

outw^ord

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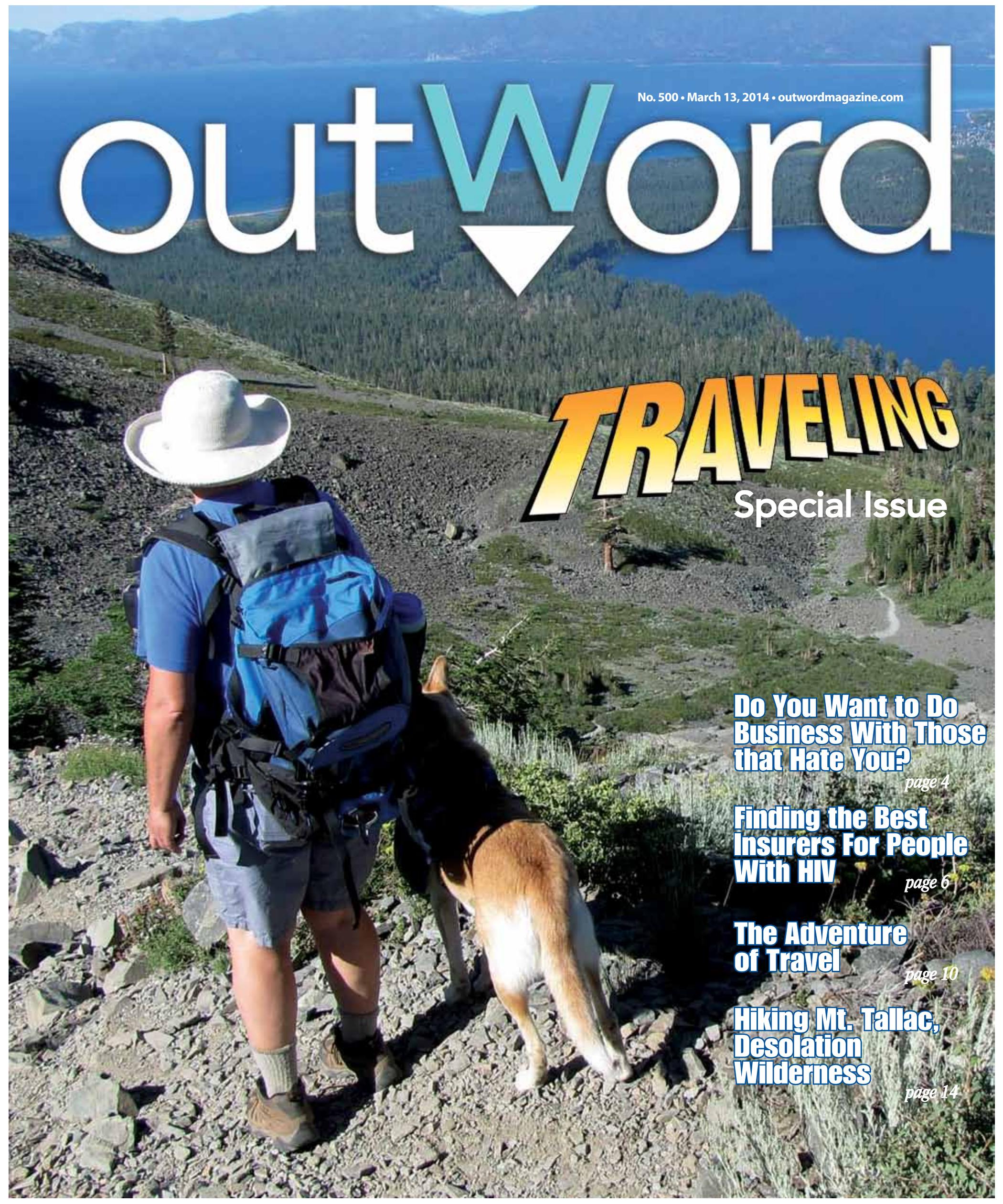
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Outword Staff

PUBLISHER
Fred Palmer

ART DIRECTOR/PRODUCTION
Ron Tackitt

GRAPHIC DESIGN
Ron Tackitt

EDITOR/OFFICE MANAGER
Charles Peer
editor@outwordmagazine.com

ARTS EDITOR
Chris Narloch

SALES
Fred Palmer

CONTRIBUTING WRITERS
Chris Narloch
Colt McGraw
Bonnie Osborn
Ken Pierce
Charles Peer

PHOTOGRAPHY
Charles Peer

ON THE COVER
Anne Fenkner and Oli looking down on Lake Tahoe (large lake) and fallen leaf lake from Mt Tallac. Photo by Jennifer Garland

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
372 Florin Road, #133
Sacramento, CA 95831

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

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Guest Commentary

Do You Want to Do Business With Those that Hate You?

Guest Commentary by Richard Abrusci

You can't veto discrimination: Arizona's SB1062 may have been defeated on the books, but the fight is far from over. Besides, wouldn't it be better to know who our enemies are?

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Perhaps non-gay friendly businesses should put a decal like this in their window, similar to the rainbow flag that gay friendly businesses display.

I've been deliberating internally with what this bill means for the gay population. Immediately, I turned to anger and support for others in demanding equality. Then, this little voice inside me faintly cleared its throat and said "f' em."

You see, this bill was about allowing folks who don't support the gay community the opportunity to legally not do business with us. Is that so wrong?

From a civil rights perspective, it's taking us back decades, but from a moral perspective, I have to ask "why would I/we/the Community, actually want to do business with this person anyway?"

Even though Governor Brewer struck down the bill, the hatred-filled hearts of those who supported it will not go away. We have now created a wall for those cowards to hide behind. It allows them to hide their beliefs, and once hidden, to literally put money in their pockets from the same community they so adamantly opposed.

