

The power of lived experience: Inspiring people with HIV to prioritize their long-term health through storytelling

BY MARCUS WILSON, SENIOR DIRECTOR, PUBLIC AFFAIRS, GILEAD SCIENCES SPONSORED BY GILEAD SCIENCES

SPONSORED CONTENT

For too long, conversations about HIV have centered primarily on preventing transmission. While that's important, it often leaves out another vital part of the story: the health, well-being, and dignity of people with HIV themselves, especially those from underrepresented communities who rarely see their stories reflected back to them.

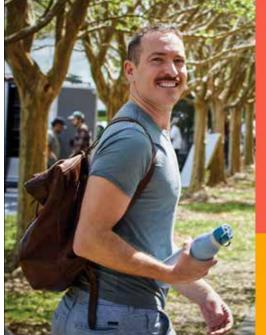
That's where *Choose U*TM comes in. This new initiative from Gilead Sciences was created with one goal in mind: to elevate the stories and lived experiences of people with HIV who are taking their treatment as prescribed and prioritizing self-care to help them lead healthier lives. It's about choosing yourself — working closely with your doctor to find an HIV treatment that works for you for the long term.

Why stories matter

Stigma is one of the biggest barriers people with HIV face. It shows up in healthcare, in relationships, and in society. But when stories are shared openly, stigma begins to lose its power. *Choose U* is built on the belief that personal stories can spark connection, inspire action, and remind people that they are not alone.

Andrew, a patient ambassador for the campaign, added, "Having HIV forced me to dive deeper and figure out who I really am beyond the diagnosis. That growth changed everything for me. *Choose U* represents that same transformation: helping people put themselves first and see their health as equally vital. It's about embracing the right to live fully, not just surviving."

Jahlove, an HIV advocate and educator who is also a *Choose U* patient ambassador, said, "Letting go of shame and stigma felt like I was stepping out on stage. I felt free, seen, and powerful. That's why I speak out, so others can feel that same freedom. *Choose U* matters because it reminds us to put ourselves



"Having HIV forced me to dive deeper and figure out who I really am beyond the diagnosis. That growth changed everything for me."

Andrew, Choose U Campaign Ambassador

To learn more about HIV, visit ChooseUHIV.com

Person featured is compensated by Gilead Sciences



first, to see our health and our future as something worth celebrating and looking forward to."

From Gilead's perspective, the campaign is about ensuring that people with HIV see themselves reflected in authentic stories. These stories can act as reminders that living a healthier life can be within reach for everyone with HIV, if they take and remain on treatment as prescribed and stay undetectable.

Real stories, real representation

Through *Choose U*, people from across the country are sharing their journeys — their challenges, resilience, and triumphs.

These stories reflect the diversity and strength of the HIV community, from a grandmother in the South who stayed engaged in care and uses her knowledge as power, to a Black man in New York celebrating two decades of advocacy following his HIV diagnosis.

These voices are honest and deeply

human. They remind us that living with HIV is not one story — it's many stories, each valuable and worth telling. The campaign was developed in collaboration with community representatives, ensuring that underrepresented perspectives are centered. The campaign amplifies voices often left out of national narratives - particularly Black and Latiné people, LGBTQ+ individuals, and those over 50. By sharing these personal journeys, Choose U inspires people to prioritize their long-term health and amplifies the importance of starting and staying on HIV treatment to become and stay undetectable.

Why this matters now

A major goal of HIV treatment is to become undetectable, meaning there is so little virus in your blood that a lab test can't measure it. In the US in 2022, about one-third of people with HIV had not yet reached that point. Open conversations

with doctors and staying on treatment are essential to getting to and staying undetectable.

Starting and staying on treatment as prescribed and getting to undetectable is the start, but the experiences of PWH go beyond treatment. *Choose U* is about more than the virus. It's about saying, "Your story matters, and your health matters"

Join the movement

Choose *U* is putting the stories of people with HIV at the center of the conversation. When we elevate stories, we don't just reduce stigma — we create a community where people with HIV feel seen, valued, and inspired to prioritize their health

Talk to your doctor today about an HIV treatment that's right for you for the long term.

Learn more at ChooseUHIV.com





Every year, the SGN's Readers' Choice Awards give us all an opportunity to pause and reflect upon the people, places, products, and businesses that have made our lives here all the more worthwhile. Seattle is not always the easiest place to live and make it in, whether it be the high cost of living, the "Seattle Freeze," or simply just not wanting to go outside in the winter! It can be hard to stay connected with each other with so much on all our plates.

And this year in particular, there's certainly been no shortage of problems to face. To say 2025 has been an eventful year for Seattle (and the country) would be a vast understatement. The Trump administration and its acolytes have been heavily targeting the LGBTQIA+ community, and continue to undermine our nation's institutions of democracy and freedom, and its values of equality and education. Layoffs, businesses closing, and poor labor statistics indicate we may also be heading toward another recession.

resiliency in the face of these adversities. It was undoubtedly young, Queer voters that tipped the scales during the November election in favor of a new suite of progressive women candidates, who will move into City Hall in 2026.

