

**YOUR GLBT GUIDE TO**

*Key West*



**Q MAGAZINE**

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January 2015



**ASK NANA**



**MAN ABOUT TOWN**



**BEACH READS**

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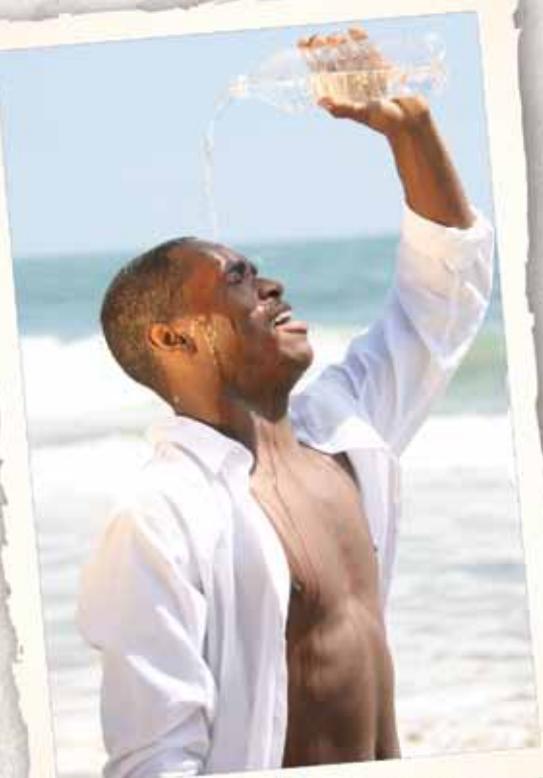
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## What is STRIBILD?

STRIBILD is a prescription medicine used to treat HIV-1 in adults who have never taken HIV-1 medicines before. It combines 4 medicines into 1 pill to be taken once a day with food. STRIBILD is a complete single-tablet regimen and should not be used with other HIV-1 medicines.

**STRIBILD does not cure HIV-1 infection or AIDS.** To control HIV-1 infection and decrease HIV-related illnesses you must keep taking STRIBILD. Ask your healthcare provider if you have questions about how to reduce the risk of passing HIV-1 to others. Always practice safer sex and use condoms to lower the chance of sexual contact with body fluids. Never reuse or share needles or other items that have body fluids on them.

## IMPORTANT SAFETY INFORMATION

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

STRIBILD can cause serious side effects:

- **Build-up of an acid in your blood (lactic acidosis),** which is a serious medical emergency. Symptoms of lactic acidosis include feeling very weak or tired, unusual (not normal) muscle pain, trouble breathing, stomach pain with nausea or vomiting, feeling cold especially in your arms and legs, feeling dizzy or lightheaded, and/or a fast or irregular heartbeat.
- **Serious liver problems.** The liver may become large (hepatomegaly) and fatty (steatosis). Symptoms of liver problems include your skin or the white part of your eyes turns yellow (jaundice), dark "tea-colored" urine, light-colored bowel movements (stools), loss of appetite for several days or longer, nausea, and/or stomach pain.
- **You may be more likely to get lactic acidosis or serious liver problems** if you are female, very overweight (obese), or have been taking STRIBILD for a long time. In some cases, these serious conditions have led to death. Call your healthcare provider right away if you have any symptoms of these conditions.

- **Worsening of hepatitis B (HBV) infection.** If you also have HBV and stop taking STRIBILD, your hepatitis may suddenly get worse. Do not stop taking STRIBILD without first talking to your healthcare provider, as they will need to monitor your health. STRIBILD is not approved for the treatment of HBV.

### Who should not take STRIBILD?

Do not take STRIBILD if you:

- **Take a medicine that contains:** alfuzosin, dihydroergotamine, ergotamine, methylergonovine, cisapride, lovastatin, simvastatin, pimozide, sildenafil when used for lung problems (Revatio®), triazolam, oral midazolam, rifampin or the herb St. John's wort.
- **For a list of brand names for these medicines,** please see the Brief Summary on the following pages.
- **Take any other medicines to treat HIV-1 infection,** or the medicine adefovir (Hepsera®).

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

Serious side effects of STRIBILD may also include:

- **New or worse kidney problems, including kidney failure.** Your healthcare provider should do regular blood and urine tests to check your kidneys before and during treatment with STRIBILD. If you develop kidney problems, your healthcare provider may tell you to stop taking STRIBILD.
- **Bone problems,** including bone pain or bones getting soft or thin, which may lead to fractures. Your healthcare provider may do tests to check your bones.
- **Changes in body fat** can happen in people taking HIV-1 medicines.
- **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 STRIBILD.

The most common side effects of STRIBILD include nausea and diarrhea. 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 STRIBILD?

- **All your health problems.** Be sure to tell your healthcare provider if you have or had any kidney, bone, or liver problems, including hepatitis virus infection.
- **All the medicines you take,** including prescription and nonprescription medicines, vitamins, and herbal supplements. STRIBILD may affect the way other medicines work, and other medicines may affect how STRIBILD works. Keep a list of all your medicines and show it to your healthcare provider and pharmacist. Do not start any new medicines while taking STRIBILD without first talking with your healthcare provider.
- **If you take hormone-based birth control** (pills, patches, rings, shots, etc).
- **If you take antacids.** Take antacids at least 2 hours before or after you take STRIBILD.
- **If you are pregnant** or plan to become pregnant. It is not known if STRIBILD can harm your unborn baby. Tell your healthcare provider if you become pregnant while taking STRIBILD.
- **If you are breastfeeding** (nursing) or plan to breastfeed. Do not breastfeed. HIV-1 can be passed to the baby in breast milk. Also, some medicines in STRIBILD can pass into breast milk, and it is not known if this can harm the baby.

**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.**

Please see Brief Summary of full Prescribing Information with **important warnings** on the following pages.



STRIBILD is a prescription medicine used as a complete single-tablet regimen to treat HIV-1 in adults who have never taken HIV-1 medicines before. STRIBILD does not cure HIV-1 or AIDS.

## I started my personal revolution

Talk to your healthcare provider about starting treatment.

**STRIBILD** is a complete HIV-1 treatment in **1 pill**, once a day.

Ask if it's right for you.

**STRIBILD**® 

elvitegravir 150mg/ cobicistat 150mg/ emtricitabine 200mg/ tenofovir disoproxil fumarate 300mg tablets

 GILEAD

## Patient Information

### STRIBILD® (STRY-bild)

(elvitegravir 150 mg/cobicistat 150 mg/  
emtricitabine 200 mg/tenofovir disoproxil  
fumarate 300 mg) tablets

Brief summary of full Prescribing Information. For more information, please see the full Prescribing Information, including Patient Information.

#### What is STRIBILD?

- **STRIBILD is a prescription medicine used to treat HIV-1 in adults who have never taken HIV-1 medicines before.** STRIBILD is a complete regimen and should not be used with other HIV-1 medicines.
- **STRIBILD does not cure HIV-1 or AIDS.** You must stay on continuous HIV-1 therapy to control HIV-1 infection and decrease HIV-related illnesses.
- **Ask your healthcare provider about how to prevent passing HIV-1 to others.** Do not share or reuse needles, injection equipment, or personal items that can have blood or body fluids on them. Do not have sex without protection. Always practice safer sex by using a latex or polyurethane condom to lower the chance of sexual contact with semen, vaginal secretions, or blood.

