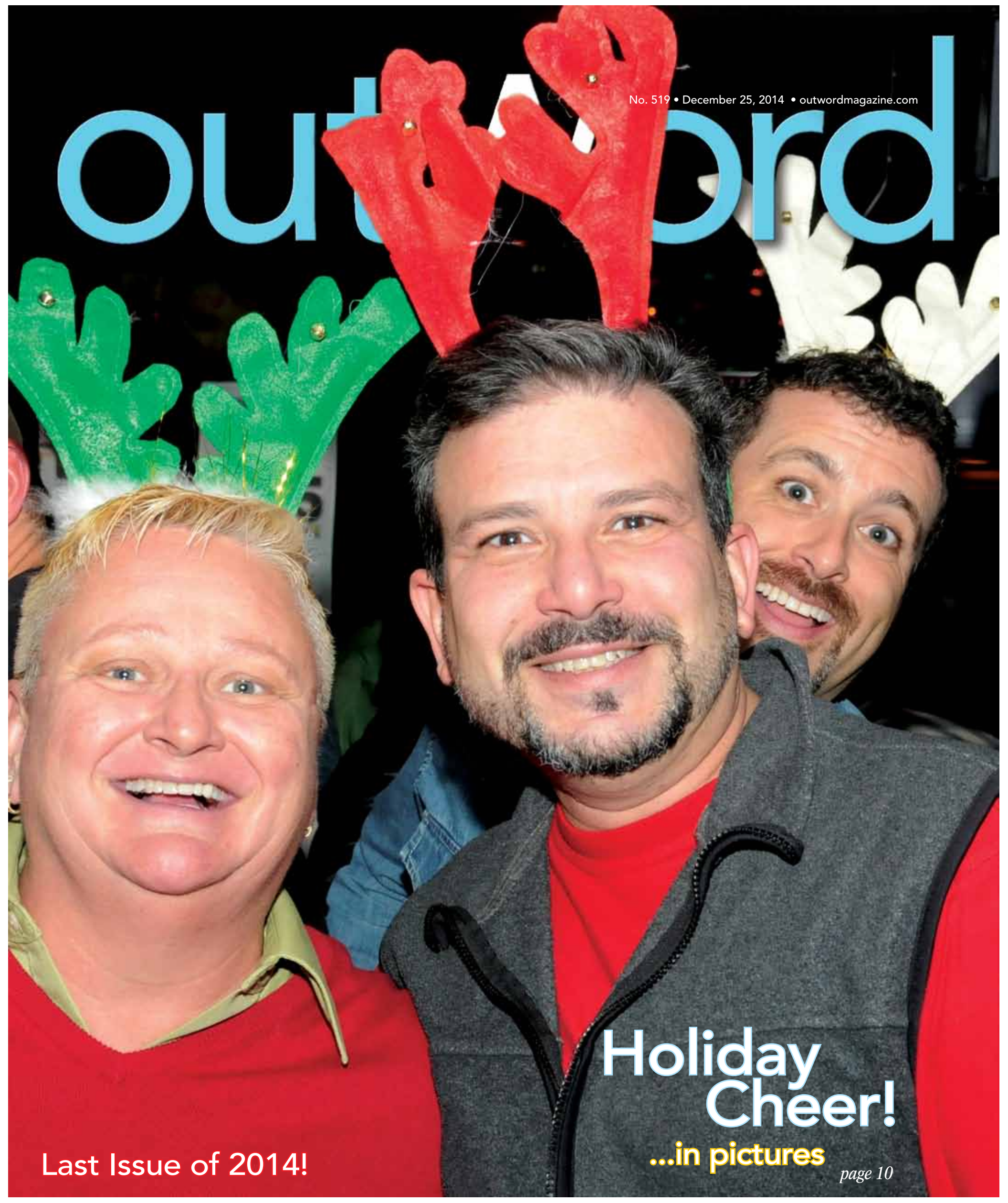


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Holiday Cheer!

...in pictures

page 10

Last Issue of 2014!



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Announcements

Sing With the Sacramento Gay Men's Chorus

The SGMC is holding auditions for the second half of its 30th anniversary season, that will culminate with *Milestones - 30th Anniversary Gala Concert* at the Memorial Auditorium on May 8.

SGMC is a welcoming chorus whose members have a wide variety of musical experiences. Even if you have never sung in a chorus they can help you find your voice.

Auditions will be held Jan 8, 15 and 22 at Pioneer Congregational United Church of Christ, 2700 L St., in Midtown.

For more information, visit www.sacgaymenschorus.org or call 877-283-1567 and leave a message.

Free Cab Rides Home On New Year's Eve

For the tenth year in a row, Berg Injury Lawyers



(www.berginjurylawyers.com) will continue its tradition of offering free cab rides home on New Year's Eve.

Through the law firm's Safe and Sober Free Cab Ride Home Program, you can get a free ride home (up to \$35) from any bar or restaurant in Sacramento. Simply contact Sacramento Yellow Cab Company (916-444-2222) and tell them the ride is on Berg Injury Lawyers!

Free rides home are available from 10 p.m. Wednesday, December 31, through 4 a.m. Thursday, January 1. Rides will only be provided to residences, not to other drinking locations.

Just ask your taxi driver to send a receipt to Berg Injury Lawyers. A limit of \$35 will be paid on each ride home. Don't forget to tip your driver!

Due to the high number of calls on New Year's Eve, cab rides can't be guaranteed for everyone who calls. But every attempt will be made to accommodate anyone who contacts Yellow Cab or Luxor Cab on New Year's Eve.

