

**YOUR LGBT GUIDE TO**

*Key West*



**Q MAGAZINE**

Volume 15 Issue 1  
January 2020



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**BRAD LOEKLE**

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Nana  
Terri Schlichenmeyer

## Welcome to Paradise!

As we begin our 15th year as the only LGBT guide for Key West, I want to thank you, the readers, for your support! We wouldn't be here without you!

Whether you're visiting or if you live here, we're glad that you're here and we hope to continue to see you for the next 15 years!

Enjoy!

**Published Monthly by:**

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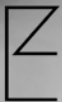
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# MAN ABOUT TOWN

I

I am a creature of habit. Not quite as bad as Sheldon Cooper where he has his underwear marked as to which day of the week he wears them or what times he will make his bathroom visits, but I do come close when it comes to food.

It's gotten to the point where my beverage shows up the second I sit down and I'm not even handed a menu. While I do appreciate the server's attention to my needs, lately, I've decided to try new dishes at some of my favorite restaurants and it's not only raised a few eyebrows with the wait staff, but it's also opened me up to some new dishes I've really enjoyed.

One of my favorite dishes at 915 is the Filet Mignon. While the steak is tender enough that you can cut it with your fork, I believe I was ordering it mostly for the cone of fries that comes with it. I decided to try the Filet Mignon Ravioli, mostly because I thought paying \$45 for french fries was a bit excessive and I was glad I did. The mushroom demi glaze was the perfect companion and I admit that when I was done, I used our leftover bread to soak up the remainder. It was a great choice and has now become my new favorite.

At Bagatelle, I have also always seemed to end up with the Filet but again, I was feeling adventurous and decided to try the pork tenderloin. Again, It was a superb decision. The tenderloin was perfectly seasoned and cooked to just the correct temperature to keep it extremely juicy, but safe to eat by those that are not cave men.

A trip to Bliss and I surprised my server by taking a menu. I scanned it through and through to find something new and I just couldn't do it. I just love Grandma's Shrimp too much to cheat on her. That is where the experiment ended.

2 out of 3 isn't too bad!!

## 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 stomach-area 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](http://www.fda.gov/medwatch), or call 1-800-FDA-1088.

Ask your healthcare provider if BIKTARVY is right for you.



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



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#### What is 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.

BIKTARVY.COM





**BIKTARVY**<sup>®</sup>

bictegravir 50mg/emtricitabine 200mg/  
tenofovir alafenamide 25mg tablets

**(bik-TAR-vee)**

## IMPORTANT FACTS

This is only a brief summary of important information about BIKTARVY<sup>®</sup> 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](http://BIKTARVY.com) or call 1-800-GILEAD-5.
- If you need help paying for your medicine, visit [BIKTARVY.com](http://BIKTARVY.com) for program information.



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Version date: February 2018

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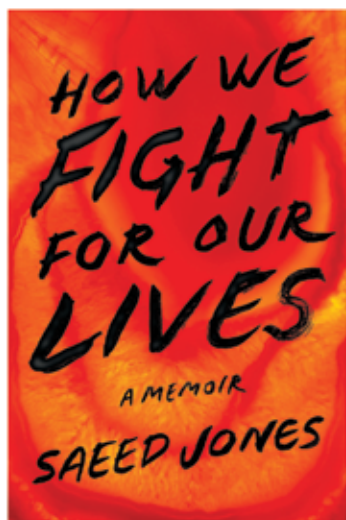
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# BEACH READS

LGBT Book Reviews by *Terri Schlichenmeyer*



**"HOW WE FIGHT FOR OUR LIVES: A MEMOIR" BY SAEED JONES**  
c.2019, Simon & Schuster | \$26.00 | 193 pages



You can't pretend forever.

Eventually, the ruse gets tired, holding up pretenses becomes a burden, and keeping the game going is harder than telling the truth. You eventually have to break it down and let people know what you're about. But as in the new book "How We Fight for Our Lives" by Saeed Jones, take care before telling everybody.

Saeed Jones was just twelve years old when his mother first uttered the word "gay," though he never thought it would be anything she'd ever say. Afterward, the word was "vibrating in the air between us" but there'd be no conversation.