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

**STRIBILD can cause serious side effects, including:**

**1. Build-up of lactic acid in your blood (lactic acidosis).** Lactic acidosis can happen in some people who take STRIBILD or similar (nucleoside analogs) medicines. Lactic acidosis is a serious medical emergency that can lead to death. Lactic acidosis can be hard to identify early, because the symptoms could seem like symptoms of other health problems. **Call your healthcare provider right away if you get any of the following symptoms which could be signs of lactic acidosis:**

- feel very weak or tired
- have unusual (not normal) muscle pain
- have trouble breathing
- have stomach pain with nausea or vomiting
- feel cold, especially in your arms and legs
- feel dizzy or lightheaded
- have a fast or irregular heartbeat

**2. Severe liver problems.** Severe liver problems can happen in people who take STRIBILD. In some cases, these liver problems can lead to death. Your liver may become large (hepatomegaly) and you may develop fat in your liver (steatosis). **Call your healthcare provider right away if you get any of the following symptoms of liver problems:**

- your skin or the white part of your eyes turns yellow (jaundice)
- dark “tea-colored” urine
- light-colored bowel movements (stools)
- loss of appetite for several days or longer
- nausea
- stomach pain

**You may be more likely to get lactic acidosis or severe liver problems if you are female, very overweight (obese), or have been taking STRIBILD for a long time.**

- 3. Worsening of Hepatitis B infection.** If you have hepatitis B virus (HBV) infection and take STRIBILD, your HBV may get worse (flare-up) if you stop taking STRIBILD. A “flare-up” is when your HBV infection suddenly returns in a worse way than before.
- Do not run out of STRIBILD. Refill your prescription or talk to your healthcare provider before your STRIBILD is all gone
  - Do not stop taking STRIBILD without first talking to your healthcare provider
  - If you stop taking STRIBILD, your healthcare provider will need to check your health often and do blood tests regularly for several months to check your HBV infection. Tell your healthcare provider about any new or unusual symptoms you may have after you stop taking STRIBILD

#### Who should not take STRIBILD?

**Do not take STRIBILD if you also take a medicine that contains:**

- adefovir (Hepsera®)
- alfuzosin hydrochloride (Uroxatral®)
- cisapride (Propulsid®, Propulsid Quicksolv®)
- ergot-containing medicines, including: dihydroergotamine mesylate (D.H.E. 45®, Migranal®), ergotamine tartrate (Cafergot®, Migergot®, Ergostat®, Medihaler Ergotamine®, Wigraine®, Wigrettes®), and methylergonovine maleate (Ergotrate®, Methergine®)
- lovastatin (Advicor®, Altoprev®, Mevacor®)
- oral midazolam
- pimozide (Orap®)
- rifampin (Rifadin®, Rifamate®, Rifater®, Rimactane®)
- sildenafil (Revatio®), when used for treating lung problems
- simvastatin (Simcor®, Vytorin®, Zocor®)
- triazolam (Halcion®)
- the herb St. John’s wort

**Do not take STRIBILD if you also take any other HIV-1 medicines, including:**

- Other medicines that contain tenofovir (Atripla<sup>®</sup>, Complera<sup>®</sup>, Viread<sup>®</sup>, Truvada<sup>®</sup>)
- Other medicines that contain emtricitabine, lamivudine, or ritonavir (Atripla<sup>®</sup>, Combivir<sup>®</sup>, Complera<sup>®</sup>, Emtriva<sup>®</sup>, Epivir<sup>®</sup> or Epivir-HBV<sup>®</sup>, Epizicom<sup>®</sup>, Kaletra<sup>®</sup>, Norvir<sup>®</sup>, Trizivir<sup>®</sup>, Truvada<sup>®</sup>)

**STRIBILD is not for use in people who are less than 18 years old.**

**What are the possible side effects of STRIBILD?**

**STRIBILD may cause the following serious side effects:**

- **See “What is the most important information I should know about STRIBILD?”**
- **New or worse kidney problems, including kidney failure.** Your healthcare provider should do blood and urine tests to check your kidneys before you start and while you are taking STRIBILD. Your healthcare provider may tell you to stop taking STRIBILD if you develop new or worse kidney problems.
- **Bone problems** can happen in some people who take STRIBILD. Bone problems include bone pain, softening or thinning (which may lead to fractures). Your healthcare provider may need to do tests to check your bones.
- **Changes in body fat** can happen in people who take HIV-1 medicine. These changes may include increased amount of fat in the upper back and neck (“buffalo hump”), breast, and around the middle of your body (trunk). Loss of fat from the legs, arms and face may also happen. The exact cause and long-term health effects of these conditions are not known.
- **Changes in your immune system** (Immune Reconstitution Syndrome) can happen when you start taking HIV-1 medicines. Your immune system may get stronger and begin to fight infections that have been hidden in your body for a long time. Tell your healthcare provider right away if you start having any new symptoms after starting your HIV-1 medicine.

**The most common side effects of STRIBILD include:**

- Nausea
- Diarrhea

**Tell your healthcare provider if you have any side effect that bothers you or that does not go away.**

- These are not all the possible side effects of STRIBILD. For more information, ask your healthcare provider.
- Call your healthcare provider for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

**What should I tell my healthcare provider before taking STRIBILD?**

**Tell your healthcare provider about all your medical conditions, including:**

- If you have or had any kidney, bone, or liver problems, including hepatitis B infection
- If you are pregnant or plan to become pregnant. It is not known if STRIBILD can harm your unborn baby. Tell your healthcare provider if you become pregnant while taking STRIBILD.
  - There is a pregnancy registry for women who take antiviral medicines during pregnancy. The purpose of this registry is to collect information about the health of you and your baby. Talk with your healthcare provider about how you can take part in this registry.
- If you are breastfeeding (nursing) or plan to breastfeed. Do not breastfeed if you take STRIBILD.
  - You should not breastfeed if you have HIV-1 because of the risk of passing HIV-1 to your baby.
  - Two of the medicines in STRIBILD can pass to your baby in your breast milk. It is not known if the other medicines in STRIBILD can pass into your breast milk.
  - Talk with your healthcare provider about the best way to feed your baby.

**Tell your healthcare provider about all the medicines you take, including prescription and nonprescription medicines, vitamins, and herbal supplements:**

- STRIBILD may affect the way other medicines work, and other medicines may affect how STRIBILD works.
- Be sure to tell your healthcare provider if you take any of the following medicines:
  - Hormone-based birth control (pills, patches, rings, shots, etc)
  - Antacid medicines that contain aluminum, magnesium hydroxide, or calcium carbonate. Take antacids at least 2 hours before or after you take STRIBILD
  - Medicines to treat depression, organ transplant rejection, or high blood pressure
  - amiodarone (Cordarone<sup>®</sup>, Pacerone<sup>®</sup>)
  - atorvastatin (Lipitor<sup>®</sup>, Caduet<sup>®</sup>)
  - bepridil hydrochloride (Vasacor<sup>®</sup>, Bepadin<sup>®</sup>)
  - bosentan (Tracleer<sup>®</sup>)
  - buspirone
  - carbamazepine (Carbatrol<sup>®</sup>, Epitol<sup>®</sup>, Equetro<sup>®</sup>, Tegretol<sup>®</sup>)
  - clarithromycin (Biaxin<sup>®</sup>, Prevpac<sup>®</sup>)

