

OUTWORLD

Special Issue



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Women & Girls HIV Awareness Day

Sunburst Projects is hosting a Lunch and Learn for Women with Dr. Lisa Capaldini speaking on Women Health and HIV.

Sponsored by Gilead, the event is a commemoration of National Women and Girls HIV Awareness Day and will be held Tuesday, March 10 from noon to 1:30 p.m. at the Old Spaghetti Factory, 1910 J St.

RSVP magali@SunburstProjects.org.

Sign Ups for Spring Season of Sac G&L Tennis

The spring season of the Sacramento G&L Tennis League will begin with sign ups on Tuesday, March 3 and Tuesday, March 10, from 7 until 8:30 p.m. at the McKinley Park tennis courts.

There will also be free play and skills assessment during this time.

Matches begin on March 17 and end on June 10, with an Easter break on April 15 and Memorial Day break on May 27.

Matches will be scheduled from 6 to 8 pm.

For more information, visit sgltennis.org for more information about the league.

Wedding Congratulations

After thirty-six years together, Michael Jon Foft and William John McCrory FINALLY got married on Dec 16th, 2014 in a small simple ceremony. Bill picked the date as that is Beethoven's birthday.

Our witnesses were Bill's sister Jerry Ann Wharton, his nephew Jason Wharton, and our dear friend Robert Koski. Bob formally introduced us those many years ago at the Mercantile Saloon

A grand day was had by all. We're happy and will continue to Have Fun!

Bill and Michael



Coming Out at School Contributes To Well-Being

A timely new study has found that LGBT youth who come out at school report more positive adjustment as young adults and have significantly lower levels of depression with higher levels of self-esteem and life satisfaction.

The study results, released February 9, are compared with LGBT youth who did not disclose or who concealed their sexual orientation or gender identity from others at school, and did not differ based on gender or ethnicity.

The study is published in the current issue of the *American Journal of Orthopsychiatry* and is the first known study to document the benefits of being out during adolescence, despite the victimization that youth may experience because they openly identify as LGBT.

Analyzing data from the Family Acceptance Project's young adult survey, researchers examined experiences related to disclosing LGBT status to others at school, school victimization and young adult psychosocial adjustment among 245 non-Latino white and Latino LGBT young adults, ages 21 to 25.

Researchers also found that the negative effects of school victimization on psychosocial adjustment were due to victimization specifically related to LGBT identity, rather than bullying for other reasons.

As LGBT youth increasingly come out at younger ages and many continue to experience victimization, especially at school, adults have often counseled LGBT adolescents not to disclose their sexual orientation and gender identity in an attempt to protect them from harm.

"Until now, a key question about balancing the need to protect LGBT youth from harm while promoting their well-being has not been addressed: Do the benefits of coming out at school outweigh the increased risk of victimization? Our study points to the positive role of coming out for youth and young adult wellbeing" said lead author, Stephen T. Russell, Ph.D., Distinguished Professor, University of Arizona.

Key Research Findings:

- LGBT students experienced school victimization regardless of whether they attempted to conceal their identity or openly disclosed their LGBT identity. Thus hiding was not successful, on average, in protecting LGBT students from school victimization and bullying.

- LGBT young adults who tried to hide their sexual orientation and gender identity at school reported more victimization and ultimately, higher levels of depression than LGBT students who came out or were open about their LGBT identity at school. Feeling that they had to hide their sexual orientation and gender identity was associated with depression among LGBT young adults.

- Being out about one's LGBT identity at school has strong associations with self-esteem and life satisfaction and with low levels of depression in young adulthood.

For more information, please visit FamilyProject.sfsu.edu.

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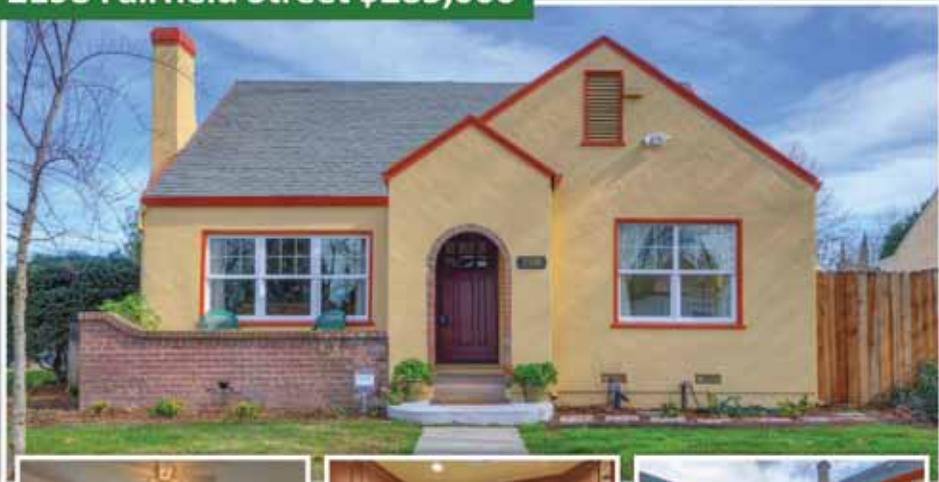
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First Openly Gay Navy Seal To Speak at AMPA National Gala

Brett Jones, the nation's first openly gay U.S. Navy Seal - will be a featured speaker at the 2nd Annual AMPA National Gala on Saturday, May 9th, at the Hyatt Regency on Capitol Hill in Washington, DC.

"Brett Jones is an American hero whose bravery and sacrifice inspires us in our work to advance fairness and equality for our nation's LGBT service members, veterans, and their families," said AMPA President Ashley Broadway-Mack. "His story is no doubt a tremendous help to many young LGBT service members who may be struggling with who they are, and it is a true testament to the strength that diversity brings to our nation's Armed Forces. We are thrilled that he will be speaking at our event honoring our nation's modern military families."

Born into a military family, Jones spent his early life traveling around the world, living in the shadows of the Iron Curtain, the Korean Demilitarized Zone, and the Pyramids of Egypt. He defied great odds to fulfill his dream of becoming a Navy SEAL, and served for almost a decade in the Navy. He served in two harrowing six-month deployments with SEAL Team 8, later becoming a plank owner of SEAL Team 10.

Jones received numerous awards and commendations during his Navy tenure, but was forced out of the closet, becoming the first openly gay Navy SEAL on active duty. After his honorable discharge in 2003, he



Former U.S. Navy Seal Brett Jones

continued his fight in the war against terror as a security contractor.

Jones currently resides in northern Alabama with his husband, former police sergeant Jason White, and their son.

As the biggest event of the year honoring our nation's modern military families, the 2nd Annual AMPA National Gala is expected to draw up to 500 LGBT military couples and allies from across the country. For more information, please visit www.MilitaryPartners.org/Gala.

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Enhanced Farmers Market to Sprout in Midtown

With its uniquely midtown flair - complete with celebrity chef demos, brunches on surrounding balconies, bike-loving culture and tree-lined streets - the Midtown Farmers Market will soon undergo a new season makeover.



The enhancements will debut on Saturday, March 7, and to prepare for the changes, the year-round market will be on hiatus for one week on Saturday, February 28.

The fresh new season will still include fan favorites such as a wide assortment of locally grown seasonal fruits and vegetables, specialty products and gourmet foods from regional farms and small businesses, lively chef demonstrations, entertaining live music and an interactive Edible Tasting Garden on Second Saturdays

"Over the last two years, the popularity of the Midtown Farmers Market has really taken root and it has become a wonderful community gathering place where residents and guests spend time leisurely shopping, strolling and savoring our farm-fresh foods and beverages," said Emily Baime Michaels, Executive Director of the Midtown Business Association.

A few of the refinements to the market include: an even greater focus on local farmer-related edibles; a new vendor layout for better flow designed to encourage a "strolling" atmosphere; more involvement by and engagement with midtown businesses; a "Budding Foodies" kids activity area with food-related arts and crafts and other hands-on activities.

Offered year-round on Saturdays from 8 a.m. to 1 p.m. (rain or shine), the 2015 Midtown Farmers Market is sponsored by Sutter Health, SMUD, Zipcar, Hook & Ladder Manufacturing Co., Common Cider Company, Wines of Lodi (LoCA), New Belgium Brewing and LowBrau Bierhall.

More information about the Midtown Farmers Market is available by calling 916-442-1500 or visiting www.midtownfarmersmarketsac.com.

