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april|may 2016 • vol. 06

Miami Herald

palette



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FEATURES

024 • **brave new workplace**

While across the land members of the LGBT community have been able to strengthen their legal rights thanks to marriage equality, the workplace remains a precarious battleground.

028 • **avra jain**

Some people have just the right combination of grit, spirit and imagination to inspire the cosmos to work with them. Avra Jain discusses her journey toward the ultimate prize: happiness.

036 • **gema corredera**

The Cuban jazz singer discusses her latest release, *Feeling Marta*.

038 • **a gayborhood welcome**

There's nothing quite like feeling that you belong, and there are a few areas in South Florida that offer that warm welcome.

046 • **pride in tel aviv**

Cutting across ethnicities, races and religious beliefs, Tel Aviv is an oasis of tolerance and cooperation, especially during Pride.



on the cover:

Avra Jain
 photographed by
Christina Mendenhall at
 The Vagabond Hotel;
 hair and makeup
 by **Robbin Junola**.

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012



020



064

DEPARTMENTS

012 • in tune

It's a series of small moments that make up a lifetime. These selections will make you relish in the wonder of painful realizations, inspired decisions and consistently bold choices.

014 • statement pieces

There is a look that is distinctively South Florida. Whether sassy, classy or a bit brassy, we all love the pieces that make vibrant statements.

016 • chez moi

Longtime interior design consultant William Riddle shares his insight on how to surround yourself with the beauty of art.

018 • get cultured

Get into the drama of the season as Key West's theaters put on a show.

020 • the dish

If you are trying to clean up your act when it comes to dining, you're not alone, and restaurants throughout South Florida are stepping up to assist.

022 • after hours

Make plans to attend the 2016 MiFo LGBT Film Festival and feast your eyes on the movies that are sure to be hot this year.

052 • on trend

If you are tired of the drab look of your home, we offer a few simple and effective ideas on how to improve your curb appeal.

054 • scoreboard

It's softball season and South Florida is ready to play ball!

056 • health check

Whether rearranging furniture, hitting the park or channeling the tickle monster, keep small injuries from getting you sidelined.

058 • serious business

Licensed REALTOR® and real estate consultant Tomi Kuczynski shares his insight on the local market.

060 • the scene

Were you there? Find out who attended the Latinos Salud Evening for the Community, celebrated philanthropy with OUTMiami, got ready for the Oscars at the Tropic or bowled with Bears of All Colors.

064 • out & about

Mark your calendar! Artistic events and outdoor activities promise to lure us all out.



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BUILDING BLOCKS

I often find myself talking about community. In fact, about a year ago when I first started my adventure with *Palette*, that's what I had set out to find. Many of us buy decent homes and live in pleasant neighborhoods, but a true sense of community is somewhat more elusive than that. Now I think I know why.

Tapping into that sense of belonging is just part of the story. The other part — often the more fulfilling part — is what you're willing to give to improve that community, to make it not just a better place for *you* to live, but more reflective of your values and ideals. When we speak of community, we refer to that feeling of togetherness that comes from having a common cause or common

interests. It's not the kind of prize you get by just tagging along.

There are great places to call home throughout South Florida, wonderful neighborhoods with spectacular views, stunning architecture, expansive parks and trendy restaurants. Some of us work to preserve those special places. Others establish businesses that promote our neighborhoods and help them grow. Many of us try to participate as often as possible in walks, festivals, gatherings and other activities to help support the causes we feel need our attention most. And there are plenty of opportunities for that.

If you have a soft spot for the kids, Ark of Freedom invites you to spend a Night on the Streets on April 9th. While nothing like the brutal experiences many of

the youngest members of our community face being treated like a disposable commodity, that one night you spend in Wynwood will help raise funds for a number of organizations that combat the trafficking and exploitation of homeless and abandoned youth.

At the end of the month — April 28th to be exact — Broward House will hold its Dine Out for Life event. Those who want to take part just need to be ready to eat breakfast, lunch or dinner. The Broward county restaurants involved will do their part by donating a percentage of their profits to Broward House — an organization that has earned its place as a pillar of the community.

I realize now that it's not just about our ability to give, but to do it together. In December, the City of Wilton Manors held a community-wide survey in search of a new tagline. More than 350 people participated, and then the final tagline was selected by groups of residents, business owners and city volunteers — people invested in their community. "Life's just better here," will now appear next to Wilton Manors wherever the city is marketed. With the thought, effort and love that went into the process, I think there's plenty of truth to that.

I hope to see you out there. Whether hanging out or dining out, I'd like to keep building this community.

Don't forget to send your tweets to @palettelgbt or drop me a line at ethan@miamiherald.com. We look forward to hearing from you. Be sure to follow us on Instagram and Facebook as well.

Stay Gold,

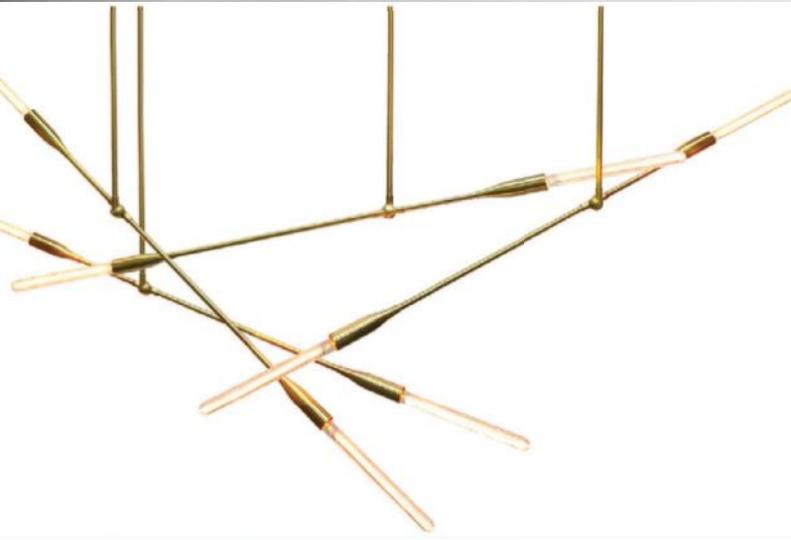
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WE ASKED

What is the best way to build strong ties across communities?



DETECTIVE JUAN SANCHEZ
*Criminal Investigations Division
Special Victims Unit & GLBT Liaison*

Miami Beach Police Department

As a whole, I think we have become way too accustomed to social media. Working for a police department for over 29 years, I have an old-school mentality. I like the human factor, walking beats, knowing who belongs in your communities and who doesn't. I like the fact that as the GLBT liaison, I get to attend events throughout our area and meet new people in our community. I am proud that my chief and his staff strive to do the same. Inviting the community into our police station through various community-oriented events is an essential element of building ties.



JULIE CARSON
City Commissioner
Wilton Manors

Providing an environment where people can listen and respond to each other with civility creates a culture of trust and builds ties among stakeholders. Encouraging and utilizing the strengths of a varied socio-economic, cultural, racial and transgender population, forges connections and allows for individuals to experience the joy of relationship and contribution to the success of the community. There is no substitute for people identifying with and caring for one another and the place(s) they share. While not always sharing the same opinion, Island City elected officials make decisions that support identified goals, push our economy forward and prove that "Life's just better here!"



REV. ANNE R. ATWELL
Minister of Connections
Sunshine Cathedral

By sharing our personal stories, we can connect with people in ways that we might not otherwise connect. Stereotypes or preconceived notions may lead to fear and misunderstanding about how "the other" thinks or acts when, in actuality, our journeys can be quite similar. Yes, there are differences in each life and there are ways of being that may not be easily understood by all people and communities. But when we share what is most meaningful to us in our life, we will see more commonality than difference; we will see the value in all people's journeys, and healing connections will be formed.



SOBOURNEY BARNES
Youth Outreach Educator
SunServe

Simply getting to know someone is a great way to begin building strong ties. Another way would be to go to events that are centered on people that are different than yourself, like a cultural festival. In my experience people are wary of getting to know one another because of a fear of the unknown, misguided stereotypes or bad experiences with someone from a community different from their own. This only makes it harder for different communities to get together and create ties. By being open to getting to know others, you're already taking the biggest step.

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GET CONNECTED



Steve Rothaus covers LGBT issues in South Florida and is also the *Miami Herald's* assistant community news editor. Don't forget to check out Steve Rothaus' Gay South Florida News in the *Miami Herald* and at miamiherald.com — or follow his Twitter account, @SteveRothaus — for the latest information about our community.



ANDREW PRINTER

Originally from England, Andrew is an artist, writer and photographer.

Andrew's arts coverage has been recognized with three Press Club awards. His video-work has been broadcast internationally, and his photography is included in several national and private collections.

He currently lives in Key West.

andrewprinter.com



SHAYNE BENOWITZ

Shayne is the Hotels and Travel editor for *Miami.com* and a frequent contributor to the *Miami Herald*. She's also the Miami destination expert and a hotel critic for

London's *Daily Telegraph*. Her work has appeared in the *Chicago Tribune* and the *Charlotte Observer* and in *Modern Luxury Interiors South Florida* and *Aventura* magazines.



CHRISTINA MENDENHALL

Since she was a child, Christina has had a passion for photographing and filming an array of different subjects.

She's been blessed with a gift for seeing the world in a unique way, and photography has given her the opportunity to explore this strange and beautiful world. She has documented everything from live music, people and street life to natural environments, sports, politics and architecture. ThroughTheShutter.com



RICK KARLIN

Rick is an author, editor, columnist and playwright. In addition to *Palette* he has also been a contributor to *South Florida Gay News*, *Florida Agenda*, *boiMAGazine*, *OutTraveler.com*, *ChicagoPride.com*, *Metromix.com*, *Chicago Free Press*, *Wisconsin Gazette*, *Nightlines*, *Not for Tourists*, *Outlines*, *Windy City Times*, *Gay Chicago Magazine*, *Bay Area Reporter* and *GayLife*. He has written three novels, and dozens of his plays have been produced. The most recent was the musical *Witches Among Us*.



JEFF BORG

An incorrigible Miamian, Jeff Borg writes and designs for tourist destinations, vacation resorts and cruise lines. His goal is to travel the world, experience diverse cultures, sample exotic cuisines, lounge in fancy resorts and get paid for it. He's up to 20 countries on five continents. Other specialties are creating and producing marketing materials and packaging for cosmetics, pharmaceuticals and technology. In college, he studied environmental design and journalism, except when he skipped class to go skiing.



LYNARE ROBBINS

Lynare is a freelance journalist, lifestyle curator and screenwriter who has authored multiple publications, blogs and a short film that screened at the Miami Beach Cinematheque in 2011. In addition to her artistic endeavors, she is involved with several local organizations, including Aqua Foundation, Global Ties Miami and the City of Miami Beach. She is also the vice president of the Women's Program and Diversity Affairs for World OutGames Miami.

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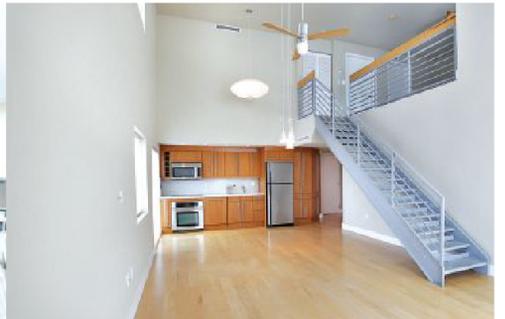
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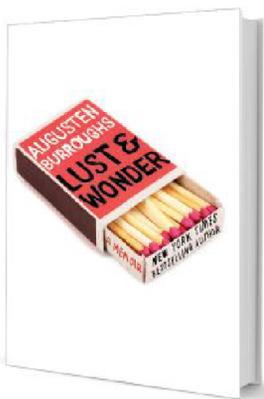
Sometimes the simple act of living is an ode to beauty.

by GREGG SHAPIRO

The unlikeliest moments often make the most profound impact. Whether through a heartbreaking realization, the chance meeting of a kindred spirit or by always choosing the path less trodden, these exquisite selections will take your mind to unexpected places.

Poetic Misfortunes

Augusten Burroughs' latest memoir *Lust & Wonder* (St. Martin's Press, 2016) is — dare I say it? — his most mature effort to date. Part of that could be due to the fact that after surviving a childhood that was “hijacked by drunks, pedophiles, lunatics and surrealists,” he made it to 50, and he's done some growing up along the way. His struggle with addiction and sobriety, discussed in detail in *Dry*, also plays a prominent role in *Lust & Wonder*. But the heart of this new memoir is about Burroughs' realization that the man he built his life around does not love him. He



• From top: Cyndi Lauper goes country with *Detour*; Augusten Burroughs' *Lust & Wonder*

comes to this sobering conclusion just as he admits to himself that for years he too has been in love with someone else. The lust and wonder of it all sparkle in this precious jewel of a book.