And this year hasn't been without its own highlights for Seattle, like the Mariners' almost making it to the World Series, the 1-Line's southward expansion to Federal Way, securing FIFA World Cup games, and the SGN rejoining the Seattle Pride parade!

So whether you're Seattle born and raised or just got here from out of state, welcome all the same as we celebrate our Emerald City as it stands now, in 2025. Thank you so very much to all who participated in this year's competition, and no matter the results, know that we at the SGN will always support you, our readership, into the next year and beyond.

And now, without further ado, join us as we commemorate what makes our town so special. Here is our showcase of the winners of the SGN Best of Seattle

Best of '25 **Ballot Breakdown**

Final ballot voters registered:

Final ballot total votes casted: 16,995

Categories with the highest total number of votes:

3. Best Brewery

Winners by the largest margins:

1. Slightly Furry - Best Brewery 2. Clara Voyance - Best Drag Up-and-Comer 3. Betty Wetter - Best Drag Queen 4. El Camion - Best Food Truck 5. Jack King Goff - Best Drag King

Winners who won by just one vote:

Arts & Culture:

Ballard Farmers Market (runner-up: Capitol Hill Farmers Market) Big Time Brewery (runner-up: Sundays at Solo)

Food & Drink:

Pagliacci (runner-up: Hot Mama's) Best Pizza

Leaders & Organizations:

Defund Musk (runner-up: Traction)

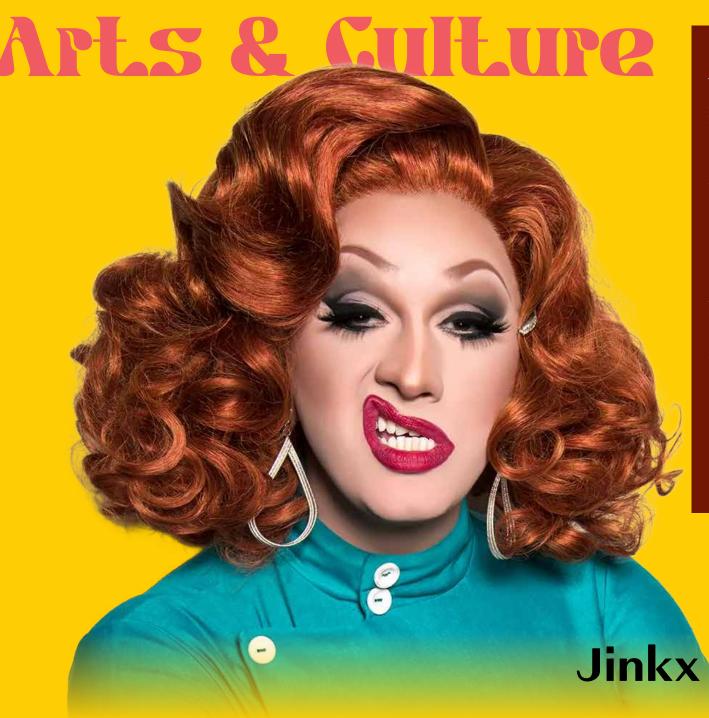
Retail & Services:

Brad Hinckley (runner-up: Christina Castillo)

Health & Wellness:

Pacific Northwest Fitness (runner-up: Henry's Gymnasium) The Grinning Yogi (runner-up: Sealevel Hot Yoga)





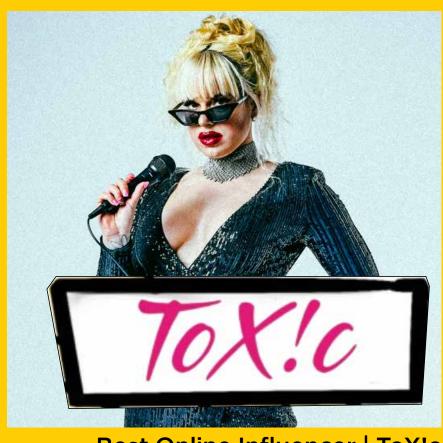
This city's identity wouldn't be known worldwide without the arts. What would the '90s in Seattle have been like without Nirvana, Pearl Jam, Mudhoney, and the larger grunge movement? Would the Starbucks logo — probably the only mermaid recognizable across the entire globe — look the same without the creativity of Seattleites? Even the Space Needle is one big architectural art piece, when you really think about it. We've left an indelible mark on culture simply through our local art, and that's something to be proud of!

