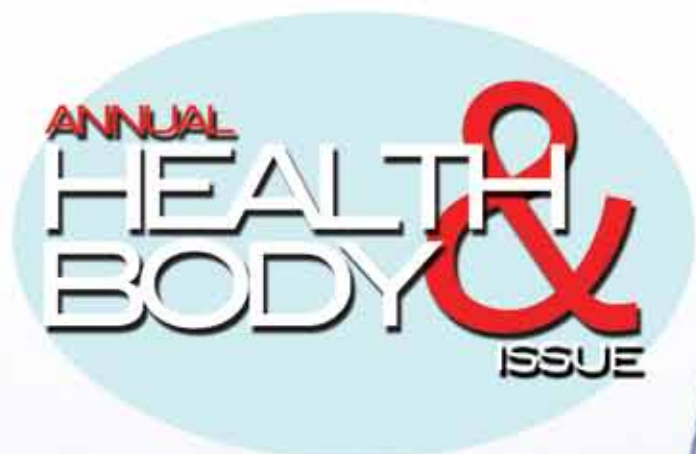


Outword

magazine

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Letters

Breaking Barriers Seeks Board Members

Breaking Barriers Community Services Center is seeking dedicated, hard working, fiscally responsible individuals with a shared interest in our core mission of helping those living in the Sacramento Valley with catastrophic illnesses.

As a California non-profit agency that has been serving the Sacramento Community for the past 18 years, we are specifically looking for potential board members with skill sets in the banking/finance; medical/mental health fields; law; fundraising and development; branding/identity and marketing; volunteer management; or corporate specialists.

Board applicants must be able to be an active participant in community events, fundraising and be a supporter of the agency's long standing mission statement. The board meets once a month for no more than two hours.

If you have questions or would like to request a membership application, please email our acting Board President, Sandré Nelson, at sandre@bbcs.org. Interested parties are invited to review our web site at www.bbcs.org to learn more about the agency.

Deadline for applications is 5 p.m. on Friday, January 18, 2013.

Dancing The Dream

Dancing in the River City is hosting The NASSPDA 2013 USA National Championships, bringing the world's best same sex dancers to Sacramento.

The competitive dancing begins at 9:30 a.m., and will be followed by an evening show that highlights the world class champions.

Prices are \$10 for viewing the day competition only, \$30 for a combo ticket to competition and show or \$25 to the show only.

Limited Edition Anniversary T-shirts will be available while supplies last for \$15 online or \$20 on the day of the event. A special \$5 offer applies to day of the event price only.

The competition and evening dance will be on Sunday, January 20, at the Ballroom of Sacramento, 6009 Folsom Blvd. Info: dancingintherivercity.com.

Turn About Show – A Royal Birthday Bash

Come out and celebrate Rich Jones' 45th Bday as he "Turns About" and becomes Diamond Moore Piece St. James for his 7th Annual Turn About Show to benefit the La

LETTERS

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SGMC to Hold Auditions

The Sacramento Gay Men's Chorus' holiday concert *Light Your World* was the best attended show in the group's 28-year history, entertaining some 1,500 audience members, and leading many to ask how to join the chorus.

Well, it couldn't be easier: The chorus will be on winter break until January 10, when auditions for new members will begin, and potential new members can audition through January 24. Anyone interested in auditioning may email the chorus at SGMCinfo@gmail.com or call 877-283-1567 toll-free.

The group ended its performance year on



SGMC Artistic Director Steven Johnson rehearsing with the chorus before their holiday concert *Light Your World* held in December.

Dec. 11 with a performance of the song "Light Your World" at a celebration for newly installed Sacramento City Councilmember Steve Hansen at the Tsakopoulos Library.

The group's next major concert will be "ExtrABBAganza!" The costumed, all-ABBA review will be held June 7 and 8 at the Crest Theatre in Sacramento.

The 2012 holiday show was the chorus's first performance under the direction of new artistic director Steven Johnson. A pianist, conductor and composer, Johnson also serves as director of Music and Worship at St. John's Lutheran Church in downtown Sacramento.

For more information about the organization, visit sacgaymenschorus.org.

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Defense Bill Could Lead to ‘Right to Discriminate’ Claims

President Obama has signed the National Defense Authorization Act, which includes a troubling provision that compels the military to accommodate the conscience, moral principles, or religious beliefs of all members of the armed forces without accounting for the effect an accommodation would have.

At the same time, the president acknowledged that the provision, Section 533, is unnecessary and ill-advised, noting that the military already appropriately protects the freedom of conscience of chaplains and service members.

“The language is too broad,” said Laura Murphy, director of the ACLU Washington Legislative Office, who cautioned that it could lead to claims of a right to discriminate. “We strongly support accommodating beliefs, so long as doing so does not result in discrimination or harm to others,” Murphy said.

The provision has the potential to give rise to dangerous claims of a right to discriminate against not just LGBT service members, but also women, religious minorities and in the provision of health care.

