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Dorian Patton

#### Welcome to Paradisel

While other parts of the country are just starting to get their first taste of spring, we are already enjoying the beach.

Our water is just the right temperature to get in and enjoy a refreshing dip without any embarrassing shrinkage that you might get elsewhere.

Enjoy!

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# Submission

South Scach



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### MAN ABOUT TOWN



I just got back from Taste of Key West and I think this may have been the best year ever!

For those not familiar with Taste of Key West, this is an annual festival of food and wine (and beer) where you can sample food from many different restaurants in Key West, all in one place.

This fundraiser for AH Monroe held at Mallory Square brings out both tourists and locals looking to sample some of the finest foods in Key West. All of the restaurants represented donate their food and time for this charitable event. Patrons buy a wine glass (or beer pint glass) and then tickets to be used for the tastings. All proceeds go to AH Monroe which provides services and resources to those living with HIV, as well as providing education and testing to help people stay HIV negative.

Once you have your glass and tickets, off you go into the crowds. Some start right at the beer and wine tent, but I suggest starting at the food.



Pick out a sampling plate or two, then go to the wine and ask for a good pairing. You wouldn't want to have a glass of red wine then have to skip lobster mac and cheese!

At the end of the evening, you will have at least three new restaurants you will have to try, a full belly, and an Uber ride home!

#### IMPORTANT SAFETY INFORMATION

#### What is the most important information I should know about BIKTARVY®?

#### BIKTARVY may cause serious side effects:

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

#### Who should not take BIKTARVY?

#### Do not take BIKTARVY if you take:

- dofetilide
- rifampin
- any other medicines to treat HIV-1

#### What are the other possible side effects of BIKTARVY?

#### Serious side effects of BIKTARVY may also include:

- Changes in your immune system. Your immune system may get stronger and begin to fight infections. Tell your healthcare provider if you have any new symptoms after you start taking BIKTARVY.
- Kidney problems, including kidney failure. Your healthcare provider should do blood and urine tests to check your kidneys. If you develop new or worse kidney problems, they may tell you to stop taking BIKTARVY.
- ▶ Too much lactic acid in your blood (lactic acidosis), which is a serious but rare medical emergency that can lead to death. Tell your healthcare provider right away if you get these symptoms: weakness or being more tired than usual, unusual muscle pain, being short of breath or fast breathing, stomach pain with nausea and vomiting, cold or blue hands and feet, feel dizzy or lightheaded, or a fast or abnormal heartbeat.

Severe liver problems, which in rare cases can lead to death. Tell your healthcare provider right away if you get these symptoms: skin or the white part of your eyes turns yellow, dark "tea-colored" urine, light-colored stools, loss of appetite for several days or longer, nausea, or stomacharea pain.

The most common side effects of BIKTARVY in clinical studies were diarrhea (6%), nausea (5%), and headache (5%). Tell your healthcare provider if you have any side effects that bother you or don't go away.

#### What should I tell my healthcare provider before taking BIKTARVY?

- All your health problems. Be sure to tell your healthcare provider if you have or have had any kidney or liver problems, including hepatitis virus infection.
- All the medicines you take, including prescription and over-the-counter medicines, antacids, laxatives, vitamins, and herbal supplements. BIKTARVY and other medicines may affect each other. Keep a list of all your medicines and show it to your healthcare provider and pharmacist, and ask if it is safe to take BIKTARVY with all of your other medicines.
- If you are pregnant or plan to become pregnant. It is not known if BIKTARVY can harm your unborn baby. Tell your healthcare provider if you become pregnant while taking BIKTARVY.
- If you are breastfeeding (nursing) or plan to breastfeed. Do not breastfeed. HIV-1 can be passed to the baby in breast milk.

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

Ask your healthcare provider if BIKTARVY is right for you.







(bik-TAR-vee)

#### IMPORTANT FACTS

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

#### MOST IMPORTANT INFORMATION ABOUT BIKTARVY

#### BIKTARVY may cause serious side effects, including:

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

#### ABOUT BIKTARVY

BIKTARVY is a complete, 1-pill, once-a-day prescription medicine used to treat HIV-1 in adults. It can either be used in people who have never taken HIV-1 medicines before, or people who are replacing their current HIV-1 medicines and whose healthcare provider determines they meet certain requirements.