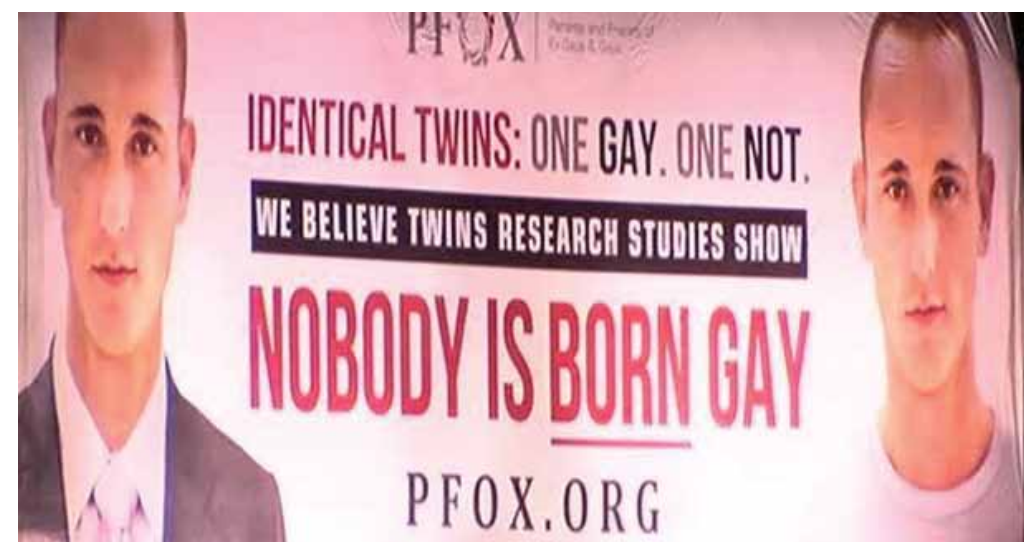
Join The Drag Bruch Planning Team

The third annual Mama's Making Bacon Drag Bruch is just a few months away and the LGBT Center could use your help!

This fabulous FUNdraiser will be held March 1 at Lucca and the Center wants to make next year's event bigger and better than ever.

Get inspired to be creative and give back to your community as an organizer – join the Center on the planning team by contacting Julia Robinson at julia.robinson@saccenter.org to get involved.

Was It all a PFib?



Parents and Friends of Ex-Gays (PFOX.org) put up this billboard in Richmond, Virginia, presenting it as proof that gays aren't born gay. However, Wayne Besen of Truth Wins Out is reporting that it is actually a stock image of a South African man, Kyle Roux, who spoke up and claimed that he was gay and not a twin. www.twocare.org.

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Appeals Court OK's Denial of Medically Necessary Surgery for Transgender Prisoner

A ruling by the full First Circuit Court of Appeals on December 16 will allow the Massachusetts Department of Correction (DOC) to deny essential medical care recommended by its own physicians to transgender prisoner Michelle Kosilek.

As Judge O. Rogerie Thompson recognized in dissent, prejudice against transgender people played an unfortunate role in Kosilek's case and the majority opinion.

"Our Constitution does not to allow prison officials to withhold medically necessary care because of prejudice and fear," said Chase Strangio, staff attorney in the ACLU's LGBT Project, which filed a friend-of-the-court brief on Kosilek's behalf. "We will keep fighting until transgender prisoners receive the health care they need based on medical protocols and are not subjected to different standards out of misunderstanding of people who are different."

Kosilek is a transgender woman who was assigned the sex male at birth but her gender identity is female. In Kosilek's case,

her condition of gender dysphoria is so severe that she has attempted both suicide and self-castration.

The lower court heard from multiple doctors who testified that surgery to align Kosilek's body with her female gender identity, sometimes called "sex reassignment surgery," was essential medical care for Kosilek. The lower court found that DOC officials nonetheless denied Kosilek's surgery because they worried that their constituents and the media would disapprove.

In her dissent, Judge Thompson wrote that such irrational decision-making belongs in the dustbin of history with racial segregation and the internment of Japanese Americans during World War II.

The decision is available at www.aclu.org/lgbt-rights/kosilek-v-spencer-opinion-en-banc.

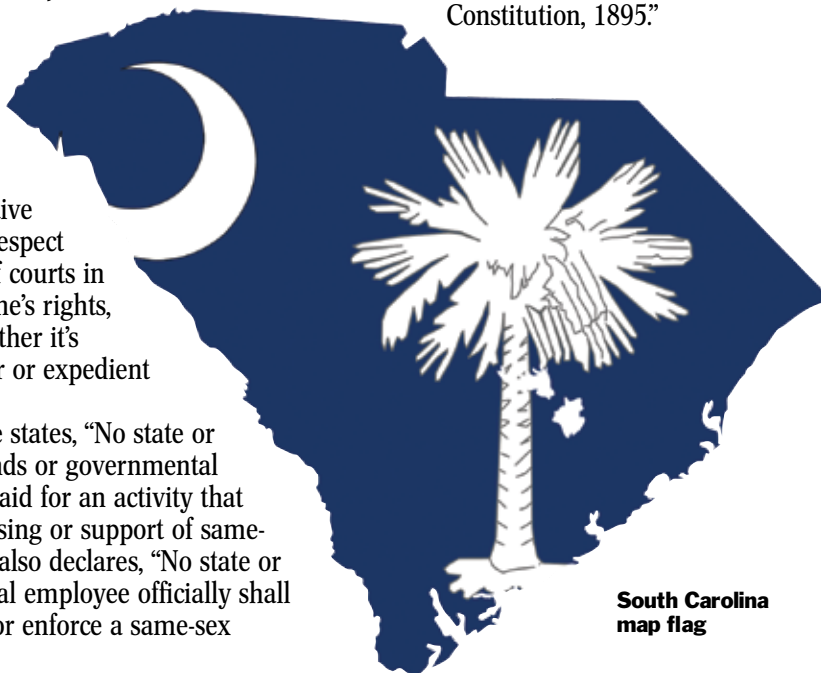
SC Bill Would Prohibit Judges from Taking Same-Sex Marriage Cases

The South Carolina legislature has pre-filed a bill for 2015 that would prevent state judges from recognizing or upholding marriage rights for same-sex couples, and stipulates that judges who do not dismiss cases regarding these rights will be automatically removed from the case and not be paid.

