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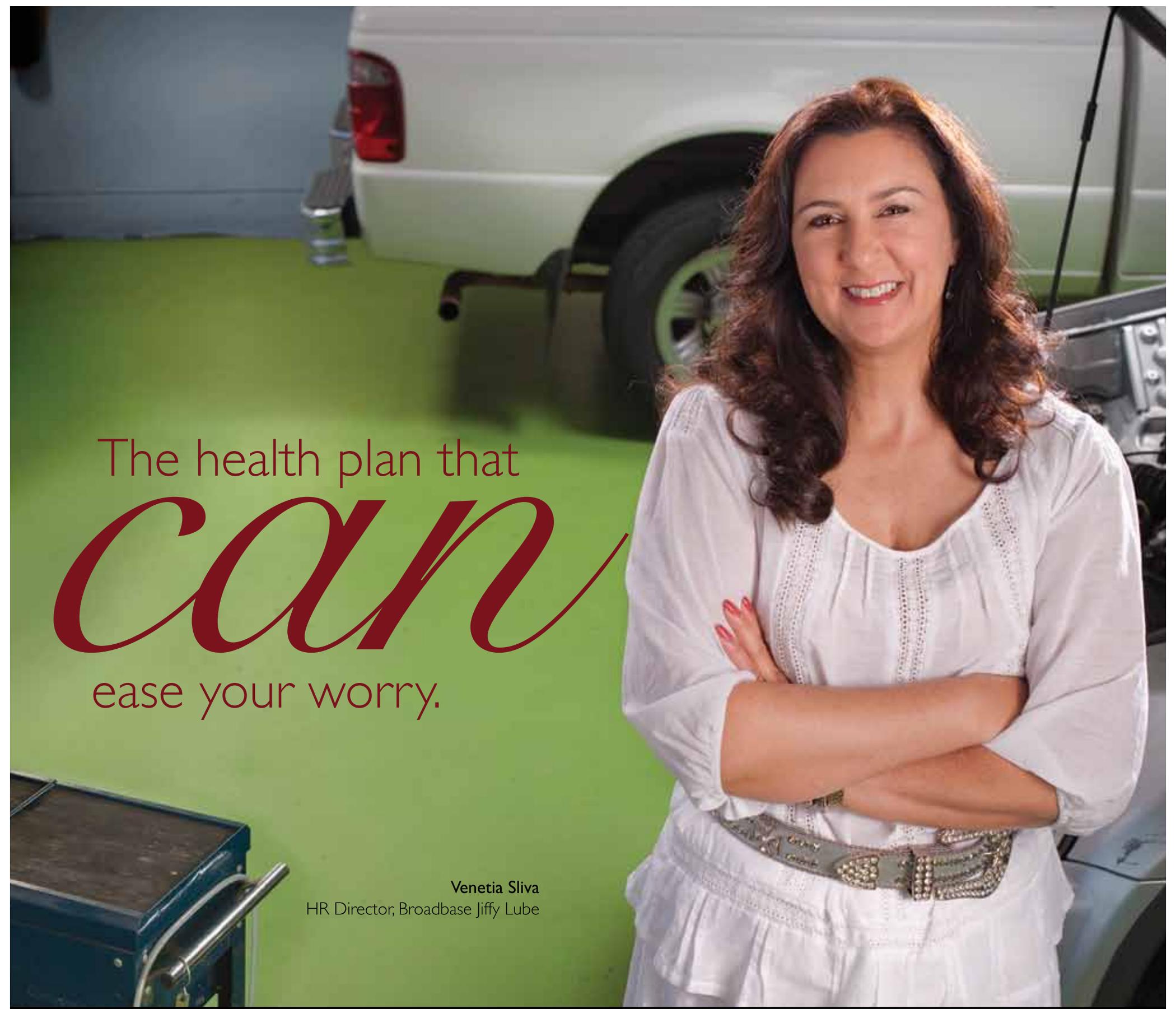
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Letters

Vets Give Thanks for Your Help

Dear Outword,

The Sacramento Valley Veterans would like to thank TJ Bruce and The Depot, and *Outword* for their support with the celebration event at The Depot on Veterans Day, Friday, November 11, 2011.

SVV is extremely grateful and honored that The Depot chose to collaborate with us on this historic event, the first Veterans Day that openly L&G Veterans were able to stand tall and proud.

The Depot's donation of \$275 collected that evening from your generous patrons will be of great benefit to our organization. We cannot say thank-you enough for all that you did for us and the greater Sacramento Valley LGBTQI community.

Thank-you again for everything. We strive to earn your continued support by being a community resource for active and discharged LGBT and non-LGBT veterans and their families in the Sacramento Valley.

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SVG&LS League Preps for Spring 2012 Season

Spring can't be far away and softball players, coaches and fans are already starting to dig out their bats and mitts for the Sacramento Valley Gay & Lesbian Softball League's second spring/summer Season, which begins April 9.

"We're excited to continue expanding the league and providing an opportunity for the LGBT community to play, and support organized softball in an environment that is safe, healthy and free of negative attitudes," said Commissioner Patrick Marsengill.

The 12-week season will be played Monday nights at the Sacramento Softball Complex, and the league is actively recruiting new coaches and managers. Interested parties should e-mail Membership Coordinator, Augie Garcia, at augiegarcia76@yahoo.com.

Anyone interested in sponsoring the league or sponsoring a team should contact Rian Troth at rynsac@sbcglobal.net.

For players, a free information night is scheduled for Wednesday, February 29 from 6 to 8 p.m. at the Sacramento Gay & Lesbian Center and free skills clinics will be held March 3, 10, 11 and 25 at Tahoe Park from 9 a.m. to 1 p.m.

For more information and league updates, visit www.svgls.com.

Outword Staff

PUBLISHER
Fred Palmer

ART DIRECTOR/PRODUCTION
Ron Tackitt

GRAPHIC DESIGN
Joy Culley
Ron Tackitt

**EDITOR/OFFICE
MANAGER**

Charles Peer
editor@outwordmagazine.com

ARTS EDITOR
Chris Narloch

CALENDAR EDITOR
Charles Peer

**CONTRIBUTING
WRITERS**

Boyce Hinman
Chris Narloch
Bonnie Osborn
Charles Peer

PHOTOGRAPHY
Larry Lauszus
Charles Peer

DISTRIBUTION
Kaye Crawford

ADVERTISING SALES

Northern California
(916) 329-9280
Fred Palmer
Charles Peer

National Advertising Representative
Rivendell Media
(212) 242-6863

Outword Magazine Inc.

Office

1722 J Street, Suite 6
Sacramento, CA 95811

PHONE: (916) 329-9280
FAX: (916) 498-8445

www.outwordmagazine.com
sales@outwordmagazine.com

ISSN # 1084-7618 United States Library of Congress

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Sacramento

NorCal AIDS Challenge Sets New Registration Record

NorCal AIDS Cycle, the Sacramento-based four-day, 330-mile HIV/AIDS fundraising event held each May, registered a record number of cyclists and volunteer crew members—146 riders and crew—in a one-day Dec. 1 World AIDS Day campaign.