Essentially, we'll still be treated as second-class citizens, but we will, perhaps unknowingly, be supporting those who

moments ago said they wanted the opportunity to discriminate against us.

Do we want to support others that "tolerate" us? You tolerate the flu. You tolerate the pesky fly that won't leave your iced tea alone. You tolerate static on a station for a good song. You don't tolerate a person based on whom they love.

Think about going to a restaurant with bad service. Would you go back? Would you continue supporting them knowing they didn't treat you well? The answer is no. We wouldn't because we have the choice not to.

The creators of SB1062 gave us the choice not to support them. Let's take them up on it. There are plenty of good people who would be more than happy to take those dollars from us.

I fundamentally believe that there is more good than evil in this world. Unfortunately, we continue to let the good fall into the shadows while the evil takes center stage. Let these bastards have their way, and then let the folks that believe in equality shine through with their light of love and acceptance.

Sac LCR Holds Reception for DA Candidate Schubert



California Log Cabin Republican Chairman Charles T. Moran came to Sacramento on February 27 for a reception to support Anne Marie Schubert, candidate for Sacramento County District Attorney. Pictured are Moran, Schubert, Jeff Scott of Log Cabin Sacramento, David Mansch and Michael Fluke who hosted the event.

Sacramento DA Race Poses Tough Choice for LGBT Voters

For the first time in two decades, Sacramento County has the opportunity to elect a new District Attorney. After five terms, Republican Jan Scully is not seeking re-election – clearing the field for an exciting showdown between Republican Deputy District Attorney Anne Marie Schubert and Democrat Deputy Attorney General Maggy Krell.

While Schubert is running on a platform of continuing Jan Scully's record and promising continuity, Krell is running to make a fresh start at the DA's office by shifting from a "lock 'em all up" mentality, to one that continues to prosecute crime, but also seeks to curb the cycle of violence that keeps courtrooms and jail cells packed.

Scully has a decent record when it comes to convicting criminals, but when it comes to the LGBT community, many have criticized her office as reluctant to prosecute crimes against our community as hate crimes. In times of crisis in our community, she does reach out to us, but those actions have frequently been high in public relations value and low on results.

Schubert has done nothing to demonstrate that she would lead the office any differently, and in fact, states she wants to continue the same style of leadership. Her list of supporters raises concerns among some people about what kind of DA she would be.

There is an old saying that "you are the company you keep." While Krell enjoys the support of local liberal stalwarts like Insurance Commissioner Dave Jones, Senator Darrell Steinberg, and the Stonewall Democratic Club, Schubert's endorsements read like a "who's who" of the Republican establishment – most of whom

have a record of opposing LGBT rights.

It is important to note that Schubert's brother is Republican strategist Frank Schubert – the same Frank Schubert responsible for passing Proposition 8 which banned marriage equality for thousands of California couples for seven years. In total, he pushed marriage bans in six states and was successful in five of them. Frank Schubert has been a strong backer of his sister's candidacy and has hosted fundraisers for her at his home.

Schubert isn't responsible for her brother's actions, but she is responsible for her own. When given the opportunity to speak out against Prop 8 as the lesbian sister of its chief backer she chose to remain silent. Now, much of the funding for her campaign is coming from the same people who supported Prop 8.

Krell has been a longtime Democratic activist who has stood on the side of the gay community in every fight. Her campaign endorsement list shows that many leaders in the LGBT community and some of its biggest allies are in Krell's corner.

Both candidates in this important campaign have great qualifications, but when it comes to their vision for the office and the values that they will take to it, the similarities end.

LGBT Caucus Condemns Uganda and Nigeria

The California Legislative LGBT Caucus released a statement on March 6 in response to recently signed laws that criminalize LGBT people in Nigeria and Uganda. Most recently, Uganda's law includes penalties of up to life imprisonment for LGBT people.

"We stand in solidarity with our LGBT brothers and sisters in Uganda and Nigeria," said, Assemblyman Rich Gordon (D-Menlo Park), chair of the caucus. "Uganda and Nigeria are on the cusp of inciting a 'witch hunt' that will inevitably lead to violence and harassment on the backs of the LGBT community or anyone seeking retribution for past ills. We cannot in good conscience stand idly by as individuals are unfairly targeted as scapegoats. We join our LGBT allies, domestic and abroad, and call on the leadership of Uganda and Nigeria to repeal these antiquated and hatemongering laws."

The California LGBT Legislative Caucus has been monitoring the human rights situation in Uganda for several years. In direct response to Uganda's proposed anti-gay law in 2010, they introduced Senate Resolution 51, which condemned the use of government as an instrument of discrimination, persecution and legislation against the LGBT community.

It also called upon the U.S. State Department to increase its efforts to encourage the decriminalization of same-sex relationships in that country and around the world.

"Uganda's unconscionable anti-gay law is designed to promote fear and discrimination against the LGBT community in that country, and has already triggered violence against gay

people," said Senator Mark Leno (D-San Francisco). "We continue to stand in solidarity with advocates across the globe in condemning Uganda's atrocious actions and those of other countries seeking to criminalize LGBT people based on who they are and love."

Senate Resolution 51 was introduced on August 23, 2010 by Senators Mark Leno and Christine Kehoe and adopted by the full Senate on August 30. The resolution details are available at http://leginfo.ca.gov/faces/billNavClient.xhtml?bill_id=200920100SR51&search_keywords.

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Breaking Barriers Seeks Board Members

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

The California non-profit agency, that has been serving the Sacramento Community for the past 19 years, is specifically looking for potential board members with skill sets in the banking/finance; medical/mental health fields; law; fund raising and development; branding/identity and marketing; volunteer management; or corporate specialists.

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

Deadline for applications is 5 p.m. on Friday, March 21, 2014.

