what order they are in. The first year, we had audience members pick a number out of a hat and whatever play was correlated with that number, we would perform it. This year, we are having a game show theme like the old match game. Pick two pieces and if those two pieces have the same short on them, that's the show we will then perform. Shorts Gone Wild used to be geared more towards comedies, but as we go on, there

has been a lot of appeal for more serious pieces. There are two very serious pieces this year that are poignant as well. They are humorless, all the shorts have some sort of humor in them, but a more serious tone.

Can you tell me about some of the characters you are playing?

In one short, I am playing a Baptist minister who is against homosexuality, but his hypocrisy is exposed throughout the performance. It's a comedy based on the old joke, a rabbi, a priest, and a minister walk into a bar. They all end up in a gay bar. I also play a guy where he and his boyfriend are on a spaceship to Mars. We are the first openly gay couple in space and he breaks up with me. That son of a bitch [laughs]. Another piece is a kinky version of *Groundhog Day*. I try to get my lover to do kinky things over and over again. In one of the more serious pieces, I'm the ghost of my best friend and we're sitting at a bar we use to frequent, but you don't know that until the end of the





piece. It's basically her and she's getting drunk because she can't handle the fact that her best friend just died and the audience doesn't find out until the end of the show that the person she is talking with is in fact her best friend who died. It's a real nice piece. Also, I play a superhero called Rainbow Man.

What can audiences expect from *Shorts Gone Wild*?

I think you can expect to laugh and cry. I think a lot of people are kind of surprised by the way we don't know what order the show is going to be and how we smack into different characters. As I said, some pieces are extremely funny. On the other hand, you might need a tissue. I think you should expect to be entertained and maybe learn something as well. We usually attract a very accepting audience. Last year, we did shorts about the election and of course everybody in the shorts, all the actors are liberal and the pieces were geared toward the liberal side. A few audience members were conservative and weren't too happy with it, but as a whole, maybe they learned something.

Going back to the fact that the audience can choose the order of the shorts, does that ever throw you or any of the actors off?

It could. It normally doesn't, but there's always

the potential. There's also the potential that it could not ruin the show, but color it differently. The strongest short this year is a piece called Clarity. It's a one man show by the black gentleman in the cast. It's about a black writer, a black piece about a gay black man and it's really intense. If you start the show with that and have another dramatic piece right afterwards, that doesn't set up the comedies too well. It can be hard to snap out of that funk and get the audience to laugh.

Which role has been the most fun to play in this series?

I've been playing a lot of goofy characters in the past and it's fun, but this year, I like the one about the ghost.

What about the most challenging role?

The one in space because the director asked us to act like we were in space physically. So, we're walking around acting like there's no gravity while talking at a normal speed.

Before stepping on stage, do you have any pre-show rituals?

Well, for this show, yes. We have been saying a prayer and following it with a dirty word. We'll all put our hands in the center and say the disgusting word at the top of our lungs then raise our hands up. It's a good luck thing.

MAN ON THE STREET: DEUNTAY DIGGS

By Denny Patterson

Photography by Images Male
www.ImagesMale.com



Welcome back! It is now time to meet Deuntay Diggs. A Maryland native who now resides in northern Virginia, Deuntay is a young, outgoing, and dynamic individual who suffered from years of abuse as a child. However, he transcended from a poverty-stricken family to a Virginia Military Institute graduate to ultimately becoming a Deputy Sheriff. As the first openly gay deputy within the department, Deuntay is the lead cultural diversity instructor and has introduced topics about LGBT issues into the courses so law enforcement officers can gain knowledge on how to deal with issues that arise within the LGBT community. In addition, Deuntay is a motivational speaker who offers fresh dialogue on race, sexuality, and diversity and is known by the world as the "Dancing Deputy" who has appeared on America's Got Talent. He has had two dance videos of him performing to Beyonce's Formation go viral, reaching over 40 million views. This is his story.

Why don't you start off by telling me a little bit more about your childhood. I know you talk about how rough it was.

