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ISSUE

#CF10

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10th Anniversary

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FITNESS

AT SHINE ALTERNATIVE
FITNESS STUDIO

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OF EXPOSURE
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ON THE COVER

Model: Harper
Agency: Corbin Fisher
Photography By Cameron Frost



Liam's Story

Liam's moms have always known they wanted children, but being in a same-sex relationship they weren't sure how to achieve that dream. At first they thought adoption was their only choice, until their co-workers (who are also in a same-sex relationship) told them about Red Rock Fertility Center and how the center helped them add to their family. Dr. Littman explained to Liam's moms that since they wanted at least two children, they both could have a chance to have children that are biologically theirs. For the first cycle of IVF, they utilized a sperm donor and one mom's egg. The same mom also carried Liam and delivered in the summer of 2012. The next year, her partner went through IVF using her egg and the same sperm donor. They are beginning 2014 with wonderful news by telling Liam he is going to be a big brother. Their new little one is due this fall. Congratulations to Liam and his moms!

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Editor's Note

"Have the courage to follow your heart and intuition. They somehow know what you truly want to become."

—Steve Jobs
(1955-2011)



We experience intuition through our senses, dreams and by quieting our busy logical minds. It operates on past experiences, not theories, yet our rational minds dim this inner light and we remain in the darkness cycling through logic. Biologically, intuition evolved to increase our chances of survival. In this New Year aim to create intentions based on intuition doing more of what makes you feel alive, so that you are living your passions and fueling the life you love.

Fitness goals top everyone's New Year's Resolutions list so we thought it would be "fitting" to make January our Sports and Fitness Issue. We approached this issue with excitement because Las Vegas has beautiful people with unique ways of staying healthy all year round.

LIGHT nightclub at Mandalay Bay will host its first LGBT night, an evening of art and performance on Saturday January 19. Models, actors, dancers, acrobats, contortionists, hand balancers, and aerialists from all around the world come together to ignite your artistic side, as well as arouse your sensual side. Get your tickets at www.qvegas.com/exposure.

Happy New Year!

Janise "Noah" Henderson

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— Enrique

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— Paris R.

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2 STEPS FORWARD...

[by CJ Sturgis]

Puerto Rican boxer, Orlando Cruz, who broke new ground when he came out as "a proud gay man" last year, tied the knot with his partner in Central Park in NYC on Nov. 16. Thanks to gay marriage being passed in July of 2011, the two can happily enjoy their legal marriage.

19 year old British Olympic Diver Tom Daley recently came out in an emotional video posted to YouTube. "...my life changed massively when I met someone and it made me feel so happy, so safe and everything just feels great. And that someone is a guy."

President Obama showed the nation's disgust for President Vladimir Putin's anti-gay propaganda law when he selected not one, but two openly gay athletes; Hall of Fame tennis pro, Billie Jean King, and Caitlin Cahow, an Olympic medalist in women's ice hockey for the official U.S. delegation to the 2014 Sochi Winter Olympic Games.

Belle Brockhoff, the Australian snowboarding Olympian who came out back in August, is now throwing her support behind 'Principle Six', the new line of protest merchandise that pushes for LGBT non-discrimination. Brockhoff states, "It's simple, it's powerful, and I think it will change a lot of things after the Games."



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When asked in an interview, how many NBA players does he suspect is gay, Dennis Rodman beat around the bush by saying he didn't care. But he quickly commented about the WNBA, stating that "Probably about 50 percent of them are lesbians, right?" Rodman said. "Them damn girls, man, they play like guys. They look like guys."



Freshmen athletes at Mississippi University displayed offensive behavior at a school play performed by fellow classmates. The play was based on the murder of Matthew Shepard, a University of Wyoming student who was killed in 1998 due to his sexuality. The student athletes used inappropriate slurs and laughed at lines that spoke negatively about gays. The matter is now being taken care of by the University.



Back in August, track stars Kseniya Ryzhova and Tatyana Firova kissed each other on the winner's podium to protest Russia's anti-gay propaganda. Now the women could be facing legal trouble considering that their behavior blatantly goes against Russia's much-criticized law that bans anything that may be seen as a promotion of homosexuality.

NBA player Jason Collins came out just months ago in a Sports Illustrated article, right after finishing a season split between two different teams. And although he's received support from other players in the league, and even a congratulatory phone call from the President, a team has yet to offer Collins a position.

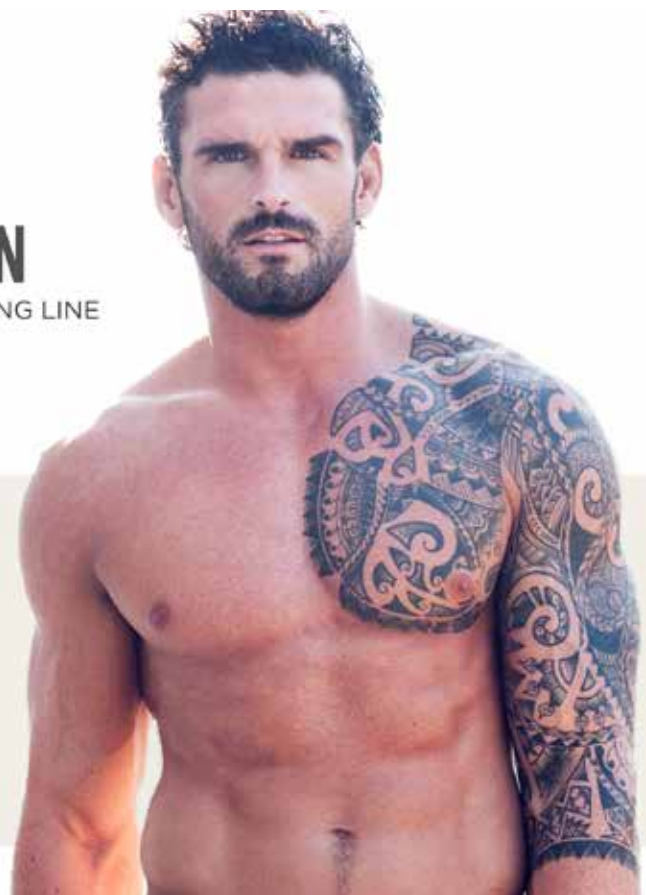
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THAT'S SO Vegas

JANUARY 2014							FEBRUARY 2014						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
			1	2	3	4							1
5	6	7	8	9	10	11	2	3	4	5	6	7	8
12	13	14	15	16	17	18	9	10	11	12	13	14	15
19	20	21	22	23	24	25	16	17	18	19	20	21	22
26	27	28	29	30	31		23	24	25	26	27	28	

Tidbits from The Strip & Beyond

SUNDAYS

- Showtunes High Tea at **FLEX**
- Pride Pajama Brunch Bingo
- "She's Dope" at **FreeZone** (first Sun.)
- REVO at **Revolution Lounge**

MONDAYS

- Karaoke Night at **FreeZone**
- Mondays Dark at **Body English** (3rd Monday)
- Sin Mondays at **The Garage**
- Liquor Bust at **Spotlight**
- Pool and Pong at **Club Metro**

TUESDAY

- Karaoke Night at **FreeZone**
- PJ Slumber Party at **Club Metro**

WEDNESDAYS

- Confidential at **Bond**
- Pride Bingo at **Circus Circus** (Every 1st Wed.)
- Diva Toxxx at **FreeZone**

THURSDAYS

- Dark & Double Thursdays at **Entourage Men's Spa**
- Nothing But Country Thursdays at **Charlie's**
- Prism at **Artifice** (2nd Thurs.)
- Boys Night at **FreeZone**

FRIDAYS

- 3D Fridays at **Piranha**
- Drag Madness at **FreeZone**
- flamBoyance at **FLEX**
- Amateur Night with Jodie Maldone at **Club Metro**

SATURDAYS

- SNAPI Saturdays at **Charlie's**
- What A Drag at **FLEX**
- Drag Madness at **FreeZone**
- CumUnion at **Hawk's Gym**