OUT in the Locker Room

With athletes like Michael Sam and Jason Collins coming out of the closet, the topic of LGBT athletes being open about their sexuality within the typically homophobic sports culture is being discussed more and more within the realm of sports as well as the LGBT community.

The OUT in the Locker Room forum will give participants the opportunity to share their thoughts and to hear the thoughts and concerns of others about this hotly debated topic.

The event will be held at The Well on the Sac State campus (6000 J S.) on March 14 from 2:30 to 4:30 p.m. in the Terrace Suite.

Whether you're a member of the LGBT community or not, an athlete or not, all perspectives on this subject are incredibly valuable.

Finding the Best Insurers For People With HIV

by Boyce Hinman

Project Inform has issued a report that can help HIV positive people as they decide who to buy health insurance from using the Covered California Web site.

As they note, it is important for people on HIV medications to know which health insurance plans cover most or all of their HIV medications and at what cost. Some people are co-infected with Hepatitis C (HCV) infection.

The Project Inform report offers an analysis of the availability of HIV and Hepatitis C medications from each of the 11 Health Insurance plans available on the Covered California Web site.

Project Inform's guide explains things to consider when choosing a plan, how to find necessary information, and advises people with HIV of additional benefits that might be available to them.

In addition, Project Inform recommends

that most people with HIV and HCV see a knowledgeable health insurance counselor who has experience dealing with HIV and HCV before making final plan choices.

The information provided by Project Inform comes in two documents, the "Covered California Guide" (www.projectinform.org/pdf/coveredca_guide.pdf) and "Covered California Analysis" (www.projectinform.org/pdf/coveredca_formularies.pdf).

Boyce Hinman is the founder of the California Communities United Institute. He can be reached at b.hinman@calcomui.org or calcomui.org. Join their mailing list at <http://bit.ly/ZbXKC>

Genetic Mod Might Achieve Drug-Free Control of HIV

Scientists have reported on initial results from humans on the safety and tolerability of a novel strategy to curb HIV disease by removing key cells from HIV-infected individuals, genetically modifying the cells to resist HIV infection and returning them to those people.

A Phase I clinical trial built on the observation that people who naturally have a genetic modification in a protein called CCR5 are resistant to HIV infection, and when infected with HIV, progress to AIDS more slowly.

CCR5 is a cell-surface molecule, or receptor, that most HIV variants must use to enter their primary target: the CD4+ T cell.

In the trial, CD4+ T-cells were collected from each of 12 HIV-infected volunteers whose virus was controlled by anti-HIV therapy. These cells were then treated in the laboratory with molecular tools called zinc-finger nucleases

(ZFNs).

The ZFNs were designed to snip the DNA within the gene that codes for the CCR5 receptor. This process introduced a genetic mutation rendering CCR5 receptors non-functional.

Subsequently, the cells were stimulated to multiply, and each patient received an infusion of ten billion of their own CD4+ T-cells, with roughly a fifth of the CCR5 genes now mutated.

Four weeks later, in a planned interruption of

GEN MOD

continues on page 18

Briefly Put

Kentucky AG Won't Appeal Marriage Ruling

Attorney General Jack Conway of Kentucky said on March 4, that he won't appeal an order by a federal judge to respect the marriages of same-sex couples legally performed in other states.

"Today's decision by Kentucky attorney general Jack Conway echoes that of state attorneys general across America who refuse to defend discrimination," said Marc Solomon, national campaign director of Freedom to Marry. "Conway stands on the right side of history along with the Republican-appointed Kentucky federal judge who held that there is no legitimate justification for denying equal protection to same-sex couples."

Kentucky Gov. Steve Beshear is expected to hire outside attorneys to appeal the judge's decision.

The Freedom to Marry Moves West, with GOP Support

Businesses, religious leaders and organizations, civil rights groups, military groups, family law experts, and prominent individuals, including approximately 20 Republican political leaders, submitted on March 4, friend-of-the-court briefs urging the 10th Circuit Court of Appeals to strike down marriage bans in Utah and Oklahoma.

The two landmark cases in Utah and Oklahoma will be heard by the same three-judge panel in April.

"The unstoppable wave of momentum across America today reached the Mountain West" said Marc Solomon, national campaign director of Freedom to Marry. "All of America is ready to end discrimination and begin treating all loving couples equally under the law."

Travel Alert Issued for LGBT Travelers to Mississippi

GetEQUAL Mississippi – a statewide grassroots social justice organization working toward the full equality of all LGBT Mississippians – has issued a "travel alert" to any LGBT person planning travel to the state, based on Mississippi being on the cusp of passing Senate Bill 2681, the so-called "Mississippi Religious Freedom Restoration Act," through the House, and then sending it to the governor for signature or veto.

Those who are required to travel to Mississippi are encouraged to take the following precautions: Avoid traveling alone in the state, only book travel at hotels which have policies prohibiting discrimination on the basis of sexual orientation and gender identity, Visit only known LGBT-friendly establishments, including restaurants, bars and venues; and be aware of your surroundings and adopt other appropriate safety measures to protect yourself while traveling.

Colorado Governor Comes Out For Gay Marriage

Colorado's Democratic Governor John Hickenlooper said he wants his state to join others in allowing same-sex marriage. Hickenlooper has been a vocal supporter of gay rights, but has not formally endorsed same-sex marriage. However, on Monday, March 3 he provided a statement in support of a gay rights group that kicked off a campaign to bring gay marriage to Colorado.

"If all people are created equal," the governor said in a statement, "then by extension of law, logic and love, every adult couple should also have the freedom to join in marriage."

Colorado gay rights groups have pledged to pursue a ballot measure in 2016 to legalize gay marriage unless the courts strike down Colorado's ban first.

New IRS Video Helps Same-Sex Couples with Tax Tips

The Internal Revenue Service has released a new YouTube video designed to provide useful tax tips to married same-sex couples. The new video, less than two minutes long, is available in English, Spanish and American Sign Language.