"This is a brazen political attack on the independence of the judicial branch, of the 'end run' variety," said Justice at Stake Director of State Affairs Debra Erenberg. "Judges can't do their jobs when legislators threaten their livelihood for ruling on properly-presented legal cases. The legislative branch needs to respect the unique role of courts in protecting everyone's rights, regardless of whether it's politically popular or expedient to do so."

The bill at issue states, "No state or local taxpayer funds or governmental salaries may be paid for an activity that includes the licensing or support of same-sex marriage." It also declares, "No state or local governmental employee officially shall recognize, grant, or enforce a same-sex marriage license."

A portion of the bill pertaining specifically to judges states, "If a judicial officer violates this section, that judicial officer is disqualified from office pursuant to Section 19, Article V of the South Carolina Constitution, 1895."



South Carolina
map flag

DOJ to Recognize Transgender Sex Discrimination

Attorney General Eric Holder announced on Dec. 18 that the Department of Justice will no longer assert that "Title VII's prohibition against discrimination based on sex does not encompass gender identity per se (including transgender discrimination)."

"The decision by Attorney General Holder to fully embrace the legal standard set forth in Macy will go a long way towards advancing equality for the transgender community," said Sarah Warbelow, HRC's Legal Director. "Transgender people continue to face some of the highest levels of discrimination in the workplace. We are thrilled to see the Department of Justice take this important step."

In 2012, the Equal Employment Opportunity Commission (EEOC) determined in Macy v. Holder that discrimination based on an individual's gender identity is sex discrimination and thus constitutes a violation of the Civil Rights Act of 1964.

Earlier this year, the EEOC filed complaints in federal courts in Florida and Michigan against two separate companies accused of discriminating against transgender employees, Amiee Stephens of Michigan and Brandi Branson of Florida.

Stephens was fired from R.G. & G.R. Harris Funeral Home, Inc., in Michigan after informing her employer that she was transitioning from male to female and would be dressing appropriately to represent her affirmed gender. Branson was fired from Lakeland Eye Clinic in Florida after acknowledging to her employer that she was transitioning from male to female.

For more information, visit www.hrc.org.

Quote Worth Repeating

"Starting a criminal investigation is not about payback; it is about ensuring that this never happens again and regaining the moral credibility to rebuke torture by other governments."

The New York Times in an article titled, "Prosecute Torturers and Their Bosses."

Gary Miller Marks 25 Years on Local School Boards

by Charles Peer

This November marked Gary Miller’s 25th year serving on local school boards, making him by his own calculations, the longest serving openly gay elected official in the entire country, with the exception of former Congressman Barney Frank.

That in its self is a pretty remarkable achievement, but this year also marks his 50th year working for Democratic Party candidates. And while he has been working on behalf of gay rights since 1968, even before Stonewall, serving on school boards has always held special interest to him.

“I have always been a strong advocate for public education as opposed to private, charter, or home schooling,” Miller told Outword speaking to his interest in school boards. “Public schools give children the opportunity to appreciate the diversity of our communities.

Miller was first elected to the Robla School Board in 1987 beating two incumbents and fighting a homophobic campaign against him. With the win, he became the first openly gay elected official in Sacramento County.

Subsequent reelection efforts did not curtail the homophobic attacks against him, including claims that he had a “homosexual agenda for our children” and leading one opponent to say that the only reason he was running for the school board was to “get the fag” off the board.

Despite that, Miller served on the Robla Board until 2006 when he relocated to Roseville with his husband to be, and threw his hat into the ring for the Roseville School Board in 2008. He was just as successful in Roseville, beating an incumbent and becoming the first openly gay person to win

able to get that right away. Also the teachers had wanted binding arbitration for years and we were successful in getting that into the contract.”

It was what may seem like a nuts and bolts issue that Miller says he is most proud of though; convincing enough members of the Robla board to not participate in the new Twin Rivers combined district. Robla is a small district of around 2,000 children. “Where everyone knows your name and children and staff can feel a sense of community,” he said.

Miller’s not resting on his laurels though, and still has many goals he’d like to achieve. Comprehensive sex education rather than an abstinence based education is one.

“That will be a tough one in conservative Roseville,” he said. “I would also like to designate one teacher at each junior high to be someone kids can go to if they have questions about sexuality. A safe place for



Gary Miller

them to ask their questions.”

Knowing that he is making a difference in the community and students lives is what keeps him going.

“When we hire a superintendent or set priorities for the budget, that makes a huge difference in children’s lives,” he said. “An interesting statistic is that when the public is asked about public education they generally have a low opinion, but when you ask parents about their local schools, we get 90 percent approval ratings.”

Miller said that he is worried about some things going on in today’s world and hoping the future leaders can make a difference and make this a better world.

“I think I made a huge difference in children’s lives both at Robla and in Roseville,” he said, noting that he hopes to continue to do so. “It might sound trite, but the children of today are the leaders of tomorrow.”



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Miller said that he is worried about some things going on in today’s world and hoping the future leaders can make a difference and make this a better world.

an election in Placer County, one of the most conservative counties in the state.

With that many years under his belt, Miller has many accomplishments to point to, both big and small.