- clonazepam (Klonopin<sup>®</sup>)
- clorazepate (Gen-xene<sup>®</sup>, Tranxene<sup>®</sup>)
- colchicine (Colcryl<sup>®</sup>)
- medicines that contain dexamethasone
- diazepam (Valium<sup>®</sup>)
- digoxin (Lanoxin<sup>®</sup>)
- disopyramide (Norpace<sup>®</sup>)
- estazolam
- ethosuximide (Zarontin<sup>®</sup>)
- flecainide (Tambocor<sup>®</sup>)
- flurazepam
- fluticasone (Flovent<sup>®</sup>, Flonase<sup>®</sup>, Flovent<sup>®</sup> Diskus<sup>®</sup>, Flovent<sup>®</sup> HFA, Veramyst<sup>®</sup>)
- itraconazole (Sporanox<sup>®</sup>)
- ketoconazole (Nizoral<sup>®</sup>)
- lidocaine (Xylocaine<sup>®</sup>)
- mexiletine
- oxcarbazepine (Trileptal<sup>®</sup>)
- perphenazine
- phenobarbital (Luminal<sup>®</sup>)
- phenytoin (Dilantin<sup>®</sup>, Phenytek<sup>®</sup>)
- propafenone (Rythmol<sup>®</sup>)
- quinidine (Neudexta<sup>®</sup>)
- rifabutin (Mycobutin<sup>®</sup>)
- rifapentine (Priftin<sup>®</sup>)
- risperidone (Risperdal<sup>®</sup>, Risperdal Consta<sup>®</sup>)
- salmeterol (Serevent<sup>®</sup>) or salmeterol when taken in combination with fluticasone (Advair Diskus<sup>®</sup>, Advair HFA<sup>®</sup>)
- sildenafil (Viagra<sup>®</sup>), tadalafil (Cialis<sup>®</sup>) or vardenafil (Levitra<sup>®</sup>, Staxyn<sup>®</sup>), for the treatment of erectile dysfunction (ED). If you get dizzy or faint (low blood pressure), have vision changes or have an erection that last longer than 4 hours, call your healthcare provider or get medical help right away.
- tadalafil (Adcirca<sup>®</sup>), for the treatment of pulmonary arterial hypertension
- telithromycin (Ketek<sup>®</sup>)
- thioridazine
- voriconazole (Vfend<sup>®</sup>)
- warfarin (Coumadin<sup>®</sup>, Jantoven<sup>®</sup>)
- zolpidem (Ambien<sup>®</sup>, Edlular<sup>®</sup>, Intermezzo<sup>®</sup>, Zolpimist<sup>®</sup>)

**Know the medicines you take.** Keep a list of all your medicines and show it to your healthcare provider and pharmacist when you get a new medicine. Do not start any new medicines while you are taking STRIBILD without first talking with your healthcare provider.

**Keep STRIBILD and all medicines out of reach of children.**

This Brief Summary summarizes the most important information about STRIBILD. If you would like more information, talk with your healthcare provider. You can also ask your healthcare provider or pharmacist for information about STRIBILD that is written for health professionals, or call 1-800-445-3235 or go to [www.STRIBILD.com](http://www.STRIBILD.com).

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# Gay KEY WEST 2015



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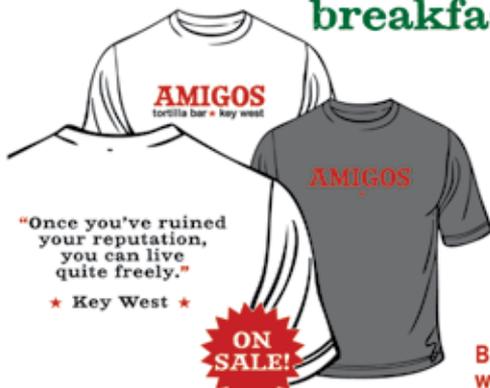


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# HAPPY NEW QUEER!

by: **Brad Loekle**



In honor of us all making it through, and to, another year I decided I'd kick it off with my own personal list of resolutions. 2014 was a gaymazing year for me in many, many ways. But those wonderful, wacky and amazingly unique experiences were also peppered with tragedy and loss. I think it's safe to say there aren't many of us, no matter how lucky a life we lead, that make it 365 days without rain coming in for a bit. Such is life, right? Some of you might recall that earlier this year, while I was on tour in Europe, I told you about the insane day where I ended up having to swim between the yachts of two sets of fans while they coaxed me back and forth with champagne and other more illicit items. I mean, let's face it, I'm never going to know what it's like to be Stevie Nicks but that was pretty damn close! Then, at the end of that tour I ended up in a Hospital in Barcelona for days with a mystery illness that is still unknown. And then after my medical close call something even worse happened. My boss and mentor, Joan Rivers, was taken from us more suddenly than anyone would have ever predicted. It made me take stock of my life and my career in many ways and learn to better appreciate the good things and not dwell on the bad... something I think we should all be teaching and reteaching ourselves over time. So to kick off what I believe will be a fagtastic new year, here are my big gay resolutions:

- I vow to never ever, even once, do Cross Fit. If only for the reason that it makes the people who do it more fucking annoying than people who go on Facebook to constantly thank Jesus for everything from there not being traffic on Friday to them making it to Arby's before it closed. If the first rule of Fight Club is never talk about Fight Club than the first rule of Cross Fit is never shut the fuck up about it! That being said, I'm going to be 37 this year and I need to start exercising more if I want to still be able to stand up to do Stand Up!

Maybe I'll do Tae Bo... is that still a thing?

- I'm going to stop pretending that what anyone says on Facebook or Twitter is real. Because it's not. I need to remember that and you do too. It matters what people say on the floor of the Senate and the House of Representatives, because what they say can become a law. It doesn't matter if your co-worker's brother's ex-girlfriend thinks that gay people are gross. It doesn't matter if someone you know from high school thinks the bible says this or that or even that they think it's a real thing. Because anyone saying anything, good or bad, on social media is just another mouth breathing herd mammal walking around the planet. They're not your father, your mother or your maker. You don't need to convince them of anything. You be you. You do you. And that's what I'm going to do in 2015.

- This year I'm going to try, for once, to look at everything in my life, including myself, and let it be enough. I'm going to look in the mirror and say, "you're enough". My height, my weight, my looks, my talent, my work, my house, my car, my personal life... they're all enough. And if they become even more, even better, well then hot damn! But this year I'm going to let myself enjoy all the things I do have... all the things I am.... Rather than just focus all the time on making them all bigger, better or more. Otherwise I'll never know I even had this much until something happens to make them all go away.

- And finally, I promise, after this article, to stop making profound esoteric statements and resolutions like the one just before this. I mean, I'm a comedian for God's sake?! No matter how hard I try I'm never gonna be big gay white Oprah so I'm gonna simmer the fuck down and just write some really funny jokes about silly stuff.

*Brad Loekle is a comedian currently living in LA. He can be seen every week on TruTV's "World's Dumbest", has written for Joan Rivers on E! "Fashion Police" & tours extensively on Atlantis Events & RSVP gay cruises.*

**For more on Brad, go to:  
[www.bradloekle.com](http://www.bradloekle.com)**

# Hot Naked Humpdays

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COMPLERA is a prescription medicine for adults who have never taken HIV-1 medicines before and who have no more than 100,000 copies/mL of virus in their blood. COMPLERA can also replace current HIV-1 medicines for some adults who have an undetectable viral load (less than 50 copies/mL) and whose healthcare provider determines that they meet certain other requirements. COMPLERA combines 3 medicines into 1 pill to be taken once a day with food. COMPLERA should not be used with other HIV-1 medicines.

one  
Just the  for me

**COMPLERA** is a complete HIV-1 treatment in only 1 pill a day.

Ask your healthcare provider if **COMPLERA** may be the one for you.

Pill shown is not actual size.

## COMPLERA does not cure HIV-1 infection or AIDS.

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

It is not known if COMPLERA is safe and effective in children under 18 years old.

