

outword

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Midtown Business Association



Governor Signs Assisted Reproduction Law

Governor Jerry Brown on October 7th signed a bill that updates the state's assisted reproduction laws to ensure that all families are equally protected under the law.

Authored by Assemblymember David Chiu, Assembly Bill 960 updates current assisted reproduction laws in three ways: first, unmarried couples using assisted reproduction to become parents will be recognized as such on the same terms as married parents from the moment their child is born;

Second, it removes the requirement that a doctor or sperm bank must be involved when using assisted reproduction in order to ensure that the donor is not a parent; and finally, AB 960 provides clear direction for how egg donors should be treated under California law.

AB 960, which goes into effect on January 1, 2016, is co-sponsored by the National Center for Lesbian Rights (NCLR), Equality California (EQCA), and Our Family Coalition (OFC).

"AB 960 protects children born through assisted reproduction by ensuring that their

family relationships are respected by the law," said NCLR Family Law Director Cathy Sakimura. "Every child deserves this protection, no matter how they were conceived."

Current law does not provide legal protection to many families using assisted reproduction. Today, many unmarried couples using assisted reproduction are not recognized as the child's parents when their children are born because this protection is limited to married couples.

California law also only recognizes that sperm donors are not legal fathers only when a doctor or sperm bank is involved. However, many parents, including many same-sex parents, transgender parents, and intended single parents, use at-home insemination to conceive because using a sperm bank or doctor can cost hundreds or thousands of dollars per month.

Without AB 960, a sperm donor might end

up being required to pay child support by the state, for example, if the parents conceived through at-home insemination.

AB 960 goes into effect January 1, 2016.



David Chiu

Midtown Launches *Stand Against Violence* Drive

The Midtown Business Association (MBA), has launched a community fundraising drive to raise reward funds that will aid the Sacramento Police Department in bringing closure to the investigation into the senseless stabbing of hometown hero Spencer Stone.

Support for the drive is coming from a growing number of Midtown restaurants and nightclubs including Badlands, FACES, LowBrau Bierhall, Mango's and Sidetrax.

Interested community members and businesses are encouraged to make a donation of any size to support this effort.

"Midtown will not tolerate violence occurring in our community," said Emily Baime Michaels, Executive Director of the Midtown Business Association. "Please help us take a stand, fight back and celebrate safety in Midtown and our community at large. Collectively, we need to do everything we can to support the tireless efforts of the Sacramento Police Department in bringing closure to this investigation."

Donated funds up to \$3,500 will be

"Midtown will not tolerate violence occurring in our community." - *Emily Baime Michaels, Executive Director of the Midtown Business Association*

matched by MBA and supporting Midtown businesses in an effort to generate helpful tips to the Sacramento Police Department's "Crime Stopper" program.

Those interested can mail or drop off checks (written to the "Midtown Business

Association") at the MBA office located at 919 20th St. or drop off donations in-person at the Midtown Farmers Market information desk open on Saturdays from 8 a.m. to 1 p.m. and located at J and 20th Streets or online at www.gofundme.com/MidtownSac.

The "Midtown's Stand Against Violence" fundraising effort is being administered by the Midtown Business Association (MBA), a non-profit organization with a mission to make Midtown the center for culture, creativity and vibrancy in Sacramento's urban core. All donated funds will be collected by the executive director of the MBA and hand-delivered to the Sacramento Police Department.

Anyone with information about the altercation that happened in Midtown on October 8, 2015 is urged to call police at 916-808-0650 or Crime Alert at 916-443-HELP. For more information about the Midtown Business Association, please visit www.exploremidtown.org.

Assemblymember David Chiu, (D-District 3)

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CCAF Awards Record Number of Scholarships

by Joyce Mitchell

There was a time when 32-year-old Garrett Henderson just wanted to die. “I was diagnosed with HIV when I was 19,” Henderson said. “I made lots of mistakes because I had simply given up. I didn’t know anybody who had HIV – until it was me. I was lost.”

Family, friends and medical professionals connected Henderson with treatment. “I thought I had been diagnosed with a death sentence,” Henderson said. “Then, I decided to stop punishing myself and the people who care about me.”

Henderson now attends Sacramento State University and heard about the Helen Veress Mitchell Scholarship from a friend. The scholarship is a project of Capital City AIDS Fund (CCAF) and awards HIV+ students \$1,500 per year for as many years as they continue attending college or technical school. “For me, the amount of money is huge and invaluable,” Henderson said. “Books alone are a small fortune.”

For the 2015-2016 school year, CCAF funded fourteen students, the most ever since the scholarship program started in 2002. Currently, two youth are pursuing PhDs. One is studying the HIV/AIDS transmission among at-risk young gay men. Another is researching the impact of HIV/AIDS medications on the brain.

“The scholarship is 100 percent essential in keeping me in school,” Henderson said. “Again, when I was diagnosed, I gave up on myself and education. Then, I realized I am going to survive and now want to make something of myself. I do not receive any



kind of public aid. I’m doing everything on my own. The scholarship is a life line.”

CCAF is adamant. Investing in HIV+ students clears the way for reducing stigma. “I believe investing in students is an investment in our community and future,” Henderson said. “To allow decay spells out our own cultural destruction.”

Henderson, like thirteen other CCAF scholarship recipients, will be buckling down this semester, studying and making their education work for them. “It’s time to make something of myself,” Henderson said. “It’s been a long struggle, but it’s paying off.”

Henderson is a junior at Sac State studying Business Administration. “I have re-entered the academic arena with the fervor and determination like never before,” Henderson said. “It’s an honor to be a recipient of the Helen Veress Mitchell Scholarship Fund.”

To learn more, visit www.capcityaidsfund.org.

Protections for Transgender Foster Youth Signed into Law

Legislation that provides new protections for transgender foster youth in California was signed into law on October 10 by Governor Jerry Brown, ensuring ensures that all foster youth, including those who identify as transgender, are placed in appropriate homes where they feel safe and accepted.

Senate Bill 731, authored by Senator Mark Leno(D-SF) requires caregivers tasked with placing foster youth in homes to take a young person’s gender identity into consideration when making this critical decision.

“Young people have a better opportunity to thrive in situations where they are fully accepted and supported for who they are,” said Senator Leno, D-San Francisco. “Entering the foster care system is challenging for all youth, but it can actually be damaging for young people whose identities are not affirmed by their caregivers and peers.”

When a child enters California’s foster care system, welfare workers and caregivers consider a host of factors when choosing an appropriate placement. The Foster Care Bill of Rights gives all foster youth the right to fair and equal access to services and the right to be free from discrimination based on race, religion, disability, sexual orientation and gender identity.

State law, however, does not provide

specific guidance on placing youth who are transgender. SB 731 provides that needed direction.

The bill is co-sponsored by the National Center for Lesbian Rights, Equality California and Transgender Law Center.