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Midtown Business Association



Briefly Put

Gay Man Appointed Secretary of Defense Chief of Staff

Eric Fanning, the acting Secretary of the Air Force, will become the chief of staff for newly installed Defense Secretary Ashton Carter, according to the Pentagon. Fanning has been serving as under secretary of the Air Force.

In his post at the Pentagon, Fanning will determine priorities in high-level meetings, confer regularly with the Secretary and spend time on Capitol Hill talking to congressional leaders on defense priorities and issues.

"We are thrilled to see Fanning's appointment because of his experience first and foremost," said American Military Partner Association President Ashley Broadway-Mack. "Knowing that he's an openly gay man in such an important role is a milestone and a sign of how far we've come, especially when only a few years ago LGB service members could not serve openly."

Army Considers Change in Policy on Transgender Soldiers

According to documents obtained by USA Today, and released on February 16, any decision to discharge a transgender service member will soon need to be adjudicated by an Assistant Secretary of the Army, rather than through normal procedures.

"This is a positive indication that the military is now considering a more comprehensive review of transgender inclusion," says American Military Partner Association President Ashley Broadway-Mack. "However, we are still waiting on Secretary Carter and the Department of Defense to call for full inclusion. Our transgender service members will still risk separation until the Department updates outdated policy to permit open and honest service."

House Republicans Will Not "Weigh In" On SCOTUS Marriage Cases

U.S. House Speaker John Boehner (R-OH) told the *Washington Blade* that he does not anticipate that House Republicans will take a position on the marriage cases in front of the U.S. Supreme Court.

"The House Republican leadership's commendable decision not to try to fight against the freedom to marry marks a real step forward from their recent no-holds-barred defense of marriage discrimination the last time we were before the Supreme Court, in 2013," said Evan Wolfson, president of Freedom to Marry.

Noting that a majority of Republicans under 45 support gay people marrying, GOP pollsters have declared the debate over. High profile leaders like Mitch McConnell and others are staying silent on the question, and many prospective GOP candidates who are thinking about running for president are either calling for a big-tent respect for diverse views on marriage (Jeb Bush and Rand Paul) or are acknowledging the issue as "the law of the land" (Scott Walker).

Safe Schools Improvement Act Reintroduced

The Safe Schools Improvement Act (SSIA) was reintroduced in the U.S. Senate On Jan. 29th by Sen. Bob Casey (D-Pa). The bill would require all public K-12 schools to enact fully inclusive anti-bullying policies that have specific protections against bullying and harassment of all students. The bill is co-sponsored by Sen. Mark Kirk, R-Ill.

"This legislation is crucial for the thousands of students, a disproportionate number of whom are LGBT, who face bullying and harassment each year in America's schools," said GLSEN Executive Director, Dr. Eliza Byard. "Research has found that LGBT students who attend schools with enumerated anti-bullying policies experience lower levels of victimization, have lower rates of absenteeism and higher grade point averages, and report that teachers intervene in bullying incidents more than twice as often."

Initiative Launched on LGBT Older Adult Housing Needs

Services and Advocacy for GLBT Elders (SAGE) has launched a comprehensive national initiative to address the LGBT older adult housing crisis, identifying five strategies to expand housing opportunities for LGBT older people, including:

Building LGBT elder housing and sharing SAGE's expertise from such projects; Training existing housing facilities to provide housing in an LGBT-welcoming, non-discriminatory manner; Changing public policies to clear the way for more LGBT elder housing and bar housing discrimination against LGBT older people; Educating LGBT older people in how to look for LGBT-friendly housing and how to exercise their rights; and Expanding LGBT-friendly services available in housing sites across the country.

For more information, visit sageusa.org.

Proposal Made to Place Statue of American Physicist and Astronaut Dr. Sally Ride in National Statuary Hall

California State Senator Ricardo Lara (D-Bell Gardens) has introduced CA Senate Joint Resolution 4 which would urge the U.S. Congress to place a statue of physicist, astronaut, and champion of science Dr. Sally Ride in the Statuary Hall located in the United States Capitol.

Dr. Ride would become the first woman to represent California and the first member of the LGBT community to be placed in the Statuary Hall.

"Dr. Sally Ride is a California native, American hero and stratospheric trailblazer who devoted her life to pushing the limits of space and inspiring young girls to succeed in math and science careers," said Senator Lara.

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A Transgender Story

by JoAnna Michelle Michaels

I recently made my entrance to drag queen bingo, one of my favorite fundraisers. My mood was good, and then someone called me a bitch. I can't tell you how warm and fuzzy that made me feel, since I have waited all my life to be called that.

I looked across the room and there he was, the dynamic and handsome Fred Palmer, my friend and great mover and shaker in the community. We share that greeting because we are friends and it is attached to a story that I tell about the first time I got called a bitch. He loves the story and I love telling it.

It dawned on us as we continued to communicate, that him calling me a bitch was offensive to others, and that they were thinking we were actually fighting. Sometimes we have those relationships that only we know about and others viewing from the outside aren't privy to.

So because Fred called me a bitch, loud enough for the entire bar to hear we had a discussion about the broader topic of, how does a person communicate with a transgender person. It seems to be a question a lot of people have and so here goes my ideas.

Talking with a transgender person

First thing to remember is we all want some respect and it is no different for any transgender person. Terms like tranny, she-male, etc. are offensive to the majority of us.

Second thing is to address us by our name. I introduce myself as JoAnna, so I am not Joe or Jo, just honor my name as I do yours.

Third is one of the most common mistakes and that is misgendering. To call a transgender man her, or she is offensive, or a transgender woman he or him.

Fourth thing is don't ask us what our genitalia looks like, I mean what do you have in mind. My doctors have never asked me that question, they just assume I have some kind of genitalia and that if I have a problem in that area then we will discuss it.

It has been about 10 years since I have transitioned, but I remember how terrified I was about being outed by someone who knew me and misgendered me.

I have had a great transition and people have treated me well throughout my journey from Male to Female. My goal as I transitioned was to just blend in and be able to live my life as the woman that I am and always have been since three.

My knowledge of transgender folks came later in life, as a youngster I thought I was the only one, I was unique and I didn't think I could ever fit in to society.

When did I know

I knew I was female at the early age of three or four, and I knew it because when I dreamed I was always a happy little girl with a smile and always running through a field of flowers with my puppy.

So I tried to fit in to what the family wanted and indeed demanded of me as the first born male. I was redirected anytime I showed these feminine tendencies.

Apparently there is a way to throw a

baseball that is masculine and I was told I threw like a girl. Confusing, I thought as long as the ball got to where it needed to go that was just throwing.

My Dad, I am sure was worried I would be made fun of as I progressed through school and made my way into adulthood.

I didn't run like a boy, I talked with my hands too much and on and on it went, to the point where I realized that I was not acceptable to my family or society unless I conformed.



JoAnna Michelle Michaels

So began my life long struggle to fit in and be the man. I tried to play sports and be good enough to play with my peers. I became a boy scout and learned about camping and the outdoors and did my best to block out any thoughts of JoAnna.

Around 1953 I heard about a GI who came back from Denmark and had transitioned from man to woman and my heart skipped a beat. I thought that I was the only one, and now I knew that there was two of us. Wow could there be more?

I knew I needed to keep myself aware of any one who might be like me and to try and learn how they made it to living authentically.

My life went on with me knowing I was female, and that I had to present myself as a male to be successful and even alive. So I gathered information where I could and lived as Jack and tried to figure out what or how I could reach the goal of living as this woman that I am.

My high school years were a blur. I did scouting and I worked. I had to work to pay high school tuition. So my female life was something that I kept closed to anyone but me.

I was in college and ran out of money. This was an era where the draft was still in force and if you were not in school you got drafted. I knew that I would get greetings soon and so I went and joined the Air Force so I would have some control over what I would do as an airman.

Military a solution?

Basic training was mostly physical and learning the basics of being in the military. I did all the running and push ups and anything else I needed to do to go forward. I was slated to go into electronics but when I went to the career days, I didn't find anything I liked and then....

Survival came calling looking for some people that loved the outdoors and could teach. I decided that was what I wanted to do and so I volunteered to be a Survival Instructor, now called a SERE instructor

My thoughts were that if I could do this very challenging job then I could finally be the man my parents expected me to be. My training was for 6 months and I survived in the arctic, the seashore, the mountains and the desert. I became as tough as tough can be but I learned that no matter what I did I could not change my gender.