It joins an array of online products, including answers to frequently asked questions, designed to help same-sex couples file their federal income tax returns.

Visit IRS.gov to access these and other helpful tax resources.

Gay, Lesbian Troops Perform in Drag at Fundraiser

Stars and Stripes is reporting that six servicemembers – gay, lesbian and straight – donned heavy makeup to dance and lip sync songs such as "I Wanna Dance with Somebody" for a raucous capacity crowd at the Rocker NCO Club at Kadena Air Base in Okinawa Japan. The event was a fundraiser for the recently formed Okinawa chapter of OutServe-SLDN, the largest nonprofit advocate for the military's LGBT community.

"We didn't think there was much of a desire for an event like this on the island but it has actually blown up," Navy Lt. Marissa Greene, co-chapter leader of OutServe Okinawa, told *Stars and Stripes*.

The event was approved as a "variety show" by Kadena's 18th Wing through the same process as other on-base fundraisers.

National LGBT Scholarship Database Launched

Campus Pride has launched a National LGBT Scholarship Database in partnership with Point Foundation. The online dynamic database is free and provides LGBT and ally students with the largest, most comprehensive source of LGBT scholarship and funding resources in the nation.

"This national database is another step toward creating greater accessibility to higher education for LGBT youth, said Shane Windmeyer, Executive Director of Campus Pride. "There is much more work to be done."

Learn more: CampusPride.org/Scholarships

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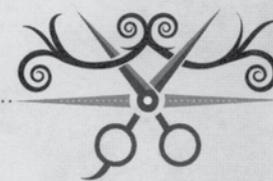
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Age, The Unrelenting Enemy

by Bob Scrivano

In 2010, there were 4.3 million people in California over the age of 65. In 2020, there will be 6.1 million and by 2030, 8.4 million. In other words, the senior population will double in the next 16 years.

For some of you this will just be a piece of information that you can tuck away and someday hope to use on *Jeopardy*. Something you would rather not think about as it is uncomfortable.

For others, it is a piece of information that you will pause just a moment to contemplate. If that is you, during that moment let me add just a few more things. Today, there are over 600,000 thousand people over 65 in California who cannot perform at least one basic activity of daily living.

Today, there are over 500,000 people in California with Alzheimer's disease. Today, there are almost two million people in California receiving some form of long term care. Today, there are 120,000 people in California in a nursing home.

Lastly, and I want you to ponder on this for a moment, there are 7,455 care facilities for the elderly in California.

The point is that, barring death, you WILL get OLD. You WILL become FRAIL. You WILL need CARE.

Even more important than you, is that soon, if not now, your mom will need care. When this happens you will immediately need the answer to two questions: Who will take care of her and how will you pay for her care? Here I have spoken about mom, but it could be dad, or grandma or grandpa, a partner or spouse or any other aging loved one.

The point is startling in its simplicity. You or a loved one will get old and will need care. This happens in every family in America and it will happen in yours. Every year in America, over 500,000 families lose everything to the cost of long-term care.

If somehow you think LGBT families have some special exemption from this fact then you are mistaken.

You can oppose this enemy. You can be prepared. You can have a discussion with your family, with your loved one, with your partner, with your Mom.

When you have read this piece, make sure you look at the back cover of this issue. There you will be given an opportunity to get the information and the tools necessary to make wise, informed choices.

The chance to change the direction of a life does not come often. This is one of them. Grab it.

Bob Scrivano is a Sacramento radio host and the founder of Assets & Aging. He can be reached at 800-999-8007 or www.assetsandaging.com. You can hear him on the radio Sunday mornings from 7:30 – 8:30 a.m. on KFBK 1530 AM.



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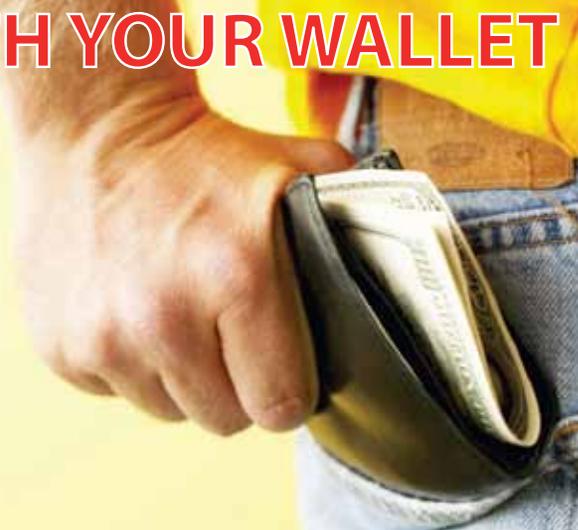


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The Adventure of Travel Is Still Found in Africa and Egypt

Story and photos by Dr. Darrick Lawson and Dale Howard

In today's global political climate, when you tell your family and close friends that you are going to Kenya for Christmas and Egypt for New Year's Eve, be prepared for a deluge of advice – ranging from admonishments against going, questions about safety and even your sanity, and most lovingly prayers that you will live through what, to them, seems like what would be a horrifying ordeal.

We took safety seriously as we planned this trip, and we would suggest that if you do the research, you will learn that you can visit Kenya and particularly Egypt perfectly safely, even while each region has their unique set of problems.

Our time began near Mombasa in a small beach town called Kikambala. After a few days resting on the beach, we boarded a small plane for the flight past Kilimanjaro and into the Masai Mara National Park.

Between the landing strip and our camp we saw strange birds, baboons, herds of gazelle, elephants, buffalo, and enough giraffes to fill a large parking lot. As we would later learn, our personal Masai Warrior/Safari guide, Edward, was the best in the park, and if we wanted to look for something in particular, all we had to do was ask.