Studies show that LGBT youth are at higher risk for homelessness, abuse, depression and suicide. Transgender youth in particular are at high risk for poor health outcomes due to the rejection and harassment they face. These risks are magnified for young people in foster care, many of whom have already experienced significant trauma.

“By signing SB 731 into law, Governor Brown has taken an important step towards making the foster care system safer and more supportive for transgender youth,” said Transgender Law Center Executive Director Kris Hayashi. “This is critical for a population of young people whose identities are too often rejected and attacked by the systems put in place to support them.”

SB 731 takes effect on January 1, 2016.

CCAF Unveils New Dual-Chamber Condom Dispenser at U.S. Conference on AIDS



The Capital City AIDS Fund exhibited its new dual-chamber condom dispenser at the U.S. Conference on AIDS held in Washington DC in September. Sacramentan Ted Ross created the dual-chamber dispenser to individually hold lube on one side and condoms on the other. Thousands of CCAF’s dispensers are used on college campuses, in health care clinics and at retail locations in the U.S. and around the world. CCAF is committed to using the modest proceeds from sales of the dispensers to provide FREE education and prevention tools and materials in the Sacramento region. CCAF currently donates and distributes 32,000 free condoms monthly to local establishments where young people gather. Read more at condomdispenser.org

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Lavender Heights Rainbow Crosswalk Unveiled



Sacramento's LGBT and ally communities came together in Midtown on Saturday, Oct. 10, a bright sunny day, to see a rainbow! And they found one, a big beautiful one — the newly installed Rainbow Crosswalk at the corner of 20th & K — now officially Lavender Heights. Pictured are some of the folks that worked to make it all possible: Emily Baime Michaels, Executive Director, Midtown Business Association; Bonnie Osborn; Terry Sidie, the owner of FACES; Sacramento City Councilmember Steve Hansen; Gary Ferderer, who worked to get the Mansion Flats district officially designated; and Paul Weubbe, President, Rainbow Chamber of Commerce.



Assemblymember McCarty Holds Meet & Greet at FACES



Assemblymember Kevin McCarty (standing, third from left) met with supporters at FACES on Monday, Oct. 13 to talk about his re-election bid and goals for his second term. Hosted by Terry Sidie, the event featured a free BBQ and gave Midtown residents a chance to meet McCarty, who represents the 7th District and is a long time ally of the LGBT community, and ask questions.

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Young Artists Get Support at Mangers 75th BD Celebration

To celebrate Dennis Mangers' 75th birthday, the area's brightest talent took the stage at Wells Fargo Pavilion, and together with the 500 guests gathered for the event, raised over \$36,000 to support the Sacramento Region Community Foundation's Dennis Mangers Fund for Young Performing Artists.



Dennis Mangers (center) with Jason Phillips and Gloria Gistand, two of the youngsingers that performed at his birthday celebration. Photo by Tia Gemmell.

Named for Mangers, who is Chair of the Foundation's Board of Directors and whose career in public service has spanned five decades, the newly-launched Fund supports young performing artists from underserved backgrounds in the Sacramento region.

The cause is a personal one for Mangers. At the concert, he recalled the barriers he encountered as a young man who loved the performing arts but whose family was unable to afford the costs of private arts instruction; even when his music teachers in school noted his talent – and passion – for singing, he was unable to pursue further training.

With the launch of the Fund, Mangers hopes to ensure that area youth who love the performing arts have opportunities to advance their talents and passions. Because of the Fund, local youth from underserved backgrounds will have increased access to performing arts education, training, apprenticeships, and internships at local arts and cultural organizations throughout the Sacramento region – the very opportunities Mangers could not access as a child.

The inauguration of the Fund and Mangers' birthday celebration also marked

the official launch of the Foundation's arts initiative. That initiative, Transforming the Creative Economy, aims to foster a thriving cultural community in the Sacramento region by supporting arts organizations as they innovate, diversify and build board capacity, and develop new audiences as the needs of the Sacramento region's communities evolve.

"Our first area of focus for the initiative will be to support those nonprofits that are preparing and nurturing our next generation of performers," Linda Beech Cutler, the Foundation's chief executive officer, announced at the celebration. "This aligns perfectly with Dennis' passion to ensure that young performers of promise have access to the specialized training they deserve regardless of their economic status."

Area organizations interested in applying for funds to support their youth performing arts programs in 2016 should look for a request for proposals from the Foundation before the end of this year. For more information about registering to receive notifications about granting opportunities from the Foundation, please visit the Grants section of its website at www.sacregrcf.org.

Most Americans Favor LGBT Workplace Protections

As Kentucky's Rowan County Clerk Kim Davis may now realize, most Americans believe that government officials should not allow their religious beliefs to stand in the way of issuing marriage licenses to all couples.

A new national survey reveals that Americans shun this form of discrimination not only by public officials, but also by businesses that wish to deny goods or services to LGBT people.

A full two-thirds (67 percent) of Americans, including 78 percent of LGBT Americans, agreed that a government official should be obligated to serve all of the public and perform all duties, regardless of their religious beliefs.

The Out & Equal Workplace survey also confirmed that 60 percent of Americans (and 80 percent of LGBT individuals) believe that business owners should not be permitted to turn away anyone based on their religious beliefs.

These and other findings were included in the 2015 Out & Equal Workplace Survey, released Oct. 16, and conducted online between September 9 and 17, 2015, by The Harris Poll in conjunction with Out & Equal Workplace Advocates and Witeck Communications.

"These findings makes it clear that a majority of Americans still believe that fairness and equal treatment are a birthright for all of us – and that discrimination against LGBT people has no justification," said Selisse Berry, Founder, CEO, Out & Equal Workplace Advocates. "This past year, we saw more and more business leaders and corporations boldly oppose discriminatory religious freedom legislation, while standing up for their workforce and their customers."

For more information visit www.outandequal.org.

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Briefly Put

Transgender Service of Remembrance Planned

Sacramento will hold a Transgender Day Of Remembrance, honoring transgender people who have lost their lives, some brutally murdered just for living their authentic and others who took their own lives because of relentless bullying and discrimination.

Reports estimate that 22 transgender people have been murdered so far this year in the U.S.

This year's service and candlelight vigil will be held at Trinity Episcopal Cathedral, 2620 Capitol Ave., on Saturday November 21, at 6:30 pm.

Report Shows Conversion Therapy Not Appropriate for Minors

The Substance Abuse and Mental Health Services Administration (SAMHSA) is releasing "Ending Conversion Therapy: Supporting and Affirming LGBTQ Youth," making it clear that conversion therapy is not an appropriate therapeutic approach based on the evidence, and explores alternative ways to discuss sexual orientation, gender identity, and gender expression with young people.

"When dealing with a sensitive topic such as gender identity or sexual orientation in young people, it is essential that families, educators, caregivers, and providers seek the best available information and advice," said SAMHSA Acting Administrator Kana Enomoto. "SAMHSA's report provides this information, as well as resources young people, families and others can use to promote healthy development for all youth."