Michaels got, at the time his, blood wings after completing Jump School training at Fort Benning Georgia in 1969. He was the only Air Force enlisted in a class of 401.

A doctor has done a study and she has stated that we know our gender at 3 and any attempt by parents to change that gender would result in alcohol abuse, drugs or suicide and that is not what parents want to happen. Support is everything in this journey, and without it we tend to become part of the 41% that try and take our lives.

So I made it through life, got married and and raised a daughter who is very successful. My wife and I still talk but we live separate lives. She as a single female and me as a very single female who are trying to just make a difference.

If we meet someday, just say hello and use my name correctly and show me the respect that I show you. Our lives are journeys with many transitions, mine is just one of them and my story is similar to others, but we all have a unique journey and a story worth hearing about and living.

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Fair Share for Equality Report Released

The Equality California Institute brought together community leaders, healthcare experts, organizations, educators and legislators to spend a day focusing on LGBT health and wellness in Sacramento on January 14, at a briefing called Fair Share for Equality.



Besides learning more about the substantial health disparities LGBT people face (increased rates of poverty, suicide, homelessness, violence, substance abuse, police profiling, etc), the biggest theme to come out of the day was the vital need for data collection, which just isn't happening.

"We need to be counted to ensure that, as a community, we are receiving our fair share

of health and wellness resources which could then be used to address such inequities," said Rick Zbur, EQCAI Executive Director.

Other things discussed during the convening and included in the report are the need for PrEP and PEP to be adequately funded (a theme that was also heard at a recent San Francisco Town Hall), creating culturally competent foster care services and schools, addressing the unique needs of LGBT seniors and reducing LGBT substance abuse.

"We encourage you to read our report and the companion reports," Zbur said in the introduction to the report. "We hope they will provide a better understanding of some of the challenges faced by LGBT youth and seniors and by some of the most marginalized members of the LGBT community."

Findings and recommendations from the first convening of Fair Share for Equality have been released in a report, and are available at www.eqca.org/site/pp.asp?c=kuLRJ9MRKrH&b=9255169

Getting Married Is Just the Beginning of Your Adventure

by Bob Scrivano

Congratulations, you are getting, planning, hoping, or have already married. What a day. So much to do; clothes, guests (even the ones only one of you wants), flowers, swans, the place, rings – you get the idea.

Then the big day comes and everyone is thrilled. Life is wonderful. We will be together forever! Then an interesting thing happens, it all comes true. You are together forever. You do grow old together and have a new reality.

In 25 years of helping folks plan for a life together I have never had any of them tell me that planning to grow old together happened. What happened was they awakened one morning and discovered that the person they have been with for 20, 30 or 40 years had over time become frail.

A new certainty had set in, one that was inevitable, we will all grow old and hopefully with the one we love.

I am suggesting then, that from the very beginning, along with picking out furniture, plants, drapes, a home, a car and all of the other thousands of necessities of living, you have a discussion about your life as it changes.

How will you take care of each

other? What does taking care of someone really mean? Will we have the finances to grow old together? What documents should we have? Will our families help? Who will take care of me and how will I pay for care?

Have this discussion early, as sadly to say, having it later on may not be a possibility. Care homes are full of people who never had this discussion.

I know this is not a popular topic. I know some are saying, what a downer. I have heard it all. I have also heard, why did we wait so long? If only we had known? We never thought this would happen to us?

Have a glorious day. Make it wonderful, happy, joyful. Make it your dream. Then take some time in the next few weeks or months to have a talk about tomorrow and your lives as you grow old.

It will encourage both of you, and I am always ready to help you get it started.

Bob Scrivano, bob@assetsandaging.com, can be heard every Sunday on KFBK 1530AM, from 7 to 8 a.m.

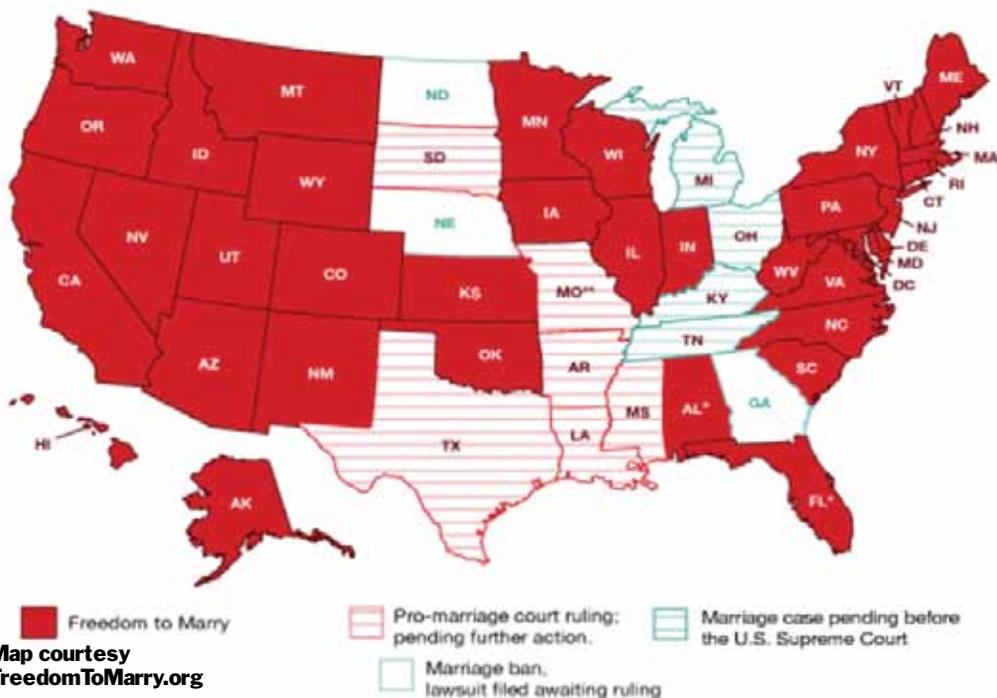
Supermajority of Americans Now Support Freedom to Marry as Constitutional Right

The highest percentage ever of Americans – a 63 percent supermajority – now back the freedom to marry as a constitutional right for gay couples, according to the latest CNN/ORC poll.

This is up 14 percentage points from 2010, with significant increases by both Republicans and Democrats.

“The American people are now as clear as the

Constitution itself: it's time for the freedom to marry for all, leaving no one behind,” said Evan Wolfson, president of Freedom to Marry. “As same-sex couples can now marry in nearly



three-fourths of the states, we've seen no pushback, no resistance, but rather, continued growing and widening support.”

A national ruling on whether gay couples share in the constitutional right to marry is expected by the end of June. In Freedom to Marry's multi-year strategic campaign, one of the benchmarks was hitting 60 percent support in the polls.

In an upgrade to the map below, the first same-sex couple were married in Texas, on Feb. 19, when Suzanne Bryant and Sarah Goodfriend became the first same-sex couple to legally marry in Texas. They received their marriage license from Travis County Clerk Dana DeBeauvoir in Austin, accompanied by their two daughters. The news follows an order on Tuesday from State Judge Guy Herman in which he struck down Texas' ban on marriage between same-sex couples.

A marriage case out of Texas is currently awaiting a ruling from the 5th Circuit Court of Appeals along with cases out of Louisiana and Mississippi.

“The American people's recognition that not only is the freedom to marry right for all couples, but it is a constitutional right that should not be denied to gay people, should give comfort to the Supreme Court: America is ready for the freedom to marry,” said Wolfson. “Americans would embrace the Supreme Court's affirming the freedom to marry for gay couples under the Constitution.”

For more information, and seemingly minute by minute updates, visit FreedomToMarry.org



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WEAVE Joins LGBT Wedding Expo in Celebrating Healthy Relationships

Among the caterers, bridal boutiques, hotels, restaurants, bakeries, florists and photographers featured at the 3rd Annual Sacramento LGBT Wedding Expo will be a booth that might at first glance seem out of place.

WEAVE Inc., the primary provider of crisis intervention services for survivors of domestic violence and sexual assault in Sacramento County, will be part of this year's LGBT Wedding Expo, which be from 5:30 to 8:30 p.m., Tuesday, March 3, at Red Lion Woodlake Hotel, 500 Leisure Lane in Sacramento. Admission is free.

