

outword

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FARM to **FORK**



Rainbow Festival
2015 Pictures!

page 27



Reaching COMMON GROUND on PrEP

A sometimes emotional debate over the proper use of Truvada for prevention of HIV has now been raging for the last several years. Based on the current available scientific data, AIDS Healthcare Foundation offers the following principles for the administration of PrEP for the community's consideration:

1. Those who have not and will not use condoms and are having multiple sexual partners are the best candidates for PrEP.
2. Those who use condoms with every partner do not require PrEP.
3. Every person who is going to take PrEP should be tested beforehand and retested quarterly for HIV and other STDs.
4. The decision to begin PrEP should be thoroughly discussed with one's medical provider—including adherence, which should be monitored closely—and patients should be counseled to take the drug daily.
5. Persons who start PrEP and then discontinue its usage should be counseled to use condoms.
6. The goal should be to get every HIV+ patient's virus to undetectable levels that would render them non-infectious (in which case their partner does not require PrEP).
7. Reducing the total number of sexual partners you have will decrease your risk of contracting HIV and other STDs.
8. In general, medical providers should engage in frank conversations about sexual risks with patients.
9. More study is needed, particularly among marginalized populations such as women, youth, African-Americans, and Latinos about the likelihood of adherence to PrEP.
10. In the future, an implant that delivers a steady level of medication or an injection that maintains blood levels for months will be preferable to daily dosing.
11. Gilead Sciences, the manufacturer of Truvada, should not have undue influence over decisions made by the medical community or at-risk populations about the use of PrEP.

A close-up portrait of Bianca Del Rio, a drag queen, with blonde hair, heavy makeup, and large crystal earrings, smiling. She is wearing a black feathered garment.

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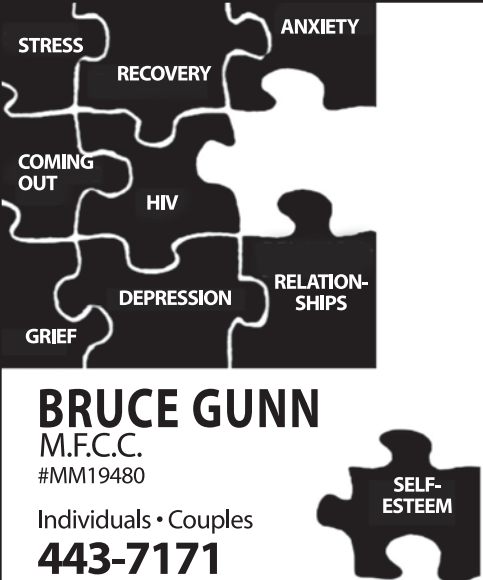


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SGMC Is Seeking New Members

Have you ever considered joining the Sacramento Gay Men's Chorus?

If so, they are having open rehearsals on Sept. the 17th from 7 to 9:30 p.m. at St. John's Lutheran Church on 17th and L.

At the rehearsal, you will get a sampling of this seasons music selections and themes; meet the current, incoming and prospective members; check out the vibe and time commitment as a member of the chorus; and understand the SGMC mission and vision.

Please plan on arriving 20 mins before rehearsal starts to meet a representative from the Membership Committee.

If you would like to audition before rehearsals begin please message them to set up a date and time at www.facebook.com/SacGayMensChorus

Tap Into that Republican Hot Gas for Cleaner Air

Dear Outword Readers,

Ever since I heard that cow farts were a major cause of methane gas production that is ruining the ozone and contributing to global warming I have been in absolute shock.

Shock I tell you!!! Sure, blame it on the cows, but that is not the problem. The problem is the Republicans.

Their continual farting along with the religious fundamentalists is the real cause of this methane problem.

But I have a solution. In order to clear up the air and stop the careless use of fossil fuels all we need to do is tap into those Republican bathrooms and we would have enough methane energy to fuel America and keep the planet going forever.

Gene Elder, San Antonio, Texas

Sac LGBT Center Receives \$10,000 Responsive Grant

The Sacramento Region Community Foundation announced on Sept 3 that it awarded nearly \$140,000 to 11 area nonprofits during the inaugural round of its highly competitive Responsive Grants program, including the Sacramento LGBT Center.

Selected from over 120 proposals submitted to the Foundation by local nonprofit organizations, the awardees will use the funds to serve a variety of vital community needs in Sacramento, Yolo, Placer, and El Dorado counties.

"The Center is grateful for the Sacramento Regional Community Foundation's \$10,000 investment in our vision for a mobile center that can take Center programs and HIV testing on the road to reach people not able to visit the Center's physical location," said Donald Bentz, the Center's Executive Director. "This gift is yet another testament to the growing capacity and financial stability we are realizing, both from a programmatic and financial perspective."

The Responsive Grants program was designed to respond quickly and flexibly to a range of immediate needs and time-sensitive opportunities throughout the Sacramento region. Awarded twice annually, these grants supplement the Foundation's donor-advised granting, as well as its sustained grantmaking aligned with its four Strategic Initiatives.

"The Foundation is committed to supporting local needs," said Jeannie Howell, the Foundation's Community Impact Officer. "Even as we focus on funding long-term solutions to the issues identified in our Strategic Initiatives, the Responsive Grants program allows us to support projects that exist outside of those areas, too."

Altogether, the Foundation granted \$139,294 to support a wide assortment of necessary projects at the following organizations:

California Rural Legal Assistance Foundation, Inc.; Children's Receiving Home of Sacramento; Community Against Sexual Harm; Elderly Nutrition Program in Yolo County; Marshall Foundation for Community Health; Roberts Family Development Center; Sacramento Area Emergency Housing Center; Sacramento LGBT Community Center; Seniors First, Inc.; Suicide Prevention and Crisis Services of Yolo County; and Yolo Family Service Agency.

Learn more about the Sacramento Regional Community Foundation at www.sacregcf.org.

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HHS Takes Next Step in Advancing Health Equity

The Department of Health and Human Services (HHS) has issued a proposed rule to advance health equity and reduce disparities in health care and implements new protections against sex and gender identity discrimination.

The proposed rule, Nondiscrimination in Health Programs and Activities, will assist some of the populations that have been most vulnerable to discrimination and will help provide those populations equal access to health care and health coverage, and was released Sept. 3.

The proposed rule establishes that the prohibition on sex discrimination includes discrimination based on gender identity. It also includes requirements for effective communication for individuals with disabilities and enhanced language assistance for people with limited English proficiency.

“This proposed rule is an important step to strengthen protections for people who have often been subject to discrimination in our health care system,” Health and Human Services Secretary Sylvia M. Burwell said.

“This is another example of this Administration’s commitment to giving every American access to the health care they deserve.”

Today’s proposed rule applies to Health Insurance Marketplaces, any health program that HHS itself administers, and any health program or activity, any part of which receives funding from HHS, such as hospitals that accept Medicare patients or doctors who treat Medicaid patients.

Finally, the proposed rule extends these nondiscrimination protections to individuals enrolled in plans offered by issuers participating in the Health Insurance Marketplaces and explicitly bars any marketing practices or benefit designs that discriminate on the basis of race, color, national origin, sex, age, or disability. All the plans of insurers participating in the

Marketplace are covered by the proposed rule.