“When I came on the Robla board in 1987, employees did not have domestic partner benefits in their contracts,” he said. “We were

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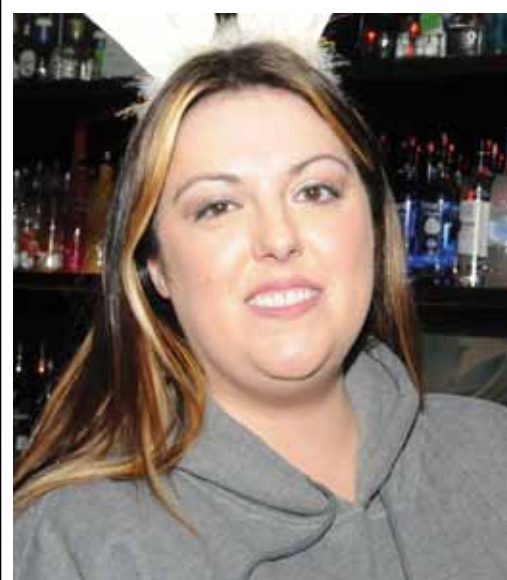
What Was the Best Thing that Happened for You in 2014 asked at Outword's Holiday Happy Hour at Badlands



Dinei Leao
In 2014 I had three birthday cakes, not one, not two, but three - and wonderful friends and family to share them with.



Kerri Dye
I was married on September 13 to my wife Sharon.



Renee Daley
I got a brand new baby neice, her name is Jillian.



Steve Winlock
I kissed my boyfriend, my partner, he has been and continues to be the best thing that has happened to me.



Clint Vigen
I scored big on a \$20 scratcher - OK, no really, I met someone really great, Mark.



Sharyn Babbitt
I went on a fabulous cruise vacation to Alaska with wonderful friends and my girlfriend.

Suzanne J Shephard

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Brand g Vacations Opens New LGBT Bridges with Cuba

A short 110 miles south of the many LGBT resorts in Key West, Florida beckons Havana, Cuba, an Island that for many travelers has been shrouded in mystery and seemingly unavailable for the LGBT Traveler.

However, Brand g Vacations, with their Cuban-American LGBT People to People Cruise is going to change all that, opening this Island resort to safe travel and exploration of the Cuban Islands, its cultures and food.

"It's a whole new way to see Cuba" said Brand g's Managing Partner, Jeff Gundvaldson. "This will be one of the first opportunities for U.S. citizens to enjoy shipboard life not only to travel from city to city but also as a floating hotel."

Founded in 2011 as "the next generation in gay travel," Brand g Vacations aims to capture the growing numbers of LGBT travelers, along with straight allies, who enjoy innovative escorted vacations to international spots.

The new itinerary contains many special attractions for LGBT passengers including an

Reserve region and the international/eco-community of "Las Terrazas," a tour of 'Old Havana' a walk through one of the country's largest nature reserves and a turtle breeding center, and to take part in exchanges with artists, salsa dance lessons and much more.

"We will offer a good cross section of activities across a wide range of interests," said Gundvaldson, "We are sure that there is something to appeal to most everyone."

Brand g Vacations has shown continued growth since its launch, from a single riverboat trip in 2012 to eight trips planned for 2015. Itineraries include full-ship riverboat charters in Europe and Southeast Asia, as well as three Amazon and Machu Picchu departures and a Panama Canal crossing.

Future plans for Brand g include the



optional visit to Humbolt 52, Havana's first gay bar and Cabaret Las Vegas with its popular drag show.

Visitors also will have the chance to meet with Dr. Alberto Roque, one of Cuba's best known advocates on gender issues and equality, take a visit to the National Sex Education Center, Cenesex, which is an educational organization and an advocate for LGBT rights in Cuba, and enjoy lunch with Norma Guillard, lesbian activist and professor at the University of Havana.

"This will be a great opportunity for our enthusiastic passengers to connect face-to-face with Cuba's leading LGBT citizens and allies, as well as a chance to learn about Cuban life, history and the progress they are making," said Gundvaldson.

To do that, Brand g Vacations has designed an updated itinerary for its February 2015 trip to Cuba, expanding its unique People to People Exchange. The new itinerary will allocate ample time to see the very best Cuba has to offer, while ensuring high quality dining and comfortable lodging, and minimizing the time spent traveling by motor coach.

The itinerary also allows for a special visit to the UNESCO-designated Biosphere

Ganges in India, Greece and Turkey, southern France and many more destinations.

"Our goal is simple. We offer unique, compelling and lesser traveled corners of the globe to our guests" said Brian Van Wey, Brand g's other principal. "We have a real passion for LGBT group travel and especially for more intimate and meaningful trips that Brand g is best known for. We always aim for exotic bucket list destinations along with some of the tried and true and more popular destinations. What really makes us special is our emphasis on unique destinations and smaller ships, which translates to more intimate personal experiences for our travelers."

For more information about Brand g Vacations' cruises and tours, visit www.brandgvacations.com or call 1 800 433 4303.



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Christmas trees may also be recycled for free at the following locations and dates in Sacramento:

Elder Creek Recovery and Transfer Station, 8642 Elder Creek Rd. from 8 a.m. to 3 p.m. on Jan. 3. Also accepting trees from Dec. 26 – Jan. 31, Mon. – Sat., 8 a.m. to 3 p.m. Closed Sundays ;

Kiefer Landfill, 12701 Kiefer Blvd, from 8:30 a.m. to 4:30 p.m. on Jan. 3 and 4; North Area Recovery Station, 4450 Roseville Rd., from 8 a.m. to 6 p.m. on Jan. 3 and 4;

Sacramento Recycling and Transfer Station, 8491 Fruitridge Rd., from 8 a.m. to 5



p.m. Jan. 3. Also accepting trees from Dec. 26 – Jan. 31, Mon. – Sat., 8 a.m. to 5 p.m. Closed Sundays; and Dan Russell Rodeo Arena, (Folsom City Park, end of Stafford St.) from 9 a.m. to 3 p.m., Jan. 3 and 4 For more about recycling Christmas trees, contact the Sacramento County Consolidated Utilities Billing Services at 916-875-5555 or www.holidayrecycling.com.