## IMPORTANT SAFETY INFORMATION

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

COMPLERA can cause serious side effects:

- **Build-up of an acid in your blood (lactic acidosis)**, which is a serious medical emergency. Symptoms of lactic acidosis include feeling very weak or tired, unusual (not normal) muscle pain, trouble breathing, stomach pain with nausea or vomiting, feeling cold especially in your arms and legs, feeling dizzy or lightheaded, and/or a fast or irregular heartbeat.
- **Serious liver problems.** The liver may become large (hepatomegaly) and fatty (steatosis). Symptoms of liver problems include your skin or the white part of your eyes turns yellow (jaundice), dark "tea-colored" urine, light-colored bowel movements (stools), loss of appetite for several days or longer, nausea, and/or stomach pain.
- **You may be more likely to get lactic acidosis or serious liver problems** if you are female, very overweight (obese), or have been taking COMPLERA for a long time. In some cases, these serious conditions have led to death. Call your healthcare provider right away if you have any symptoms of these conditions.
- **Worsening of hepatitis B (HBV) infection.** If you also have HBV and stop taking COMPLERA, your hepatitis may suddenly get worse. Do not stop taking COMPLERA without first talking to your healthcare provider, as they will need to monitor your health. COMPLERA is not approved for the treatment of HBV.

### Who should not take COMPLERA?

Do not take COMPLERA if you:

- **Take a medicine that contains:** adefovir (Hepsera), lamivudine (Epivir-HBV), carbamazepine (Carbatrol, Equetro, Tegretol, Tegretol-XR, Teril, Epitol), oxcarbazepine (Trileptal), phenobarbital (Luminal), phenytoin (Dilantin, Dilantin-125, Phenytek), rifampin (Rifater, Rifamate, Rimactane, Rifadin), rifapentine (Priftin), dexamisoprazole (Dexiant), esomeprazole (Nexium, Vimovo), lansoprazole (Prevacid), omeprazole (Prilosec, Zegerid), pantoprazole sodium (Protonix), rabeprazole (Aciphex), more than 1 dose of the steroid medicine dexamethasone or dexamethasone sodium phosphate, or the herbal supplement St. John's wort.
- **Take any other medicines to treat HIV-1 infection**, unless recommended by your healthcare provider.

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

Serious side effects of COMPLERA may also include:

- **New or worse kidney problems, including kidney failure.** Your healthcare provider should do blood tests to check your kidneys before starting treatment with COMPLERA. If you have had kidney problems, or take other medicines that may cause kidney problems, your healthcare provider may also check your kidneys during treatment with COMPLERA.
- **Depression or mood changes.** Tell your healthcare provider right away if you have any of the following symptoms: feeling sad or hopeless, feeling anxious or restless, have thoughts of hurting yourself (suicide) or have tried to hurt yourself.

- **Changes in liver enzymes:** People who have had hepatitis B or C, or who have had changes in their liver function tests in the past may have an increased risk for liver problems while taking COMPLERA. Some people without prior liver disease may also be at risk. Your healthcare provider may do tests to check your liver enzymes before and during treatment with COMPLERA.
- **Bone problems,** including bone pain or bones getting soft or thin, which may lead to fractures. Your healthcare provider may do tests to check your bones.
- **Changes in body fat** can happen in people taking HIV-1 medicines.
- **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 COMPLERA.

The most common side effects of COMPLERA include trouble sleeping (insomnia), abnormal dreams, headache, dizziness, diarrhea, nausea, rash, tiredness, and depression. Other common side effects include vomiting, stomach pain or discomfort, skin discoloration (small spots or freckles), and pain. Tell your healthcare provider if you have any side effects that bother you or do not go away.

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

- **All your health problems.** Be sure to tell your healthcare provider if you have or had any kidney, mental health, bone, or liver problems, including hepatitis virus infection.
- **All the medicines you take,** including prescription and nonprescription medicines, vitamins, and herbal supplements. COMPLERA may affect the way other medicines work, and other medicines may affect how COMPLERA works. Keep a list of all your medicines and show it to your healthcare provider and pharmacist. Do not start any new medicines while taking COMPLERA without first talking with your healthcare provider.
- **If you take rifabutin (Mycobutin).** Talk to your healthcare provider about the right amount of rilpivirine (Edurant) you should take.
- **If you take antacids.** Take antacids at least 2 hours before or at least 4 hours after you take COMPLERA.
- **If you take stomach acid blockers.** Take acid blockers at least 12 hours before or at least 4 hours after you take COMPLERA. Ask your healthcare provider if your acid blocker is okay to take, as some acid blockers should never be taken with COMPLERA.
- **If you are pregnant** or plan to become pregnant. It is not known if COMPLERA can harm your unborn baby. Tell your healthcare provider if you become pregnant while taking COMPLERA.
- **If you are breastfeeding (nursing)** or plan to breastfeed. Do not breastfeed. HIV-1 can be passed to the baby in breast milk. Also, some medicines in COMPLERA can pass into breast milk, and it is not known if this can harm the baby.

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.

Please see Brief Summary of full Prescribing Information with important warnings on the following pages.



**COMPLERA<sup>®</sup>**  
emtricitabine 200mg/rilpivirine 25mg/  
tenofovir disoproxil fumarate 300mg tablets



## Brief Summary of full Prescribing Information

### COMPLERA® (kom-PLEH-rah)

(emtricitabine 200 mg, rilpivirine 25 mg, tenofovir disoproxil fumarate 300 mg) tablets

Brief summary of full Prescribing Information. For more information, please see the full Prescribing Information, including Patient Information.

#### What is COMPLERA?

- **COMPLERA** is a prescription medicine used as a complete HIV-1 treatment in one pill a day. COMPLERA is for adults who have never taken HIV-1 medicines before and who have no more than 100,000 copies/mL of virus in their blood (this is called "viral load"). Complera can also replace current HIV-1 medicines for some adults who have an undetectable viral load (less than 50 copies/mL) and whose healthcare provider determines that they meet certain other requirements.
- COMPLERA is a complete regimen and should not be used with other HIV-1 medicines. HIV-1 is the virus that causes AIDS. When used properly, COMPLERA may reduce the amount of HIV-1 virus in your blood and increase the amount of CD4 T-cells, which may help improve your immune system. This may reduce your risk of death or getting infections that can happen when your immune system is weak.
- **COMPLERA does not cure HIV-1 or AIDS.** You must stay on continuous HIV-1 therapy to control HIV-1 infection and decrease HIV-related illnesses.
- **Ask your healthcare provider about how to prevent passing HIV-1 to others.** Do not share or reuse needles, injection equipment, or personal items that can have blood or body fluids on them. Do not have sex without protection. Always practice safer sex by using a latex or polyurethane condom to lower the chance of sexual contact with semen, vaginal secretions, or blood.

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

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

- **Build-up of an acid in your blood (lactic acidosis).** Lactic acidosis can happen in some people who take COMPLERA or similar (nucleoside analogs) medicines. Lactic acidosis is a serious medical emergency that can lead to death. Lactic acidosis can be hard to identify early, because the symptoms could seem like symptoms of other health problems. **Call your healthcare provider right away if you get any of the following symptoms which could be signs of lactic acidosis:**

- feel very weak or tired
- have unusual (not normal) muscle pain
- have trouble breathing
- having stomach pain with nausea or vomiting
- feel cold, especially in your arms and legs
- feel dizzy or lightheaded
- have a fast or irregular heartbeat

- **Severe liver problems.** Severe liver problems can happen in people who take COMPLERA. In some cases, these liver problems can lead to death. Your liver may become large (hepatomegaly) and you may develop fat in your liver (steatosis). **Call your healthcare provider right away if you get any of the following symptoms of liver problems:**

- your skin or the white part of your eyes turns yellow (jaundice)
- dark "tea-colored" urine
- light-colored bowel movements (stools)
- loss of appetite for several days or longer
- nausea
- stomach pain

- **You may be more likely to get lactic acidosis or severe liver problems if you are female, very overweight (obese), or have been taking COMPLERA for a long time.**

- **Worsening of Hepatitis B infection.** If you have hepatitis B virus (HBV) infection and take COMPLERA, your HBV may get worse (flare-up) if you stop taking COMPLERA. A "flare-up" is when your HBV infection suddenly returns in a worse way than before. COMPLERA is not approved for the treatment of HBV, so you must discuss your HBV with your healthcare provider.