Still, there are risks involved in viewing art through a transactional lens. Art doesn't need to be a commodity that must be popularized outside Washington, then approved by the rest of the country. These nominated artists and organizations have certainly uplifted everyday people, maybe even just one person, during tough times. As such, they are valuable, and they are meaningful, no matter how small, risqué, or DIY they are. Let's give them a round of applause, don't you think?

Jinkx Monsoon



Best Performance Space | Barboza



Best Online Influencer | ToX!c



Best Museum | MoPop



Best Cultural Festival | White Center Pride

Best Contemporary Artist

Tariqa Waters

Best Visual Artist

Magical Melody

Best Art Gallery

Best Art Walk

Frye Art Museum

Capitol Hill Art Walk

Best Art Supply Store

Seattle Re Creative

Best Art Class Gage Academy of

Art

Best Local Crafter Anaïs Isiria @ artbyanaiss

Best Community Arts Space Seattle's LGBTQ+ Center

Best Photographer

Fotos Oscura

Best Photo Studio

Yuen Lui Studio

Best Film Festival Seattle Queer Film

Festival

Best Movie Theater SIFF Cinema

Downtown

Best Comedy Club

Here After

Best Improv Show

Jet City Improv

Best Book Club

Seattle Queer **Book Club**

Best Trivia Night

Big Time Brewery

Best Fashion Designer **Lady Drew Blood**

Best Fashion Show Pride Fashion

Week

Best Local Instagram Account ToX!c @ yourtoxicaddiction

Best Local TikTok Account

Best Orchestra

Seattle Symphony

Best Classical Dance Group

Best Modern Dance Group

Purple Lemonade

Best Performing Arts Center

Best Choir

Corteezyy @

corteezyy

Whim Whim

Hop Artist

Shabazz Palaces

Best Local Hip-

Best Local Pop Artist

Tox!c

Best Band/Music Group

Benaroya Hall

Sister Wives Sex Strike

Best Family Friendly Event Family and Queer **Youth Pride**

Seattle Men's Chorus

Best Music Venue

The Crocodile

Best Music Festival

Queer Pride Festival

Best Neighborhood Event Capitol Hill -Seattle PrideFest

Best Outdoor Event Seattle PrideFest

Best Radio Station

KEXP



December 5-23

Seattle | Tacoma | Everett



SeattleMensChorus.org







Best Danceclub | Kremwerk Best Drag King | Jack King Goff



Best Drag Queen | Betty Wetter



Best Drag Legend | Bosco

DECEMBER 2025 **CELEBRATING 51 YEARS!** SGN

Best WLW (Women Love Women) Event

Wildrose Pride Block Party **Best Leather Event**

CC's Seattle Men In Leather Social Best MLM (Men Love Men) Event

Bear Social at Lumberyard

Best Trans & Nonbinary Event

Trans Pride Seattle