Five Tips for New Year's Resolutions in 2015

If you're one of the millions of Americans who will make a promise to improve yourself this New Year, there's bad news: You're 92 percent likely to fail in sticking to your resolutions.

That's your chances according to a study from the University of Scranton's Journal of Clinical Psychology, that notes that about 45 percent of Americans make resolutions.

Ranking at the top is losing weight, and staying fit and healthy ranks No. 5.

"Of course, those statistics represent the average – you don't have to be average!" says Dr. Virender Sodhi, founder of the Ayurvedic and Naturopathic Medical Clinic, (ayurvedicscience.com), which provides complementary and alternative medicine.

"There are plenty of things individuals can do to improve their odds of success if they resolve to become healthier and fitter."

promises for self-improvement. You'll want to set the right goals; if you want to lose 100 pounds, focus on the first 10, and then the next. Make sure to establish new and good habits – it takes about 28 days to stick. Once you train your mind with good habits, achieving your goals becomes much easier.

• **What you should expect from your "labor of love."** Frequency, intensity and time – these are the three investments you'll need for losing weight or gaining muscle. As a general rule, exercise at least 30 minutes three to four times a week. Don't think that it's always better to



Here are five tips from Dr. Sodhi to help you stay true to your goals.

• **Get away from the instant-gratification mentality and avoid unrealistic goals.**

Don't expect to go from zero to 60 – 60 being your ideal body image – in just a few months, especially if you have little background in training. Unfortunately, most who have resolutions like losing plenty of weight and quitting smoking are used to easy snack foods and quick rewards. Health is a long-term labor of love; commit to the love and wait for results.

• **Establish good habits!** People make resolutions because they know they're important, but they're hard. With each passing week, more people drop their

exercise for a longer duration. What matters is quality. Increase time and intensity once you comfortably meet goals.

• **Solidify the gains with persistent positive reinforcement.** Learn to reward yourself in a new way by paying attention to the gains in your body. Notice the improvement in stress levels, breathing, energy, sex life, mood and overall strength.

• **Embrace supplemental support.** Of course, all health efforts are connected to your overall well-being. When you make the investment to eat more vegetables, you're reinforcing your commitment to exercise. Consider practices such as yoga and meditation, which will feed your health kick and provide unexpected benefits.

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Out & About

Holiday Cheer

There were so many great Holiday Parties that we couldn't get to all of them, but we did want to share pictures from some of them, including the Rainbow Chamber of Commerce Holiday Mixer, FACES and CGNIES Christmas Dinner and Show, The Christmas Tree Skirt Party, Outword's Holiday Happy Hour and Go-Bo's Ugly Christmas Sweater Party (photos courtesy Tom Nguyen.) You can see more photos, and download them for free at www.OutwordOutAbout.shutterfly.com.





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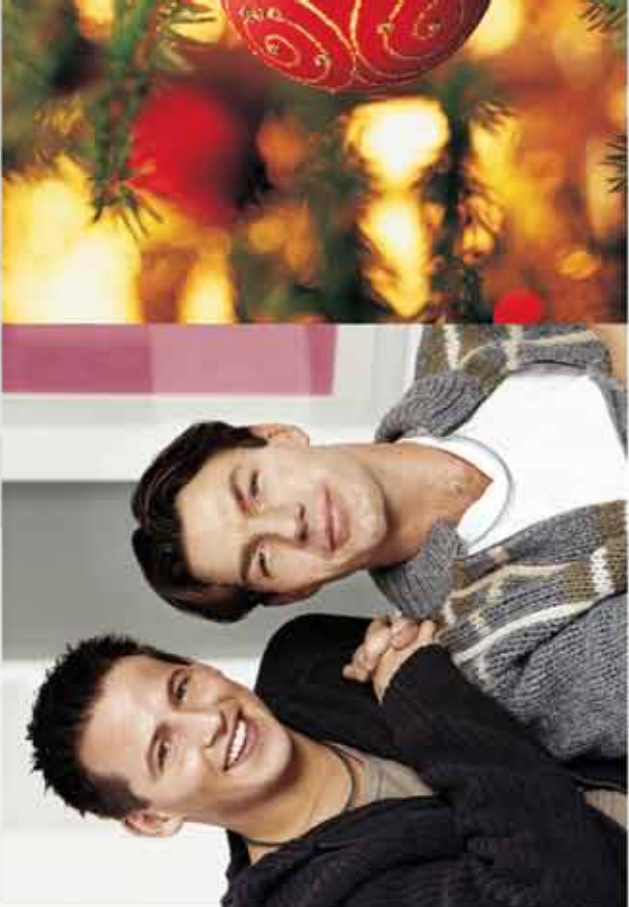
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The Imitation Game Is the Real Thing Plus Annie & Into The Woods Open

by Chris Narloch

As usual, Santa Claus has brought a slew of brand new movies to multiplexes this holiday season. Read on to find out which ones go down as smooth as brandy and eggnog and which ones leave coal in your Christmas stocking.

The Imitation Game

If you see one film this holiday season, I urge you to support this fascinating true story about the mathematician and war hero Alan Turing, who led the team that cracked the codes of Germany's WWII Enigma machine and in so doing pioneered the modern computer.