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7TH ANNUAL SIN CITY SHOOTOUT SPORTS FESTIVAL

JANUARY 16-20

With the goal to create the best LGBT softball tournament in the world, over the years the annual Sin City Shootout has morphed into something much larger as new sports are added each year. Nearly 6,750 athletes competing in 16 different sports will come together for competitive fun on and off the field as there are nightly parties. Find more information at www.sincityshootout.com. ■

EXPOSURE AT LIGHT NIGHTCLUB JANUARY 19

LIGHT, the state-of-the-art nightclub by Cirque du Soleil and The Light Group at Mandalay Bay host the nightclub's first LGBT event, EXPOSURE. This extended nightlife event welcomes guests to an evening featuring multifarious activities, creating an unparalleled art-based experience for the LGBT community, using LIGHT Nightclub as a canvas for an eclectic artistic affair. As the evening transpires, EXPOSURE will transport guests into an alternate reality, guided by Cirque du Soleil performers and music courtesy of DJ Dave Audé and additional DJs to be announced. ■

LGBTQ NIGHT WITH THE WRANGLERS FRIDAY, JANUARY 31

Join our Qmmunity on Friday, January 31 for a thrilling night of hockey as the Las Vegas Wranglers take on the Ontario Reign. Tickets for this special LGBTQ night are at a discounted rate of \$15 with \$5 of each ticket sold benefitting The Center. Stand proud in the crowd and wave your rainbow flag! Tickets may be purchased online through TheCenterLV.org or in person at The Center. ■



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ART OF FITNESS

Kick off the New Year with the feel and experience of artistic performance training at Shine Alternative Fitness

[by Noah Henderson]

In a city where you can indulge nearly all your fantasies, Shine Alternative Fitness brings a new unique experience to Las Vegas. Introducing a new way of fitness, co-owners Dima Shine and Russ Petroni have created what they like to call 'The Art of Fitness' in their new venture, Shine Alternative Fitness. Shine and Petroni both have extensive careers with Cirque du Soleil, as do many of Shine Alternative Fitness' trainers.

Dima Shine, world champion in acrobatics with over 30 gold medals, has toured with Cirque du Soleil nationally and internationally. Shine is currently a solo artist at Cirque du Soleil's production of Zumanity in Las Vegas.

Russ Petroni has been equally immersed in the Cirque du Soleil family for over 13 years and currently serves a Production Manager in Las Vegas. Petroni has always had the business mind for the arts, serving as Assistant Company Manager and a coach during his career with Cirque. Prior to joining Cirque, Petroni was a professional musician. He subbed for 'Phantom' at the Venetian



and was a member of the Las Vegas Philharmonic.

Both of these outrageously talented men have teamed up to introduce us to the art of alternative fitness. Let's face it, many of us don't enjoy lifting weights or the wait for the sweaty and dreaded StairMaster. Shine Alternative Fitness studio features an array of classes that focus on developing coordination, flexibility, creativity, balance and over-all body awareness. All of which gets overlooked when reaching for fitness goals.

TRY IT FOR FREE!

Shine Alternative Fitness, located at 6415 South Tenaya Way, will kick off the new year with free classes all day, Thursday, January 2. Individuals can try all of the unique group fitness offerings Shine has to offer.
www.shinealternativefitness.com

Named one of the “Coolest Fitness Clubs in America” in the March 2013 issue of *Shape Magazine* and noted “Best-off-the-Wall-Workouts” in *Las Vegas Weekly*, Shine Alternative Fitness is recognized for its accessible workouts for people of all skill levels. Just short of their two year anniversary, they’re not only jump-starting healthy routines but they are providing a fitness experience that brings the unique “circus” workout to the general public, providing an up close and personal exposure to Cirque like fitness.

The studio features an array of exclusive fitness offerings such as Zumba and Xtreme Boxing to proper dance classes like ballet and contemporary dance; aerial classes like ANTIGRAVITY® Yoga to full on aerial arts classes.

Aerial Silks

Feel like a performer in an Aerial Silks Fitness Workout and simultaneously develop your upper body, core and grip strength, which allows you to support your own weight on the aerial silks. Positioning on the fabrics will develop flexibility and body awareness. Discover your confidence while suspending, falling, swinging, and spiraling your body into and out of various positions.

Specialty Classes

Then, take your fitness to a whole new level or just fall in love with specialty classes. Gain incredible cardio and strength training full body workout through spinning, climbing, inverting while focusing on flexibility, core conditioning, arm strength, body awareness, body alignment and overall fitness. Pole Fitness and ANTIGRAVITY® Yoga are designed to increase overall health and physical agility creatively.

Classes can be purchased individually or in packages all which can be mixed and matched. Classes are intimate, generally accommodating 8-16 people per classes. To get the best of your Shine Alternative Fitness experience check their Facebook fan page as generous promotions and deals are offered weekly. Register for a class easily online at shinealternativefitness.com. ■

MEN OF SHINE



Michael Lipari

Aerial Silks

Michael Lipari has an extensive background as a professional aerialist. He has traveled all over the world, performing for over 10 years with top companies and artists. Lipari is extremely passionate about life and everything he does. Most recently, Lipari returned to Las Vegas from Singapore where he

created a brand-new act for a multi-million dollar production in which he performed as a principal aerialist.

His other career accomplishments include performing as aerial captain in Kylie Minogue's Aphrodite World Tour, performing on the Ellen DeGeneres Show, and performing at The Grammys. Lipari has also worked with recording artists Nelly Furtado and The Black Eyed Peas. However, the achievement Lipari is most proud of is being the first-ever aerialist to appear live on “America's Got Talent,” making it all the way to the season finale.



Suwasit Ritthiphon

Pole, AntiGravity Yoga, Aerial Silks

Born in Udon Thani - a remote town in northeastern Thailand - Suwasit now makes his home in Las Vegas, Nevada, where he has professionally pursued dance and the art of movement since 1998. An extensive training in: Hip-Hop, Jazz, Modern, Contemporary, Ballet, African Dance, Acrobatics and underwater performance landed him roles in long-running shows such

as; Splash! at the Riviera Hotel, “AZURE” an Underwater Show at Silverton Hotel, as well as a nine-year stint with the Culture Shock Las Vegas Dance Company. His ultimate career GOALS and DREAMS are to become a World Pole Dance and Fitness Champion, feature performer in a major production show, and have a successful business.

[by Michael Barberi]
www.myvegasobsession.com

JASMINE

The casino at Bellagio has an air of classicism, harkening back to the glory days of the famed Monte Carlo Casino in Monaco - opulent and impressive. It should come as no surprise then, that the restaurants at Bellagio should strive for that same classic feel. At Jasmine, you'll find classic Cantonese fare,

along with Szechuan, Hunan, and Hong Kong style offerings, presented in a gorgeous, fairy-tale-ballroom-like setting. As I stepped into the restaurant from the noise of the casino, I was stunned at the beauty and serenity of the space - plush armchairs at immaculately set tables, chintz window treatments in shades of

red, gold and pink, chandeliers with tiny lampshades over each bulb producing a diffuse, pinkish light that was at once flattering and comforting. The Chinoiserie was extremely subdued, confined to a few deft touches, and at the far end of the room, was the visual star of Jasmine: floor-to-ceiling windows creating a stage of sorts, showcasing the Fountains of Bellagio. Diners were treated to the amazing aquatic show with an unsurpassed view, and the musical selections to which the fountains danced discreetly piped in through the sound system.

At the table, my server presented me with an iPad containing the cocktail menu.

