

# outword

No. 563 • October 27, 2016 • outwordmagazine.com

**Take Time  
to Smell  
the Roses**

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**No Love  
Like Your  
Cat Love**

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**Get My  
Puppy To  
Understand  
Me**

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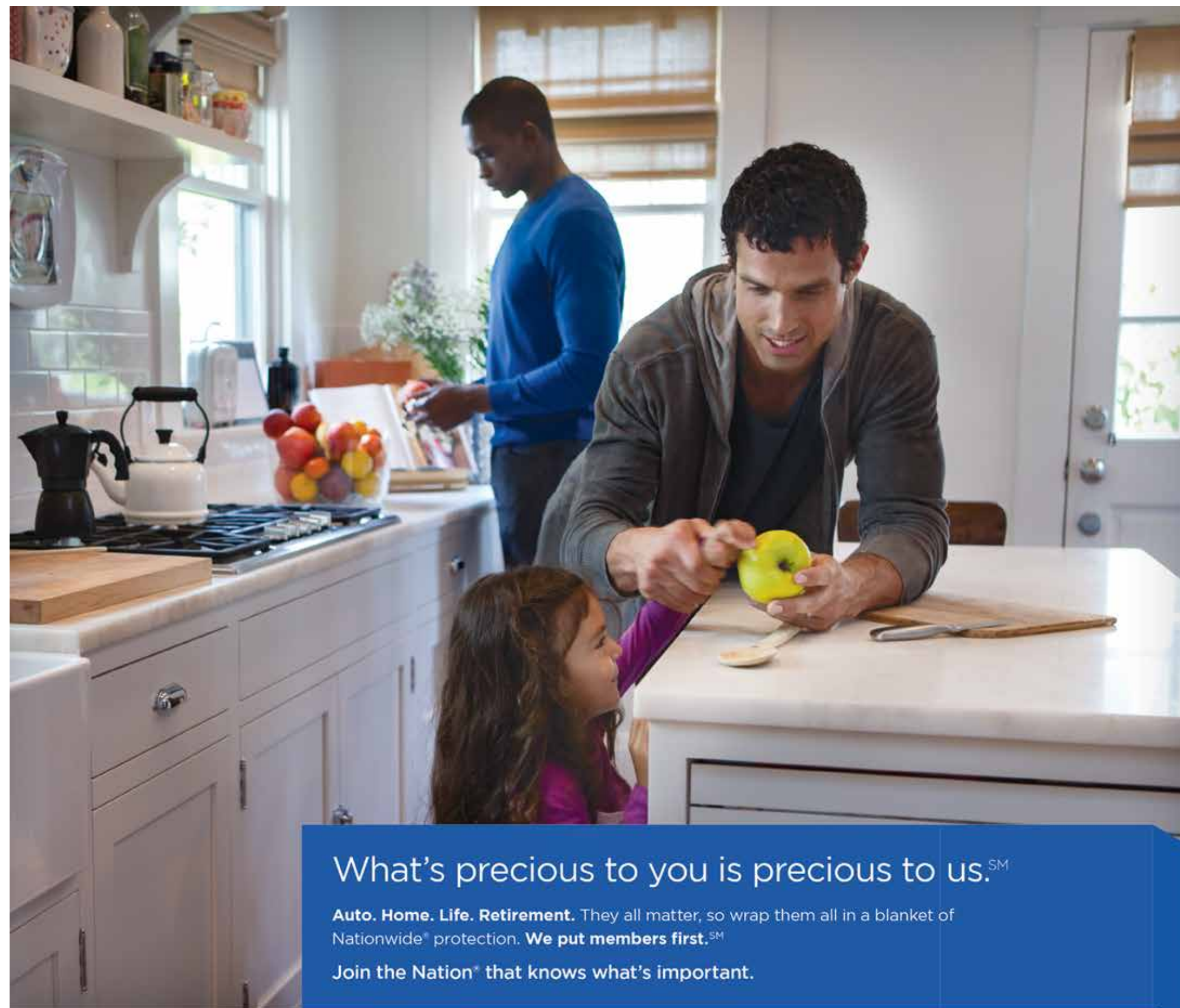
**Good Grooming  
Can Help Pets  
Be Ready**

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**THE  
PET  
ISSUE!**







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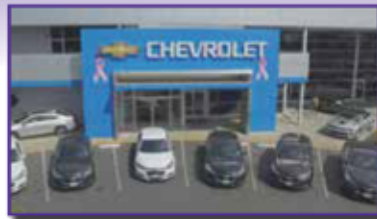


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Better Homes

## Sacramento Gets Perfect Score on LGBT MEI

For the first time, Sacramento has received a perfect score in the Municipal Equality Index (MEI), assessing LGBTQ equality in 506 cities across the nation, including 57 in California.

As reported in a previous issue of Outword, Sacramento had been working towards a higher score, but thanks to a concerted effort by Councilmember Steve Hansen, the City has obtained a perfect score.

"Getting a perfect score on the Municipal Equality Index helps tell people in need that Sacramento is a beacon of freedom and opportunity, said Hansen, Sacramento's first openly LGBT elected official. "We pride ourselves on our diversity, but that pride has to be reflected in strong laws and protections to ensure a city free of discrimination. We were an early pioneer in protecting our LGBT residents, and now we are sending a message far and wide that love conquers hate."