Jones knew even then that the word described him. Fascinated by men, he spent hours clipping pictures of male models from his mother's fashion magazines, and he furtively read everything about gay men and AIDS that he could find at his local Texas library.

The library was also where he had his first sexual encounter with a stranger, at age 16.

That, too, was something he'd never tell his mother but he sensed she knew his truth: some days, he'd find his clippings in shreds, in a plastic bag on the kitchen counter, and he'd just start another collection. There was no discussion then, either.



By the time he graduated from high school, Jones knew that his life was not “twenty minutes north of Dallas” anymore. He envisioned himself walking around Manhattan, exploring the city, and he aimed for college there but it wasn’t financially possible.

Instead, he went to Bowling Green, Kentucky, and he thrived.

On his own for the first time ever, Jones realized he could be any Saeed Jones he wanted to be, but ultimately, he was freest being his gay self. Away from home, he made friends, joined college groups, drank too much, slept with men he barely knew, and he learned that “the words ‘gay’ and ‘alone’ weren’t synonyms for each other.”

And then one night, he went home with the wrong man...

On so many levels, “How We Fight For Our Lives” is a heartbreaking and beautiful book.

The most unforgettable parts lie where author Saeed Jones writes about more than just himself and his own observations; a good portion of his tale is his mother’s. She recognized her son’s life but she obviously struggled with knowing-not-knowing and there’s a sharp pain in that, pain that leaps from the pages.

The bulk of this story – the part that seizes readers by the shirtfront – is spent watching Jones come to terms as he comes of age. Seeing him grow from self-absorbed young man into self-confident adult is satisfying, albeit cringe-worthy, because you come to understand what beats him back as well as what makes his spirit soar. Knowing all that happens between the two is what’ll keep you turning pages.

Be aware that this memoir can be raw, in both language and meaning, and there are graphic bits inside. Still, the power you’ll see in “How We Fight for Our Lives” will make you want to tell everybody.



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# MY BIG GAY LIFE

*Brad Loekle*



## HAPPY NEW QUEER!

This is the time of year when we all vow to undo the stuff we did last year that we don't want to have happen again this year. We swear to go to the gym, change jobs, change husbands; we change all sorts of things. I know that I, for one, am in the worst shape of my life. And I have to tell you, it was such an amazing time getting here! I don't regret a single cocktail or Cornish game hen. And neither should you. Regret serves little purpose. Regret is sort of the beige area between apathy and action. When I say don't regret stuff that doesn't mean you shouldn't have some self-awareness and course correction. As I write this, I've already lost a few pounds with a plan to lose some more before I head out back to sea with Atlantis Events & RSVP Vacations for the big gay cruise season. But it wasn't my regret in my current "shape" that got me refocused... it was because I realized I wanted to feel better during the in-between times. The time times when I'm not up to my neck in duck fat and dick. I know, I know... I live a life of extremes. But, as Oscar Wilde said, "He who lives more lives than one, more deaths than one must die".

So, if you're someone starting off this year with all sorts of resolutions and goals, I encourage you to make them happy ones, not regretful ones. 2019 was whatever it was for each of us. It had some fun moments and it had more than its fair share of dumpster fires. But it's gone. And there's no more use being mad at how much you ate or drank or fucked or sucked (literally or figuratively) than there is being mad that democracy didn't work faster in 2019 (or at all, most of the time).

Don't think of it as "new year, new you". Think of it as "the next year, the next version of me". If you want to be a little healthier, head

on down that road. If you hit a pot hole full of, well, pot and self-pity on the way there... smoke the pot, feel the pity, fix your tire and keep on truckin'. Make 2020 the year you decide to be OK with yourself regardless of where your self is at, at any particular moment. You're gonna skip the gym sometimes. You're hopefully going to eat too much rich food every now and then. You're going to hurt someone you love and you're going to get hurt in return. Give yourself a break. If you're going to insist on being perfect, make sure you're also perfectly terrible some of the time. It makes life more interesting, at the very least.

As I write this, I've already gotten up twice to refill my wine glass. But it's before 7pm so I've decided my version of Intermittent Fasting includes wine before 7pm. FIGHT ME! Yes, the world is on fire. Yes, some of your family members are human puddles. Yes, you're going to find the wrapper of a candy bar in a pair of jeans this year and it's going to make you sad. SO WHAT? You didn't break the whole world and it's not your sole job to put it all back together. But you did eat that candy bar yourself. And I'm proud of you. You magnificent, potbellied princess.

