

outword

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FDA Policy Fails to Adequately Address Blood Donation Ban

The U.S. Food and Drug Administration (FDA) announced on December 23 a change in the current lifetime ban on blood donations from gay, bisexual, and other men who have sex with men, that has drawn little support from the LGBT community.

The proposal would replace the lifetime ban with a one-year deferral, which would only permit gay and bisexual men to donate blood if they have not had sex with another man in the past year.

"The FDA's proposal must be seen as part of an ongoing process and not an end point," said Ian Thompson, ACLU Legislative Representative. "The reality for most gay and bisexual men - including those in committed, monogamous relationships - is that this proposal will continue to function as a de facto lifetime ban. Criteria for

determining blood donor eligibility should be based on science, not outdated, discriminatory stereotypes and assumptions."

The proposal would treat all sexual relationships between men the same way that heterosexual sex is treated when it involves a commercial sex worker or an individual who is known to be living with HIV.

The FDA blood donation policy, which has been in place since 1983, prohibits any man who has had sex with another man, even one time, since 1977 from donating blood.

Pop-Up-Shop to Feature Masculine Clothing for Women & Transmen

Women and transmen often have a hard time finding clothing and accessories that not only fit their identity, but fit their bodies as well.

Fortunately, gender-bending Oakland-based clothier Saint Harridan, will host a three day Pop-Up Shop at the Sacramento LGBT Center that should help them fill thier closets.

The temporary store will be open from 11 a.m. to 7 p.m. on January 9, 10 and 11 at The Sacramento LGBT Community Center, 1927 L St.

Saint Harridan sells masculine clothing for women on its web site and at its traveling pop-up store. The in-person experience of the pop-up shop offers customers the opportunity to try on and purchase from the company's line of men's styled suits and dress shirts, made from Saint Harridan's exclusive patterns designed to fit women and transmen.

Visitors to the pop-up shop will also be able to view photos on display from photographer Miki Vargas's project, *For The Love of Bois*. Photos from the series portray the beauty of the Masculine-of-Center, gender-bending movement. "I'm documenting the Handsome Revolution," says Vargas, whose work has enjoyed exhibitions in Oakland, San Francisco, Baltimore, Atlanta, Philadelphia and New York.

Just two years old, Saint Harridan has been featured in the *New York Times*, on NPR, in *The Advocate* and *Curve Magazines*, and even celebrated on the red carpet. Co-star of the Netflix smash hit *Orange is the New Black*, Lea DeLaria wore a Saint Harridan tuxedo to the awards ceremony. Feminist humorist Kate Clinton is also a Saint Harridan fan and has been seen sporting a wool blue pinstripe two-piece Lyon Suit with a Mr. Pink Parker Dress Shirt.

The event is free. For more information,



One of the suits available for women and transmen from Saint Harridan.

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Quote Worth Repeating

Sarah Palin's response to PETA regarding the picture she posted of her six year old son standing on the dog to reach the sink:

"Chill," Palin wrote. "At least Trig didn't eat the dog."

Briefly Put

Lawsuit Seeks Recognition for High School GSA Club

The ACLU has filed a lawsuit on behalf of three students at Indiana's North Putnam High School who have been denied the right to form a Gay-Straight Alliance (GSA) club during non-instructional time at school, claiming the school's denial violates both federal law and the U.S. Constitution.

The school, which allows other non-school-sponsored clubs and activities to meet, such as the Fellowship of Christian Athletes, Key Club and Best Buddies, has denied recognition of the GSA club for more than a year.

"The actions of the school district in clear violation of federal law leave the most vulnerable students at North Putnam without critically needed support," said Chase Strangio, attorney in the ACLU Lesbian, Gay, Bisexual and Transgender Project.

CA Says Porn Actor Infected with HIV on Adult Film Set

California's Department of Public Health, Occupational Health Branch is reporting that it has documented that an adult film performer thought to be working in Nevada contracted HIV while working on set.

The case involves a male performer working with another male performer; the individual initially tested HIV-negative in California after the out-of-state exposure, but two weeks later tested HIV-positive.

Health officials confirmed the on-set transmission by sending blood samples to the Centers for Disease Control (CDC), which genetically sequenced the virus, matching it to an actor the infected worked with.

Liberace To Be Resurrected In Las Vegas Hologram Show

In a move that is the first of its kind, Hologram USA has partnered with the Liberace Foundation for the Performing and Creative Arts to produce a full scale, long running hologram show featuring Liberace.

While most recent hologram projects have been short one time appearances, this will be the first to use Hologram USA's patented technology to present a life-like experience for fans in a feature length, live show format. As Mr. Showmanship said himself, "Too much of a good thing is wonderful."

Work has already begun on creating the Liberace Hologram show with the launch date to be announced very soon. After the Vegas launch Hologram USA will roll the show out across the USA and then globally. Visit www.hologramusa.com.

Egypt Reduces Sentences in Same-Sex Wedding Case

An Egyptian appeals court has upheld the conviction of eight men for "inciting debauchery" for a same-sex wedding video they appeared in, but reduced their sentences from three to one year in prison, a court official said.

The eight men were convicted based on an Internet video showing two men exchanging rings and embracing among cheering friends at a party on a Nile boat.

The court didn't immediately give a reason for reducing the sentences handed down last month.

Court Tosses RI Lawsuits Over Gay-Pride Parade

The Rhode Island Supreme Court has thrown out lawsuits by two Providence firefighters who said their constitutional rights were violated when they were ordered to drive a truck in a gay-pride parade.

The firefighters argued that they are Roman Catholics and therefore do not support or condone homosexuality.

Writing for the high court this month, Justice William Robinson said that the men appeared in the 2001 parade as public servants, and that did not constitute a form of expression. He said it was a legitimate work assignment.

The city had argued that the city sent trucks to various parades as a matter of course, including the Columbus Day parade, Purim parade and others.

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First Florida Same-Sex Couples OK'd To Marry



Florida plaintiffs **Todd and Jeffrey Delmay, Cathy Pareto & Karla Arguello, Vanessa & Melanie Alenier, and Don Johnston and Jorge Diaz.**

Last week, Equality Florida Institute and six same sex couples seeking the right to marry asked Judge Zabel to immediately lift the stay on her ruling that declared the anti-gay marriage ban unconstitutional.

During the hearing, the attorneys stated, "Another day the plaintiffs are denied their right to marry is a day that shames our county."