My childhood was a rough one. I don't have many fond memories. A lot of them are of my mother and her addiction to drugs and alcohol. I'm the oldest of three boys, and when I look back at my childhood, I know my brothers were with me a lot. When you think of a childhood, you typically think about holidays and having good times, but for us, they were hard times. I remember looking around and seeing other people get stuff for Christmas and have food for Thanksgiving, but we didn't. That was a huge struggle. I had to learn to grow up fast and be the kind of male father figure, even when my mother had other boyfriends. As a child, the environment I grew up in, it was no big deal to be beat on by parents. It was the norm. A lot of things people would call social services for today was considered discipline. There were times my mother would get beat on by the men in her life and I would do what I



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could to protect her, but I was young and then she would beat on me because of something I said. One time I grabbed food off my mom's plate and she stabbed me with a fork and left a scar. People might laugh and think it's funny, but she was a single parent raising three boys, so she had to be the tough kind of parent.

You also talk about how you were sexually abused as a child. Can you tell me more about that?

I went through years of being molested. When it happened the first time, I told my mother about it and I didn't really know the severity of what had taken place. I just felt like something wrong had happened. I told my mother and I remember seeing her get angry. She left the house to go get the boy's mother and her friends and had me tell them what happened. Then the boy's mother goes out screaming for her son and they later return. She sits him in front of me and his mother asked what he had done to me. Before he could respond, she punches him in the chest and starts hitting him. I remember being upset because in my mind, I thought I did something wrong. I told on him and he was now getting beaten. I've been in that position before. They end up beating him and dragged him out to the front yard where she and my mom continued to beat him. After she was finished, my mom came into the house and drank and we all went to bed and never discussed it any further. We just dealt with it.

The first time it was oral sex type of things, but 2-3 months later, my mother and his mom and her boyfriend were all partying and doing drugs. The drug choice was crack at the time. I remember them screaming at us to go out and play. I ended up on the stairs and that was when he molested me for the second time. It was much worse, sodomization. I was at the end of it all and he was choking me and said if I told anybody, he would kill me. So, I never told again as a child. That was the point in my childhood when I somewhat died on the inside.

No wonder you wanted to commit suicide.

It was bad. As we moved through time, we didn't have food so we would eat dog food.



By age 11, I was dealing with all this stuff and accustomed to this horrible life. I couldn't feel emotion and had to be strong and watch what I said. At age 11, I did decide to try and commit suicide. I thought slitting my wrists would be the easiest and fastest way to go. At the house we were staying in at the time, we weren't allowed to go into the kitchen when we wanted. There were chains on the refrigerator. It was my mom, me, my brothers, and the guy she was dating at the time who also had four children who were staying with us as well. His daughter had a baby when she was like 14-15. So, chains were put on the refrigerator and I snuck in to take a butcher knife. The next morning, I was in my room sitting on the bed looking out the window. It was like I was having an out of body experience. Like I was in a trance. I was sitting on my bed rocking back and forth, getting to the point of cutting my wrists and the door behind me swung open. I turned around and didn't see anybody, then the bed started shaking and up pops my baby brother. He was about three at the time. He comes in, crawls up on the bed, and puts his arms around me. I instantly broke down crying. I stuck the knife between the mattress, and that was when I saw a light at the end of the tunnel. In that moment, I made a promise that whatever else happened, I would never again try to kill myself. My focus was on being there for my brothers.



Wow. Well fortunately, you received the chance to start over, right?

Two years later, I went from a predominately low income black environment to a middle class white environment. I was taught a lot of lessons and issues as a kid. I was taught that some white people are okay, but most are racist. However, a white man offered me a chance at life. So, I moved to North Carolina and when I get there, that was the first experience I ever had going to a Walmart and so much more. All these new things and ideas were happening and I never thought I would have these opportunities. Graduating high school went from a dream to a possibility.

But your family did not approve of your homosexuality?

No, they did not. They are southern Baptists. My biggest fear throughout my time with them was that I would do something to get me sent back to the environment in which I came from. Sending me back because of a risk that I may do something to their child since I was molested. But, I came out to my foster family by writing a letter. I couldn't do it over the phone. They called me after reading the letter and I said this has been a journey for me and I recognize that I'm gay and I love you. Nothing will change that. When I got the call, they told me they disowned me and I was no longer a part of the family. They cut off communication, bank accounts, and I was like wow. The fear in the back of my head came true. I was left just to myself. My family hated me. I realized in all that chaos and craziness that if I was going to expect others to respect me, I need to learn and love and respect myself. I didn't know who I was at that point. I had to figure things out for myself. As time went on, I became more exposed to the LGBT community. I was going out into the world and learning.