Best Rave/EDM Festival

The Pink Party

Best Sports Bar

Madison Pub

Best Furry Event

CC's Furry Friday

Best Drag Unique Artist

Clara Voyance

Best Karaoke

Burleskaraoke at Queer Bar

Best Burlesque

Moscato Sky

Best Fetish Event

CC's Fetish Night

Best Cabaret

The Devil's Advocates

Best Drag Up-and-Comer

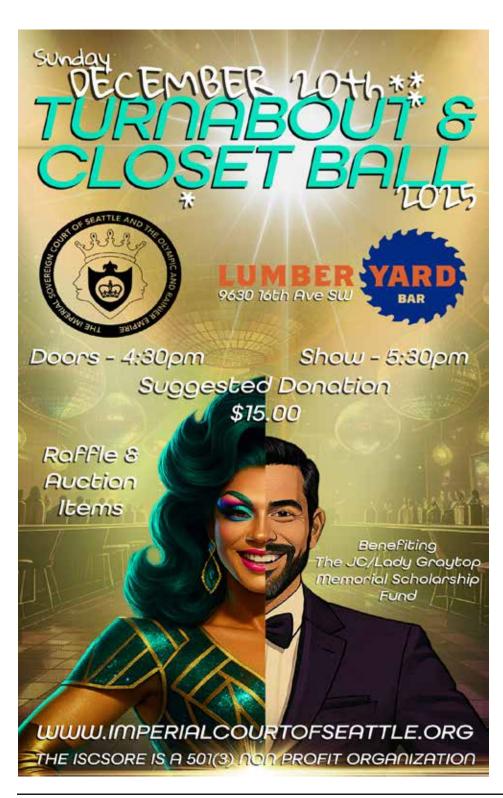
Clara Voyance

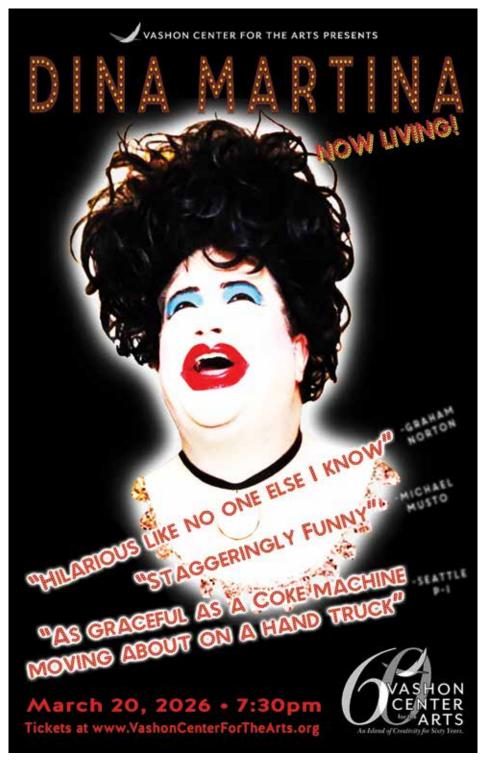
Best Drag Show

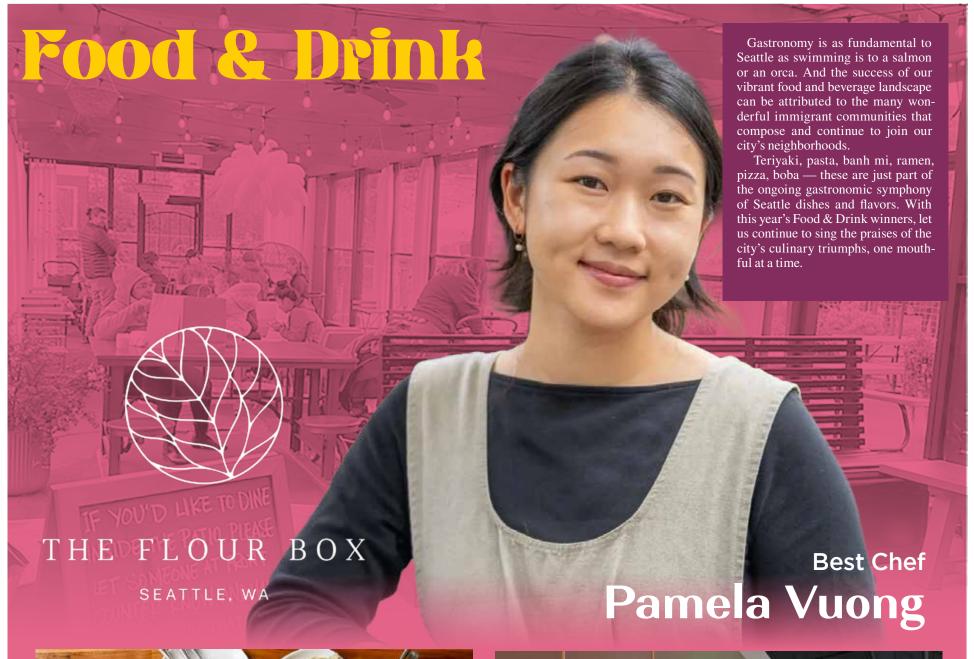
TUSH

Best Bar

Pony









Best Vegan / Vegetarian | Cafe Flora



Best Curry | Annapurna Cafe



Best Brunch | Glo's



Best Coffee | Caffe Vita

Best Sweet Shop/ Chocolatier

Fran's Chocolate

Best Farmers
Market
Ballard Farmers
Market

Best Smoothie/ Juice Bar Emerald City Smoothie

The Walrus and the Carpenter

Best Stir-Fry
Biang Biang
Noodles

Best Sandwich

Pho Than Brothers

Best Pho

Best Ramen
Ramen Danbo

Best Asian Barbecue Palace BBQ

Best Banh Mi

Saigon Deli

Un Bien

Best Pizza
Pagliacci

Best
Gluten-Free
Pi Vegan Pizzeria

Best Fried Chicken

Ezell's Famous

Chicken

Best Burger

Dick's Drive-In

Best Fish and Chips

Ivars

Best Pasta
Spinasse

Best Bagel

Rubenstein Bagels

Best Catering Service

Gourmondo

Best Donuts

Top Pot

Best Ice Cream
Salt & Straw

Best Bakery

Macrina Bakery

Best Dumplings

Dough Zone

Taco Chukis

Best Tacos

Best Food Truck

El Camión

Best Winery

La-Cha Bliss Wines

Best Sushi

Momiji Capitol Hill

Best Teriyaki Yasuko's

Best Boba
Hi Tea Cafe

Best Matcha
Miro Tea

Best Tea Shop

Miro Tea

Best Brewery

Slightly Furry

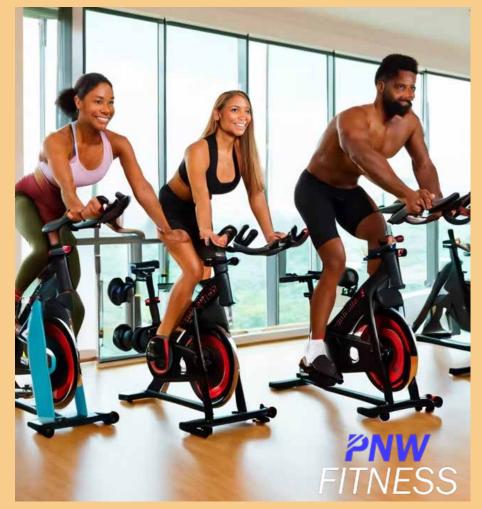








Best Healthcare Clinic Seattle's LGBTQ Center Wellness Clinic



Best Gym | Pacific Northwest Fitness



Best Barbershop / Hair Salon Hatch Hair & Company



Best Spa | Hothouse Spa & Sauna

Best Pilates Studio

Best Nail Salon

Best Massage

Club Pilates

The Cat Nails & Spa

Dreamscape Massage

Best Hair Removal

Best Fitness Coach

Best Esthetician

Westrolysis

The Seattle Personal Trainer

DC Esthetics

Best Dietitian

Bravespace Nutrition, Erica Mouch, & Kathleen Pratt (tie) **Best Yoga Studio**

Best Spin Studio

Best Therapist

Health & Wellness

The Grinning Yogi

CYCLEBAR

Joan Golston DCSW,

Best Dentist

Tara Sullivan

Best Doctor/Surgeon

Peter Shalit MD & Tommy Liu (tie)

Best Acupuncture

Seattle Institute of East Asian Medicine **Best Chiropractor**

Seattle Chiropractic Spine & Injury Center

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TUESDAY, DEC 23, 7PM PT