**BIKTARVY does not cure HIV-1 or AIDS.** HIV-1 is the virus that causes AIDS.

#### Do NOT take BIKTARVY if you also take a medicine that contains:

- dofetilide
- rifampin
- · any other medicines to treat HIV-1

#### BEFORE TAKING BIKTARVY

#### Tell your healthcare provider all your medical conditions, including if you:

- Have or have had any kidney or liver problems, including hepatitis infection.
- Are pregnant or plan to become pregnant.
- Are breastfeeding (nursing) or plan to breastfeed. Do not breastfeed if you have HIV-1 because of the risk of passing HIV-1 to your baby.

#### Tell your healthcare provider about all the medicines you take:

- Keep a list that includes all prescription and over-the-counter medicines, antacids, laxatives, vitamins, and herbal supplements, and show it to your healthcare provider and pharmacist.
- Ask your healthcare provider or pharmacist about medicines that interact with BIKTARVY.

#### POSSIBLE SIDE EFFECTS OF BIKTARVY

#### BIKTARVY can cause serious side effects, including:

- Those in the "Most Important Information About BIKTARVY" section.
- Changes in your immune system.
- · New or worse kidney problems, including kidney failure.
- Too much lactic acid in your blood (lactic acidosis), which is a serious but rare medical emergency that can lead to death. Tell your healthcare provider right away if you get these symptoms: weakness or being more tired than usual, unusual muscle pain, being short of breath or fast breathing, stomach pain with nausea and vomiting, cold or blue hands and feet, feel dizzy or lightheaded, or a fast or abnormal heartbeat.
- Severe liver problems, which in rare cases can lead to death. Tell
  your healthcare provider right away if you get these symptoms: skin
  or the white part of your eyes turns yellow, dark "tea-colored" urine,
  light-colored stools, loss of appetite for several days or longer, nausea,
  or stomach-area pain.
- The most common side effects of BIKTARVY in clinical studies were diarrhea (6%), nausea (5%), and headache (5%).

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

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

#### **HOW TO TAKE BIKTARVY**

Take BIKTARVY 1 time each day with or without food.

#### **GET MORE INFORMATION**

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





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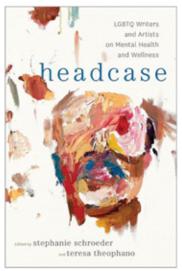


KwMabry@msn.com



### "HEADCASE: LGBTQ WRITERS AND ARTISTS ON MENTAL HEALTH AND WELLNESS," EDITED BY STEPHANIE SCHROEDER AND TERESA THEOPHANO

c.2019, Oxford University Press | \$29.95 | 287 pages



 $Y_{ou\ had\ a}$  flu shot this year.

You watch your cholesterol, eat better, stay active, and brush twice a day. So why do you feel so rotten? In "Headcase," edited by Stephanie Schroeder and Teresa Theophano, you'll see that taking care of your mind is as essential as taking care of your body.

If someone on the street saw you today, he might think you were at the peak of health.

He can't see what's inside, though.

"Real or perceived minority status and...

disenfranchisement make us vulnerable to being labeled as sick," say Schroeder and Theophano. In other words, living as a member of the LGBTQ community may affect your mental health. Furthermore, Christian Huygen, one of the contributors to this book, says, "Research shows that, while LGBTQ people seek mental healthcare more often than our non-LGBTQ counterparts, we are more likely to leave care prematurely..."

Today, therapy is easier to get, if you feel hopeless or empty but not all practitioners understand LGBTQ health issues. Mainstream healthcare has only relatively recently decided that homosexuality was not a disease in need of a "cure." Too many healthcare practitioners don't understand that insurance is sometimes iffy. Never

mind those who believe "conversion therapy" is the right "fix."

Have we evolved, when it comes to mental wellness for the LGBTQ community? You might think so, after reading the chapters here: of a lesbian who received comfort from a therapist when her long-time friend wouldn't stop bringing religion up. Of veterans who no longer have to conceal their sexuality. On fitting in with the local Mom's Group when you're the only "queer" mother and, by the way, you've already conquered postpartum depression. On being a lesbian daughter of a lesbian mother who was hospitalized against her will decades ago, only because she dared love another woman.

"Mental illness can be scary for anyone," says writer Lance Hicks. "... you choose between asking for help, knowing you're being judged, or suffering alone."

That latter option doesn't sound like so much of an option, does it? No, and "Headcase," a title that comes from "reclamation" of a negative word, takes a real-life look at the first parts of Hicks's sentiments: mental health, mental help, and the history of it all within the LGBTQ community.

What you'll learn won't come easy, though.