Other California cities to receive a perfect score include: Cathedral City, Long Beach, Los Angeles, Palm Springs, Rancho Mirage, San Diego, San Francisco, San Jose, West Hollywood and Guerneville.

The average score for cities in California is 73 out of 100 points, which falls above the national average of 55.

The 2016 MEI, the only nationwide rating system of LGBTQ inclusion in municipal law and policy, shows that cities across the country, including in California, continue to

take the lead in supporting LGBTQ people and workers, even when states and the federal government have not.

For LGBTQ Americans, legal protections and benefits vary widely depending on location – states and cities have markedly different laws governing discrimination. 20 states have non-discrimination laws that include protections for LGBTQ people in employment, and 19 states have laws that protect LGBTQ people from discrimination in places of public accommodation.

But cities are leading the way: more than 24 million people live in cities that have more comprehensive laws for transgender people than the states do. And that's an important part of how 135 million Americans – 42 percent of the population – are covered under LGBTQ-inclusive non-discrimination laws.

The effort to achieve full equality continues, and the MEI remains a crucial tool in evaluating the patchwork of LGBTQ policies and practices in cities and towns across the nation.

Released by the Human Rights Campaign (HRC) Foundation, in partnership with the Equality Federation Institute, the full report is available online at [www.hrc.org/mei](http://www.hrc.org/mei).

## Alaska Crowned Winner Of Rupaul's Drag Race All Stars

After a season filled with ferocious runway looks, buzzworthy choices and cutthroat competitors, Alaska has been crowned the winner of Logo's *RuPaul's Drag Race All Stars* season 2.

Sashaying away with the title of America's Next Drag Superstar and a \$100,000 prize, Alaska beat nine of the nation's fiercest all star queens.

"On every level Alaska raised the bar this season and earned her place in the Drag Race Hall of Fame," said RuPaul. "To Detox, Katya and all my super talented All Star queens, I have nothing but gratitude for your brilliance in making this the most sickening season in Drag Race herstory."

"I am honored, humbled, and grateful for the great responsibility which has been laid upon my dainty, tiny, diminutive shoulders," said Alaska. "As your newly crowned queen of Earth, it is my first royal decree that flats are sexy and nails are optional. Let us be kind to one another and be slow to anger. Hold on to your dream; hold on to your dream – because if it can happen for me, it can happen for you. Anus-thing is possible."

The much beloved season is not over though, as Mama Ru will turn up the heat this fall with *RuPaul's Drag Race: Season 6 RuVealed*, premiering Thursday, November 3 at 8:00 PM ET/PT on Logo. The never-before-seen look into the unforgettable



**Alaska joins the Drag Race Hall Of Fame as winner of Logo's *RuPaul's Drag Race All Stars*.**

season is packed with fresh reads and behind-the-scenes gossip from Ru herself. For a sneak peek of *RuVealed* head to [logotv.com/video-clips/jwr0je](http://logotv.com/video-clips/jwr0je). "RuPaul's Drag Race" Season 9 will return this spring to Logo.

For the second time this year, AXE featured the winner of the drag race competition in an ad for their inclusive take on masculinity, 'Find Your Magic.' After her coronation, Alaska appeared in the spot that celebrates authenticity and self-expression. Just like *RuPaul's Drag Race All Stars*, 'Find Your Magic' challenges outdated notions of manhood and sends a message that guys can be what they want, dress how they want, love who they want and live fiercely.

Alaska's ad can be seen at [youtu.be/EHzcDNbywTE](http://youtu.be/EHzcDNbywTE).



# The Impact of Eating Disorders on the LGBTQ Community

by Jonathan Taylor

According to the American Medical Association (AMA) eating disorders, like anorexia nervosa or bulimia, are the mental illness with the highest mortality rate, and have a disproportionate impact on the LGBT community.

Symptoms include skipping meals, obsession with eating, hiding or secrecy, withdrawing from activities, obsession with weight, obsession with body image, use of supplements or laxatives, excessive exercise, inducing vomiting, loss of tooth enamel from repeated vomiting, and depression or disgust about eating habits.

Jaime Frazier, MFT, a Primary Therapist with the Eating Recovery Center in Sacramento, is doing something about eating disorders and awareness in the LGBT community. Frazier has worked with patients suffering from eating disorders for three years and has helped people to successfully recover.

Gay men represent forty-two percent of the total men who have eating disorders, but make up less than five percent of the general population. Additionally, gay and bisexual men are seven times more likely to binge, and twelve times more likely to purge than heterosexual men. Experts like Frazier attribute the disproportionality to the discrimination, isolation and LGBT societal issues like coming out.

One affected man, Eric, is a graduate of an eating recovery treatment program. He began to experience symptoms of an eating disorder and was diagnosed at age 12 and began treatment at age 18. His sexuality and interest in theatre and dance made him feel different. He describes feeling that his eating disorder was a way to manage his feelings about his homosexuality.