What happened to your mother and brothers? Where are they now?

My mother passed from cancer in October 2016. Before she passed, I went back to help take care of her. Many people were shocked that I cared and would do such a thing. For me, regardless of my rough childhood, my mother



gave me life, and I had to let her know that I forgave her and that I loved her. My middle brother lives in Maryland, and suffers from mental health issues. He also deals with an alcohol addiction. I hope to be able to relocate him closer to me soon. My youngest brother graduated high school and now lives in Georgia. He has a full-time job at a car plant.

Let's chat about the military for a second. What made you want to join?

I wanted to feel a part of something bigger than myself. I was also looking for the financial means to support myself and to one day be able to go back and take care of my family. Finally, being in the military would give me the skill set that would allow me to protect myself.

Is the military what made you want to pursue a career in law enforcement?

I found that I thrived in a regimented environment while at Virginia Military Institute (VMI). I also loved the sense of pride that most people took in being a part of the military. But I also knew that the don't ask don't tell policy could potentially cause me to lose everything.





My concerns would eventually become a reality, and I was left feeling angry and wanting to do something entirely different. I initially found myself in retail. I quickly learned that my new work environment was lacking in the structure and sense of pride I had become accustomed to. So, I began searching for other opportunities. Being in law enforcement was never an option in the beginning because of how I was raised, and the negative connotation that law enforcement had. What brought the idea to my attention was my wallet being stolen from my vehicle, and an officer who happened to be lesbian responding and speaking with me about career opportunities while handling the incident. When the officer told me that my sexual orientation didn't matter and that my success in law enforcement would be based off my character and the ability to get the job done in a professional manner, I was thrilled and started the application process.

Exactly how has your past life experiences prepared you for your career?

I am able to relate to people from all walks of life. I understand the resentment that some have for law enforcement, and I can speak to

what is factual and what is not. I can speak from firsthand experiences to many of the issues that face citizens I meet daily, which gives me an opportunity to help those who are struggling and builds bonds between the community and law enforcement. My ability to read body language has assisted in de-escalating situations and aids in officer safety. In a career where I am supposed to protect and serve, I can draw from both the negative and positive life experiences and give sound advice.

You are also known as the "Dancing Deputy." How did that all start?

I was invited to participate in a back-to-school drive to help raise school supplies for kids in need. To draw people to the event, the organizers decided to have a lip sync contest with local law enforcement officers. I was asked to participate and the rest is history. My first year, I chose "Single Ladies," and you can't just stand still and lip sync, so I learned the choreography.

And there are videos of you dancing that went viral. What was your reaction to that?

I was shocked, but I was also happy that finally there was something in the public sphere that was shedding a positive light on law enforcement. I knew from the very beginning that this was something bigger than me. I also realized pretty fast that I represented many different groups: law enforcement, the black community, the LGBT community, etc.

Tell me about your time on America's Got Talent. How far did you get on the show?

I only made it to the first round, but it was an awesome experience. Tyra actually wore my sheriff deputy hat. I kept being told it was my moment to shine, but my response was that it wasn't about me. It was my moment to show the world that law enforcement officers are human and like to have fun when appropriate.

What other TV appearances have you made?

I have been on the T.D. Jakes Show, Good Morning America, and several other local news stations in the Washington D.C. region.

Can you tell me more about your motivational speaking engagements?

My engagements vary by size from groups as small as 20 people up to thousands. Each event is tailored specifically to the audience. I cover a wide range of issues such as LGBT rights, racism, not having a victim mindset, living in one's authenticity, policing in today's world, etc. The age range is typically 11 years and up. I have been the plenary speaker at conferences, schools, churches, detention facilities, and small groups meetings. I have recently worked with kids who are in special/gifted education.

Congrats on your recent marriage. What is your husband like?

My husband is a graduate of Virginia Tech where he earned two bachelor degrees and a graduate of the University of Mary Washington where he earned his master's. He is 29-years-old and a high school teacher. He has a big heart and loves to help others just as much as I do.

What is the current long-term goal for you?

The completion of my autobiography and to further advance in leadership in my career as a Sheriff deputy.

Do you have any advice for those who are going through similar struggles as you did?