The proposed rule includes a number of new protections. Among them:

Women must be treated equally with men in the health care they receive. Other provisions of the ACA bar certain types of sex discrimination in insurance, for example by prohibiting women from being charged more than men for coverage. Under Section 1557, women are protected from discrimination not only in the health coverage they obtain but in the health services they seek from providers; and

Individuals may not be subject to discrimination based on gender identity. For example, some insurance policies have historically contained categorical exclusions on coverage of all care related to gender transition. Those categorical exclusions are prohibited under the proposed rule. Individuals must also be treated consistent with their gender identity, including in access to facilities.

The proposed rule is open for public comment through November 6.

New Poll Shows 3 out of 4 Support Aid-in-Dying Bill

by Kathleen Maclay, UC Berkeley

Three out of four Californians support a bill under consideration before the California State Legislature that would allow terminally ill people to be able to voluntarily end their own lives by taking drugs prescribed by a physician.

A large majority of respondents (76 percent) supported the idea, including 82 percent of Democrats, 79 percent of independents and 67 percent of Republicans.

Support levels of at least 69 percent were registered across all other demographic categories, from gender to educational, income and age levels.

Among age groups, support was weakest among 18- to 19-year-olds (70 percent) and stronger among older groups: 86 percent among those in their 40s, 79 percent among those in their 50s, and 81 percent among those over 65.

There were 1,097 respondents sampled between Aug. 11 and Aug. 26. The margin of error is 2.5 percent. Responses for the entire sample were weighted to reflect the statewide distribution of the California population by gender, race/ethnicity, education and age.

Full results can be viewed at igs.berkeley.edu/news/igs-poll-californians-support-doctor-assisted-suicide.



The poll was conducted for the Institute of Governmental Studies (IGS) at the University of California, Berkeley by Survey Sampling International, using online questionnaires and the results were released Sept. 3.

The question asked in the poll was simple and direct: “A bill under consideration before the California State Legislature would allow terminally ill people to be able to voluntarily end their own lives by taking drugs prescribed by a physician. Do you favor or oppose this bill?”

Support includes strong majorities in both major political parties and among independent voters, and crosses most other demographic categories, including a narrow majority (52 percent) of African-Americans.

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








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Briefly Put

Transgender Inmate Released from Georgia Prison

Ashley Diamond, 37, the transgender inmate who sued the Georgia Department of Corrections (GDC) after being denied a safe environment and medically necessary gender dysphoria treatment, was released Aug. 31 after more than three years in prison, where she was housed with male inmates and sexually assaulted eight times.

Diamond began serving an 11-year sentence for a nonviolent offense in November 2012. She was eligible for her first parole hearing this November.

"I'm overjoyed to be with my family again and out of harm's way," Diamond said. "Although the systematic abuse and assaults I faced for more than three years have left me emotionally and physically scarred, I'll continue to fight for justice and to shine a light on the gross mistreatment of transgender inmates in Georgia and nationwide."

Gay Games Medal of Honour Legacy Award Goes to Ireland

The Federation of Gay Games (FGG) board of directors have given their 2015 Medal of Honour Legacy Award to "The People of the Republic of Ireland" to commemorate the first nation to approve Marriage Equality by National Referendum.

Along with the Medal of Honour Legacy Award, the FGG will announce other esteemed annual Legacy Awards as part of the FGG's Annual General Assembly (AGA) 16-18 October 2015 in Limerick, Ireland.

Campus Pride's Top 25 LGBTQ Friendly Colleges Announced

Campus Pride has announced the 2015 Campus Pride Top 25 LGBTQ-Friendly Colleges & Universities, with San Diego State University the only California university to make the list that names the most LGBTQ-inclusive colleges and universities when it comes to policy, program and practice in higher education.

The Campus Pride Index is based in research on policy, and in order to be in the Top 25 listing, an institution had to score the highest percentages in the LGBTQ-friendly benchmarks. The listing this year includes colleges with student populations from 1600 to over 50,000, public and private schools alike. To see the full list, visit www.campuspride.org.

UN Security Council's Holds Historic Discussion on the Protection of LGBT Persons Targeted by ISIL

The UN Security Council on Aug. 24 held their first-ever "Arria formula" discussion on how better to protect the lives and dignity of LGBT persons, who are frequently among the most vulnerable in conflict and post-conflict situations.

The session focused on ISIL's atrocities targeted against LGBT persons and those perceived to be LGBT in Syria and Iraq, highlighting acts of horrific brutality that these individuals have endured, and challenging the international community to develop better and more effective protections for LGBT persons.

"Just as the United States will not relent in our efforts to defeat and ultimately destroy ISIL, we will continue striving for a world in which no one is subject to violence or persecution because of who they are or whom they love," said NSC spokesperson Ned Price.



NorCal AIDS Cycle Distributes \$197,000 to HIV/AIDS Groups

The NorCal AIDS Cycle, an annual 330-mile cycling fundraiser, has distributed \$197,000 in grants to 16 Sacramento and Northern California HIV/AIDS service providers.

"This funding is crucial for these service providers because the number of new infections, especially among youth and people of color continues to increase," said Jerry Mitchell, NorCal AIDS Cycle (NCAC) board chairperson. Yet, federal and state funding for HIV/AIDS services is declining every year."

Checks to the groups were presented at a ceremony held at Mulvaney's B&L restaurant in Sacramento on August 20. Sacramento nonprofits that received funding include Sunburst Projects, River City Food Bank, Golden Rule Services and Sane Syringe Access Program.

Nearly 4,000 people are living with HIV/

AIDS in the eight-county area covered during the ride. Founded in 2005, NCAC has grown to become Sacramento's largest HIV/AIDS fundraising event, raising close to \$2 million.

The ride began at Beals Point Folsom Lake Recreation Area May 14, went through Gridley, Williams and Woodland – before ending at the State Capitol in Sacramento for a moving closing ceremony on May 17.

For more information about the ride, including information about an all new route in 2016 and a complete listing of grant recipients, please visit www.norcalaidscycle.org.

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Armistead Maupin Inducted Into NLGJA Hall of Fame

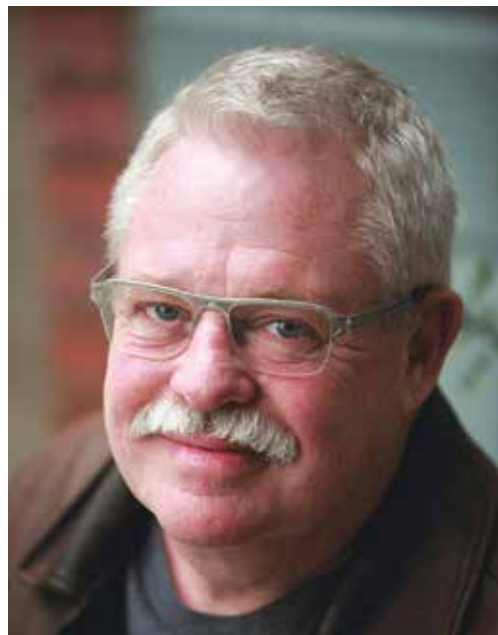
The National Lesbian & Gay Journalists Association (NLGJA) is celebrating its 25th anniversary in 2015 and the 10th year of their LGBT Journalists Hall of Fame.