The collaboration is not as surprising as it may seem: Domestic violence transcends all cultures and is not limited to heterosexual relationships. In fact, how to handle domestic violence incidents in which both parties are of the same gender is part of the cultural competency training provided to law enforcement officials. But that's not why WEAVE is participating in the 2015 Expo, says WEAVE Executive Director Beth Hassett. "Everyone deserves to have the same rights and opportunities to marry or to be happy in a partnership," Hassett says. "There are all types of relationships, and all types of ideas about what constitutes a healthy relationship. We offer our services without judgment, and in our referrals for outside services, we expect each individual to be treated with respect regardless of his or her gender identity or sexual orientation. Everyone gets a response that is unique to his or her situation."

WEAVE's involvement in the Wedding Expo is also a way of recognizing and celebrating the LGBT community's support for WEAVE, Hassett continued. "If the LGBT community is throwing a party, we are going to be there," she said.

LGBT Wedding Expo co-founder Fred Palmer served for six years on WEAVE's board of directors and is a prolific fundraiser for WEAVE, enlisting many members of the LGBT community to walk in the organization's successful annual "Walk A

Mile in Her Shoes" fundraising event. "We know that domestic violence does not discriminate; it is an equal opportunity crime," Palmer says. "But in many communities, it is difficult or even impossible for individuals in a same-sex relationship to find appropriate, respectful, supportive services. Here in Sacramento we are very fortunate to be served by an agency, WEAVE, that is committed to helping everyone who needs help, whether they are gay or straight."

An increase in the number of same-sex marriage in California is likely to have benefited WEAVE and organizations like it financially. From June through October 2008, when a federal district court ruling legalized same-sex marriage in California prior to the November passage of Proposition 8, the surge in same-sex weddings resulted in a brief surge in revenues, Hassett said. That's because XX% of the cost of every California marriage license goes to fund shelter-based domestic violence agencies like WEAVE.

But money is not what motivates WEAVE to be part of Sacramento LGBT Wedding Expo 2015, Hassett said. In addition to helping victims of domestic violence and sexual assault, a key part of the organization's mission is outreach and education aimed at area high school and college students. Its youth-led My Strength Clubs help youth create a voice to challenge gender stereotypes and counter destructive cultural attitudes toward abuse. "We want to be sure we are reaching all communities with the message that healthy relationships are as diverse and unique as our communities," Hassett said.

SacLGBTWeddingExpo.com for more information.



One of the highlights of the LGBT Wedding Expo is the fashion show, where both men and women get to show of the latest designs in bridal gowns and formal wear.

Getting Married? Don't Forget About Insurance! (How Romantic Is That?)

by Stephanie Slagel

Weddings, like most things in life, aren't complete until the paperwork is done. There's the license, caterers and photographers contracts, florists, – well, the list goes on and on. One important thing not to forget though is to update your insurance policies.

Yes, not the most romantic subject, but important nonetheless. As you start the planning for your special day, don't forget to talk to your partner about your insurance needs.

Getting married can absolutely have an impact on your insurance coverage, both good and not so good.

Here are some tips for those of you that are about to say "I do":

1) Before combining your auto insurance,

have a frank discussion about your individual driving records. Combining policies is a great way to take advantage of discounts, but if one spouse has a questionable driving record, it can have an undesirable effect on the other spouse's coverage.

2) Take time to update your homeowner's/renter's insurance limits to make sure your soon-to-be spouse's items are covered. Also, there are limits on many types of items –

fine china, wedding rings, antiques, family heirlooms. While your renters and homeowners policies do have some coverage for these items, depending on their value, the coverage may not be adequate.

3) Create a home inventory to prepare yourself for the unexpected – a simple video going from room to room is good enough to capture what you need to. There are many free inventory "apps" that can assist with this.

4) Take into account your combined earning potential and net worth. If you are sued, what assets do you have at risk? It's a good idea to revisit your liability coverage now that it's not just "you" anymore.

5) Revisit your life insurance needs. "I" now means "we" and it's important to help secure your family's future. Include future income potential, cost of raising children and any large outstanding debt/mortgage payments in your discussion. Also – update your beneficiary information on any existing life and retirement accounts. You don't want any surprises for your new spouse in the unfortunate event that something happens to you.

Stephanie Slagel is a local State Farm agent specializing in helping her clients protect what's important to them. She can be reached at 916-485-4444 or www.stephanieslagel.com.

Why Equality Matters in Same-Sex Relationships

If you are in a committed relationship, or want to be, it's not unusual to wonder if it will last. If you can't seem to make that perfect connection, you may ask yourself what you're doing wrong. How you relate to your partner may be a clue.

If you are the type of person to go from one romantic hook up to the next, finding a partner who will rescue you from what you may think is a road to nowhere may seem impossible.

To help us decipher some of the science behind romance, lust and love, we thought to ask Charlotte Markey, a professor of psychology at Rutgers University-Camden who recently studied the relationships of gay and lesbian couples, to help us understand which relationships seem to work, why others don't and how to look at your partner in a realistic light.

Her discovery: Lesbian women who find their partners too controlling and gay men whose significant others have personality traits that swing too far to one extreme might want to reconsider sticking around for the long-term.

"We found that women with partners who are domineering overwhelmingly report low satisfaction in their relationships," she says. "Women value equality and don't want to be bossed around. This finding suggests that over time assertiveness doesn't wear very well with women."

For men, the study found that any

extremes in their partners' personalities – whether they were overly passive or domineering, for example – led to discord in the relationship.

In both men and women, individuals who were distrustful and ambivalent to the happiness of others tended to report low levels of relationship quality.

These findings may suggest associations between relationship satisfaction and how individuals interacted socially.

"For example, it may be that if you're more interpersonally awkward, you exhibit negative qualities that cause others to not like you as much, which means you have less positive relationships," Markey says. "This may become a cycle: Socially awkward people have bad relationships, which devolve into worse relationships."

So, what should you do if you think you're at risk of finding yourself in bad relationship after bad relationship? Markey suggests that you spend some time working on yourself before jumping into the next relationship. Working with a therapist may have long-term benefits for both you and your future significant other.

Also, be cognizant of your partner's traits

and don't dismiss them as behaviors that can be changed. "If your partner is domineering now, they likely will be that way 10 years from now," Markey says.

The study – which Markey co-authored with Patrick Markey (Villanova University),

Christopher Nave and Kristin August (both at Rutgers-Camden) – surveyed 72 gay couples and 72 lesbian couples to explore how partners' compatibility affected the quality of their relationships.

PETCO Sends Puppy Love to Front Street Animal Shelter



Sacramento's Front Street Animal Shelter was awarded a Lifesaving Grant from the Petco Foundation to support continued community outreach and adoption events in the Sacramento area. The grant will provide funding for transportation, staff, supplies and associated costs of preparing more than 500 animals for adoption, inclusive of surgeries, microchips, vaccinations and ID tags. You can help also, visit www.sacpetsearch.com

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Barefoot Winery Ambassador Celebrates 25 Years

This year marks the 25th anniversary of Randy Arnold joining Barefoot Winery as its Ambassador, a position that has taken him across the country sharing with the public his passion for making wine fun.

Randy was born in Sonoma County and grew up in the idyllic surroundings of his family's orchards and vineyards in the Sebastopol area. His wine grape growing experience began at the "ground level" – helping plant grapevines in his family's vineyards.

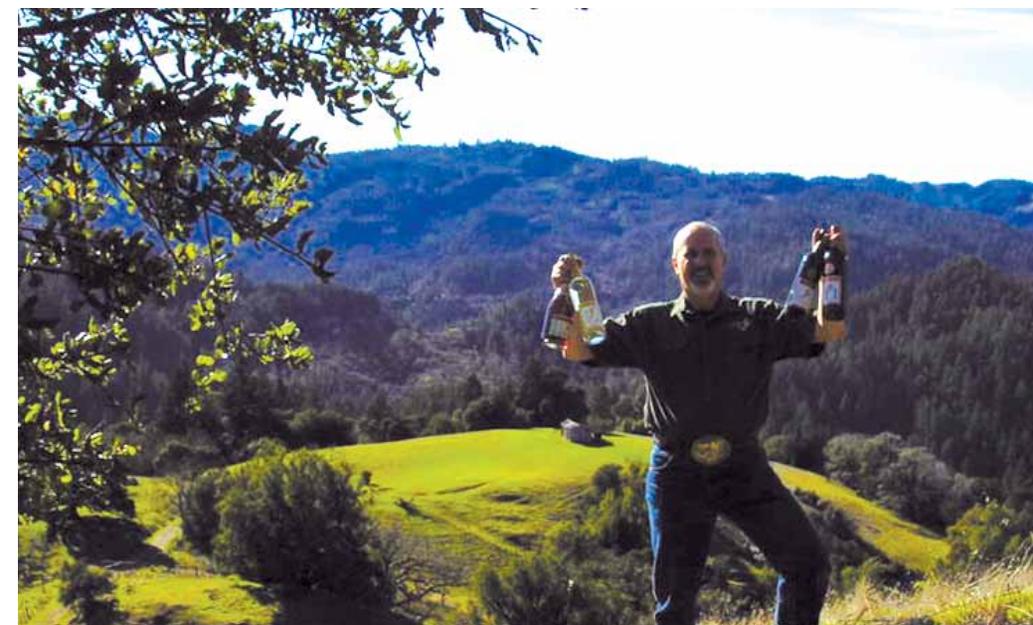
He followed that up with a degree in Wine Marketing, and learned first-hand about the wine industry by working for numerous vineyards, wineries and distributors throughout Northern California.