With another three cyclists signing up since Dec. 1, the 2012 ride, which will be held May 17-20, now has a total of 212 participants registered; 85 cyclists and 61 volunteer crew members. In comparison, only 72 cyclists and crew had registered for the 2011 ride as of Dec. 1, 2010.

With fewer than 100 cyclists, the 2011 event raised more than \$250,000 for regional

At CARES, which received \$50,000 from NCAC for its Positively Speaking outreach program in 2011, 111 people under age 25 currently are being treated for HIV, 99 boys and 12 girls. "I have been working in HIV for many years and never has my patient case load been so young," says Tsuchida. "HIV is completely preventable in this country, yet the rates of infection are not coming down.

"The ride is a reminder that this epidemic is still here," Tsuchida says. "When we ride through towns, raise money, and train it starts a dialogue that makes people think, makes them remember, and hopefully inspires someone to test and prevent infection."

An estimated 56,300 adolescents and adults were newly infected with HIV in 2006 in the United States, according to the U.S. Centers for Disease Control. There were 111,100 Californians living with HIV as of June 30, 2011, according to the California Office of AIDS. There are some 5,000 people living with HIV/AIDS in the Sacramento region, according to CARES—an estimated 1,000 of whom are unaware they are infected.

NorCal AIDS Cycle supports organizations throughout Northern California working to end the HIV/AIDS pandemic, care for those living with and affected by HIV/AIDS in the region, and increase awareness of HIV/AIDS, the needs of the community and the benefitting organizations.

For more information about NorCal AIDS Cycle, or to register for the 2012 ride, visit www.NorCalAidsCycle.org.



One of the best parts of the NCAC is giving away tons of money, like this check presented by NCAC's Heather Rowan to Julie Kennedy and Bob Kamreth of CARES, part of the \$190,000 donated from the 2010 NCAC.

HIV/AIDS service organizations, 72 percent of which was returned to non-profit organizations in Sacramento, Auburn, Redding and Chico. Each cyclist commits to raising a minimum of \$1,500; each crew member to \$250.

"This is a remarkably large number of cyclists and volunteers signed up so early, and we expect more people to register over the next few months," said Emily Tsuchida, a nurse practitioner at Sacramento HIV/AIDS clinic CARES and an NCAC cyclist and board member. "The success of our World AIDS Day registration drive is particularly encouraging at a time when funding is so badly needed for HIV outreach and education, particularly among youth."

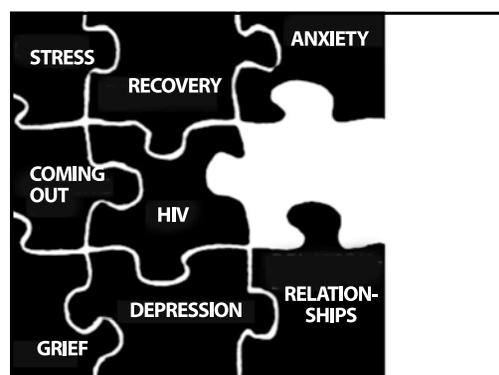


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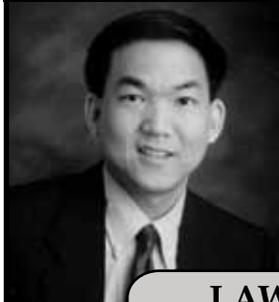
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Second Gay Candidate Announces Bid for District 4 City Council Seat

The race to win the Sacramento City Council District 4 seat is heating up, with the announcement by a second gay candidate that he is vying for the position. Terry Schanz, a Land Park native and 4th generation Sacramentan, officially announced his campaign on January 3.

Schanz, who grew up in the home his great-grandparents built during World War II - and where his parents still live - currently serves as Legislative Director to State Assemblymember Isadore Hall, III.

Prior to joining Hall in 2008, Schanz served as Principal Consultant and interim Chief of Staff to former Senate Majority Leader Gloria Romero and Assistant Consultant to former State Senator Kevin Murray.

In these roles, Schanz worked on legislation to foster job creation, increase voter participation, expand California's international trade capacity, increase public access to urban parks, support youth civic education programs and prevent cyberbullying in public schools.

Schanz has also been an active member of the Sacramento community for years,

volunteering with organizations such as the Asian Pacific Youth Leadership Project, African-American Leaders for Tomorrow, the California Legislative Black Caucus Policy Institute and the Camellia Society of Sacramento.

"I am a product of this city and was raised with the values that make Sacramento such a great place to live, work and visit," said Schanz in his announcement. "Values alone unfortunately won't solve the many challenges that face us. We need continued momentum and urgency in helping to revitalize the downtown/midtown central business district to create good paying jobs. We need to prioritize core public safety services and work creatively to find ways to maintain our public parks, our infrastructure and other important services that residents pay for and rely upon."

Schanz and his partner, Guy Strahl, currently reside in Land Park with their two Labrador Retrievers, Nelson and Winnie. If elected, Schanz would become the first openly gay individual to serve on the Sacramento City Council.

Steve Hansen has also announced his candidacy for the seat. Both candidates sought the endorsement of the Sacramento Stonewall Democrats in November 2011 in what Stonewall called an early endorsement, and Hansen won the club's endorsement

Sacramento's 4th Council District was recently redrawn into what many now call the "Gay District" and includes the neighborhoods of South Land Park, Land Park, Downtown, Old Sacramento, Southside Park, Alkali Flats, Mansion Flats, Boulevard Park, Lavender Heights, Midtown, Newton Booth, Poverty Ridge and River Oaks.

"We need a Mayor and a City Council that listens to residents, seeks collaboration and looks for solutions to get the City of Sacramento and its people working again, said Schanz. "That's what voters in the 4th District want and that's what I will bring to the table."

Sacramento G&L Center Board Selects New Officers

The Sacramento Gay and Lesbian Center's Board of Directors has elected new officers for 2012, selecting David Heitstuman as President, Rosanna Herber as Vice-President and Rob Wilcox as Secretary.

Heitstuman joined the Center's Board in October and was previously a member of the Center's search committee for a new executive director. He is the Outreach and Event Services Manager for the office of the Speaker of the California State Assembly.

"I am honored to have been chosen as board president for what promises to be a year of growth and robust activity for the Sacramento Gay and Lesbian Center," said Heitstuman. "Our community owes a great debt of gratitude to Gail Mancarti for her years of service as the Center's Board President. Gail led the Center through many

challenging circumstances with a calm and steady hand. I am pleased to be continuing a tradition of service to the LGBT community and working with the entire board to develop a new strategic vision for the Center."

Rosanna Herber and Kim Tucker joined the Board of Directors in December.

Herber is the Speakers Bureau Manager for SMUD. Most recently, she chaired the

LGBTQ Redistricting Coalition that successfully lobbied to redraw political



Pictured are: Rosanna Herber, Vice President; Heitstuman, President; Rob Wilcox, Secretary; Mancarti, Board Member; and Kim Tucker, Board Member. Photo by Charles Peer.

CENTER BOARD
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Miller Selected as President of Roseville School Board

Gary Miller has been selected to serve as President of the Roseville City School Board by a unanimous vote by board members. Miller was elected to the board in 2008 and ran as an openly gay candidate.