- Do not run out of COMPLERA. Refill your prescription or talk to your healthcare provider before your COMPLERA is all gone.
- Do not stop taking COMPLERA without first talking to your healthcare provider.
- If you stop taking COMPLERA, your healthcare provider will need to check your health often and do blood tests regularly to check your HBV infection. Tell your healthcare provider about any new or unusual symptoms you may have after you stop taking COMPLERA.

#### Who should not take COMPLERA?

**Do not take COMPLERA if you also take any of the following medicines:**

- Medicines used for seizures: carbamazepine

(Carbatrol, Equetro, Tegretol, Tegretol-XR, Teril, Epitol); oxcarbazepine (Trileptal); phenobarbital (Luminal); phenytoin (Dilantin, Dilantin-125, Phenytek)

- **Medicines used for tuberculosis:** rifampin (Rifater, Rifamate, Rimactane, Rifadin); rifapentine (Priftin)
- **Certain medicines used to block stomach acid called proton pump inhibitors (PPIs):** dexlansoprazole (Dexilant); esomeprazole (Nexium, Vimovo); lansoprazole (Prevacid); omeprazole (Prilosec, Zegerid); pantoprazole sodium (Protonix); rabeprazole (Aciphex)
- **Certain steroid medicines:** More than 1 dose of dexamethasone or dexamethasone sodium phosphate
- **Certain herbal supplements:** St. John's wort
- **Certain hepatitis medicines:** adefovir (Hepsera), lamivudine (EpiVir-HBV)

**Do not take COMPLERA if you also take any other HIV-1 medicines, including:**

- Other medicines that contain tenofovir (ATRIPLA, STRIBILD, TRUVADA, VIREAD)
- Other medicines that contain emtricitabine or lamivudine (ATRIPLA, Combivir, EMTRIVA, EpiVir, Epzicom, STRIBILD, Trizivir, TRUVADA)
- rilpivirine (Edurant), unless you are also taking rifabutin (Mycobutin)

**COMPLERA is not for use in people who are less than 18 years old.**

**What are the possible side effects of COMPLERA?**

**COMPLERA may cause the following serious side effects:**

- See "What is the most important information I should know about COMPLERA?"
- **New or worse kidney problems, including kidney failure.** Your healthcare provider should do blood and urine tests to check your kidneys before you start and while you are taking COMPLERA. If you have had kidney problems in the past or need to take another medicine that can cause kidney problems, your healthcare provider may need to do blood tests to check your kidneys during your treatment with COMPLERA.
- **Depression or mood changes. Tell your healthcare provider right away if you have any of the following symptoms:**
  - feeling sad or hopeless
  - feeling anxious or restless
  - have thoughts of hurting yourself (suicide) or have tried to hurt yourself
- **Change in liver enzymes.** People with a history of

hepatitis B or C virus infection or who have certain liver enzyme changes may have an increased risk of developing new or worsening liver problems during treatment with COMPLERA. Liver problems can also happen during treatment with COMPLERA in people without a history of liver disease. Your healthcare provider may need to do tests to check your liver enzymes before and during treatment with COMPLERA.

- **Bone problems** can happen in some people who take COMPLERA. Bone problems include bone pain, softening or thinning (which may lead to fractures). Your healthcare provider may need to do tests to check your bones.
- **Changes in body fat** can happen in people taking HIV-1 medicine. These changes may include increased amount of fat in the upper back and neck ("buffalo hump"), breast, and around the main part of your body (trunk). Loss of fat from the legs, arms and face may also happen. The cause and long term health effect of these conditions are not known.
- **Changes in your immune system (Immune Reconstitution Syndrome)** can happen when you start taking HIV-1 medicines. Your immune system may get stronger and begin to fight infections that have been hidden in your body for a long time. Tell your healthcare provider if you start having any new symptoms after starting your HIV-1 medicine.

**The most common side effects of COMPLERA include:**

- Trouble sleeping (insomnia), abnormal dreams, headache, dizziness, diarrhea, nausea, rash, tiredness, depression

**Additional common side effects include:**

- Vomiting, stomach pain or discomfort, skin discoloration (small spots or freckles), pain

**Tell your healthcare provider if you have any side effect that bothers you or that does not go away.**

- These are not all the possible side effects of COMPLERA. For more information, ask your healthcare provider.
- Call your healthcare provider for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

**What should I tell my healthcare provider before taking COMPLERA?**

**Tell your healthcare provider about all your medical conditions, including:**

- If you have or had any kidney, mental health, bone, or liver problems, including hepatitis B or C infection.

- If you are pregnant or plan to become pregnant. It is not known if COMPLERA can harm your unborn child.
  - There is a pregnancy registry for women who take antiviral medicines during pregnancy. The purpose of this registry is to collect information about the health of you and your baby. Talk to your healthcare provider about how you can take part in this registry.
- If you are breastfeeding (nursing) or plan to breastfeed. Do not breastfeed if you take COMPLERA.
  - You should not breastfeed if you have HIV-1 because of the risk of passing HIV-1 to your baby.
  - Two of the medicines in COMPLERA can pass to your baby in your breast milk. It is not known if this could harm your baby.
  - Talk to your healthcare provider about the best way to feed your baby.

**Tell your healthcare provider about all the medicines you take, including prescription and nonprescription medicines, vitamins, and herbal supplements:**

- COMPLERA may affect the way other medicines work, and other medicines may affect how COMPLERA works.
- If you take certain medicines with COMPLERA, the amount of COMPLERA in your body may be too low and it may not work to help control your HIV-1 infection. The HIV-1 virus in your body may become resistant to COMPLERA or other HIV-1 medicines that are like it.
- Be sure to tell your healthcare provider if you take any of the following medicines:
  - Rifabutin (Mycobutin), a medicine to treat some bacterial infections. Talk to your healthcare provider about the right amount of rilpivirine (Edurant) you should take.
  - Antacid medicines that contain aluminum, magnesium hydroxide, or calcium carbonate. Take antacids **at least 2 hours before or at least 4 hours after** you take COMPLERA.
  - Certain medicines to block the acid in your stomach, including cimetidine (Tagamet), famotidine (Pepcid), nizatidine (Axid), or ranitidine hydrochloride (Zantac). Take the acid blocker **at least 12 hours before or at least 4 hours after** you take COMPLERA. Some acid blocking medicines should never be taken with COMPLERA (see “Who should not take COMPLERA?” for a list of these medicines).
  - Medicines that can affect how your kidneys work, including acyclovir (Zovirax), cidofovir (Vistide), ganciclovir (Cytovene IV, Vitrasert), valacyclovir (Valtrex), and valganciclovir (Valcyte).

- clarithromycin (Biaxin)
- erythromycin (E-Mycin, Eryc, Ery-Tab, PCE, Pediazole, Ilosone)
- fluconazole (Diflucan)
- itraconazole (Sporanox)
- ketoconazole (Nizoral)
- methadone (Dolophine)
- posaconazole (Noxafil)
- telithromycin (Ketek)
- voriconazole (Vfend)

**Know the medicines you take.** Keep a list of all your medicines and show it to your healthcare provider and pharmacist when you get a new medicine. Do not start any new medicines while you are taking COMPLERA without first talking with your healthcare provider.

**How should I take COMPLERA?**

- Stay under the care of your healthcare provider during treatment with COMPLERA.
- Take COMPLERA exactly as your healthcare provider tells you to take it.
- Always take COMPLERA with food. Taking COMPLERA with food is important to help get the right amount of medicine in your body. A protein drink is not a substitute for food. If your healthcare provider decides to stop COMPLERA and you are switched to new medicines to treat HIV-1 that includes rilpivirine tablets, the rilpivirine tablets should be taken only with a meal.