When other say you can't, you ignore them and push on. You have to believe in yourself and love yourself before you can expect anyone else to. Life can be exhausting, miserable, and unbearable at times, but you know, even when you can't see it, there is always a silver lining in the clouds. Life is worth living when you focus on helping others versus focusing on one's self. Finally, living in one's authenticity isn't easy, but there is no greater feeling than when you have the ability to accept what was, acknowledge it, and move past it in preparation of taking charge of your own path in life. You are not alone!

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Depeche Mode, New York 2016

Q-MUSIC: LOOK (AND LISTEN TO) WHO'S BACK! By Gregg Shapiro

If you're wondering if there is anything along the lines of "Whiter Shade of Pale" or "Conquistador" on Novum (Eagle Rock), Procol Harum's first studio album in 14 years, the short answer is no. Released at the same time the band is celebrating its 50th anniversary, the songs' messages extend from "Life is hard and don't last too long" ("Don't Get Caught") to jealousy that inspires the line "I wish his Jaguar would crash" ("Neighbour") to anti-consumerism ("Businessman") to celebration of the weekend ("Sunday Morning") and coveting a friend's wife ("Last Change Motel"). The 11 songs may be new but many of them sound like they could have been written

during the band's late '60s/early '70s heyday. Led by Gary Brooker, the sole remaining original member, Procol Harum still has a few sonic tricks up its frilly sleeves, as can be heard in "Soldier".

Like Procol Harum, Madness has put some time and distance between itself and its early days. Along with The Specials and English Beat, Madness was a progenitor of the early 1980s UK ska revival. However, Madness soon shed its ska skin in favor of straightforward pop, resulting in hit singles such as "Our House", "On The Wings of a Dove" and "Michael Caine". Can't Touch Us Now (Lucky Seven/UMC)

finds Madness madly expanding its pop palette on songs such as “Don’t Leave The Past Behind You”, “(Don’t Let Them) Catch You Crying”, “Mr. Apples”, “Good Times”, “Another Version” and “Blackbird”. There’s even a return to the band’s ska roots on “Grandslam” and “Mumbo Jumbo”.

With *Spirit* (Columbia/Mute), its first studio album in four years, Depeche Mode is back in more ways than one. *Spirit* is undoubtedly the most political album Depeche Mode has ever released (and you thought “Personal Jesus” made a statement!). The electronics are still present, but the dance beats have been subdued (who can dance on an empty stomach?), and the mood the music creates is dark and foreboding. In other words, *Spirit* captures the spirit of Trump-world perfectly on songs such as “Going Backwards”, “Where’s The Revolution”, “The Worst Crime”, “Scum”, “Poorman”, “Fail” and “Poison Heart”.

Depending on your age and taste in music, you may remember Jessi Colter as the singer of the 1975 hit single “I’m Not Lisa” or as the widow of outlaw country legend Waylon Jennings. Or you may remember her as both. However you are able to conjure Colter in your mind, almost nothing will prepare you for her new album *The Psalms* (Legacy). A collaboration with Lenny Kaye (of Patti Smith Band fame) and originally recorded 10 or so years ago, the songs are based on Colter’s piano improvisations to bible passages. Over time, Kaye enlisted various other musicians to augment the solid groundwork he created with Colter. The sheer artistry of the Patti Smith-like “Praise The Lord” and the march of “Who is the King of Glory”, “Mercy and Loving Kindness” (which sounds like a long lost McGarrigles tune), the layered vocals of “Be Thou Exalted”, the stomp of “Like A Beast” and the stunning “The Lord Is My Shepherd”, have the almighty power to appeal to atheists and zealots alike.

Paul Shaffer is a popular guy with a lot of talented friends. That’s what comes from being an in-demand musician who has been in the industry for as long as Shaffer has. If there was any doubt, the 12-track disc Paul Shaffer



Jessi Colter | photo by David Mc Clister

& The World’s Most Dangerous Band (Sire) certainly makes that point. Joined by music legends from across the spectrum, such as Jenny Lewis (“Sorrow”), Dion (“Win Your Love For Me”), Valerie Simpson (“I Don’t Need No Doctor”), Bill Murray (“Happy Street”) and Darius Rucker (“Why Can’t We Live Together”), Shaffer and his dangerous band-mates keep us safely entertained.