Once Judge Zabel lifted the stay, Miami-Dade County Clerk Harvey Ruvin stated marriages can begin immediately in the county. Couples have already begun receiving their marriage licenses.

Judge Zabel has agreed to marry the plaintiff couples who wish to marry including Karla Arguello & Cathy Pareto and Jeff & Todd Delmay, and as *Outword* went to press, they may have already exchanged their vows.

"This is a monumental day in Florida's history. Loving same-sex couples have been waiting months, years, decades for the right to marry the person they love," said Nadine Smith, CEO of Equality Florida. "And we're excited to be able to share this moment with the brave plaintiff couples who plan on getting married today."

They're Ceepy and They're Kooky and Coming to Town



You loved them on TV, now get ready to love them all over again as Gomez, Morticia and Uncle Fester get ready to meet Wednesday's new boyfriend, who is, well, just a little too normal. The mysterious and spooky musical plays through Jan. 25 at Runaway Stage. Tickets at www.runawaystage.com or 916-207-1226.

Sacramento's Ted Ross Is Making a Difference in the Fight Against HIV/AIDS

From Sri Lanka to Africa to Europe and right here at home in the United States, Sacramento inventor Ted Ross is making his mark, saving thousands of lives through HIV/AIDS prevention and education via his patented condom dispensers.

Those dispensers have helped distribute more than 500-million condoms annually around the world. "We don't do this work to get attention," said Ross. "We do it to make a difference and save lives"

That's why few people know about his innovative, groundbreaking condom dispensers and other HIV/AIDS work that is putting Sacramento on the map in the HIV/AIDS education and prevention arena.

The dispensers were designed eight years ago and are now manufactured at a plant in Southern California. They're made out of riot-proof, water-proof, durable plastic and demand for the dispensers has increased so much that Ross can no longer fill the quantity of orders himself.

Two years ago, he signed on with a distributor in Los Angeles. While the distributor takes a cut of the sales, enough money is being made that Ross is able to reinvest the small profit back into the community by way of the non-profit agency Capital City AIDS Fund (CCAF) he co-founded in 1997. Ross is a board member and the Prevention and Education Program chair.

By profession, Ross runs a full-service marketing firm. His volunteer life is consumed by his involvement in CCAF. The need for an innovative condom dispenser became obvious years ago when CCAF was doing outreach in the bars. When people drink, they get frisky. Bars are an ideal location to put condoms.

"The fish bowls weren't working as condom containers anymore," said Ross. "In some cases bar owners didn't want them in the bars because by the end of the night, condoms were strewn on floors everywhere. We had to figure out a different way to get condoms into the hands of people who wanted and needed them and there was nothing else out there. So I created the dispensers. We field-tested them and word

began to spread. All these years later, here we are." "We found that health departments, other non-profits and college campuses also were looking for containers that were effective and efficient with a place for an education and prevention message. So I designed them, began reproducing them and



Ted Ross (r) with his husband Eric Jensen and CCAF President Joyce Mitchell.

the demand for them has grown exponentially. And continues to do so."

These days, dozens of college campuses throughout the United States are using the dispensers. In Sacramento, CCAF has donated them to UC Davis, Sierra College, Cosumnes College, and American River College. Sacramento State University was offered free dispensers but has declined.

Ross started working in the field of HIV/AIDS during the late 1980s when contracting the disease was often a death sentence, especially in the gay community. As an LGBT leader, Ross lost many friends and loved ones. His commitment to the cause has been steady and ongoing. He's constantly thinking of new ways of carrying the HIV/AIDS prevention message.

A few years ago, Ross developed the Love Lab for UC Davis. It's a cart designed to get flavored condoms, lube and safe sex materials into the hands of students on campus. All of the work Ross does falls under the CCAF Play but Play Safe campaign. It's fun and compelling and sometimes even a little controversial. It's geared toward getting people's attention and it does. CCAF works with progressive educators who know that saving lives is more important than a little controversy. "We

know young people are having sex," said Ross. "We have an obligation to get them the facts to be safe. Why that's controversial, I don't know. We're trying to spare them and the community serious health issues."

The Love Lab distributes 125,000 free condoms every year. "We know we're saving lives on this campus just by the volume of condoms being handed out. We know we're preventing new infections," said Ross. The donation was valued at \$3,500 and doesn't include the time it took to design and build.

Sometimes a little edgy, young people seem to enjoy the controversial, frank messaging CCAF rolls out in its Play but Play Safe marketing. That's a good thing

ROSS
continues on page 22



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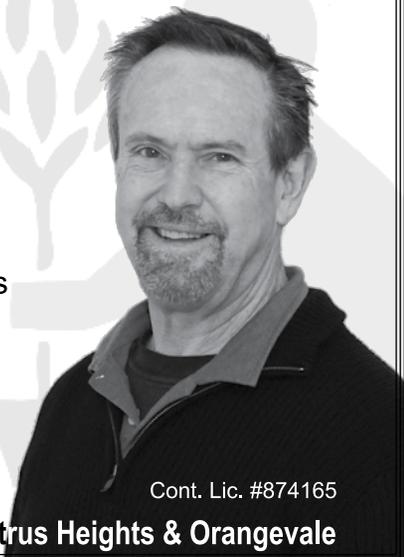
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La Femme Magnifique International Pageant Coming to Sacramento

Since 1982 La Femme Magnifique International has been one of the most prestigious female impersonator titles across the globe, highlighting only the most beautiful and glamorous female impersonators from around the world.

On January 25, Sacramento will play host to the first California La Femme Magnifique International and California La Femme Magnifique Plus International pageant.

The goal of the pageant will be to select the best drag performer to represent California in the International competition. Winners will also receive a sash, crown, cash prize package and gift bags from local businesses.

The winners of each pageant, and their

The pageant was started by legendary drag entertainer Darcelle XV of Portland to find the most glamorous and polished drag queens in the world. It's not just about who looks real, but also their creativity, talent, stage presence and glamour. Contestants must be drag queens and not have had any gender augmentation or hormones.

There are four categories in the pageant: the "Black and White" look, presented with the live talents of singer and violinist Kippy



2014 La Femme Plus International Priscilla Blackstone and 2014 La Femme International Madam Anita DuMoore. Photo courtesy La Femme International.

runner-ups, will go on to compete Labor Day Weekend in Portland, Oregon for the world title. They also will have bragging rights to the title of the most glamorous female impersonators in California!