Spellbinding Affair

If *Far From Heaven*, with its rich palette of fall colors, was Todd Haynes' autumn movie, then the acclaimed *Carol* (Anchor Bay/The Weinstein Company) — based on Patricia Highsmith's *The Price of Salt* — is his ode to winter. Set mainly at Christmastime in 1950s Manhattan, *Carol* opens with a teary-eyed flashback. In this opening scene, Carol (Cate Blanchett) and department store clerk turned *New York Times* photographer Therese (Rooney Mara) are at a restaurant. The sequence, which recurs later in its entirety, is a classic Hollywood farewell scene, with the unspoken

playing as prominent a role as the dialogue. But even as classic farewell scenes go, this moment may be far from the end for the two women.

Carol's husband, Harge (Kyle Chandler), started a family with her knowing about her past relationship with Abby (Sarah Paulson). Nonetheless, as the couple inches closer to divorce, he initiates legal action to prevent Carol from seeing their young daughter Rindy (Sadie Heim). It's in this dramatic setting that Therese and Carol's romance unfolds, as they move from innocent — but charged — flirtation to giving in to their mutual attraction. The development of the love affair is so mesmerizing that it's easy to fall in love with *Carol*. DVD/Blu-ray special features include a Q&A with the cast and filmmakers, as well as a behind the scenes gallery.

Country Side Trip

Timeless diva **Cyndi Lauper** has always been one of the most outspoken supporters of the LGBT community. Known far and wide for putting her money where her mouth is, Lauper created the True Colors Fund to end LGBT youth homelessness. Of course, it was her voice and distinctive fashion sense that first caught our attention. From her brief time leading rockabilly act Blue Angel and her 1980s rise as the queen of new wave dance to her 2003 album of standards, 2010 blues project and 2012 Tony Award-winning musical *Kinky Boots*, Cyndi has had us going gaga long before Lady Gaga hit the stage. Her versatility is legendary, so it should come as no surprise that her latest effort, *Detour* (Sire), features her knockout vocals set to a number of country standards. Joined by some of the genre's greatest living legends — including Willie Nelson and Emmylou Harris — Lauper leaves her distinctive stamp on 12 classics, including “I Want to be a Cowboy's Sweetheart,” “Begging to You” and “I Fall to Pieces.” •

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Cool and distinctive, the South Florida look sizzles.

by CLAUDIA MIYAR

FASHIONABLY CASUAL

In South Florida, lifestyle is defined by the light, colors and water surrounding us, so it's only natural that our individual styles are influenced by these elements as well. With balmy weather year round, our clothing needs to be comfortable and keep us looking fresh and sexy. A floral print, nautical stripes and a breezy Panama hat — these are classic staples that never go out of favor here. Our choice of accessories reflects the vibrant vegetation and candy-colored architecture and is versatile enough to go with everything while maintaining a sense of personal flair. Here, sun-kissed skin and a seductive scent are the foundation of a power outfit. A bronzer with SPF 15 is all you need for that radiant glow that everyone covets, but without the sun damage. This is the South Florida look defined and refined!



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These Céline acetate shades are versatile enough to go with anything.



6



IT'S SWEATY IN MIAMI – BUT THE DIAMONDS WILL KEEP ME **COOL**.

– Lil' Kim

8



9



10





1

William Riddle believes the most important and revealing aspect of your life is the place you call home.



ARTFUL LIVING

William “Willie” Riddle is the executive director of the Venetian Arts Society and the president of Inspired Interiors of Fort Lauderdale. Although these days he focuses primarily on organizing concerts and other cultural arts events throughout South Florida, the reputation he has developed over the last 20 years as an interior design consultant precedes him. According to Willie, we often craft a public persona, one that’s reflected in the way we dress, the cars we drive or even the company we keep. But it’s the place where we rest our heads and recharge that best represents who we really are. “There is definitely an art to living a fulfilling and serene life by finding common ground between comfort, style and personality,” says Riddle. •



2

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PLENTY OF DRAMA

All the world's a stage in this island town.

by ANDREW PRINTER

Key West knows how to put on a show. There are the week-long costumed shenanigans that constitute Fantasy Fest, of course, but you can also find at least three different flavors of drag, burlesque, cabaret, Jimmy Buffet, barroom crooners, bands, karaoke and an incredibly dynamic theater scene.

You might say performance of one kind or another is the signature art form here. Yes, Ernest Hemingway forever linked the island with literature, and the visual arts will always be an integral part of such a spectacularly picturesque place. But performance — theater in particular — has been an exciting constant for as long as anyone can remember, and it shows no sign of waning.

The season typically kicks off in December when the Waterfront Playhouse and Red Barn Theatre stage the first in a roster of six to eight high-caliber productions. Timed to coincide with the arrival of theater-savvy snowbirds, a real excitement courses through Key West as productions are anticipated, experienced and discussed almost universally. *The Producers*, *Enchanted April*, *Buyer & Cellar*, *The Skivvies* and *A Streetcar Named Desire* are just a few of the shows presented by these two companies just this season. Most casts include a healthy mix of local talent and professionals from out of town, which only adds to the buzz, as friends are eager to support their friends on stage.

Not to be outdone, Fringe Theater Key West — celebrating its



• From top: the set for *Casa Valentina* at the Waterfront Playhouse; Burlesque at 801

fifth anniversary season — Theatre XP, the always amazing Burlesque at 801 and Tennessee Williams Theatre roll out their own schedules of locally produced performances and national tours.

This is no small feat for an island that's just 7.4 square miles across and has a permanent population of 25,000. Unlike writing or painting, theater has a significant fiduciary burden and relies primarily upon a loyal audience to pay for the professional actors, directors, backstage crew and year-round overheads that make it all possible.

In 2015 Michael Marrero, a successful photographer and Key West local, threw his hat into the ring. He founded the Key West Theater, moving it into a spectacularly renovated space that had been dormant for 20 years. Describing itself as a performing arts center, Key West Theater stages original plays, musicals, films, concerts and more. It's a bold step, but Marrero is eyeing a younger demographic settling into the island down the road, bringing with it a new set of entertainment interests.

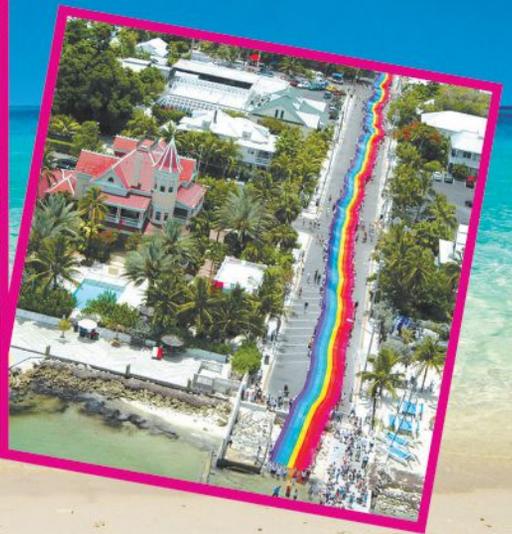
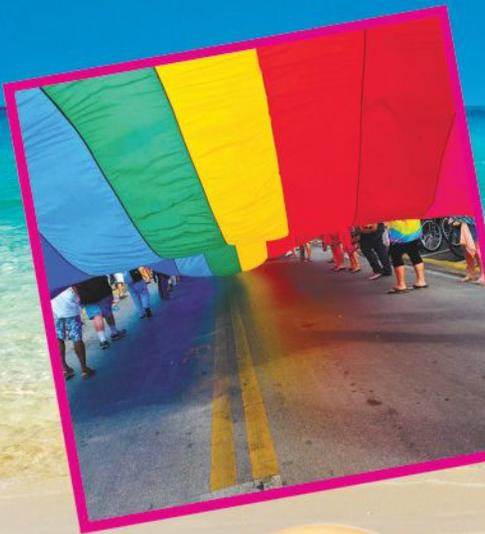
Once upon a time, Key West's stages went dark when the humidity rolled in and the snowbirds flew back home. Nowadays, the season lasts longer than ever. So, if you are planning a visit in the coming months, there's plenty of drama in store. •

Find out more•

Burlesque at 801
801bourbon.com
 Fringe Theater Key West
fringetheater.org
 Key West Theater
thekeywesttheater.com
 Red Barn Theatre
redbarntheatre.com
 Tennessee Williams Theatre
twstages.com
 Theatre XP
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CLEAN EATING

Some of the biggest trends in the South Florida restaurant scene are all about what's off the menu.

by JOHN DANGARAN

Today the American diet is as diverse as ever. Whether following a trend, embracing a lifestyle or making changes for health reasons, people have increasingly picked up alternative eating practices. And restaurants are following suit. Whether you're eating a vegetarian, vegan, paleo or



● Interior of DIRT;
DIRT's Detox Bowl (inset)

gluten-free diet, there are a number of options that can help you become — or keep you — a healthier and happier diner.

DIRT

Normally, when you think of a restaurant that is farm-to-table, images of fine china, white tablecloths and small portions come to mind. DIRT, on Washington and 5th in Miami Beach, is taking the fresh ingredients, health consciousness and environmental awareness to a fast-casual setting. The place feels more like a juice bar than it does

a traditional, sit-down restaurant; especially since there is no table service. Seating is available for those looking to dine in, but orders are made at the counter.

They make it easy for diners with preferences and restrictions — from vegetarian and vegan to full paleo and gluten-sensitive — by providing each group with a dedicated menu. The concept is simple: Provide local, healthy, sustainable food that won't just benefit the customer but also the community. One fine example is the juice menu. All house-made, cold-pressed juices are served in custom glass bottles that are fully recyclable. Patrons are encouraged to return them with a \$2 bottle deposit refund.

Things to try: Build your own breakfast sandwich starting with cage-free eggs; have a shot of the Refresh cold-pressed juice with ginger, apple and raw honey; try the proprietary fair-trade espresso with house-made almond mylk (or grass-fed dairy milk); or dig into the DIRT X Jugofresh Winter Bowl with winter squash, cashew puree, toasted quinoa and zucchini tossed with cranberries and pumpkin seeds in a roasted shallot vinaigrette.

232 5th Street, Miami Beach
305.239.3000

dirteatclean.com

The Cafe

Hidden among the old sailor bars and fish houses of Key West, there is a little gem of a restaurant beloved by locals and tourists alike. Located just off Duval Street, The Cafe offers hearty, vegetarian comfort food that is guaranteed to have you stuffed to the gills and leaning on the back legs of your chair by the end of the meal. It offers a fun, cheeky menu, full of original and creative vegetarian alternatives to popular restaurant dishes. The quirky, brightly painted interior

features local art, which promotes that feeling of relaxed familiarity emblematic of the Keys.

Things to try: Try the “Chicken” and Waffles, made with battered-n-fried cauliflower, rosemary maple syrup and blueberry butter; savor the Polenta Benedict made with homemade polenta, poached eggs, hollandaise and home fries; sample a slice of their famous Vegan Key Lime Cheesecake; or quench your thirst with the Dogfish Tweason’ale from their gluten-free beer list.
509 Southard Street, Key West
305.296.5515
thecafekw.com

Sublime Restaurant and Bar

This place shows its diners how vegan food ought to be made. Catering to both the meat eater and the lifelong vegetarian, Sublime will have you eating cholesterol-free vegan food without skipping a beat. The menu pulls inspiration from traditions all over the globe, including Asian, Latin, Mediterranean and American influences. And the restaurant staff prides itself in running a fully vegan restaurant, while also being as organic as possible. Excellent cocktails and an

- From top: Frito Misto from Sublime; The Cafe’s “Chicken” & Waffles; watermelon juice (inset) at The Cafe



extensive sustainable wine list are also available.

The idea for Sublime first came to owner Nanci Alexander after she founded the Animal Rights Foundation of Florida (ARFF). It was just another way for her to help promote and protect the rights of animals in the state, as Alexander feels the animal agriculture industry is the single greatest source of animal cruelty. So, she thought, what better way to combat it than to help others adopt a plant-based

diet? Sublime is committed to helping its patrons attain healthier bodies and minds, while aiming to help the soul feel a little better, too. The restaurant donates 100 percent of its profits to organizations that help support animal welfare and vegan lifestyles.

Things to try: The Frito Misto is made with crispy cauliflower, sweet chili sauce and sesame seeds; the Mac ‘N’ Cheese has dijon-beschemel cheddar sauce and panko breadcrumbs; the Mushroom Ravioli is filled with cashew cream, slow-roasted tomatoes, butter sauce and basil; and the Vegetable Lasagna features layers of eggplant, zucchini, squash, spinach, mozzarella, house-made ricotta and marinara sauce.

1431 N Federal Hwy,
Fort Lauderdale
954.615.1431
sublimerestaurant.com •





CELLULOID DREAMS

The MiFo LGBT Film Festival returns with a full reel of provocative selections.

by JOHN DANGARAN

The film award season has come to a close, but those in the industry have been hard at work looking to what's ahead. And whether you are promoting a movie, closing deals or just one of the many who love to watch, the MiFo LGBT Film Festival has plenty to offer in its 18th Miami Edition — taking place April 22–May 1.