"Both of my disorders severely compromised my body and mental health. I was soon being hospitalized for severe complications with my heart and liver do to the rapid weight loss and purging." In 2002 when he began seeking treatment, there were still very limited treatment options for boys. When he did find treatment, it gave him support to make healthier choices despite challenges and relapses. He celebrates ten years of recovery this year.

Many service providers are looking at the bigger picture of how to prevent eating disorders and access to recovery services. Frazier is working at the Community Engagement level, noting, "There is a lack of focus and awareness in the LGBT community."

This includes information about how to access

resources, so he is spreading awareness through articles, blogs, and discussion forums. This is an approach that is not dependent on federal or state funding, but increasing awareness through direct engagement in traditional and social media.

Another related disorder, Muscle dysmorphia or MDM, is common in many LGBT urban areas like West Hollywood and San Francisco and has recently been recognized as an eating disorder. It is based on the same obsession with appearance, except rather than weight loss, the focus is on size and musculature.

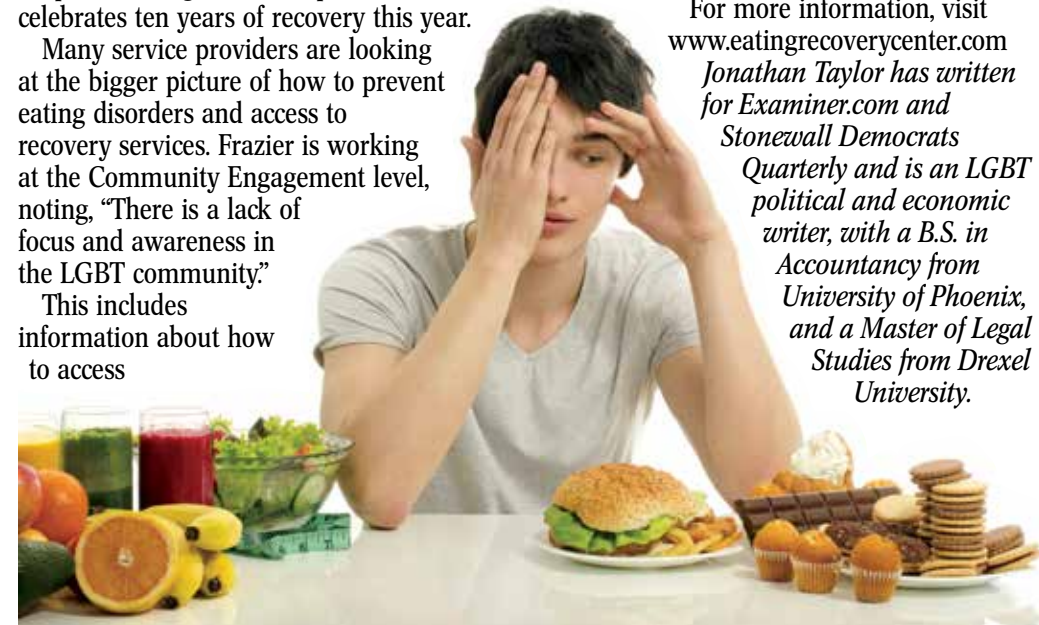
People with MDM use enhancements, such as steroids and creatine, and exercise excessively and often have specific sports or athletic training goals. According to the Journal of Athletic training and U.S. National Library of Medicine and National Institutes of Health Behaviors, over 100,000 people worldwide suffer from MDM.

What makes eating disorders different than dieting, exercise, or athletic conditioning? According to Frazier, people with eating disorders become compulsive, obsessive over size and image, and maintenance. They refuse to eat, and often use laxatives or vomit until there are serious health risks.

According to Frazier, eating disorders are very treatable, with an estimated 60 percent recovery rate. He believes recovery can be permanent.

The primary issues concerning funding are the pathology's status as a disorder, the wide range in severity of eating disorders and circumstances. The AMA urges inclusion into all covered health. The dichotomy of being a behavioral disorder not a psychotic disorder, viral disease, or autoimmune disease; and also the mental illness associated with high rate of mortality raises questions about appropriate and effective funding and solutions.

For more information, visit [www.eatingrecoverycenter.com](http://www.eatingrecoverycenter.com)  
*Jonathan Taylor has written for Examiner.com and Stonewall Democrats Quarterly and is an LGBT political and economic writer, with a B.S. in Accountancy from University of Phoenix, and a Master of Legal Studies from Drexel University.*



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# Sacramento Arts Festival Turns 19

**M**ore than 200 of America's best contemporary fine artists and craftspeople will return to the Sacramento Convention Center in early November for the Sacramento Arts Festival.

In addition to great holiday gift ideas, the 19th Annual Sac Arts Festival will feature continuous live jazz and blues entertainment, plentiful food and drink, and art for purchase in a wide range of media, including jewelry, wood, painting, ceramics, furniture, and sculpture.

The 19th Annual Sacramento Arts Festival is scheduled for Nov. 4-6 at the Sacramento Convention Center. For more information, please visit [www.sacartsfest.com](http://www.sacartsfest.com).