A Mystical Christmas Eve Service

WEDNESDAY, DEC 24, 7PM

*WEDNESDAY, DEC 31, 4AM

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Brandi Miller (Seattle Quest)

Best Lawyer

Bradley Johnson

Best Community Activist

Danni Askini



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Best Flea Market Punk Rock Flea Market



Best Comic/Game Shop Phoenix Comics & Games

Best Non-Veterinary Pet Care

Urban Animal

Best Local Gift Shop

Ye Olde Curiosity Shop Best Hardware Store

Capitol Hill Tool Library

Best Bank/Credit Union

BECU

Best Interior Design Store

Retrofit Home

Best Eyewear Shop

Capitol Hill Vision

Best Wig/Beauty Store

Zara Jo Beauty Supply Best Wedding Venue

Kubota Garden

Best Wedding Planner Hanna Burdick Events Best Veterinary Practice Petail & Services

Urban Animal White Center

Best Tree/ Landscaping Service Emerald Tree Service Best Tattoo/ Piercing Shop

True Love Tattoo

Best Shoe Store

John Fluevog Shoes

Best Sex Positive Shop

Doghouse Leathers

Best Real Estate Agent

Brad Hinckley

Best Plant Shop

Peace, Love and Happiness Club

Best Phone/ Electronics Repair

uBreakiFix

Best Novelty Store

Archie McPhee

Best Moving Company College Hunks Hauling Best Mortgage Loan Officer

Jeanne Sickel

Best Mortgage Company

Salmon Bay Community Lending Best Mattress/ Furniture Store Ballard

Best Local Farm

Pink Moon Farm

Best Jewelry Shop

Brilliant Earth

Best Hotel

W Seattle

Best Home Goods Store

Consignment

Retrofit Home

Best Grocery Store/Co-op

PCC

Best Graphic Design Agency

Electric Pen

Best Graphic Designer

Bellberry Lane

Best Florist

Pike Place Flowers

Best Emergency
Pet Services

Animal Medical Center of Seattle Best Consignment Store

Ballard Consignment Best Children's Store

Magic Mouse Toys

Best Bookstore

Charlie's Queer Books

Best Auto Dealership

Mose Auto

Best Accountant

Hackney Accounting

Best Accountant

Seattle CPA Professionals Best Nursery/ Garden Supply

Swanson's Nursery

Best Clothing Boutique Store

New York Xchange

Best Vintage Shop

Magpie Thrift Store

Best Thrift Store

Magpie Thrift Store

wanson's italisery

Best Real Estate

Company
LGBTQ+ Real
Estate Alliance

SGN 17

VISIT US ONLINE SGN.ORG DECEMBER 2025





Best Varsity Sports Team Seattle Quake



Best Mascot - Doppler



Best Rock Climbing Bouldering Project



Best Recreation Club | Club 29 Cribbage

Best Rookie

Best Coach

Best Super Fan

Dominique Malonga

Laura Harvey & Mike MacDonald (tie)

Steven Blackburn and the "Etsy Witch"