Turing's personal life and his ultimate fate were not nearly as rosy as his professional one, and the movie is an intelligent and moving portrait of a time when homosexual men were routinely persecuted in Britain.

Although Turing's story ended tragically, *The Imitation Game* wisely focuses on his achievements, making it a surprisingly entertaining movie about a real-life, gay hero.

The always-interesting Benedict Cumberbatch is a shoo-in for a Best Actor Oscar nomination as Turing.

Into The Woods

Stephen Sondheim fans can relax. The movie version of the theater king's most accessible musical should make theater queens happy – it's not the travesty they feared when it was announced that Disney would bring *Into The Woods* to the big screen.



Benedict Cumberbatch as Alan Turing in a scene from *The Imitation Game*.

Director Rob Marshall has mounted an impressive, big budget production that is very faithful to the source material. Some of Sondheim's irony and darkness is lost here and there, but the film's cast is a dream.

Chris Pine and Billy Magnussen have great fun with "Agony," and Meryl Streep nails "Children Will Listen." James Corden, Emily Blunt, Anna Kendrick and Johnny Depp also inhabit their roles with conviction.

Even streamlined, *Into The Woods* contains so much music and singing that it will be interesting to see how it does at the box office.

The odd, fractured fairy tale spirit of the original has been preserved, making this movie musical a pleasantly offbeat holiday release.

Annie

Unlike *Into The Woods*, the new, modernized, urban take on *Annie* doesn't work at all. Garish and shallow, the film has a somewhat updated soundtrack, but its script is hopelessly dated and clichéd.

Cameron Diaz is miscast as Annie's evil den mother, and Jamie Foxx also has trouble staying in character from scene to scene. Only the adorable Quvenzhané Wallis as Annie gives an enjoyable, recognizably human performance.

SacAnime Returns to River City

Peter Cullen, the voice of Optimus Prime, is just one of the special guests this year when anime fans descend on the Sacramento Convention Center, the first weekend of 2015, for the pop culture party known as SacAnime.

You can ring in the New Year and join thousands of other anime fanatics dressed up in crazy costumes. Enjoy free autograph sessions with your favorite artists, a swap meet, photo booths, live music and a karaoke room.

But wait, there's more, including Late Night EDM, Café Hoshi, panels, workshops, table top gaming, an anime viewing room, art contests, a charity raffle and a video game room.

SacAnime runs January 2-4, 2015 at the Sacramento Convention Center. Visit www.sacanime.com.



Some of the fun from SacAnime Winter 2014. Photo by Jake Guild Photography.

Dirty Dancing Struts into Sacramento

Who doesn't remember the unforgettable story of "Baby" and Johnny, the dancing couple played so memorably by Jennifer Grey and Patrick Swayze in Emile Ardolino's hit movie love story from 1987?

Dirty Dancing was an unusually good coming-of-age story about a teenage girl's relationship with a dance instructor she meets during her family's summer vacation. Now comes *Dirty Dancing: The Classic Story on Stage*, which features the same songs as the original film, plus a few extra scenes.

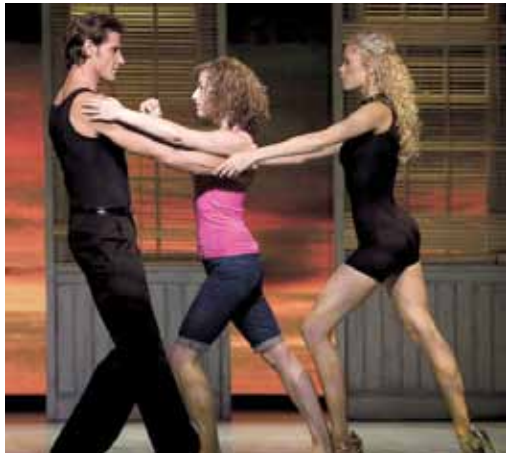
The show has had sellout runs in Germany and in the West End, where it opened with the highest pre-sell in London history.

The show's official national tour began in September 2014 at The National Theatre in Washington, D.C. with dates scheduled in 31 cities.

Dirty Dancing plays Dec. 26 - Jan. 4 at the Community Center Theater, as part of Broadway Sacramento's 25th Anniversary

Season.

For tickets, call (916) 557-1999 or visit www.BroadwaySacramento.com.



A scene from the touring production of *Dirty Dancing*.

The Romance of Lorena Hickok and Eleanor Roosevelt



If you missed Terry Baum's sold out performances in SF you get a second chance to see this mesmerizing performance in Berkeley Jan. 2 - 25. www.crackpotcrones.com.

Alice in Wonderland Live from the Royal Opera House



Sacramento audiences will have an opportunity to view an as-live performance of Christopher Wheeldon's *Alice's Adventures In Wonderland* from the Royal Opera House on Tuesday, December 16, starring American ballet dancer Sarah Lamb as Alice in the production that premieres on the 150th anniversary of the beloved holiday classic book. For local showtimes, visit www.fathomevents.com/event/roh1415-alices-adventures-in-wonderland.

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Entertainment

American Resonance at the Harris Center Plus Japanese Photography at the Crocker

by Chris Narloch

If you're looking for something artistic – and calming – to do after the crazy holiday rush is over, consider checking out some beautiful pictures at the Crocker Art Museum and Folsom Lake College.

Photography lovers in and around the Sacramento area have the opportunity to enjoy these two superb shows until early 2015.

American Resonance: Jazz and Dance Photographs from the Bank of America Collection

High-resolution digital photography can be remarkable, but there really is nothing like

legends such as Cab Calloway, Dizzy Gillespie and Ella Fitzgerald.