This report includes the first publication of consensus statements developed by an expert panel held by the American Psychological Association in July 2015. and found that variations in sexual orientation and gender identity are normal, and that conversion therapies or other efforts to change sexual orientation or gender identity are not effective, are harmful, and are not appropriate therapeutic practices.

Ending Conversion Therapy: Supporting and Affirming LGBTQ Youth is available at: <http://store.samhsa.gov/product/SMA15-4928>

TSA Urged to Reform Screening Procedures for Transgender Passengers

Reps. Adam Schiff (D-CA), Mark Pocan (D-WI) and Brian Higgins (D-NY) along with twenty-nine other congressional colleagues sent a letter to the Transportation Security Administration (TSA) on October 8 urging changes in the way that the agency screens transgender passengers.

The letter comes on the heels of reports of a transgender traveler, Shadi Petosky, being detained and put through inappropriate airport security screening procedures by Transportation Security Officers (TSOs) at the Orlando International Airport due to a misunderstanding about her gender identity as a trans-woman.

The Members urge the TSA to adopt a screening protocol that does not rely on Transportation Security Officers (TSOs) making often-subjective decisions about an individual's gender identity. The letter also requests the TSA provide guidance on screening procedures to the transgender community, ensure that TSA personnel receive adequate training on gender identity issues, and requests the TSA to participate in the investigations by the Departments of Homeland Security and Health and Human Services into Ms. Petosky's case.

State Indian Museum to Present *Native Two Spirits* Gender Diversity Film & Discussion

In celebration of national LGBT History Month, California State Parks and the State Indian Museum are presenting—a special showing of the award-winning "Native Two Spirits" documentary about gender diversity on Saturday, October 24, 2015.

The film is a true and tragic story Fred Martinez, nádleehí, a male-bodied person with a feminine nature, which is considered a special gift in ancient Navajo culture.

Following the documentary showing at 11 a.m., there will be a thoughtful discussion with Perry Two Feathers Tripp (Pomo/Yurok/Tolowa), Cultural Competency Expert for Smith River Rancheria, at noon.

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Homemade Cat Food Recipes that Will Keep Them Purring

by Kelly Roper



Preparing a homemade dinner for your cat can be a real treat for him, especially when you use prime ingredients like real fish, chicken and beef. The best part is that you don't need to be a gourmet chef to create special entrees.

All you need is about half an hour of your time and a few basic ingredients commonly found in most kitchens. Here are a couple of recipes to get you started.

Salmon Dinner

Salmon is a wonderful source of healthy fish oil, and it's tasty too. This recipe just might become one of your pet's favorites.

Ingredients:

- 1 can salmon
- 1 tablespoon cooked broccoli, mashed
- 1/4 cup whole wheat bread crumbs
- 1 teaspoon brewer's yeast

Directions:

Combine all ingredients in a bowl.
Stir together and serve.

Keep any leftovers refrigerated, and discard after three days.

Chicken Dinner

Many cats will choose chicken over other meats. This recipe is simple, and cats love it!

Ingredients:

- 1 cup of cooked chicken (may be broiled or baked)
- 1/4 cup of steamed broccoli, mashed
- 1/4 cup of steamed carrots, mashed
- Chicken broth

Directions:

Place ingredients in a food processor with several tablespoons of chicken broth.

Puree or crumble the ingredients until it begins to resemble pate cat food. Add broth, as needed, to make the mixture smooth, but not soupy.

Let the food cool to room temperature before serving.

You can find more healthy and delicious cat food recipes at cats.lovetoknow.com/Homemade_Cat_Food_Recipe



Shocktoberfest 16 Is an Extravaganza of Terror & Titillation



Five new one-act performances from a black comedy to a musical fantasy await you at Thrillpeddlers production of **Shocktoberfest 16**, the annual festival of Grand Guignol horror theatre and black comedies. Plays through Nov. 21 in SF's Hypnodrome. Visit www.hypnodrome.org Photo by davidallenstudio.com

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Why Can't They Be Friends?

by Scarlett Sanford



You met this great guy, you've had a couple of dates, and everything is perfect. Then you find out the deal breaker: he's got a cat, but you're a dog person with two at home and you think that you'll never have a future together in the same place without someone ending up in a shelter.



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I can assure you though, pet integration is possible!

First you should think about the differences between cat and dog behaviors. Both like to be petted (who doesn't?), but dogs are more likely to lick you while a cat will blink at you in affection. Every cat and dog is a unique individual and to have the best introduction possible, you must understand the animals involved and their stress signs. Just like meeting new people can be stressful for us, so it is for our pets.

Because both species are territorial, you should find neutral ground. A friend without animals or even a calm public setting with everyone leashed and relaxed would be best for your first introduction.

If you have a very active dog, take them on a long walk first. If your cat is stressed from the car ride, let them calm down in a quiet space before visiting. The best possible introduction will happen between two tired and happy animals.

From then on, you can continue the neutral meetings until there are no negative behaviors, or if you're moving in together it's time to start designating space, but keep both pets in separate areas large enough to be comfortable in.

Despite being indoors, you should consider leashing whichever animal is more aggressive while introducing them. I trusted my shepherd, Loki, with my new cat, Harley, but I would leash my enthusiastic Beagle,

Jack, while introducing them one at a time.

After a week, both Harley and Jack have been able to sleep comfortably in each other's presence with close supervision on my part. Another trick you may find handy is to release your cat wherever your dog sleeps while the dog is out, and vice versa. Getting them used to each other's scent is just as important as the supervised visits.

From there, I promise it just takes time. It may look rough to start, but watch the animals' behavior. Even if the cat hisses after only a minute, it's time to let the meeting stop, even people aren't in the mood for company sometimes.

When it's going well, and your dog suddenly chases the cat, don't be discouraged. Stop the behavior and then consider tiring your dog out before the next visit.

In my work with Lucky Buddy Petcare, I have been a pet-sitter for many mixed households where they interact very easily. I'm always impressed with their friendships because I know they didn't happen overnight. There was a lot of work involved, just like with our human relationships.

So don't drop that cat-guy just yet, if your animals can do it so can you!

Scarlett Sanford is a 24-year-old Sacramento native, pet sitter with Lucky Buddy Petcare, always an animal lover and has volunteered with Saddle Pals Therapeutic Center.

Grow Old With Me

by Dee Dee Drake



It's a warm Saturday morning at the Sacramento SPCA, and a small crowd of people has formed in front of Gracie's Adoption Center. An irresistibly adorable litter of Labrador mix puppies will be available once the shelter opens.

Adoptions Supervisor Ashley Elamrani watches the people pass once the front doors are unlocked. "Everybody loves the puppies," she says. "But I wish more people would take a look at the adult and senior dogs. They have so much to offer. Getting them placed is easier than it used to be, though."

SPCA Chief Executive Officer Rick Johnson agrees. "Years ago the likelihood of senior dogs being able to find a new home was slim," he says. "Now they're more likely to find a home sooner rather than later."