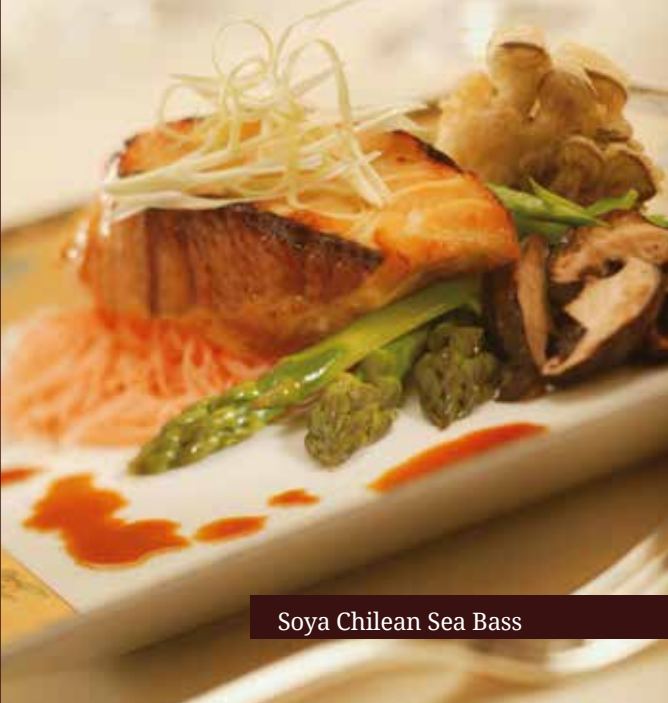
I decided to start with the Kiss Of The Dragon, a refreshing concoction with lovely citrus notes up front, but a surprisingly spicy finish. I settled in with my drink and studied the menu.

Before I'd had the chance to make my selections, the chef sent out a Shrimp Salad featuring nicely poached shrimp, frisee lettuce, pickled lychees and lotus root, and candied walnuts, dressed very lightly in a chili lemon vinaigrette - the clean, bright flavors were a tongue-tingling tease for the meal to come.

My appetizer, the Duck Trilogy - a trio of duck dishes, each in a different style, was an ideal start. First, the Duck Meat Salad - roasted chopped duck meat tossed in a lightly acidic dressing, along with mung bean sprouts and jicama, served in a butter lettuce cup. The leg and thigh meat had a deep, subtle duckiness which combined nicely with the clean flavor of the sprouts and the sweetness of the jicama, giving the salad a nice restraint. Also on the plate was the Roasted Sliced Duck - thick slices of tender, juicy duck breast with irresistible, golden-brown crispy skin. Accompanied by a nicely sweet/spicy hoisin sauce, this was a duck-lover's



Wu Xi Ribs



Soya Chilean Sea Bass

dream. Clearly the chef and his staff have mastered the art of roasting duck to perfection. Lastly, there was the Pan Fried Foie-Gras - a smooth, buttery slice of duck's liver, with a delicate sear on the outside, and topped with preserved pears - a sweet counterpoint to the rich, livery flavor, and the perfect seasonal pairing for a chilly winter's evening.

Next came the Imperial Hot and Sour Soup; a velvety combination of the traditional spicy brown broth, with jar choy - a pickled mustard-like root, tofu, vinegar, wood ear mushrooms, egg white, bamboo shoots, and in this case, sea cucumber. The broth was hearty but didn't reveal its warm spiciness until the very end, when it hit me at the back of the palate. There was also a deep, woody undertaste to the soup, which I attributed to the exceptionally fresh wood ear mushrooms. The sea cucumber didn't have much actual taste, but the Chinese believe they have medicinal properties and are good for virility. I was told that it was the addition of the odd, slug-like creature that determined the soup to be of Imperial quality - a true "luxury" item.

My server asked if I might like some tea with my meal. I opted for the Chrysanthemum Tea - apparently very popular with the Asian diners at the restaurant. At first, the tea had a taste that was barely perceptible. As the tiny blossoms in the teapot continued to steep, the true floral essence was revealed and I was captivated by the gorgeous flavor and aroma of this subtle, delicious tea, sweetened with just a bit of rock sugar.

Soon, my main course dishes arrived: First, the Wok Fried Flank Steak, served with a BBQ Garlic Sauce and Scallions. The sauce, while clearly "barbecue" in nature, was subtle enough to let the natural flavor of the flank steak shine through, and the crisp, oniony bite of the scallions complemented the steak perfectly. Next, from the selection of noodle and rice dishes, the Kobe Short Rib Rice Noodles - delicate rice noodles topped with melt-in-your-mouth

slices of Kobe short rib, Honshimeji mushrooms, a delectable, plummy sauce sweetened with rock sugar, served with crunchy choy sum, a leafy vegetable similar to bok choy.

There were several tempting desserts from which to choose, but my server asked the magic question "Why choose?" She had the chef prepare me a dessert sampler. Lucky me! In a few moments, the charming Executive

Chef Hiew Gun Khong came to the table, and we chatted easily about his pride in the restaurant and how he wants to expand the Asian cultures represented on his menu, especially during their brunch, which is known to be one of the best in Las Vegas!

When my desserts arrived, I was honored to have Chef Hiew describe them to me himself! I loved the Jasmine Tea Panna Cotta with orange jelly - like a flavorful cup of jasmine tea turned into a light, yummy dessert. There was also Purple Sticky Rice topped with coconut sorbet, remarkably fresh-tasting Honeydew Melon Tapioca with mango sorbet, and my personal favorite, the Iced Mango Bamboo - delicate tubes of white chocolate decorated with dark chocolate giving them the appearance of bamboo, filled with delicious mango sorbet.

I was told that many Asian visitors treat themselves to meals like this during the period of Chinese New Year but I can honestly say, that Jasmine is a restaurant anyone can enjoy at any time of the year! ■

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QuickPics

[by Garrett Pattiani]
garrettsgayguide.com



GARRETT'S
Gay Guide

On December 9, 2013 I had the opportunity to attend the TREVOR Live event in Los Angeles, CA and represent QVegas and Garrett's Gay Guide. A-List celebrities, including Trevor Award Hero recipient Jane Lynch (plus many of her fellow Glee cast-members) all the way down to the D-List Diva herself, Kathy Griffin, made their way across the Red Carpet to support this great cause.

Founded in 1998 by the creators of the Academy Award®-winning short film TREVOR, The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to LGBTQ young people ages 13-24. Every day, The Trevor Project saves young lives through its accredited, free and confidential phone, instant message and text messaging crisis intervention services. A leader and innovator in suicide prevention, The Trevor Project offers the largest safe social networking community for LGBTQ youth, best practice suicide prevention educational trainings, resources for youth and adults, and advocacy initiatives. Learn more at TheTrevorProject.org.

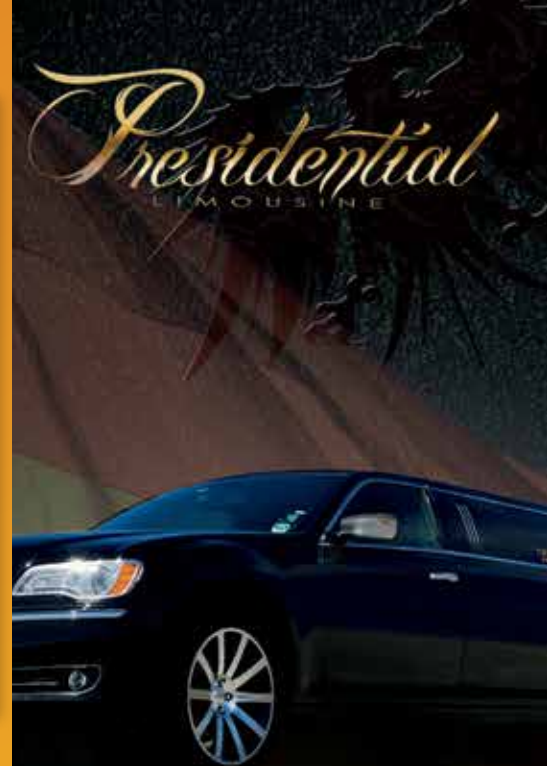


TREVOR



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CARE BARE

Stuart Reardon

FOOTBALLER WAXES AND SHINES FOR LGBT CAUSES

[by Chris Jenkins]

American footballers can learn a thing or two from their European counterparts, especially when it comes to standing up as LGBT allies. Professional rugby league player Stuart Reardon is the latest to raise his voice in support, arguing in recent interviews against Russia's inhumanity toward the LGBT community.