Prior to his arrival at Barefoot, the Winery founders, Michael Houlihan and

their own heart, just as he has done since 1990.

When not working, Randy likes nothing better than spending time with his husband, Greg, at the Wildwood Retreat Center. Randy and Greg were married during the "window of opportunity" in 2008, and they make their home in Oakland.

Their wedding reception was a benefit for the Wildwood Foundation. Located on a mountaintop in Western Sonoma County, the Wildwood Retreat Center is Randy's favorite place in the world. The amazing retreat center specializes in yoga, massage and grief



Randy Arnold at the Wildwood Retreat Center.

Bonnie Harvey, would spread the word about Barefoot by donating wine to events organized by local non-profits, many of them LGBT. They liked to call this "worthy cause marketing."

Randy set about expanding this marvelous idea, and over two decades later, he – with Barefoot Winery's support – has assisted over 200 non-profits and has also personally attended and poured at more than 1,200 non-profit benefits, acquiring, as he likes to joke "carpal pouring elbow."

One of the first "out" sale managers in the wine business, Randy has been central to Barefoot Winery's long-standing support of the LGBT community and has developed key relationships for Barefoot with a wide assortment of non-profits supporting the LGBT community, including many in the Sacramento area. Today the Barefoot Winery sponsors hundreds of Gay Prides all over the world, embodying his and Barefoot's aim to "make the world a better place through wine."

In addition to his duties as Barefoot's Ambassador, Randy trains the next generation of Barefoot representatives in the unique Barefoot culture, encouraging all new Barefoot representatives to choose non-profits and causes that are close to

healing for those that have lost loved ones.

Randy started a memorial grove to help people process their grief and to create remembrance, and in the grove, among several hundred redwoods, lie the memorial stones for loved ones. He loves to sit on a bench in the grove watching the redwoods grow, and since a Coast Redwood can live to be 2,000 years old, he calls it long-term planning!

"I feel very fortunate to be a part of a very successful winery that does so much good in the world," he says.

He looks forward to introducing you to new Barefoot wines and bubbies, and though he has no formal training in the kitchen he hopes to continue doing his chef demos across the country. As he likes to say, "just because you're not an expert doesn't mean you can't have fun too!"

There will be a 25th Anniversary Celebration for Randy on April 1st, from 5 to 7 p.m. at the San Francisco LGBT Center. It is a free community event, and everyone is invited. There will be a silent auction to benefit the Center, which is most fitting, because Randy's life is centered on raising funds for great community non-profits.

For more information, visit BarefootWine.com.

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Entertainment

50 Shades of Shite – Skip the Film, Buy the Soundtrack *by Chris Narloch*

Those wacky straight folks are at it again. Taking something that the gay community long ago appropriated and perfected – namely, bondage – and turning it into watered down, Walmart “whitebread.”

I tried to read the first *Fifty Shades of Grey* novel. I really did. But after the umpteenth time the heroine bit her lip and turned crimson, I just couldn't take it anymore.

I did however sit through the entire movie, professional film critic that I am, and, well, the best

James, did not see eye to eye on the vision for the film.)

The character of Christian Grey is a total caricature, and no actor alive, not even the very handsome Jamie Dornan, could successfully pull off a line like, “I don't make love. I fuck – hard.”

But if the *Fifty Shades* books and

Even the soundtrack for *Fifty Shades* is sexier than the *Fifty Shades* movie. Featuring 16 mostly terrific tracks, the CD includes two cuts each by Beyonce, Danny Elfman, and The Weeknd. Not too shabby.

Queen Bee's two ridiculously good remixes (“Haunted” and



Jamie Dornan and Dakota Johnson in a scene from *Fifty Shades of Grey*

thing I can say is that the film has a dynamite soundtrack.

It also has a promising lead actress in Dakota Johnson (the daughter of Melanie Griffith and Don Johnson), who is actually quite good in the role of Anastasia, the virginal hardware store employee who falls for a wealthy older man with a taste for kink.

Fifty Shades is basically a Cinderella story with Prince Charming tricked out for the 21st Century in bondage and “baggage.” (Instead of a castle and a kingdom, Christian Grey has a helicopter and a big cock.)

He also has a dark back-story that I won't spoil here, for those two or three of you who don't already know the plot.

The bondage (at least in the first movie) is very tame but just naughty enough to turn *Fifty Shades of Grey* in to a bona-fide phenomenon for straight women.

It's cool that the producers hired a woman to direct the movie, and Sam Taylor-Johnson gives it her best shot. You can tell that she tried to make a serious film.

Unfortunately, when the source material is this junky and clichéd there is only so much a director can do. (It's also been widely reported that Taylor-Johnson and the author of the books, E. L.

movies get Americans talking about sex, and they spice things up in the bedroom as a result, who am I to scoff?

Straight women have seen their sexuality largely ignored by Hollywood for decades, so when movies like *Magic Mike* and *Fifty Shades of Grey* perform well at the box office, maybe the movie industry will make more (and hopefully better) films aimed at women.

Meanwhile, if you're gay and adventurous you should forget about *Fifty Shades* and instead check out the eye-popping documentary *Kink*.

Directed by Christina Voros, the acclaimed doc made its DVD debut on Feb. 10, courtesy of Dark Sky Films.

Produced by James Franco, *Kink* is everything that *Fifty Shades of Grey* is not. This is a no holds barred look at the leading BDSM website.

Voros and Franco go behind the scenes at the San Francisco studios of Kink.com and introduce us to the people who work in front of and behind the camera.

Ropes, belts, pneumatic devices and clothespins are put to imaginative and startling uses in *Kink*, a fascinating peek at a fetish empire devoted to sexual extremes.

“Crazy In Love”) are alone worth the price of the disc, and “Earned It” by The Weeknd is one of the sultriest songs on the soundtrack.

The two classy Danny Elfman selections are part of the instrumental score for the film, but the rest of the CD is non-instrumental and surprisingly good.

Annie Lennox scores a touchdown with the first track, “I Put A Spell On You,” one of the best cuts on her great recent solo CD. (If you saw the Grammy's this year, you know that Lennox stole the entire show with her spectacular live performance of the song.)

Ellie Goulding already has a hit with the catchy “Love Me Like You Do,” and there are also haunting songs about lust and longing on this appropriately female-centric soundtrack from Skylar Grey, Vaults, Laura Welsh, Jessie Ware, and Sia.

I wasn't wild about AWOLNATION's eerie but sexless remake of Bruce Springsteen's “I'm On Fire,” but the producers throw in a couple “oldies” by The Rolling Stones (“Beast Of Burden”) and Frank Sinatra (“Witchcraft”) that are going to expose younger listeners to the joys of classic rock and pop.

Skip the movie. Buy the soundtrack.