No matter where this year takes you. Try to go with the flow. Because swimming upstream is really only best attempted by salmon. And are you a fucking salmon, Bridget? No. You're not. And trust me, Bridget, even if you were a salmon... that story really doesn't end well. They die, Bridget. All the salmon die when they finish swimming upstream. HAPPY NEW YEAR!

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](http://www.bradloekle.com)



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rack cards

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*Key West*



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# STAY SAFE RIDE SMART



A bicycle is a great way to get around, but stay safe by following the rules of the road.

- A bicycle is like any other vehicle, so you must follow the rules of the road.
  - Bicycles must follow all traffic controls such as signs and signals.
  - Bicycles cannot travel the wrong way down a one way street.
  - Bicycles must be ridden on the right hand side of a two way street.
  - You must signal all turns with hand signals.
  - Headsets cannot be worn while cycling.
  - Riding a bike while under the influence can get you a DUI in Florida.
- Lights are required between sunset and sunrise
  - A white light is required in front and a red light in the rear.
- Riding on the sidewalk or crosswalk is permitted but with these provisions
  - Pedestrians have the right of way. Yield to pedestrians.
  - When passing pedestrians, you must signal your intent before doing so.
- Anyone under the age of 16 must wear a helmet.

Here are a few additional tips that you may find helpful.

- Lock up your bike at all times. If not, you'll probably be walking home.
  - Pass the lock through the frame and the front tire.
  - Be careful not to lock your bike to an adjoining bike by accident.
  - If you lock your bike to private property, it may be impounded.
- When approaching occupied cars, be ready to react if the door opens.

Enjoy your time seeing the best of Key West!



# JOIN US IN 2020



The Florida Keys  
& Key West  
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May 30th



June 3rd-7th



August

12th-16th



September

2nd-6th



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BREEDWELL

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Flashback



2006



**Male  
Only**



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Optional**

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**SOCIAL** *AT THE pool*

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**Bare Or Underwear Drink Specials  
21 To Drink , 18ish To Sleep Over**







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**MEN of BOURBON**  
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New Orleans House

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5-8PM  
NEW ORLEANS HOUSE  
GARDEN BAR  
ALL WELCOME



# SUPERBOWL LIV

**SUPER SUNDAY, FEBRUARY 2**  
**PARTY STARTS AT 6PM KICK-OFF AT 6:30PM**

FREE SHOT EACH TIME  
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TOUCHDOWN!

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DRINK SPECIALS  
& MUNCHIES



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**SINGLE?**



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- 2 Caroline & William
- 3 Simonton & Dey
- 4 Whitehead & Greene
- 5 Whitehead & Eaton
- 6 Whitehead & Southard
- 7 Southard (until 10pm)
- 8 Whitehead & Petronia
- 9 Whitehead & Julia
- 10 Whitehead & United
- 11 United & Duval
- 12 Simonton & Catherine
- 13 Simonton & Truman
- 14 Simonton & Petronia
- 15 Simonton & Southard
- 16 Fleming & Elizabeth
- 17 Fleming & Grinnell
- 18 Eaton & White

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Atlantic Ocean





# Q Slang

Ratchet Party - A group of people getting together for drinking, smoking and bad dancing.

Are you going to that Ratchet Party tonight?

Handcest - Incest but with hand stuff only.  
My brother and I jerked off together and he played with my dick. It was total Handcest

Lollipop - A cold, bitchy person.  
That prick is such a lollipop.

Run Me That - Give that to me.  
Run Me That blunt.

Let One Out - Jerk off.  
I need to let one out before we hit the club.

Nubstep - A bad attempt at creating Dubstep.  
Listen to that DJ mixing some Nubstep!

Corporate Death Burger - Any fast food burger.  
I'm making a food run. Do you want a Corporate Death Burger?



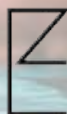
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# RED BARN THEATRE

2019-2020

# LIFE SUCKS!

January 14  
thru  
February 8

Written  
by Aaron  
Posner

*“A big-hearted,  
thoroughly delightful  
comedy!” - New Yorker Magazine*

Coming  
Next...