The shelter's adoptable pets, including seniors, are featured weekly on numerous "Pet of the Week" segments on local news channels, as well as various online news and magazine sites including sspca.org.

Sacramento resident Elizabeth Delgado specifically sought to adopt a senior dog. "I definitely wanted an older dog," she says. "The seniors still have so much more to give. These years are when they need you most, and I don't think they ask for too much: someplace cool in the summer, a warm place in winter, and a comfortable bed. Of course, there might be medical issues, but that just comes with it."

Delgado's quest to adopt a senior dog began and ended online. "I saw Sulu on his foster mom's Facebook page. She had written, 'He can't see, can't hear, has a heart murmur, and his teeth are pretty messed up.' I posted back, 'Hands off, ladies, he's all mine!'" Delgado laughs. "I can't believe how inexpensive it was to adopt this dog who'd had his teeth cleaned, was neutered, had had his behavior evaluated, and was just ready to go," she says. "I totally lucked out."

Sulu, a dapper, cream-colored Pekingese mix,



It's hard to know who is happier, Sulu or his new owner. Photo by Richard Miskanis.

settled into Delgado's home immediately. "You'd never know that he was eleven and a half," she says. "He has an almost puppy energy to him sometimes. He lives for his daily walks, and he's just excited to be alive." Sulu came to Delgado already housetrained and familiar with house rules.

The only real drawback to taking in a senior animal, it seems, is that the adopter and pet may have fewer years together. "Your time with the animal is going to be shorter, it's true," says Johnson. "But you will receive so much from that relationship that it becomes a very compelling reason to adopt an older dog."

Just ask Elizabeth Delgado. "Sulu is the perfect ambassador for shelter dogs everywhere," she says. "When we go on walks here in Curtis Park, there are people who stop us and want to pet him and he's just a gentleman. When I tell people how old Sulu is, they're shocked. Together we're showing people that there's a lot of life left in these senior dogs."

Dee Dee Drake is the Humane Education Manager for the Sacramento SPCA. She can be reached, and you can find more information about pets available for adoption, at sspca.org.

Do You Have the Same Personality as Your Dog?

We've all heard the old cliché that people look like their dogs, but would you be surprised to find out that people and their dogs tend to socialize, eat and learn new skills in very similar ways, too?

According to the "Natural Balance Canine Personality Study" – a survey of 1,015 U.S. dog parents conducted by Natural Balance Pet Foods in conjunction with Learndipity Data Insights – Americans love dogs who are often just like them:

1. People choose dogs who act just like them

66 percent of extroverted people have extroverted dogs – and there's a 65 percent chance that an introverted dog will have an introverted human parent.

If you're a choosy eater, your dog is three times more likely to be one as well.

If you identify as a lifelong learner, then there's a 72 percent chance your dog will be good at learning new tricks.

2. Dogs display complex emotions, just like we do

Dogs' personalities are highly nuanced and they experience many emotions that are all too familiar to us humans.

If you're hurt or late coming home, 90 percent of dog parents believe your dog is worried about you.

79 percent say dogs can feel embarrassment, while 95 percent are certain they've seen their dog smile.

3. Dogs strongly influence the emotions of their human parents

According to 79 percent of dog parents, their dogs consciously and actively attempt to comfort them.

55 percent report that their dog looks at them with loving eyes that communicate deep emotion.

52 percent say their dog is able to accurately sense when they are sad.

Learn more about your pet's personality at www.naturalcharacters.com

Cats? Now that's a different story all together! But yes, as any cat caregiver can tell you, they have persoanlities too. Visit www.wayofcats.com/blog/cat-types to get the scoop.

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Enjoy Moderately Priced Wines from Australia

by Diana Kienle

I was on the road recently and tried very much to be satisfied with the wine offered in the hotel. I was visiting Philadelphia for five days, and I could take it for only so long.



I had enjoyed a good bottle with a dear friend at dinner one night, yet found myself longing for a richer and deeper expression of the grape, so I found the wine store and set my sights on Shiraz, which is from Australia.

I do so knowing that an Aussie wine will be big, lush and very approachable. I shy away from young cabernets, since they do need some time to unfold.

Two Hands is one of my favorite wineries from “down under,” as they have consistently delivered complex wines across their portfolio. I first became acquainted with the winery by tasting Lilly’s Garden Shiraz and was knocked out by the depth of flavor and smoothness of the wine.

Luckily, I found a more modest priced wine at the store and was happily on my way. I purchased a bottle of Two Hands Angels’ Share Shiraz, 2012. It was all I had hoped for in the bottle. The price was under \$30 and ready to go. I understand that the 2013 vintage is a winner as well, yet will still need another year in the bottle to be its best.

Another Shiraz from Two Hands that is in that price range as well is the Clare Valley Fields of Joy, 2013. 2013 is stacking up to be a good year for many Australian wineries.

By the way – “angels’ share” is the term used to describe that wonderful aroma when walking into a cave where the wine is stored and resting in barrels.

If you are looking for value, also consider another Australian winery called Mollydooker. Their 2013s should also

provide excellent drinking pleasure in this price range. The cabernet titled “The Maitre D,” the blend called “Two Left Feet,” and their Shiraz, “The Boxer,” should all be ready to drink.

All these wines can be found for less than \$30, and they’re worth every penny in my opinion.

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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Seniors for Seniors Program Enhances the Lives of Pets and People

by Ryan Hinderman



Senior pets often have a hard time being adopted, sometimes because families want a pet that they can have for its full lifetime, and sometimes because they are looking for a high energy animal that they can take hiking, running, etc.



The Seniors for Seniors program makes regular visits to Eskaton Communities, where adoptable pets visit with seniors. Image by Robin Hagy Photography.

But for most seniors, having a mellower cat or dog that is more interested in cuddling than vigorous exercise is perfect, and to help make that possible Front Street's "Seniors for Seniors" program allows anyone over the age of 55 to adopt a pet over the age of five for only \$5.

The mental and physical benefits of pet ownership are substantial, but especially so for seniors. A dog, cat, or other animal can reduce anxiety and blood pressure, give people a reason to exercise and be active, and lessen depression.

It also helps seniors to express themselves, have fun, and have a purpose. Feeding a cat or walking a dog can give a great sense of purpose and responsibility, and being able to bring joy to another creature on a daily basis is very

rewarding.

Seniors can share their days with pets, and we all know that pets are some of the best people to talk to. Because animals live very much in the present, that mentality tends to rub off on people – and for seniors, focusing on the now instead of worrying about the future can be very important.

And lastly, as anyone who has walked a cute dog down the street will know, they're also a great conversation starter for making new social connections and even starting romances.

To spread the word about the program, photographers from Front Street bring adoptable animals to Eskaton, where seniors take interactive photoshoots with them. The results are adorable, and both the people and pets have a great time.

Many Eskaton communities are pet friendly, so if a senior meets a pet that they fall in love with during the photoshoot, they may just end up with a new roommate! And for seniors who are new residents, bringing an existing pet with them can ease the transition and make their new home feel more like their old one.