Celebration Arts Celebrates Black History Every Month

by Chris Narloch

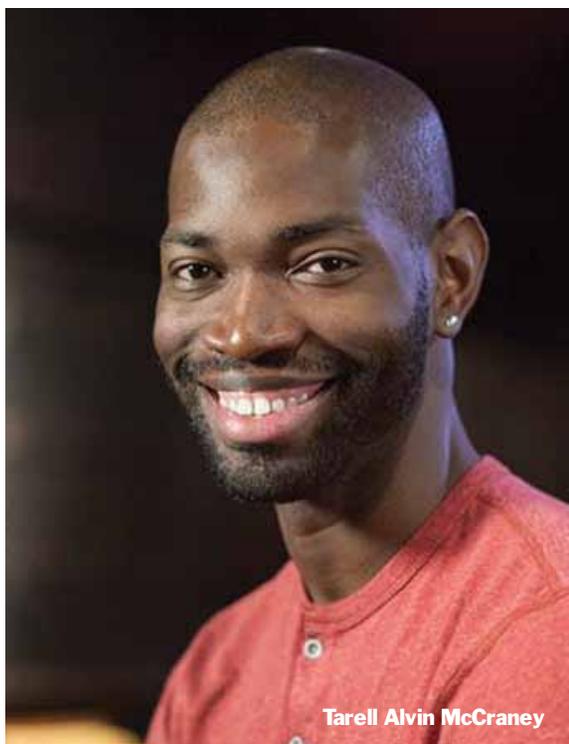
They celebrate black history every month (and have for years) over at Celebration Arts, the excellent Sacramento theatre that specializes in plays by and/or about African-Americans.

Currently, director James Wheatley and company are presenting *In the Red and Brown Water*, a work by Tarell Alvin McCraney, a gay, black playwright who is one of the hottest talents in the theater today.

Just as soon as I put this issue to bed, I will be beating a path to Celebration Arts to check out this intriguing-sounding play, which is steeped in mythology and legends that have West African influences.

Partially inspired by *Yerma*, Federico Garcia Lorca's masterpiece about a woman who yearns for fertility, McCraney's play centers on Oya, a former track star who wants desperately to conceive a child.

In the Red and Brown Water plays through March 14 at Celebration Arts, on D Street in Sacramento. Please visit www.celebrationarts.net.



Tarell Alvin McCraney

Sweeney Todd & The Lyons Darken Local Stages

by Chris Narloch

It's just a matter of personal preference, but I have always had a taste for entertainment that bends toward the darker side of the spectrum. (In other words, I'd choose to see *Rocky Horror* any day over *The Sound of Music*.)

So I am happy that the fine folks at Resurrection Theatre in Sacramento and at Davis Musical Theatre have seen fit to produce two excellent works this month that should darken local stages in the best possible way.

Sweeney Todd

Sweeney Todd is Stephen Sondheim's chilling, heart-pounding masterpiece of murderous "barber-ism" and culinary crime.



John Haine as Sweeney Todd,

The musical tells the infamous tale of the unjustly exiled barber who returns to 19th century London seeking revenge against the lecherous judge who framed him.

Featuring a lush, complex musical score, with clever and memorable songs such as

"The Worst Pies in London," "Johanna," "Not While I'm Around," "City on Fire" and "Pretty Women," *Sweeney Todd* is a show – and a man – you won't soon forget.

Davis Musical Theatre Company will present *Sweeney Todd*, directed by Steve Isaacson, with musical direction by Isaacson and Jonathan Rothman, Feb. 27-Mar. 22. Visit www.dmtc.org.

The Lyons

This savage comedy by Nicky Silver had a highly acclaimed run in New York City recently that featured an award-worthy performance by Linda Lavin.

The Sacramento production will be presented by Resurrection Theatre and will be directed by Kellie Yvonne Raines.

When Ben Lyon's wife, Rita, and their grown children gather to say goodbye to the dying patriarch, they learn that despite being a family, each of them is utterly isolated.

Afraid of emotional intimacy and also of being alone, their father's death may be the catalyst that finally propels them into foreign territory: human connection.

The Lyons plays Feb. 27-Mar. 21 at Resurrection Theatre on 25th Street in Sacramento. Go to www.resurrectiontheatre.com.

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Entertainment

***The Color Purple* with Jennifer Holliday in Oakland Plus Disney's New Musical *Newsies* in San Francisco**

by Chris Narloch

Put some gas in the car and get ready to drive over to the Bay Area. Two not-to-be-missed musicals are playing there this March, *Newsies* and *The Color Purple*.

Newsies

If you appreciate thrilling choreography and athletic dancing and gymnastics performed by handsome young men, then I suggest you head over to San Francisco's Orpheum Theatre before March 15, when this high-energy musical ends its run there.

Newsies is a family-friendly show based on a Disney movie musical from 1992 that starred Christian Bale, Robert Duvall, and Ann-Margret.

Both versions are based on an actual historical event from New York City history in which the paperboys went on strike to protest their exploitation by some of the most powerful men in the city, including Joseph Pulitzer.

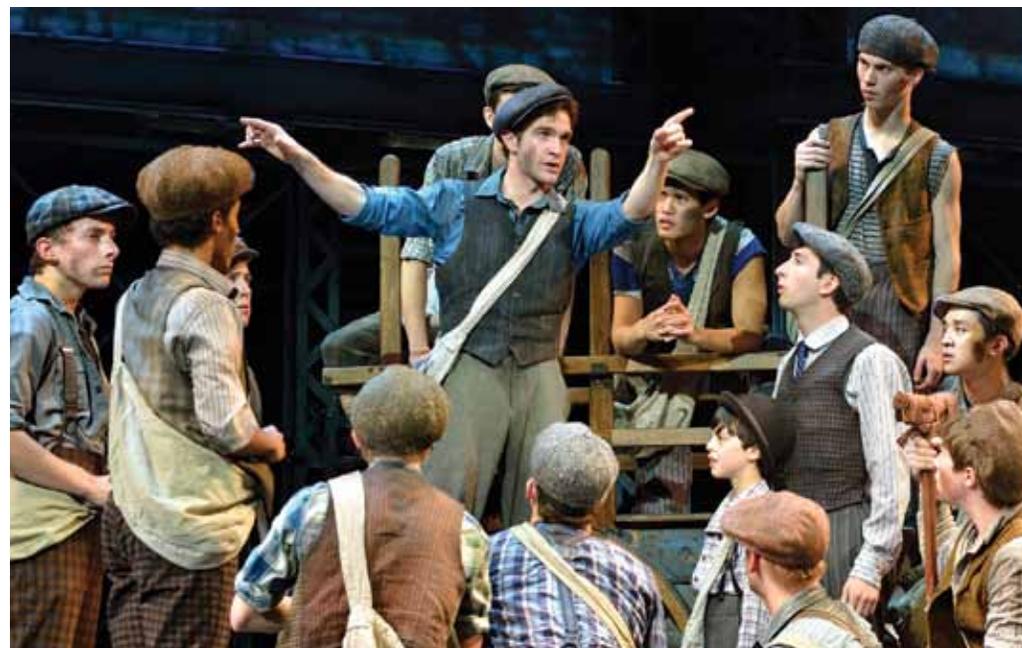
The kids who delivered the papers ended up on the front page and became heroes in the process, fighting for better working conditions – an uplifting Disney-ready story if ever there was one.

Although it frequently feels as if liberties have been taken with this “true” story, *Newsies* on stage is a rousing theatrical experience, thanks to fine direction by Jeff Calhoun and choreography by Christopher Gattelli that is nothing short of superb.

“So You Think You Can Dance” has nothing on the young men in this show, who dance as if their lives depended on it.

The singing is also strong throughout, and the musical's score contains some sweetly satisfying songs, especially “Santa Fe” and “King of New York.”

Visit www.shnsf.com.



Dan DeLuca (Jack Kelly) (center) and the original North American Tour company of *Newsies*. ©Disney. Photo by Deen Van Meer.

The Color Purple

For one weekend only, Oakland's stunning Paramount Theatre will present the musical *The Color Purple*, starring Grammy-winning singer and actress Jennifer Holliday, the original Effie from Broadway's “Dreamgirls.”

Long before Jennifer Hudson laid claim to “And I Am Telling You, I'm Not Going,” Jennifer Holliday made that song her own and won a Tony for her volcanic performance in “Dreamgirls.”

Now, Holliday will take on a starring role in *The Color Purple*, the hit Broadway musical version of Alice Walker's Pulitzer Prize-winning novel.

How can you go wrong with a historic musical at a historic theater starring a historic Broadway talent?

The Color Purple will play three performances only, March 13-14, at the Paramount. Visit www.ticketmaster.com.

Breaking the Code Reveals the Secrets of Alan Turing



Breaking The Code is the gripping biographical drama about homosexual scientist Alan Turing, the eccentric genius who fought on two fronts, and was convicted of the criminal act of homosexuality and sentenced to undergo hormone treatments which left him physically and mentally debilitated. March 4 - 21 at Theatre Rhinoceros in SF www.TheRhino.org. Photo by David Wilson.