The Roseville City School District is a K-8 school district with 18 schools and about 10,000 children. The board oversees an annual budget of over \$64 million and has about 900 employees, including 28

to the board: he has received the endorsement from three current members of the board plus many past members; County Supervisor Jennifer Montgomery; Assemblywoman Mariko Yamada; City



Gary Miller has been selected by fellow board members to serve as president of the Roseville City School Board.

administrators, 467 teachers and 386 classified employees (cooks, bus drivers, etc.) Miller thanked the board for their vote of confidence at the meeting held Dec. 8, and will hold the position for one year.

"I have been accused by the anti-gay crowd of having a 'homosexual agenda,'" Miller told *Outword*. "My only agenda is what is in the best interest of the children of the district. In our society, we speak very highly of children and how important it is to educate them so they can become leaders of tomorrow, yet when the state budget is being considered, funding for education is the first thing legislators look at to cut. In spite of economic times, we have not had to ask our teachers to take furlough days like many other districts have."

Miller is currently running for re-election

Council member Carol Garcia; Placer County Superintendent of Schools Gayle Garbolin-Mojica; Dave Jones, State Insurance Commissioner; a former mayor, city council members and school board members and many teachers in the Roseville City School Board.

Miller is the first openly gay elected official in Sacramento and Placer counties, having previously been elected to the Robla School Board in North Sacramento in 1987. He served on that board for almost 20 years winning re-election four times, sometimes with anti-gay campaigns against him.

Miller has a Web site at rosevillegarymiller.com and also a Facebook page at www.facebook.com/pages/School-Board-Member-Gary-Miller/142533622481502

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To Strength, Health and Pride in the New Year!

by Julie Fray and Darnell Stephenson

The new year is a good time to take notice of our health, and evaluate ourselves to improve our health status. As we age, it becomes even more important to take care of ourselves physically and mentally.

Obesity levels are rapidly rising, depression is increasing in the general population and most adults are taking more than one pharmaceutical medication for health dysfunction.

Fortunately, lifestyle modifications related to nutrition and activity can improve our quality of life in these three areas, and help us draw toward more optimal health.

As a consequence of many social, political and financial stressors in the past several years, the LGBT community is at greater risk of self medicating with less healthy choices. These can often have short and long term negative effects and take a toll on our overall health.

Stress reduction can be achieved in many ways including exercise and eating healthy foods. Exercise releases brain hormones that can inspire and motivate us, while decreasing stress that plagues our busy daily lives. Eating plenty of vegetables and fruits, and reducing saturated fats, can also reduce anxiety and promote calmness.

An added benefit of a healthier lifestyle is also reducing weight gain and associated weight related illnesses such as hypertension, high cholesterol, diabetes and gastroesophageal reflux disorder. When we stay within a healthy range we also feel

better about ourselves, therefore improving general wellness.

The following are some suggestions for improving your quality of life while still enjoying the year to come.

For stress reduction:

1 - Try a one day "news fast" (abstain from reading paper, Internet, or watching TV).

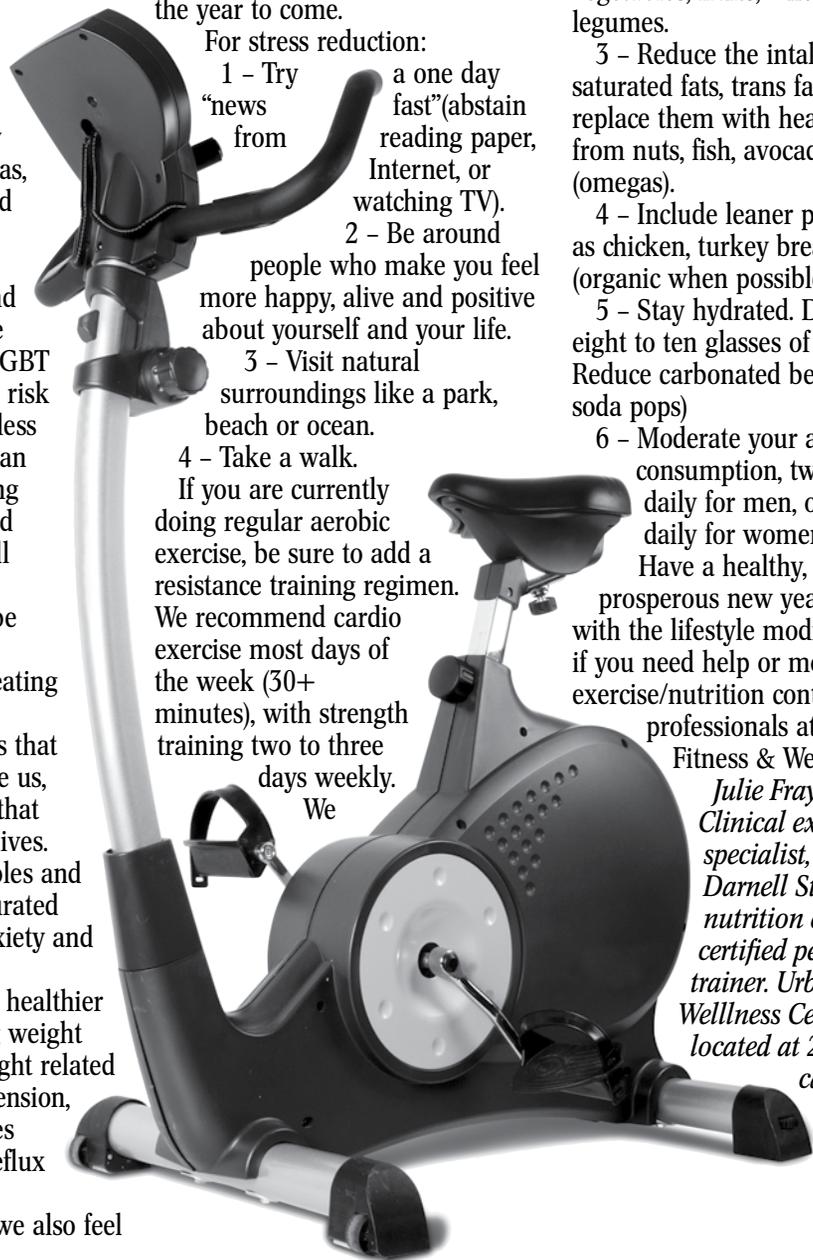
2 - Be around people who make you feel more happy, alive and positive about yourself and your life.

3 - Visit natural surroundings like a park, beach or ocean.

4 - Take a walk. If you are currently doing regular aerobic exercise, be sure to add a resistance training regimen.

We recommend cardio exercise most days of the week (30+ minutes), with strength training two to three days weekly.

We



recommend the following nutritional guidelines for achieving sustainable balance and health in your life:

1 - Read food labels. Get rid of margarine and solid vegetable shortenings, artificial sweeteners such as saccharin or aspartame, and products containing artificial colors or dyes.

2 - Consume a diet rich in vegetables, fruits, whole grains and legumes.

3 - Reduce the intake of saturated fats, trans fats, and replace them with healthier fats from nuts, fish, avocados, and flax (omegas).

4 - Include leaner proteins such as chicken, turkey breast and fish (organic when possible).