If you don’t immediately recognize the name Wesley Stace, you might recognize him by the stage name he utilized when he first appeared on the music scene in the late 1980s – John Wesley Harding. Under that moniker, Stace released numerous well-received albums, including *Here Comes the Groom*. Officially recording under his birth name since 2013, Stace returns with his first album in four years, the cleverly titled Wesley Stace’s John Wesley Harding (*Yep Roc*). It really doesn’t





Paul Shaffer | photo by Sandrine Lee

matter under which name Stace writes and records, his singular voice comes through and it's as delightful as ever. Comparisons to Elvis Costello have been common throughout Stace's career, and he's at his most Costello-esque on "Better Tell No One Your Dreams". But there's so much more to Stace and memorable tunes such as "How to Fall", "Audience if One", "For Me and You", "I Don't Wanna Rock 'N' Roll", "Remember Me", "The Wilderness Years" and "Let's Evaporate" are among his best.

More than 30 years ago, BoDeans (along with Violent Femmes and Butch Vig's FireTown)

gave the relatively untapped southern Wisconsin music scene a much-needed kick in the ass. BoDeans' debut *Love & Hope & Sex & Dreams* remains a classic to this day. Unfortunately, the band never quite lived up to its promise, although they continued to perform and release albums. *Thirteen (Free & Alive)* features the current trio incarnation of BoDeans, including original member Kurt Neumann, along with Steffano Intelisano and Bukka Allen. The predominant theme of the album is "home" and song such as "Here Somehow", "Maggie's Bar" and "Lucky Man" are welcome additions to the BoDeans' songbook.



BoDeans

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SUSANNE BARTSCH & WRABEL

TO HEADLINE GLBX'S ARTOPIA IV

By Joey Amato

The GLBX Council of the Greater Fort Lauderdale Chamber of Commerce has announced that nightclub icon, Susanne Bartsch, and chart-topping American pop artist, Wrabel, will headline the fourth annual ARTOPIA presented by JM Lexus. During this art-inspired evening on Saturday, September 23 from 7 to 10PM at The Galleria at Fort Lauderdale, over-the-top entertainment, live artist experiences, visual arts, and interactive elements will merge to create an artrageous spectacle.



Wrabel
Photo by Eliot Hazel



Susanne Bartsch
Photo by Albert Sanchez

"Art-A-Porter," created by Susanne Bartsch and sponsored by the Greater Fort Lauderdale Convention and Visitors Bureau's division of Film, Music, Fashion & Create, will be a centerpiece of human art, outlandish couture, and unconventional personalities of the type that have been featured at her parties for more than three decades. Emerging fashion designers from New York City will strike a pose as models of their own cutting-edge couture. Each artist is their own designer, dresser and make-up artist unto themselves. This living art piece will include movements and motion set to music based on the character and style of each fashion artist. Once onstage, they will form an unusual and surprising tableau of human "Art-A-Porter" as envisioned by Susanne.

Susanne Bartsch is known as New York City's patron saint of transformation and inclusion. The parties she's thrown for three decades - from Paris to Tokyo - have provided a venue for countless creative souls and "creatures" to express themselves, come together and forget the humdrum of the everyday.

Stephen Wrabel, also known by his stage name Wrabel, is an American singer, songwriter, and musician based in Los Angeles. The somber pop ballad gracefully continues the long-standing tradition of piano-laden heart-beating, doing

the Billy Joel numbers and John Legends of yesteryear justice. Wrabel just released *The Village* to critical acclaim for its powerful message championing LGBTQ rights.

The evening will also feature short film presentations as part of OUTshine Film Festival, choral performances by the Gay Men's Chorus of South Florida, mini-theater drama productions by Island City Stage, a body painting exhibition by Amber LaValle and portraits by Lori Pratico. An exhibit of internationally recognized artist Romero Britto will be on display with works for sale to benefit the event beneficiaries. Monies raised will be directed to the Greater Fort Lauderdale Chamber of Commerce and the GLBX Arts Fund with a portion of proceeds for the Gay Men's Chorus of South Florida, Stonewall National Museum & Archives, Island City Stage, and OUTshine Film Festival.

General admission tickets for \$100 include access to open bars and food stations throughout the night. VIP admission for \$150 includes a pre-event VIP champagne reception, performer/artist meet and greets, exclusive specialty food and beverage offerings and complimentary valet parking. Tickets and additional information are available online at www.GLBX.org.