February 18  
thru  
March 14



March 24  
thru  
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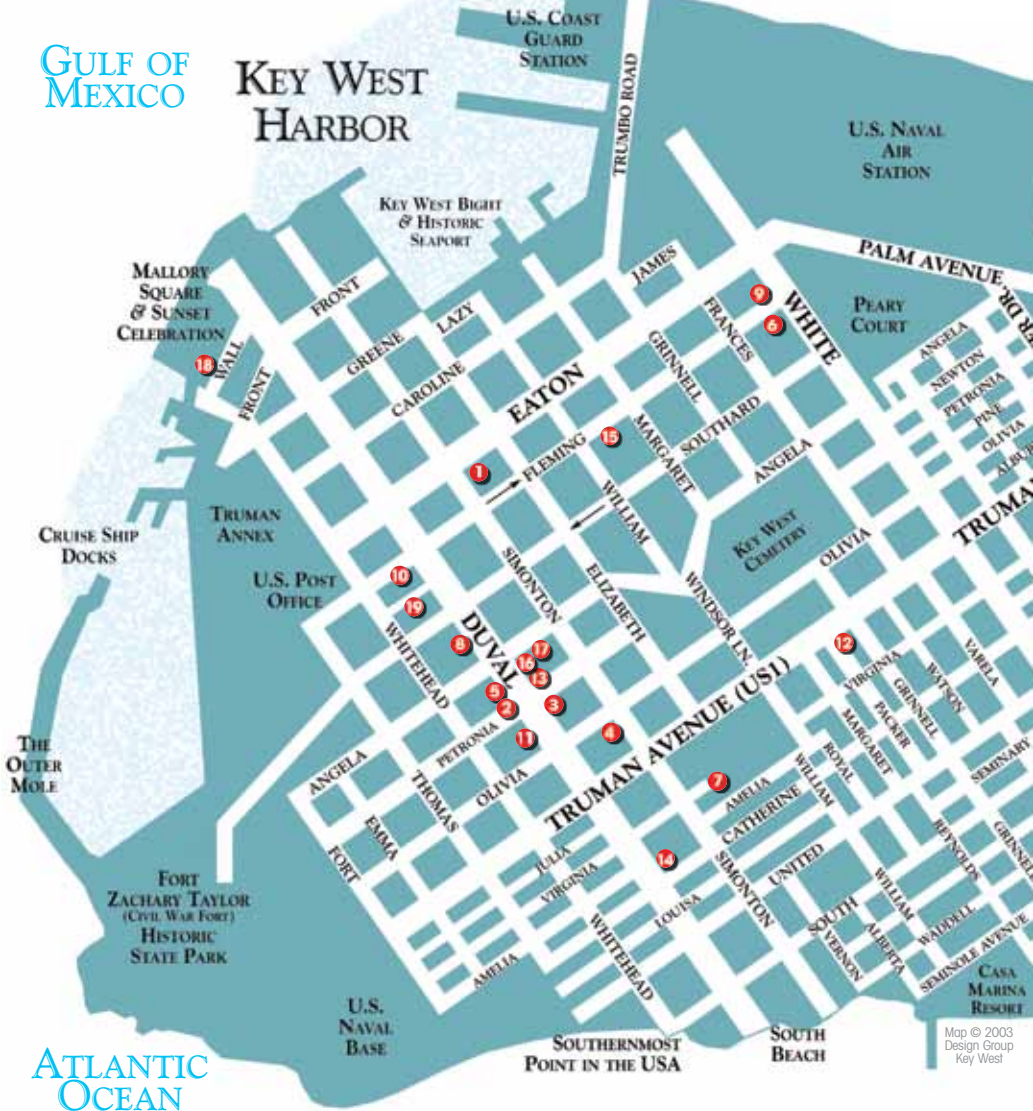
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**ONE HUMAN FAMILY**