There are several distinct kinds of chapters inside "Headcase," some easier to read than others. Readers will find arty things, poetry and drawings here. There are mini-memoirs of relevance. You'll find short stories, too, many of which have a disjointed feel, as though you just wandered into a half-conversation. There are chapters that are plainly meant for physicians, which might not appeal to laypersons. And you'll find history in this book, some of which — fair warning — will chill you.

Overall, "Headcase" could offer comfort but it's not a substitute for a doctor. It's got subtle advice, but it's not a therapist. It's not even a good stand-in for a sympathetic friend but if you need direction, it's worth a shot.



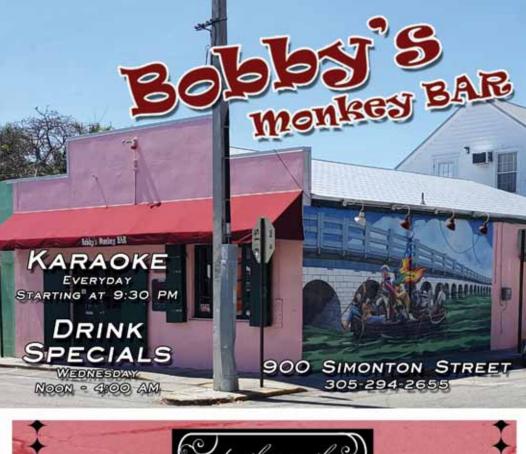
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### MYBIG GAY LIFE Brad Toekle



#### **GROWING OLD IS FOR SISSIES**

Now, before any of you more cinematic queens start reading me to filth, let me openly admit that the title to this article is, indeed, a misquote of a famous Bette Davis line. I don't know if Bette originated the line, but she said it (out of the stroke stunned but still stunning face) in an interview with Barbara Walters. And that's enough for me to credit her with its creation. Bette's saying was "growing old ain't for sissies". She was referring to the unkind way in which time tends to kick us all in our respective genitals. Be it a steel tipped boot to the baby gap or a stiletto to the scrotum, time marches on... and its path is usually right over our face.

As a gay man, aging is a touchy subject. As lions always on the prowl for a fresh kill, we tend to resist the idea that there might be a new cub in town. But like it or not (and I have one foot firmly planted in each of those camps) one day you wake up and you realize you're older. And by that, I simply mean "not young" anymore. Youth is like a foil-wrapped chocolate Easter bunny: shiny and bright colored, but once you peel beneath it's thin, tin surface... it more likely than not crumbles into a hollow broken shell of it's former glory. There is little to be done about it. It is the nature of youth.

One day you're in the middle of the AIDS Dance-a-Thon in NYC as an 18 year old dancing queen (only feet away from where Madonna is dancing in a sweaty bustier)... and the next, you're eating soup for dinner and can tell that a storm is a-coming because your left hand and right elbow both have the 'thritis. It feels like just a few years ago I was the new girl in town... and now I know that anyone under 38 probably won't have heard Marlo Thomas's theme song in their head when they read that last line.

We Botox and abrasion away any sign of the life we lived. And there is a

# MY BIG GAY LIFE

more solemn reason why we do this than simply the vanity of our fleeting vouth. The fact is, that gay men equate being young as being healthy. And being healthy as not being "diseased". My generation, and the generation before me, faced an insurmountable foe. We went to war with a plague and, for a long time, the plague won. But we never gave up, gave in, or gave out... and so, it would seem, we are now close to having destroyed our enemy all together. But we have not been left unscathed (those of us who survived). We have been left with, amongst other things, an obsession with youth and a phobia to aging. And I, for one, am not going to keep on going like that. We do ourselves, our lost friends and lovers, and the next generation of our children a big disservice by not leaving a healthy and happy record of gay men getting old. Silence and fear and criminality kept us from being visible for centuries. Then, just as we took our place in the world so that others could see, we were nearly wiped out. So isn't it time we finally embraced our history and our future? Isn't it time for our own community, and the world, to see that gay men exist during every stage of life?

Now I'm not saying stop going to the gym or taking care of yourself. I'm not pitching morbid obesity as a path to equality. But I am saying that despite all the aches and pains and changes that aging brings to all of us... for gay men there can be a certain sort of peace and pride that most others will never know. Because for so very long, growing old wasn't for us. It was for people with "normal" lives or people with healthy blood. But now, right now, it finally can be for us. After all the sacrifice, we too can know the joys of getting up to pee 5 times a night well into our eighties and nineties. And that's a goddamn victory, my loves. So, it is with great pride that I declare that growing old IS for sissies!