The 2015 Hall of Fame Inductees are: Randy Alfred who may be best known for his detailed 1980 probe of the biased and unfair portrayal of San Francisco's gay community in CBS Reports' *Gay Power, Gay Politics*, an investigation that ultimately resulted in CBS making a rare public apology for its failed coverage;

Armistead Maupin is the treasured author of nine best-selling novels, including six *Tales of the City*, which were originally collected from the daily serials he wrote in the *San Francisco Chronicle* beginning in 1976. Three miniseries starring Olympia Dukakis and Laura Linney were captured from the first three *Tales* novels, and *The Night Listener* became a feature film starring Robin Williams and Toni Collette.

Alison Bechdel, the creator of the Bechdel Test for gender bias in works of fiction, who has been writing for and about the LGBT community since 1983 when she began producing and self-syndicating *Dykes to Watch Out For*, a comic chronicling the lives, romances, and political involvement of a group of lesbians in the United States. She has been honored with a prestigious Guggenheim Fellowship in 2012, a MacArthur "Genius Grant" in 2014 and a Tony Award for the musical adaptation of *Fun Home*;

Alan Bell has been an indelible, vibrant presence within LGBT journalism for almost 40 years. Beginning in 1977 when he founded *Gaysweek*, New York City's first mainstream lesbian and gay newspaper, and continuing with *BLK* and *Blackfire*, He is also the founder of Black Jack, a safer sex club for black gay men in Los Angeles;



Armistead Maupin

Lou Chibbaro, Jr. is a prize-winning reporter for the nation's oldest LGBT news publication, *The Washington Blade*, and since 1976 has covered almost everything for the *Blade*, including the nation's political triumphs and protests. In 2011, he became the first LGBT inductee into the Society of Professional Journalists' Washington Pro Chapter Hall of Fame;

Charles Kaiser is an award-winning author and journalist, as well as an NLGJA founding board member and the second president of the New York Chapter of the NLGJA. He began writing for *The New York Times* in 1971 and has taught journalism at Columbia and Princeton universities, and at the latter was a Ferris Professor of Journalism.

The Under 5ers Web Series Is Keeping It Classy



The Under 5ers is a hysterical and unique spin on the 20 something's perspective on life in the big city, starring **Matthew Wilson**, (yup, his character is gay), **Alexandra Nader** and **Sami Horneff**, and is a funny and honest take on how they handle dating issues, job problems and life in Brooklyn. Watch online at www.theunder5ers.com.

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I Am Good Farmer - Period

by Aimee Sisson

When I was a high-school athlete, one of my favorite practice t-shirts read, “You’re pretty good,” on the front, and “For a girl” on the back. This backhanded compliment motivated me to play harder, run faster.

Now that I’m older, I’m baffled as to why I liked that shirt. The backhanded compliment just irks me now. I simply want to hear, “You’re pretty good.” Period. End of sentence.

I grew up as one of the boys. I played on an all-boys-except-Aimee soccer team in elementary school, where I learned to be physically tough. In junior high, I was one of only two girls on my school’s soccer team. For me, gender wasn’t really an issue. I just wanted to play, and play hard.

When I decided to change careers in my early thirties from medicine to farming, I didn’t think twice about my gender. I signed on as an organic farming apprentice at Soil Born Farms, joined by two other female apprentices and two male apprentices.

This is actually higher than the national average of 14 percent of farms with women as principal operators.

So what does it feel like to be part of the 18 percent? Again, I have to say, pretty normal. The circle of farmers that I am part of in the West Sacramento Urban Farm Program has several women, so I don’t feel particularly underrepresented.

While from my perspective, being a female farmer is completely normal, others find the fact that I am running a half-acre farm mostly by myself (I have occasional volunteers, thank goodness!) most impressive. Farm visitors frequently comment, “Wow, you do this all by yourself?!”



Aimee Sisson at her West Sacramento Root Cause Farm. Photo by Jason Rogers. courtesy of the Center for Land-Based Learning

The more senior farmers and apprentices were a mix of men and women, so being a female farmer didn’t seem a strange proposition in the slightest. The farming world as I knew it was co-ed.

So imagine my surprise when I walked into a room for a farm financing fair in Sacramento one year later and found myself the only female farmer there. Strange. Even stranger, the presenter talked about special loans and financing available to underrepresented farmers, including women!

My mind was blown. What had seemed perfectly normal to me, a young woman embarking on a career as a farmer, was actually quite unusual. Who knew?

It turns out that only 18 percent of California farms are run by women, according to the 2012 Census of Agriculture.

A neighbor, after watching me work for days, came over and introduced himself, commenting, “You are the hardest working woman I’ve ever seen.” A bit backhanded, but I’ll take it. It’s comments like that, though, and being asked if I need help carrying heavy things, that fuel in me a need to prove myself, which manifests as a stubborn streak. T

his winter, I built a greenhouse all by myself, even though my dad was willing to help, wanted to help, even, and even though it would have been way easier with a second person. I needed to prove to both myself and the world that I could do it.

And I did. After all, I’m pretty good. Period.

Aimee Sisson is the farmer and owner of Root Cause Farm, a half-acre urban farm in West Sacramento.



Farm-to-Fork Festival Is All About Good Eats & Drinks

by Brandon Darnell

Artisan foods, local olive oil, fresh produce, regional beers, live music and some of Sacramento's best chefs showing people how to become masters of their kitchens are just a few of the highlights of this month's third annual Sacramento Farm-to-Fork Festival.

Last year's event drew approximately 30,000 people, and this year's festival is expected to grow on that success on Capitol Mall Sept. 26. The event kicks off at 11 a.m., and it closes at 5 p.m.

Stretched between Tower Bridge and the Capitol, the festival has plenty of free food samples from local farmers, artisan cheese, chef demonstrations, farm animal exhibits, a kids' zone and plenty of food and drinks available from food vendors.

Learn about Sacramento's regional beers in the craft brewers alley, sip wines from some of the more than 200 regional wineries, and taste for yourself just why, exactly, Sacramento is America's Farm-to-Fork Capital.

A Month Full of Events

The annual Farm-to-Fork Celebration kicks off early in September, and the Sacramento regional restaurants get into it from Sept. 10-27 with Farm-to-Fork Restaurant Week. Participating restaurants create special menus that feature all-local food. The bartenders get in on the fun with craft cocktails and local beers, too.

A first-of-its-kind event for California will be the California Craft Brewers Association Craft Beer Summit and Brewers Showcase held Sept. 11-12. The summit brings California's

paired with local artisan cheese and other bites. Join the fun and watch the sun set over Tower Bridge. Tickets are available at farmtofork.com.

will head a team of Sacramento chefs in preparing a family-style meal for more than 700 people seated at tables on Sacramento's iconic Tower Bridge.



Photos courtesy of the Sacramento Convention & Visitors Bureau




craft brewers to town to learn the latest news in the industry, and it is open to the public. On Saturday, Sept. 12, the Brewers Showcase will stretch down Capitol Mall, bringing an all-California beer fest to Sacramento. More information is available at californiacraftbeer.com.

One of the month's most popular activities is the twilight Legends of Wine event Sept. 17 that draws approximately 40 local wineries to the steps of the State Capitol. Attendees get unlimited tastings of the wines specially selected by Darrell Corti and David Berkley,


The third annual Farm-to-Fork Festival will be held Sept. 26 on Capitol mall, and the approximately 40,000 people expected to attend will be immersed in the region's food scene, with everything from free samples to chef demonstrations and live music. Educational, fun and family-friendly, the event is one of the most popular food-focused gatherings in the region.