**Q MAGAZINE welcomes you to America's most inclusive island!**

Key West's official philosophy is "ONE HUMAN FAMILY" which means we believe everyone is entitled to equal rights, dignity and respect. You'll see a lot of these stickers, and you can get your own free "One Human Family" stickers at the Gay & Lesbian Visitor Center (808 Duval), or by sending a SASE to ONE HUMAN FAMILY, P.O. 972, Key West, FL 33041 or visit [OneHumanFamily.info](http://OneHumanFamily.info)

- 1 KW United Methodist Church - 600 Eaton
- 2 Bourbon Street Pub - 724 Duval
- 3 801 Bourbon Bar - 801 Duval
- 4 Bobby's Monkey Bar - 900 Simonton
- 5 In Touch - 706A Duval
- 6 Alexander's Guest House - 1118 Fleming
- 7 Doug Mayberry Real Estate - 1075 Duval
- 8 The Sole Man - 610 Duval
- 9 Island House Resort for Men - 1129 Fleming
- 10 Marc Ulanowski, Realtor - 420 Fleming
- 11 KW Gay & Lesbian Visitor Center - 808 Duval
- 12 Truman Book & Video - 922 Truman
- 13 Graffiti - 721 Duval
- 14 La Te Da - 1125 Duval
- 15 Equator Resort - 822 Fleming
- 16 Aqua Nightclub - 711 Duval
- 17 Aqua Sidebar - 504 Angela
- 18 Waterfront Playhouse - 310 Wall
- 19 LeatherMaster - 418 Appelrouth

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KARAOKE

WED 6PM & SUN 4PM

MATINEES

FRI & SAT-5PM

# BINGO

SUNDAYS 5PM

NOT YOUR GRANDMA'S BINGO!





801 DUVAL • KEY WEST

# 801 Bourbon Bar

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**KARAOKE  
NIGHTS**

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- BE BODY PROUD!
- WATCH OR ENTER!
- 801 DUVAL (REAR)



**YOUR LGBT GUIDE TO**

*Key West*



**Q MAGAZINE**

# **THE ONLY LGBT MAGAZINE JUST FOR THE KEYS**

Not only is Q Magazine is read by thousands of people in Key West, it's read on-line by people all over the world!

.....  
**ADVERTISING RATES**  
.....

Quarter Page Ad:	\$100 / Month
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Full Page Ad:	\$300 / Month
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Outside Back Cover	\$450 / Month
Centerfold (two pages)	\$500 / Month

.....  
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**CONTACT US:**

305.396.8227 or [info@keywestgayrag.com](mailto:info@keywestgayrag.com)

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# blu



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# WEEKLY EVENTS



## MONDAY

**801**

*Drag Shows at 9 PM and 11 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*

## TUESDAY

**801**

*Drag Shows at 9 PM and 11 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*

.....  
**W E D N E S D A Y**  
.....

**801**

*Drag Shows at 9 PM and 11 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*

.....  
**S A T U R D A Y**  
.....

**801**

*Drag Shows at 5, 9, & 11 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*

.....  
**T H U R S D A Y**  
.....

**801**

*Karaoke starting at 5 PM*

*Drag Shows at 9 PM and 11 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*

.....  
**S U N D A Y**  
.....

**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*

**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*

.....  
**F R I D A Y**  
.....

**801**

*Drag Shows at 5, 9, & 11 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*

.....  
**L O C A T I O N S**  
.....

**801** - 801 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



SNAP  
SNAP  
SNAP





Happy New Year



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WITH YOU

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# 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:*

### **Key West United Methodist Church**

600 Eaton St.  
Key West

Traditional  
Sunday Worship  
Services

8:30 & 11 am

Old Stone  
Coffee House

Coffee, Conversation,  
Live Local Music  
9 - 11am Sundays

“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. ...”

For the full statement & signatures, visit:

<https://buff.ly/2V3KODn>

305-296-2392 • [www.keywestumchurch.org/](http://www.keywestumchurch.org/)

# ASK NANA

*E-mail your questions to*  
[nana@keywestgayrag.com](mailto:nana@keywestgayrag.com)



*Dear Nana,*

*I somehow managed to put on TWELVE pounds over the holidays. And I hate it. Any age-old foolproof tricks you have for shedding some extra pounds quickly? Hurry! It will be summer before you know it!*

First of all, I love “somehow”, as if some sadistic elf snuck in your room each night filled your toothpaste tube with butter. Sure kiddo, it just happened. Like taxes and D Day. So just to be on the safe side, let’s start with: it happened because you ate and (more likely) drank more calories than you burned off in a day. TA DA! We solved the great mystery of the Christmas Pudge!