The first of two annual MiFo events — after the Miami Gay & Lesbian Film Festival (MGLFF) and Fort Lauderdale Gay & Lesbian Film Festival (FLGLFF) joined forces last year — the line up boasts 39 feature films, 14 documentaries and 31 shorts that represent talent from 28 countries for its Miami Edition alone.

This first installment of the festival is set to feature a number of world premiers, including *A Holy Mess (En Underbar Javla Jul)*, *The Tchaikovsky Files*, *Girl on Girl*, *Flatbush Luck*, *Safety*

First: The Movie, *Uncle Gloria: One Helluva Ride*, *Fatima Queen of the Night (Fátima y el parque de la fraternidad)* and *The M.O.B. Wives of Richmond* — by local filmmaker Dmitry Zhitov.

But the festival already got a soft start with a few showings that were part of the Glow Miami monthly screening series. *VIVA*, which was Ireland's official entry for Best Foreign Language Film for the 2016 Academy Awards, tells the story of young hairdresser Jesus (Héctor Medina) who works at a Havana nightclub and dreams of being one of the drag performers on the stage at the club. Between his relationship with his mentor, Mamá (Luis Alberto García), and the sudden return of his estranged father (Jorge Perugorría), *VIVA* becomes a story about dreams, love and what it means to be a family. The film has already garnered recognition, and was the official

• Héctor Medina in *VIVA*, a Magnolia Pictures release

selection at both the Telluride Film Festival and the 2016 Sundance Film Festival.

The two other Glow Miami films were *Daddy*, which features Colin McCormack (Gerald McCullouch) playing a man who has everything but love; and *You're Killing Me*, the slasher comedy about George (Jeffery Self) and his boyfriend Joe (Matthew McKelligon), who likes to kill people.

As in the past, film entries compete for the six Jury Awards up for grabs, including: Best Feature Film, Runner Up to Best Feature Film, Best Documentary, Runner Up to Best Documentary, Best Short Film and Runner Up to Best Short Film.

The jury — commonly comprised of festival programmers and filmmakers — is divided into two categories: Narrative Feature and Documentary Feature.

Actors, directors and producers are certain to make their appearances on opening night at the Colony Theater on Lincoln Road. Other venues are scattered throughout Miami and include Regal Cinemas South Beach, Miami Beach Cinematheque, O Cinema Wynwood and O Cinema Miami Shores @ MTC.

For more information, including locations and showtimes, or to buy tickets in advance visit the festival website at mifofilm.com.

What's your temptation?

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february

**SHOP
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march

**MIAMI
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MONTH**
april

**MIAMI
MUSEUM
MONTH**
may

**MIAMI
FILM
MONTH**
june

**MIAMI
SPA
MONTH**
july+august

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HELP

BY SHAYNE BENOWITZ

It was a bitter loss in Tallahassee on a crisp February afternoon when the Competitive Workforce Act (SB 120) died at the hands of a Senate Judiciary Committee 5–5 deadlock. The bill would have afforded statewide anti-discrimination protections for sexual orientation and gender identity in the workplace, public accommodations and housing. As it stands, there is no Florida state law prohibiting discrimination against the LGBT community.

While a Supreme Court ruling last year lifted the ban on gay marriage nationwide, the tough reality is that there is no federal law prohibiting employment discrimination

and, even today, 28 states including Florida lack basic LGBT equality protections.

Still, progressive Florida legislators and LGBT advocates see a silver lining. It was a small victory to have the bill heard at all this past February. It garnered the support of two Republican senators, including Judiciary Chair Miguel Diaz de la Portilla (R–Coral Gables) who was instrumental in bringing the bill to committee.

“It’s a sign of momentum,” says Stratton Pollitzer, co-founder of Equality Florida, an advocacy and lobbying organization dedicated to securing full equality for the LGBT community. “I believe that next year we will have the opportunity to pass the bill.”



WANTED

This places Florida on the verge of a unique moment on the national stage, with the potential to be the first state in 10 years to pass an LGBT non-discrimination law and the first state in the South to do so.

“The whole country is looking at Florida as one of the states to break this logjam,” says Pollitzer, who sees non-partisanship as the key to equality legislation. “Florida has been a laboratory for how you can achieve that.” With progress at the local level, support of public opinion and — perhaps the strongest boon — influential business coalitions advocating for LGBT corporate equality, Pollitzer believes republicans and democrats can indeed work together.

FOLLOW THE MONEY

Despite the lack of statewide legislation, 56 percent of Florida’s municipalities are protected by Human Rights Ordinances (HROs), which includes language addressing both sexual orientation and gender identity. “Even Tallahassee has these protections [at the municipal level], so arguing against them [at the capitol] is silly,” Pollitzer points out.

Florida is the third most populous state in the country, and its residents largely support LGBT equality in public opinion polls. What’s more, that support is only strengthening thanks to the wave of millennials coming of age. Corporate America is on the vanguard of the LGBT equality movement, and it has



From left: Protesters in Indiana unite against the proposed religious-freedom law; local businesses stand against Indiana's proposed legislation; the Tallahassee capitol building; Coca-Cola continues its True Friendship campaign with "The Text"; Jet Blue actively supports equal rights in the workplace.



mounted one of the most compelling arguments for moving beyond partisanship. Fortune 1000 and Fortune 500 companies are already well ahead of lawmakers, having well-established equality protections in place.

In February 2014, when Arizona Governor Jan Brewer stepped in to veto SB 1062 — allowing businesses in Arizona to decline service to customers on religious grounds — it was American Airlines, Apple, the NFL and Delta who turned up the pressure in opposition. Indiana became the focus of national scrutiny last year when its legislature passed its so-called religious freedom law. That was swiftly revised thanks in large part to opposition from a slew of companies, including Marriott, Angie's List and Salesforce. The incentive for large companies, and even small enterprises, to take on a pro-equality stance is twofold. Not only is it good business to be inclusive, it also affects where the talent and therefore the industry goes.

“One thing you don't want to do in business is automatically turn any of it away,” says Damian Pardo, Head of the Pardo Group, a wealth management firm on the Morgan Stanley platform with offices in Plantation, Florida and Chicago, Illinois.

“If a city, county or state has a reputation for intolerance, it makes it harder for companies to relocate employees there when they open branches. It makes it harder to recruit new people and to hold onto people,” Pollitzer says. “And companies make decisions about whether or not they even want to open in states that have this reputation.”

In 2002, the Human Rights Campaign (HRC) developed the Corporate Equality Index (CEI) to measure how corporations stack up when it comes to equality protections. As the largest

LGBT civil rights organization in the country, the HRC also keeps indices on state and municipal equality. In its first CEI in 2002, only 13 businesses nationwide earned a perfect score of 100 percent. Today, it counts more than 400 top-rated businesses. Of the 21 Florida companies ranked in 2016, the average score is 87 percent, with nine companies earning a perfect score.

The numbers demonstrate that public support for LGBT equality has blossomed in the years since the CEI was established. “Respect for LGBT people is a barometer for how people measure acceptance and diversity overall now,” says Pollitzer.

This is also evident when you look at the marriage equality movement. In 2008, when California's Proposition 8 sought to reinstate the ban on gay marriage, less than five corporations spoke out in opposition. By the time the Supreme Court overturned the Defense of Marriage Act (DOMA) in 2015, hundreds of corporations had signed on in support.

“For many businesses, the internal case being made to become more inclusive was coming from LGBT employees and their allies,” says Deena Fidas, HRC's Head of Workplace Equality Program. “Businesses shifted from thinking about LGBT issues as external or simply social issues to issues that are absolutely relevant to their own workforce. So when a CEO stands up for marriage, they're not standing up for some hypothetical ideal, they're standing up for their openly gay chief financial officer or their lesbian daughter. Visibility continues to be a major source of what leads people to change their attitudes and move from being 'okay' with LGBT people to actually being an advocate for greater fairness and equality for the community.”



IN FLORIDA, 51 LARGE CORPORATIONS, INCLUDING WALT DISNEY PARKS & RESORTS, FLORIDA BLUE, MORGAN STANLEY AND JET BLUE, AS WELL AS 900 SMALL BUSINESSES AND LOCAL CHAMBERS OF COMMERCE HAVE SIGNED ON IN SUPPORT OF PRO-EQUALITY BUSINESS COALITIONS LIKE EQUALITY MEANS BUSINESS AND FLORIDA COMPETES.

THE ROAD AHEAD

With all the progress that's been made in public opinion and the private sector, the resistance from some lawmakers leaves many advocates scratching their heads.

The backlash to DOMA has already begun with state bills that undermine marriage equality under the guise of religious freedom, and Florida is flirting with disaster by introducing bills like the Pastor Protection Act (SB 110 and HB 43), which contends that religious organizations should not be required to perform same-sex marriage ceremonies or provide services, accommodations, goods or privileges for those purposes if that's in violation of their religious beliefs. The bill, which narrowly passed a senate vote, was signed into law in March by Governor Rick Scott and will take effect on July 1.

These conflicting efforts place Florida in the unlikely position of potentially being either the first state in the South to comprehensively embrace equality protections or being skewered on the national stage for publicly expressing its homophobia — refusing to learn from the Arizona and Indiana experiences.

For Representative David Richardson (D–Miami Beach) — who became Florida's first openly gay legislator when he was elected in 2012 and is a co-sponsor of the Competitive Workforce

Act — it's all about shifting strategy. During this session, they implemented the Republican-based lobbying firm Southern Strategy and sought a female Republican, Holly Raschein (R–Key Largo), to run the bill in an effort toward bi-partisanship.

“That's why you're having the bill heard where it hasn't been recently,” said Richardson.

In spite of the defeat this session, he remains optimistic. But the fight won't be easy. The next two Speakers of the House are even more conservative on social issues.

In the bill's current iteration, workforce equality is combined with public accommodations and housing. Richardson thinks it might get more traction if the issues are separated. “Some people here in Tallahassee believe that when you want to change policy, you have to get everything you want or you take nothing. I'm not one of those people. I very much believe that sometimes you have to move in baby steps,” he says. “I'm a bit tenacious. I don't really give up.”

Until then, Florida will remain something of an anomaly. With its robust corporate allies and public support, as well as a solid majority — 56 percent — of its municipalities already on-board, the state itself runs the risk of missing a great opportunity by choosing to stand with those resisting the relentless march toward basic equality. •

Spellbinding

AVRA
JAIN

AN ATHLETE,
FINANCIER AND
POWERHOUSE
DEVELOPER,
SHE HAS
WORKED HER
MAGIC ON
THIS CITY.

by STEVE ROTH AUS
photos by CHRISTINA MENDENHALL





Once a champion tennis player, Avra Jain gave that up long ago, first to work on Wall Street and then to break down walls throughout South Florida.

For 17 years, Jain has bought and sold property in Miami, renovating landmarks and becoming one of the most prominent developers in town.

She started with nothing, the twin daughter of an immigrant from India who picked peaches in Sacramento to put himself through college.

“My father went to school for engineering and worked for the state of California,” Jain says. He would work during

“WE WERE DOING THE NEW YORK-MIAMI THING AND I SAID, ‘GOSH, I’D RATHER LIVE IN MIAMI THAN NEW YORK.’”

— AVRA JAIN

the day and my mom would take care of us. I have an identical twin sister. And my mom would work at night as an operator. A telephone operator. It’s hard to believe how much has changed in our lifetime.”

Dr. Ravinder Jain eventually became “a very celebrated author and one of the foremost [authorities] in environmental engineering, a fellow at Cambridge University,” his daughter says.

Mother Barbara Montgomery, who traced her family tree to northern Europe and the Mayflower, also earned a PhD. Along the way, the Jains lived in Lubbock, Texas, and Champaign, Illinois.



Twins Avra and Anna, a doubles team in high school, put themselves through college on tennis scholarships.

“I turned 50 and was like ‘OK, I’m going to go back and play tennis,’” Jain says. “I was like, ‘Oh my God, this is so much fun.’ Of course I start swinging and serving away and of course I hurt myself, thinking I was like that 20-year-old again. The body just isn’t that anymore. I realized I have to get in shape to play. Soon. And I will be back out there. I’m 54. I’m thinking, when I turn 55 I’ll give it another go.”

THE LOOKING GLASS

The Jain sisters still look so much alike their friends often mistake them for one another.

“We were that identical. We have baby pictures. We look at the baby pictures and I can’t tell you,” Jain says. “Even now, if I walk out of the room and she walks in and puts on the same clothes, you probably wouldn’t know. Still, to this day. I’ll be walking in Bal Harbour, walking down the hall and somebody walks up to me and gives me a big hug. It’s Vera Wang. And I’m like ‘No, I’m not who you think I am. I’ll tell my sister Anna you say hello.’”

Yes, designer Vera Wang — Anna Jain Bakst is president of accessories and footwear of Michael Kors (USA).

Avra’s career took a different path. She earned an industrial engineering degree from Purdue University in Indiana.