Lesbian Romantic Short Film Moves To Feature Length



Principal photography has been completed for a feature length version of the award winning short film *AWOL*, the story of an 18 year-old who plans to go AWOL days before deployment to Afghanistan to be with her older girlfriend and her family. The 2015 release date has not yet been set, visit www.facebook.com/AWOL.movie

Celtic Thunder Rolls into Stockton's Gallo Center



Glee star Damian McGinty will be back performing as a guest artist with Celtic Thunder guys Colm Keegan, Keith Harkin, Ryan Kelly, Emmett O'Hanlon and Neil Byrne in the *Very Best of Celtic Thunder Tour*, backed by the amazing Celtic Thunder Band delivering the best of their much loved ensemble numbers on March 4. Tickets available at www.galloarts.org.

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Sexy Singer Shares His *Lush Life* at SF's Society Cabaret

Musical theatre people know him as Angelo D'Agostino. Dance music fans might just call him Angelo, but either way, Angelo is a talent to be noticed.



as an artist.

For someone with such diverse musical styles as dance and traditional standards, Angelo has mastered and mixed them together a bit.

His cabaret show will not feature any dance tracks, but he promises to mix in some acoustic original songs with popular standards that have become mainstays in his musical journey: "Cry Me a River" and "What'll I Do" to name a few.

His return to San Francisco is especially exciting to Angelo as the founder of Society Cabaret and his musical accompanist G. Scott Lacy is a personal friend, so their friendship will definitely be a night of blendship, as the two collaborate on making this appearance one not to forget.

Angelo loves his time in San Francisco. Not only only to walk around North Beach or the Castro, but he does some of his best songwriting here.

He also hopes to come back with new material. "Nothing set in stone," he says, "but hopefully I'll have some new music releasing over the summer and I'll be able to come back!" He also says he's eyeing Sacramento as a destination in the future.

But if you can't wait, you can certainly catch him in San Francisco Feb. 28. To get tickets go to tinyurl.com/mn3nylp or www.societycabaret.com.

Check out his music and artistry at www.ihearangelo.com.

Sure he's got model good looks, but don't judge this book by his cover. He has become a sensation in New York with not only fans of cabaret but with dance music.

His *Lush Life* cabaret show will take place in San Francisco Saturday, Feb. 28 at the beautiful Society Cabaret.

"I'm pretty excited," Angelo says, "with this being my third time appearing in San Francisco."

His cabaret show, which he's done for about a decade, has grown and changed as he's developed

Behind Closed Drawers – Exposing Anal Cancer

by National LGBT Cancer Network

When thinking about cancer, many people react with fear, confusion, sadness, and anger. Anal cancer can provoke all of these thoughts, along with additional feelings of embarrassment, uneasiness and a sense of stigma.



As a result, the conversation about anal cancer is hidden in a place where the sun doesn't shine. Now, it's time to shed our anxieties (and our pants) to face anal cancer head on.

Tackling anal cancer is a natural fit for The National LGBT Cancer Network: while the incidence is relatively rare in the general population (about one in 500) it is up to 34x more prevalent in men who have sex with men, and increasing annually.

While there is little confirmed data on transgender people, it is highly likely that those who engage in anal sex with men are also at a much greater risk for the disease.

The majority of anal cancer cases are caused by the human papilloma virus (HPV), which can be transmitted through both protected and unprotected anal intercourse and skin-to-skin contact, including manual stimulation

HIV-positive men and transgender people with a history of anal intercourse are at the greatest risk for developing anal cancer; risk factors also include being a transplant recipient, a weakened immune system, smoking and age

A growing number of physicians and health activists recommend that all men and

transgender people who have anal sex with men, especially those who are HIV+, be screened every one to three years depending on their immunological well-being and CD4 count. They suggest that HIV negative individuals be screened every three years.

This work is important, because most people know little about anal cancer, have never been screened for it, and don't know that screening tests exist.

You can help us change that! The National LGBT Cancer Network in partnership with Tusk and Dagger is launching a campaign to raise awareness about anal cancer and create a directory of free/low cost LGBT-friendly anal cancer screening facilities across the country.

They invite you to show your support by donating at bit.ly/BehindClosedDrawers or texting "UNDIES" to 41444. They then ask you to help spread the word by posting a photo of your underwear on social media and tagging it with #BehindClosedDrawers, and hope to use the photos to add a touch of levity to a subject that is difficult to talk about.

For more information, visit www.cancer-network.org.

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Get ready for this 1920s-era feel-good musical, complete with extravagant dance numbers, glittering costumes and an unlikely love story between a wealthy playboy and a rough and tumble lady bootlegger. Coming to Harris Center for the Arts March 6 - 8. www.NiceWorkOnTour.com and www.HarrisCenter.net.

New Cocktail Recipes Give Whiskey an Added Twist

More and more people are discovering there are plenty of ways to drink the distilled spirit than just straight on the rocks, and drink mixologists enjoy finding more and more ways to complement the whiskey flavor with a plethora of other ingredients, whether its syrups, fruit juices, vermouth or even tea.

"People are drinking less wine and more whiskey, and women have become more inclined to give whiskey a try," says Steven Earles, whose Portland-based Eastside Distilling (www.EastsideDistilling.com) has already experimented with a variety of flavors in its drinks, such as Cherry Bomb Whiskey and Oregon Marionberry Whiskey.

Perhaps the classic whiskey cocktail is the Old-Fashioned, around since the late 19th Century. But for those looking to add even more variety to their whiskey and bourbon selections, Eastside Distilling offers these cocktail recipes:

Earl's Demise Punch

- 25 oz. Cherry Bomb Whiskey (one 750ML bottle)
- 12.5 oz. Burnside Bourbon
- 75 oz. Smith Teamaker Earl Grey Tea (chilled)
- 25 oz. Orange juice
- 25 oz. Simple syrup
- 12.5 oz. Sweet vermouth
- 5 tablespoons Peychaud's Bitters

Mix all the ingredients in a large punch bowl, then add ice or ice ring. Serve in small punch glasses. The mixture serves 10-12 people.

The Sideburn

- 1 1/2 oz. Burnside Whiskey
- 3/4 oz. Aperol
- 1/2 oz. Solerno Blood Orange Liqueur
- 1 oz. Fresh lemon juice
- 1/2 oz. lavender simple syrup
- 13 oz. Old Fashioned glass over ice

Fill a 14 oz. rocks glass with ice, add all the other ingredients and stir.

Eastside Civil War

- 1 1/2 oz. Burnside Bourbon
- 1/2 oz. Cocchi Torino Sweet Vermouth
- 1/2 oz. Cynar
- 2 dashes Fee Brothers Old Fashion Bitters
- Amarena cherry

Add all the ingredients, except the cherry, to a 16 oz. mixing glass (pint glass). Fill to within 1 inch of the top with ice. Stir until chilled and strain into a martini glass. Garnish with an Amarena cherry.

Marionberry Beret

- 1.5 oz. Marionberry Whiskey
- .5 oz. Dry Curacao
- 2 oz. Fresh Grapefruit juice

Served on the rocks
Fill glass with ice, add Burnside Bourbon and recipe ingredients. About Steven Earles
Steven Earles is the CEO of Portland-based Eastside Distilling, (www.EastsideDistilling.com), a producer of handcrafted spirits created from local ingredients and focused in small batches to ensure unparalleled quality.



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Ready to Take Your Fitness Goals to the Next Level?

If you love cooking healthy meals, but need a little “food-inspiration,” this recipe for Tender Asian-Marinated Flank Steak should fill your Cave-Man within with all the protein and great taste you need to get stronger, improve performance and recover from tough training.

The recipe comes from Paleo expert and author Stephanie Gaudreau’s *The Performance Paleo Cookbook*, and is her super-booster recipe for an ultra-tender beef dish with flavors of ginger, garlic and green onion.

Flank steak is a really special piece of meat and when prepared well, it’s melt-in-your-mouth tender. Because it can be somewhat tough, there are some tricks to use to make it more delicate, like marinating it for several hours to break down the tough fibers, cooking it at really high heat to sear it and lock in the juices and slicing it against the grain.