In a signing statement that accompanied the NDAA, President Obama said his administration “remains fully committed to continuing the

successful implementation of the repeal of ‘Don’t Ask, Don’t Tell,’ and to protecting the rights of gay and lesbian service members” and that the Department of Defense, in implementing

Section 533, will “not permit or condone discriminatory actions that compromise good order and discipline or otherwise violate military codes of conduct.” “It is encouraging that the President recognizes why this provision is so problematic,” Murphy said. “Going forward, it is essential for the Department of Defense to ensure that no accommodation of religious belief or conscience can result in discrimination or harm to others.”

Miller Sworn in for Roseville City School Board



Gary Miller was sworn in for his second term on the Roseville City School Board on December 13 by Assemblywoman Mariko Yamada. Miller is the first gay elected official in Placer County, an honor he can also claim for Sacramento County where he was elected to the Robla School Board in North Sacramento and served for almost 20 years.

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BOA & HUD Settle LGBT Discrimination Claim

The U.S. Department of Housing and Urban Development has announced an agreement with Bank of America (BOA) to settle a claim that the mortgage lender refused to provide financing to a lesbian couple.

The agreement is the first enforcement action taken against a lender involving HUD's recent rule ensuring that the Department's core housing programs be open to all eligible persons, regardless of sexual orientation, gender identity or marital status.

HUD's rule, *Equal Access to Housing in HUD Programs Regardless of Sexual Orientation or Gender Identity* prohibits lenders from basing eligibility determinations for mortgage loans insured by the Federal Housing Administration (FHA) on actual or perceived sexual orientation, gender identity or marital status. HUD's Equal Access rule applies to all housing programs administered by the Department.

"This agreement demonstrates that HUD will vigorously enforce its Equal Access rule

and pursue lenders that discriminate on the basis of sexual orientation, gender identity or marital status," said Helen Kanovsky, HUD's General Counsel. "By the same token, BOA should be commended for stepping up and taking immediate corrective action after HUD notified BOA of the violation."

HUD claimed BOA denied a loan to a Florida couple seeking to obtain an FHA-insured mortgage because of their sexual orientation and marital status. Because one partner was not employed, the applicant enlisted her partner's mother as a co-applicant on the loan.

The couple worked with BOA for several weeks to provide all of the necessary loan application documents and the couple was assured by BOA that they were likely to receive a mortgage. One business day prior to closing, BOA denied the mortgage because

it did not consider the loan applicant and the co-applicant directly related because the applicant and her partner were not married.

As a result of BOA's actions, the couple was not able to close on the loan.

Under the terms of the agreement, BOA agreed to pay HUD \$7500 and to notify its residential mortgage loan originators, processors and underwriters of its Settlement Agreement with HUD. In addition, BOA will remind its employees that they are prohibited from discriminating against FHA-loan applicants on the basis of sexual orientation, gender identity or marital status. BOA will also update its fair lending training program to include information on HUD's rule.

If you believe you have experienced housing discrimination, you should contact HUD's Office of Fair Housing and Equal Opportunity for help at 800-669-9777. You may also file a housing discrimination complaint online at HUD.gov. Additionally, you should contact your local HUD office for assistance regarding alleged violations of HUD programs regulations.

Losing Tina

by Tom Moon, MFT, The Examined Life

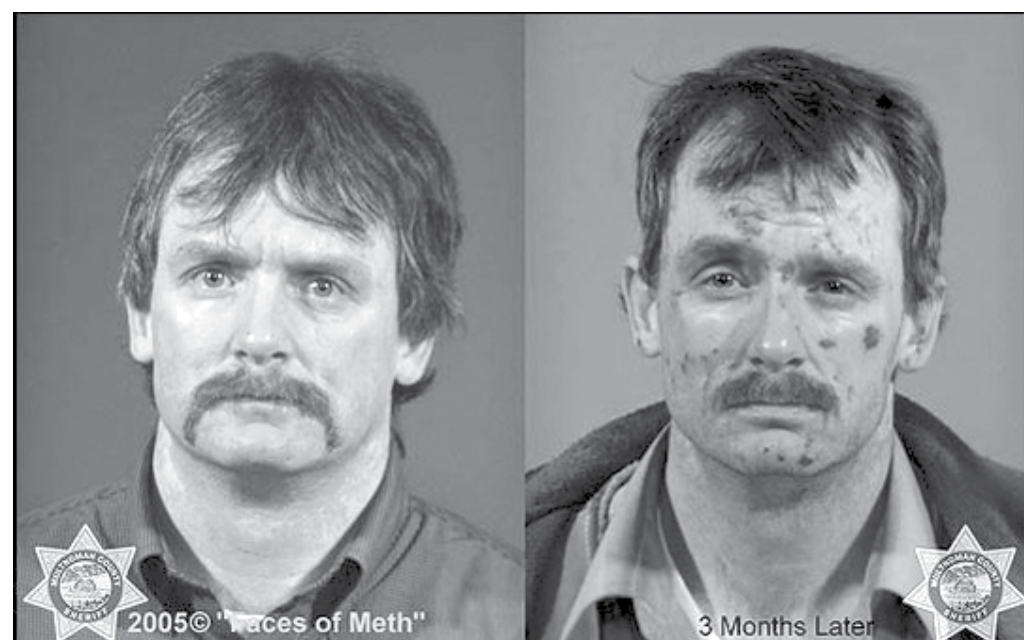
I recently received a letter from a reader of my column regarding the use of crystal meth that I wanted to share: "I admitted to myself six months ago that I'm addicted to crystal meth, and I've been trying to quit ever since," the reader said. "As of today I haven't used for eight weeks. I feel terrible!