5 - Stay hydrated. Drink at least eight to ten glasses of water daily. Reduce carbonated beverages (ie... soda pops)

6 - Moderate your alcohol consumption, two drinks daily for men, one drink daily for women.

Have a healthy, happy and prosperous new year! Good luck with the lifestyle modifications and if you need help or motivation with exercise/nutrition contact the

professionals at Urban Fitness & Wellness Center.

Julie Fray PA-C, Clinical exercise specialist, LWMC, ACE Darnell Stephenson, nutrition educator/ certified personal trainer. Urban Fitness & Wellness Center is located at 2525 J St., and can be reached at 916-492-2525.

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Can Echinacea Help in the Cold & Flu Season?

by Roddy Scheer and Doug Moss - Earth Talk

If Sacramento's cold weather has given you the sniffys and you feel like you may be coming down with something, you've probably asked yourself, "Is there anything I can do to head this off? What's the story with Echinacea? Does it really work?"

Many herb teas contain Echinacea, and many people swear by it as a cold remedy, but there have also been headlines saying that the herb has no medicinal value whatsoever. The truth is probably somewhere in between.

Echinacea, also known as purple coneflower, has gained popularity in recent years as a nutritional supplement that proponents believe is helpful in staving off the common cold and shortening its duration. But given outwardmagazine.com

the variation between dosages and formulations - such herbs are not regulated as medical drugs by the U.S. Food and Drug Administration (FDA) and so makers have little incentive to standardize - it's hard to get definitive answers as to Echinacea's effectiveness.

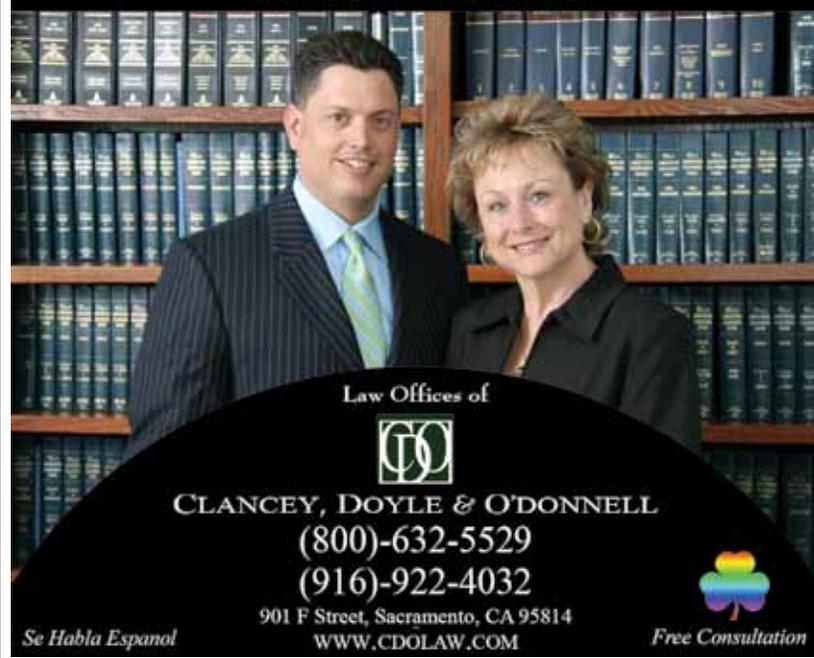
Historically, Native Americans relied on the root of Echinacea to numb toothache pain and treat dyspepsia as well as snake, insect and spider bites. While some modern day folks rely on

Echinacea just based on this anecdotal evidence, scientific studies have verified that the herb can be effective. To wit, a 2008 University of Connecticut review of 14 different clinical trials of Echinacea use found that taking the supplement reduced the chances of getting a cold by 31 percent, and helped people get over cold and flu symptoms a day and a half earlier than those who didn't take it.

Researchers initially thought Echinacea's effectiveness was due to its immune-boosting traits, but they now believe instead that the herb works

ECHINACEA
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Safely Protect Your Hands, Feet and Nails from Winter's Harsh Dry Air

by Luca Powell

Every winter your hands and feet yearn for some tender loving care as the surrounding humidity makes them uncomfortably dry and sensitive. A great way to take care of them is with a thorough and professional manicure and pedicure – it will preserve the health of your joints, increase circulation and prevent dry skin and brittle nails.

It's definitely essential to satisfy their cry for help since they do so much for you, but it is equally important to make sure they are receiving a treatment at a salon that is following all the proper sanitation requirements.

To protect your hands and feet when scheduling your manicure or pedicure, ask if all the disposables, including the nail file, are thrown away after each service. Despite what some manicurists may tell you, nail files cannot be sanitized and must be given to the client or thrown away.

Also be sure to ask how the metal instruments are disinfected. If the receptionist is not confident in answering these two simple questions, do your hands and feet a favor and hang up the phone!

When you have secured an appointment and are receiving your service, enjoy yourself and relax, but also continue to observe your surroundings since you are visiting a new salon. The establishment should be clean with nail technician licenses hanging at each station.

Sara Stephens, the lead nail

technician at Face & Body Emporium adds, "If you're receiving a pedicure, make sure the ten minute disinfection cycle was performed on the chair before your service. This is required by the state



Scott Mercer (front) and Brett Davison enjoy a relaxing pedicure from Sara Stephens and Lucy Nguyen.

board and is usually why people getting pedicures at discount nail shops end up getting a fungus or infection."

If your own fingers and toes haven't convinced you to indulge in

a pampering service, do it for the person(s) you're having sex with. Chances are, your hands and feet will be in your partner's face at some point (otherwise you're doing it all wrong) and that gnarly callus that could have easily been addressed will become quite the mood killer.

Mandy Joy specializes in callus treatments at Face & Body Emporium and has been told countless times by new clients that their previous manicurist did not use a new pumice stone on them. She always emphasizes that this

scrubber cannot be sterilized and must be thrown away at the end of a service.

"If you ignore the calluses on

HARSH

continues on page 18

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Learn How to Make Sensational Sushi at *Outword's* Next Supper Club

You will need to roll up your sleeves for *Outword's* next Supper Club, as we depart from the usual and learn how to make sushi rolls – but don't worry, you get to eat what you roll so there will be plenty of great food to feast on as well.

Guiding us on our culinary adventure will be Chef Dionisio Esperas, and we will be holding the class and feast at the Sacramento Natural Foods Co-op Cooking School.

Chef Esperas has been specializing in teaching Asian cuisine for over 15 years and has been cooking professionally for 25. His creative, fun and easy-going presentation style make his cooking classes at the Sacramento Natural Foods Co-op a favorite among locals.

He and his wife own a catering

company called A Healthy Kitchen, which specializes in healthy food with international flavors. His specialties include sushi, Japanese small plates, Thai, Vietnamese, Chinese, Filipino and Asian Street Foods.

A Japanese specialty, sushi can be fun finger food or exquisite and elegant appetizers. We will learn the technique for rolling sushi as well as making nigiri, the traditional small clump of rice with a piece of fish on top; sashimi, thinly sliced, raw seafood; and other types of sushi rolls including a California roll with

avocado, an innovative smoked-salmon roll with pickled red onions, and a light and refreshing cucumber roll.