Last month, he announced he was partnering with Axiom For Men, the men's skin care line, in their effort to raise money and visibility for LGBT organizations. When customers buy any Axiom For Men product, the company donates a percent of sales to LGBT charities including Family Equality Council and The National Center for Transgender Equality, among others.

We sat down with the burly footballer to discuss how he is preparing for the upcoming season and to learn if the new partnership means he'll be waxing his front and rear-don.

The news has been reporting on bullying in the American football locker room. Does bullying exist in the rugby locker room?

I've never seen bullying in the locker room. We make jokes but it doesn't go any further than that. The coaches wouldn't tolerate it.

What is something a guy might get chided for?

Well, the fact that I model has been a good source of jokes.

Really, a big guy like you gets picked on?

Sure, but I don't mind. It's really all about the camaraderie. It never erupts into anything serious or personal. We're just trying to have a laugh.

How will they react to your being the new face of men's skin care?

Some might have a laugh but most guys use products these days. When they see all the loot in my gym bag, they'll be begging me for it.

You actually use it?

Of course. The hair removal cream, in particular, is an important part of my gear, not only for photo shoots but for when I play rugby. If my legs are hairy it gives opponents something to grip onto when tackling and also makes treating abrasions more painful.

How often do you wax?

Once a month. Luckily, I'm not naturally hairy. My legs are hairy, but my chest isn't.

Waxing probably helps your tats stand out.

Actually, that's true. That was how I first started using Axiom. Their cream is known for not fading ink. My tattoos are very personal and important to me.

Several rugby players have stood up as LGBT allies, among them: Ben Cohen, Nick Youngquest and now you. Why have rugby players stood up but not American footballers?

I don't know that much about American football culture. In the UK, times are really changing and people are much more open-minded than they were even a decade ago. **Have you played against Cohen or Youngquest?**

I have not played Ben. I hear he's a good winger. I have played against Nick in the Super League. He's a great player. He'd have to be as he plays at the highest level.

Would it be safe for a professional rugby player to come out of the closet?

I think so. Gareth Thomas came out. He had a tough ride for a while, but he found acceptance.

Visit Axiomformen.com.

How would you feel about having a gay player in the showers with you?

I wouldn't even think twice about it. It would be like showering with any other player.

What are your thoughts on Russia's new anti-gay LGBT laws?

They're disgusting.

Should U.S. and UK athletes boycott the Sochi Olympics?

I don't think so. If I were one of the athletes, I'd rather make a statement through competing. I'll always choose solving things on the field. It puts out a stronger message than boycotting.

How are you gearing up for the next sporting season?

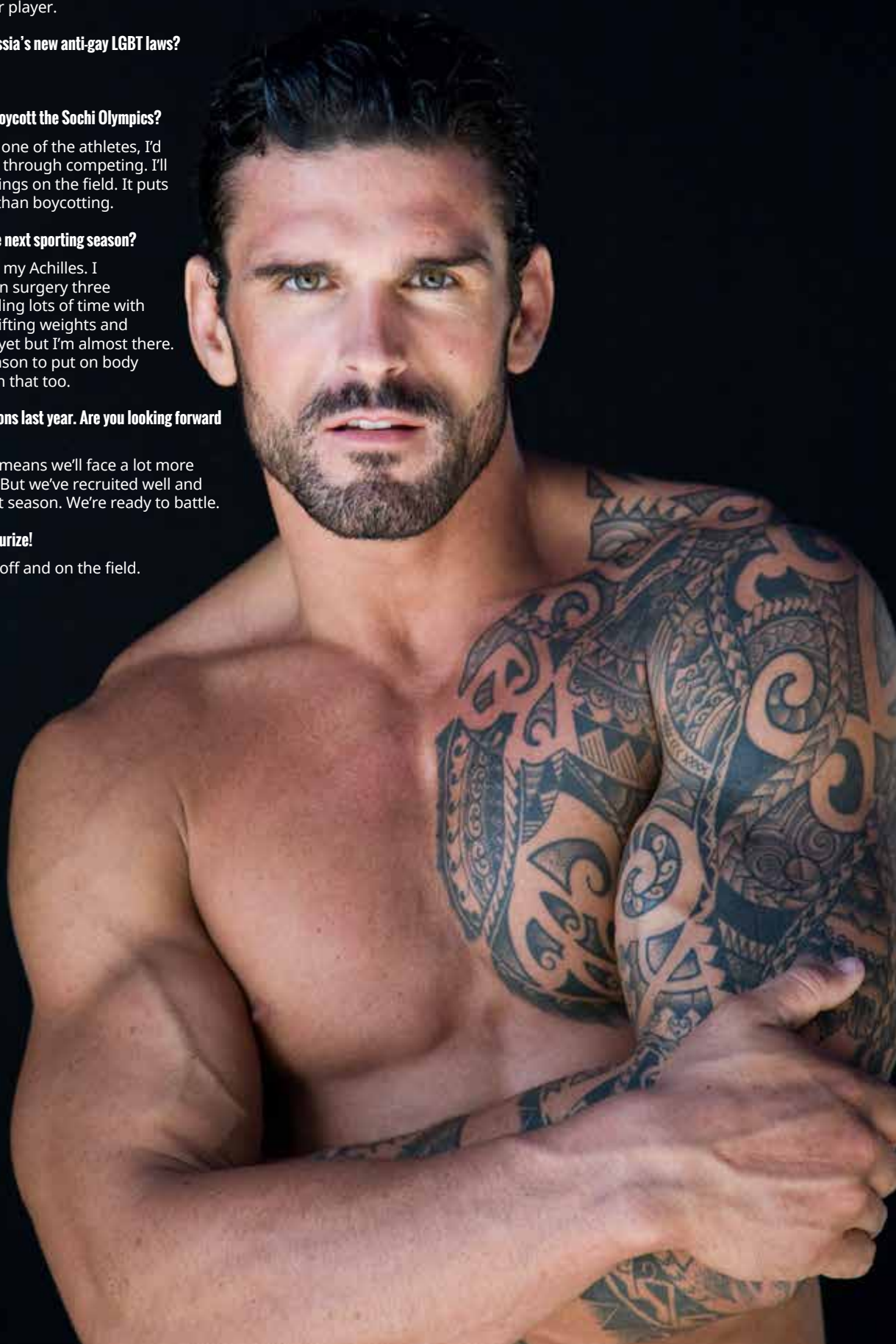
I'm currently in rehab for my Achilles. I underwent reconstruction surgery three months ago so I'm spending lots of time with physicians and trainers, lifting weights and doing cardio. I can't run yet but I'm almost there. This is the time in the season to put on body weight, so I'm working on that too.

Your team was league champions last year. Are you looking forward to defending your title?

Coming back as champs means we'll face a lot more competition this season. But we've recruited well and everyone is excited about season. We're ready to battle.