The reduced adoption fee of \$5 covers spay/neuter surgery, microchip, vaccinations, ID tag, and much more to ensure senior adopters are totally set when they bring home that new best friend.

To see many of the animals up for adoption at the Front Street Shelter, visit www.frontstreetshelter.org.

Pooch Parade & Halloween Festival

Plans are afoot for the Midtown Business Association (MBA) to present the crowd-favorite Midtown Halloween Festival & Pooch Parade on Saturday, October 31, 2015 from 1 to 3 p.m. at Marshall Park, 915 27th St.

The canine-friendly event is highlighted by the much-anticipated "pooch parade" scheduled to take place at 2 p.m. that day. Four-legged friends will strut by while competing in an entertaining costume contest that will include playful prizes for the winning pooches.

In addition, Midtown's mobile off-leash "Pop-Up Dog Park" will be set up to encourage canine-friendly communication for pooches 30 pounds or less (due to the structural limits of the fencing).

Plus, a variety of free family-friendly activities will be available that include face painting, balloon animal creations, a bounce house, photo booth and healthy snacks provided by the Food Literacy Center, hands-on arts and crafts, entertaining live music, and more.

"We're excited to continue to offer a variety of eclectic, fun and family-friendly Halloween activities in Midtown," said Emily Baime Michaels, Executive Director of the Midtown Business Association. "And we're especially thrilled to also highlight our four-legged friends that are clearly cherished by our amazingly supportive Midtown community."

The Halloween Festival & Pooch Parade, Pop-Up Dog Park and the Midtown Farmers Market are presented and supported by the Midtown Business Association (MBA), which is committed to ensuring Midtown remains a thriving center for culture, creativity and vibrancy. For more information about these activities or the Midtown Business Association, please visit www.exploremidtown.org.



Murphy is not sure why he is dressed this way by his peeps Amy and Shawn, but he still blesses them with those big brown eyes and puppy kisses.

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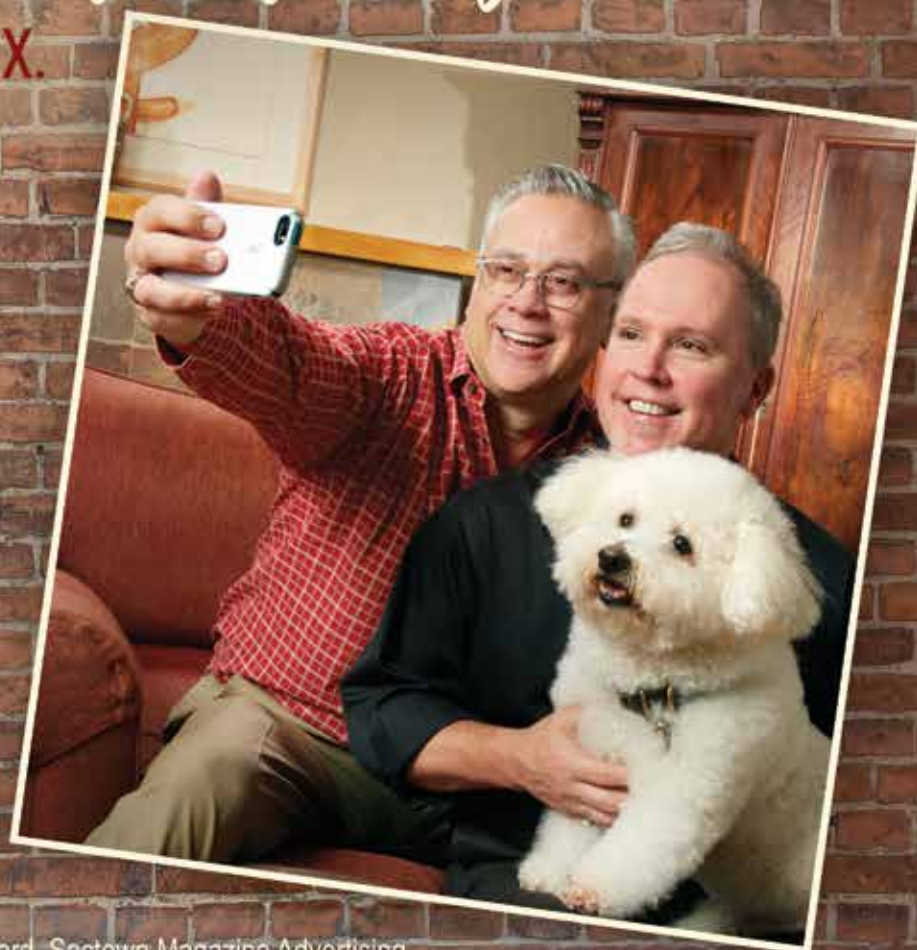
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The Art of Writing is Still Strong in These LGBT Titles

by Darrell Scheidegger Jr.

The warm weather books-on-the-beach season is behind us, and the rainy weather books-by-the-fireplace season is just around the corner (El Nino permitting).

Following are two reviews of new books I have recently finished, and two previews of new books on my to-read list. I encourage you to get yourself a copy (of one or more) and escape the front page news of droughts and debates and get lost in a good book!

The Lemoncholy Life Of Annie Aster

by Scott Wilbanks - Sourcebooks Landmark

The author writes that "... (lemoncholy) combines the phrase "if life gives you lemons" with the word melancholy to represent the state of being in which one makes the best of a bad situation."

And the characters in this novel experience all kinds of situations involving suspense, humor, history, romance, and fantasy – even murder (I predict a movie adaptation)!

The tale unfolds in two places and times: San Francisco in 1995, and Sage, Kansas in 1895. The story is made all the more enjoyable to me by the fact that I lived and worked in the neighborhood where the present-day action takes place (at the bottom of page 47, when a character picks up a dropped Frequent Reader Card, I almost wet myself. I passed out thousands of those cards during my years at Books Inc. in the Castro).

This is an amazing debut novel that I dare you not to enjoy.

Bohunk's Big To-Do

by Julian Jones - Homespun Press

As a reader and writer, I find myself drawn to language more than story, but Julian Jones is accomplished in both. *Bohunk's Big To-Do* tells the tale of a young man named Bo, traveling from Arizona to Kansas with his mother and boyfriend, Troy (who also happens to be recently married to his mother) to visit his estranged father (who ran out on the family before Bo was born), only to discover that the father has recently died... well, you get the idea... lots of stuff happens.

But the characters and story are incredibly created through the wonderful words of the narrator. This is how Bo describes the heat:



Bohunk's Big To-Do author Julian Jones

"Sun's been sucking at the back of my neck so hard all day my very cells feel like they're popping inside me mean as bacon grease. The hottest parts of Kansas don't come rolling over the plains and through the trees or beating down from the sun direct... Worst of Kansas persuades its way inside you all day long then gnaws free like a grudge you can't resist; clings like shame; seeps out of you with all your inside juices sopped up in it and hovers there on you so

thick you're helpless to any quicker way of shedding it than evaporation."