The artwork of John Juan Art will be among the treasures you can find at this year's Sacramento Arts Festival. Juan Ramos has been creating paper mache' sculptures since 1997 and John Hancock since 2000. They now continue to create pieces from their home studio in Sacramento.

## Logo OKs A Second Season Of *Finding Prince Charming*

**I**f you haven't found your Prince Charming yet, not to worry, Logo has greenlit a second season for *Finding Prince Charming*, and this time, he could be your Prince in waiting – and you can even take an active role in finding him!

The announcement comes after one of the highest rated episodes to date of the hit reality dating competition series, which drew a 22 percent increase in overall viewers from its season average.

The first-of-its-kind journey to find love is hosted by Lance Bass and features interior designer, Robert Sepulveda Jr. in the first season as the sought-after prince charming who is searching for the man of his dreams.

The current season will come to a dramatic conclusion on Thursday, November 3rd at 9:00 p.m. when Robert and the remaining suitors head to a romantic destination where he is faced with his toughest decision yet.

Then on Thursday, November 10th at 9:00 p.m., Lance Bass will welcome back Prince Charming and the 13 suitors that competed



Host Lance Bass and the current Prince Charming, Robert Sepulveda Jr.

for his heart in a reunion special filled with drama, fun, heartbreak and never-before-seen footage.

Casting has begun on the new season of *Finding Prince Charming* and viewers have the chance to influence the new cast by giving one lucky suitor the opportunity to fall head over heels for a brand new prince through an online submission and voting process.

Beginning Thursday, November 3rd through Wednesday, November 16th, potential suitors can submit a photo or video via Instagram or Twitter showing the public why they should have a chance at love on the next season of Logo's dating competition series.

On Thursday, November 17th, fans will vote from the top potential suitors and the winner will vie for Prince Charming's heart. For more information, head to [www.newnownext.com/finding-prince-charming-season-2-logo/10/2016](http://www.newnownext.com/finding-prince-charming-season-2-logo/10/2016).

## Dog Film Festival Coming to Sacramento

**P**ups are hitting the big screen in Sacramento to bring you joy and help pets in need! The Dog Film Festival is a philanthropic celebration of the many ways that we can appreciate the human-canine bond.

The festival chooses short canine-themed films from around the world to create a shared audience experience that inspires, educates and entertains through documentary, animated and narrative films.

The festival has traveled nationally since its premiere in New York in October, and will travel to a total of 12 sites through the fall. The Sacramento festival will be held at the the Crest Theatre, 1013 K St. The two screenings, at 3:00 and 5:30 p.m., will offer a completely different program and run about 90 minutes.

The earlier screening is more family-oriented with animated stories, humorous musings, an educational piece, and a short film featuring Weimaraners called *The Hardly Boys in Hardly Gold* by William Wegman. Another film, *Useful Dog Tricks*,



The Dog Film Festival is coming to Sacramento - their unfurry friends are welcome also.

demonstrates how dogs can be trained to help around the house.

At the second screening, there will be 14 short documentary, narrative, and subtitled narrative films. Subjects include a dog-walker with 20 charges, a service dog program that

pairs the dogs with women in prison for training, and a scientist who turns himself into a dog from France.

Tracie Hotchner is the Founder & Director of the Dog Film Festival and is nationally recognized as a wellness advocate and voice for pets and their people. The author of *The Dog Bible: Everything Your Dog Wants You to Know* (and *The Cat Bible: Everything Your Cat Expects You to Know*) Hotchner has produced and hosted her Gracie Award winning NPR show *DOG TALK (and Kitties, Too!)* for nine years on Peconic Public Broadcasting. She co-hosts 10 other radio podcasts on The Radio Pet Lady Network, with top pet experts and veterinarians.

This event is being sponsored by The Petco Foundation, Animal Health - Bayer and local sponsor, Elk Grove Subaru. These screenings will benefit the Front Street Animal Shelter, which will receive 50 percent of the box office sales. For more information or to purchase tickets please visit [www.dogfilmfestival.com/sacramento](http://www.dogfilmfestival.com/sacramento).





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## **VOTER GUIDE 2016**



### **State Senate**

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Cathleen Galgiani, District 5



### **State Assembly**

Brian Caples, District 6

Kevin McCarty, District 7

Ken Cooley, District 8



### **Rancho Cordova City Council**

Donald Terry



### **SMUD Board**

Brandon Rose, Ward 1



### **Roseville City Elem. School District**

David Larson

Gary Miller



### **Washington Unified School District (West Sacramento)**

Cody Pizzotti

Dmitriy Voloshin

Alice Wong



### **Solano Co. Comm. College District**

Quinten Voyce



### **Sacramento Co. Measure B: YES**



### **California Proposition 55: YES**

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# **Stonewall Democrats Endorse Four Gay Men For School Board Seats**

*by Rosanna Herber, Stonewall PAC Chair*

**I**n the past, the Stonewall Democratic Club's plate has been full of Sacramento County races from the cities of Rancho Cordova, Elk Grove, Galt and Sacramento. This year, Stonewall is expanding its reach to neighboring counties.

Many of the local races were decided in the June primary. This freed up the PAC to venture across the river and interview candidates for school board races in West Sacramento, Roseville and Solano County.