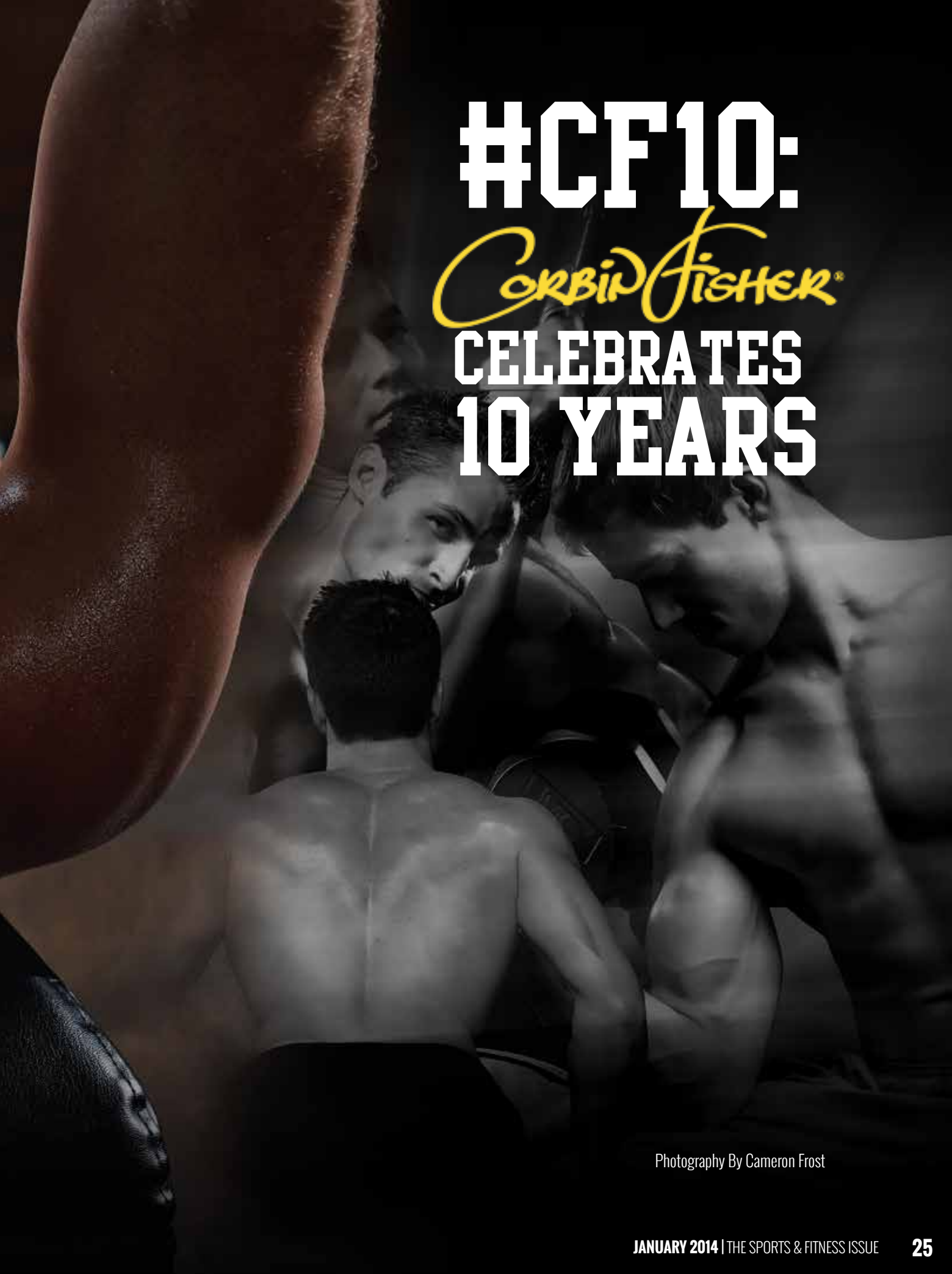
But first, make sure you moisturize!

Of course, I aim to shine off and on the field.





SCOTT



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The Bodyguards
Photography by Tom Donohue

GAZILLIONAIRE & THE RAUCH BUNCH

NEAR 1,000 PERFORMANCES

Las Vegas has spoken! Due to critical acclaim and popular demand, ABSINTHE's filthy rich impresario, The Gazillionaire, has announced that Las Vegas' "Best New Show" will remain in the spotlight at the glimmering epicenter of the Las Vegas Strip, the Roman Plaza at Caesars Palace.

Hailed by *Chicago Sun-Times* as "sexy, funny, unabashedly raunchy," ABSINTHE at Caesars Palace is an acro-cabaret variety show featuring wild and outlandish acts in a theatre-in-the-round presentation. Audiences are treated to a night of imagination and excess as the cast of eccentrics perform amazing feats of strength, balance, danger and unfathomable flexibility within mere feet of the audience surrounding the intimate stage.

"With the ridiculous amount of money that I put into this show, having it stay here at Caesars Palace isn't such a bad idea," said Gaz. "Besides, everyone here in Vegas loves us so much, it'd be a shame to take that away from them."

A Sin City favorite since opening in April 2011, fans have agreed that ABSINTHE, the acro-cabaret variety show, should remain a permanent fixture in the 'Entertainment Capital of the World.' ABSINTHE's producer The Gazillionaire, his assistant Penny Pibbets and the rest of the raucous bunch at ABSINTHE are excited to continue delivering their jaw-dropping performances and entertainment that fans have come to know and love.

"We are pleased and extremely proud that ABSINTHE will remain at Caesars Palace," adds Scott Zeiger, co-chief executive officer of BASE Entertainment. "ABSINTHE has truly made its mark in Las Vegas; delivering show-stopping and awe-inspiring entertainment each and every night."

Coming up on its third year with more than 1,000 performances, ABSINTHE at Caesars Palace takes audience members back to a place where the raw energy, talent and sensuality of performers from around the world tempt every sense imaginable.

Spiegelworld impresario, Ross Mollison said, "Las Vegas is the perfect place for us! With ABSINTHE being so well received by both the critics and audiences alike, we felt that we needed to extend this production and make a home here at Caesars Palace."

"In keeping with the Caesars Palace tradition of delivering high-quality, innovative entertainment experiences to the Las Vegas Strip, ABSINTHE has delighted both guests and critics alike," said Gary

Selesner, Caesars Palace president. "With the addition of ABSINTHE and some new dining venues, the Roman Plaza has become an exciting, Strip-side entertainment hub."

Guests will find the ABSINTHE venue suitable for all seasons, integrating the old-world charm, theater-in-the-round presentation and intimate nature that audiences have embraced.

ABSINTHE show times are Wednesday - Sunday at 7:30 PM and 9:30 PM, with no show on Monday and Tuesday. The schedule is subject to change without notice. ■



The Gazillionaire

Photography by Tom Donohue

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FLUXFORM }

QVEGAS PEEPS CAST OF EXPOSURE

Photography by Max Damian

Sin City's most stimulating night for gay Vegas is soon to be exposed. Cirque du Soleil, The Lightgroup, QVegas Magazine, and Garrett's Gay Guide bring you an event that is sure to inspire your artistic side, as well as arouse your sensual side. EXPOSURE is being held at LIGHT nightclub at Mandalay Bay on January 19th, 2014.

With style and finesse, the cast bring their exhilarating energy and striking physiques to the stage, the floor and even the air above the crowd.

The evening's events will be supplemented with an LGBT-inspired art exhibition, extrasensory live art performance, with distinctive video content. Throughout the evening, performers appear in an alluring high fashion aesthetic, displaying the natural beauty of the performers' bodies. Visual performances will be projected on the bodies of performers creating a symphonic experience that will captivate the show-goers. New aerial acts above the audience, never seen at LIGHT before, will tease voyeurs in the crowd as performer's bodies hang and sway over the dance floor. Tickets are available on QVegas.com, GarrettsGayGuide.com or on the QVegas iPhone® App.

As an entertainer, everyone knows that diet and exercise is essential in maintaining a healthy and sexy physique for performing. In this month's QVegas Peeper, the cast of Exposure share their daily diet regimens and favorite workout tips. ■



ADRIAN

Romania
Acrobat

Breakfast for me is carb overload, consisting of oatmeal, bread, and egg whites. Lunch is always a healthy balanced meal, like a chicken or fish sandwich with light spread, and a salad. Dinner is always a healthy protein meal with lots of Vegetables. My rule for dinner is NO CARBS!



MICHAEL

USA
Aerialist

For breakfast I usually eat 3 eggs, yogurt, a banana and coffee. Lunch and dinner generally consists of a salad and a protein. I also eat lots of veggies, rice and beans. I try to stay away from soda, and lots of sugar as well as heavy foods. Think light! I prefer to drink my calories in a nice cocktail. I actually do not work out at a gym. I stay fit by training aerial, performing and teaching as an aerial instructor. I will take a kick fit (kick boxing) class as well as swim or hike to keep up on my cardio.



DYLAN

USA
Gymnast

Every morning I take Multivitamins, Fish oil, Vitamin C, and Testosterone M. Throughout the day I try to keep my meals around 1,800 Calories, and 100 grams of protein a day. I'm 5'8 and 145lbs. so I like to stay lean. I jog 3 miles a day, and do yoga at least 3 times a week. I focus a lot on abdominal strengthening positions. I don't lift much, so for arms I like to do pushups, pull-ups, and free weights. Post workout always includes stretching and a creatine shake.