We stayed at the Entim Mara Camp, one of very few camps located within the park. The lodge is made up of a central lodge and dining rooms, eight luxury tents with electricity, hot water and flushing toilets.

Each day begins with a three hour game drive starting at dawn, followed by a nap in the heat of day, then another three hour game drive ending

at sunset. We spent three days and nights enjoying this experience, and by the end of the first day, we had seen the infamous Big 5 of Africa – the lion, elephant, buffalo, rhinoceros, and finally just at sunset, the leopard.

For us, the biggest surprise was the sheer volume of animals. We expected to see a few elephants and a few giraffes. In reality, you see dozens, if not hundreds. Though cheetahs, leopards and rhinos are a bit more scarce, we managed to see around 20 lions, including lots of cubs. This is not typical, and is why you should book enough days to ensure you see all that you want to see.

It was hard to leave the Mara, partially because we fell in love with the place, but mostly because a giraffe had to be shooed off the runway before we could take off and continue the adventure.

After bouncing through Ethiopia, we arrived in Cairo at about 3 a.m., with still an hour drive remaining before reaching the Mena House Hotel located steps from the Great Pyramid. While we did have to stop at several checkpoints along the way, we felt perfectly safe, especially considering that we had unknowingly – and cheaply – hired an entourage.

After a couple hours sleep, we stumbled out of bed and joined our guides, driver and government provided Special Forces security officer, for the two block drive to the Pyramids.

After a very good telling of the history of the site from our guide, we started climbing the face of the massive Khufu Pyramid and headed inside



Dr. Darrick Lawson and Dale Howard in Egypt

more surreal was that once we reached the Great Hall, we realized that we were the only people inside the Pyramid. We had the King's Chamber completely to ourselves. Five years ago you would have been as likely to see a unicorn, as to get this experience.

Later in the day, we made a quick trip past Tahrir Square (actually a circle) to the Egyptian museum which is filthy, but impressive.

The next morning we flew to Luxor, and found a wonderful ghost town. Literally hundreds of Nile cruise ships were tied along the banks of the famous river - mothballed until the tourists return. Luxor's spirit and character were still intact, but clearly this is what it looks like when an economy dies.

While in the Luxor area, we toured the Valley of the Kings, Luxor Temple, Karnack Temple, the Valley of the Queens and many other sites. One more testament to our feeling that this is a great time to visit Egypt, we were able to enjoy King Tut's tomb all alone. Again, not because we arranged a private tour, but simply because there were no other tourists. Most people only have a day or so in Luxor because they visit on a cruise, but we would highly recommend at least two days here, and you would enjoy even more.

While both these destination, together may be too much for many travelers, we would highly recommend visiting both countries as soon as you can. It's worth noting that Cairo is only around three hours from much of Europe, and could easily be added on at the beginning or end of another trip.

You will not be disappointed.

on our way to the King's Chamber.

We've all seen the inside of the pyramid on television, so it was surreal to be there. Even

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Bali Retreat Offers Lesbians Yoga, Wellness and Travel

Traveling can often be as hectic as it is relaxing, with scheduling, tickets, passports and an endless list of to-dos. There is a reward though, and this unique Bali retreat offers a week of resting, reflecting and celebrating what it means to be a happy and healthy queer woman.

From April 1 - 6 queer women from around the world will gather in Ubud Bali for the inaugural Happy Healthy Lesbian Lifestyle retreat, a weeklong immersion into Bali's spiritual and cultural centre being hosted by The Happy Healthy Lesbian Founder, Amy McDonald.

"I've created this retreat for queer women who are craving more energy, peace and balance. It's about replenishing mind, body and spirit with a group of other amazing queer women in the most supported and nourishing way."

Daily yoga classes and meditation sessions will be interspersed with organic meals, lounging by the pool, raw chocolate treats from Ubud's award winning cafes and candle lit contemplation time.

"I've taught queer yoga and lead lifestyle retreats for queer women for years now," McDonald says. "There is something really magic about getting a group of queer women together and celebrating wellness. Add a little luxury and it's pretty much my idea of paradise!"

The Bhanuswari Resort and Spa resort is so gorgeous, and there will be a perfect balance of workshops, yoga and relaxation to free time.

"I'd encourage any queer woman who is looking for better life balance and who wants to invest more fully and deeply in her own self-care, to retreat with us into the

beauty of tropical Bali."

Yoga and relaxation classes are suitable for all women.



Practicing yoga and meditation, reflecting and growing with a group of incredible queer women is just one of the many benefits and fun activities at The Bhanuswari Resort and Spa.

Registration includes accommodation, most meals, yoga and relaxation classes, a trip to the spa, a group life coaching session with Coach Laura Pankoke as well as a host of other gorgeous extras.

Learn more at www.thehappyhealthylesbian.com/retreat or email Amy with questions at amy@thehappyhealthylesbian.com.

25 Reasons to Celebrate White Party Palm Springs



White Party Palm Springs celebrates its landmark 25th anniversary by upping the ante with an event line-up of ICONIC proportions April 25-28. The largest gay dance music festival in the world, White Party will electrify the desert as never before with the hottest array of men, music, DJs and superstar talent ever witnessed. Get the details at www.jeffreysanker.com.

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The Kitchen Simply Didn't Live Up to My Expectations

by Mark Jenkins



Have you thought there are some establishments that exist because of a fraternity of the hoodwinked? Meaning, you don't want to admit to anyone you were gypped, so you encourage everyone else to try it also? That's the only way I can explain the popularity of The Kitchen.

Seated in a close room accommodating only 56 covers, you would expect the décor and flowers to be lush for this price point. One would expect to be greeted with extravagance – sights, aromas, sounds.

The plantings on the patio could be better attended and it would be nice to have some flowers, rather than some desultory cyclamen. The large vases of calla lilies scattered about the dining area were banal.