"I'm depressed and tired all the time. I'm not interested in doing anything, even having sex, because I don't want to do it unless I'm high. I have a dead, hopeless feeling that just goes on and on day after day. I also sometimes feel intense cravings to use, and I'm scared that I won't be able to resist them much longer.

"I thought losing tina was going to make my life better, but I've never felt so miserable. What

LOSING

continues on page 19



The Multnomah County Sheriff's Office (Portland, Oregon), in an effort to show the effects of crystal meth, has been compiling arrest photos of meth users, from the first time they were arrested through their second, third and often fourth arrests. In this image, only three months have passed but the deleterious effects are amazingly clear.

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Here's to Healthier Living in the New Year!

by Julie Fray and Darnell Stephenson

Our country is in the midst of an obesity epidemic and health crisis, and even our usually health conscious LGBT community has not escaped the culture of overeating, food bingeing and being generally under active.



6. Plan a picnic lunch - dog walk with friends....

Although only each of us can truly control our food intake and activity level, doing that is made more difficult as we are constantly bombarded with high calorie food choices. In addition, most of us have jobs that require little more than arm or mind movement for most of the day, which makes calorie burning and body circulation minimal.

Fear not though, here are some fitness and nutrition guidelines that can help you to stay active, healthy, mobile and ultimately more happy.

Consider the following in the new year and beyond:

Each of these alternatives will save you 100-300 calories.

1. Skip the a.m. muffin or scone at the coffee shop, instead eat oatmeal and berries.
2. Decrease the size of YOUR coffee drink choice.
3. Use salad dressing that you can see through (olive oil/balsamic) and order it on the side, using the fork dip method.
4. Have your favorite restaurant meal sans cheese and sour cream.
5. Skip the mayonnaise, use natural mustard or salsa instead.
6. Use a whole grain bread (with fiber) instead of a white roll or sourdough.
7. Bring your own lunch to work most days instead of going out.

Put a new spring in your step:

1. Take a 25-45 minute walk after dinner
 2. Walk during your lunch break instead of going out to eat.
 3. Park a block or two away from your destination each time you park.
 4. Ride your bike to meet friends for coffee or dinner, instead of driving.
 5. Try an active date with your significant other like a hike or bike ride.
 6. Plan a picnic lunch - dog walk with friends instead of a large meal out.
 7. Decrease the alcohol drinks by at least one.
 8. Watch less TV, but when you do, try sit-ups or push-ups during breaks.
- In addition to the physical benefits of exercise and healthier eating, both help to combat wintertime depression.

Julie Fray, PA-C, CES, LWMC-ACE Certified and Darnell Stephenson, Certified Personal Trainer, Nutrition Consultant-IET own and operate Urban Fitness & Wellness Center, Inc., located at 2525 J St. They can be reached at 916-492-2525 or at Urbanfitsac.com.

Lesbians Lead Grammys' Spoken Word Category

In The Best Spoken Word Album category at this year's Grammys, there is a good chance that the winner will be a lesbian, as lesbian artists have captured three of the five nominations.



Recording artist and author Janis Ian could win her third Grammy, this time for the audio version of her autobiography *Society's Child*.

Three extremely talented and respected gay women - Janis Ian, Rachel Maddow and Ellen DeGeneres, have each received nominations as has former President Bill Clinton (*Back To Work: Why We Need Smart Government For A Strong Economy*) and Michelle Obama (*American Grown*).

Ian is nominated for the unique audio version of her autobiography, *Society's Child*, which is punctuated by her vocals of choruses and relevant lines of her songs that describe each chapter of her life.

The title comes from her Grammy nominated song of the same name when she was only 15, which also gave her a place in the Grammy Hall of Fame. This is her ninth nomination in various categories, from jazz to folk, best vocal, best record, with two Grammy wins.

SPOKEN
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Embrace Winter to Improve Your Outlook & Health

by Robert Head, CMT

This time of year it is typical for us to imagine new beginnings and to attempt big changes with exceptional vigor, and with the holidays over and the New Year fresh, it seems the right time to look back on what has gone well and what could be improved.