You'll eat what you roll, so come prepared to have a great meal!

We'll be having this roll your own feast on Friday, February 17, from 5:30 to 7:30 p.m. The cost for the class and all the great food is only \$49 per person, and there will be wine available for sale by the glass for \$5.

To register, call 916-868-6399, or register online at www.sacfoodcoop.com. Payment is due at time of registration, and the class is limited to 30 students.

The Sacramento Natural Foods Co-op Community is located at 1914 Alhambra Blvd., adjacent to the Co-op.



Berkeley Rep's *The Wild Bride* Is A Wild Ride

by Chris Narloch

You have until January 22 to see this sensationally creative and entertaining show, a product of England's Kneehigh Theatre currently receiving its American premiere at Berkeley Rep.

Adapted by director Emma Rice from a Brothers Grimm story, *The Wild Bride*, which tells of a young woman whose hands are chopped off after her father sells her to the Devil, sounds as if it would be both disturbing and depressing.

Yet, this dark and twisted tale is told so enchantingly (and performed so beautifully

– although even the strongest moments are handled very artfully.

It helps that the story is told in cleverly rhymed couplets (by Carl Grose) and that the show also includes wonderfully whimsical choreography (by Etta Murfitt) and fine bluesy folk music throughout.

As I said, the entire cast is superb,



Patrycja Kujawska performs at Berkeley Rep in the American premiere of *The Wild Bride*, a new show from the creators of *Brief Encounter*. Photo by Steve Tanner.

by its terrific cast) that the production casts a spell over the audience. *The Wild Bride* produces the kind of high that results when all of the elements of a live performance come together seamlessly.

This is definitely an adult fairy tale, however, with scenes of simulated sex and violence that are not appropriate for children

including three different actresses – Audrey Brisson, Patrycja Kujawska and Eva Magyar – who perform the title role at different ages. Stuart McLoughlin deserves special mention for his extremely vivid portrayal of a Devil who is as sexy as he is scary.

Visit www.berkeleyrep.org.

SGMC Seeks New Singers

The Sacramento Gay Men's Chorus (SGMC) is about to begin rehearsals for the second half of their 27th season.

New and returning members are invited to join during the month of January. We start rehearsals for the spring show on Thursday, Jan. 12, new members are also welcome to join on Jan 19 and 26.

Regular rehearsals are from 7 to 9:30 p.m. on Thursday evenings at First United Methodist Church in Midtown Sacramento (Corner of 21st and J Street). We practice in a room on the second floor; just enter the doors on the J Street side and follow the signs.

We ask that prospective members arrive between 6:30 and 6:45 p.m. A formal audition is not required, prospective members merely need to sing some scales with the director so that he is able to place them in the right musical section.

For prospective members that have not sung with us before, we have a special deal for you. January is a FREE month for you to 'kick the tires' and get to know us better. If you find that you enjoy singing with SGMC and choose to continue, the monthly dues are \$20 per person.

For more information, go to our web site: www.SacGayMensChorus.org.

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Entertainment by Chris Narloch

West Side Story Gets Ready to Rumble *Plus Ruthless! – The Musical at STC*

Two very different musicals make appearances in Sacramento this month: *Ruthless!* and *West Side Story*. The former is a theatrical spoof of movies like *The Bad Seed*, while the latter is a star-crossed story of the young lovers Tony and Maria.

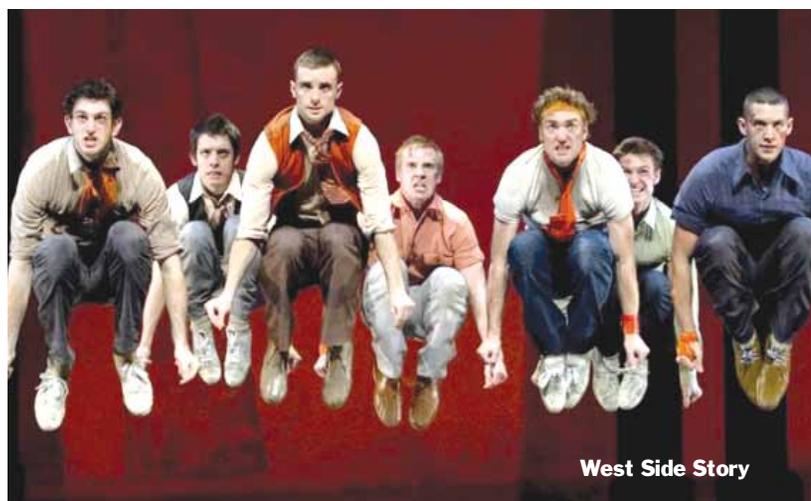
West Side Story

More than 50 years ago, one musical changed theater forever. Now it's back in a thrilling Broadway revival that will play for six days only in Sacramento. Don't miss your chance to see the Jets and the Sharks rumble this January on the stage of the Community Center Theater.

From its first note to its last breath, *West Side Story* is one of the finest love stories in all of American musical theater. Directed by David Saint, using Tony Award-winning librettist Arthur Laurents' Broadway direction, *WSS* remains as powerful, poignant and timely as ever.

The new Broadway cast recording of *West Side Story* recently won the 2010 Grammy Award for Best Musical Show Album, and the score, by Leonard Bernstein and Stephen Sondheim, is considered to be one of Broadway's finest.

Enjoy such classics of the American songbook as "Something's Coming," "Tonight," "America," "I Feel Pretty" and "Somewhere" when *West Side Story* plays the Community Center



Theater in Sacramento, January 24-29.

Visit www.BroadwaySacramento.com.

Ruthless! The Musical

Sacramento Theatre Company continues its season of Mystery, Music and Mayhem with *Ruthless! – The Musical*. In the spirit of last season's breakout hit *The Musical of Musicals – The Musical*, *Ruthless!* proves when it comes to show business, the key to success is ruthlessness.

With book and lyrics by Joel Paley and music by Marvin Laird, *Ruthless!* is described as a hilarious

homage to *Gypsy*, *The Bad Seed*, and *All About Eve*. Find out just how far the driven and talented 3rd grader Tina Denmark will go to land the lead part in her school play.

Michael RJ Campbell dons a dress to play Sylvia St. Croix, and he is joined by Andrea St. Clair (as Judy Denmark), with Lauren Metzinger and Jillie Kate Randle alternating as the terrible Tina. *Ruthless!* is directed by Michael Laun with musical direction by Graham Sobelman.

Ruthless! plays through Feb. 19 at STC. Visit www.sactheatre.org for more information.

Turn About Show Helps Send a Student to College

Looking for an excuse to do drag, other than Halloween? Or, if you're a drag queen looking for an excuse to take the night "off," then this show is for you! Come in drag or out of drag, either way, just come and have lots of fun.

Of course, the best part is, it's for a good cause. Every year, CGNIE Board Member Rich Jones, who chairs the La Kish Hayworth Memorial Scholarship Fund, puts on a dress to raise money for the fund at the *Turn About Show*.