The food or the wine should excite and complement each



Picture of The Kitchen's dining table taken during *Outword's* sold out Supper Club night, back in 2011.

other. The food attempted to be imaginative with the ingredients, but failed to ignite the palate. There were some nice things, but not memorable enough to recall and I wasn't taking notes.

I was expecting more extemporaneous preparations – the specialty seems to be reheat and plate. Come on, Chef – it's only 56 covers! If skilled amateurs, such as the author's parents, can serve an at-home luncheon for 80 hot from their kitchen, I certainly expect better from a professional.

I kept the wine list so I could follow the flight – and also be certain the sommelier had memorized the descriptions correctly. The entire crew knew their lines and their places, but there was no spontaneity in the performance and the show could stand some tightening. I understand the show has been playing for a number of years, which is all the more reason to break it down and build it back.

Somewhere between the description and the hype of this restaurant and what the reality turned out to be, it was a massive disappointment. A number of other attendees seemed delighted to be there, which makes one dubious about their ability to judge quality.

Have a favorite restaurant – or not so favorite restaurant – that you would like to share with our readers? Write us at editor@outwordmagazine.com.

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Hiking Mt. Tallac, Desolation Wilderness, Lake Tahoe

by Anne Fenkner and Jen Garland

In the spring of 2013 we chose to hike and backpack Mt. Tallac in preparation for a four day round-trip to the top of Mt. Whitney in the fall. Mt. Tallac was one of our first overnights and a great challenge to start us off.

The trail up Mt. Tallac is not for the faint of heart, but anyone adequately equipped can make it. Mt. Tallac is part of Desolation Wilderness and requires a free, self-serve day permit or overnight permit (www.recreation.gov). The mountain elevation is 9,739 ft. from trailhead to top, and it's a just under five miles, with about 3,200 ft. in elevation gain.

We like to take our time and found it enjoyable to break the hike into several days, but if you set off early and have a quick pace, a one day hike is doable. No matter your speed, it's important to bring sun protection and at least two bottles of water, or better yet, a water filter to fill-up/replenish at one of the lakes along the way.

We prepared our packs for a two-night excursion and drove to the trailhead on a Friday after work. We left the trailhead at 6 p.m. and enjoyed a gentle climb in filtered shade, reaching our first lake, Floating Island Lake, at 1.6 miles, by 8 p.m. We were surprised and happy at the lack of mosquitos even though we camped 25 feet from the lake. An even greater thrill graced us a few hours later as a memorably large moon rose over the mountain.

Saturday morning we packed up and

moved to Cathedral Lake (.75 miles), and then started the real work up to the first ridge that took us across an open bowl and a rocky scree slope, filled with wildflowers and birds.

There is little shade from this point on so hats, water and sunscreen are a must and many of the people we met along the way were unprepared for the intensity of the hike.

As experienced hikers we always carry more provisions than necessary and were comfortable sharing our six liters with a number of our fellow parched hikers. Our dog Oli carried his own pack with water and snacks.

At the first ridge we took a much needed peanut butter sandwich break, enjoying incredible wildflower displays and the panoramic views from all sides. We had full views of Lake Tahoe and Fallen Leaf Lakes to the east and Pyramid Peak and more of Desolation Wilderness to the west.

We summited at 3 p.m. and the view from the top was amazing! We hung out for a short time happy with our accomplishment and chatting with other hikers.

For those interested in more than just the destination, some of the hike flora and fauna



Anne Fenkner, Jen Garland and Oli at the trailhead for Desolation Wilderness.

included: Grouse, Juncos, Clarks Nutcracker, Mountain Chickadee, White Crowned Sparrow, Nuthatch, Kestrel, Marmots, Golden Mantle Ground Squirrels, Indian Paintbrush, Lupin, Leopard Lily, Mariposa Lily and more.

The way back down to Cathedral Lake was a knee breaker and we reached camp around 6:30 p.m. We quickly dumped our gear and took a nice swim with a few ducks. As the sun set, we caught site of bats flying – and likely the reason the mosquitos were

so few. Next morning we woke up to many birds flitting between the pines and willows around the lake as we broke camp to go home.

An added bonus to our exit from the Tahoe area – a trip to Sprouts for a smoothie and veggie sandwiches – consumed at Bijou Community Park off Al Tahoe Blvd. – a really nice park that's dog friendly.

Oli snoozed all the way home – a sure sign it was a good hike for all.

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RainbowPAC Endorsement Meeting

Wednesday, March 26, 6 - 9 p.m.

UC Davis Extension at Sutter Galleria
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Interview candidates for office and vote for
RainbowPAC endorsements for the Primary Election

You must be a Chamber member in good standing in order to cast your vote.
Please RSVP at www.rainbowchamber.com/events.

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Europe's Hidden Gems for Gay Travellers in 2014

by Carlos Kytka

Planning a trip to Europe this year? Europe is the world's number one tourist destination and every year millions of gay people flood to its cities, beaches and countryside. London has some of the world's best gay nightlife, Paris is one of the world's most beautiful cities and Berlin is renowned for its harder gay clubbing. Gran Canaria, Ibiza and Mykonos are sunshine islands of gayness.

But what about some of the less well known destinations for gay travellers that add something different to your tour of Europe? As Executive Director of the Gay European Tourism Association, I'd like to point out a few options that will take you off the beaten path.

Here are my top tips for 2014.

Sitges - this great little Mediterranean seaside village, just 20 miles from Barcelona in Spain, is like a gay paradise in the summer. The main streets are packed with gay bars and clubs. You can party all night and in the day you can chill and watch the boys on the gay beach right in the centre of the sea front. And no need for taxis - you can walk everywhere. Sitges' pride in June is great fun and for a bit of culture Barcelona is just a 20 minute train ride away.