Set it up to go the night before or in the morning before you leave for work, and all you’ll have to do is cook it when you get home. Serve it on top of a tossed green salad with some avocado for a nourishing, complete meal. Serves two:

- 1 lb flank steak
- 2 garlic cloves, peeled and smashed
- 1” (2.5 cm) piece ginger, peeled and sliced into thin coins

3 green onions, white and light green parts, roughly chopped

- ¼ cup coconut aminos
- 2 tbsp lime juice
- 2 tsp dark sesame oil
- 1 tsp fish sauce
- 1 tbsp coconut oil

Combine all the ingredients except for the coconut oil in a plastic zip-top bag or a medium bowl. Cover and refrigerate for at least two hours. Longer is definitely better, up to 24 hours. Remove the meat and pat it dry. Discard the marinade.

Heat a skillet to medium-high heat and add the coconut oil. When it shimmers, add the steak, and sear for three minutes until a golden brown crust has formed. Flip the steak and sear the other side for three minutes. Then turn the heat down to medium-low and cook until it’s to your preference, about four more minutes for medium.

Let rest on a cutting board for at least five minutes before slicing. Cut into thin

strips, against the grain (muscle fibers). It’ll be really tender that way.

Instead of pan-searing the steak, you can also grill it.

Stephanie Gaudreau is the founder of the food and fitness website

stupideasypaleo.com. She is a competitive athlete and “clean-eating zealot.” This recipe is from *The Performance Paleo Cookbook*, Page Street Publishing / January 2015.



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Embrace These Five Steps for a Healthier Heart

February is American Heart Month, and despite decades of medical research and public campaigns to ease the problem, heart disease is still the No. 1 killer in the United States and throughout the Western world.

One of the problems driving heart disease is the messaging, and while there's plenty of good research to indicate good advice, the general public, and many in the medical community, are stuck with faulty conclusions, says Robert Thompson, M.D., an integrative medicine specialist.

"Perhaps the biggest misconception is that an overabundance of calcium, which may include supplements, is very good for people, especially women, but that's simply not true," says Thompson, author of *The Calcium Lie II: What Your Doctor Still Doesn't Know*, (calciumliebook.com), a new book that details the roles minerals play in overall health and how to identify and correct deficiencies and imbalances.

Here are six tips from Dr Thompson that you can start doing for better overall health in recognition of American Heart Month:

- Drink at least 64 ounces of water a day. As a general rule, we need to drink half of our bodyweight in ounces of water daily. For a 150-pound individual, that's 75 ounces of water. Those who are overweight, or are heavy exercisers or live in warm climates may need more.

- Take ionic sea salt-derived minerals. We all need a diverse range of minerals and virtually none of us get enough, all sea salt-derived trace mineral products are recommended - at least three grams per day.

- Get your fill of essential fatty acids; raw

nuts and/or seeds are a good source. According to the FDA, scientific evidence suggests, but does not prove that eating 1.5 oz. per day of most raw nuts as part of a diet low in saturated fat and cholesterol may reduce the risk of heart disease. Omega-3 and Omega-6 are considered essential because humans can't manufacture them within our bodies. Research has now shown that plant-derived Omega 6, and not fish oil, is the best oil for humans.

- Eat high-quality proteins. Seafood, eggs, beans, chicken, game meat, duck and turkey are excellent sources of essential amino acids and proteins can also be obtained from grains, sprouted grains, raw nuts and raw seeds.
- Walk at least 30 minutes every day. This activity has a huge effect on relieving the physiologic effects of stress on the human physiology. Exercise is good, but walking is amazing. No other single activity will more significantly or more rapidly affect the adrenal stress response in humans than walking, which probably works so well because it slows us down.

Dr. Robert Thompson is a board-certified obstetrician and gynecologist, and a nutrition specialist who helps patients get long-term relief from chronic disease, including obesity, diabetes, hypothyroidism and adrenal fatigue. He can be reached at calciumliebook.com.

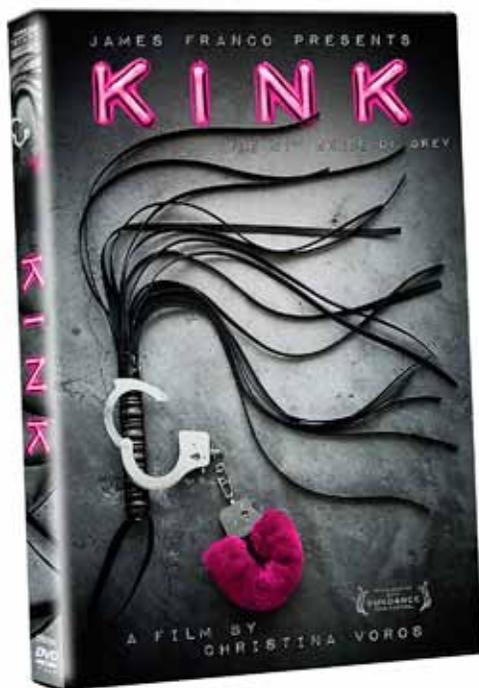
Learn the Ropes in James Franco's Kinky New Film

Hollywood bad boy James Franco continues his fascination with all things transgressive in an eye-popping new documentary entitled *Kink*.

Directed by Christina Voros and produced by Franco, the acclaimed doc made its DVD debut on February 10, courtesy of Dark Sky Films.

Voros and Franco go behind the scenes at the San Francisco studios of Kink.com and introduce us to the people who work in front of and behind the camera at the inter-net's largest producer of BDSM content.

Ropes, belts, pneumatic devices and clothes pins are put to imaginative and startling uses in *Kink*, a no-holds-barred look at an adult entertainment website and fetish empire devoted to sexual extremes.



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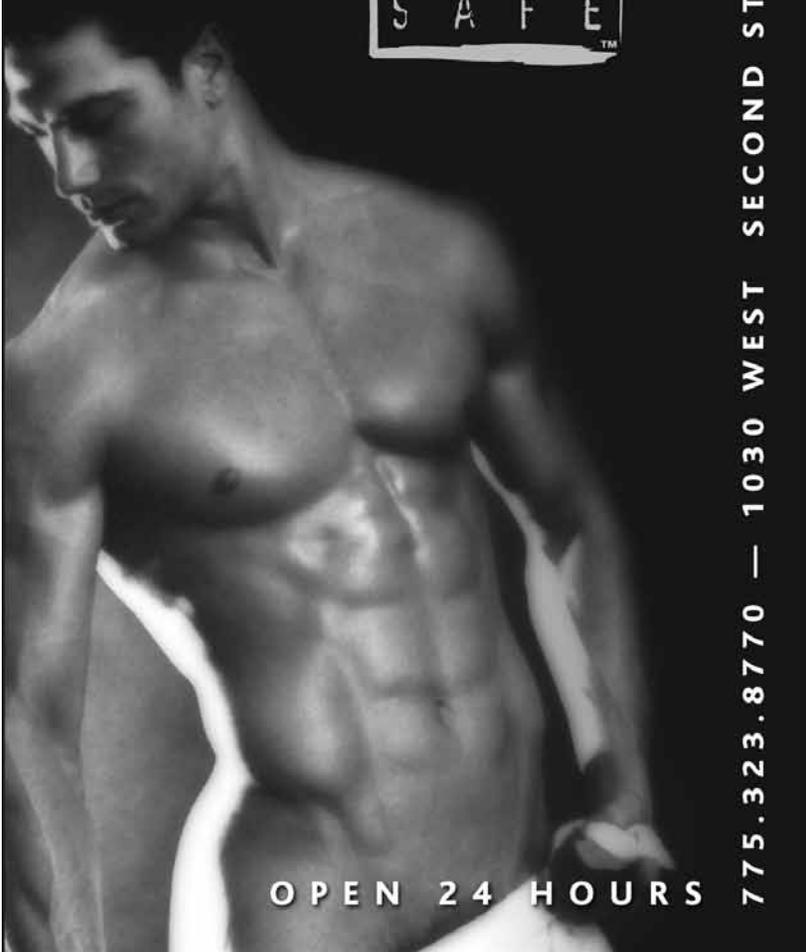
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New Game Drops Love Bombs on "Anti-Fig" Demonstrators



Online fashion game *First Person Lover* has hit a sweet spot with the gaming world with a spirit of "love conquers all!" With the classic Frankie Goes to Hollywood tune "The power of love" as a soundtrack, the game lets you cast rainbows, throw love bombs at "anti-fig" demonstrators and conquer a bare-chested tyrant riding a bear. *First Person Lover* is free to download and works on PC as well as Mac at firstpersonlover.com.

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