“I realized about engineering: I liked it as a curriculum. Math and science were a strength for me. It wasn’t a career I thought I could be passionate about. So I moved to New York,” she says. “I took a bartending job at TGI Fridays, a coveted

Above: The Vagabond’s mosaic tile mermaid was completely restored using original tiles found on-site or imported from France.

Opposite page: A number of art installations decorate the Vagabond Restaurant and Bar.





“HER VISION, PLUS EXPERIENCE, PLUS DETERMINATION AND TENACITY REALLY CATAPULTED OR ENERGIZED THE REDEVELOPMENT OF THE MIMO DISTRICT WITH THE VAGABOND HOTEL.”

— SHANE GRABER,
GRABER REALTY GROUP

job at least at my age. I learned how to make a very good bloody mary.

“I was very interested in Wall Street — the idea of Wall Street. I really wasn’t quite sure what it was. I read *Stigum’s Money Market* book, so I could learn the vocabulary. I knew the math, but I needed to know the vocabulary. I got through that in a long weekend and took an interview that next week and I got the job.”

Jain worked in finance for about 15 years.

“Once I got in and saw the opportunities, I found a path. And that path led me eventually to the trading side,” Jain says. “I played in that world for about 12, 13 years. I loved it. It was very sporting. My tennis background, my competitive sports background, probably is what allowed me to do as well as I did as quickly as I did. It was really more about having the right temperament.”

In the late 1990s, Jain also became involved in real estate, renovating properties including Cobblestone Lofts, a 100,000-square-foot loft conversion in Tribeca.

At the same time, Jain began spending more and more playtime in Miami. She moved to South Florida in December 1999, to be with her then-girlfriend, Susanne Bak Mortensen.

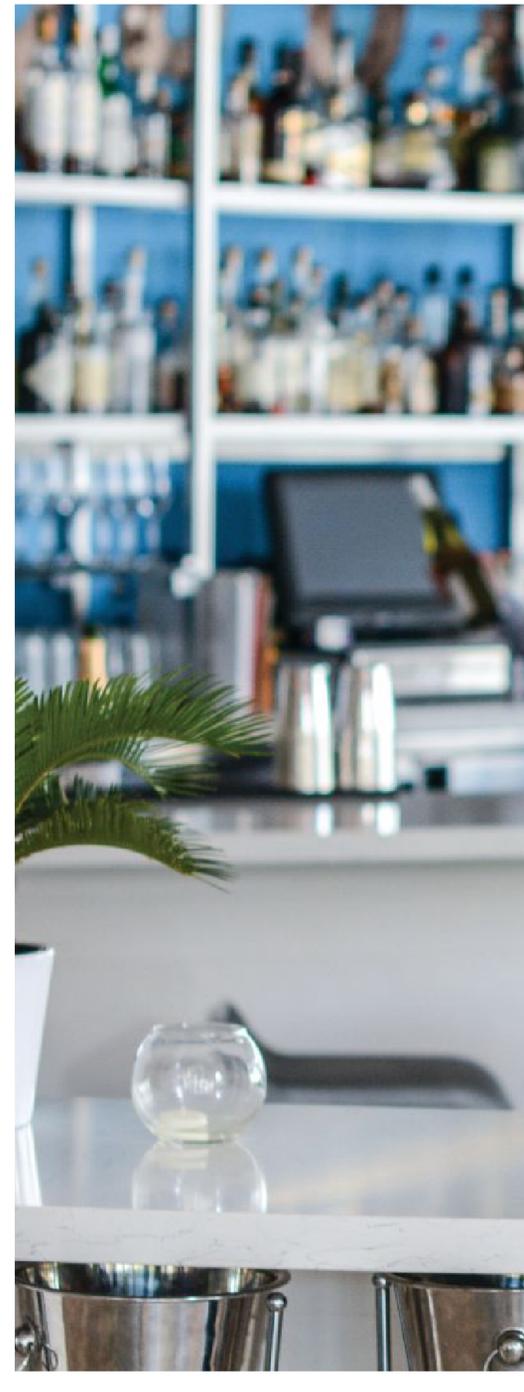
“We were doing the New York-Miami thing and I said, ‘Gosh, I’d rather live in Miami than New York,’” Jain says. “The lifestyle was too good.”

With business partners, Jain invested — and made millions — buying, selling and renovating properties along the Biscayne Boulevard corridor near downtown Miami.

A year ago, she snapped up Miami River Inn for \$8.6 million, and it’s currently under renovation.

BACK TO THE FUTURE

In 2006, Miami declared a 27-block stretch of Biscayne Boulevard a MiMo (Miami Modern architecture) historic district. In Miami’s Upper East Side, from Morningside to Belle Meade, this district consists mostly of mid-20th century motels, which were wildly popular among middle-class tourists who drove into town in the 1950s and ‘60s.



At the heart of district: The Vagabond, designed by architect Robert Swartburg and built in 1953.

Jain bought the 45-room Vagabond in 2012 for \$2 million.

“I looked at it and I was like, ‘This is a beautiful piece of property. This needs to be saved.’ The Vagabond was up for demolition. I looked at it first as a real-estate design project. I knew it was important to the community. I didn’t realize how important it was,” Jain says. “I do a lot of adaptive reuse. I buy warehouses and turn them into



offices. The difference between just a building and The Vagabond is that The Vagabond housed memories. I would get notes, postcards, people thanking me, 'I remember when I was there.'"

Jain spent about \$6 million renovating The Vagabond, but with some creative deal-making she got back \$3 million by selling the hotel's air rights to another developer.

She hired Stephane Dupoux to design The Vagabond's interiors and young chef Alex Chang to run the hotel's Jetsons-style restaurant.

"It spoke to who we are as a young business," Jain says. "It's casual, fun dining. A lot of the neighborhood is here to support. The restaurant couldn't just rely on the hotel. It needed to stand on its own."

Jain calls her company, the Vagabond Group, "mothership" of her empire, which now includes 10 Biscayne Boulevard properties including the once-sleazy Royal Motel next to The Vagabond.

"When you walked into the [Royal] lobby, the sign said, 'No refunds after five minutes.' We still have that sign," Jain says. "That's what we were buying.

Above: The Vagabond Restaurant and Bar is a destination in its own right.

Opposite page: The property-wide restoration includes the famed marquee street sign.



@blackshipmoment

Imagine somebody suggesting that you should do a five-star boutique hotel next to 'No refunds after five minutes.' This was really out of the box."

WHERE THE HEART IS

Jain is a board member of the MiMo Biscayne Association.

"Her vision plus experience plus determination and tenacity really catapulted or energized the redevelopment of the MiMo district with The Vagabond Hotel," said investor Shane Graber of Graber Realty Group, president of the association. "That's led to a huge resurgence in commercial development along Biscayne Boulevard by others. For instance, Trina Turk and Mr Turk opening — soon at 7200 Biscayne — is a huge boon for the area and one that Avra helped make happen."

Graber describes Jain: "Direct, energetic, feisty, passionate, tough love and a big hug. Say it like it is and get it done. She's an inspiration to men and women, gay and straight, young and old, who choose to live their lives and be true to their values."

Jain says she dated a few men in college, but never lived her life in the closet.

"I have had a positive experience as a gay woman, not having experienced the slammed doors. I think part of it is who we choose to surround ourselves with or who we choose to do business with. I did it on my own," she says.

Jain has been partnered for eight years with Dalia Lagoa, originally of Puerto Rico, who retired from investment banking at age 45 and now oversees operations for the Vagabond Group.

"We met in Miami," Jain says, calling Lagoa "a superstar in her own right." They live in Palm Bay Tower a few blocks from the Vagabond.

"I'm very passionate about what I do. It's not work for me. It's what I want to do," Jain says. "[Dalia] even said to me, 'Avra, I can't ever imagine you not doing this.' She's been more help than I can ever imagine."



THE VAGABOND HOTEL

Opened in 1953, The Vagabond Motel was part of an era that included Frank Sinatra and the rest of the Rat Pack, showgirls and impromptu performances on the lounge stage. Families would leave behind the frigid northern winters to enjoy the warm Miami weather that was perfectly complemented by the property's chill vibe.

From top: Get swanky poolside without forgoing WiFi; guest rooms have a retro-futuristic vibe reminiscent of *The Jetsons*. **Opposite page:** The Vagabond Restaurant and Bar is part dining establishment, part art gallery.

Jain says she usually works 12 hours a day, six days a week. The seventh day she spends with daughter Alexandra, 11, who lives in Miami Beach with Jain's ex.

"The laws have changed now, but when we had Alexandra, her other mom, Susanne, actually was the surrogate. And Susanne actually carried my baby. It was my egg and we got a physical match on Susanne — a Danish donor. Susanne was the birth mother. The way the laws were back then, when you give up your eggs, you give up your rights," says Jain, who under Florida law at the time was unable to legally adopt her own biological child.

"Having my daughter is my everything," Jain says. "It changed my world. It changes why I do what I do. There's not a day where I'm not thinking about her or missing her or looking forward to seeing her. So much of what I do now is for her."

Friend and attorney Elizabeth Schwartz calls Jain "a genuine powerhouse, raising a vibrant neighborhood and raising a wonderful daughter."

"She's got a gentle demeanor, is very easy to talk to and, perhaps rarest of all, she listens," says Schwartz, one of Florida's best-known LGBT family attorneys who helped end Florida's gay adoption ban in 2010. "Avra's genuinely in love with Miami and committed to being a part of a strong, vibrant community. She and Dalia are an amazing team and we're blessed with their visionary presence on the Boulevard."

Jain says she prefers calling herself a gay woman, not a lesbian.

"I like to use the word 'gay.' I like us all being one happy family. You know what I like about gay? It's a happy word. It's positive. I think that's why we're gay. We wanted to be happy. That's the word I identify with the most," she says. "You do a lot of soul searching. What has helped me is accepting the fact I am gay and the soul searching that went along with it. That awareness, that process, has helped me be successful."

“I want to become THE MUSIC”

BY CARLOS A. MARTIN

**GEMA
CORREDERA**
opens up about
her life,
her career
and her most
recent release.

Gema Corredera's excitement at the prospect of discussing her career and life

experiences on a rainy winter evening is electric. The Cuban singer and Miami resident comes bearing gifts. She has a copy of *Feeling Marta* — her latest effort, just released at the end of 2015 — tucked under her arm. “This has been a long-awaited project,” she says. The album was recently recognized as one of the best 25 albums of the year by the Mexican newspaper *La Razón*. “I felt overwhelmingly indebted to the music of the great Cuban singer-songwriter Marta Valdés, and this is my homage to her and her magnificent career.”

Planting Seeds

Gema, as she is called by those closest to her, grew up surrounded by music. “My home in Havana was right next to El Conjunto Folclórico Nacional, so you can imagine we were always listening to the beating of drums and the sound of the *batás*” she recalls. “My parents loved bolero, folk music and Mexican rancheras, which meant that in my house there was always something playing.”

Since she was very young, Corredera displayed a passion for improvisation. She delighted in playing with song melodies and, without really setting out to, changing them. When Corredera was 10, Leopoldina Nuñez, her music instructor, surprised her.

During one class, Nuñez informed Corredera that what she was doing had a name: jazz. “I didn’t know anything about jazz, and culturally I had no association with the genre,

but there was an instinctive connection that was guiding me down that path.”

From that moment, Nuñez introduced her young pupil to a realm of different possibilities. “I began to listen to Ella Fitzgerald, Billie Holiday and Sarah Vaughan, and I realized that if there was something like what they were doing within Cuban music, then that’s what I wanted to do.”

While learning with Nuñez, Corredera also studied classical guitar for seven years at the Escuela Nacional de Arte and later moved on to choral music and musicology at the Instituto Superior de Arte de la Ciudad de la Habana. “Studying allowed me to immerse myself in my research and garner a deeper understanding of music without having to distance myself from singing,” she says.

A Bit of History

After graduating, Corredera experimented with different kinds of music. This would lead her to meet and collaborate with a host of well-known artists and songwriters. “I felt comfortable with folk music and singing while playing the guitar, but I also made other kinds of music, taking on experimental projects, including music for film and theater.”



Corredera is a sophisticated musician, gifted with a nuanced vocal range and perfect pitch.



• *Feeling Marta* is intense and moving, a showcase of Corredera's virtuoso vocals.

It was around that time that she began working with Pavel Urquiza, a young songwriter whose work she says, “everyone found a bit strange, but which I thought was excellent.”

Gema y Pavel were a resounding success from 1990 through 2011. During that time Corredera lived in Madrid, and in 2000 formed a jazz quartet and a girl trio she dubbed Habaneras — for which she both sang and played the guitar. “I had three projects going on at the same time, each with a different format,” she says.

In 2011, the duo announced they would split to pursue separate career paths. “I had to move to Miami. This is where I found the emotional stability I needed to start something that could distance me from the duo while at the same time represent who I am as a whole.”