Best Outdoor & Recreation Store

Best Biking Store

Best Sports Equipment Store

REI

Rat City

Wonderland Gear Exchange & Play It Again Sports & Ski (tie)

Best Dog Park

Best Beach

Best Park

Magnuson Park Off Leash Area

Alki Beach

Volunteer Park

Best Martial Arts

Best Cruiseline

Best Airline

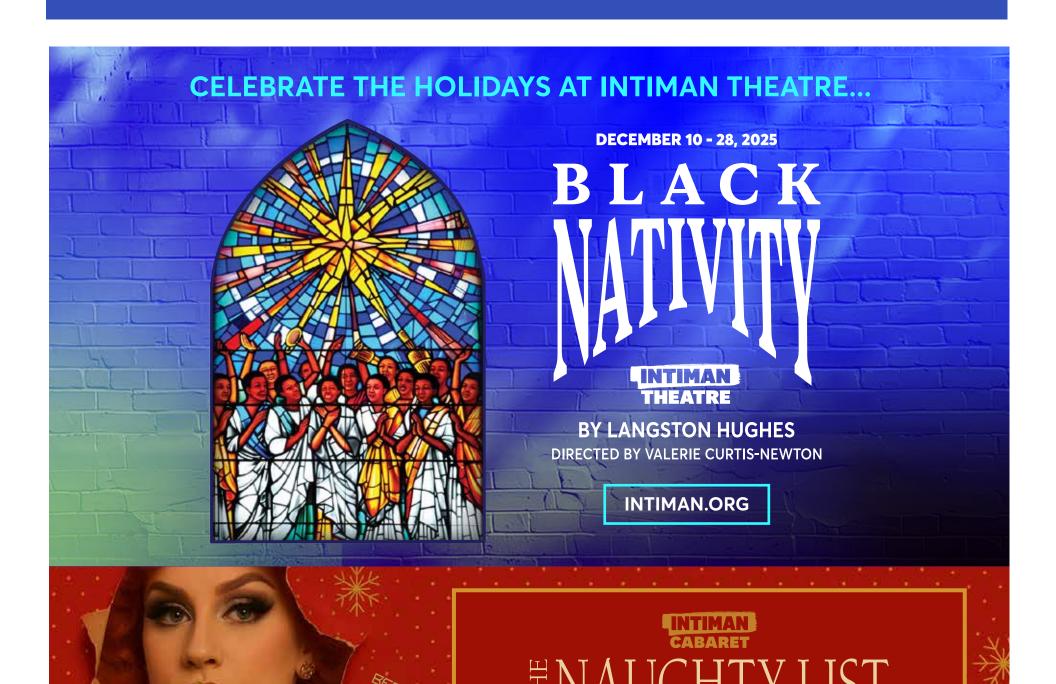
Best Travel Agency

Red Panda

Holland America

Alaska Airlines

Pacific Northwest Journeys



5 Emerging arts trends transforming entertainment today

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Technology and creativity aren't just working together -- they've basically become best friends. And honestly? The arts world is changing so fast it's hard to keep up.

I've been watching these shifts happen, and there are five big trends that really stand out. They're not just tweaking how we experience entertainment. They're completely flipping the script on how artists create their work.

Technology integration is everywhere

Digital art isn't some futuristic concept anymore. It's here, and it's taking over. Artists are grabbing every digital tool they can find, and the results are incredible. VR and AR are game changers. When was the last time you went to a gallery and just... stood there looking at a painting? Now you can literally step inside the artwork. It's wild. Geography doesn't matter anymore. That amazing installation in Tokyo? You can experience it from your living room in Ohio. Artists who couldn't afford fancy studio space are creating mind-blowing work on their laptops. The playing field isn't just leveled -- it's been completely reconstructed.

Immersive experiences are taking over Remember when entertainment meant sitting quietly in the dark? Yeah, those days are pretty much over. Escape rooms exploded for a reason. People want to be part of the story, not just watch it unfold. Theater productions now have audiences walking through sets, making choices that change the plot. It's like choose-your-own-adventure books, but real.

And it's not stopping at physical spaces. Digital platforms are getting in on this too, creating experiences that make you forget you're staring at a screen.

The line between performer and audience is getting blurrier by the day.

Social media changed everything

Instagram and TikTok didn't just give artists new platforms -- they handed them the keys to the kingdom. No more waiting for gallery owners to "discover" you. Post something amazing, and you could wake up famous.

But it's a double-edged sword. Everyone's a critic now. That random person scrolling at 2 AM has as much influence as a professional reviewer from the Times. It's democratizing, sure, but it's also pretty intense.

What's really interesting is how platforms like Twitch are changing the game. Artists stream their creative process live, building communities around their work. It's like the community dynamics you see in activities like US poker played online -- real-time interaction, immediate feedback, people cheering you on, or offering advice

Artists can pivot their work based on what their audience responds to. It's collaborative in ways we've never seen before.