Capping off the Farm-to-Fork Celebration is the sold-out Tower Bridge Gala Dinner, where chefs Oliver Ridgeway of Grange Restaurant and Ravin Patel of Selland Family Restaurants



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Freshness & Health Is the Key For Sea-to-Fork Too

by Doug Moss and Roddy Scheer, EarthTalk

Between mercury poisoning, overfishing and the environmental impacts of fish farms or “aquaculture,” some might expect to see a “Proceed with Caution” sign above seafood counters soon, and so the Farm-to-Fork movement is every bit as important when eating seafood.

Although harder to source locally, fish and shellfish are an important part of a healthy diet, providing high-quality protein and omega-3 fatty acids, and the U.S. Food and Drug Administration (FDA) recommends eating up to 12 ounces of fish and shellfish per week, but only if they are “lower in mercury.”

Mercury can be released into the air through industrial pollution and can accumulate in streams and oceans. The FDA warns that if you regularly eat types of fish that are high in mercury, it can accumulate in your blood stream. They add that mercury is removed from the body naturally, but it may take over a year for levels to drop significantly.

For this reason, women trying to become pregnant should avoid eating high-in-mercury fish like shark, swordfish, king mackerel and tilefish, and gravitate toward

low-in-mercury shrimp, canned light tuna, salmon, pollock and catfish.

According to the Monterey Bay Aquarium’s “Super Green List,” fish that are low in mercury and also good sources of especially healthy “long-chain” omega-3 fatty acids include Atlantic mackerel from Canada and the U.S., freshwater Coho salmon from the U.S., wild-caught Pacific sardines and Alaskan wild-caught salmon (fresh or canned).

Of course, it’s possible to obtain long-chain omega-3s without eating fish. Omega-3s supplement is derived from a strain of algae that naturally produces high amounts of eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA), the healthiest omega-3s. Although most people think fish are the original source of DHA and EPA, these omega-3s actually come from the algae lower in the food chain.

“When salmon farming began in North America, farmers discovered that without fish oil in their diet, farmed salmon did not contain salmon oil in their tissues,” says Udo Erasmus, Ph.D., author of *Fats that Heal-Fats that Kill*. “Fish get their ‘fish oil’ from the foods they eat. When we trace these supplement oils back to their origin, we find that the oils we call ‘fish oils’ are actually made by plants at the bottom of the food chain. One-celled red-brown algae makes fish oils. Fish oils are actually plant-based products.”

Algae and other plant-based omega fatty acids also will not deplete the ocean’s supply of fish. Industrial overfishing practices have wiped out certain types of fish before they’ve had a chance to repopulate, and unintentionally killed other marine species besides fish – known as “bycatch” – in their large nets. Upwards of one million sea turtles, for example, were estimated to have been killed as bycatch from 1990-2008, according to a report published in *Conservation Letters* in 2010.

The transition to aquaculture, where fish are raised in confined quarters (like the

“factory farming” of pigs, cows and chickens) has its own environmental burdens.

According to the Mangrove Action Project, an estimated three million hectares of important coastal wetlands, including mangroves, have already been lost in order to make room for artificial shrimp ponds.

EarthTalk is produced by Doug Moss and Roddy Scheer and is a registered trademark of Earth Action Network Inc. View past columns at: www.earthtalk.org.



The same concepts that apply to Farm-to-Fork apply to From Sea-to-Fork.

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Decant Your Wine To Add Enjoyment

by Diana Kienle

There are two very good reasons to decant wine. The first relates to aged wines, and the second is about aeration. In both cases, decanting will enhance the clarity, aroma and taste of your wine.

Let's start with aged wines. Wines with some years "under their belt" age and evolve, and a part of that evolution may be the formation or evidence of sediment in the wine.

This is not desirable to taste or drink – therefore decanting is the best approach. Decanting the wine will allow the sediment to sink to the bottom, and the pleasure of the wine will be at its fullest.

The second reason is actually about aeration. Just recently, I was in a class and heard some interesting facts: 90 percent of all wines purchased are consumed within the first year and the next nine percent are consumed within five years. That is not a lot of aging time for a wine.

Many wines require some time in bottle to truly show their best "stuff." So if only 10 percent of wine is truly laid down to age gracefully for at least some time, then what is a person to do?

That is where a decanter can be a really

good friend. It will allow your wine to "open up" and provide greater accessibility to the



Image by Diana Kienle

aromas and flavors. Aeration will enhance your wine experience and make it more accessible for your enjoyment.

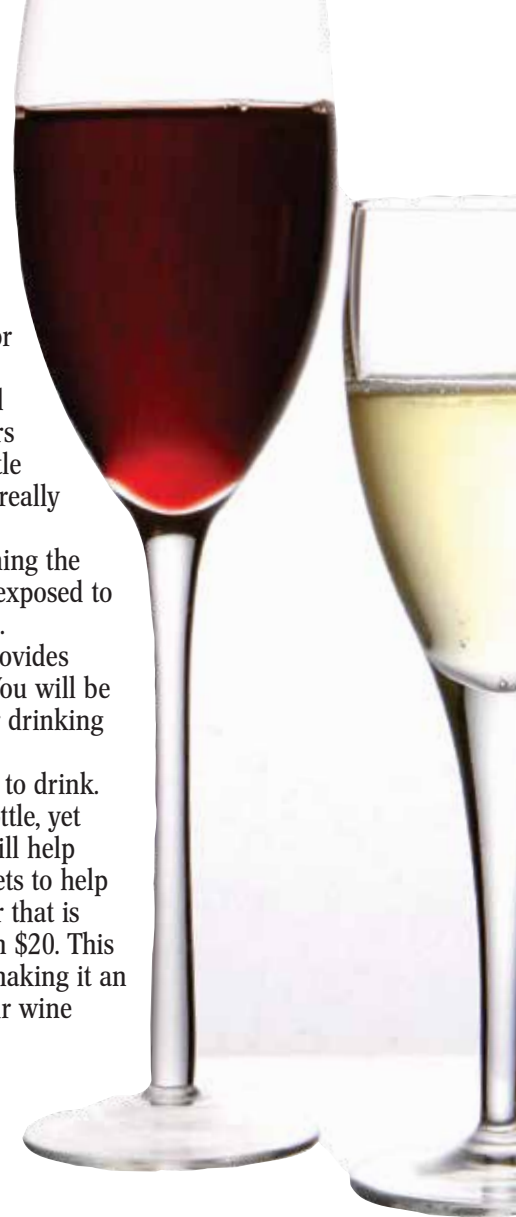
Many times you have been in restaurants and brought or bought a bottle of wine. Good servers will ask if you would like them to open the bottle and let it breathe. Yes, this is a good idea, yet it really does not accomplish all that much.

Consider a principle called surface area. Opening the bottle is okay – there just isn't that much wine exposed to the air (oxygen) to make that big of a difference.

Have them decant the wine for you (which provides more surface area for aeration) and wait a bit. You will be rewarded with a richer tasting wine and greater drinking experience.