With that case firmly put to bed, let’s address your real question: Do I know any secrets to losing weight quick. Well, the one time I went to Thailand, in 1982, I got a tape worm. That worked pretty well! But assuming you don’t keep tape worm eggs in the fridge, let’s go with what always works for everyone: eat less, eat better, and do stuff!

A lot of friends have had success lately with “intermittent fasting” which just means you only eat during 8 hours of the day and don’t eat the rest of the time. In my day we just called that being working class. But apparently now we need fancy names. So, try that. Eat a salad for one meal a day. And break a sweat every day. I’m sure you’ll get creative with THAT one!



*Dear Nana,*

*My family had a huge blow out at Christmas. Of course it was over Trump and all of that. But it also quickly turned into every grudge any of them seem to have been holding about anything lately. Me and my boyfriend ended up leaving early. My one sister stormed out before there was even pie on the table. No one's really talked or apologized or buried the hatchet since then. I don't know if absence will make our hearts grow fonder and just let all this shit go. Or if I need to start getting everyone back together for round two just so it doesn't turn into some big, long term thing. Help!*

Sounds like someone had a real nut cracker of a Christmas! But cheer up my little Snow angel, you're not alone. People have been chopping each other down at the Christmas dinner table since the very first Christmas tree was felled. Now, there is no foolproof recipe for how to rebuild your family's gingerbread house. But there are some ideas I have. First of all, it's only January. Let people finish stewing a bit. Nothing worse than someone actually following you to continue an argument after you've already perfectly stormed out the door! That being said, waiting until the July 4th BBQ to rake each other over the coals again, is probably too long. Feel it out. Maybe write an actual hand written note to each of them just saying "Hey, I'm sorry for all of us that Christmas turned out the way it did. But it happened and we're family and... when you're ready... I'm here to hug it out or duke it out, whichever you feel you need."

Something like that is just enough of an olive branch. Then they can't say you didn't offer if they choose to sulk until Santa's back again.

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

*Send your questions to: [nana@keywestgayrag.com](mailto:nana@keywestgayrag.com)*

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# GLASS



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**MICHAEL  
AMAN**



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AS **LAURETTE TAYLOR**

AND **TIM TORRE**  
AS **TENNESSEE WILLIAMS**

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**Mallory Square in Old Town**

**OPENING NIGHT with AUTHOR Jan. 16**

# WHORE--SCOPES

## **AQUARIUS** JAN 20 - FEB 18

You're looking well for a man twice your age!

## **PISCES** FEB 19 - MAR 20

If you were any stupider I'd have to water you.

## **ARIES** MAR 21 - APR 19

I envy people who have never met you.

## **TAURUS** APR 20 - MAY 20

What was that again? I can't hear you over the sound of your hair falling out.

## **GEMINI** MAY 21 - JUN 20

Your mother may have told you that you could be anything you wanted, but a douche bag wasn't what she meant.

## **CANCER** JUN 21 - JUL 22

If you were a potato you'd be a stupid potato.

## **LEO** JUL 23 - AUG 22

Your ass looks like a poorly packed parachute.

## **VIRGO** AUG 23 - SEP 22

If there was a single intelligent thought in your head it would have died from loneliness.

## **LIBRA** SEP 23 - OCT 22

Nobody needs to drive you crazy, you're close enough to walk.

## **SCORPIO** OCT 23 - NOV 21

Your face is so oily that I'm surprised the military hasn't invaded yet.

## **SAGITTARIUS** NOV 22 - DEC 21

You're so ugly your neighbors broke into your house only to close the curtains.

## **CAPRICORN** DEC 22 - JAN 19

Go plant a tree to make up for all the oxygen you're wasting.

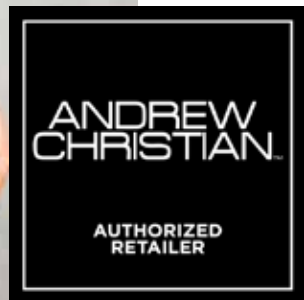


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