ANGEL

Canada
Aerialist

I like to start my day off with a bowl of oatmeal, and a vanilla latte, just because I can. A protein drink and a simple piece of fruit, like a banana or apple, always make for a good meal. Dinner is where I like to splurge, but that's because I like to treat myself after teaching 7 hours a day on aerial fabric.



JULIO

Brazil
Aerialist

My daily food intake consists of lots of protein. Mostly tuna, broiled fish or chicken and protein shakes. I practice an extensive workout regime to maintain size and strength, concentrating on one area each day, while resting two days a week to ensure recovery and muscle growth. Chest & Triceps on day 1, Back & Traps on day 2, Quads & Calves on day 3, rest on day 4, Shoulders & Biceps on day 5, Dead lift & Hamstrings on day 6, and again resting on day 7.

TIMBER

USA
Acrobat

The key word in my diet is moderation. I strive to be happy and healthy inside and out, both mentally and physically. If my mind is craving chocolate, I eat it. If I don't allow myself to eat something I am craving because of the focus on my physical appearance, then my mind suffers. I don't have a strict exercise plan. I do a simple overall body workout between every other day and every 3 days. However I have a pull up bar and dumbbells placed in the area of the house that I am in most. This allows me to randomly for 3 sets of 20 when it's a commercial break.



URTREEEN

USA
Model/ Martial Arts

My diet consists of meals that are high in carbs and protein. I stay away from products that bloat the body such as dairy, and I do not drink alcohol. I eat five well-balanced meals per day and drink at least 120 ounces of water throughout the day. I exercise at least four times a week to keep my body conditioned. I alternate between upper and lower body exercises every other day which dramatically accelerates my results of maximum definition. I utilize Pilates for abdominal structure and yoga to establish flexibility for speed and agility. Maintaining a sculpted physique requires a somewhat extensive cardio routine to bring a balance to my overall workout.



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THE ARRIVAL

Being one of the first to arrive to the club is for out-of-towners from the Midwest, party-of-one roamers and closeted daddies. 12:30 AM is usually a good time to arrive because you're early enough to grab a drink without dealing with the thirsty stampede at the bar but you're not too late to catch your friends still tipsy and not drunk.

THE DRINK

Choose your signature drink and stick with it! There is nothing more annoying than debating what to drink while at the bar....not only will the bartender hate you but also everyone and their gay uncle who's waiting to get a drink. Don't mix your liquor! If you're drinking vodka than stick with vodka. While mixing in a shot of tequila won't end it for you, bangin out one after another with vodka/soda as your chaser is def going to be a nightmare to deal with later! If you plan on getting super cray drunk than make sure to stay hydrated through out the night by drinking plenty of water between drinks and shots. Lastly, DO NOT THROW UP IN DA CLUB.....EVER!

THE BOTTLE SERVICE

It's only acceptable to join someone's table if you're invited, otherwise stay the f*** out. If you're having more than one drink from someone's bottle, even if it's a comp, hand over a \$20 you rude cheap bitch! The only exception to this rule is if you're doing someone a favor by sitting with them, in that case drink up and look pretty hunty!

THE MAKE-OUT FAUX PAS

Unless the guys making out are really hot (which rarely, if ever, is the case) the public tongue bath is something no one wants to see especially because most of the time the ones going at it are beyond white girl wasted and look like they're attacking each others faces like zombies from The Walking Dead! Also everyone will be judging you, taking pictures and uploading them to their Twitter, FB and Instagram with the hashtags #Mess #Gross #Tragic etc.

THE REMOVAL OF THE SHIRT

The general rule is no. However there are some exceptions like Matinee

Weekend where it's basically a requirement to be shirtless! More importantly though it takes a certain personality to "pull it off" for example really hot ripped guys. Much like the dance-floor-face-eating zombies, the ones without shirts are typically the ones you wish would keep them on.

THE FORBIDDEN GO-GO BOX

If a gay club were the Garden of Eden and the patrons were Adam then the forbidden fruit would be the go-go box. DO NOT GET ON THE GO-GO BOX! Like Adam, you too will probably get kicked the fuck out of the Garden of Eden gay club.

THE DJ

The djs at gay clubs may not be Avicii, Tiesto or Guetta but that doesn't mean they don't have their own style, sound and set! Respect their craft and don't request your "fav song" that is probably just another gay anthem that the dj already has set to play at 3:30 AM during his piss break. If you insist on being a douche then at least hand over a fuckin \$20 for your inexcusable lameness.

THE ATTRACTION

The night is young and there are plenty of gays that are equally as horny as you so skip the coy and go up to the guy you want! If he's short with you then you know to end it there but if y'all are chatting up a storm than you're on the right track! If he says he has to get back to his friends than he may not be that into you but there still might be hope! Wait to see if he comes back to talk to you at some point in the night and if he doesn't than there's your answer. Don't be pissed that he rejected you and whatever you do don't be the socially dysfunctional pushy ass that can't get da hint!

We hope this will bring forth well-mannered gays to the club, but to those who could care less about etiquette, please do continue your debauchery of ratchetness... for what fun is the gay club what out the messy ones!



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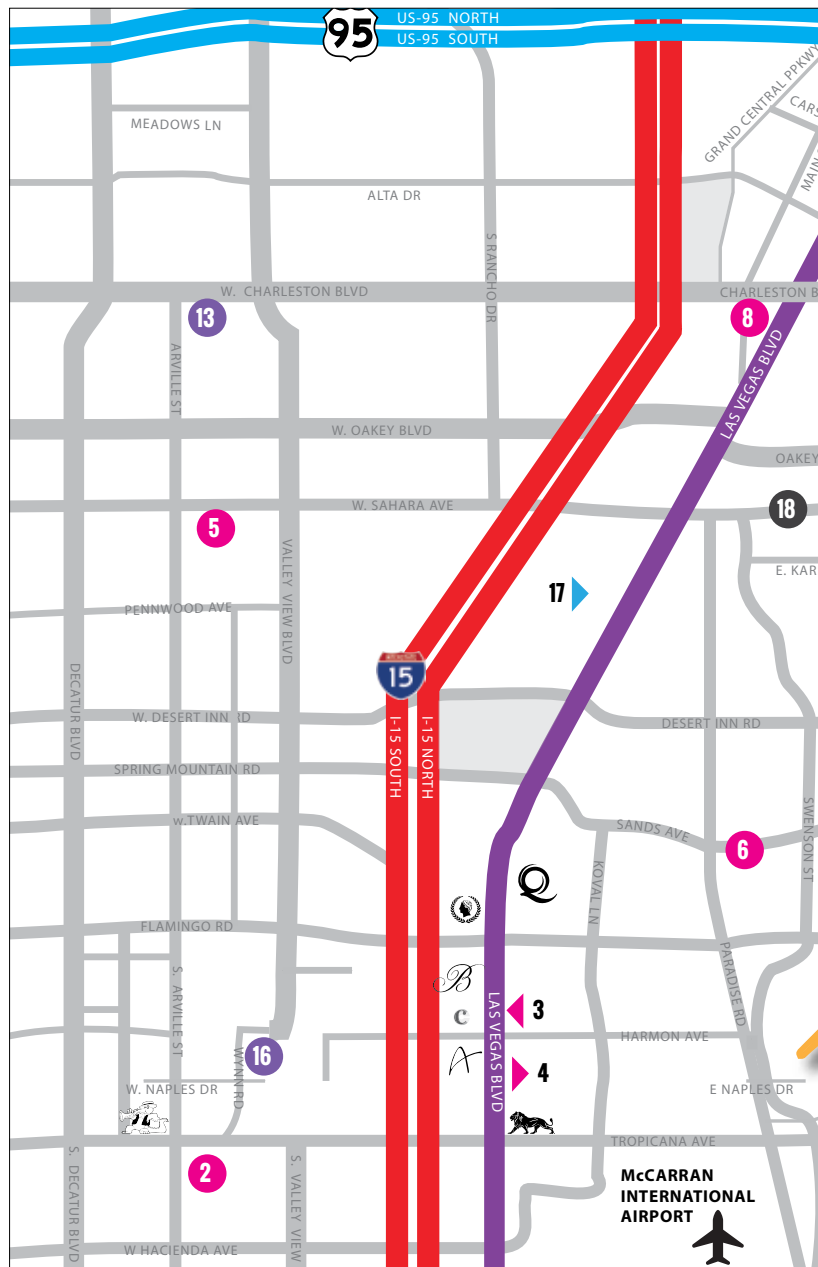
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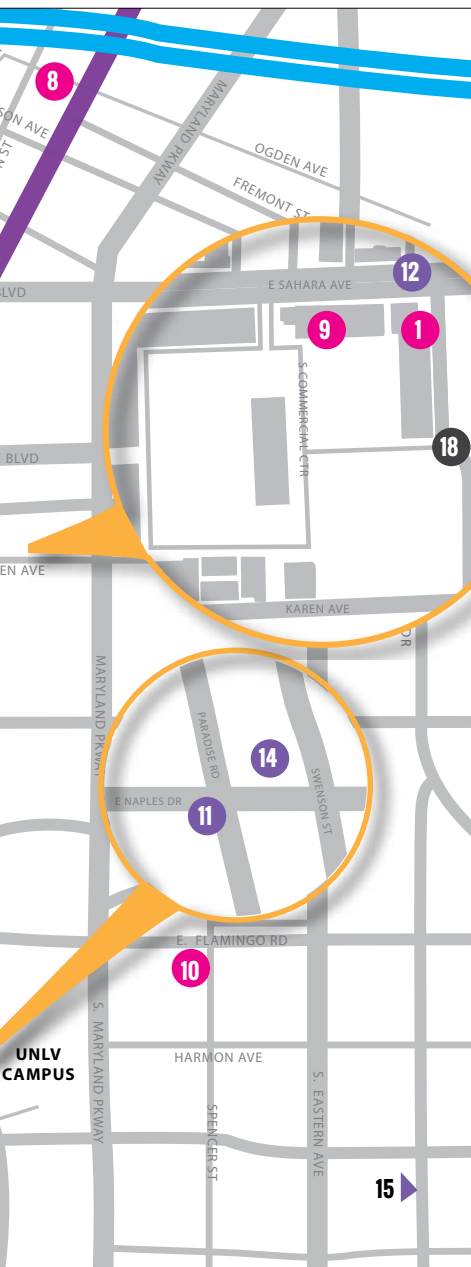
- 16 **Share Nightclub**
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CAPRICORN