Cross-disciplinary work is where it's at The coolest projects happening right now are mashups -- musicians working with visual artists, and dancers collaborating with tech developers. Traditional boundaries are dissolving, and the results are spectacular.

When a painter teams up with a sound designer, they're not just combining skills



-- they're creating entirely new art forms. And audiences who might never set foot in a traditional gallery are suddenly fascinated.

The green movement hit the arts too

Artists are waking up to their environmental impact, and they're doing something about it. Sustainable materials, eco-friendly production methods -- it's becoming standard practice, not just a nice-to-have.

But it goes deeper than that. Environmental themes are showing up everywhere in contemporary work. Artists aren't just reducing their carbon footprint -- they're using their platforms to make us think about climate change, sustainability, and our relationship with the planet.

Art as activism isn't new, but this feels different -- more urgent.

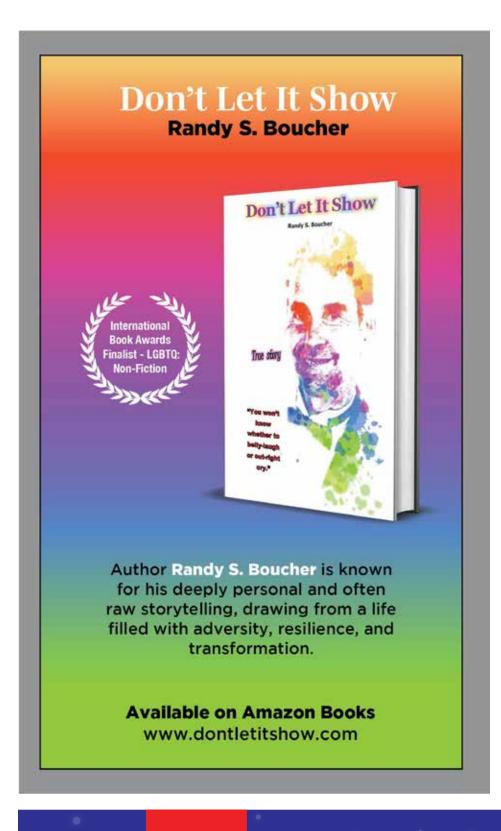
Where we're headed

The arts world isn't slowing down anytime soon. These trends we're seeing are just the beginning. Technology keeps evolving, audiences keep demanding more immersive experiences, and artists keep pushing boundaries.

What excites me most is that we're not just consuming art anymore -- we're participating in it. We're part of the conversation, part of the creation process. And that's pretty amazing.

The future of entertainment isn't something that happens to us. It's something we're all helping to create.





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As the third-oldest LGBTQIA+ newspaper in the United States, the Seattle Gay News (SGN) has been a vital independent source of news and entertainment for Seattle and the Pacific Northwest since 1974.

As we celebrate our 51st anniversary, we need your support to continue our mission. Your contribution will ensure that SGN remains a beacon of truth and a virtual gathering place for community dialogue. Support us printing and providing a platform for LGBTQIA+ voices.