The other avenue is to buy wine that is ready to drink. There are wines that are wonderful from the bottle, yet how do you know? Again, aerating that wine will help with your enjoyment, and there are many gadgets to help that by the glass. The Vinturi is a simple aerator that is available in any wine store and it costs less than \$20. This hastens the process and does it glass by glass, making it an economical and convenient way to enhance your wine experience.

As you can tell, that is my mission. Enjoy!
Diana Kienle is a freelance writer and blogs about wine at www.dianaswineblog.com. She can be reached at diana@dianaswineblog.com.



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One Farmer's Take on the Farm-to-Fork Movement *by Aimee Sisson*

September is Farm-to-Fork Month in Sacramento, a time to celebrate our region's agricultural bounty. As you eat all the local heirloom tomatoes and zucchini you can this month, take a few moments to think about what's on your plate, who grew it, and how it got to you.

Here are a few of my own thoughts to get you started.

Farm-to-Fork Month highlights local and seasonal produce. Eating local and seasonal takes some planning and adjustment, but it's worth it. Why buy local, seasonal produce, anyhow? Here's a primer:

1. Local produce tastes better. Because it doesn't have to travel halfway around the world to get to you, it can be picked at the peak of ripeness on the farm in the morning and be on your fork that evening.

2. Local produce can be better for you. Because it is fresher, its nutrient content is higher; vitamins degrade during storage.

3. Local produce is better for the planet. Buying local reduces the distance between the farm and your fork. The fewer miles that food travels getting to our plates, the fewer air pollutants and greenhouse gases emitted.

4. Buying local supports the local economy.

Farm-to-fork is nothing new, nor is it profound. It's simply what people have done for thousands of years: grow food, and eat it. It is, however, different from the status quo as dictated to us by big box retailers, who are trying to sell us Australian lemons this month. (If you're new to this whole farm-to-fork thing, Sacramento's season for lemons is winter. A great guide is available at www.farmtofork.com).

I confess, I know about the Australian lemons because I bought some to juice with leftover kale and carrots from my farm. Nobody's perfect, not even organic farmers, but this coming lemon season, I'll be stocking up on lemons to juice and freeze for the year ahead.

Everybody eats, but not everybody eats enough fruits and vegetables. The Dietary Guidelines for Americans recommend that adults eat 4 ½ cups of fruits and veggies each day. Most of us fall well short, reaching just over 2 ½ cups.

Even I, surrounded by fresh veggies all day, every day, don't always manage to reach this goal. Reaching the daily fruit and vegetable intake goal is even harder for low-income individuals.

Fruits and vegetables often cost more than fast food, and aren't always available within walking distance. If I didn't have a car, I doubt I would take the bus or light rail to the farmers' market each week, and we need to make it easier for everybody to access fresh produce.

Farm-to-fork shouldn't be an elitist proposition, but it often is. (Tower Bridge Dinner, anyone?) Instead, we should be thinking and talking about "farm-to-every-fork."

How? Our region's urban farms are a great start. My farm, for example, is located in a primarily low-income residential neighborhood. I aim to keep the vast majority of my produce in the neighborhood, selling it at an on-site farmstand and at the farmers' market in town. Most unsold produce goes to the local food bank. Several of West Sacramento's other urban farmers follow a similar model.

As a farmer, I encourage you to treat every month as farm-to-fork month, not just September. Our Mediterranean climate allows us to have fresh, local veggies all year round.

I'm not sure how September was chosen as farm-to-fork month, anyhow; it certainly wouldn't be my choice. On my farm, September is probably my slowest month of production. The summer crops, like peppers and squash, are running out of steam, exhausted from the 180-day-plus marathon they've been running since being seeded in the greenhouse back in late February. The fall crops, like pumpkins and butternut squash, won't be ready until October.

However, embrace farm-to-fork as a lifestyle, not a fad diet. Please don't be like the restaurants that buy tomatoes from a local farm during farm-to-fork month, proclaim themselves as a supporter of local agriculture, but then don't order anything from that farm again until next September.

Instead, please be more like Shine Café (www.shinesac.com), a local cafe that has ordered vegetables from me every single week since my farm began producing this May. As a farmer, I need your fork to be full of my veggies year-round, not just this month!

The greater Sacramento area has several farmers' markets that run year-round. Even the seasonal markets run May through October, never just in September. Follow the markets' lead, and eat veggies in more months than just September.

Your health, your taste buds, and your local farmer will appreciate it.

Aimee Sisson is the farmer and owner of Root Cause Farm, a half-acre urban farm in West Sacramento.



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Grow Your Own for the Freshest Farm-to-Fork

by Anne Fenkner

Few experiences can match the pleasure of savoring homegrown vegetables, and while many people think of home gardening in terms of tomatoes, squash, peppers and other hot season vegetables, cool-season vegetables can be just as easy and satisfying to grow.



They are also a good use of space. The food value of cool-season vegetables is usually higher per pound and square foot than that of warm season vegetables.

Timing is especially important with cool season vegetables – they generally need to get started with enough warm weather so that they get a good root system going and get big enough by the time the really cool weather sets in.

That is why in the Sacramento region, most of the cool season crops go into the ground (either as seeds or as transplants) in September or early October. It is sometimes difficult to think of ‘cool’ season anything when we are having our Indian Summer and the temperatures are sweltering, but the days are indeed shortening and cooler temperature are just around the corner.

Cool season crops are those that grow best and produce the best quality when the average temperatures are 55F to 75F. Plants in this group include root crops such as: beets, carrots, parsnip, radish and turnips; stems such as asparagus and white potato; leafy crops such as cabbage, celery, lettuce, onion and spinach and plants whose immature flower parts we eat, such as broccoli, cauliflower and globe artichokes.

Like summer gardening, planning is key to success. Consider the location of your cool season garden. You are more likely to spend time working in your garden if you can reach it easily. If you want to keep it close and tidy, consider patio container gardening. Many vegetables can be grown successfully in containers. Additionally, their color and texture can make a nice accessory to your outdoor transition space.

No matter where you plant your cool-season garden, make sure there is a water source near. All vegetables need at least 6-8 hours of sunlight every day for optimum

production; and soil quality is important, as is the spacing of your vegetables.

Experience really is the best teacher, and as your knowledge increases, so will the rewards of gardening. Consider keeping a garden log or calendar so that when you grow your own food, you know where it came from and exactly how it was grown.

If you are concerned about the use of chemical-based fertilizers and pesticides, when you grow your own, you have control over the fertilizers and soil amendments used to make your crops flourish as well as what you use to fight pests and diseases.

Most importantly, you will know that your vegetables are as fresh, healthy and tasty as possible.

Here are some resources to help you get started:

Sacramento Master Gardener Home Vegetable Gardening ucanr.edu/sites/sacmg/Growing_Vegetables/

The UC Cooperative Extension Master Gardener program provides many useful food growing resources. They also offer a gardening guide and calendar for only \$12. Calendar proceeds benefit the UCCE Sacramento Master Gardener program ucanr.edu/sites/sacmg/Gardening_Guide/

Sacramento Vegetable Planting Schedule shows proper times for planting vegetable seeds and transplants for the Sacramento area, ucanr.edu/sites/sacmg/files/117117.pdf

Vegetable Gardening 101 covers just about all aspects of growing vegetables in your home garden, ucanr.edu/sites/sacmg/files/117374.pdf

Vegetable Garden Basics, ANR publication 8059 (PDF 86kb), is a 7-page document that covers planning and planting a home vegetable garden. anrcatalog.ucdavis.edu/pdf/8059.pdf

Anne Fenkner is a UC Cooperative Extension Master Gardener.