The Bank of America Gallery exhibits six shows annually, including works of art by college faculty, students, local, regional, national, and international artists.

The art gallery is open Tuesday through Thursday from 10 a.m. to 2 p.m. as well as one hour before and during intermission of performances in the Harris Center.



the depth of field found in a great photograph taken with film.

Almost all of the jazz and dance images currently on display at Folsom Lake College are gelatin silver prints made from negative film, a near-obsolete method largely displaced by digital photography.

American Resonance: Jazz and Dance Photographs from the Bank of America Collection is a small but stunning show, now on display inside the Harris Center's Bank of America Gallery.

The exhibition comprises 34 photographs

The Provoke Era Japanese Photography from the Collection of SFMOMA

OCTOBER 12 – FEBRUARY 1

Admission is free.

You have until January 11, 2015 to view *American Resonance* at the Harris Center. For more information, visit www.harriscenter.net.

The Provoke Era: Japanese Photography from the Collection of SFMOMA

Named for the magazine *Provoke*, which sought to break the rules of traditional photography, this exhibition, drawn from the renowned photography collection of the San Francisco Museum of Modern Art, traces how Japanese photographers responded to their country's shifting social and political atmosphere after World War II.

The Provoke Era shows through February 1, 2015 at the Crocker Art Museum. Visit www.crockerartmuseum.org.



Images from the *American Resonance: Jazz and Dance Photographs from the Bank of America Collection*

by 16 photographers that date from the 1920s to the 1980s and portrays artists from varied genres in dance and music, including

Entertainment

Pride Is a Must-see on DVD

by Chris Narloch

Sony Pictures' Home Entertainment division wasted no time releasing one of the finest films of the past year on DVD, on December 23. *Pride* is a charming, queer comedy that has deservedly landed on some critics' ten best lists.



Ben Schnetzer in a scene from *Pride*.

In Sacramento, *Pride* had the misfortune to open at the Tower Theatre the same weekend as the 2014 SIGLFF (Sacramento International Gay & Lesbian Film Festival), and so anyone interested in queer cinema was over at the Crest watching other great gay films.

The movie never recovered from its soft opening and the resulting lack of word of mouth, and it vanished from area theaters after just two weeks. Don't let it get by you this time.

Pride, which sounds like a boring documentary about gay rights, is instead a fun film that takes a real-life chapter in British history and skillfully turns it into a

passionate and very entertaining, gay-themed comedy.

Directed by the great Broadway veteran Matthew Warchus, *Pride* stars Dominic West, Imelda Staunton, Bill Nighy, and Ben Schnetzer in a feel-good story about a London-based group of gay and lesbian activists who come together to help families affected by the UK miners' strike of 1984.

Like that other British cinematic sleeper *Kinky Boots*, *Pride* will eventually be required viewing by anyone who values their "gay card." Don't wait until your friends turn you on to it six months from now. See it soon, and then you can be the person recommending it to everyone you love.

French Gay Drama Centers on Eastern Bloc Immigrants



Arriving from all over the Eastern Bloc, the men who loiter around the Gare du Nord train station in Paris are scraping by however they can, forming gangs for support and protection, ever fearful of being caught by the police and deported. This absorbing and erotically charged drama won't be in Sacramento area theaters anytime soon, but you can watch the trailer for *Eastern Boys* at firstrunfeatures.com/easternboys.html.

MTT Conducts *West Side Story* Live on CD

by Chris Narloch

If you have any extra gift cards or Christmas cash lying around after the holidays, I recommend that you purchase the pricey but worth-every-penny new CD set of *West Side Story*, featuring Michael Tilson Thomas.

The spectacular, two-disc recording has MTT conducting the exquisite *West Side Story* score live with the San Francisco Symphony, during performances at Davies Symphony Hall in June and July of 2013.

The San Francisco Symphony was the first orchestra to receive permission from all four *West Side Story* rights-holders to perform and record this exquisite musical score in its entirety in a concert setting.

The album features a stellar Broadway cast including Cheyenne Jackson and Alexandra Silber, and members of the San Francisco Symphony Chorus.

The CD was recently nominated for a Grammy Award in the category of Best Musical Theater Album, and it includes a beautiful, 100-page booklet with full color photos, complete lyrics, and a treasure trove of historical information about WSS.

All SFS Media recordings are available from the Symphony Store in Davies Symphony Hall and online at sfsymphony.org/store, digitally from itunes.com/sfsymphony, and from all major retailers and other digital outlets.



Cheyenne Jackson and Alexandra Silber with Michael Tilson Thomas

Three Essential Ingredients for Your New Year's Healthy Resolution

Every New Year inspires a wave of self-improvement, which for many people includes improving their overall health.

Dr. John Young, M.D., a physician specializing in the treatment of chronic illnesses through biochemical, physiological and nutraceutical technologies, and the author of *Beyond Treatment: Discover how to build a cellular foundation to achieve optimal health*, (www.YoungHealth.com), recommends a protein shake with three essential ingredients:

1. Whey protein: Can be a great option for protein supplementation assuming it's of the highest possible quality. Look for protein powder that is cold processed (non-denatured), meaning it's never heated to temperatures above 130 degrees. Make sure the protein is completely free of chemicals, artificial flavors and artificial sweeteners.

2. Omega oils: Because of their molecular makeup, Flax Seed oil and Cod Liver oil are two of the most important oils you can consume.

3. pH stabilization: pH is a measurement of the acidity or alkalinity in your body and ranges from zero on the acidity end to 14 on the alkaline end.

Along with the three pillars of Dr. Young's approach to healthy protein shakes, he recommends appropriate amounts of fruits and vegetables and an overall balanced diet.