Dec 22 - Jan 19

A gifted adviser enters your life this month Capricorn. Deep personal healing occurs by clearing away past negative distortions of self, your future, and the outside world. By setting such distortions aside, you gain a deeply valuable understanding - you are already healthy, whole, and complete. The more you accept about yourself this month Capricorn, the more satisfaction you derive from simply being you.



AQUARIUS

Jan 20-Feb 18

Know when to use your mind vs. your heart in making decisions this month Aquarius. Realize that the mind is to be used to get us through day-to-day decisions, but in following the heart, we free ourselves to experience what we truly treasure in life.



PISCES

Feb 19-Mar 20

Serendipity has often knocked on your door but your busy mind made it seem like you were never home. Fortunate mistakes have occurred in your past, but worry has kept you from sensing the divine plan for yourself. Suspend resentment over the past and all fears of the future this month Pisces. Review the synchronicity of key life events to help you realize, that you too are guided.



ARIES

Mar 21-Apr 19

A call to forgive yourself from all past harm caused to others occurs this month Aries. Such regrets have weighed heavy on your heart yet, in truth they are only gentle reminders to love in face of all circumstances. Accept yourself as the perfect child of God that you "already are today" to free your soul's infinite loving nature.



TAURUS

Apr 20-May 20

Everything in life has a time and a purpose. Even though you feel the cards have been stacked against you, know this too shall pass. You are reminded this month Taurus to never give up on your dreams. Your goals by design are meant to carry obstacles, simply so that you may overcome them. A prescription of healthy distraction in what you find pleasurable brings balance as you wait for the storm to pass.



GEMINI

May 21-Jun 20

A call to create and share fond memories is in order for the New Year. Reaching out to an old friend or family member occurs if you so choose it. Warm appreciation of what was once shared follows, but in a much more healthy way. Follow your intuition to recreate healthy reconnections this month Gemini.



CANCER

Jun 21-Jul 22

A new spiritual way of being is achieved this month by self-reflection Cancer. Were all of your past hurts actually caused by the actions of others? Or did you, in spite of seeing all the flags actually "choose to" stay? Commit to requiring healthy two-way streets in all whom you meet in 2014. Choose only those who are "ready, willing, and able" to give back to the extent that you put in.



LEO

Jul 23-Aug 22

A celebration is at hand for all of your efforts in the past year. As you look back, balance the ups and downs with gratitude knowing that you've achieved what was most important last year. The ritual of writing a letter to your Higher Self in review of, and release of 2013, frees your soul for new adventures in the upcoming year.



VIRGO

Aug 23-Sep 22

Financial gain is an imminent reward for your time and energy this month Virgo. Allow the chaos of what is around you to provide the needed focus to achieve what matters most. Let go of all worry about things you can't change by taking action on the bright goals that you can achieve.



LIBRA

Sep 23-Oct 22

A new identity is taking form in you this month Libra. As you feel confused as to who you are today compared to the past, welcome all changes. Know that feeling out-of-place is normal in times of transition. Ask yourself: What new or old activities make you feel most like yourself today, and engage them Libra.



SCORPIO

Oct 23-Nov 21

In view of the new year, a call to contemplate your life purpose in this incarnation occurs this month Scorpio. Become more aware of your life purpose by simple imagination. Simply "imagine" what your life purpose may be. What thoughts, feelings, and images are you aware of that offer a glimpse into your life's true purpose?



SAGITTARIUS

Nov 22 - Dec 21

Past hidden aspects of your personality find the safety to resurface this month Sagittarius. Whether hidden by past caustic environments or a fragile ego's need to simply fit-in: your curiosity, creativity, and intuitive self reemerge in full-force. Engage the nonsensical this month to experience your soul's new-found freedom.

LGBT Spirituality Group forming in Vegas.
Please contact Mike at www.PsychicMike.com
for more information.

QVegas 2.1

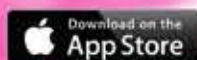
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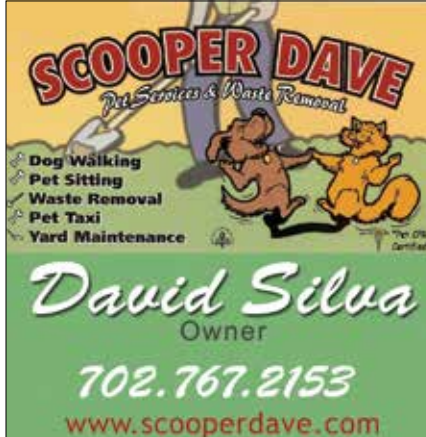
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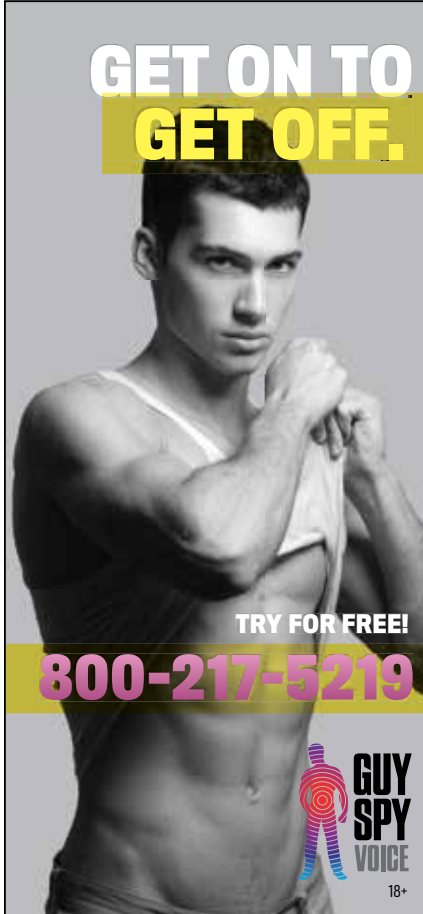


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last word!