Brad Loekle was a semi-finalist on NBC's "Last Comic Standing". He can be seen every week on TruTV's "World's Dumbest", has written for Joan Rivers on E! "Fashion Police" & tours internationally. His book, "My Big Gay Life" is available on Amazon and at www.bradloekle.com



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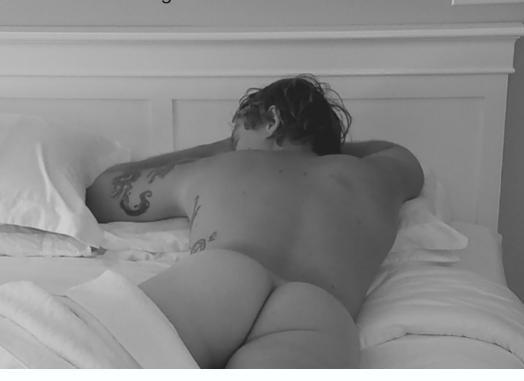
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# The Nude Alone Is Well Dressed ~ Auguste Rodin

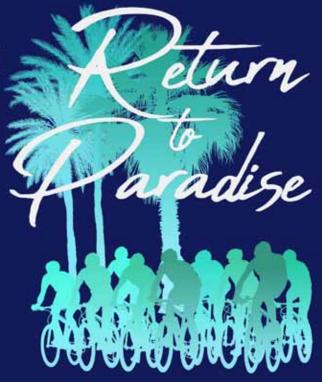


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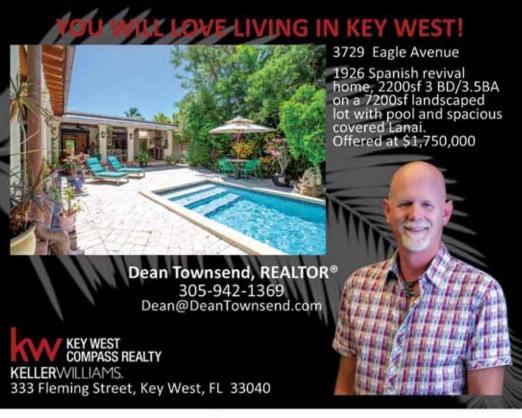




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# Q Slang

Triple B - Back Burner Bitch, the person you call when none of your good friends are available.

Since all of you are here, I didn't invite the Triple B Jack.

Brexit - A goodbye so slow, that it puts all the attention on that person.

That bitch just totally pulled a Brexit when she left.

Belfie - A picture of your butt, a butt selfie.

She posted her Belfie on twitter. No one needs to see that!

Pretendonitis - Making up an illness to get out of hanging out with someone.

Tom can't make it to the movie tonight, he has pretendonitis.

Hot Tea - Not just gossip, but very juicy gossip.
I have some scorching hot tea. I just saw Tony coming out of the bookstore and his boyfriend is out of town!



#### Sabrina Acevedo Jared Chiagouris Doug Mayberry, Principal Broker

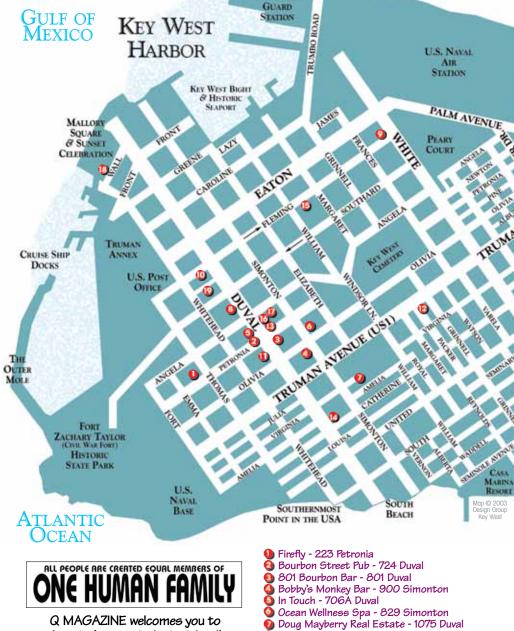
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# **WEEKLY EVENTS**