**Keep COMPLERA and all medicines out of reach of children.**

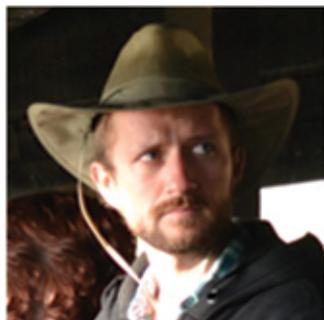
This Brief Summary summarizes the most important information about COMPLERA. If you would like more information, talk with your healthcare provider. You can also ask your healthcare provider or pharmacist for information about COMPLERA that is written for health professionals, or call 1-800-445-3235 or go to [www.COMPLERA.com](http://www.COMPLERA.com).

Issued: June 2014



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# ZACHARY MOSES : MAN ABOUT TOWN



Here we go, Brand New Year. I want to love you, 2015, I really do. I'm determined to be better to you than I was to Your Brother, 2014.

So, I'm resolving to stop doing the naughty things that got me in so much trouble with the Last Year. I'll quit drinking, eat more fresh vegetables and less fried food, hang out with more of my friends outside the club, settle down and work harder.

Now, 2015, don't look at me with those big puppy dog eyes! I think we can still have fun! Listen, what if I just resolve to drink more water WITH my alcohol?? One delicious salty margarita at Agave (308 Front St) chased with one glass of water! One fresh squeezed mojito at the Tree Bar (202 Duval) plus one bottle of water! See? We are both happy, and I am not thinking about your brother 2014 AT ALL.

Let me take you to dinner, 2015, to celebrate our budding relationship! We'll try a few types of soup at the newly opened Sister Noodle House (2502 North Roosevelt). I'll order pho with all the fresh vegetables on top. Of course you want the fried spring rolls... you are just like your

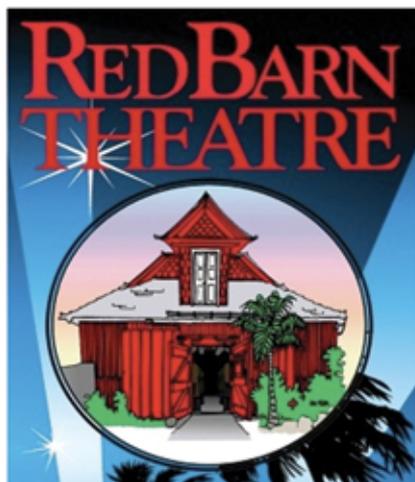
**SISTER NOODLE  
HOUSE**



brother... and you know my weakness for crispy crunchety goodness. I'll just have some of yours. Oh looky, this paper placemat says we're a perfect match!

Can we hang out with some of my friends? I was thinking jigsaw puzzles and popcorn and Netflix. No? Of course a young and exciting New Year like you doesn't want to do that. Let's go to the theater! Last week I saw a hilarious show at Red Barn (319 Duval) called The Last Night at Ballyhoo. No, of course I didn't take you, 2015, I didn't know you yet! Come on, you'll have a great time. Let's watch The Skivvies, then. It looks awesome! I'm thinking hot bodies, music, and comedy! Where else would you want to be?

Ok, 2015. This may not be your idea of fun, but I need to go to the gym. But, I'll tell you what... let's go use the small gym at Island House (1129 Fleming). I can exercise in my underwear and watch The Price is Right on TV. You can wander the grounds and ogle anyone you like. Hmm. Maybe we'll do that together, and then I will work out afterward.



I think we're going to be very happy together, 2015. I think that I can be a happier, healthier person with you by my side. We'll make some new friends, I'll reconnect with some old friends (you will LOVE them!), hey... you can meet my mom!

Happy New Year everyone! Here's to a fresh adventure, light, love and happiness for all of us.

*To read more of Zachary's gay travel adventures, or to join one of his international gay adventure tours visit online at [heTravel.com](http://heTravel.com)*



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It seems that there are alot more people skipping out on tabs than usual. Some just have a few too many and "forget" but those that drop someone's name saying their drinks are supposed to be comped when they aren't are the real shady ones.

There are a couple of long time locals that are quietly planning on moving away soon.

One bar in town was recently caught with their pants down... Well, it was actually someone very important there that was.

Karma can be a bitch. Remember this is a small island. When you talk bad about someone, it's probably going to get back to them. Why do some people wonder why no one wants to be their friend anymore?

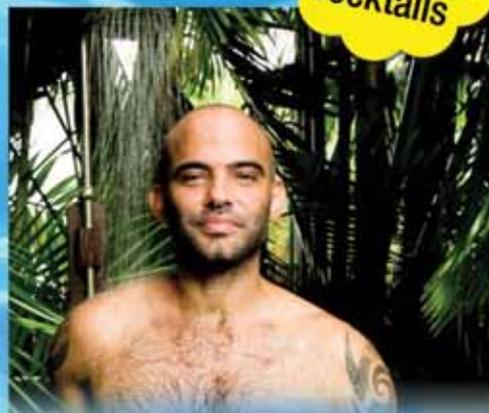
A very well known couple seems to be hitting a rough patch. So far, it's been kept very quiet but that will change soon when one moves in with his new man.

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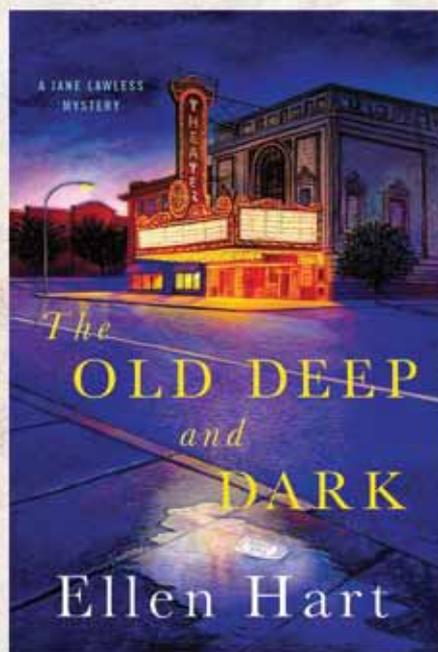
# Beach Reads

LGBT Book Reviews

By:

Terri Schlichenmeyer

**“The Old Deep and Dark” by Ellen Hart**  
c.2014, Minotaur Books      \$25.99      296 pages



Your favorite Hollywood star is in the headlines – again.

By now, it shouldn't surprise you. He's in some sort of scrape a couple times a year, probably just so he can keep top-of-mind. Staying in the news: that's the way stardom works.

Then again, as you'll see in the new mystery “The Old Deep and Dark” by Ellen Hart, he could have secrets he wants good and buried.

When Cordelia Thorn bought a crumbling old theatre in downtown Minneapolis, she hoped to restore it to its former grandeur. The basement of the building held a century of performing bric-a-brac, proof that many stars had strode across its stage.

The theatre – renamed the Thorn Lester Playhouse – had also been the site of a rumored gangland murder back in the 30s. That didn't bother Cordelia – it was “tradition” to have a ghost in an old theatre, just as it was good business to bring back stars from the stage's heyday. She was considering, in fact, bringing back Kit Deere.

It had been many years since Kit had appeared onstage in Minneapolis, though she was still considered "theatrical royalty" in Minneapolis. Still acting, and now living in Nashville with her husband, country singer Jordan Deere, Kit had a dream life – until Jordan called for an ominously mandatory family meeting.

Booker Deere, Kit's son, had been fully aware of his parents' unique lifestyle, and he knew that long-kept secret was about to blow sky-high: his father had penned a "novel" that was a little too close to the truth. Booker knew that absolutely nobody in the family wanted that book published. Nobody.