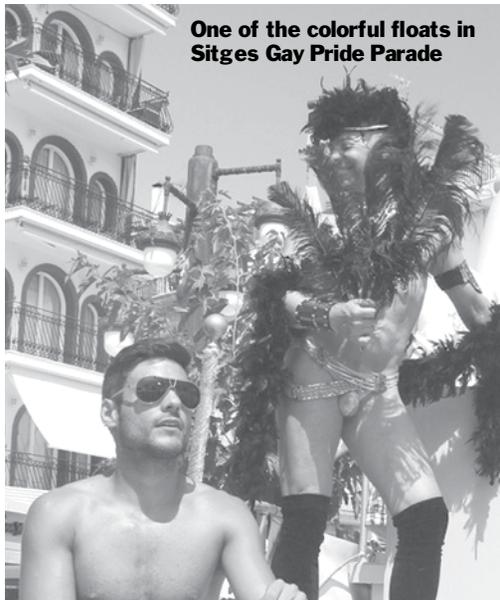
Vienna - the historic capital of one of Europe's great lost empires, Vienna is sublimely elegant with beautiful buildings and oozing with culture. Mozart wrote and performed many of his masterpieces here. It is constantly ranked as one of the world's best cities to live in and it's great for gay people, too. There are plenty of bars, clubs and saunas and The Life Ball in May is Europe's largest AIDS charity event.

Stockholm - Sweden's elegant capital is built on a myriad of islands and has just opened the ABBA Museum. What more could a gay man or woman want?

Reykjavik - stop in Iceland's capital on the way over to Europe and you will be amazed at how much there is to do on this volcanic island. Bathe in the naturally heated Blue Lagoon, snow-bike over glaciers, quad-bike over volcanoes, whale-watch in the Atlantic and enjoy one of the warmest welcome in Reykjavik's gay bars.

Antwerp - diamonds, fashion, Belgium chocolate and a great gay dance club, Red and Blue, makes this Belgium port well worth a visit.

Milan - this northern Italian city has, at its hub, one of the most stunning cathedrals you will ever see and in the streets surrounding it the stores of some of the world's top fashion designers. A visit to the gay clubs is like watching



One of the colorful floats in Sitges Gay Pride Parade

beautiful models on a catwalk. And close to the stunning Alpine lakes.

Cruises - over the past few years, Europe has fallen in love with gay cruises, from the big dance cruises of Atlantis and Demance to smaller more intimate voyages. GETA's traveller's website www.gaywelcome.com lists over 20 gay cruises in Europe for 2014. They are a great way to visit many beautiful European destinations without having to pack and move hotel every day.

Wild card - Tel Aviv - although not strictly in Europe, the Mediterranean city of Tel Aviv is worth visiting, particularly for pride in June. As if beautiful boys and girls, a surprisingly gay friendly atmosphere, and partying on the beach wasn't enough then day trips to float on the Dead Sea and visit the historic sites of the Holy Land makes this one of the most memorable destinations ever.

You can plan your gay trip to Europe on GETA's traveller's website www.gaywelcome.com where you will find the most comprehensive coverage of Europe's gay destinations, events, cruises and holidays, and over 4,000 gay and gay-friendly hotels.



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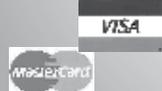
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The Girl's Got Face

Fans of BeBe Zahara Benet, winner of the title of "America's Next Drag Superstar" from the first season of *RuPaul's Drag Race*, can rejoice in the news of the release of her hot new single and music video, *Face*. Check it out at www.youtube.com/watch?v=SIMui3n1qRo.

Entertainment

Sacramento Musician Sherman Baker

by Colt McGraw

Sacramento born musician Sherman Baker has seen the bright lights of the big cities and been tempted by their sirens call – which is especially strong for musicians, singers and artists. Despite that, he has chosen Sacramento to be the home of his art.

“I don’t know how I fit in or if I fit in,” Sherman told me in a recent interview for *Outword*. “I don’t really know, but this is my

also look outward for inspiration.” Sherman is currently studying Music Theory. “I’m going back to school right now



Sacramento Musician Sherman Baker

hometown for whatever that entails, the good and the bad.”

Sherman shares that when he lived in Los Angeles he decided that he never wanted to meet another 20-something actor type who wanted to be famous ever again.

“On one hand it’s great to be in cities that are hubs for art, but the bottom line is that the art comes out of me; I just need to be alone in a room somewhere. It doesn’t matter what city I’m in.”

Returning to Sacramento, Sherman says that he can still remember the way it was in 1992. “The businesses go out and then get replaced by the new ones. People come and go but there’s a lot of history here. This is a good town and it’s familiar to me.”

It’s also been a good town for him to work in and he has recently completed his third album, self titled. It speaks of the loss of friends and lovers, though Sherman says he can’t write entirely of loss.

“From a writer’s standpoint it can be a crutch, I don’t want to be torn all the time to be able to write. At this point in my life, I can’t do it anymore. I know that sounds really dramatic but I just can’t go through it. I don’t have the constitution for it. I have to

and also teaching music during the week, then I write in my free time.”

Teaching allows Sherman to make a living in addition to what he makes recording and performing.

“It seems that everyone in the music business is really struggling to find out how they’re going to make money, any money. This is the big question in the Internet age. I make some money from my music, but not after expenses. Musicians that are playing original music typically struggle, I know that I’m not alone.”

Sherman has an album release party scheduled for March 22 at Old Ironsides, located at 1901 10th St. in midtown. The release party is for those 21 and older and begins at 9 p.m.

You may keep up with Sherman Baker by visiting his website shermanbakermusic.com and you can also catch him on a live on-air interview and performance on *Insight* on Capitol Public Radio 90.9 FM on Monday, March 17 at 9 a.m. (rebroadcast at 8 p.m.)

Colt McGraw is a freelance writer in Sacramento, and frequent contributor to *Outword*. He can be reached at mrcoltmcgraw@yahoo.com.