Pageant producer Michael Kennedy, also known as Misha Rockefeller La Femme Magnifique International 1997, is proud to bring this opportunity for recognition to the many talented drag performers in California.

"La Femme embodies the highest level of excellence in female impersonation through talent, creativity, glamour, costuming and poise," says Kennedy, who is also the owner of the Kennedy Gallery. "I have long felt that California needs a regional of its own. We haven't had a California winner since 1991 when Myra Madrid won representing Los Angeles. It's time to show them what the California queens can bring!"

Marks, formal wear, the talent competition, and the Vegas Showgirl competition where not one feather, rhinestone or bead is spared.

The La Femme titles have embodied the highest form of female illusion and glamour over the past 30 years. The competition has also benefited many LGBT charities throughout the years including scholarship funds, hospice care and AIDS/HIV support

"Past La Femme winners are currently working to secure and produce strong foundations for the next 30 years for La Femme International," says Kennedy. "I am thrilled that we have the opportunity to continue to make history and an impact in both the community and the art form."

The pageant will be held on Sunday, January 25 beginning at 5 p.m. at the Crest Theatre, 1013 K St. Tickets are \$25 and are available online at CaLaFemme.com.



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Have a Healthy New Year in 12 Months with 12 Changes

A new year means a fresh start, so it's a great time to make healthful changes. But trying to take on too much at once can be a recipe for frustration – and failure. Instead, why not opt for a slow-and-steady approach?

Make just one positive change every month in 2015, and by year's end, those baby steps will add up to significant health benefits.

January: Talk to Your Doc

It's important to know your health status. Kick off the year by visiting your doctor for a physical exam to detect any health problems and assess your risk for developing new ones. Your physician can also chat with you about any necessary health screenings or vaccinations.

February: Bust a Bad Habit

It's no secret that smoking and excessive drinking can wreak havoc on your health. If you smoke, for example, it's time to find a quitting plan that will work for you. Talk to your doctor to find out how they can help you!

March: Get Cooking

When life gets hectic, it's tempting to fall back on frozen meals and takeout, but cooking definitely has its benefits. Aim to fill half your plate with fruits and vegetables.

April: Become a Social Butterfly

Research shows that social support increases a person's survival by about 50 percent. So set down your laptop and carve out time with friends each week, or peruse a site like Meetup.com to find new friends who share your interests—whether books,

May: Get Your Heart Pumping

Spring is an ideal time to start exercising. Aim for 30 minutes of moderate-intensity

about: Jawbone UP (jawbone.com/up), a wristband and app that tracks your diet, exercise, sleep and mood, and Retrofit (retrofitme.com), a weight loss program that incorporates wireless scales and live mentorship via private Skype sessions to help you slim down.

August: Look on the Sunny Side

Optimism isn't just pie-in-the sky thinking; it can have a profound effect on your physical health. An analysis of 83 studies showed that optimists are healthier than



pessimists by several measures—overall longevity, disease survival, heart health, immunity and pain tolerance, to name a few. To change your mindset when facing challenges, post a note near your desk or on the fridge to remind you to focus on the positive outcome rather than anticipating defeat. Also, when you find yourself envying someone else's life, take a moment to think of something for which you're grateful.

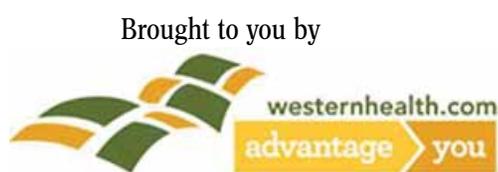
September: Catch Some Zzzzs

People who consistently get too little sleep—which affects hormones, glucose production and more—set themselves up for diabetes, obesity, heart disease and

mood disorders. This month, develop some new sleep habits. Keep a consistent sleep schedule, avoid caffeine and alcohol in the five hours before bedtime, keep your bedroom between 60 and 75 degrees, and use heavy curtains or a sleep mask to block any light.

October: Fend Off the Flu

To safeguard against cold and flu season, nearly everyone over 6 months of age should get a flu shot and keep their hands clean to avoid harmful bacteria. Up to 80 percent of common infectious diseases are spread by the hands, according to the Centers for Disease Control and Prevention. Wash your hands (soap and water is best) after using the bathroom, touching public doorknobs



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aerobic activity—jogging, swimming, biking—five days a week. By the way, outdoor exercise offers added benefits, researchers say. Japanese studies on hiking in the woods showed that the practice of shinrin-yoku (taking in the forest atmosphere or “forest bathing”) reduces blood pressure, heart rate and levels of the stress hormone cortisol.

June: Floss Every Day

Bacteria that flourish in an unhealthy mouth can cause more than problems with your dental health, experts say. The American Dental Association reports that an unhealthy mouth can contribute to heart disease, stroke and bacterial pneumonia.

July: Take Your Workout High-Tech

Adopt some new technology to take your fitness to the next level. Among the gizmos that TechCrunch, a leading technology news outlet that reviews digital products, raves

HEALTHY
continues on page 22

outwordmagazine.com

Get in Touch with Your Body Through Weight Training

by Shaun-Adrian Choflá

For decades, I have been an avid runner because it allowed me to expend energy, remain in shape, and maintain a healthy mental state. This form of solitary exercise also allowed me to avoid painful memories of shame during physical education classes.



I was not a coordinated or athletic child and was teased mercilessly during gym class. So, I avoided these types of exercise. However, as I have become older, I have recognized the importance of increasing my strength and flexibility.

After conducting significant research on gyms, trainers and coaches, I kept returning to the biography of Alexandra Williams, a strength coach at Body Tribe. I wanted to get stronger and more flexible, but I also recognized that I was incredibly nervous.

Upon meeting Williams, I got a sense that she could indeed help me push my learning edges, but would do so in a supportive way.

"When Shaun-Adrian walked through the doors of Body Tribe in January of 2014, the first thing I noticed was his body language, which communicated resistance, skepticism and discomfort," Williams said in recalling their first meeting. "He seemed to feel very self-conscious, apprehensive, quiet, and disconnected."

"After our first session, I could tell that despite his reluctance and perhaps, to his chagrin, something about our work together

had him feeling strong and accomplished, perhaps even more mobile and powerful. Even so, at the end of each of our twice-weekly sessions in the first month, I expected to receive an email shortly after our hour was over letting me know he'd had enough. Our initial sessions together were tense, but after our first month of training came to an end and he committed to a second month, I knew he was in it for the long haul."