After working for some time, she released *Derramando Luz* in 2013. The meticulously crafted project of superlative material was her first effort as a solo artist and included a beautiful rendition of “Tengo” by Marta Valdés, alongside famed Cuban pianist Gonzalo Ruvalcaba.

Feeling Marta

Corredera’s relationship with songwriter Marta Valdés dates back to her adolescence. “I had the incredibly good fortune of meeting Marta when I was just 12 years old, and from that first moment there was a magical vibe between us,” she recalls.

Feeling Marta comes from an encounter that took place between Valdés and Corredera in Miami. “After that meeting with Marta, I decided to go to Havana to share experiences and have conversations with her that would provide the necessary information to take on the project.”

The result is a masterpiece, and 14 songs later, *Feeling Marta* is an authentic jewel within the current musical landscape. With singular nuance and incredible vocal range, Corredera weaves and builds one track after another, proving herself to be a sophisticated artist capable of transcending the everyday.

The CD, which she is currently promoting, is doing very well says the singer-songwriter. “We’ve received a great response from critics and the audience at large, and in the end, that’s what makes me happiest.” •





there goes the

GAYBORHOOD

Neighborhoods with character and a bit of edge are a lot like drunks and addicts. They have to bottom out before they bounce back. They need to go through the painful process of being overlooked, undervalued and generally unloved before intrepid urban pioneers — gifted with the unique ability to see beauty in the dirt and squalor — move in to rescue them.

Take South Beach in the 1970s. I would sit and watch the swaying palms, sparkling ocean, crumbling Art Deco buildings, and think, “What a dump!” Lincoln Road — now the site of high-end shops, fusion restaurants and hipsters — was home to a shoe repair and a corset shop, among other humble stores. When the Mariel refugees flooded the streets of Miami Beach in 1980, the patient hit rock bottom. Rehabilitation came at the hands of visionary designers, passionate preservationists and savvy hoteliers — enter the LGBT community. Popular shows like *Miami Vice* spotlighted the impossibly beautiful views of swaying palms, sparkling ocean and authentic Art Deco buildings. It turned out residents had failed to notice that South Florida is awash with natural beauty, and there are pockets of possibility everywhere.



Clockwise from top left: © Bearance Pirene / Alamy Stock Photo; Andrew Pinter; © Age Fotostock / Alamy Stock Photo; © Artimages / Alamy Stock Photo; © Age Fotostock / Alamy Stock Photo

Where the MAGIC Happens

BY JEFF BORG



Not too long ago, we would drive I-95 with nary a glance toward dowdy Wynwood. The warren of textile dealers and abandoned warehouses between the expressway and the tracks was practically invisible. If we noticed anything, it was the blight of graffiti. Wynwood was flat lining. But hipsters parlayed the graffiti into the most expansive display of serious street art in one of the most unique arts districts in the world. Block after block of avant garde imagery was anointed by *Vogue* as the 9th coolest neighborhood in the world in 2014.

Today's trendy galleries and eateries occupy the cast-off shells of a previous era. The anti-aesthetic utilitarian buildings are an essential part of the charm: art applied to the artless, supremely ironic and completely authentic at the same time.

It's a natural fit for the Miami hipster. But you don't have to ride a skateboard in handmade Italian shoes to enjoy the boutiques, bars, cafés and galleries.

The original Panther Coffee — an emporium of sustainable beans — was an early draw. Wynwood Walls is an outdoor art space nestled among the pioneers, including the Rubell and Margulies galleries and several dozen others. Joey's Italian Café

was an early tenant, as were the barbecue and bourbon spot, Pride & Joy, and Kush, the place for better burgers and beer. O Cinema does the best *Rocky Horror*, and I recently discovered Wynwood Brewing Company. The 15-barrel brew house crafts creative beers, including my new fave, Pop's Porter — the anti-light beer.

Wynwood is well on its way, and has even priced a number of shop owners out. But it retains its edge. While the first wave of urban pioneering in Wynwood is past, it's far from over. Rehab at the core of this artsy mecca is continual, but residential development still lags. The creative Cynergi condo/rental building is among the first purpose-built working and living spaces. More have been planned or scrapped pending better zoning. Going forward, we'll see how much developers and residents have learned about organic gentrification.

LITTLE HAVANA

Meanwhile Little Havana has been coming back, with the slow but steady appearance or rehabilitation of a small building here and there. As a leading indicator, some commercial properties

Wynwood is well on its way, and has even priced a number of shop owners out. But it retains its edge. While the first wave of urban pioneering in Wynwood is past, it's far from over. Rehab at the core of this artsy mecca is continual, but residential development still lags.



CLOCKWISE: CALLE OCHO IS AT THE HEART OF LITTLE HAVANA; CUBAN SANDWICH; CAFÉ CON LECHE. **OPPOSITE PAGE:** PROVOCATIVE MURALS MAKE WYNWOOD DISTINCTIVE; SIGNIFICANT ART COLLECTIONS RESIDE WITHIN NONDESCRIPT WAREHOUSES.

have nearly doubled in price lately. Another indicator is Publix, which has added two new locations in the neighborhood.

The new 320-unit InTown condos just topped off Calle Ocho at 19th Avenue. Scrums of real estate agents, developers and bankers have taken Little Havana on the road, pitching the neighborhood to would-be investors throughout Latin America. Preservationists are already pushing back against the higher densities, which would endanger the charm that draws people there. The new Riverview Historic District in East Little Havana, where early Cuban refugees first set up, protects 94 bungalows and several Art Deco buildings and Mission-style homes built between 1920 and 1960.

Within blocks of iconic Domino Park and the historic Tower Theater, merchants are building upon the culture deeply rooted in the area. I sit near the window at El Exquisito, eating my still

inexpensive Cuban breakfast and watching Calle Ocho evolve right before me. The *viejitos* queue up at the café windows shouting out orders of *pan cubano* and shots of *cafecito*.

But across the street, Ball & Chain — the 1930s gambling den and jazz club that hosted Billie Holiday — has been lovingly renovated and is offering live music once again. A block east is Cubaocho, a wonderful museum, bar, art gallery and music venue. Due west, the Little Havana Visitors Center displays the kinds of cool original pieces that Miamians snap up to display in their homes.

And the real magic still lies dormant down the side streets, where block after block of early-20th-century homes, from modest to grand, have stood for decades. Some of these gems have been restored to their original glory. Others await their white knights. I think Little Havana is “The Next Big Thing.”



Clockwise from left: © Dennis Macdonald / Alamy Stock Photo, © ZUMA Press, Inc. / Alamy Stock Photo, © Kallima Photography / Courtesy of Varsaw Coffee, © Robert Harding / Alamy Stock Photo

There are other areas developing outside Fort Lauderdale and Wilton Manors, including the Driftwood section of Hollywood, Hallandale Beach, Davie, Lauderdale-by-the-Sea and Lauderdale Lakes.

Living the SUNNY Life

BY RICK KARLIN

Just north of the glitz that defines Miami, life gets a little less hectic and flashy. In the early 2000s, large segments of the LGBT community that had previously claimed South Beach as their own migrated north — some to settle down somewhere more peaceful, others in search of better prices. Victoria Park and Colee Hammock have not been affordable for quite some time, and even Wilton Manors, which initially benefitted from the dearth of accessible properties in those areas, has priced itself out of the mainstream market as well. But the areas right around Wilton Manors, such as Babco Heights, have begun to grow, as you can still find relative bargains without getting too far from the heart of town.

The areas bordering Wilton Manors are all seeing a spike in sales as folks snatch up homes and renovate them. In the neighborhood of North Andrews Gardens — east of Andrews and north of Commercial — you can still purchase a three-bedroom, two-bath property for less than \$200 thousand. But just north of Wilton Manors, Oakland Park has already begun its upswing.

Adrian Scott, a realtor with Barkin-Gilman & Associates/Coldwell Banker singles out the Oakland Park neighborhoods of Coral Heights and Coral Woods. “I just sold a beautifully renovated home to a gay couple in Coral Woods,” he says. “And they’ve found that a large percentage of the neighborhood is gay.”

South Middle River is also benefitting from being adjacent to Wilton Manors. Referred to by some residents as SoWilMa, it has already seen a large influx of LGBT residents. Driveways that just a few years ago served as the neglected parking spots of rusted-out cars amid patches of weeds, now boast Volvos, Maseratis and BMWs along with well-manicured lawns. The southern edge of the neighborhood, 13th street, is teeming with new businesses, including the hipster-hangout, Warsaw Café. There are also a number of new galleries and the gay club, Le Boy.



ABOVE: SEBASTIAN STREET BEACH. OPPOSITE PAGE: WILTON DRIVE; WILTON MANORS; FORT LAUDERDALE BEACH.

Poinsettia Heights, just west of the South Middle River neighborhood, is also seeing a lot of action. Because the area features somewhat larger homes, sales are brisk.

“I’ve recently represented two homes in this neighborhood, and they’ve both gone under contract for record breaking prices in under a week,” says Scott.

Closer to downtown Fort Lauderdale, F.A.T. (Flagler Arts and Technology) Village is home to many locally owned creative businesses and artists. Coffeehouses, galleries, graphic arts studios and theaters are all crammed into two dynamic square blocks. Also known as Progresso, the area between Broward and Sunrise from Federal to I-95 is the centerpiece of the Community Redevelopment Area there.

“This area has approved a total of 16,060 units in the city’s land use plan and 13,100 in the county’s land use plan, and 15 percent of that is slated for low-income opportunities. This major increase from the previously allowed number of units is huge for the future growth of the downtown Fort Lauderdale area,” says Charles “Kip” Reynolds, a broker with Atlantic Properties. “Already we are seeing the Flagler monthly Art Walk, cool scenes like Rhythm and Vine Beer Garden, new hotels going up, newly constructed rental units, new townhouse and condo projects and even the new train station!”



Come As **YOU** Are

BY ANDREW PRINTER

On the one hand the LGBT footprint on this historic island has clearly shrunk in scale and diversity. Like once thriving gayborhoods nationwide, gay Key West has been wrestling with the economic consequences of a profoundly positive sea change in public attitudes.

“The gay community has become a victim of its own success,” is how Joey Schroeder puts it. Schroeder is the owner of seven popular businesses clustered around Duval and Petronia streets, the de facto gay neighborhood on the island.

We are chatting at a casual Tiki Hut bar in the sprawling back garden of Bourbon Street Pub, his flagship business and by far

the most popular gay bar in town. Bourbon Street Pub is where up to nine near-naked men gyrate for dollars every night. It’s home to the outrageous New Year’s Eve Drag Queen Shoe Drop and central to a stream of local LGBT events including the star-studded finale of the Stoli Key West LGBT Cocktail Classic.

Schroeder gets right to the heart of our modern day paradox. Older visitors are choosing to accrue points and use miles by staying at corporate hotels. While this makes sense on an individual level, over time it has resulted in the closure of several prominent guesthouses. Once these same tourists arrive, however, they bemoan the absence of the bawdy gay community they recall or have read about.

Meanwhile, sexually fluid lesbian and gay millennials prefer to chill with their straight friends at less cruisy places. They bypass gay bars altogether, hooking-up via apps like Grindr and Tinder. Local DJ Angel Raigoza is part of that crowd, but rather than sitting in the sidelines, he is getting his foot in the door, spinning house music with an urban flair for his peers at Chicagos (Wednesday), time/lapse (Thursday) and The Saint Hotel (Friday).

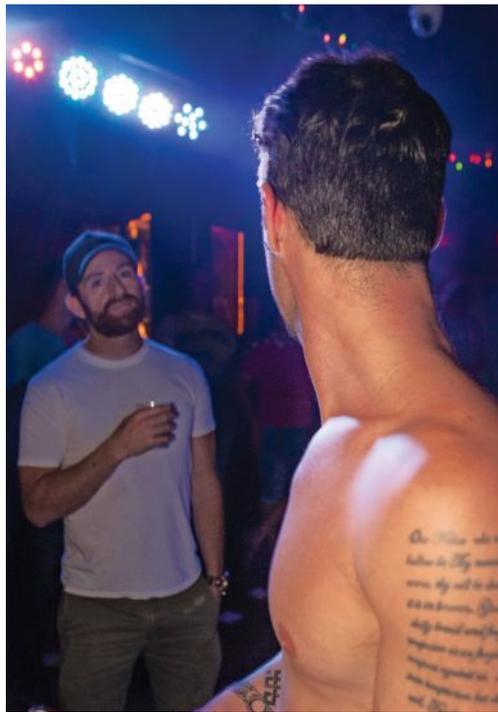
The upshot to this revolution is that the surviving gay bars like Aqua, 801 and Bourbon Street Pub have had to evolve. Mixed crowds are welcome. Weddings are a new source of revenue. Sex is downplayed. And palatable drag takes place just about everywhere.