Stonewall sharply focuses on school board races because many youth form their opinions about the world and others from what they learn in school. This is where students learn to appreciate different cultures and alternative views of the world. Making sure that there is a safe place for students on campus who are LGBTQ or who come from LGBT families is a high priority for Stonewall.

We all know stories about the impact of bullies, and tragically, we have seen LGBTQ students in our own back yard who have committed suicide. A recent 2016 survey of California high school students aged 12-17, found that 49 percent of LGB youth, as compared with 14 percent of straight youth, have "seriously considered attempting suicide."

The author of the study, Ilan Meyer, a Senior Scholar with the UCLA School of Law, said the numbers jump even higher for transgender youth. The truth is that times haven't changed much for LGBTQ students. We still have a long way to go to create safe and nurturing environments for LGBTQ youth.

The race for the Washington Unified School Board in West Sacramento had three seats open, with five candidates. We were surprised to meet Dmitriy Voloshin, an openly gay man, with a PhD in education from Santa Cruz, and who immigrated to this country almost 23 years ago from the Ukraine.

According to Slavic Sacramento, the City of West Sacramento has a population of over 50,000, and approximately 10 percent are Russian. There has never been a person of Russian decent who has served on the school

board. Stonewall thought Dmitriy could make a significant contribution as both a gay man and a voice for the Russian community.

Two of Sacramento's long time LGBT advocates, Gary Miller and David Larson, are running for the school board in Roseville.

It's no secret that the City of Roseville is dominated by conservative Republicans. In spite of that fact, Gary was elected to the School Board in 2008, and now serves as President. Unfortunately, he regularly receives hate mail, and one very homophobic man still continues to blog about why Gary is unfit to serve on the school board because he is gay.

David was also viciously attacked for being gay when he ran for City Council in 2010. Both these outstanding, service-oriented gay men received endorsements from the Stonewall and \$1,000 towards their campaigns.

In Solano County, Quinten Voyce is a high school science teacher who is running for the Solano Community College Board. He graduated from Solano College before going on to get an undergraduate degree in molecular biology and a master's degree in education from the University of California in Davis.

He lives in Solano County, but has many friends in Sacramento. Quinten said one of his greatest joys last year was seeing his gay brother marry his partner of 10 years. Quinten intends to be a strong voice for LGBT rights in Solano County.

Stonewall hopes you will consider supporting these gay men and their campaigns. Each of them is in a tight race, where they have a strong chance to win, if they raise enough money and volunteers to get their message out. You can find all their campaigns on Facebook. Check out Stonewall's list of endorsements in this paper, and don't forget to vote!

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# Take Time to Smell the Roses When Walking Your Dog

by Anastassia Spitzer

How often do you rush your dog along on a walk, giving a short tug at her leash once she's stopped to get a whiff of the seventh shrub within just this block?: "Come on, you've smelled every bush here. What else could you possibly be missing out on?"

The truth is, there are thousands of smells to take in along that stretch, and each shrub probably does seem like the next best thing that your dog has ever experienced. Canines are perfectly designed sniffing machines, able to pick up scents from the present to almost a week past, which tells our companions a million things about their environment.

This stimulates their complex sensory organs, hundreds of millions of receptors, and the huge portion of their brain, about 40 percent, dedicated exclusively to olfactory processes. With that in mind, the stern, hyper-obedient training that some folks prefer for their walks, such as a heel position without allowance to veer slightly from the path to explore, could be a disservice to a dog's cognition.

For all domestic canines, a lack of engagement and activity can lead to boredom and frustration, which can turn your favorite slippers into twelve bits of formerly-known-as-slippers, your imported carpet into an indoor-outhouse, the mail carrier into the greatest known enemy – the list goes on, and gets worse.

An easy way you can work against such



habits from arising could be as simple as leaving a few extra minutes early for your daily walk to allow for that wet nose to wander and learn riveting new facts about the dog next door.

While your pup is analyzing the soil, you can take the opportunity to stop and smell the roses. This can be a pleasant bonding experience for both you and your beloved companion to enjoy, together.

Given the Halloween season, one can take a lesson from an old horror classic, *The Shining*: "All work and no play makes Jack a dull boy." Given the high unlikelihood that our beloved pups would turn on our family in a psychotic rampage ignited from a mere lack of things to smell, I think it's safe to say that they are altogether much healthier and happier companions when all aspects of their mentality are positively maintained.

Personally, I would like to do whatever possible to avoid any instance in which my dog takes an axe to the bathroom door, bursting his head through, hissing, "Heeeeee's ROAMAN!"

*Anastassia Spitzer is a writer and one of the friendly dog walkers at Lucky Buddy Pet Care. She can be reached at [www.luckybuddypetcare.com](http://www.luckybuddypetcare.com). To see a gallery of some of the happy Lucky Buddy pets, visit [www.luckybuddypetcare.com](http://www.luckybuddypetcare.com).*

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# Sacramento SPCA's New CEO Is More Than a Leader

by Dawn Foster

At a glance, your first impression of Kenn Altine might categorize him as the typical executive; well-dressed, articulate and extremely personable. While these characteristics are impressive, traits he has acquired and refined through his extensive career in journalism as an editor, manager and executive, what might surprise you about Kenn is his level of compassion and genuine desire to connect with the animals and people he serves.