But who would want it quashed enough to murder Jordan Deere?

Private Investigator Jane Lawless definitely had her hands full: she was trying to keep her restaurant smoothly running, trying to help her lawyer-father in his defense of Kit, and trying to understand what was going on with her new girlfriend, Avi.

The former could take care of itself. The latter, well, it was probably over anyhow. And the Deere investigation? That was complicated – more so when the skeletal remains of three people tied to Kit were discovered...

As mysteries go, "The Old Deep and Dark" is okay.

There are plenty of distractions here to keep whodunit fans guessing, at least for awhile. The characters – though there are way too many of them – are fine: quirky enough to be interesting, but not nasty enough to completely hate. It's good to see Jane Lawless again in a setting that's cozy and familiar, though the story itself contains implausible plotlines including a lawyer who pushes the boundaries of ethics and a family secret that seems unkeepable for the decades that author Ellen Hart wants us to accept.

Ultimately, though I'm so-so on this book, I think Jane Lawless mystery fans will rejoice at a new installment with their favorite PI. If you're new to this series, however, this isn't the book to start with. If you're new, you may find "The Old Deep and Dark" to be too shallow and light.



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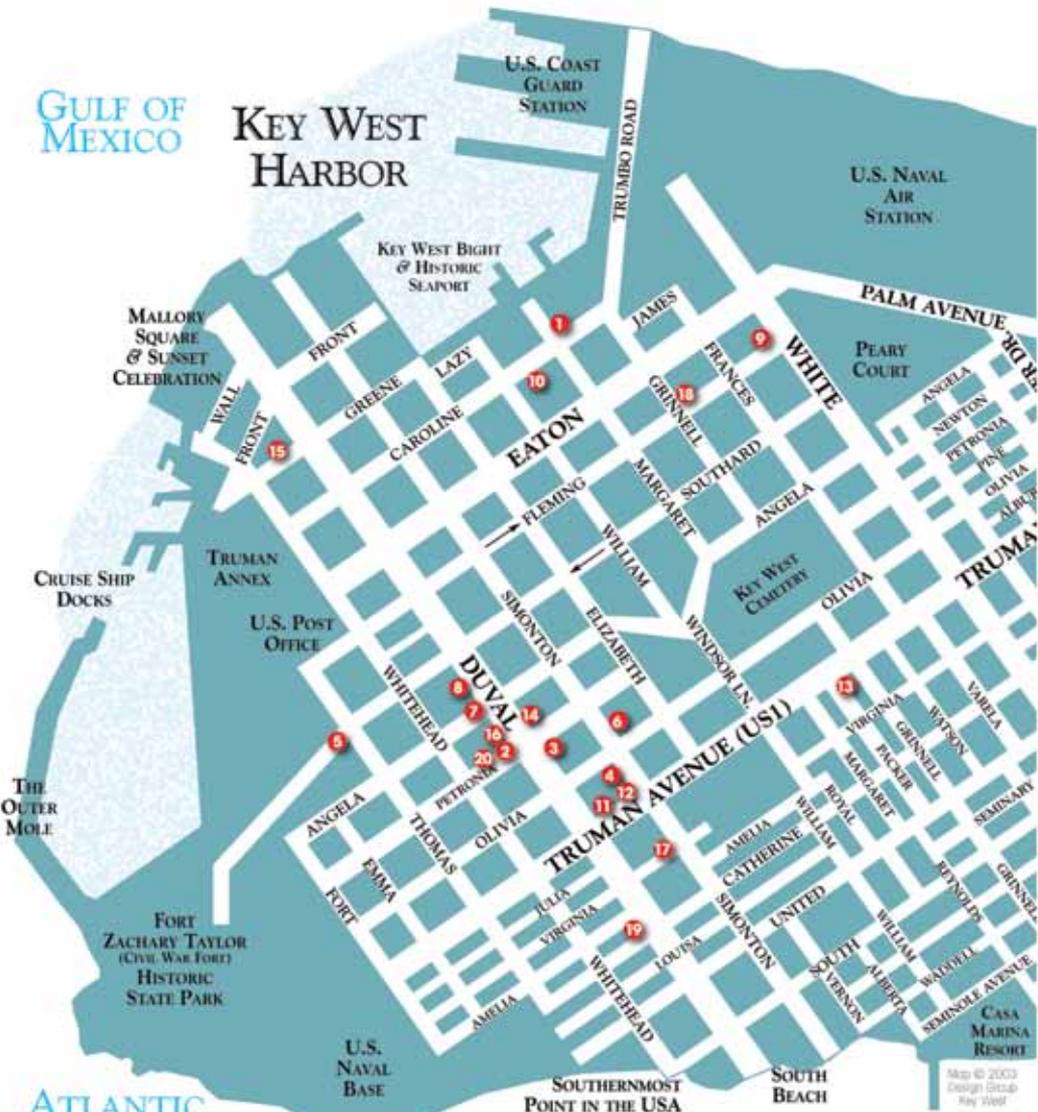
  
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Corner of Simonton & Virginia Streets

# DRAG SHOW



THE WORLD FAMOUS 801 GIRLS

NIGHTLY  
9 & 11

DOORS OPEN AT 8  
RESERVATIONS ONLINE: [801GIRLS.COM](http://801GIRLS.COM)

KARAOKE

WED 6PM & SUN 4PM

MATINEES

FRI & SAT-5PM

# BINGO

SUNDAYS 5PM

NOT YOUR GRANDMA'S BINGO!



801 DUVAL • KEY WEST

# 801 Bourbon Bar

Drink Specials,  
Crazy Themes  
& over 10,000  
Songs!

**KARAOKE  
NIGHTS**

Wednesday @ 6pm-?  
Sunday @ 4pm-9pm

The Best Karaoke on the island



# Cock Shock

Fridays @ midnight

\*Best Couple\*Best Ink\*  
\*Best Chest\*Best Butt\*  
\*Best Balls\*Best Cock\*

Do you have the best?  
Over \$250 in prizes!



# WEEKLY EVENTS



## MONDAY

**801**

*Drag Shows at 9 PM and 11 PM*

**Bobby's**

*Karaoke starting at 9:30 PM*

**Bourbon**

*Dancers on the bar starting at 10 PM*

## TUESDAY

**801**

*Drag Shows at 9 PM and 11 PM*

**Bourbon**

*Dancers on the bar starting at 10 PM*



801- 801 Duval St.



Bobby's- 900 Simonton St.



Bourbon- 724 Duval St.

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

**801**

*Karaoke starting at 6 PM*  
*Drag Shows at 9 PM and 11 PM*

**Bourbon**

*Jessica Grabbit singing live at 8 PM*  
*Dancers on the bar starting at 10 PM*

**Island House**

*Hot Naked Humpdays starting at 5 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**

*Dancers on the bar starting at 10 PM*

**F R I D A Y**

**801**

*Drag Shows at 5 PM, 9 PM*  
*and 11 PM*

**Bobby's**

*Karaoke starting at 9:30 PM*

**Bourbon**

*Jessica Grabbit singing live at 8 PM*  
*Dancers on the bar starting at 10 PM*  
*Stripper Battle starting at Midnight*

**One Saloon**

*Cock Shock contest starting at*  
*Midnight*

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

**801**

*Drag Shows at 5PM, 9 PM*  
*and 11-PM*

**Bourbon**

*Pool Party starting at 12 PM*  
*Dancers on the bar starting at 10 PM*  
*Jessica Grabbit singing live at 8 PM*  
*Amateur Strip at Midnight*

**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*

**Bobby's**

*Karaoke starting at 9:30 PM*

**Bourbon**

*Jessica Grabbit 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*



Island House- 1129 Fleming



La Te Da- 1125 Duval St.