“ONE MEETING ONE CHANCE” TIPS FOR RECEIVING A GREAT PSYCHIC READING

By Mike Schopp

a medium and catalyst for positive change



“Ichigo, Ichie”
Slate Carving by

Guy Junker
www.ironsuba.com

One seemingly single random “by chance” meeting has the extraordinary power to change, if by only a few degrees, the direction and course, and therefore over time, the experiences, and final outcomes in life.

This phrase from ancient Asian culture shares with us an understanding that certain unique opportunities may only be presented once in life and that there is a sense of urgency to tune-out the noise outside as well as the fear inside so that we may experience the unimaginable & unexampled possibilities in life.

As a spiritual psychic medium, I am passionate about sharing my psychic gifts and heartfelt concerns for the spiritual development and well-being of others. Did you know that statistically, 1 in 7

Americans have previously consulted with a psychic? Many people engage psychics for advice on relationships, career, finances, and spiritual development to name just a few. LGBT folks more often seek psychic advice since they know on the deepest level of their soul, the value in questioning commonly held societal beliefs.

As in all professions, you will find varying degrees of capability, passion, and commitment to helping others. The psychic field is no different. I’ve spent the last 20 years as a professional medium and have also received many readings throughout the year. I wish to share some insight to get the best quality psychic readings.



Mike Schopp is a professional Psychic Medium and QVegas’ QVibes contributor. He offers “Money-Back” Guaranteed Readings.

To schedule a reading with Mike, visit www.PsychicMike.com

GET REFERRED TO A PROVEN PSYCHIC

If you needed a plumber, wouldn’t you ask friends who they’ve used in the past with good results? Being referred to a psychic by a friend who can attest to their level of accuracy and helpfulness is your best bet.

CHOOSE THOSE WHO PROVIDE REASONABLE RATES

Especially for your first reading, select those who offer “reasonable” rates (\$75-\$150/hour is the norm). Understand that others’ higher rates may simply be due to a business model of having large numbers of clients or media exposure which may have increased their rates but, not necessarily the quality of their work. Higher rates do not mean higher quality.

SEEK PSYCHICS WITH A COUNSELING BACKGROUND

The best psychics are those educated in counseling. Each of us is more of an emotional being than we wish to admit. We often make choices first by emotion, and then later support such choices by rational fact. Psychics with counseling backgrounds are able to best operate in between these two realms to deliver messages in the most helpful manner to your unique life, personality, and life circumstances. Such psychics can better help you best attain peace of mind and achieve your goals.

TAKE A “TEST-DRIVE”

Would you buy a car without a test-drive? Go for the “test drive” on a psychic you intuitively feel drawn to, but may have no past experience with. Select a 30 minute reading and judge the quality for yourself. You can always extend the amount time or reschedule an additional reading afterwards.

USE YOUR OWN INTUITION

Use your own intuition to select from the “buffet” of information provided, that which resonates with you. Connect to what resonates with you and let go of the rest. Ultimately a good reading should provide you with specific information that connects to you intuitively. If you are getting at or above 80% resonance on specific information provided, that is a very good reading. Who knows, often the other 20% may be in your short-term future.

“TAKE ACTION” ON ADVICE YOU RESONATE WITH

All readings are about what can happen in the future with necessary actions already taken. Some clients will respond to a reading “wow, that’s great, do I have to do anything?” As with all advice, “taking advice” isn’t enough; “taking action” is. A psychic doesn’t do your work for you, nor solve your problems. He or she only provides information from your Spirit-Guides so that you yourself may make better choices and “take action” to achieve what you wish to.

If you follow the above, you will find some wonderfully capable, passionate, and helpful psychics who may surprise you with their insight. Remember, two points in your spiritual evolution: The universe only rewards action. You chose to incarnate into this lifetime to overcome any and all obstacles, simply to achieve your soul’s dreams so that you could grow. ■

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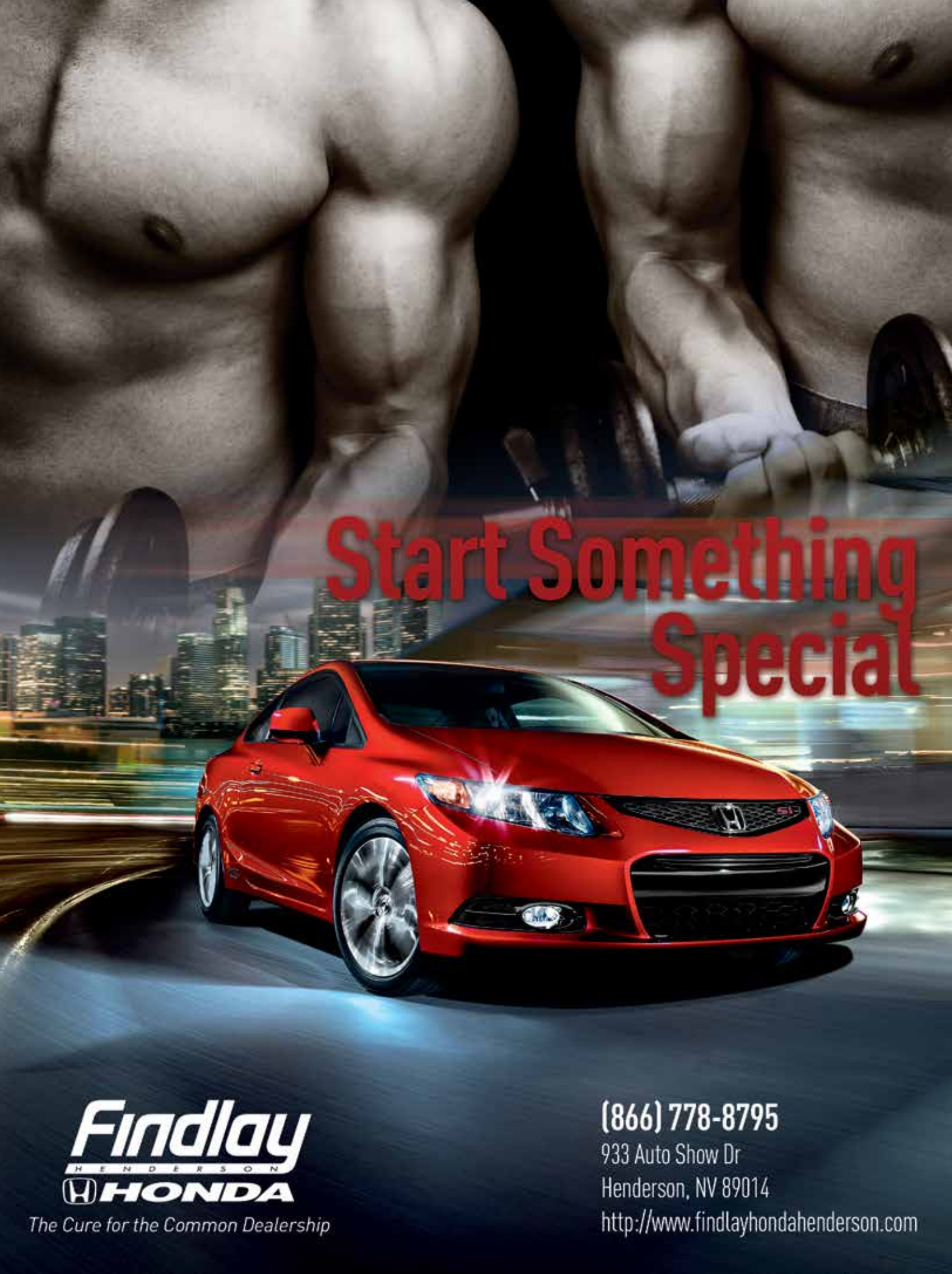


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