Guy Ross, recently appointed LGBT sales manager at the Monroe County Tourist Development Council, is clearly a glass-half-full kind of guy. Like Schroeder, Ross has lived in Key West for decades. “Now is the most stable time in Key West’s economic history,” he assures me. “And, this community is well-positioned for the future. The history, the architecture, the reef and the restaurants are what the LGBT tourist is coming for. Key West is not a nightlife destination,” he emphasizes. “But we have that as well.”

It’s Ross’ job to sell the Keys to a changing LGBT market, and that’s what he is doing. But he has a point. While it’s true, many beloved gay venues like the Copa, Atlantic Shores and a string of piano bars have disappeared, it’s also true that Key West is more than just a place for drinking and cruising.

Ross and I are dining at the historic La Te Da hotel. Its new owner is committed to modernizing the property while keeping its old school tea dance alive. Stop by on a Sunday afternoon: It’s usually raining men and it’s always fun.

So too are the organized events that have longstanding tradition in the city, including Pride in July, Tropical Heat in August, Bone Island in July and December, Womenfest in September, Fantasy Fest in October, the twice-weekly pool parties at Island House and Tea on the Sea — the pet project of Chic Wagner, an enthusiastic member of the Fury Water Adventures family. In 2015, Wagner pitched the idea of an LGBT-only cruise to management; they gave it a thumbs-up, and the event became an immediate hit. Beginning in 2016, there will be a Tea on the Sea sunset sail every month. •



For now, Key West remains a tale of two cities. Who knows what the future holds but chances are the city of the future will likely involve disco lights, dancers and drinks on a rainbow-flagged catamaran sailing into the sunset.



CLOCKWISE: BOURBON STREET PUB; PRIDE; SUNSET SAIL EVENT DURING WOMENFEST; DUVAL STREET; KEY WEST'S FAMED SUNSET. **OPPOSITE PAGE:** MARILYN MONROE WELCOMES GUESTS TO THE TROPIC CINEMA.





Clockwise: Dmitry Pistrav / Alamy Stock Photo; © Casano Condrina Middle East / Alamy Stock Photo; Sergiy Zhukovskiy / Alamy Stock Photo; Gavin Heiliter / Alamy Stock Photo
Clockwise: imageBROKER / Alamy Stock Photo; Alex Segre / Alamy Stock Photo; Kerem Say/China Sjian / Alamy Stock Photo; © PhotoStock-Israel / Alamy Stock Photo

A Majestic Rainbow
in THE WHITE CITY

TEL

אשכול

PRIDE

BY LYNARE ROBBINS





אילנות

2015 I was lucky enough to attend Tel Aviv Pride with a group. Over the course of six days a Gay City Tour took us throughout the Israeli capital to a number of sights and attractions, including the Tel Aviv Museum of Art, where collections showcase Israeli and European pieces; a trip to the Aguda, the national organization for LGBT initiatives and resources in Israel; and the Tel Aviv Municipal LGBT Community Center. We also participated in a walking tour, which took us through Tel Aviv neighborhoods — famously decked in stunning Bauhaus architecture — and bustling bohemian marketplaces, including Carmel Market, where we picked up fresh local produce, clothing, accessories and electronics. Our visit culminated in the Tel Aviv Pride celebration.

In that time, we tried an array of Mediterranean-inspired meals at Yulia in the Port of Tel Aviv and Dr. Shakshuka in Old Jaffa, which were a highlight of the trip. Dr. Shakshuka specializes in the Tunisian dish that gives the restaurant its name. Made with poached eggs in a tomato sauce with peppers, onions and cumin, like everything else I sampled there, it's flavorful and incredibly fresh. In fact, even the hotel breakfast was more reminiscent of a salad bar than a breakfast buffet, with its varied vegetable options, freshly made pita bread and unforgettable house-made hummus.

Walking Through History

Planning a day trip from Tel Aviv to nearby Jerusalem or the Dead Sea is simple. Most tours can be booked directly through your hotel. I booked an independent tour using Tourist Israel that took me from Tel Aviv to the Dead Sea, where I made stops at the Masada and the Ein Gedi Spa. The two-hour journey across the Judean Desert by itself is a fascinating jaunt.

Upon arrival at the Masada, the intriguing history of the UNESCO World Heritage site comes to life. The second half of the tour involved a visit to the Ein Gedi Spa, which is mere steps away from the Dead Sea. This marvelous oasis offers various services, including a spa mud bath and rinse in the sea's highly salty waters, which act as both a remedy and skin treatment. It is indeed a fountain of youth, or rather, a sea of youth. Looking across those healing waters you can see the Hashemite Kingdom of Jordan. The full impact of being in a primordial location imbued with so much history washes over you as the collective memory of the land crashes from one seashore to the other.

A Matter of Pride

While there are many reasons to take a trip to Israel, it's one of those iconic places where planning your vacation to coincide with the Pride celebration

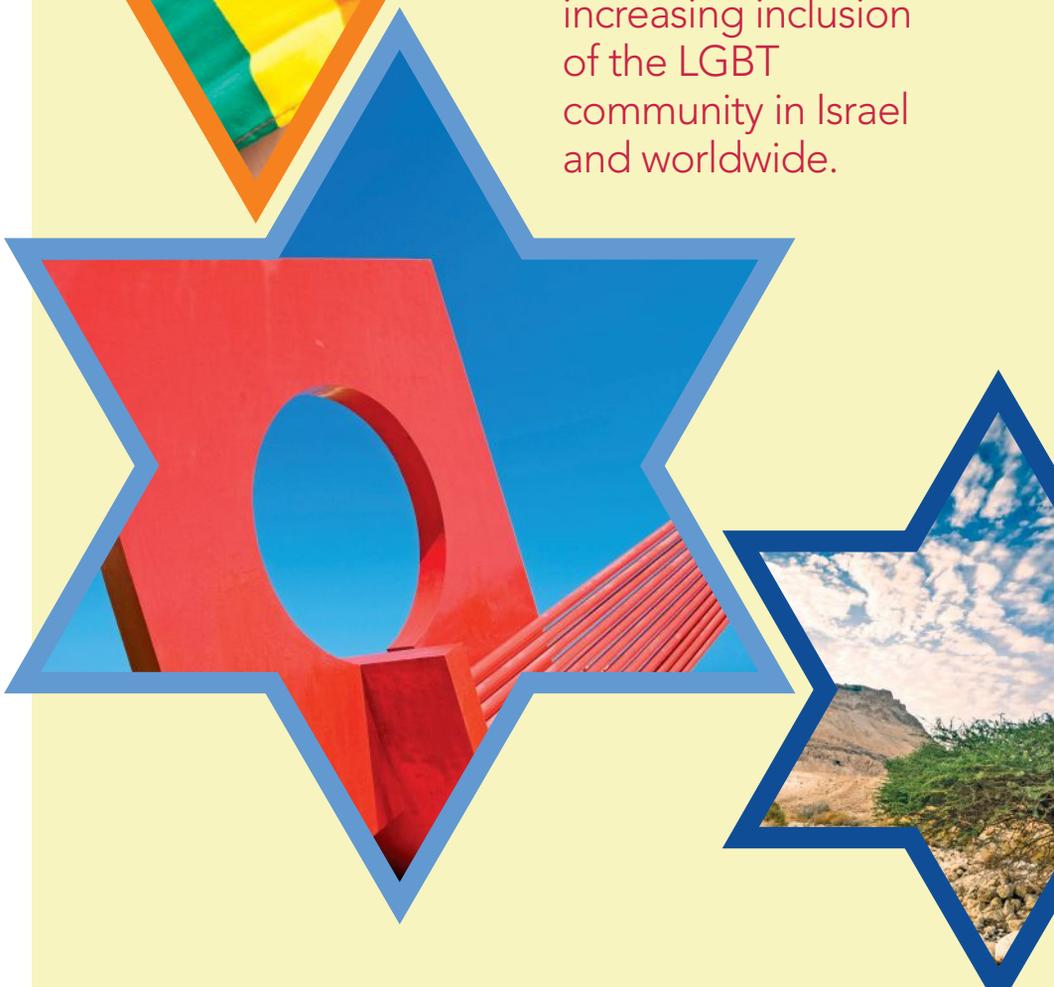


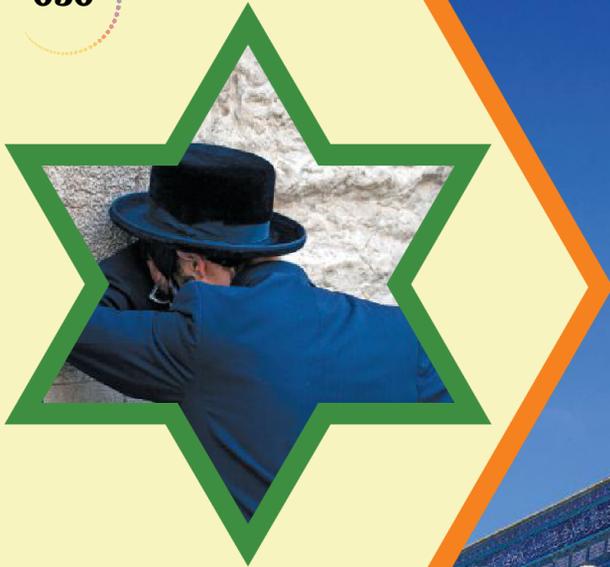
is a must. Recognized as a UNESCO World Heritage Site in 2003, Tel Aviv is not just a vibrant metropolis set in the picturesque Mediterranean. It is also an incredibly diverse and liberal city that's inclusive and safe for LGBT people to visit and call home.

And it makes perfect sense. Tel Aviv was founded in 1909 by a group of 60 families from the nearby ancient port town of Jaffa and was originally named Ahuzat Baiet. Theodor Herzl's book *Altneuland* — “old-new land” — inspired the town's residents with its idealistic hope for the community. They renamed their city Tel Aviv, which means “spring hill.” The new name reflected the nature of the place, a land of ancient earth fed by a spring that nourishes and breathes new life into the city. There is an active dynamic between what's old and new there, as the foundation on community and family that the outpost was built upon does not see itself opposed to progress and modernism. These concepts all fuse together in the city and are celebrated by all its residents at the annual Pride festival. There really is no better place in all of Israel to hold a Pride celebration.

As a result, Tel Aviv Pride serves to celebrate the progress that has been made and the increasing inclusion of the LGBT community in Israel and worldwide. Tel Aviv has earned its reputation as a gay mecca. And while there is no gay neighborhood

Tel Aviv Pride serves to celebrate the progress that has been made and the increasing inclusion of the LGBT community in Israel and worldwide.





יְרוּשָׁלַיִם

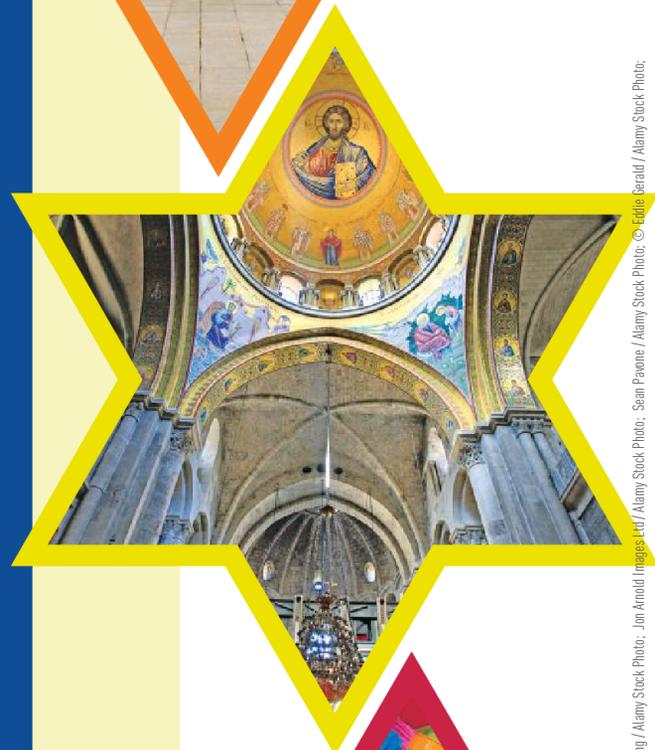
Visiting Jerusalem offers the unique opportunity to explore historic landmarks of faith for Jewish, Christian and Muslim people. What is remarkable about this ancient city is the fact that it attracts such an incredibly diverse number of people who all see it as a place of pilgrimage. Despite the differences, there is a communal air of veneration within the city walls that's palpable.

The Temple Mount is a religious site for Jews, Muslims and Christians, and it's home to the Dome on the Rock. There are specific times to visit, and Muslims are the only ones allowed to enter. However, anyone can appreciate the magnificent bronze dome from a number of locations throughout Jerusalem's Old City.

While in the Old City visitors can also head to the Jewish Quarter, where you can find the Western Wall, a place where a divine presence is said to be felt by those touching the same wall that so many others have touched. Yearnings for redemption and renewal often connect people who might otherwise have nothing else in common.