"This will be my fifth year doing this and let me tell you, I was scared to death back in 2007, when then Reigning Empress 33 Ashley St. James asked me to head up this show," said Jones. "I had no clue what I was getting into. Five years later, I'm still doing it and in 2010, after taking over the scholarship

chair, I decided this would be one of three annual fundraisers for the fund.

What is the La Kish Hayworth Memorial Scholarship Fund? The purpose of the scholarship is to motivate and assist Greater Sacramento's LGBT and other supportive students in pursuing and completing an educational degree in the performing or visual arts.

"Some of you may remember La Kish from The Merc, where she bartended," said Jones. "I never knew La Kish personally, but, from

the stories I've heard, I think we would have gotten along well! La Kish was Sacramento's Empress 15 and 25 and passed away during Reign 25. A scholarship fund was set up in her memory."

The *Turn About Show* will be held January 21, 2012 at Club 21, 1119 21st St. with a buffet starting at 5 p.m. and the show starting a 6 p.m.

"My goal is to raise enough funds to be able to award two, or more, \$500 scholarships at Rainbow Festival 2012 and thank-you to *Outword Magazine's* sponsored event, Drag Queens on Ice back in November 2011- we're already half way there!

For more information or to make a donation to the fund, please visit www.cgnie.org, or contact Rich Jones at lakishfund@cgnie.org.

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Entertainment by Chris Narloch

Meryl Streep Plays *The Iron Lady* Plus Michael Fassbender in *Shame*

Four titles provide essential viewing this January in Sacramento movie theaters, with looks at the life of Britain's Margaret Thatcher, a remake of a classic spy novel and a sex addict's out of control life.

Service has been compromised by a double agent working for the Soviets. Co-stars Colin Firth, Tom Hardy and John Hurt.
Now playing at the Tower.

The Iron Lady

Fresh off her well-deserved career honor from the Kennedy Center, Meryl Streep is poised to receive yet another Oscar nomination (and possibly another win) for her highly-acclaimed portrayal of Margaret Thatcher.

The Iron Lady tells the story of a complex and driven woman who demolished the barriers of gender and class to become the first female British Prime Minister.

Opens January 13 at the Crest.

Shame

If you saw him star in *X-Men: First Class* or the recent remake of *Jane Eyre*, you know that Michael Fassbender is one hot actor – hot as in handsome and hot as in poised for stardom. He is also very talented, which makes me eager to see what he does with the role of a sex addict in his new movie, *Shame*.

Fassbender plays a 30-something New Yorker whose life spirals out of control as a result of his inability to manage his sex life. Carey



Michael Fassbender in a scene from *Shame*.

Mulligan plays his sister.
Opens January 20 at the Crest.

Tinker Tailor Soldier Spy

Gary Oldman is getting rave reviews for taking on the iconic role of George Smiley in the latest film adaptation of John le Carre's classic spy novel, the international thriller set at the height of the Cold War years.

Oldman plays a disgraced British spy who is rehired in secret by his own government – which fears that the British Secret Intelligence

Beauty and the Beast 3D

Featuring unforgettable music by Howard Ashman and Alan Menken, and an enormously talented vocal ensemble, *Beauty and the Beast* was the first animated feature to receive a Best Picture nomination from the Academy of Motion Picture Arts and Sciences.

Now, the modern animated classic returns to the big screen in Disney Digital 3D to wow a whole new generation.

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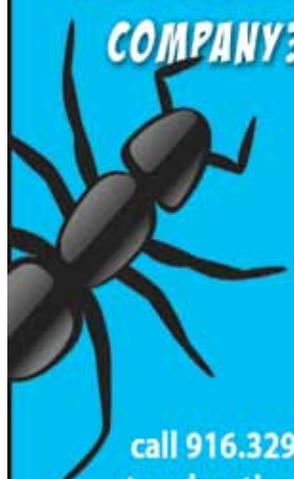
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Calendar

Jan.

compiled by Charles Peer

former NAACP Chairman Julian Bond and broadcaster and former National Black Justice Coalition president Keith Boykin, as well as pioneering activists Frank Kameny and Barbara Gittings. 11:30 p.m. KVIE 6.2

Thursday, 12

ECLECTIC TRASH BOOK CLUB

Join this LGBT book club for a lively discussion of *Out of Oz*, by Gregory Maguire. 7 p.m. Lavender Library, 1414 21st St. Info: 916-492-0558 LavenderLibrary.org

BEARS NIGHT OUT

Join the Sacramento Valley Bears for dinner, good conversation and friendship. 7 - 10 p.m. China Buffet, 1402 Broadway. Info: SacBears.org

Friday, 13

QUEER YOUTH GROUP

Join this group for young LGBTers, meeting in a supportive environment. 8 - 9:30 p.m. Main room, Sac G&L Center, 1927 L St. Info: 916-442-0185 SacCenter.org

Saturday, 14

FABULOUS NUDES

A study in male nudes. 3 - 10 p.m. Kennedy Gallery, 1114 20th St. Info: 916-446-1522 kennedygallery.net

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One of America's foremost comedienne known for her one woman Broadway show *Appearing Nitely* and *The Search for Signs of Intelligent Life in the Universe* 8 p.m. Gallo Center for the Arts, Modesto. Info: 209-338-2100 GalloArts.org

IN THE LIFE

First Class Citizens highlights the contributions of openly lesbian African-American Hon. Judge Deborah Batts,



Violinist David Garrett

An edgy blend of classical and rock music with technically flawless violin playing that shines through with precision and power, and backed by his explosive four-piece rock band, Garrett shows that rock and classical can share the same chords.

See:

Jan. 21

Sunday, 15

FOLSOM LAKE HIKE

A four mile hike on gentle rolling hills to Folsom Lake's western shore. If the water is low you'll see wonderful exposed rocks and historic building foundations. Trails may be muddy. Wear proper footwear, bring water, snacks and lunch. G&L Sierrans. Info: 916-481-2757.

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A special live performance by Debbie Holiday, plus DJs Grind, Phil B, Brett Henrichsen and Kevin Lee. 6 p.m. - 2 a.m. Ruby Skye, 420 Mason St., SF. Info: FreshSF.com

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continues on page 19

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Hawaiian Airlines: Enhancing Your Hawaii Vacation Experience

This may not be the wettest year in Sacramento, but it is still bone chilling cold and a perfect time to escape to warmer weather. Hawaiian Airlines has made that great escape easier than ever, thanks in part to their relocation to the new, state-of-the-art Terminal B at Sacramento International Airport, that enhances the convenience of its service for Sacramento travelers, and new and expanded flights from the Bay Area.

Hawaiian Airlines is continuing to improve upon its already outstanding service between northern California and Hawaii, with the newest example being the start of daily nonstop flights year-round from the Bay Area to Maui.

"Demand for our service to Hawaii from the Bay Area is growing and we are responding with more capacity and more choices," said Mark Dunkerley, Hawaiian's president and CEO.

Hawaiian now has nonstop flights three days weekly from San José to Maui, with nonstop service from Oakland to Maui the other four days of the week.

Enriching the Maui vacation experience is the comfort and spacious interiors of Hawaiian's wide-body Boeing 767-300 aircraft seating up to 264 passengers.