The Trocks Are *En Pointe* To Entertain

by Chris Narloch

Some people mistakenly think that the men of Les Ballets Trockadero de Monte Carlo (also known as the “Trocks” for short) are a mere comedy act.



Les Ballets Trockadero de Monte Carlo

These classically trained male dancers are indeed a hoot, dressed in drag as ballerinas, but they can also really, truly dance.

Poised between high art and high camp, the “Trocks” have been delighting audiences since 1974 with parodies of classical ballet and modern dance.

They have been wildly successful in serving their original purpose: to bring the pleasure of dance to the widest possible audience.

Returning on the heels of two packed-house performances in Jackson Hall, the “Trocks” are must-see entertainment for anyone who has never witnessed a hairy man in a tutu standing on his toes.

Les Ballets Trockadero de Monte Carlo is scheduled to perform one night only, Thursday, March 27, at the Mondavi Center in Davis.

Please visit www.MondaviArts.org.

Take A Trip To See ‘Em Strip at *Broadway Bares*

by Chris Narloch

A theater queen like myself doesn’t need an excuse to hop on a plane for New York City, and yet, until last year, I had never been to one of the premier theatre events Broadway has to offer.

Turning 50 can make you start thinking about bucket lists, and so I finally talked a friend into joining me for “Broadway Bares” last June. I was not disappointed.

The most talented choreographers on Broadway and many of the sexiest men and women from your favorite shows participate, making “Broadway Bares” a very popular annual destination for residents of the Big Apple as well as tourists from around the country.

I have never seen so many beautiful bodies on one stage at the same time, and the show’s spectacular production numbers are classy, beautifully staged, and incredibly sexy.

It’s not every day you get to see such hot men and women strip nearly naked for a great cause, which makes this a charity event worth building a trip around.

There’s no telling who will show up this year to host, sing a song, introduce a number or present a check.

Famous faces appearing at past “Broadway Bares” have included Matthew Morrison, David Hyde Pierce, Judith Light, Alan Cumming, Patina Miller, Billy Porter, Jim Parsons, and too many others to mention.

Last year’s “Broadway Bares” raised over a million dollars for BC/EFA (Broadway Cares/Equity Fights AIDS).

If you go, remember that tickets at the higher price levels are partially tax deductible, although I recommend the less expensive (\$75), standing-room-only section, where the view is just as good -- as long as you are tall enough to see over the heads of people in front of you.

“Broadway Bares XXIV” is scheduled for Sunday, June 22, 2014 at 9:30 p.m. and midnight in the Hammerstein Ballroom, inside the Manhattan Center on W. 34th Street in New York City.

Please visit www.BroadwayBares.com for more information.

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Farewell To *The Fabulous Palm Springs Follies*

by Chris Narloch

You're never too old to shake a tail feather. That would seem to be the mantra at "The Fabulous Palm Springs Follies," where former showgirls and boys don't ride off in to the sunset – they get back on stage and perform.



Darlene Love, fresh off her role in *20 Feet from Stardom*, joins the cast of the *Fabulous Palm Springs Follies* for its final season.

These seasoned (some would say, aged to perfection) performers can still sing, dance and "wow" a crowd, and showing off their skills for a new generation to enjoy is the focus of this popular desert entertainment.

During its long run, *The Fabulous Palm Springs Follies* has been seen by nearly three million patrons, who have enjoyed the show's lavish, Broadway-caliber production numbers and a revolving cast, ranging in age from 55 to 85 years "young," that celebrates the music and dance of the 1940s, 1950s and 1960s.

Sadly, *The Fabulous Palm Springs Follies* really is riding off into the sunset after this, its 23rd and final edition at the historic Plaza Theatre.

The good news is it's not too late to enjoy the show's farewell season, entitled "The Last Hurrah!" now playing through May 18. That's the date the talented men and women

of *The Fabulous Palm Springs Follies* will take their final bows.

"The Last Hurrah!" features some of the favorite production numbers from past years, as well as famous guest stars such as Maureen McGovern and Susan Anton, who have recently wrapped up their appearances with the show.

The Fabulous Palm Springs Follies saved the best for last, however, in headliner Darlene Love, the great session singer who sang on many of Phil Spector's biggest hits.

Love is hot off the Oscar-winning documentary *20 Feet From Stardom*, and she recently joined the cast of *The Fabulous Palm Springs Follies* to help close out their penultimate season.

You can catch Love and the rest of the *The Fabulous Palm Springs Follies* through May 18 only, at the Plaza Theatre. Please visit www.psfollies.com.

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Gen Mod

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anti-HIV therapy, half the study participants stopped taking their antiretroviral drugs for 8 to 12 weeks. Investigators found that the experimental treatment was generally safe, and that the genetically modified cells appeared to be protected from HIV infection.

In one volunteer who naturally had the desired mutation in half of his CCR5 genes, HIV replication was controlled during the entire 12-week treatment interruption.

Future research will include evaluating this experimental treatment in more volunteers, as well as maximizing the frequency of CCR5 disruption by ZFNs and increasing the persistence of the genetically modified cells in the body to achieve a therapeutic effect.

The National Institute of Allergy and Infectious Diseases (NIAID), part of the National Institutes of Health, funded the basic and pre-clinical research on this strategy, which eventually might help people control the virus without drugs.

The Phase I clinical trial was funded by Sangamo BioSciences and was led by NIAID grantee Carl H. June, M.D., with co-investigators Bruce L. Levine, Ph.D., and Pablo Tebas, M.D., all of the Perelman School of Medicine at the University of Pennsylvania, Philadelphia.

Results of the trial were released March 5 in the article "P Tebas et al. Gene editing of CCR5 in autologous CD4 T-cells of persons infected with HIV" in the *The New England Journal of Medicine*.

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