In our enthusiasm, we sometimes attempt too much too fast, only to lose focus or exhaust our energy before desired changes come within our reach. Though we are anxious now for new beginnings, we are still in the deepest part of winter, and harmonious responses are the best way forward.

can be a profound way to appreciate our bodies, as they are. After all, they have got us through life thus far. This deep self-acceptance nurtures not only the body, but the soul as well.

Good bodywork awakens a higher level of physical awareness. In my practice, clients often come in with a particular pain or restriction they



Winter is therefore a time to conserve energy, care for the self and attend to our deepest levels of inner physical strength and spiritual awareness.

In cultures that emphasize the link between health and the rhythms of nature, the New Year often begins later in winter or early spring when our physical energy is on the rise. The Chinese or Lunar New Year will begin on February 10 this year and is usually marked by the second new moon after the winter solstice. In Chinese cosmology, the winter season corresponds to the kidneys, which are associated with the water element, and our deepest reserves of vital and creative energy.

Winter is therefore a time to conserve energy, care for the self and attend to our deepest levels of inner physical strength and spiritual awareness. It is not the best time to burst into action, but an ideal time to prepare for action through quiet meditation, deep rest and getting in touch with the body and its needs.

Taking some time for therapeutic bodywork reserves at least one quiet hour for your body and yourself. Research documents the benefits of massage including deep relaxation, increased blood circulation, reduced heart rate, lower blood pressure and deeper sleep. So the benefits of that quiet hour expand to a deeper sense of well being in daily life.

Most of our health and fitness goals are about changing our bodies (losing weight, getting stronger, increasing stamina) and reflect a nagging belief that our body is not good enough the way it is. The therapeutic touch of bodywork

would like me to address. During the session, we often discover that the issue includes a larger pattern of tissue restrictions that they were unaware of.

Just as discovering the right plans and goals for yourself often requires the feedback of a good listener, discovering the physical source of stress or discomfort often requires the feedback of a therapeutic touch. Once this awareness is established on the massage table, it often expands further into daily life, and my clients begin recognizing the daily causes of discomfort, such as the ergonomics of a workstation, how they sit when driving, or poor exercise form in a workout.

With this awareness, they can make practical changes bringing them closer to their goals of a healthier life and more vital body.

It may seem counterintuitive at first, but the first step toward fulfilling your new year's ambitions could be restful pause to do nothing – the kind of nothing that is really good for you. You will find yourself in greater harmony with the season and your vitality will build for that burst of action that will put you in harmony with spring (which, by the way, is just around the corner).

Robert Head is a Certified Massage Therapist in practice in Sacramento. You can reach him at 916-764-6014 or at his website www.BodyworkBalance.net.

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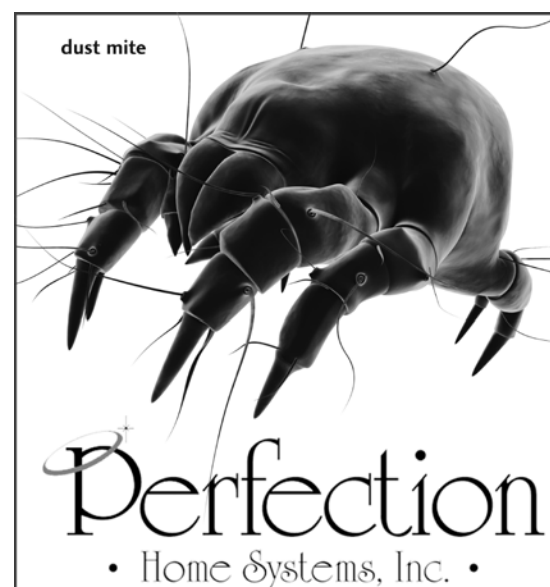
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Beef up Your Diet and Exercise Regimen

by Joy Culley

Each year in our health and body issue, we take a look at the local fitness and healthy lifestyle scene. This year we chatted with Bob Shea, "Steak Wrangler" at Lucky Dog Ranch Beef in Dixon, to find out how he has incorporated healthy eating, exercise and a positive attitude to increase his wellness.

His job title entails a lot of things, but to most of us, he is the friendly guy who runs the Lucky Dog Ranch booth at our local farmer's markets.

Lucky Dog Ranch is a pasture-raised, natural beef ranch owned by Lucca and Roxy restaurant owners, Ron and Terri Gilliland. They began raising the Lucky Dog herd specifically to provide both restaurants with a natural beef product that was local, healthy and most importantly, delicious.

After working with chefs and customers, they settled on the right combination of grass fed-grain finished, dry aged beef – with

beneficial omega-3 fats and CLA. Both reduce the risk of heart disease. Additionally, it contains less of the "bad fats," Omega-6, which are linked to heart disease. CLA, which actually encourages a reduction in total body fat and an increase in lean body mass, is also considered to be an anticancer agent.