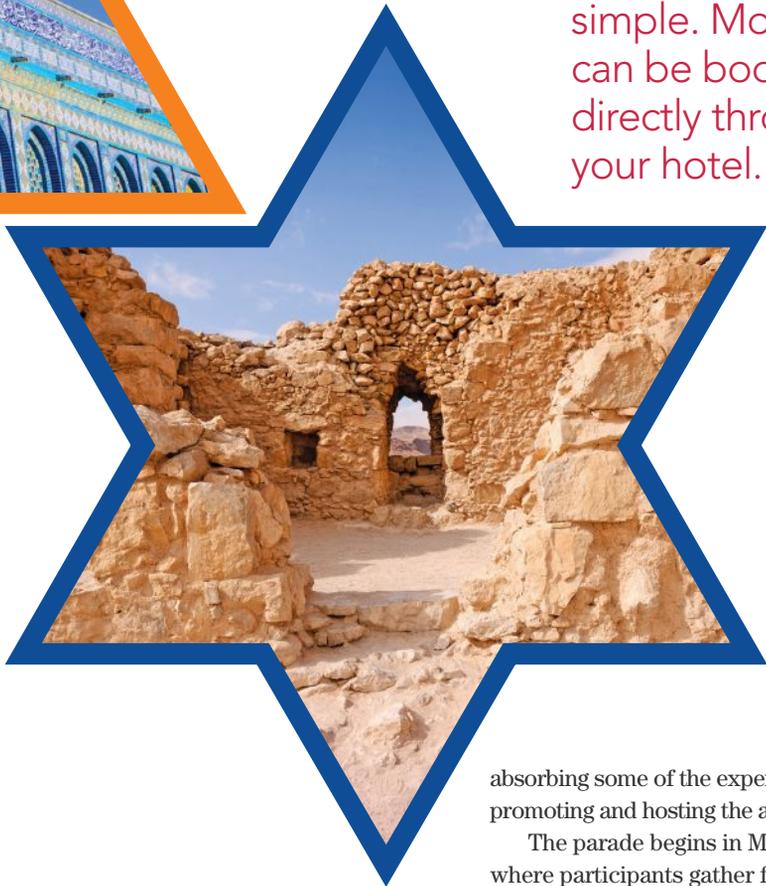
Visitors can also walk through the Christian Quarter and visit the resplendent Church of the Sepulchre. In the Muslim Quarter is the Via Dolorosa. The streets are adorned in remarkable Islamic architecture. You should also stop by the open-air market known as the Shuk. There merchants sell T-shirts with a wide array of political messages, such as Israeli Defense Force; Free Palestine; Yasser Arafat; Che Guevara: Palestina Libre; Super Jew and Don't Worry America, Israel is Behind You right next to one another. You can also find all manner of merchandise with Marvel superheroes, U.S. sports teams and Hard Rock Café Jerusalem logos in the same stalls where you can pick up religious items from various faiths.

A fourth quarter in Jerusalem, the Armenian Quarter, is home to a moderately sized Armenian population. Although it is predominantly residential, it also contains assorted ceramic shops, restaurants, the Armenian Monastery and churches of various denominations, including Syrian Orthodox, Maronite, Greek Orthodox and Anglican.





Planning a day trip from Tel Aviv to nearby Jerusalem or the Dead Sea is simple. Most tours can be booked directly through your hotel.



United States Embassy in Tel Aviv raised the universal Pride flag along with the American flag for the first time.

Parade participants walk, skate, run, cycle, stroll or wheel together for several miles from Meir Park to Charles Klore Park in front of the Mediterranean Sea. Throughout the parade route you pass businesses showing their support and residential dwellings decorated to mark the occasion. You also get to be a part of an incredibly diverse group, as people from all backgrounds embark on the parade route together. In Tel Aviv seniors, adolescents, families, people from many faiths and varied degrees of expression on the gender spectrum participate. You walk alongside people with disabilities and people from various countries waving their national flags to represent. Unlike any other Pride I have attended, this one really seems to underscore the common hope for human solidarity.

Tel Aviv Pride 2016 is scheduled for June 3–5. For people who work hard and whose time is precious, a trip to Tel Aviv is rewarding in and of itself. Adding the experience of Tel Aviv Pride can make it a life changer.

OUTstanding Travel offers boutique and customized packages that vary from length of desired travel to respective areas of interest. Tours range from those focused entirely on history and culture to a tour specifically for the Tel Aviv Pride — or you can opt for a combination of both. Couples packages and a planned lesbian group tour are also available. If you have enough time, you can also add an excursion to the Kingdom of Jordan or a European city, such as Rome, Madrid or Barcelona in conjunction with a tour of Israel. An invaluable resource for information on travel to Tel Aviv Pride and other destinations of interest in the country is the Israel Ministry of Tourism. You can visit their webpage at goisrael.com.

in the city, various areas are home to LGBT establishments that offer a queer and bohemian spirit. The city is home to more than 20 LGBT bars and nightclubs, as well as a few queer beaches. The local gay community has not just grown, it is actively involved in every sphere of society. The momentum feeds on itself, for as LGBT tourism continues to grow so does the community's visibility and influence. This is of particular importance in an area of the world where being gay or transgender is often punishable by death. The Tel Aviv municipality observes such principles by

absorbing some of the expenses related to promoting and hosting the annual festival.

The parade begins in Meir Park, where participants gather for a pre-Pride party and assembly. My group included various nonprofit organizations, but there were people from all over the world representing themselves and their organizations. Delegates from various governmental agencies were also present, including diplomats from the United States Embassy to Israel, such as Ambassador Daniel Shapiro, and Seattle City Mayor, Ed Murray. Their attendance speaks volumes. Although Pride is a party, it is also a civil rights effort that promotes equality. People all over the world increasingly understand that LGBT issues are global in scope. At this particular celebration, the

WHY CURB YOUR ENTHUSIASM?



Current trends in outdoor décor will have you eager to get to your front door.

by RICK KARLIN

It's an old trope that you never get a second chance to make a first impression. The same is true for your home. Nothing gives the outside of your house a fast and impressive facelift like a fresh coat of paint. And while that's certainly one way to increase your curb appeal, there are a number of other projects that can help you just as much. Getting your home to the next level doesn't have to be a massive undertaking. In fact, some of the most popular trends in outdoor décor actually involve small changes.

A Warm Welcome

You don't have to invest in painting your whole house to see a difference. A fresh coat of paint on your front door can rejuvenate it for less than \$100. If your home is a deep terra cotta, vibrant blues offer a rich contrast. On the flip side, a pastel-colored home will perk up with a darker hue, such as brick red. Pella

has introduced a new line of colors for 2016, that include Vivacious Red, Lively Blue, Spirited Orange and Sparkling Teal.

You can also add a little bling to the entryway with a new doorknob or an ornamental doorknocker. As for the rest of the porch, an eye-catching set of house numbers, a new mailbox or a stylish light fixture can do wonders. Brushed nickel and stainless steel are always popular finishes, but the big trend right now is copper.

Light Up Your World

Adding outdoor lighting does not just enhance safety and provide a very functional service; it can also add a touch of elegance to your space. Go beyond ordinary lampposts or wall-mounted lighting and opt for some spotlights to highlight architectural elements or landscape features instead. New LED spots draw very little energy and operate on low-voltage wiring, giving your house green cred as well.

And speaking of green, nothing brightens up a home like a neat and tidy yard. Having a well-kept lawn makes your property look bigger and more appealing. Trim overgrowth, pull weeds and line the walkways with flowers, or install flower boxes below windows or on front porch railings. Container gardens on your front steps or porch add color and life to your entrance. Increasingly, homeowners are turning toward xeriscaping — a water-conserving landscape design that incorporates soil, rocks, mulch and drought-tolerant vegetation such as lantana, salvia and succulents like agave and yucca.

Polish Paths and Patios

Pressure cleaning is an easy and inexpensive way to get your driveway, walkways and exterior brick clean. If you have deeper irrigation stains, using a power washer and rust remover is the best course of action. If the concrete still looks a little ragged, contemplate using a polymer-based cement resurfacing product.

Sometimes there's no getting around an eyesore, but that doesn't mean anyone has to see it. A lattice fence or shrubs can hide an unsightly air conditioning unit. Painting electrical boxes, piping and wires the same color as the exterior is a great way to camouflage those fixtures on a dime.

HAVING A WELL-KEPT LAWN MAKES YOUR PROPERTY LOOK BIGGER AND MORE APPEALING.

Another hot design trend is texture. Faux brick panels on exposed foundation walls or unattractive concrete surfaces add both dimension and texture. A welcoming and inspired exterior makes your home more attractive to others, but more importantly, it provides a cheery welcome every time you come home. •

4th Annual Pink Flamingo Awards

Fundraiser benefitting:



Sept. 22nd
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PinkFlamingoAwards.com



A LEAGUE OF OUR OWN

Local softball leagues invite everyone to come out and play.

by JULIE BALTER

If you were raised during a certain time (say, the early 1980s) and lived in a certain place (say, a small town out of a Bronski Beat song) like me, you *knew* there were only certain kinds of queer: softball lesbians and tap-dancing homosexuals.

Since I was picked last for every school sport, I often wondered whether I was destined to forever sit on the “softball” sidelines and secretly fantasize about *Little Darlings*’ Kristy McNichol pitching Tatum O’Neal. Likewise, if you were gay, was your identity skewed if you excelled at sports, but stumbled over a Buffalo Shuffle? Thank God we’ve come this far! We can easily create an all-star team of out-and-proud professional athletes that defies every LGBT stereotype of old.

I’ve long since embraced my sexuality, but recently made a riveting discovery about South Florida’s LGBT softball community: There are actually teams for all of us to play — at every level. And, of course, there’s also plenty for spectators (score-keeping, anyone?). These local leagues provide a great opportunity for people to connect in meaningful ways in broad daylight, to truly bond — with or without beer or bat in hand.

Join me on the sidelines to cheer on this season’s remaining games and celebrate at the after parties, and by next season, you’ll be ready to batter up with the best!

SFAAA League (Co-ed)

“We think of ourselves as a softball family,” says Tim Martin, SFAAA chair. While we compete hard against each other, we also celebrate our success and failures together off the field... The bonds are strong and deep, and they continue to be lasting.”

Strengths: Competition and camaraderie

• From top: SFSF Women’s Leagues’ Sol Fuzion versus the Underdogs; Fall 2015 photo of the Alibi Angels, featuring their partners and children.



2016 Aspiration: Sending 10 teams to the Gay Softball World Series in Austin, Texas

Stats: The season runs from February through the playoffs in May, during which the 29 registered teams play on Sundays at Mills Pond Park in Fort Lauderdale. Post-game parties are held at a designated after-game bar with free food for players, partners, volunteers and fans. Other events are held at sponsoring bars throughout the season.

SFAAA Draft Pick: Broward Ballbusters, “South Florida’s Clean & Sober Gay (LGBT) and Friends Softball Team,” sponsored by Gary Lanham Group

SFSF Women’s League

Tracy Wynn, commissioner of the Sports Foundation of South Florida (SFSF), thinks softball is so much more than a vehicle for lesbian bonding. “Softball is also life,” says Wynn. “Playing softball can teach... Playing softball will develop the character a woman will always need to succeed in life. The best part... is [in] the relationships she will develop with her teammates — friendships that will last a lifetime. Then we get to play the game of softball on Sunday Funday!”

Strengths: Team involvement and geographic outreach

2016 Aspiration: Tournaments with the Orlando and Fort Myers leagues, as well as a New York team-sponsored clinic

Stats: 14 registered teams (that’s more than 250 players) and five divisions — based on skill-level — play on Sundays, from February through May at Mills Pond Park in Fort Lauderdale. Social events include an annual picnic and barbeque, in addition to the regular post-game activities.

SFSF Draft Pick: Miami Women’s Softball LGBT League. Founders Teresa Valdes and Delma Ayala recently merged their Magic City teams with SFSF with the aim to play in the 2017 World OutGames Miami. •

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BANGED AND BRUISED

Being a weekend warrior can sometimes leave you a little worse for wear.

by WYATT MYERS

If you're one of the millions of Americans that's chained to a desk all week, the idea of getting outside and working on the house, playing with the kids or participating in a sport is certainly appealing. While weekend physical activity is by no means a bad thing, it does have its unfortunate downside: namely, an increased risk of injury. But keeping an eye out for the most common injuries is relatively simple and so is getting better when you do overexert yourself.

How Did I Do That?

"The injuries we see most frequently are shoulder injuries, lower back

injuries, ankle sprains, calf strains, knee sprains and overuse injuries," says Clifton L. Page, MD, a primary care sports medicine physician at the University of Miami Health System. According to Dr. Page, there's a simple reason that a Saturday pickup soccer game or helping a friend move on the weekend can result in injury. In many cases, people are performing activities that are out of the ordinary for them. What's more, most don't prepare their bodies properly before those activities.

"Most injuries are sustained when patients have not warmed up properly or performed muscle activation prior to a workout," he says. "Not having proper form and technique while lifting weights is

another common cause of injury, as is not having proper hydration or nutrition."