#### MONDAY

• • • • • • •

Drag Shows at 9 PM and 11 PM

Aqua

Dueling Bartenders at 5:30 PM Drag Show at 9:00 PM Karaoke starting at 11:00 PM

Bobby's

Karaoke starting at 9:30 PM

Bourbon

Bria singing live at 8:00 PM
Dancers on the bar starting at 10 PM

Sidebar

Dancing with live DJ at 9 PM

TUESDAY

201

Drag Shows at 9 PM and 11 PM

Agua

Aqua Idol at 6:30 PM
Drag Show at 9:00 PM
Karaoke starting at 11:00 PM

Bobby's

Karaoke starting at 9:30 PM

Bourbon

Bria singing live at 8:00 PM
Dancers on the bar starting at 10 PM

Sidebar

Dancing with live DJ at 9 PM

#### WEDNESDAY

801

Drag Shows at 9 PM and 11 PM Aqua

Drag Show at 9:00 PM Karaoke starting at 11:00 PM

Bobby's Karaoke starting at 9:30 PM

Bourbon

Bria singing live at 8:00 PM Dancers on the bar starting at 10 PM

**Island House** 

Hot Naked Humpdays starting at 5 PM

Sidebar

Drag Queen Trivia at 5:30 PM Dancing with live DJ at 9 PM

### THURSDAY

801

Karaoke starting at 5 PM Drag Shows at 9 PM and 11 PM

Aqua

Drag Shows at 7 PM and 9 PM Karaoke starting at 11:00 PM

Bobby's

Karaoke starting at 9:30 PM

Bourbon

Jeff Moss singing live at 8 PM Dancers on the bar starting at 10 PM

Sidebar

Dancing with live DJ at 9 PM

#### FRIDAY

801

Drag Shows at 5, 9, & 11 PM

Agua

Happy Hour & Trivia at 5:00 PM Drag Shows at 9 PM and 11 PM Dance Party starting at 11:30 PM

Bobby's

Karaoke starting at 9:30 PM

Bourbon

Tea Dance starting at 5 PM Jeff Moss singing live at 8 PM Dancers on the bar starting at 10 PM

One Saloon

Cock Shock contest at Midnight

Sidebar

Dancing with live DJ at 9 PM

#### SATURDAY

Drag Shows at 5, 9, & 11 PM

Aqua

Drag Shows at 7 PM, 9 PM & 11 PM Dance Party starting at 11:30 PM

Bobby's

Karaoke starting at 9:30 PM

Bourbon

Jeff Moss singing live at 8 PM Dancers on the bar starting at 10 PM

Sidebar

Dancing with live DJ at 9 PM

#### SUNDAY

801

Karaoke starting at 5 PM Gay Bingo starting at 5 PM Drag Shows at 9 PM and 11 PM SIN night starts at 10 PM

Aqua

No Limit Texas Hold 'Em Poker at 2:30 PM and 4:30 PM Drag Show at 9:00 PM

**Back Bar** 

Hotdog Church starting at 3PM

Bobby's

Karaoke starting at 9:30 PM

Bourbon

Jeff Moss singing live at 7 PM Dancers on the bar starting at 10 PM

**Island House** 

Pre-Tea Pool Party starting at Noon

La Te Da

Tea Dance starting at 4 PM

Sidebar

Dancing with live DJ at 9 PM

#### LOCATIONS

801 - 801 Duval Street

Aqua - 711 Duval Street

Back Bar - 711 Duval Street

Bobby's - 900 Simonton Street

Bourbon - 724 Duval Street

Island House - 1129 Fleming St

La Te Da - 1125 Duval Street

One Saloon - 514 Petronia St

Sidebar - 504 Angela St

# Open Hearts • Open Minds • Open Doors

At Key West United Methodist Church, this is not just a catchy slogan for us — it is who we are. We welcome everyone into our congregation regardless of gender identity, sexual orientation, race, political affiliation or economic status.

# A Florida Laity Response to the 2019 General Conference Vote:

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"We, the undersigned laity of the Florida Annual Conference of the United Methodist Church, are deeply grieved and heartbroken by results of the Special Session of the General Conference in St. Louis. ...We regret how the United Methodist Church has hurt our LGBTQIA+ family for decades, and how the recent adoption of the Traditional Plan has caused further pain already experienced by the LGBTQIA+ community. We believe the life and teaching of Jesus Christ reflects God's love for all. ..."

"We wish to remain in dialogue with those who have different voices, and pray that we can become one church together celebrating and respecting the beautiful diversity of all God's people wherever they may live. ..."