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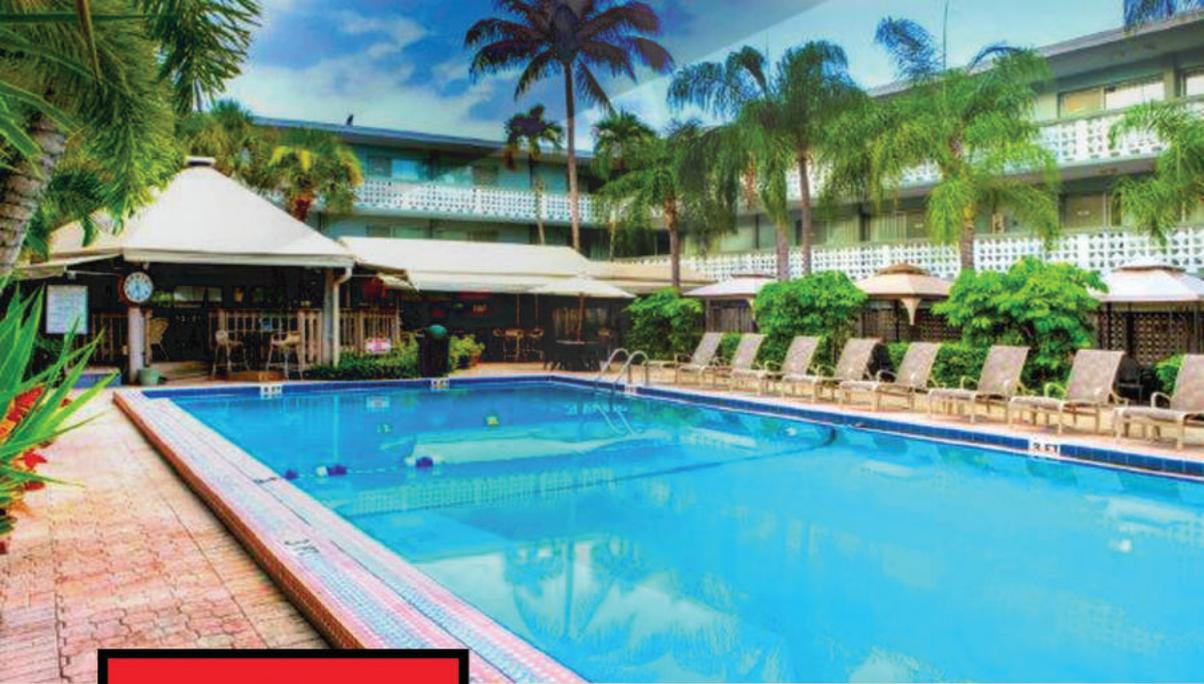
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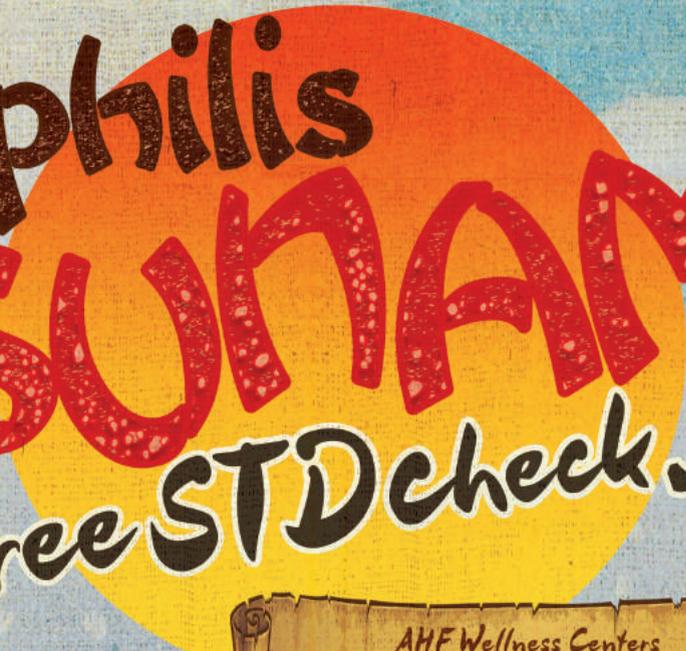
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