Beautiful Sadness from Ashley Monroe & Emily West

by Chris Narloch

There's nothing like a sad country song (or a sad pop song) to move a listener to tears, and these two CD reviews showcase some beautiful musical pain from country queen Ashley Monroe and from the brand new pop princess Emily West.



Emily West

also painfully good, and none other than Cyndi Lauper joins West for a nifty reboot of Lauper's "True Colors."

Other standout tracks include successful remakes of "Sea of Love" and "You Got It."

Ashley Monroe – *The Blade*

This beautiful blonde is a good friend of Miranda Lambert and one-third of Lambert's dynamite side project, Pistol Annies.

Monroe's gorgeous voice is sweet and pure, not unlike that of Lee Ann Womack or Alison Krauss, and she uses it to great effect on these thirteen new tracks.

The song titles say it all: "I Buried Your Love Alive," "If

Love Was Fair" and "I'm Good At Leavin'." Sad songs and lots of 'em.

The centerpiece is the disc's heartbreaking title track, a shattering break-up song in which Monroe catches the sharp end of a relationship's demise.



Ashley Monroe

Emily West – *All For You*

This talented torch singer placed second on the 9th season of *America's Got Talent*, but she comes up a winner on her new disc, which includes studio versions of some of the songs she sang on television.

West nails Sia's "Chandelier" to open the CD and then offers a slow burning, super-sad cover of "Knights In White Satin."

"Bitter" and "Without You" are

The Ruling Celebrates Marriage Equality Decision

When asked to submit a play for Closet Door Theatre Company's third season, Sacramento playwright Tom Swanner originally envisioned writing a romantic comedy, but fast moving progress in Marriage Equality court cases set him on a different path.

So earlier this year when the Supreme Court announced it was going to be making its historical Marriage Equality ruling in June – just two months before Swanner's play was set to open – the playwright felt the need to capture a look at this pivotal moment in our country's history as it unfolded and his play, *The Ruling*, may be the first produced play to celebrate the Court's decision.

"The tricky part was writing a play without knowing the outcome," says Swanner, who began writing the play in April.

"Throughout the play the characters are waiting to find out the Supreme Court's decision, just like the rest of us were. We find out how their lives could change for the better, or worse, depending on the outcome."

Swanner, an award-winning playwright, is familiar to local audiences from his days with

Lambda Players Theatre. His plays include a multitude of romantic comedy productions including *Opening Lines*, *Trolling* and *I Do I Don't*.

include a liberal loud-mouth radio personality, a transman, a PFLAG mom turned activist and, most notably, a right-wing nut job who due to an injury, is sequestered with the eclectic crew while they wait for the decision to be handed down.

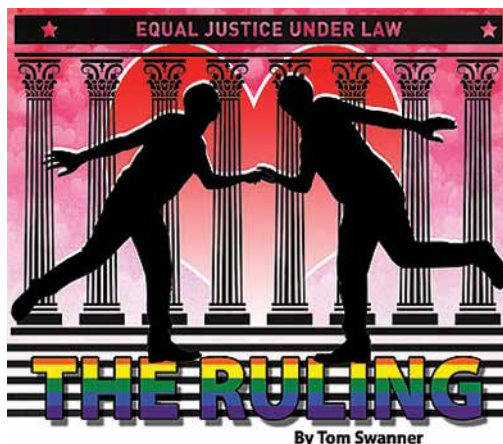
"It's a great production with a hardworking cast," says director Ken Figeroid who took over as the theatre company's Artistic Director in July. "We were very fortunate to have a timely script like this to close the season. It really is a celebration of an amazing moment in our history."

The Ruling opens Sept. 11 and runs Friday and Saturday nights at 8 p.m. through Sept. 26 at the Wm. J Geery Theatre, 2130 L St. in Midtown. A special benefit performance will take place on Sunday Sept. 20 at 7 p.m. as a fundraiser for Golden Rule Services.

For more information and tickets, visit closetdoortheatre.org.

The Ruling takes place in a small LGBT community center in a city much like Sacramento. In fact, there are a number of "Easter Eggs" throughout the show that local residents will immediately pick up on.

The diverse range of characters



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Lily Tomlin Rocks the Big Screen in *Grandma*

by Chris Narloch

The great comedic actress Lily Tomlin, who rose to fame in the late '60s and early '70s as part of the classic television show *Laugh-In*, has the best dramatic role of her long and varied film career in the fascinating new movie *Grandma*, which was written specifically for her by writer-producer-director Paul Weitz.

Tomlin is no sweet, sit-com grandmother here but rather a complex, sometimes off-putting woman with a very painful past and a present that is complicated by her granddaughter's sudden appearance on her doorstep.

The young woman is pregnant by a worthless cad and needs \$600 to get an abortion before her mother finds out. She appeals to her lesbian grandmother (Tomlin) to help her, and the pair set out to find the money in a broken-down, 1955 Dodge Royal, a classic car that actually belongs to Tomlin in real life.

The plot is deceptively simple at first, until we realize that the movie is really about Tomlin's character and her past relationships and choices – although her granddaughter's current crisis is dealt with and resolved.

Julia Garner plays off Tomlin well as the granddaughter, and the movie contains fine supporting work from Sam Elliott, Judy Greer,



Julia Garner and Lily Tomlin star in *Grandma*

Laverne Cox and the late Elizabeth Pena.

That said, *Grandma* is Tomlin's film, and she walks away with it, giving a performance that is very different from her work on *Grace and Frankie*, her Netflix series with Jane Fonda.

The actress is funny in *Grandma*, but there are also deep reservoirs of pain in Elle, and Tomlin

manages to make the character sympathetic despite her very real rough edges.

Weitz' direction is occasionally too broad, but his script and his lead actress are so strong that the movie is a must-see for anyone who is a fan of the national treasure known as Lily Tomlin.

Grandma opens September 11 at Tower Theatre.

Between Riverside and Crazy Plus the Return of Jerry Lee

by Chris Narloch

The first-rate theatrical offerings around Northern California this month include a Pulitzer Prize-winner currently playing in the Bay Area and an upcoming evening of classic cabaret starring Jerry Lee in Sacramento.

Between Riverside and Crazy

San Francisco's American Conservatory Theater (A.C.T.) kicks off 2015-16 with Stephen Adly Guirgis's Pulitzer Prize-winning comedy, *Between Riverside and Crazy*.

Starring stage and screen star Carl Lumbly, *Between Riverside and Crazy* is described as "a hilarious and timely story that tackles gentrification, recovery, faith, sketchy houseguests, and the saving grace of family."

Winner of the 2015 Pulitzer Prize for Drama, *Between Riverside and Crazy* tells the story of ex-cop and recent widower Walter "Pops" Washington (Lumbly, last seen on A.C.T.'s Geary Theater stage in *Let There Be Love*), who is desperately trying to hold on to his prime piece of real estate – one of the last great rent-stabilized apartments in New York City – while simultaneously



Jerry Lee

battling his inner demons.

Between Riverside and Crazy plays through September 27. For more information, visit www.act-sf.org.