I can't wait to read what Jones writes next!

Stormtrooper Families: Homosexuality And Community In The Early Nazi Movement

by Andrew Wackerfuss - Harrington Park Press

Stormtrooper Families is a scholarly account of homosexuality in the Nazi movement based on personnel records, autobiographies and memoirs, personal letters, court records, and more.

With illustrations, footnotes, and a glossary, this is a fascinating study of a history that many textbooks have ignored.

Rowdy Armstrong: Wrestling's New Golden Boy

by David Monster

Rowdy Armstrong tells the story of an athletic, blond teenager and his adventures in the wrestling arena on his journey to the World Championship. The year is 2025 and the rules have changed a bit: not only can you hit below the belt, you're encouraged to "play with" what's below the belt (whatever it takes to get your opponent to call out).

If you like to read about young, strong, handsome men who use sex as a weapon, then this is the book for you!

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Patty Griffin & Shawn Colvin Keep Folk Alive

by Chris Narloch

The crop of women on the pop charts seems to get younger with each passing year, which makes growing old gracefully in the music business a risky proposition, especially if one is female.

The crop of women on the pop charts seems to get younger with each passing year, which makes growing old gracefully in the music business a risky proposition, especially if one is female.

Thankfully, truly talented artists like Shawn Colvin and Patty Griffin don't rely on radio airplay to keep their careers going.

Both women are direct descendants of folk icons like Joni Mitchell and Joan Baez, and the gifted singer-songwriters keep releasing new music and touring decades into their careers because their loyal fan bases demand it.

Colvin recently released her second album of covers, while Griffin has a new disc of all-original material.

Patty Griffin – *Servant of Love*
The title of Patty Griffin's latest release feels like a summation of her extraordinary career as a songwriter.

From past compositions about spiritual love ("Up to the Mountain," "Heavenly Day") to her shattering 1998 song about gay bullying and suicide ("Tony"), she has always tackled every color of love's rainbow in her writing.

Her latest disc continues Griffin's



Patty Griffin
winning streak, beginning with the title song, which has a passionate lyric about wanting to live by the sea with her beloved, as a servant of love.

With its vivid imagery and hushed yet intense vocal, that first cut is the best thing on the CD, but the other twelve songs are almost as good, with "Snake Charmer" and "You Never Asked Me" among my favorites.

Shawn Colvin – *Uncovered*
While not as great as her excellent 1994 album of cover songs (*Cover Girl*), Shawn Colvin's second disc of other songwriter's tunes does contain a number of gems, and her diehard fans will want to add it to their collection. Bruce Springsteen's "Tougher Than the Rest" is a great place to

start, and Colvin kicks off her new release in high style with a softer, more introspective take on that classic lyric by "The Boss."

Even when her song choices are questionable ("Lodi"?), Colvin's vocals are so accomplished, and she invests familiar material with so much emotion, that the best cuts sound as if the artist could have written them herself.

The fine production on *Uncovered* is mostly stripped down to acoustic guitar and pedal steel, which puts the emphasis on Colvin's lovely voice and on the superb lyrics of Tom Waits ("Hold On"), Gerry Rafferty ("Baker Street"), Paul Simon ("American Tune") and others.



Shawn Colvin

Guillermo del Toro Returns with *Crimson Peak*

by Chris Narloch

Even a less than great film by the great Mexican director Guillermo del Toro is cause for celebration, since his misses are much better than what most directors can do on their best day.



So even though his latest movie *Crimson Peak* is not his finest, I can still absolutely recommend that you see it on the big screen, if only for the film's art direction, set direction and special effects, which are stunning.

Whether it's deep red clay

turning white snow the color of blood, or the fashionable period clothes worn by the cast, the director's use of color in film is currently unmatched.

His images sing even when the familiar story, about an evil brother and sister (Tom Hiddleston and

Jessica Chastain) who attempt to bilk a young woman (Wasikowska) out of her fortune after her father dies, occasionally sags.

Hunky Charlie Hunnam plays the handsome good guy that the gullible heroine should have chosen over Hiddleston's baddie. Luckily, Hunnam's hero returns in the last act to help save the day.

Maybe I had my hopes too high because del Toro is one of my favorite living directors, but *Crimson Peak* isn't very scary, which is a problem for a horror movie. (The movie is violent but not really suspenseful.)

Crimson Peak is creepy and incredibly beautiful to look at, and I can't find fault with the film's performances or its script. The movie just doesn't scare your socks off like a good ghost story should.

Note: For more reviews of new movie releases, go to www.outwordmagazine.com.

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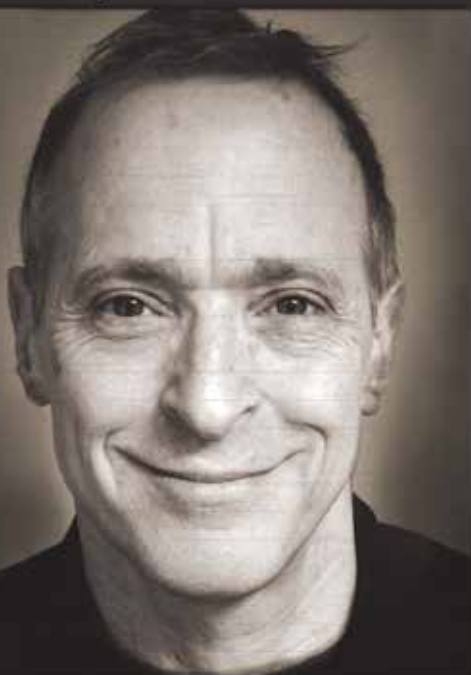
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A New Spin on the Classic Tale of *Dr. Jekyll & Mr. Hyde*



The *San Francisco Chronicle* calls Jeffrey Hatcher's adaptation, "A smart, tense and suspenseful new take on Stevenson's look at the evil that lurks in the hearts of men ... but hipper, sexier and more intense" Through Oct. 31. BigIdeaTheatre.org. Photo by Quinn Ung Photography.

STC Presents New Adaptation of *Sense and Sensibility*



With just the right mix of humor, romance and happy endings, the classic novel comes to life on stage in this Northern California premiere of a new adaptation of Jane Austen's popular work *Sense and Sensibility*, featuring Teddy Spencer as Edward Ferrars, Lenne Klingaman as Elinor Dashwood, Lindsey Marie Schmeltzer as Marianne Dashwood, and Kevin Gish as John Willoughby. Plays through Oct. 25. Info: www.sactheatre.org. Image by Yuri T. Photography.