"Even with a spotless training program," Bob says, "anyone who's worked out long enough, or fluctuated between spending six months eating as much as possible to add muscle and six months restricting calories to lean out, will tell you that proper diet is 90

percent of the battle. You can spend 45 minutes on a treadmill burning off a doughnut you ate in less than a minute.

"As someone who would battle a binge eating addiction, this is an important rule. I have learned now that balance is the key. You must eat a variety of foods

Bob and Joy preparing to survey the facilities at Lucky Dog ranch.



no hormones, antibiotics, corn, soy or GMOs. In other words – all of the good stuff, none of the bad stuff. This is where Bob comes in.

Born and raised in Marin county, Bob was slightly overweight as a young person. With a little help from his family, who were dedicated to health and fitness, he began incorporating it into his own life.

In high school and junior college, he took up Track and Field, excelling in shot put, discuss and javelin. Bob eventually moved to Sacramento and began working for Ron and Terri.

"It wasn't until I met Terri and began running with Team Lucca that I developed a passion for running. From there, my fitness interests spread to all forms, from working out with kettlebells to yoga. To have the best success in fitness one must have a balance of strength, cardiovascular fitness, and flexibility."

Working for Lucky Dog was a natural fit for Bob: Getting behind a product that is raised with minimal processing, and humane practices is easy, he says.

"It has been a great addition to my diet. It provides nutrients that are hard to get elsewhere, such as iron, CLA (conjugated linoleic acid) and protein."

In addition to being leaner, animals raised on grass have much higher levels of

to gain all of the nutrients your body needs. Natural and unprocessed foods are the key to a happy and healthy lifestyle. Your body functions far better when you nourish it with unprocessed foods and not only will your energy levels rise and fat levels drop, but your happiness and confidence in yourself will rise through the roof."

If you're still not sure how grass-fed beef will incorporate into your diet, consider trying it for yourself. You can buy Lucky Dog Ranch Beef online at www.luckydogranchbeef.com, or purchase it from Bob at Local Farmer's markets (see below for locations).

Another option is to let a local chef cook it for you. Besides the restaurants Roxy and Lucca, it is featured on menus in some of Sacramento's best restaurants, including Red Rabbit, The Grange, Restaurant 13, Shady Lady Saloon, and the Supper Club at The Crocker.

Farmer's Markets:

Saturdays from 8 a.m. to noon at the Folsom and Sunrise light rail station in Ranch Cordova or behind Country Club Plaza at Watt and El Camino.

Sundays from 8 a.m. to noon under the freeway in Downtown Sacramento at 8th and X.



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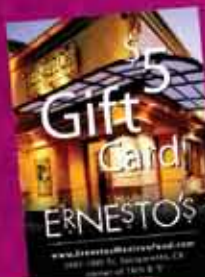
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Out & About

Drag Queen Bingo

There were plenty of Puppy Dog Kisses & Kitty Cat Purrs at January's Drag Queen Bingo, as our always generous and fun Bingo Players raised \$2,026 to help support the Front Street Animal Shelter. A special thanks to Domemoore for making sure everyone was having a great time and to the staff at Hamburger Patties for working so hard and making it all seem so easy. *Outword's* Drag Queen Bingo has now raised over \$64,474. Join us for the next DQB on February 7 as we raise money for Breaking Barriers.



See *The Hobbit* in IMAX 3D & a *Star Trek* Trailer Bonus

If you have yet to see *The Hobbit*, or have seen it but in a regular theater, consider a visit to the Esquire IMAX on K Street in Sacramento, where they are also screening an extended preview of *Star Trek Into Darkness*, the sequel to J.J. Abrams' 2009 blockbuster reboot of the *Star Trek* franchise.

Before *The Hobbit* you'll be treated to the first nine minutes of the highly anticipated *Star Trek* sequel, which does not open until May 2013. This marks the first time that exclusive footage has played in IMAX 3D and only the third time a first-look has been released in IMAX.

The other good thing about the Esquire IMAX is that they are showing *The Hobbit* in the standard 24 frames per second rather than in that dopey "high frame rate" experimental format that Peter Jackson seems to think is revolutionary.

Doubling the speed does increase the clarity, but that only serves to make the CGI look really fake, and if you add 3D on top of the 48 frames per second (which unfortunately is the way I saw the movie the first time), the action looks like a fantasy video game rather than a movie.

Hopefully, Jackson's experiment will die a quick death, and the other two installments of *The Hobbit* will probably be better than the initial movie, which is mostly entertaining but also overlong and repetitive.



Openly gay, Zachary Quinto, returns as Spock in *Star Trek Into Darkness*.

The main reason to see *The Hobbit* is for the few minutes of screen time devoted to the classic character of Gollum, Tolkien's and Jackson's greatest achievement.