One would imagine that the leader of an animal welfare organization would naturally be caring, but Kenn's passion for animals and people extends beyond the norm. To adequately understand his dedication to giving more than shelter to the Sacramento SPCA animals, you only need to spend a short period of time in his company.

During his photo session for Outword Magazine, Kenn talked about his current office foster, Kissy. She is a four year old Siberian Husky mix that is very shy and unresponsive to people seeking her attention. On this day, one week into her foster relationship with Kenn, she's still very cautious in response to his attempts to engage.

To ease her anxiety, he moves from the chair she is hiding under to the floor sitting near her. He encourages positive interaction by offering Kissy a treat, in which she slowly responds by reaching out to softly accept it from his hand. "This is good," Kenn mentions as he strokes the top of her head, "Good girl Kissy, good girl."

These actions may seem very small, but it's a start to helping Kissy and many animals like her feel secure enough to rise above their circumstances and showcase their true personality to potential adopters.

Kissy is the eighth dog Kenn has fostered in his office since joining the Sacramento SPCA this June. Upon arrival to the office each day, Kenn proceeds to the dog runs to collect Kissy and bring her to his office to spend time together, without expectation. The intent is simple; interact with her throughout the day to build trust while tending to meetings, phone calls and e-mails.

The result of Kenn's commitment to these once shut-down animals is astounding – six of the seven transformed dogs were adopted and the remaining pup is currently available for adoption, just waiting for the right family.

Kenn displays this same level of commitment to the Sacramento SPCA and



**Kenn and Kissy getting to know each other.**

the community it has served for more than 122 years. He recognizes that the needs of people and pets in Sacramento have changed exponentially over the years, and he is committed to providing the time and resources required to ensure the Sacramento SPCA is positioned to serve the growing community.

This is one of the primary reasons that Kenn jumped at the opportunity to lead the Sacramento SPCA, which cares for three

times the number of animals as the Southern Oregon Humane Society, where he previously served as the Executive Director for five years. "I loved my role at SoHumane," he explains, "but could not pass up the opportunity to impact a greater number of animal lives at the Sacramento SPCA."

*Dawn Foster is the Director of Marketing & Communications for the Sacramento SPCA. She can be reached at [dfoster@sspc.org](mailto:dfoster@sspc.org).*

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# How Can I Get My Puppy To Understand Me?

OneMind Dogs ([www.oneminddogs.com](http://www.oneminddogs.com)), an organization that teaches a unique approach to human-canine communication for agility training, has cracked the nut on how to “speak puppy”—and they would like to reframe the question as: “How can I learn to understand my puppy?”



Knowing what treats your dog likes can help with its training.

To help you get started, here are four tips from Onemind Dog.

**1. Your puppy may not know his or her name**

Many dogs think their name is “No,” because it’s the word they hear most as puppies! Use your puppy’s name to make a connection, and let them know that good things are about to happen.

**2. Figure out what your puppy thinks is a treat**

Different dogs like different things. Some may not be as motivated by food, some may prefer meat or cheese, and others

may enjoy playing with a squeaky toy. Test what works and really get to know your little one.

**3. Broaden your puppy’s experience with a lesson in different environments**

Start training indoors, where there are few distractions. As soon as your puppy can exercise inside, start doing the same thing outdoors. This way, they will get comfortable doing what you ask, no matter where you are.

**4. Be strategic about planning rest and repetition**

Do exercises before feeding your puppy and a few times during the day when they seem perky and in need of something to do. Train for two to three minutes, then break for an hour before you repeat the exercise

You can learn more about each of the keys above and more with OneMind Dogs. The company has recently created a revolutionary Puppy Parenting course – and you can try out the first module, “Teach Me My Name,” free of charge at [www.oneminddogs.com/program/Puppy-Parenting/](http://www.oneminddogs.com/program/Puppy-Parenting/)

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**Los Rios Community College Board**  
Valarie Jean Martin

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Cathleen Galgiani (LGBT)  
Mariko Yamada

**Elk Grove Unified School District**  
Nancy Chaires Espinoza

**State Assembly**  
Kevin McCarty

**Natomas Unified School District**  
Susan Heredia  
Scott Dosick  
Reichel Everhart

**Mayor of Elk Grove**  
Steve Ly

**Elk Grove City Council**  
Maureen Craft

**Sacramento Municipal Utility District (SMUD)**  
Brandon Rose  
Nancy Bui  
Rob Kerth

**Rancho Cordova City Council**  
Donald Terry

**West Sacramento City Council**  
Beverly “Babs” Sandeen

**Measure B**  
(Transportation funding)  
Vote Yes

**Washington Unified School District (West Sacramento)**  
Dmitriy Voloshin (LGBT)  
Alicia Cruz  
Jackie Wong

**Measure G (School funding measure)**  
Vote Yes

**Roseville City School District Board**  
David Larson (LGBT)  
Gary Miller (LGBT)

**Measure L (Establishes Redistricting Commission)**  
Vote Yes

**Solano Community College District Board**  
Quinten Voyce (LGBT)

**Proposition 61**  
(Prescription drug pricing)  
Vote No

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# Hot Dogs and the Right to Rescue Act

It might be cooling down outside as we move into fall and winter, but a new law goes into effect in January to allow people to break a car window if there is an animal left inside a hot car.