Sacramento's Wes Wilkinson Wins Chute Dogging Buckle at World Gay Rodeo Finals in Las Vegas



An 18 year dream came to fruition at the World Gay Rodeo finals in Las Vegas the weekend of October 10-11 when Wes Wilkinson won the Chute Dogging Buckle, a cowboy's version of a first place trophy. "I will wear this buckle with pride and cherish this award and accomplishment for the rest of my life!" Wilkinson said on his Facebook page. Chute Dogging pits a cowboy against a 400 - 500 pound steer; the cowboy must then wrestle the steer to the ground with nothing but his bare hands, strength and determination. The action starts with the cowboy, on foot, and steer in a chute as opposed to on horseback. Photo by cowboyfrank.net.

What Do You think of the New Midtown Dog Park?

The City of Sacramento has approved plans for a new dog park in Midtown at 19th and Q streets that will feature separate areas for large and small dogs. It's creating quite a stir, so we thought we'd ask our readers to share with us some of the the thoughts from their four-legged friends. And we chose three winners, based on cuteness alone: Atticus, Lola and Annie, whose humans will each be getting a \$25 gift card to Ernesto's Mexican Food!



Atticus – Ray Sherman
I don't need a park, I have my own travel shell-ter..



Lola – Keli Hannaford
Faster, higher, faster, higher!



Pepper – Clint Vigen
If this isn't a trip to the dog park or Petco, the couch cushion dies.



Sierra – Jason Phillips
That old park was a Shih-Tzu! I'm gonna text all my friends on my IBone! I'm so happy I could sing! "Don't stop retrievin, Hold on to that Feline!"



Gia – Emily Bender
Are we there yet, are we there yet?



Gus – Jennifer Kennedy
Ha-ha, I ate all your food while you were out playing in your precious park.



Oli – Jennifer Garland
Where's the Singles Only Hydrant?



Rough – David McPeck
What time does the buffet open?



Tip – Stephanie Slagel
Can you bring me home a puppy to torment – er, play with?
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Cheddar – Melanie Luken
I'm Cheddar. I'm the star of Elk Grove Subaru's May and June TV Commercials. I don't have time for the silly ol' dog park.



Zelda – Dave McAnelly
Barker and Woof weren't working for me, so I thought I'd try this park thing.



Annie – Brian Kaiser
Really, you expect me to hang out with these mutts?

Elf & Evil Dead The Musicals

by Chris Narloch

Christmas comes early this year with the musical comedy hit *Elf The Musical*, which is next up at Broadway Sacramento, but if you want to see a show before November, you can check out a musical version of *Evil Dead*, perfectly timed for Halloween month.



Elf the Musical touring company

Elf The Musical

Based on the popular 2003 film that starred Will Ferrell, *Elf The Musical* boasts a book by Bob Martin (*The Drowsy Chaperone*) and Thomas Meehan (*The Producers, Hairspray*) and lyrics by Matthew

Sklar and Chad Beguelin (*The Wedding Singer*) *Elf The Musical* is the classic tale of Buddy, a young orphan child who mistakenly crawls into Santa's bag of gifts and is transported to the North Pole.

With Santa's permission, Buddy embarks on a journey to New York City to find his birth father, discover his true identity, and help New Yorkers remember the true meaning of Christmas.

Embrace your inner elf with *Elf The Musical*, playing November 6-15 at Sacramento's Community Center Theater. Visit www.BroadwaySacramento.com.

Evil Dead The Musical

The classic cult horror movies are played for laughs in this bloody good adaptation of *The Evil Dead*.

This hilarious live stage show takes all the elements of the cult classic horror films – *The Evil Dead*, *Evil Dead II*, and *Army of Darkness* – and combines them to make one crazy theatrical experience.

Running through October 31, *Evil Dead: The Musical* plays at the Sutter Street Theatre in Folsom. Visit www.sutterstreettheatre.com.

American Horror Story: Hotel Is Here - Freak Show Arrives on DVD

by Chris Narloch

The jury is still out on the brand new season of *American Horror Story*, starring gay icons Lady Gaga, Cheyenne Jackson and Matt Bomer.



American Horror Story: Hotel

The killer cast is in place – although I will forever miss the great Jessica Lange, who is sitting this season out – and the art deco hotel sets are amazing.

Yet the first episode of *AHS: Hotel* was so over-stylized that it felt suffocating; still, I am hopeful that gay showrunner Ryan Murphy will pull things together as the new season progresses, as he did with *AHS: Coven*, which also had a rocky start.

Nothing will ever top last season, however, which was appropriately named *Freak Show* and featured real-life “freaks” plus a telepathic, two-headed woman brilliantly-realized by actress Sarah

Paulson with a ton of help from the special effects department.

Inspired by the classic Tod Browning horror film *Freaks* from 1932, *AHS: Freak Show* featured a towering performance by Lange as the steely den mother to a group of circus freaks that included a bearded lady played by Kathy Bates and a triple-breasted woman enacted by Angela Bassett.

That peak season of *American Horror Story* was recently released on DVD, just in time for Halloween. If you haven't already seen every twisted episode of *AHS: Freak Show*, I suggest you watch all 741 warped and wonderful minutes, from the beginning.

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Mini Fall French Film Fest at the Crest

by Chris Narloch

Luckily, we don't have to wait until next summer's Sacramento French Film Festival to enjoy great French movies. You can get your fix of French cinema this November 14 thanks to the 2nd Sacramento Mini Fall French Film Fest at the Crest Theatre.

The one-day blast of French films, with English subtitles, will feature five recent movies and will begin with *Mustang* on Saturday afternoon at approximately 1 p.m. The program will wrap up around 9:30 that night with Abel Ferrara's controversial 2014 drama *Welcome to New York*.

Welcome to New York costars Gerard Depardieu and Jacqueline Bisset and was inspired by the infamous Dominique Strauss-Kahn affair. In the film, the character Devereaux is closely based on that infamous French politician.

Welcome to New York tells the story of a powerful man, a possible candidate for the Presidency of France, who lives a life of debauchery and is arrested after being accused of raping a maid at his hotel.

For more information and updates about all the movies playing on Nov. 14, please visit www.sacramentofrenchfilmfestival.org.



Gerard Depardieu stars in *Welcome to New York*.

SF Photo Show Spotlights 1970s SF Drag Queens

A new exhibition at the GLBT History Museum, "Reigning Queens: The Lost Photos of Roz Joseph," presents evocative photographs of San Francisco's epic drag and costume balls of the mid-1970s.

The color images were created by noted photographer Roz Joseph, whose drag-queen series was rediscovered after she donated the work to the GLBT Historical Society. The vintage prints will be displayed starting October 23.

"Roz Joseph documented a world of self-styled baronesses in diamond tiaras, elaborate 'royal' coronations and gender-bending performance," notes curator Joey Plaster. "Her photos show how gay men deployed theater and fantasy to make very real contributions to San Francisco's gay community. We're excited to bring these long-lost images back into public view almost four decades after they were made."

Roz Joseph was born in the Bronx in 1926 and studied photography in New York City. In the 1960s, she shot images in Europe and North Africa. In 1970, she moved to San Francisco, where she began photographing city scenes and has been

a resident of San Francisco for 45 years.