When it comes to home maintenance and repairs, a 2012 study in the *Journal of Trauma and Acute Care Surgery* noted that many "weekend warriors" attempt jobs without the safety precautions and equipment that professionals use. Often this lack of preparation results in falls and other accidents that can result in potentially serious trauma.

Ouch! Don't Touch It!

If you do injure yourself during an activity, the first step you need to take is to assess the severity of the damage, says Jose Lampreabe, MD, a primary care physician at Mount Sinai Medical Center. If you can't put weight on an extremity, experience swelling or significant pain or have back or neck pain that's accompanied by weakness, numbness or tingling, then he suggests seeking medical attention.

For minor aches or pains, it may be appropriate to treat the injury using the RICE method — rest, ice, compression and elevation. More specifically, Dr. Page recommends resting the injured body part by avoiding the offending activity, applying ice in 20-minute intervals throughout the day and compressing or elevating the injured body part to help it heal. Over-the-counter pain medications may help ease the discomfort, but Dr. Lampreabe warns against relying too heavily on these medications.

Safety First

That said, active people should not be discouraged from enjoying their favorite hobbies. Studies have shown that any form of exercise is a good thing. The key is taking the proper measures to prevent injuries, especially if you're participating in an activity you don't perform frequently. Dr. Page says it's crucial to recognize your own limits. If you feel like you're "playing through the pain," then it's time to stop. •

Ice or Heat?

Usually, any new injury should be treated with ice, not heat. Because heat tends to make the injured part of the body more inflamed, it is not a good way to decrease swelling. Using ice does not only address inflammation, but in doing so also tends to decrease pain and speed healing.



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Q & A

Tomi Kuczynski • REALTOR® and Real Estate Consultant for PadQue of Fort Lauderdale

Tomi Kuczynski is a licensed REALTOR® and a real estate consultant with PadQue of Fort Lauderdale, which is powered by Charles Rutenberg Realty. He believes the concept of a great neighborhood is very individual — a combination of location, architecture, character, conveniences and social climate and how those factors coincide with a person's tastes and lifestyle. Kuczynski shares his insight on the local real estate climate.

Q: How did you get into real estate?

A: Growing up, my parents liked to move a lot. My sister and I would get excited with each move, looking at new homes and new sceneries; each time was an adventure. By 12, I was riding my 10-speed up to 50 blocks to look at model homes. Fast forward many years, when I was selling my

home in Dallas, I became friends with my REALTOR® Phil Hobson. After the sale, I began courses for real estate while I continued to freelance in advertising. One day the phone rang and on the other end was Phil, offering me a position as advertising director. Shortly thereafter I was both [a] REALTOR® and art director, working alongside Phil. He was my mentor and a terrific one at that. He took me under his wing and taught me the ins-and-outs.

Q: What neighborhoods would you recommend to the LGBT community?

A: South Florida has become much more diverse since I relocated here in 1997. Then, Victoria Park was highly desired in Fort Lauderdale, and South Beach was prominent for Miami-Dade. We saw an exodus from South Beach to Hollywood in the early 2000s when Wilton Manors became the favored area. Now downtown

Miami is resurging along with Brickell and Midtown, while Oakland Park and east Fort Lauderdale are also revitalizing. But members of the LGBT community will find numerous other communities attractive due to a strong demographic of gay and gay-friendly occupants throughout Miami, Hollywood and Fort Lauderdale.

Q: What did you learn from the recent real estate market crash?

A: I think what everyone learned is caution. For coastal areas, such as South Florida, we must use greater caution and responsibility in spending and investment decisions, as the rumblings of the crash were inflated by the destruction of Wilma in 2005. Weather catastrophes like Wilma and Katrina can and did bring strong communities to ruins in a matter of, what seems [like], seconds.

Q: What do we have to look forward to in the local market?

A: Florida statistically is doing extremely well. We are still outperforming much of the country, realizing some of the greatest year-to-year price increases. Numerous [people] who faced foreclosure have begun reentering the market, while many Baby Boomers will be transferring to or within the South Florida market. In addition, foreign investors are still very attracted to Florida as a whole. Another factor, which will continue to impact our market is the rapid acceleration of rental rates. •



• Tomi Kuczynski is a licensed REALTOR® and a Real Estate Consultant with PadQue of Fort Lauderdale, powered by Charles Rutenberg Realty.



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Black Bean Quesadillas

Serves 4 | Prep time: 5 min | Total time: 15 min

INGREDIENTS

- 1 cup GOYA® Pico de Gallo Salsa
- 1 can (15.5 oz.) GOYA® Black Beans or GOYA® Low Sodium Black Beans, drained and rinsed
- ½ cup shredded Monterey jack cheese
- 2 tbsp. finely chopped fresh cilantro
- 4 10" GOYA® Tortillas (for Burritos)
- 1 tsp GOYA® Extra Virgin Olive Oil
- GOYA® Salsa (optional)

DIRECTIONS

1. Using small-hole strainer, drain liquid from Pico de Gallo Salsa; discard liquid. Transfer remaining tomato mixture to medium bowl. Mix in black beans, cheese and cilantro until combined.
2. Divide black bean mixture evenly over half of each tortilla (about ¾ cup each). Fold tortillas in half.
3. Heat large griddle or skillet over medium-high heat. Brush with oil. Place filled tortillas on griddle. Cook, carefully flipping once, until tortillas are golden brown and crisp and cheese filling melts, about 5 minutes.
4. Cut quesadillas into wedges. Serve with your favorite GOYA® Salsa variety, if desired.



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LATINOS SALUD HOSTS AN EVENT FOR THE COMMUNITY

Latinos Salud's Evening for the Community, held at the Gallery of Amazing Things in Dania Beach, celebrated all those who helped the organization make strides with their health initiatives throughout the year.



Clockwise from top left: Anthony Velasquez and Arnold Foster • Will Portalatin and Dr. Stephen Fallon • Patti Kowal, Rob Shore and Maite Soria • DJ AJ Reddy and Juan Oves Jr. • TP Lords • The sisters



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OUTMIAMI CELEBRATES PHILANTHROPY

In its first year as an organization, OUTMiami mobilized volunteers, engaged philanthropists and supported a number of LGBT-serving organizations, helping raise more than \$50,000 for charitable causes. Pridelines, YES Institute and SAGE Miami received their grants at this year's fête.



Clockwise from top left: David Lopez, Jerry Chasen and Joseph Zolobzuk • Sergio Papa and Jeff Ronci • Richard Tojdowsky and Florian Jouin • Richard Rules, Sergio Sacristan and Stephen Pellicia • Cheryl Lawko and Mathew Blair • Hector Torres, Vanessa Stabile and Harvey Daniels

Coco Alarcón

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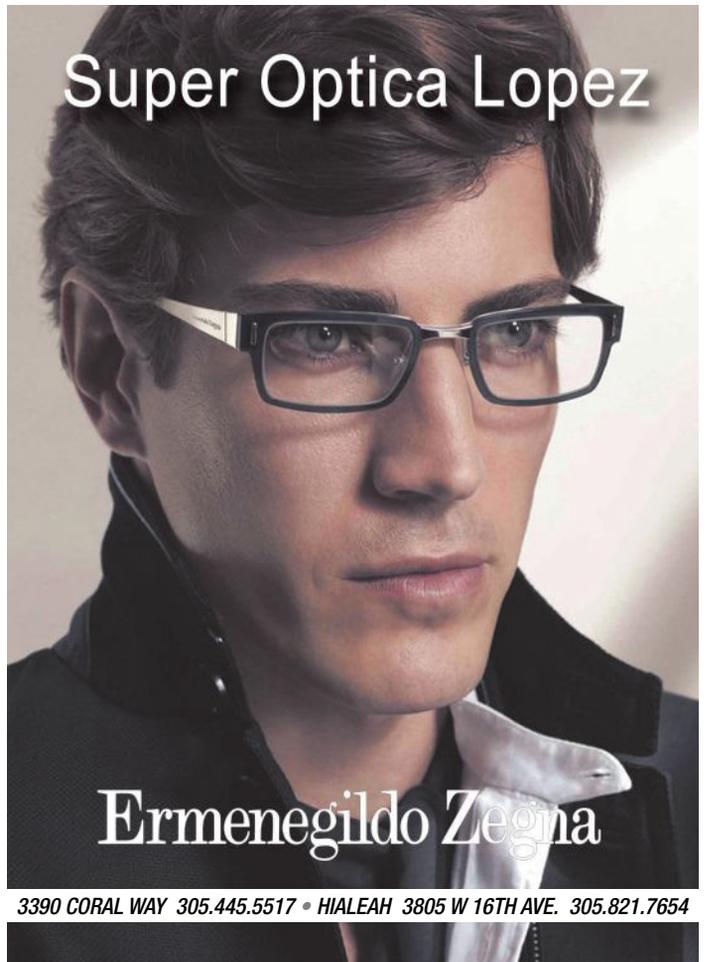
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News from South Florida's gay, lesbian, bisexual and transgender communities
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OSCARS AT THE TROPIC

On Oscar night there was no better place to be than the Tropic Cinema in Key West. At the annual Oscars gala hosted by the movie house, guests enjoyed drinks, hors d'œuvres, dessert stations and, of course, a live telecast of the 88th Academy Awards show.



Clockwise from top left: Sarah Spurlock, Trish Docherty-Gibson, Carina Borders, Kristen Ryan and Leeann Holland • Tropic Executive Director Matthew Helmerich and Linda Mewshaw, a founding Tropic Cinema board member • Felicia Lemard and Jane Ireland • Dee Johnson and Norma Gilmore • Cheryl Metzger and Dawn Messing • Juan Pisani and Val Marmillion • Susan Mitchell

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BOWLING WITH BEARS

If variety is the spice of life, then that's precisely what the Bears of all Colors were celebrating during their first Family Reunion. The week-long gathering included a mixer, SegWay tour, beach bear yoga and a fun night of bowling at Manor Lanes!



Clockwise from top left: Chris Kennedy, Tony Banks, Tom Matt and Trell Walters • Gary Gwin, Dave Griff and Paul Jetty • Edgardo Medina and Emmanuel Emile • Peter Bisuito • Roderick Dean and Chris Trawick • Harry Walters

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CALENDAR OF EVENTS

Here is a selection of the many events taking place in South Florida.

April

#BlackWomenMatter Concert Series

Fiandaca Community Ballroom
Lake Worth
April 2
compassglcc.com

Keystock Music Festival

Truman Waterfront, Key West
April 2
lazylakesrvresort.com

The Stoli Key West Cocktail Classic

The Vagabond Hotel, Miami
April 4
gaycities.com/cocktailclassic

Jazz Roots: Cool Velvet Starring Vanessa Williams

John S. and James L. Knight
Concert Hall, Miami
April 8
arshtcenter.org

Miami Beach Gay Pride

April 8–10
miamibeachgaypride.com

Night on the Streets – Executive Edition Miami

April 9
arkoffreedom.org

25th Annual Florida Keys Island Fest

Founders Park, Islamorada
April 9–10
islamoradachamber.com

The Rainbow 5K

Wilton Manors
April 10
pridecenterflorida.org

Cabaret

Adrienne Arsht Center, Miami
April 12–17
arshtcenter.org

Wanda Sykes

Hard Rock Live, Hollywood
April 17
seminolehardrockhollywood.com

An Evening with David Sedaris

Parker Playhouse, Fort Lauderdale
April 21
parkerplayhouse.com

MiFo LGBT Film Festival

April 22–May 1
mifofilm.com

Varla Jean Merman's Big Black Hole

Amaturo Theater, Fort Lauderdale
April 21
browardcenter.org

My Big Funny Peter

Broward Center for the Performing Arts
April 23
browardcenter.org

AIDS Walk Miami

Miami Beach Botanical Gardens
April 24
aidswalkmiami.org

Beyoncé Formation World Tour

Marlins Park, Miami
April 27
beyonce.com

Dining Out for Life

April 28
browardhouse.org

Key West Paddle Classic

Higgs Beach
April 28–May 1
lazydog.com

Las Olas Wine & Food Festival

Fort Lauderdale
April 29
lasolaswff.com

May

2nd Annual Diversity Honors

Seminole Hard Rock Hotel & Casino,
Hollywood
May 3
pridecenterflorida.org

Great Give Campaign

May 3–5
greatgiveflorida.org

Beach Bear Weekend

Fort Lauderdale
May 5–9
beachbearweekend.com

Aqua Girl

Miami Beach
May 11–15
aquagirl.org

Key Largo's Original Music Festival

May 12–15
keylargooriginalmusicfest.com

Papio Kinetic Sculpture Parade

Custom House, Key West
May 13–15
papioskineticparade.com

Battle in the Bay Dragon Boat Festival

Sombero Beach, Marathon
May 14
battleinthebaydragonboat.com

Caribbean LGBT Pride Festival

Richardson Historic Park &
Nature Preserve, Wilton Manors
May 28
sunserveyouth.wordpress.com



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