Back To School Cabaret

Closer to home, local actor extraordinaire Jerry Lee, who relocated to NYC earlier this year, is back in California for a few months, embracing the gypsy actor life.

You can catch the multi-talented performer for one night only, when he brings his 80-minute cabaret show to The Grange Performing Arts Center on V Street in Sacramento.

General admission is only \$23 online for a musical show-and-tell about NYC, summer vacation, dating apps, and musical theater.

Starring Jerry Lee's lovely voice and his favorite show tunes, *Back To School Cabaret* will also feature Dalton McNeely on vocals and Graham Sobelman on piano.

Tickets are available at www.sacimpulse.com for the Sunday evening performance, on September 20.

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Tomboys Prove Themselves at Biz Pitch Competition

At one time, calling a woman a tomboy might have been an insult, but an LGBT-certified business embraced it and ended up taking home the top prize in the National Gay & Lesbian Chamber of Commerce’s Biz Pitch Competition.

TomboyX, a Seattle-based start-up clothing company, creates underwear, t-shirts and other items that help self-proclaimed tomboys express who they are. The fashion line appeals to all women who have never been comfortable in traditional feminine clothes and didn’t want to dress like men.

The two-year-old company won a check for \$10,000 against two other start-ups in a shark tank-like contest. TomboyX also will receive a \$20,000 brand positioning package from Branding For The People.

The competition took place at NGLCC’s 2015 International Business & Leadership Conference. The judges were: CNN’s Richard Quest; NGLCC co-founder and CEO Chance Mitchell; and globally-renowned venture capital and business advisor Shereen Shermak.

“We thank NGLCC for giving us this boost that will really accelerate our growth plans, as well as supporting our up-coming road tour,” says Fran Dunaway, CEO and founder. “Even before we won, we felt like winners because of the new business contacts we met at the NGLCC conference. The majority of our investors are women, and we are a woman and lesbian owned and operated business. NGLCC is exactly what our underwear is for our customers – a perfect fit.”



Seattle’s TomboyX

The NGLCC conference is the largest LGBT business development event in the world and brought together more than 800 LGBT and allied entrepreneurs, business owners, corporate representatives and LGBT chamber leaders from across the country and around the globe.

Attendees took part in three days of symposia, panel discussions, development seminars, and special events designed to generate business opportunities and build strong relationships with corporate champions and one another. Visit www.nglcc.org.

Comedy Concert Highlights Need for Diversity in Comedy

As we celebrate the diversity in what we see on television (with shows like *Empire*, *How To Get Away With Murder*, *Scandal* and *Orange is The New Black*), that feature characters who are LGBT and people of color, diversity in mainstream stand up comedy is still grossly misrepresented.

However, on Tuesday September 22nd, three LGBT comics are coming together on stage at the Comedy Spot to tackle the issue of diversity in comedy in a program called *My Spirit Animal is A Butch Lesbian*, with comics Ash Fisher Karen Ripley and Sampson.

The show was organized by Sampson McCormick, an internationally touring LGBT comic, and is part of an initiative aimed at creating more opportunities for queer comics to be seen, as well as a new documentary film that is currently in production, entitled *A Tough Act To Follow*.

“It kind of sucks that there are so few opportunities for LGBT comics to have just as many opportunities as everyone else,” Sampson says. “I’ve been doing this for close to 15 years, and socially, gay may seem to be in, but you’d still never believe how many doors still get slammed in our faces. It’s time to change that. We’re funny too – in fact, sometimes, funnier, because you have to show up and prove yourself over and over again.”

A Tough Act To Follow takes place on Tuesday, September 22nd, at 7:30 p.m. at the Sacramento Comedy Spot, 1050 20th St. Tickets are \$15. Call 916-444-3137 or visit www.saccomedyspot.com.



Stand up comic Sampson speaking at an anti-homophobia rally about victims of gay bashings.



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Sacramento Actor Finds Success In New Slasher Flick

by Matthew Burlingame

Over the past several years shows like *American Horror Story* and *Dexter* have made audiences fall in love with the sexy psycho. This fall, Matthew McKelligon is slated to be the newest slasher to make audiences question their moral standing – at least on screen.



Matthew McKelligon (fourth from left) with the cast of *EastSiders*.

But make no mistake, this actor is not just a pretty face. This Sacramento native speaks five languages and studied architecture at the University of California Berkeley.

Now living in Los Angeles, McKelligon is the star of the upcoming horror feature *You're Killing Me* about a brutally honest serial killer living in LA. The film includes the talents of Jack Plotnick (*Space Station 76*), Carolyn Hennesy (*True Blood*) and Mindy Cohn (*Facts of Life*).

"I don't think there's an actor out there who would say no to playing a serial killer," says McKelligon. "It's fun playing a deviant. I think I went to town a few too many times and had to rein it in mid-murder. In the double-murder scene with Rachel Shukert and James Cerne, I wound up actually making a slight gash on Rachel's neck. I felt horrible about it but only realized it when our director yelled cut."

While appearing in James Franco's and Travis Mathew's *Interior. Leather Bar* and on television in *In the Flow with Affion Crockett*, *Friends with Benefits*, Here-TV's *She's Living for This* and opposite Kim Kardashian in the recent Midori campaign, it is the award-winning indie series *EastSiders* that has garnered McKelligon a significant amount of attention.

The actor portrays the character of Jeremy, who can be described as dysfunctional at best, and stalkerish at worst, as he becomes the disruptive "other man" in the lead couple's already rocky relationship.

"I think Jeremy is definitely more clever than he comes off, but not nearly as malicious as he could be," muses McKelligon. "Deep down he doesn't want to be alone. No one does."

The show aired in 2013 on Logo and the

role earned McKelligon a nomination for Best Supporting Actor for an Indie show. *EastSiders* will see a second season this year after producers raised over \$150,000 on Kickstarter for the production.

When asked if *EastSiders* struck a chord with him on a personal level McKelligon replied, "Jeremy very much reminded me of a place I identified with when I was younger. I myself was cheated on in a relationship. I could've been smarter about it, but I had to go through that heartbreak in order to build up my self-confidence. We all learn lessons by making mistakes in life."

When he is able to get away from the hectic pace of life in Los Angeles, the actor often heads to Sacramento, his hometown, to visit family and friends. "I miss rafting down the American River, the proximity to the snowy mountains and the changing color of the trees in the fall. I come up at least three times a year. Sacramento is still definitely part of what I consider to be home."

Next for McKelligon is a dramatic role in a project about a middle-school teacher who contracts HIV.

"It's a pretty different direction for me, with a promising director," says the actor.

With both the entertaining and heavy-hitting roles currently propelling him into the limelight, McKelligon proves he is more than just eye candy – he is a talented actor and a force to be reckoned with.

EastSiders Season Two premieres on Vimeo on Demand on September 15. *Season One* is currently available on iTunes, Amazon and Hulu. *You're Killing Me* is currently showing at select film festivals around the world.

Matthew Burlingame is an author (*Sorry Charley!*), playwright (*Paperclip Messiah*), prodigious podcaster and freelance writer in Sacramento. He can be reached at matthew.burlingame@gmail.com.