On film, Gollum is also actor Andy Serkis' greatest achievement, and the Oscars really ought to invent a new award category in order to recognize his brilliant behind the scenes work in movies.

Visit www.imax.com/sacramento.

Bad Boys of Dance at Three Stages

by Chris Narloch



I don't care what the show's about or who's in it. With a sexy title like "Bad Boys of Dance," I'm there. Fortunately, this show lives up to the premise and these "Bad Boys," are great dancers.

Founded by dance superstar Rasta Thomas (Dance Theater of Harlem, Kirov Ballet), the Bad Boys of Dance are a fresh, new dance company that has performed for half a million fans in over 150 cities and appeared with Sir Elton John at Carnegie Hall.

Talented, sexy, athletic, and (mostly) male, the Bad Boys of Dance will bring an evening of dazzling dancing to Three Stages in Folsom, for one night only, on Thursday, January 24.

Visit www.threestages.net.

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The Cast of *BUILT* Brings Sexy Back to Remodeling



If you knew that this crew was going to help you with that Honey-Do List, you just might want to break out those hammers and paint rollers more often. Join Gage Cass, Donny Ware, Shane Duffy, Sandy Dias and Mike Keute when “Built” premieres Monday, January 28 at 8pm et/pt on Style Network. Photo by John Russo/Style.

Psychic Medium John Edward Returns to Sacramento

by Colt McGraw

Famed psychic medium, John Edward has captured the interest of fans and skeptics alike for nearly three decades. His unique ability to step into the world beyond has earned him considerable recognition, including a spot on *People* magazine’s 1998 “Most Intriguing People of the Year” list.

What is so intriguing about Edward? According to his family, he began exhibiting psychic abilities from a very young age and had an “uncanny” ability of knowing his family’s history.

Since psychic phenomena was accepted by his family, it was easy for his abilities to flourish and no fuss was made over these early experiences, allowing him to maintain as normal a childhood as possible.

Edward embarked on developing his own abilities after an encounter with famed psychic Lydia Clar, who made him aware of his abilities and told him his life’s work would be teaching people about it.

That mission has been channeled into his work as a medium, enabling him to bring comfort and hope to people by reuniting them with those who they loved and lost.

Edward’s Sacramento “event” could not come at a better time, as the New Year always seems to kindle an interest not only in what life holds for us in the future, but also a desire to reexamine our pasts. “I always refer to it as an event,” Edwards says. “Even when I was doing *Crossing Over* (his

hit television program from 1999 to 2004), I told all the crew that we were not doing a TV show; instead, they were events that were to be televised.”

So, what can people expect at his event? “Although, some might find me entertaining, that is not my goal,” says Edward. “I am there to teach and raise awareness. The night usually starts off with me explaining my process, teaching about the subject matter, discussing healthy skepticism and doing Q&A with the folks. Then I read as many people as possible.”

“The reality is that not everyone is guaranteed a personal reading but hopefully, everyone goes home with a ‘message’ in a different way,” says Edward.

Edward became a *New York Times*’ “Best Selling” author in 1998 with *One Last Time*. He has since written nearly a dozen successful books including his most recent novel, *Fallen Masters*, a final confrontation between good and evil. The novel unfolds on

EDWARD

continues on page 19

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Calendar Jan.

compiled by Charles Peer

Friday, 11

OUTWORD'S HAPPY HOUR

It's been a long week, so come and unwind with a very special Happy Hour at The Depot. We will have some great raffle prizes and of course TJ has some great drink specials. 5:30 - 7 p.m. The Depot, 2001 K St. Info: OutwordMagazine.com

Saturday, 12

ASTONISHING RACHEL BARTON PINE

Michael Morgan conducts the Sac. Philharmonic with guest artist Rachel Barton Pine, Violin playing *Sibelius-Violin Concerto in D Minor*. 7:30 p.m. Community Center Theatre, 1301 L St. Info: 916-808-5181 SacPhil.org

Sunday, 13

SACRAMENTO PRIME TIMERS

Men 50+ (and their friends/admirers) are invited for brunch and conversation. Noon. Head Hunters, 20th & K Sts. Info: PrimeTimersSacramento.com

BIG DREAMS, SMALL SHOULDERS

Musician and Sacramento State professor Deborah Pittman's original performance piece based on Norman Rockwell's iconic painting "The Problem We All Live With," a multi-media work combining music, dance, puppetry, narration and projected imagery. \$12. 3 p.m. Crocker Art museum, 216 O St. Info: 916-808-1182 crockerartmuseum.org.