Outword and our staff are all animal lovers so we looked into the new law and what it offers as well as what you can do when you see an animal in distress. Plus some nifty tools and gadgets to help you when/if the time comes to break a window and rescue a pup – or a child.

We have all seen it, a hot day or even a day just over 70 degrees and a dog in a car. It heats up fast – in about 10 minutes it can be close to 100 degrees and after 30 minutes as much as 129 degrees.

Over 16 states now have laws to protect dogs left in a hot car. Please keep in mind there are some risks to this new law – obviously a dog might be protective and someone may get bit or the animal might run away to escape.

In California AB 797 provides legal immunity for a person who damages a car in a good faith effort to save an animal from dangerous conditions while trapped in a hot car.

To receive legal immunity, a person must comply with all of the following requirements:

1. Determine if the car is locked or if there is no other reasonable method to remove the animal from the vehicle;

2. Have a reasonable and good faith belief that the animal is in imminent danger if not immediately removed;

3. Contact law enforcement prior to entering the vehicle;

4. Use no more force than necessary to enter the vehicle; and,

5. If the person does enter the vehicle, the person must remain nearby with the animal in a safe location until law enforcement arrives. The person may not leave the scene.

Make sure you tell the police of your intentions and take photos or footage of the dog as well as names and numbers of witnesses.

The law states that you have a lawful excuse to commit damage if you believe that the owner of the property that you damage would consent to the damage if

they knew the circumstances.

If you are in a situation where you see an animal in distress, or a child, it only takes

We found a few nifty tools to make it easy.

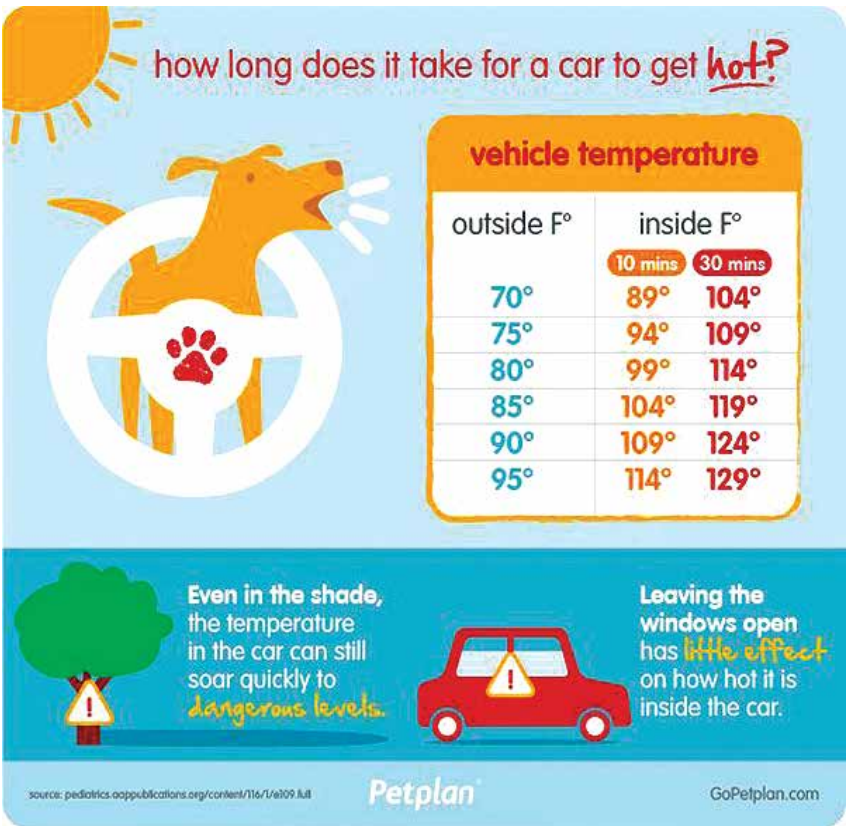
Resqme has been around for over 10 years and was originally provided to first responders. They have several different products now available to the general public too and are carried by over four million drivers in 45 countries.

Products include a key chain 2-in-1 escape tool, a seatbelt cutter and window breaker all in one with a hammerhead.

The Resqhammer is our favorite and is easy to use. It has an ergonomic design with a sturdy grip handle, steel head to easily and safely break a car window as well as a razor sharp blade to cut through a jammed seat belt in an emergency too.

Tools like these come in handy if you need to break a window to let out a pup or child, and can be a lifesaver if you are in an emergency situation like if your car crashes into water and you need to break the window to escape or cut your seatbelt free.

Prices range from \$9.95 - \$17.95. Visit [resqme.com/EN/our-products/](http://resqme.com/EN/our-products/)



minutes to become deadly, so you will need to act quickly.