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# **ASK NANA**

E-mail your questions to nana@keywestgayrag.com



Dear Nana,

My 45th birthday is coming up and my best friend has been making noise for months that what she wants to get me for it is Botox. At first I thought it was just a joke. I mean, I know she does Botox regularly and swears by it, but I've never really considered doing it myself. Sure, I have some wrinkles but I don't mind them. Should I just give it a try and see if actually do like the results? Or, if not, how do I break it to her nicely that I don't really want to get Botox just because she wants to give it to me?

Darling, in my humble (and wrinkled) opinion, faces should look their age. And not just their age but reflect the life you've lived. Sure. when I was younger, before Noah and the flood, I was known to get painted up, lie in the sun, get a facial, etc. But I certainly wouldn't have been injecting botulism into my face to paralyze it! This doesn't mean I judge anyone who does. Babies, you be you! Even if that you has the emotionless, motionless appearance of a possessed porcelain doll. But more to the point of your letter, this is your gosh darn birthday. NOT hers! A bundle of Botox bucks seems the perfect gift for her but your birthday isn't supposed to be about her. It's important to always remember, when gift giving, to give the person something THEY want. Not something YOU want them to have. That is the true nature of gift giving. And no one should agree to have anything done to their body just to placate a friend. But if you want to avoid too many butt-hurt birthday feelings, I would simply tell her that a relative of yours had the adverse reaction to Botox where the face droops for weeks like a basset hound (it's a real thing). This should help her move on from the idea. And if she still doesn't, well, then you're best friend is some sort of evil scientist who just wants to stick pins in you. What can ya do?

#### Dear Nana,

My new boyfriend and my dog do not get along. At all. It's been 4 months and I just can't get Sparky (that's my dog) to take to my man. We've tried everything: treats, gifts, me showing Sparky how much I care for my guy. And yet, still, anytime my guy comes over I end up having to lock Sparky in the guest bedroom. If I don't, I spend half the night trying to get Sparky to stop growling at my guy or trying to stare him down. Sparky has been protective of me around new guys or friends before, but never like this. Any tips on how to make piece between the two men in my life.

First of all, I don't think you need to explain that Sparky is the dog in this story. If you were dating a man named Sparky that would be the bigger issue. And, yes, it certainly sounds like Sparky is being a little bitch. Sometimes it just takes awhile for a pet to settle into a new paramour. Maybe Sparky senses that this guy might be around awhile and he feels threatened. Or, perhaps, he senses that your new man is wanted in 6 states for tax evasion. Only time will tell. And even if Sparky never takes to the guy, all that matters is you do. I had a cat that never went near my husband for 13 years. But we made it work. The important thing to remember is: if you want a man in your life, you have to put that first... especially at first. No one wants to start a relationship feeling like they're playing second violin to a corgi.

DO YOU HAVE PROBLEMS? OF COURSE YOU DO! WHY NOT LET NANA HELP YOU?!

Send your questions to: nana@keywestgayrag.com





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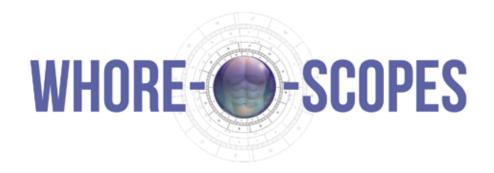
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AQUARIUS JAN 20 - FEB 18
So you thought growing a beard would say "Distinguished
Gentleman." Instead, it says,
"Senior Discount, Please!"

PISCES FEB 19 - MAR 20 You should date older men because they've gotten used to life's disappointments.

ARIES MAR 21 - APR 19
So to start your diet, you removed all the fattening food from your house. You weren't supposed to eat it!

**TAURUS** APR 20 - MAY 20 Support bacteria - they're the only culture you have.

**GEMINI** MAY 21 - JUN 20 You're not fat, you're just... easier to see.

CANCER JUN 21 - JUL 22 I was going to give you a nasty look, but you already have one. You're so miserable even your blood type is B Negative.

VIRGO AUG 23 - SEP 22 When someone asks you if you're seeing anyone, you automatically assume they're talking about a psychiatrist.

LIBRA SEP 23 - OCT 22
Why is it everything you love is either unhealthy, addicting or has multiple restraining orders against you?

SCORPIO OCT 23 - NOV 21 You're the reason the gene pool needs a lifeguard.

**SAGITTARIUS** *NOV 22 - DEC 21* If you find yourself in a hole, stop digging.

CAPRICORN DEC 22 - JAN 19
You've been repeating the same
mistakes in life for so long now,
you should just call them traditions.

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