Monday, 14

STONEWALL DEMOCRATS

Join the LGBT Democrats for their monthly meeting, with guest speakers and

discussions of current political events. Social, 6 p.m., meeting, 6:30 p.m. Woodlake Hotel, 500 Leisure Lane. Info: 916-441-1787 SacStonewall.org

BEARAOKE AT BADLANDS

Join the Sacramento Valley Bears for a night of singing your heart out - just for the fun of it. 9 - 10 p.m. Badlands, 2003 K St. Info: SacBears.org

Tuesday, 15

PFLAG SACRAMENTO

Support group for LGBT individuals and their parents, families and friends. 7:30 - 9:30 p.m. Saint Mark's United Methodist Church, 2391 Saint Mark's Way. pflagsacramento.org

RAINBOW CHAMBER MIXER

Join members of Sacramento's LGBT business group at their monthly mixer, for socializing and networking. 6 - 8 p.m. State Capitol, Basement Rotunda. Info: RainbowChamber.com

Thursday, 17

WOMEN'S POLICY SUMMIT

A full day of workshops and seminars on advancing women's health, wealth & power. 9 a.m. - 4:30 p.m. Sacramento Convention Center, 1400 J St. Info: summit@ccrwi.org 916-944-4935

Friday, 18

COUNTRY NIGHT

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

Saturday, 19

TURNABOUT SHOW

Domemoore and Sondra St. James MC this show where gender/attire gets mixed up in

a very fun way with special guest SeanV from LA. Benefit for La Kish Scholarship Fund. 5 p.m. (show at 6 p.m.) \$10, includes buffet. Bojangles Nightclub, 1114 20th St. Info: cgnie.org

VALLEY BEARS PIZZA PARTY

Join the Sacramento Valley Bears for their infamous pizza party - and that means great pizza, some games maybe a movie and good friends. Bring a dish to share. 7 - 10 p.m. Private residence, so visit SacBears.org for details.

Sunday, 20

DANCING THE DREAM

Dancing in the River City hosts The NASSPDA 2013 USA National Championships, beginning at 9:30 a.m., followed by an evening show that highlights the world class champions. Ballroom of Sacramento, 6009 Folsom Blvd. Info: dancingintherivercity.com.

VALLEY BEARS BRUNCH

Join the Sacramento Valley Bears for brunch, good conversation and friendship. 10 a.m. - noon. Private dining room at the new Lumberjack's Restaurant, 1030 Howe Ave Info: SacBears.org

Monday, 21

ANYTHING GOES BENEFIT CABARET

Company members from the national touring cast of *Anything Goes*, with Erich Bergen as emcee and special guest stars La Toya London, Lindsay Pearce and Tim Hockenberry. 7:30 p.m. Bay Theater, Pier 39, SF. Info: 415-273-1620 HelpIsOnTheWay.org

Tuesday, 22

AFFIRMATION

A meeting of LGBT Mormons, for friendship and discussion. 7 - 9 p.m. Lavender Library, 1414 21st St. Info: 916-492-0558 LavenderLibrary.com

Monday, 28

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 www.sacvalleyvets.com

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For more information about The Center's programs, volunteer opportunities and events, visit www.SacCenter.org.

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A Special
THANK YOU

2012 Holiday Food Drive

"Every time we remember to say 'Thank You', we experience nothing less than heaven on earth!"

- Sarah Ban Breathnach

The Breaking Barriers Board of Directors would like to publicly thank all the members of the Northern California community that assisted in many ways during the 2012 Thanksgiving and Winter Holiday Food Drives.

Without their help we would not have been able to feed over 945 Sacramento Community Members living with HIV/AIDS!!

Much Appreciation,

Rob Clemons, Sandré Nelson, and Chris Seward

First, a huge thank you to the Breaking Barriers Staff for all their hard work during both food drives this past season

Craig Spatola
Enrique Manjarrez
Christopher Packey

Second, the management and staff of
Safeway (Midtown - 19th & S)

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"Since 1995, the mission of **Breaking Barriers Community Services Center** [A California Not-For-Profit Corporation] is to coordinate a community response to assist in the early diagnosis and prevention of and provide care for people living with catastrophic illnesses."

Join Us

Saturday, January 19th, 2013

For Rich Jones' ... um, we mean...

For Diamond Moore Piece St. James'

7th ANNUAL TURN ABOUT SHOW

A Royal Birthday Bash

Door/Buffer @5PM

Show @6PM

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A Benefit for CGNIE's La Kish Hayworth Memorial Scholarship Fund

Helping Students of the ARTS go to College



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LIVE Performances by
Xavier Toscano from San Jose
RWCB from Sacramento
AND

Special Guest Performance
SeanV from Los Angeles

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Letters

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Kish Memorial Scholarship Fund – helping students of the ARTS go to College!!

Special live performances by SeanV from Los Angeles, Xavier Toscano from San Jose & RWCB from Sacramento!!

The doors open at 5 p.m. for \$10 that includes a buffet, free if your birthday is in January, and the show starts at 6 p.m. at the new Bojangles (across from Faces and next door to Head Hunters) at 1114 20th St. between L & K Streets.

This show benefits CGNIE's La Kish Hayworth Memorial Scholarship Fund, helping students of the ARTS go to College.