"We know how popular Maui is to Bay Area residents so our new nonstop service from San José and Oakland will let them make the most of their vacation, while relaxing with the best, most enjoyable inflight experience offered to Hawaii," said Glenn Taniguchi, Hawaiian's senior vice

president of marketing and sales.

The Maui flights are in addition to Hawaiian's daily nonstop service to Honolulu from both San José and Oakland.

Travelers flying from San Francisco to Honolulu are enjoying Hawaiian's recent upgrade to the wide-body, 294-seat Airbus A300-200 aircraft for its daily nonstop service.

Highlights for Economy Class customers include a comfortable new interior, increased legroom, and an on-demand entertainment system with LCD monitors to enjoy movies, video games, and music, and USB port for personal media players. First Class customers have iPod compatibility.

Another plus for travelers departing SFO is Hawaiian's recent move to the International Terminal, offering many food concessions, shops and a large, comfortable waiting area before boarding.

All of Hawaiian's flights from northern California depart in the morning, allowing time for a relaxing first afternoon on the beach.

Throughout each flight, everyone is treated

to Hawaiian's distinctive "Hawaii Flies With Us" inflight hospitality, an authentic showcase of the islands' people, culture and natural beauty.

Notably, Hawaiian is the only carrier serving Hawaii offering complimentary meals in Economy Class, and using only wide-body, twin-aisle aircraft for all flights.

Follow updates on Twitter about Hawaiian (@HawaiianAir) and its special fare offers (@HawaiianFares), and become a fan on its Facebook page (Hawaiian Airlines).



Hawaiian's wide-body, 294-seat Airbus A300-200 aircraft.



One of Hawaiian's distinctive treats is "Hawaii Flies With Us," an inflight hospitality feature and authentic showcase of the islands' people, culture and natural beauty.

Outword Salutes Sacramento's Rainbow Chamber of Commerce

FEATURED MEMBERS

Name	Company	Phone	Service
David Andersen	Wells Fargo Asst. Store Manager	(916) 928-2640	Financial Services
Dr. Mark Chofla	Empathy Therapy	(916) 760-8197	Counseling/Life Coaching
Joan Dunn	Better Homes & Gardens Real Estate	(916) 716-5584	Realtor
Bonnie Osborn	WriteAway Communications Services	(916) 212-9110	Full-service PR and Copywriting
Fred Palmer	Outword Magazine	(916) 329-9280	Publisher/Owner
Jason Russell	Marcia Fritz & Company	(916) 966-9366	CPA
Stephanie Slagel, CLU	State Farm Insurance	(916) 485-4444	Insurance & Financial Services
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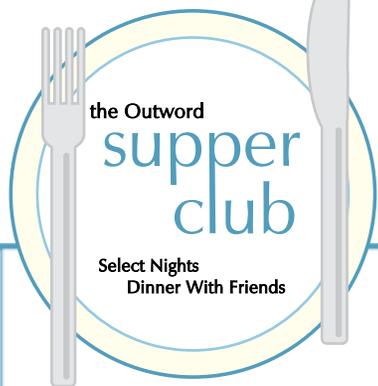


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Sensational Sushi Cooking Class!

A Japanese specialty, sushi can be fun finger food or exquisite and elegant appetizers. Learn the technique for rolling sushi as well as making nigiri, sashimi and other types of sushi rolls. We'll make a California roll with avocado; an innovative smoked-salmon roll with pickled red onions, and a light and refreshing cucumber roll. You'll eat what you roll; so come prepared to have a great meal!

February 17

Friday Night

5:30 - 7:30 p.m.

\$49 per person
Wine available for sale by the glass \$5

To Register:

Call 868-6399, or register online at www.sacfoodcoop.com, Outword Supper Club Private Event
Payment is due at time of registration



Location:

Sacramento Natural Foods Co-op Community Learning Center & Cooking School
1914 Alhambra Blvd adjacent to the Co-op
Street Parking available; class participants may not park in the store lot.
Capacity: 30 students

Outword
magazine

Center Board

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boundaries to create gay-friendly districts at both the City Council and County Board of Supervisors.

Tucker is Vice President of Non-Profit Services for Sacramento based 3Fold Communications. From foster care to public radio, Tucker has directed grassroots initiatives in 14 states.

"2012 is an incredible year of opportunity for the Sacramento Gay and Lesbian Center as it begins its 26th year of service to the LGBTQ community," said Shara Perkins Murphy, the Center's Executive Director. "This strong, new board will guide us in our many activities, including the unveiling of our first ever strategic plan for the Center which will set out a bold and ambitious road map for the future."

The Sacramento Gay & Lesbian Center is the oldest and largest LGBT community Center in California's Central Valley. Hundreds of volunteers and donors contribute to the strengthening of the Center's Mission: to serve the lesbian, gay, bisexual, and transgender community of the Greater Sacramento Region by providing space, diverse programming, advocacy and awareness in an affirmative and safe environment.

For more information on the Center, which is located at 1927 L St in Midtown, visit SacCenter.org.

Harsh

continued from page 10

your feet long enough, they can actually begin to crack and bleed and then you no longer have a preventative issue," says Joy. "Always give your feet the proper care they need before this happens."

Many clients, including myself, prefer to have their nails buffed at the end of their service instead of having a clear or colored nail polish applied. The buffing provides a nice healthy natural gloss to your nails without that painted shiny look. There should not be an added charge for this personal preference and the disposable buffing block should be offered to you or thrown away at the end of your service since it is against the law to reuse them.

Now that your mind is a wealth of knowledge in regards to keeping your hands and feet safe and sound, you're ready for a treat. Do your homework and research your local nail salons, then sit back, relax and be pampered - you deserve it!

Luca Powell is the owner of Face & Body Emporium, a full service salon and spa located at 5050 Folsom Blvd. in East Sacramento. He can be reached at 916-455-5050 or FaceAndBodyEmporium.com. Give them a call and take advantage of the coupon on the back cover.

Echinacea

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Echinacea has gained popularity in recent years as a remedy for the common cold. But because it is not regulated as a medical drug by the FDA – and given the variation between dosages and formulations available to consumers – it is difficult to get definitive answers as to its effectiveness.

more as an anti-inflammatory agent. A 2009 University of British Columbia study found that typical commercially available Echinacea preparations are effective in reducing the body's production of inflammatory proteins in human bronchial cells. In layman's terms, this means that Echinacea can help lessen the annoying symptoms of common colds, the flu and other respiratory ailments. Furthermore, the study found that Echinacea is just as effective in reducing bronchial inflammation whether it is consumed before or after a viral infection sets in, indicating that taking moderate doses on a regular basis during cold season can help prevent some bronchial irritation if and when cold symptoms begin.

Interestingly, though, a 2010 study of 719 participants in Wisconsin focusing on illness duration and severity found that the duration of the common cold could be shortened by taking a pill of some sort, whether Echinacea or a placebo with no active ingredients. But this study merely underscored the importance of psychological factors in fighting illness and did not say that Echinacea isn't effective.

Given the lack of FDA oversight of herbs, different formulations may contain vastly different amounts of Echinacea.