One Saloon- 514 Petronia St.



# Jessica Crabbit

**SINGING LIVE**

*Plus*

**DRAG QUEEN  
JUKEBOX**

YOU REQUEST IT,  
SHE SINGS IT!

**WEDNESDAY**  
thru  
**SATURDAY**

SHOWTIME 8PM

**SUNDAYS**

SHOWTIME 7PM

724 DUVAL • KEY WEST

**Bourbon St. Pub**

[BourbonStPub.com](http://BourbonStPub.com)

Art Design by [GaryNolanMedia.com](http://GaryNolanMedia.com)

# SOAK *and* SPLASH

EVERY  
SATURDAY  
NOON-5PM

Hosted by  
*Gassy  
Winds*

MUSIC BY  
DJ  
NEIL

**CLOTHING OPTIONAL  
MULTIPLE SUNDECKS  
PLAY AREAS • FREE SHOTS  
HAPPY HOUR PRICES  
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**Bourbon St. Pub**

[BourbonStPub.com](http://BourbonStPub.com)

724 DUVAL • KEY WEST

**New Orleans House**

[NewOrleansHouseKW.com](http://NewOrleansHouseKW.com)

All Design by Gary Nolan Media.com



# Q Slang

Neargasm - Not quite reaching an orgasm  
He gives OK head but I only got a neargasm.

Cyberloafing - Websurfing at work  
My boss wrote me up for cyberloafing.

Checkmate - When the only free urinal is  
between two that are being used  
I couldn't pee because I was checkmated.

## Tutus, Buddys & Heroes



**Races for Every Preference  
& Costume Combination!**

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Prime Rib  
\$19.75

Live Music  
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**JOE'S**

# CHICKEN SHACK

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 **FEATURING  
BROASTER  
CHICKEN  
MADE FRESH DAILY**

**Part Of The**

724 DUVAL • KEY WEST

**Bourbon St. Pub**

**Complex**

# 2015 Resolutions



*Schedule a HIV Test*



*convince best friend to get a HIV test*



*Use condoms!*



*convince friends to use condoms*



REMEMBER partying isn't a competitive sport



*Express gratitude for something every day!*

1 IN 6 LIVING WITH HIV



ARE UNAWARE OF THEIR INFECTION

## 20 MINUTE HIV TESTING

NO Needles • Simple Saliva Swab

### KNOW YOUR STATUS!

Walk-Ins Are Always Welcome at  
1434 Kennedy Drive

or schedule an appointment by calling: 305.296.6196



Give 'Pedals' Pridgen a call  
if you want to be an

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The SMART Ride<sup>12</sup>

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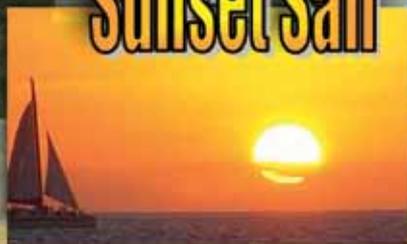
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**BluQKeyWest.com**

# Ask Nana



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

*Dear Nana,*

*I'm trying to get this New Year off to a good start and I'm eating healthier and going to the gym more. Do you have an advice for sticking to my goals or living a long, healthy life?*

Long, sure. Healthy, how the hell would I know? It's a common misperception that old people must have lived a good or healthy life. Bullshit. A lot of us are still here because we've lived evil and debaucherous lives and death is just too much of a pussy to try to take us! But here's what I can tell you for sure: you're never going to stick to something that's too extreme or doesn't suit your personality. I like walking and swimming, so I do them a lot and always have. The idea of jazzercising or lifting heavy things for no reason seems asinine to me, so those would be terrible exercises for me to try to commit to. Sure, you can cut out all carbs for a period of time. But the truth is a lot of very healthy foods are carbs and even if they weren't, carbs are fucking delicious. I don't want to live 100 years having not eaten anything delicious just to prove a point. Remember that life is a lot like a book: it's not how long it is, but how good it is that matters.



*Dear Nana,*

*Why does my boyfriend's cum taste so terrible?*

Because he's a terrible person. Just kidding, I couldn't resist. Well I don't know your boyfriend and you haven't given me much to go on, other than his creepy tasting cum so lets just throw out a few major possibilities:



1. Is he a smoker? If so, that's going to majorly affect the taste and will make it taste less like sweet, toasted tobacco and more like TAR.

2. Since you're both gay, I'm going to say there's a decent chance he goes to the gym all the time, eats protein like it's candy and might even take lots of vitamins and supplements. If so, there's the culprit. You know the old saying, "You are what you eat"? Well in this case, HE is the cum YOU eat and his cum is going to taste like what he eats. The healthier the diet the weirder the cum. Trust me, go blow a cubby dude after he's eaten a bag of potato chips and you'll see a big difference.

3. Cum wasn't made to be delicious. Sure some guys have better or worse tasting dick milk but that's just the way the ookie-cookie crumbles. Maybe sneak a sugar cube into your lovemaking, keep it under your tongue and let it help the man-medicine go down!

That's all I got, kiddo. But on Valentine's Day, make sure to have him eat the whole box of chocolates you get him.... Then wait an hour... THEN blow him!

*Do you have problems? Of course you do!!*

*Why not let Nana help you?! Send your questions to:*

*Nana@keywestgayrag.com.*



# EQUATOR RESORT



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— THE VOICE



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Old Town Key West | EquatorResort.com | Info@EquatorResort.com

# Bobby's monkey BAR



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Drinks in  
Town!**

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## **Karaoke**

**Mon, Thur, Fri, & Sun  
Starting at 9:30 PM**

**FREE Wii  
Video Games**

**Key West's  
Favorite Local  
Gay Hang Out**



# Whore--Scopes

## **Aquarius**

**Jan 20 – Feb 18**

When going out with your friends, even if you only order an appetizer, have the courtesy to pay your share when the bill comes you cheapskate.

## **Pisces**

**Feb 19 – Mar 20**

It's bad enough you invite yourself along when someone tells you they are going for coffee but to then suggest going to a different place that doesn't even serve coffee, it's time to take an etiquette class.

## **Aries**

**Mar 21 – Apr 19**

Your eyes are stunning. You should use them to look into that mirror you can't turn away from and look at that fat stomach!

## **Taurus**

**Apr 20 – May 20**

For someone that thinks he's God's gift to the world, you should really wear something nicer than that tattered sweater that Goodwill would reject and those LL Bean furry boots.

## **Gemini**

**May 21 – Jun 20**

Here's a tip when in social situations, shut the fuck up and let someone else talk!

## **Cancer**

**Jun 21 – Jul 22**

I know you think bragging about all that money your family has makes you relevant but having to ask the waitress how much your meal will be just shows you're a pompous ass with nothing of his own.

## **Leo**

**Jul 23 – Aug 22**

Stop talking about yourself. No one cares!

## **Virgo**

**Aug 23 – Sep 22**

Before you talk shit about other people in town, you should know that this is a small island and we already know the truth. Grow up.

## **Libra**

**Sep 23 – Oct 22**

Your Grindr picture is cute. Too bad what it's attached to is hideous.

## **Scorpio**

**Oct 23 – Nov 21**

Stop using words like "street cred" and "homies." You sound like a douche.

## **Sagittarius**

**Nov 22 – Dec 21**

At first glance, you're a good looking guy. Then you open your mouth and prove that assholes come in all shapes and sizes.

## **Capricorn**

**Dec 22 – Jan 19**

Isn't it time you were voted off the island?

# ISLAND HOUSE

BEST GAY RESORT IN THE WORLD

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BAR

POOL

GYM

SAUNA

STEAMROOM

MASSAGE

TWO JACUZZIS

SUNDECK

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