With Alexandra's support, in twelve months, I have become incredibly flexible, strong and fearless. I am in my 40's and do not remember ever being this in touch with my body, certainly never this strong, or this flexible!

"Over the past year, two to three times a week, I have guided Shaun-Adrian in finding his growth edges," said Williams. "Every week he gets more and more curious about what his body can do: testing how much weight he can move with his body, hanging upside-down on the pull-up bars, and even

TRAINING
continues on page 22

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Misconceptions That Won't Help When You Hit the Slopes

The first reports are in, and we've got some great snow at the Tahoe resorts. As skiers of all levels journey to the snow capped mountains though, chances are that a great many of them will do some things that won't help their cause, says world-class ski instructor Chalky White.

"You can boil down skiing to a few basic principles, but like any sport, there are many finer details that matter, and with an activity like skiing, the details can mean the difference between a safe ski trip and a hazardous one," White says.

Due to the popularity of his Amazon, in-category, No.1 bestselling how-to book,

The 7 Secrets of Skiing, White was able to craft a new program called Ski the World with Chalky White

Here he shares three common mistakes skiers make on snow-capped slopes.

- "I'm too old to be a great skier, so I'll just wing it."

If you're completely new to skiing, take the



Chalky White (right) skiing with the great, six time World Speed Skiing Champion, Franz Weber.

time to learn some basics - preferably with a qualified instructor. The most important fundamental to learn is balance, as applied to skiing; all sports rely on balance to some extent, and for skiing it all starts there!

- "I can be great if only I can overcome my fear."

Indeed, hurling one's body down what they perceive to be a steep slope of slippery snow takes courage. It makes sense to have butterflies at the top of a slope, but overcoming nerves alone won't make you great.

Some skiers, even a few new to the sport, have little fear when skiing - but that's often because they've practiced and have undergone sound training. The more adept

you become as a skier, the more fear-based emotion is pushed to the "back-burner" and is, as practice continues, largely replaced by new-found confidence and more fun.

- "I'm beyond the basics."

Ninety-five percent of skiers, including some professionals, do not fully appreciate and utilize the power of balance - at least not consciously. Many simply believe they are fully balanced, but this is often delusional and maybe arrogant thinking. The best advice is to be a constant student, which means consistent vigilance toward one's balance.

For more tips, visit www.the7secretsofskiing.com.

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Let Your Self-punitive Anger Go for a Happier You

by Tom Moon, MFT, *The Examined Life*

Q: My boyfriend left me almost five years ago, but I've never gotten over how much he hurt me. He lied to me about everything and he cheated on me with my friends. I know I need to forget about him and get on with my life, but for some reason I can't let him off the hook. What can I do?

It's been said that holding this kind of resentment is like mixing a cup of poison for someone else and then drinking it yourself.

completely clear that you deserved better? Sometimes, when we internally "protest too much," about how unjustly we were treated, it's because we're really trying to convince ourselves of the truth of what we're saying.

As strange as this might sound, you might actually believe, on the deepest level, that your boyfriend was right to leave you, either because you imagine you failed him in some way or because you were somehow unworthy of his love. If you unconsciously feel something like that, then, by constantly pleading your own case in your obsessive ruminations, you deny your own self-doubts while simultaneously punishing yourself for your "failure" by keeping yourself miserable.

There does seem to be something self-punitive in the mental torment you're going through and in the fact that you're not letting yourself get into another relationship after all these years. These guesses of mine may be all wrong. I offer them only as one example of the kind of unconscious processes that keep people stuck in ruminations; and to encourage you to do all in your power to shift your attention away from the wrongs he did to you and focus more on what's going on inside you. In any case, your ruminations must serve some psychological purpose; whatever it is, you're

probably trying to complete some internal work that needs to be done.

On the question of "letting him off the hook," -- he's not on any hook at all. It's you who are impaled on your memories. The real challenge here isn't punishing him, it's letting go. If low self-esteem issues or unconscious guilt are issues for you, then, if you face and work through them, you may finally be able to believe wholeheartedly the things you've been telling yourself about his character.

If you can do that, you'll be in a better position to stop obsessing about him because you'll really know that he isn't worth it. And more importantly you'll also know that you really do deserve better.

Tom Moon, MFT, is a writer and a licensed psychotherapist in private practice in San Francisco for over thirty years. His practice is Mindfulness-Based Psychotherapy / EMDR at 879 14th St., in San Francisco and he can be reached at 415-626-1346, examlife@aol.com or tommoon.net.



Grudges are like addictions in that they keep us fascinated the way a moth is fascinated by a flame, and to the same self-destructive effect.

Your boyfriend stopped hurting you long ago. He's no longer the problem. Today it's your mind that is tormenting you. In a sense, you're in a trance whenever you're ruminating about him. The question is how to wake up. This is exactly the sort of question that good psychotherapy can help answer.

In my experience, these kind of obsessive ruminations always serve some defensive purpose. They mask awareness of feelings or ideas you don't want to notice by keeping your attention focused outwardly on the injustice the other person committed. They're like hard shells protecting your soft heart. The way to stop feeling at the mercy of your resentment is to go beneath it to the vulnerability you're trying to ward off through anger.

Here's one possibility about what could be going on. Since this guy walked all over you, is it possible that on some level you weren't outwordmagazine.com

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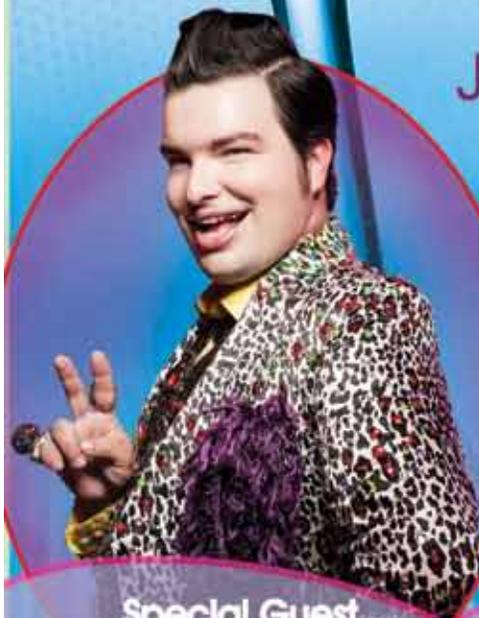
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Avoid Harmful Food Additives for a Healthier You

by Roddy Scheer and Doug Moss, Earth Talk

If you're a savvy shopper, you take the time to examine the labels on items you are buying at the grocery store. That can be a daunting task though, even for the most erudite shopper, as the literally thousands of additives to our foods are confusing at the very least, and perhaps harmful to your health.