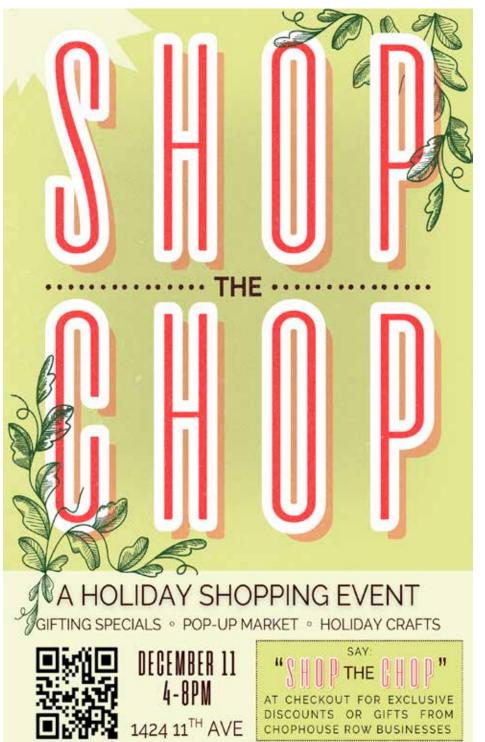
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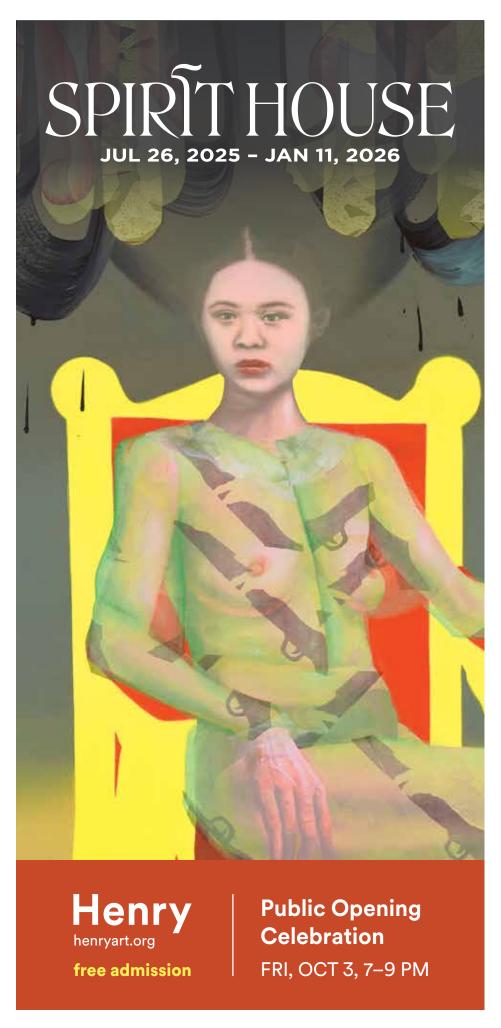
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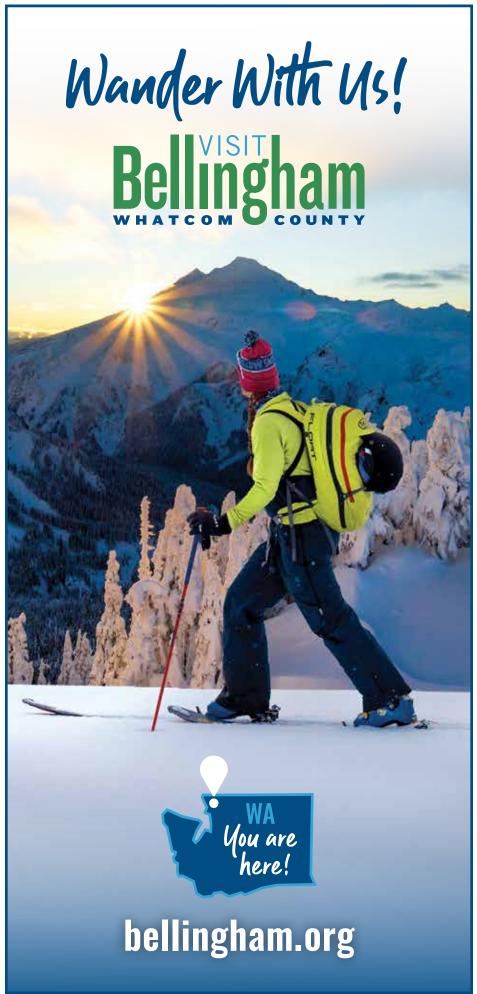


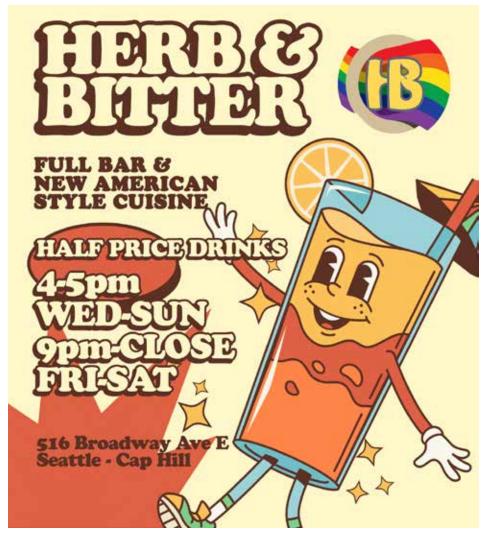
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DECEMBER 10

AN EVENING WITH RENÉE ELISE GOLDSBERRY AND THE SEATTLE SYMPHONY

Stuart Chafetz conductor Renée Elise Goldsberry vocals Seattle Symphony

Tony Award winner Renée Elise Goldsberry joins the Seattle Symphony for the world premiere of her new concert featuring festive holiday favorites.

DECEMBER 12-14

HOLIDAY POPS



SEATTLE POPS SERIES

Stuart Chafetz conductor Ryan Silverman vocals Scarlett Strallen vocals Seattle Symphony

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Myriam Leblanc soprano
Jennifer Johnson Cano mezzo-soprano
Andrew Haji tenor
Kevin Deas bass-baritone
Seattle Symphony Chorale
Seattle Symphony

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DECEMBER 31

NEW YEAR'S EVE WITH THE HOT SARDINES

Enrico Lopez-Yañez conductor
The Hot Sardines
Seattle Symphony

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JANUARY 2

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Martin Gellner conductor Seattle Symphony

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