A 2004 evaluation of 19 different Echinacea brands by the non-profit Consumers Union and published in *Consumer Reports* found that the amount of Echinacea actually present in supplements varied considerably from brand to brand – and even in some cases from bottle to bottle of the same brand. The magazine recommended a few brands as "best picks," including Spring Valley, Origin and Sundown, all which featured high concentrations of Echinacea and reliable dosage amounts from pill to pill.

Before taking the Echinacea plunge, be aware that the herb can cause allergic reactions in some people and may interact negatively with some common medications. Researchers warn that anyone with autoimmune disease or a handful of other illnesses should not take Echinacea without first consulting with their doctor.

EarthTalk is written and edited by Roddy Scheer and Doug Moss and is a registered trademark of E - The Environmental Magazine (www.emagazine.com). Send questions to: earthtalk@emagazine.com. Subscribe: www.emagazine.com/subscribe. Free Trial Issue: www.emagazine.com/trial.

Monday, 16

LIFT EVERY VOICE

A tribute to Reverend Dr. Martin Luther King, Jr., with performances by regional choirs and a screening of the PBS documentary *Not in Our Town: Light in the Darkness*. 10:30 a.m. - 5 p.m. Free admission sponsored by Target. Crocker Art Museum, 216 O St. Info: crockerartmuseum.org

MARCH FOR THE DREAM

A march/parade in tribute to Reverend Dr. Martin Luther King, Jr., beginning at three different locations & uniting at a celebration with musical entertainment, educational forum, multi-cultural activities and food at the Convention Center. Visit MLK365.org for details.

Tuesday, 17

RAINBOW CHAMBER MIXER

Join members of Sacramento's LGBT business group at their monthly mixer, for socializing and networking, hosted this month by Sierra 2 Center and Taylor's Market. 5:30 - 8 p.m. Sierra 2 Community Center, 2791 24th St.. Info: RainbowChamber.com

Wednesday, 18

FREDDY'S HOLE IN THE WALL

Outword celebrates Happy Hour behind the Hole in the Wall at Head Hunters, with the Stoli Boys and free fun stuff, specials on Stoli and more. 5:30 - 7:30 p.m. 1930 K St.

Friday, 20

COWBOYS/COWGIRL SOCIAL

Join Capital Crossroads Gay Rodeo for a social and soda/beer bust. 7 p.m. The Bolt, 2560 Boxwood St. Info: 916-649-8420 capitalcrossroads.org

Saturday, 21

TURN ABOUT SHOW

A CGNIE spectacular, where nothing is what you expect, with Emcees Do-Me Moore & Sondra St. James, and special performances by Rendezvous w/Cool Beans and Xavier Toscano. Buffet (5 - 6 p.m.) and show at 6 p.m. \$5 (free for Jan. BDers. Club 21, 1119 21st St. Info: CGNIE.org

ANGEL ISLAND FERRY & HIKE

Ride the ferry from Tiburon and then hike around the island and huff and puff up to the top for incredible views. Seven miles, 800 ft. elev. gain. Rain or Shine. Bring/wear layers. For the ferry, bring cash (\$13.50, no credit cards). Sign up by the prior Thursday. G&L Sierrans. Info: 916-737-2151

LESBIAN WINTERFEST

A lesbian social gathering, with dinner and wine provided. 6 p.m. The Lavender Library, 1414 21st St. RSVP: president@lavenderlibrary.com

MR. BOLT'S BD BASH

Celebrate Miguel's Birthday, with cake, a prize raffle, lots of jell-o shots and birthday spankings. 9 p.m. The Bolt, 2560 Boxwood St. Info: 916-649-8420 SacBolt.com

Sunday, 22

VALLEY BEARS BRUNCH

Join the Sacramento Valley Bears for brunch good conversation, friendship and shopping! 10 a.m. - noon. IKEA, 700 IKEA Court WeSac. Info: SacBears.org

Monday, 23

SAC VALLEY VETS MEETING

Join this LGBT veterans and active duty group for their monthly meeting and get together. 6:30 - 8:30 p.m. The Lavender Library, 1414 21st St. Info: 916-436-7676 sacvalleyvets.wordpress.com

FRED'S THROWING A PARTY

That's right, it's party time and this one is to benefit the Sac. G&L Center. *Outword* is hosting the drinks (2 per donor) and Zocalo is filling your plate with scrumptious appetizers! 6 p.m. \$50. Zocalo Restaurant, 1801 Capitol Ave. Info: 916-329-9280

Tuesday, 24

PFLAG SACRAMENTO

Support group for parents and friends of LGBT. 7:30 p.m. St. Marks UMC, 2391 St. Marks Way. Info: pflagsacramento.org

GAMES @ LAVENDER LIBRARY

It's Gaymer Geek Board Game Night, with games from modern strategy to old favorites. 7 - 9 p.m. The Lavender Library, 1414 21st St. Info: 916-492-0558 LavenderLibrary.org

Wednesday, 25

FREDDY'S HOLE IN THE WALL

Outword celebrates Happy Hour behind the Hole in the Wall at Head Hunters, with the Stoli Boys and free fun stuff, specials on Stoli and more. 5:30 - 7:30 p.m. 1930 K St.

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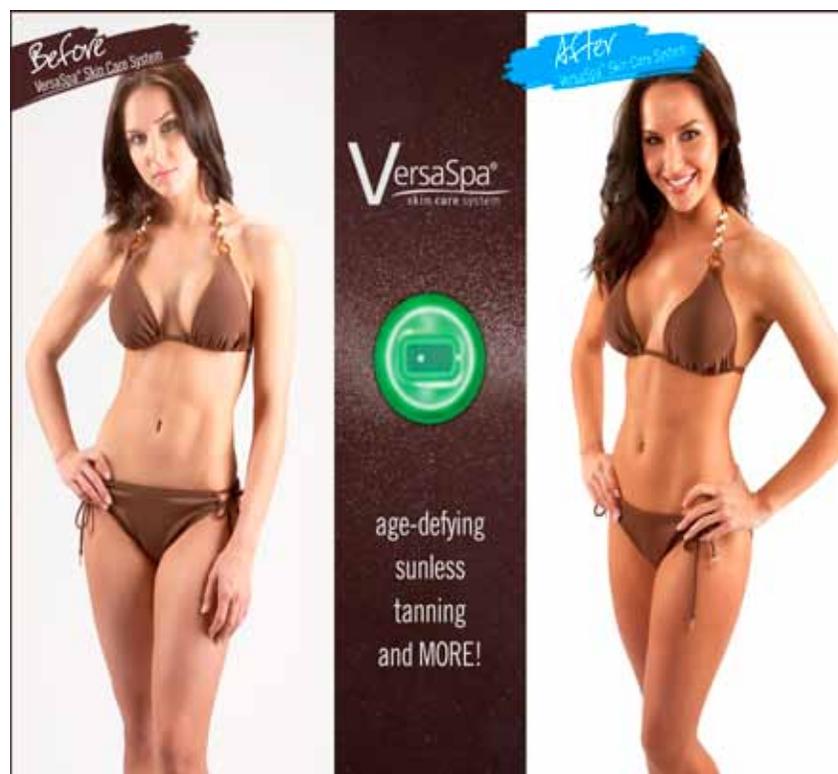
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