The Environmental Working Group (EWG), a non-profit dedicated to protecting human health and the environment through research, education and advocacy, launched its "Dirty Dozen Guide to Food Additives" in November 2014 to educate consumers about which food additives are associated with health concerns, which are restricted in other countries, and/or which just shouldn't be in our foods to begin with.

According to EWG, more than 10,000 food additives are approved for use in the U.S., despite potential health implications. Some are "direct additives" deliberately formulated into processed food; others are "indirect," that is, finding their way into food during processing, storage or packaging. Either way, some have been linked to endocrine disruption, heart disease, cancer and a wide range of other health issues.

Topping EWG's list are nitrates and nitrites, both typically added to cured meats (like bacon, salami, sausages and hot dogs) to prolong shelf-life and prevent discoloration.

"Nitrites, which can form from nitrates, react with naturally occurring components of protein called amines," reports EWG. "This reaction can form nitrosamines, which are known cancer-causing compounds." The group reports links between nitrite and nitrate consumption and cancers of the stomach, esophagus, brain and thyroid.

The World Health Organization considers nitrites and nitrates to be probable human carcinogens; California's Office of Environmental Health Hazard Assessment is now considering a similar designation. Interestingly, some nutritious foods like spinach and other leafy vegetables contain



Although more expensive, nitrate and nitrite free meat products are now widely available.

nitrates naturally, but EWG says "human studies on nitrate intake from vegetables have found either no association with stomach cancer or a decreased risk."

Another troubling but nevertheless common food additive is potassium bromate, used to strengthen bread and cracker dough and help such items rise during baking. But potassium bromate is listed as a known human carcinogen by the state of California and a possible human carcinogen by the International Agency for Research on Cancer. Animal studies have shown that regular exposure to potassium bromate can cause a variety of tumors, is toxic to the kidneys and can even cause permanent DNA damage.

Most of the potassium bromate added to foods converts to non-carcinogenic potassium bromide during the process of baking, but small, still significant unconverted amounts can remain, putting eaters everywhere at

risk. EWG would like to see the U.S. government follow Canada's and the European Union's lead in banning the use of potassium bromate in foods altogether.

Other additives on the Dirty Dozen list include propyl parabens, butylated hydroxyanisole (BHA), butylated hydroxytoluene (BHT), propyl gallate, theobromine, diacetyl, phosphates and aluminum.

Many artificial colors can also cause health issues, reports EWG, as can thousands of "secret flavor ingredients" that food makers add to foods without oversight in the name of protecting trade secrets.

For more information on these foods and how to avoid them, check out EWG's free "Dirty Dozen Guide" online at www.ewg.org

EarthTalk is written and edited by Roddy Scheer and Doug Moss and is available online at www.emagazine.com.

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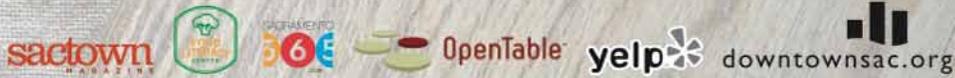
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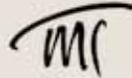
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Davis is Burning Returns to UC Davis

Davis is Burning, perhaps the largest drag show in the Sacramento region featuring a collection of extravagant song and dance numbers, is returning to the UC Davis Campus to raise money for the Trevor Project.



Image from the 2014 Davis is Burning

The UC Davis chapter of Delta Lambda Phi, a fraternity for gay, bisexual, and progressive men, is presenting the event, celebrating its 25th anniversary, on January 10, 2015 at the UC Davis Main Theatre in Wright Hall.

While dressing in drag is not a requirement, attendees are still encouraged to dress up and compete for the title of this year's Davis Drag King and Queen. The winning king and queen will receive a crown and the Xi Chapter's infamous drag Barbie/Ken trophy dolls

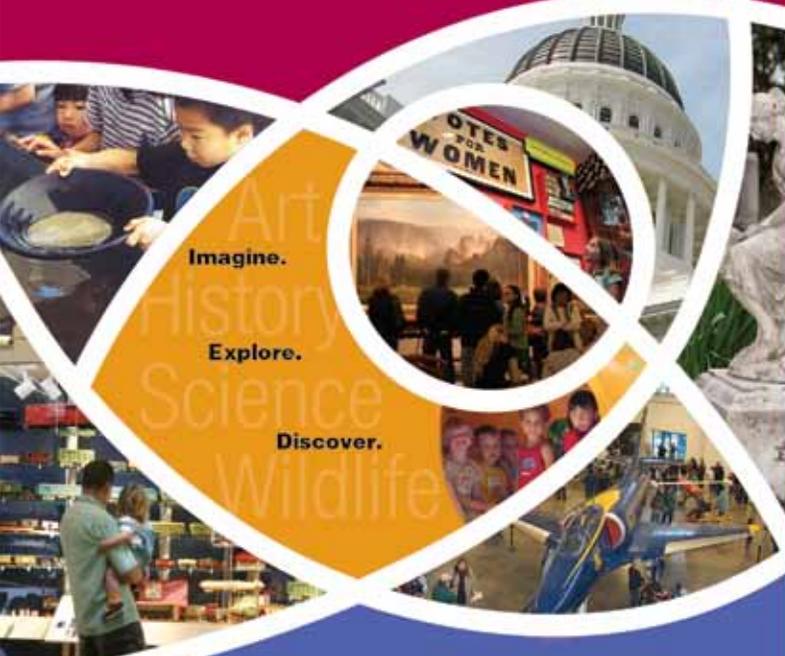
Inspired by the ground-breaking documentary *Paris is Burning*, the fraternity's first drag show was held in Fall 1990 – the same year DLP's Xi Chapter was chartered at

UC Davis – and has evolved into a highly successful event that supports LGBTQ nonprofit organizations. Last year, the event organizers raised over \$1,200 for The Trevor Project and \$250 for Healing Waters.

"I invite our community to our 25th *Davis is Burning* drag show," says Xi Chapter Vice President Jim De Ocampo, the event coordinator. "This celebration of gender expression is sure to be a fabulous night of entertainment!"

Attendees may purchase tickets online at tickets.ucdavis.edu for \$10; or at the door for \$14 with discounts of \$1 off for students and/or \$2 off when dressed in drag. More information about the show can be found on the event website www.davisisburning.com.