Spoken

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Maddow takes on a more serious topic in her book *The Unmooring Of American Military Power*, earning her nomination, while DeGeneres was nominated for the audio version of her book *Seriously ... I'm Kidding*.

The 55th Grammys will be held on February 10, and broadcast on CBS beginning at 8 p.m.

Edwards

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NY Times best selling author and psychic medium John Edward.

both the Earthly plane and the Other Side.

"In the novel there is not one hero and there is not one heroine. I think people are going to see facets and reflections of their own lives through the voices, eyes and experiences that these everyday people are having," says Edward. "My goal is the same as it has always been, to make a difference and empower people."

John Edward will be at the Holiday Inn Capitol Plaza, 300 J St., at 7 p.m. on January 14. Tickets are \$150 and are available at www.johnedward.net.

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Losing

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am I doing wrong?"

This might sound like bad news in a way, but you may not be doing anything wrong. You're describing what most addicts go through after they stop using this drug.

Tina makes you high because it causes an explosion of dopamine in the brain. Dopamine is a neurotransmitter that elevates mood and increases physical activity. The sudden release of large amounts of it also means that the levels are below normal in the days that follow.

Repeated use damages cells that contain both dopamine and serotonin, another neurotransmitter important in regulating mood. With prolonged use, levels of both neurotransmitters drop far below normal as damage to the brain becomes more extensive. You're feeling the effects of that damage now.

Once you stop using, the brain begins to repair itself and in time mood improves, but that process can take months, and may even take up to a year or more, depending on how serious the damage is.

One of the most common causes of relapse is underestimating what a serious undertaking recovery really is. In order to succeed, see yourself as "majoring" in recovery for at least the next 12 months.

Another complication is that the brain knows that it can instantly get out of its depressed state by getting a dose of tina. Your mind usually isn't a reliable ally during this period. It comes up with one excuse after another to make getting high seem like the most logical next thing to do.

That's one reason that it's vitally important to get as much support from others as you can. It can give you a lot of hope to talk with others who have succeeded in staying clean for a year or more, because they'll serve as visible evidence that recovery really happens, and that in time, you'll also be feeling better.

Twelve step programs like Narcotics Anonymous or Crystal Meth Anonymous are great resources for getting support, and a relatively new support program called LifeRing has helped a lot of people recover.

Many thousands of people in our community have succeeded in getting this dangerous drug out of their lives. If you don't give up, you'll be one of them.

Tom Moon, MFT, is writer and a licensed psychotherapist and has been in private practice in San Francisco for over 30 years. He can be reached at 415-626-1346, examlife@aol.com or tommoon.net.

Bark! The Musical and Follies, Plus Creating A Play In A Day

Now that the holidays are over, we can all relax and enjoy some theater, and if musical comedy is your cup of tea, be sure to check out a tribute to our four-legged friends entitled *Bark! The Musical*.

Fans of more serious Broadway fare can opt for the classic musical drama *Follies*. Both shows are now playing on local stages.

Follies

The theatrical genius Stephen Sondheim may have reached his artistic zenith – and that's saying a lot considering his amazing career – with this brilliant musical about marital discord.

On the eve of the demolition of a crumbling theater where they used to perform, two former showgirls and their husbands (and some of their coworkers) reunite and reminisce.

Sounds like pure nostalgia, but in Stephen Sondheim's hands *Follies* becomes a bracing and bittersweet tale of love on the rocks, featuring two couples that may or may not still be together by the end of the show.

A mature musical in every sense of the word, *Follies* has a gorgeous score that includes such Sondheim gems as "Losing My Mind," "Could I Leave You?" and "I'm Still Here."

Follies plays through January 27 in Davis, courtesy of Davis Musical Theatre Company. Visit www.dmtc.org.

Bark! The Musical

Man's best friend gets the royal treatment in this Northern California

premiere, which is told and sung from the dogs' point of view.

Among the "characters" in the show are a little puppy that yearns to bark like a real dog, an opera-singing poodle and a streetwise mutt that raps.

The talented six-member cast of *Bark! The Musical* is obedient, house-trained and they have all their shots. Plays through February 17 at Sacramento Theatre Company.

Visit www.sactheatre.org.

One Night Stand: Creating A Play In A Day

NCM Fathom Events, Overnight Musicals and The Broadway League have partnered to present this unique, one-night theatrical event, which will broadcast to nearly 450 movie theaters nationwide, on Wednesday, January 30.

Giving movie audiences a look behind the Broadway curtain, this fast-paced film follows some of New York's top actors, writers, composers and directors, who are given 24 hours to write, cast, compose, rehearse and perform four short musicals at New York City's Gramercy Theatre.

Actors featured in the musicals include Cheyenne Jackson, Roger Bart, Nellie McKay, Rachel Dratch, Richard Kind and Jesse Tyler Ferguson.

Visit www.FathomEvents.com.

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