Many of the drag queens Joseph photographed were associated with an organization called the Imperial Court, which annually elects a drag empress who raises funds for local charities. Founded in San Francisco in 1965 and now established in cities around the U.S. and in several other countries, the Imperial Court system is celebrating its 50th anniversary this year.

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"Reigning Queens" will be on display October 23 through February 2016, in the Community Gallery of the GLBT History Museum at 4127 18th St. in San Francisco.

For more information, call 415-621-1107 or visit www.glbthistory.org/museum.



Image by Roz Joseph

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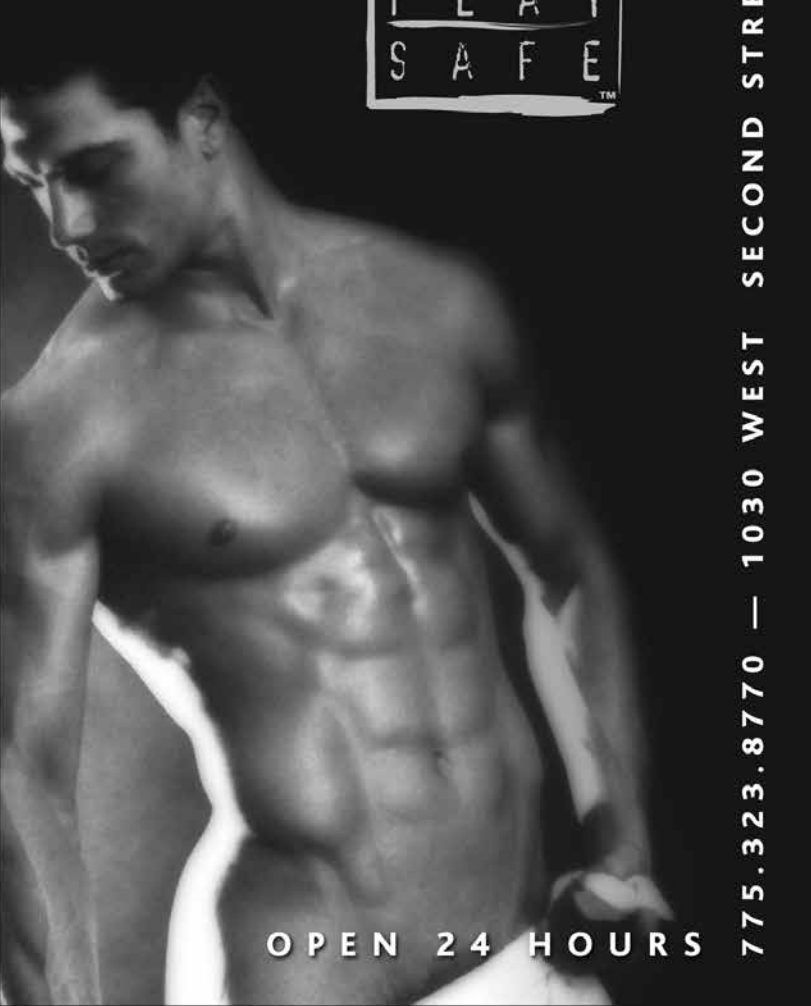
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Chums in a Scrum Pose for Gay Rugby Players Calendar

Members of the Nashville Grizzlies, a gay and inclusive rugby team, have created their own calendar, celebrating the team as they play both gay and straight teams in the deep South. The Grizzlies will also be hosting the Bingham Cup, the world championship of gay rugby named after Mark Bingham, a hero who died in the September 11, 2001 attacks, in May, 2016 in Nashville. Get your calendar at www.grizzliesrugby.org.

Sacramento enjoyed three days of LGBT films at this year's Sacramento International Gay and Lesbian Film Festival (SIGLFF), and it's safe to say a good time was had by one and all. The film selections this year covered the spectrum of Gay, Lesbian, Bi and Transgender films, and there were a number of the films creators in attendance, who answered questions after the showing. Stay tuned for next year, which will be SIGLFF's 25th anninversary! *Photos by Rob Orani Photography - www.oraniphoto.com*



Jeff On A Journey Finds Adventure on the Open Road

by Matthew Burlingame

Many journeys start with a single step, but for the host of the new Youtube video series *Talk and Travel TV*, the journey began with an SUV and an adventurous spirit.

In 2010 Jeff On A Journey, as he prefers to be known, found himself unable to get ahead financially despite working a decent paying job. Being a minimalist by nature, he began to contemplate the idea of how to save money by cutting back on his major expenses including his biggest expense of all: rent.

"I was continually putting out hard-earned money on housing I would never own," the Yuba City native explains in his intro video.

Soon after, Jeff made the choice to purchase an SUV and make it into his home. Doing so afforded him a freedom he had never known before. But it was a freedom that came with a number of obstacles and societal prejudices.

"Living out of an SUV can be off-putting to some," says Jeff. "It often evokes the prejudice and stereotypes of the homeless: crazy, lazy, or drug addicted. I am none of those things – well, maybe a little crazy."

Already an LGBT activist for many years, Jeff's newfound lifestyle became a springboard for delving into being an outspoken advocate for homeless issues, political issues and doing interviews with well-known public figures from inside his SUV.

His newest project, *Talk And Travel TV*, will showcase videos detailing his unique lifestyle of living and traveling out of his SUV and showcasing interesting people and places he meets along the way.

"I'm an interview addict and I've found many people willing to chat with me as I come up to them with a camera and ask for an interview," says Jeff. "I've been amazed at how many times people are willing to open their hearts up to a stranger."

Being host, cameraman, director and editor all in one may seem like a daunting task, but it also allows Jeff the creative control to freely tell his journey and that of others he meets along the way.

"I travel with the 'it's the journey, not the destination' mentality," he explains. "I get a general sense of where I will be going and research the area to find interesting things and people to film."

The show's site, www.talkandtraveltv.com, has several promotional videos for the series as well as one where the host gives viewers a tour of his SUV and the modifications he's made to make it his home.

"I've been contacted by numerous people who have questions," says Jeff. "Where do you shower? Where do you use the



restroom? Where is safest to park at night? How do you eat? What do you do if cops approach you about sleeping in the vehicle? What if you meet someone and want to have sex? I will be making videos answering all these questions."

"The sex video should be fun to make," he jokes.

The site will also soon feature several shows currently being edited including an interview with a man in Yuba City who lives out of a giant military vehicle converted into a tiny home, and a visit to a farmer's market in Concord, CA.

"I also have interviews with a grandmother who dresses as a clown and sells balloons, a businesswoman who owns

a company making natural health products, and two different small-business owners who run an apiary and a crepe restaurant," says Jeff. "I love the human-connection of meeting these hard-working people of all walks of life who are kind enough to share a glimpse of their lives with me and my audience."

For more information on *Talk And Travel TV* visit www.talkandtraveltv.com or find Jeff on Twitter at twitter.com/talkandtraveltv.

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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