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Should I Upgrade to Windows 10 from My Older OS?

by Jennifer Garland

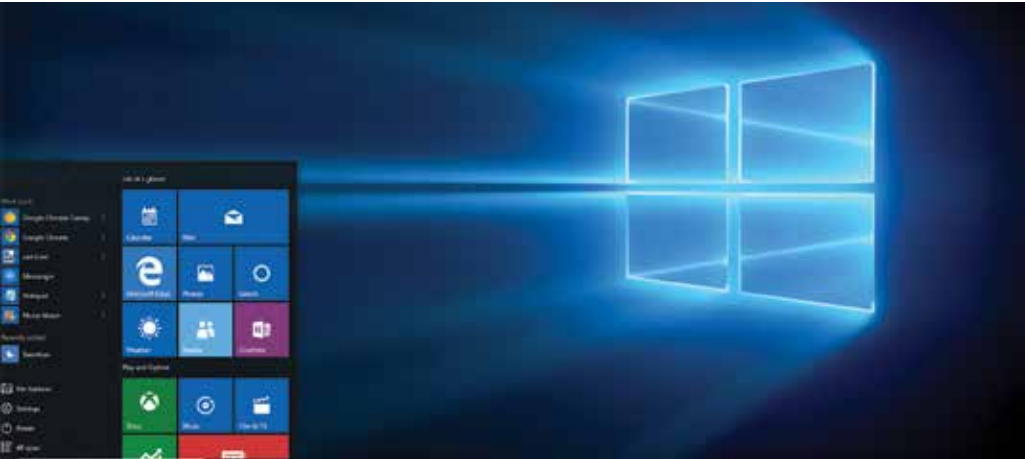
Hopefully you have retired your windows 3.11 operating system, but I know there are a number of XP and Vista machines still out there because I have to fix them, and it is a challenge.

I took the dive and upgraded my Win 7 machine and I have upgraded several Win 8.1s. If you are a user that can do an upgrade with patience and you are someone who is familiar with your machine then you can do it too.

Here's a few pointer to help get you through it:

1. Did you get an invitation to upgrade? If not – go here www.microsoft.com/en-us/software-download/windows10 – since it's free it doesn't hurt to have a reservation – you can cancel your reservation if you decide you don't want to upgrade. And Win 10 is free – that's certainly a freak – and enticing. That link also walks you through the process and gives you an option to download a copy for multiple installs. Be sure you have your Windows license key just in case.
2. Be sure to do the compatibility test associated with the Windows 10 icon. This will tell you if any applications you have on your machine are not compatible with Windows 10. This may help you make a decision one way or another and is extremely important prep work.
3. Verify your printer has a driver that will

- work with Windows 10.
4. Here is a link from Microsoft that shows comparison of features between 7, 8.1 and 10 www.microsoft.com/en-us/windows/compare.
 5. Here is a link from *Forbes* on difference between 8,1 and 10 www.forbes.com/sites/gordonkelly/2015/08/02/windows-10-vs-windows-8-vs-windows-7-whats-the-difference/.
 6. As with anything – security is important to consider when upgrading. Here is a good link discussing the issues with privacy and security www.wired.com/2015/08/windows-10-security-settings-need-know/.
 7. Be sure you have a backup image, recovery/repair disk and restore points before you decide to upgrade. If you don't have these, don't upgrade. With any big upgrade there is always the chance that something will go wrong and then you need to have the tools to fix it.
 8. Are you upgrading from 7 or below? If yes, be prepared for a steep learning curve. If you already use an iPhone or iPad then it won't be so bad but it is still be a bit of trip. This site can help www.wired.com/2015/08/windows-10-security-settings-need-know/ to



get familiar with 10.

9. After reviewing all of the above, what should you do? I can't tell you. I work on computers pretty much every day and every other week someone throws me a Mac (another upcoming blog discussion on upgrading your Mac). I like 10 better than 8.1 because I can find things I use often faster and easier. If you are risk adverse, but want to upgrade and not pay for it (it is a limited time offer), then I would schedule it as far out as Microsoft will let you and that buys you time to decide and you can watch the blogosphere for the commentary on how well it's working. If you're lucky, service pack 1 will be out. Usually that's the best conservative move before upgrade is wait

for the first service pack to come out and then upgrade.

10. If you do decide to upgrade and you have done your checks and backups – expect it will take you a couple of hours depending on download speeds and your computer speed. Don't rush to press buttons...be patient...

Please let us know if this is helpful and if you do upgrade, let us know your experience at outwordit.blogspot.com

Jennifer Garland is a retired Information Technology manager and part time volunteer for several local non- profits. She loves the mysteries of IT, photography, birding, cooking, quilting, gardening and woodworking. She can be reached at spit_lube@yahoo.com .

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Rupaul's Miss Fame Coming to Sacramento

Everyone wants a piece of Miss Fame, and with magazine photo spreads, live stage shows and now music, they're getting it. And you can get a piece of her too, when she comes to Badlands for a one night show.

Miss Fame's new single, "InstaFame" - an anthem about the phenomenon of sudden stardom from Internet platforms such as Instagram, Twitter, Tumblr and YouTube - has just released, and is the second single from *Beauty Marked*, her full-length album that debuted on the iTunes Dance chart earlier this month at #3.

"The Internet gave me my first stage to share my passion with the world," she explains. "When I posted my first Instagram on Halloween of 2013, I didn't understand how social networking worked. Almost immediately, thousands were responding to my face in makeup!

"I then posted a video of my transformation on YouTube and within weeks, I had over a million views. The support and appreciation I received from people from all over the globe made me realize I had something special and it fueled my desire to compete on *RuPaul's Drag Race*."

Miss Fame's path to fame began as a boy growing up on a farm in Templeton, California where she would create realist drawings of chickens and horses. Drawings led to portraits, some of which have been exhibited in large galleries. Miss Fame used the money from paid commissions to make the move from California to New York City four years ago.

In the Big Apple, Miss Fame became an established male model while also working as a makeup artist with MAC Cosmetics, freelancing for celebrity clients including talk-show host Wendy Williams and reality-show star Heidi Montag. "Seeing the positive



Miss Fame

effects of transforming others, I was inspired to transform myself," Fame says.

Competing on *RuPaul's Drag Race* was Miss Fame's most challenging gig to date. "It required a constant internal fire to develop into something bigger and bigger. It made me realize how much I truly care about my art."

That passion and drive carried into *Beauty Marked*, Miss Fame's first full-length album. Miss Fame describes the eleven-track ambient pop album as "an evolution of art creation." Songs were taken straight from Miss Fame's own diaries. "The album is smooth with a mix of up-tempo dance tracks like 'Rubber Doll' (the album's first single, released last month) and down-tempo songs with a deeply humanizing vibe."

Miss Fame's "InstaFame" is available on iTunes and you can catch her live at Badlands, on Sept. 18. You can view "InstaFame" at youtu.be/INIRCRzLHhI.

Suicidegirls Blackheart Burlesque Coming to Sacramento



Celebrating alternative beauty, this geek fantasy spectacular will amaze, as the girls perform the sexiest striptease numbers, filled with pop-culture references and tongue in cheek humor. One night only at The Crest Theatre on Sept. 16. Visit blackheartburlesque.com.

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Out & About

Rainbow Festival 2015

The weather was perfect and the crowds were hot at this year's Rainbow Festival held Sunday, Sept. 7 in Midtown and the corner of 20th & K.



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