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As Haunting As Ever, Jekyll & Hyde Returns to Harris Center



The epic struggle between good and evil comes to life on the Harris Center for the Arts stage in this all new production of the musical phenomenon, *Jekyll & Hyde*. Plays Jan 19 - 21. Tickets at 916-608-6888 or www.harriscenter.net.

Looking & Happy End Come Out on DVD

by Chris Narloch

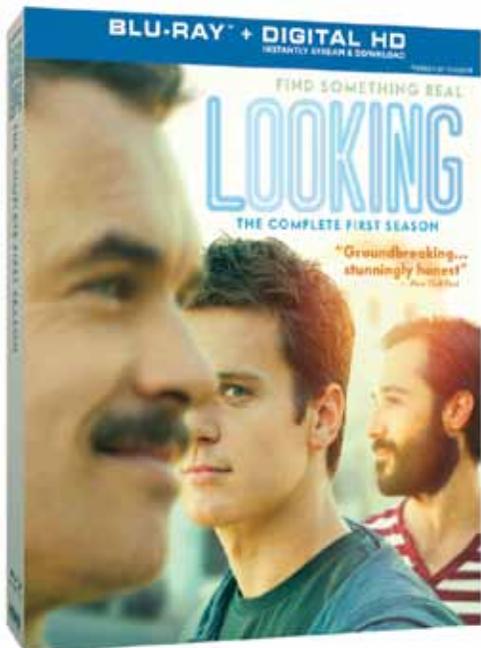
There is no shortage of great gay material this month on DVD, including the first season of HBO's *Looking* and the terrific HBO documentary, *The Case Against 8*.

Looking

Season 2 of this groundbreaking HBO series debuts on January 11, and Season 1 is just out on DVD. If you missed it on cable, this is your chance to catch up on what I think is the finest filmed narrative of gay life in San Francisco to date.

The dramatic comedy revolves around three thirty-something friends living in the Bay Area who explore the exciting, sometimes overwhelming options available to a new generation of gay men.

The perfectly-cast Jonathan Groff is the adorably awkward 29-year-old video game designer getting back into the dating world with a little help (and some questionable advice) from his gay buds, Agustin and Dom.



The Case Against 8

Another great HBO presentation, this superb documentary remains a pivotal record of the groundbreaking case that brought

the fight for LGBT rights all the way to the Supreme Court.

The historical case against the discriminatory Proposition 8 in California, which banned same-sex marriages statewide, will be

remembered forever when *The Case Against 8* debuts on DVD and Digital HD on January 13.

Packed with more than 30

minutes of never-before-seen footage, the documentary, which is on the short list for an Oscar nomination, is a behind-the-scenes look at the strategic process behind bringing the lawsuit, from the careful selection of plaintiffs who would resonate with the public to the controversial decision to hire Ted Olson and David Boies -- two adversarial lawyers who previously squared off in *Bush v. Gore* in 2004 -- to argue the Prop 8 case together.

Happy End

If you missed this entertaining lesbian movie at the SIGLFF (Sacramento International Gay & Lesbian Film Festival), or you loved it and want to see it again, you can watch it now on DVD.

The romantic road movie co-stars Sinha Gierke as aspiring law student Lucca, and the stunning Verena Wüstkamp as her new friend Valerie.

Irresistible chemistry blossoms between them as the two women embark on a wild adventure to deliver the ashes of recently deceased friend Herma to her final resting place -- against the wishes of Herma's family.

Jerry Herman & Nunsense at STC

by Chris Narloch

When does Michael Laun sleep? As Sacramento Theatre Company's Executive Producing Director, Laun has two enticing shows opening in January. See one or both this month at STC.

Hello, Jerry! A Salute to Jerry Herman

STC's Cabaret Series continues with *Hello, Jerry!* a salute to the legendary Broadway composer Jerry Herman. Herman is a two-time Tony Award winner and Lifetime Achievement in the Theatre Award winner, as well as the recipient of the 2010 Kennedy Center Honors.

In addition to iconic musical numbers from his hit shows like *Hello, Dolly!* ("Before the Parade Passes By"), *Mame* ("If He Walked Into My Life"), and *La Cage Aux Folles* ("The Best of Times"), the evening will also feature songs from some of Herman's other tuneful shows like *Mack & Mabel* ("I Won't Send Roses"), *Dear World* ("I've Never Said I Love You"), *The Grand Tour* ("I Belong Here") and others.

The cast features Ryan Blanning, Matt Dunn, Dyan McBride, Andrea St. Clair, and



STC Young Professionals Conservatory student Serena Feniger. With Graham Sobelman on piano, Jeremy Bolt on trumpet, and choreography by Nicole Sterling, how can you go wrong?

Hello, Jerry! A Salute to Jerry Herman plays January 22-25 at STC.

Nunsense

STC begins 2015 with its debut production of *Nunsense*, the popular musical comedy by Dan Goggin.

Originating as a line of greeting cards featuring a nun offering tart quips with a clerical slant, the cards caught on so quickly that Goggin expanded the concept into a cabaret show and eventually a full-length musical.

The original Off-Broadway

production became the third-longest-running Off-Broadway show in history.

Miranda D. Lawson plays Sister Mary Hubert, and Lucinda Hitchcock Cone leads the ensemble cast as Mother Superior. The production will also feature two members of STC's Young Professionals Conservatory.

The show is staged and directed by STC's Executive Producing Director Michael Laun, with musical direction by STC favorite Samuel Clein, live accompaniment conducted by Chris Schlagel on piano, and Elaine Lord and Nick Micheels on percussion.

Nunsense plays through February 15 at STC.

For more information about both shows, visit www.sactheatre.org.

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Sting Sets Sail in *The Last Ship*

I had the privilege to see Sting on Broadway this past December, and, well, I can die now. A recent Kennedy Center honoree, Sting is still sexy at 63, and the British singer/actor has lost none of his talent or charisma.



Sting in a scene from "The Last Ship."

The Last Ship, Sting's first musical, which opened on Broadway this past October, is a highly personal project inspired by his hometown of Wallsend, which was home to a shipbuilding business that supported the town until the company closed.

With a book by John Logan and Brian Yorkey, *The Last Ship* takes this real-life history and uses it as a backdrop for a bittersweet love triangle involving a young man who leaves his girlfriend behind to explore the world, only to find when he returns years later that she has moved on, and the town is facing the closure of its main industry.