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Grindr Users Weigh in on the Best & Worst of 2014

This is the time of the year when we all get to look back and reflect on 2014, remember the good and the bad and resolve to make 2015 even a better year.

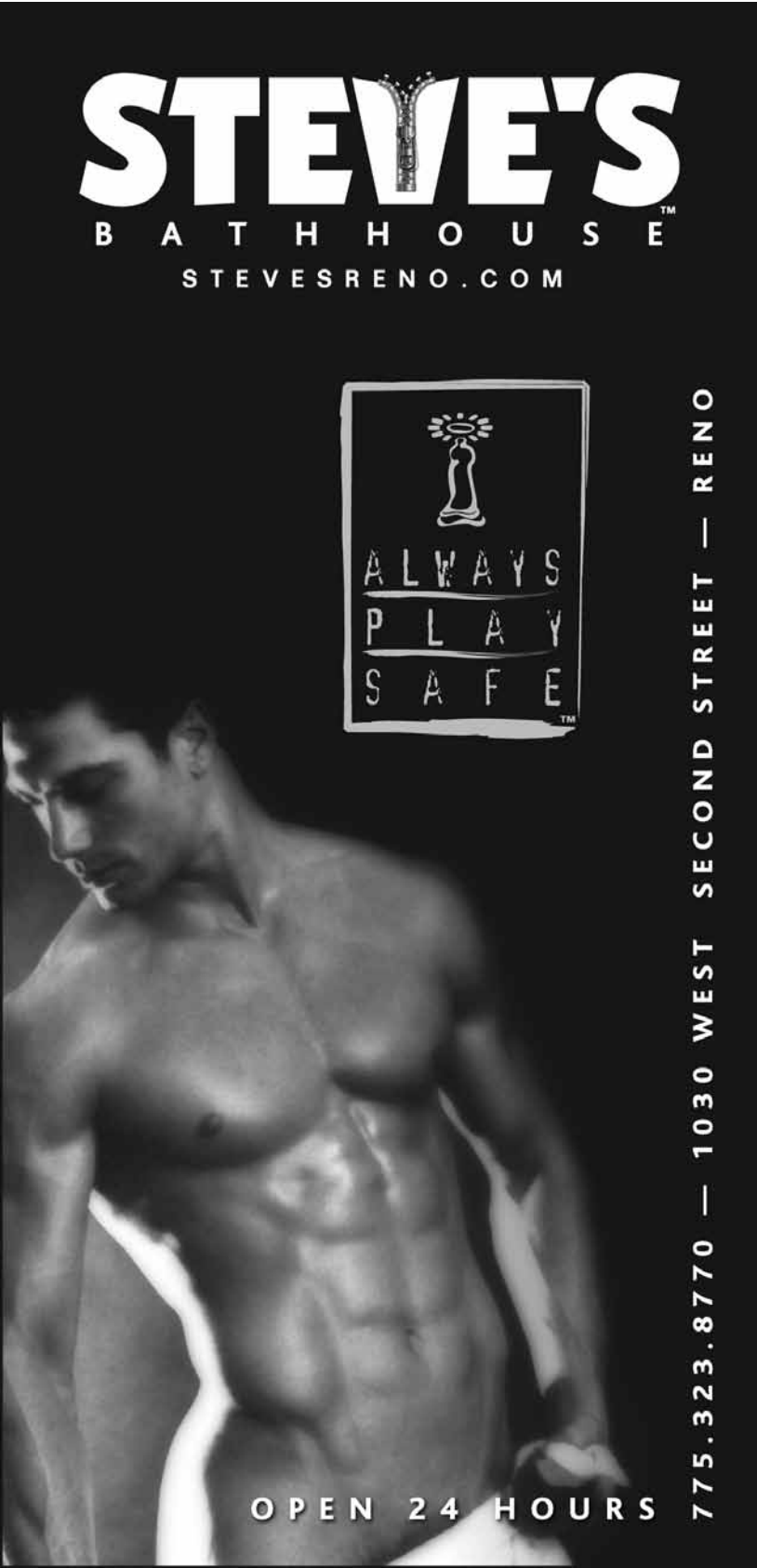
Most often, that is done in the form of “Best of Lists,” and so we thought we would share one from Grindr, their ‘Best of Awards’ for 2014, revealing top gay icons and moments of the year.

Grindr users from the United States, the United Kingdom and Australia weighed in on everything from their favorite song, television show and movie, to the gay icon of the year and the hottest trends.

Grindr guys were also surveyed on their predictions for next year on topics, such as 2015’s biggest celebrity train wreck, the next celebrity to come out of the closet and predictions for the top headline.

The winners of Grindr’s ‘Best of Awards’ for 2014 are:

- Gay icon of the year: Neil Patrick Harris
- Straight ally of the year: Hillary Clinton
- Enemy of the LGBT community: Vladimir Putin
- Best coming out story: Sam Smith
- Next celebrity to come out: Ryan Seacrest
- Best TV show on air: ABC’s “How To Get Away With Murder”
- Best movie of 2014: “X-Men: Days of Future Past”
- Best song of 2014: “Stay with Me” by Sam Smith
- Hottest Instagram account: Nick Jonas
- Most wanted man in the Grindr cascade: Zac Efron
- Biggest social blunder of 2014: Justin Bieber’s arrest
- Next celebrity train wreck: “Kimye” – Kanye West and Kim Kardashian
- Biggest loss of 2014: Robin Williams
- Best comeback of 2014: Legos
- Hottest trend in 2014: ALS Ice Bucket Challenge
- Must have holiday item for 2014: Money
- Biggest prediction for 2015: Hillary Clinton announces presidential candidacy



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