Not surprisingly, Sting's score is lovely (Tony-worthy even), and the show has an emotional depth and a darkness that distinguish it from all

the jukebox and "movie" musicals currently clogging Broadway theaters.

Probably because of that darkness, *The Last Ship* did not initially catch on with Broadway audiences, who are more likely to flock to tourist-friendly shows like *Wicked*, *The Lion King*, or *Jersey Boys*.

So when Sting's musical failed to fill seats as hoped last fall, did the rocker abandon ship and allow his pet project to sink? No, I can assure you, he did not.

Instead, Sting, who was not originally cast in the show, decided to take over a supporting role in *The Last Ship* for six weeks in order to give his musical a boost at the box office.

Sting obviously knows his way around a stage, and he has acted in

numerous movies, so I was not surprised that he is terrific in the show.

I was surprised that the famous "Police-man" actually came out of the stage door after the show, posed for pictures, and even signed patrons' programs, including mine.

You can see *The Last Ship* on Broadway at the Neil Simon Theatre in New York City, but you'll need to act fast if you want to see Sting, as his temporary stint in the show is currently scheduled to end on January 24. Visit www.thelastship.com.

Note: For more Broadway coverage, including Chris Narloch's reviews of "Side Show," "On The Town," "Beautiful" and "A Gentleman's Guide to Love and Murder," please visit www.outwordmagazine.com.

Angela Lansbury Returns in *Blithe Spirit*

Legendary star of stage and screen Angela Lansbury will make a rare Bay Area appearance when the four-city North American tour of *Blithe Spirit* stops in to the SHN Golden Gate Theatre in San Francisco at the end of January.

The television legend (*Murder, She Wrote*), Oscar winner and five-time Tony Award-winner

reprises her Tony Award-winning role as the wacky medium Madame Arcati in Michael Blakemore's revival of Noel Coward's spirited comedy.

The San Francisco run follows on the heels of Lansbury's smash-hit engagement of *Blithe Spirit* in London's West End.

When I saw Lansbury perform this role in New York City a few years back, she killed it, and I have no doubt that her Madame Arcati will again be the funniest thing in this funny play.

Blithe Spirit plays the SHN Golden Gate Theatre January

20-February 1, 2015. Visit www.shnsf.com for more information.



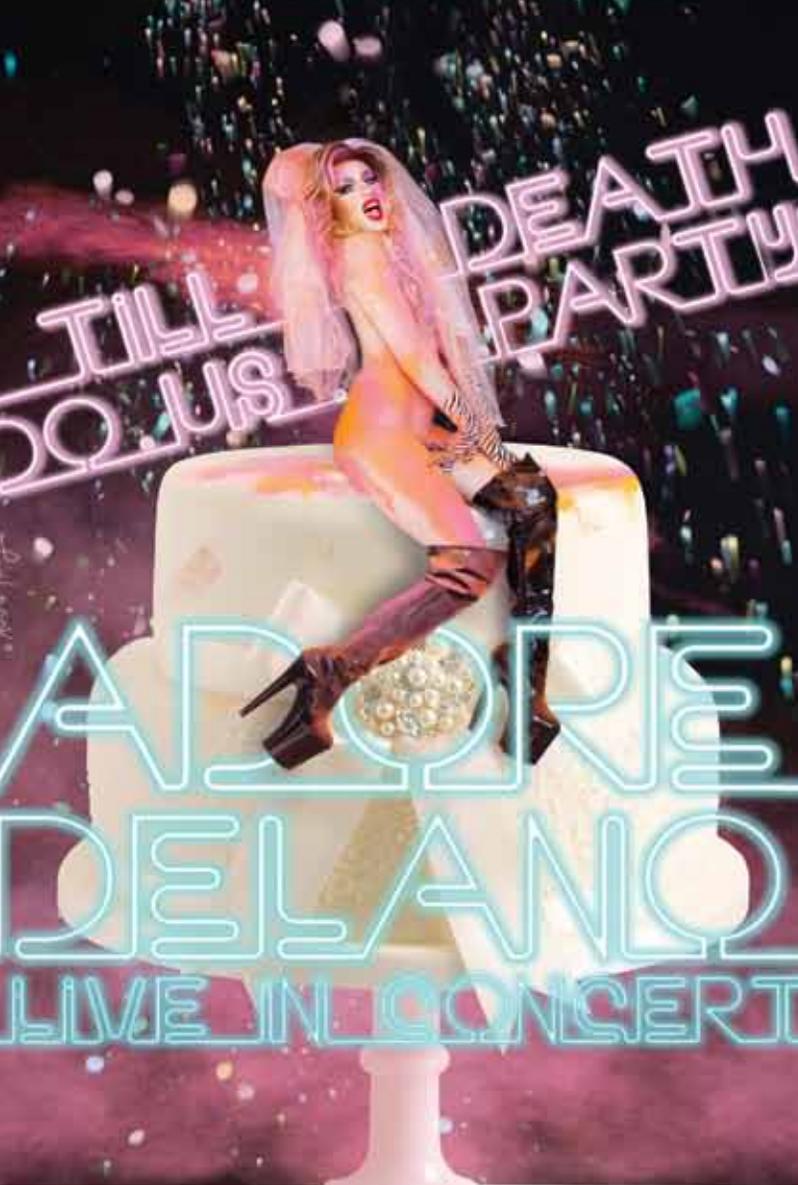
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Reese Witherspoon and Amy Adams Shine on the Silver Screen

by Chris Narloch

Several excellent new films featuring impressive work by women found their way in to theaters at the end of the year, including 'Wild' and 'Big Eyes' starring the actresses Reese Witherspoon and Amy Adams, respectively.



Reese Witherspoon in a scene from *Wild*.

I also review the latest big-screen "bromance" and brouhaha starring James Franco and Seth Rogen, *The Interview*.

Wild

Reese Witherspoon was excellent as June Carter Cash in *Walk the Line*, and the star takes her career to a new level again with this screen adaptation of a book by Cheryl

creepy husband who took credit for her artwork for years, until Keane eventually revealed that she was actually the artist.

This strange, real-life art world con is the perfect material for the bizarre mind of director Tim Burton. Creepy Christoph Waltz plays the creepy husband.

The Interview



James Franco and Randall Park star in *The Interview*.

Strayed that traced her 1,100-mile hike along the Pacific Coast Trail.

Witherspoon tackles Strayed's journey of self-discovery with fearlessness and a lack of vanity that is impressive for a glamorous Oscar-winning actress, and director Jean-Marc Vallee supports her with great skill and toughness. At the Tower.

Big Eyes

Amy Adams is a delight in pretty much anything, but the actress is especially likeable in this feminist underdog story about the real-life woman who painted those (scary) paintings of children with big eyes that were all the rage in the '60s.

Unfortunately, Margaret Keane had a

After all the fuss and fall-out from this highly-publicized comedy about two do-fuses who get sent to North Korea to kill crazy Kim Jong-un, the free world is again a safe place for bawdy bro'-coms starring Seth Rogen and James Franco. God bless America.

I wasn't expecting to like this movie, but *The Interview* is a surprisingly funny (and pointed) tale of revenge against an evil dictator who deserves every horrible thing that happens to him in the film.

If you were expecting sophisticated satire from Seth Rogen and James Franco, think again, but if you want to laugh out loud, see the movie in a theater with an audience.



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Ross

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because they are one of the most at-risk population for new infections. It's a place to start because somewhere along the line, the message, the hook, the information has been lost. Half of all new cases of HIV/AIDS are among young people.

The Condom Connection, a specially equipped red golf cart for condom dispensing was donated to Sacramento City College (SCC) this past World AIDS Day. SCC student interns studying under the guidance of CCAF created the messaging for the cart, "Protect Your Panther," and hope is the Condom Connection will bring another college campus up to speed, getting thousands of condoms and HIV/STD prevention materials into the hands of students.

Ross has been on the frontlines of fighting HIV/AIDS and raising awareness for decades now. In 1994, he produced the single-largest fundraising event Sacramento had ever seen, raising more than \$160,000 for HIV/AIDS by bringing singer Barry Manilow to Sacramento for a concert. After Manilow, it was a Bette Midler concert. Then Michael Feinstein. CCAF also raised tens of thousands of dollars with Elton John, Carlos Santana, and Billie Jean King.

While it's imperative for people to get tested, know their status, and begin treatment, an unsettling complacency about HIV/AIDS appears to have taken hold. The medications have kept people alive and activists say they're forever grateful for that. Still, education and prevention is the single most important tool in this battle against HIV/AIDS - and now STDs. Condoms save lives. "It's so simple," said Ross. "No one has to get AIDS today."

CCAF operates two programs by an all-volunteer board. Education and Prevention is one and the other is a scholarship fund for young people who are HIV+. It's one of the only of its kind in the country. The Helen Veress Mitchell Scholarship has given away \$170,000 in scholarships to attend college or technical school since it was started in 2002.

Ross is a hands-on board member, rolling up his sleeves to make a difference in the lives of people in the Sacramento area - and around the world. If there ever was an unsung hero, it's Ted Ross. Humble, hard working and committed to a cause. He's quietly conquering a disease no one ever has to get again - HIV/AIDS.

Training

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trying out handstands and cartwheels! What a joy it has been to watch this human take risks and grow!"

Williams says the primary motivation in supporting others on their movement journeys is to nourish confidence and self-empowerment, noting that when people experience themselves as powerful and courageous, their self-awareness and motivation extends outside of the gym.

"Empowered people blossom vibrantly into their biggest, most capable selves, and take more risks than they would ever have dreamed of taking: physically, emotionally, intellectually and spiritually, she says. "As a coach, it is so much more than helping

someone increase flexibility, or learn how to lift heavy weights safely. I coach to foster self-awareness, independence, personal power, and transformation."

I take that to heart. When inward change begins, outward and community change becomes possible!

Alexandra Williams is a Strength Coach based in midtown Sacramento she can be reached through her website www.alexandrafwilliams.com

Shaun-Adrian Choflá is a college professor and board member at the Sacramento LGBT Community Center. He can be reached at shaun-adrian@saccenter.org

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Healthy

continued from page 10

and even getting cash from an ATM.

November: Learn to Love Water

If you aren't in the habit of drinking lots of water, consider the benefits: It helps your muscles work better, helps your kidneys flush out toxins and prevents constipation. Get into the habit of keeping a bottle of water at your desk, in your car or in your bag.

December: Just Say No

Keep holiday stress at bay by being thoughtful about how you spend your energy. Choose to participate in only the events and traditions that will be most meaningful to you. And if you need help, feel free to delegate to others.

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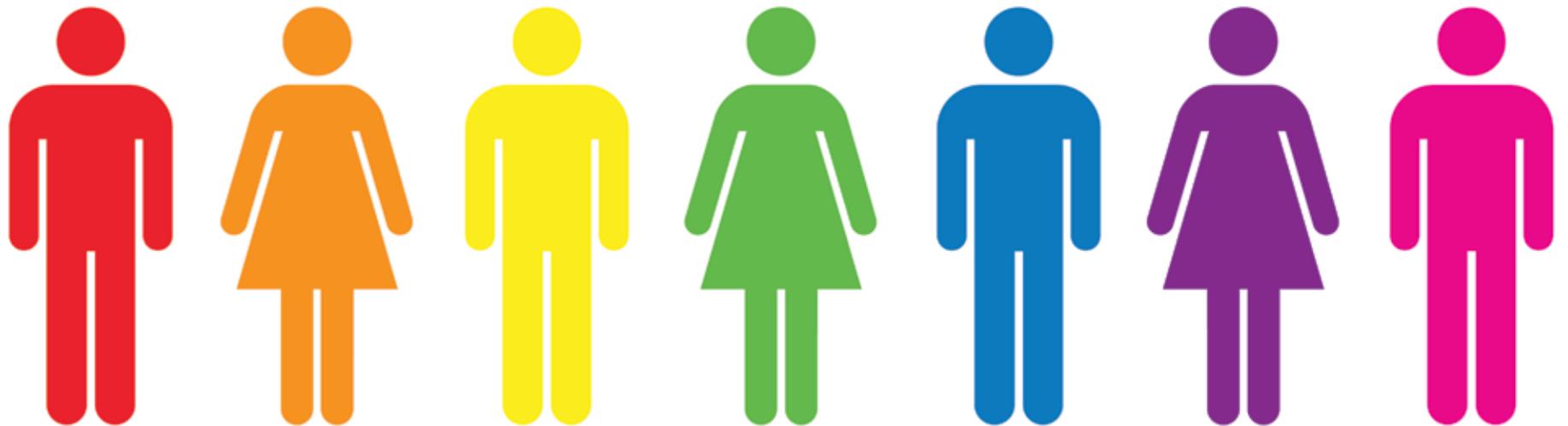
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