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ONE OF OUR TAIL WAGGING FAVORITE ISSUES IS OUR ANNUAL PETS ISSUE. WHERE WE INVITE OUR READERS TO SHARE THE LOVE OF THEIR FURRY FRIENDS WITH YOU. OUR READERS. JUST FOR FUN WE CHOSE A COUPLE OF "WINNERS." BUT, REALLY, THEY WERE ALL WINNERS! HOWEVER, WE COULDN'T FIT THEM ALL IN HERE, SO WE UPLOADED MORE TO SHARE WITH YOU AT

[OUTWORDOUTABOUT.SHUTTERFLY.COM/#N\\_17](http://OUTWORDOUTABOUT.SHUTTERFLY.COM/#N_17)



# Good Grooming Can Help Pets Be Ready for Winter

by Nicole Charleston

Fall is upon us and busy holidays are drawing near, and cooler weather is just around the corner - time to pull out your winter wardrobe and vitamin C. And while preparing for a comfortable and healthy winter, it is also important to remember to do the same for your pet.

Whether your dog is the muddy, puddle jumping type or more likely to be curled up next to the fireplace, winter weather can put wear and tear on any coat. With these few simple tips and tricks you can be sure she'll stay merry and bright.

The proper care for your canine companion will depend on her coat type. If your dog is the double coated type such as a Pomeranian or Australian Shepherd you may notice some extra shedding or clumping of the coat. The warmer temperatures in our home can cause heavy shedding and dry out their skin. Simply brushing the excess undercoat out regularly will prevent matting and distribute natural oils to keep her skin and coat hydrated.

If your dog is a breed that needs to have regular haircuts such as a Poodle or Shih Tzu,

hadn't before.

While we can see the toenails have grown longer and need to be trimmed, the real difficulty is harder to see. Inside each nail is a thin piece of flesh that runs through the middle called the "quick." The quick may grow out with the nail if the nails are not trimmed regularly. Once that happens, you will not be able to trim them to the appropriate length without causing the nails to bleed. If you would like to trim your dog's nails at home, remember to only trim a small sliver off at a time and to have some styptic powder handy in case you accidentally cut into the quick.

Once you have manicured your pup's nails and you've bathed, dried and brushed her, she should be looking great and smelling as sweet as pumpkin pie.



you may want to skip a haircut this month and let her hair grow out a bit. However, beware of skipping grooming all together. A wet and dirty coat is more prone to mats, especially as the hair grows longer. Brushing is much more effective on a clean, dry coat. Your pup will still need regular baths and hair trimmed away from her eyes and sanitary areas.

If a longer style seems a little too high maintenance for you, you might opt for a shorter, more manageable hairstyle. If the temperature inside your home is comfortable, she doesn't necessarily need extra hair to keep her warm. A cute sweater or jacket will do the trick when she goes out for a walk. Just be sure to remove any clothing while your dog is indoors. Friction from the garment can quickly tangle the fur if not removed frequently. If you have a senior pet that could use the extra warmth indoors just be sure to remove the sweater daily and brush her hair, or use a blanket instead.

When Christmas day finally comes, if you hear a "click, click, click" it's probably not reindeer on your rooftop. If you haven't been trimming your pets nails often enough (generally every few weeks) you may hear them clicking on the kitchen floor, even if they

Finally, inspect her ears. Use a cotton ball dampened with ear cleaning solution to swab the inside of the ear and the flap. A small amount of dirt and/or wax is normal. However if you notice any yellow discharge, lots of dark wax or redness and inflammation, she will need to have them checked by your vet.

If you wish to get more personalized grooming tips for your dog, Grateful Dog's experienced grooming staff is happy to help. Feel free to schedule a time with one of our groomers, we'd be pleased to meet with you and your dog. We offer a full range of grooming services, there is no job too big or too small. We can provide you and your pet anything from a simple nail trim to a full grooming appointment that includes the bath, blowout, nail trimming, ear cleaning and a haircut.

Whether you are grooming at home and are looking for reassurance that home grooming is meeting your pet's needs, or you are interested in professional grooming services, we can help with all your winter grooming needs.

Nicole Charleston is Grateful Dog's lead groomer, and can be reached at [www.gratefuldogdaycare.com](http://www.gratefuldogdaycare.com).

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# A New Smart Collar Might Help Overweight Pets

According to a recent study, over half of all dogs and cats in the U.S. are overweight. To help them slim down, an innovative health monitoring smart collar for dogs and cats, especially those that are sick, aging or obese, has been developed.

Since 2007, the Association for Pet Obesity Prevention has measured obesity of pets in the U.S., and last year found that more than 58 percent of cats and nearly 54 percent of dogs in the U.S. were overweight or obese. Of the dogs and cats listed in the survey, more than 30 percent of cats and 20 percent of dogs were described as obese.

"These results are very troubling, especially since obesity in pets is mostly preventable with diet and exercise, and because obesity is a leading cause of health issues," said Dr. Asaf Dagan, chief veterinarian of PetPace. "Thankfully, PetPace's smart collar can help pet owners identify activity patterns and calculate calorie expenditures, allowing them to make educated decisions on how to improve their pet's overall health in consultation with their family veterinarian."

Like humans, overweight pets are at a higher risk for developing disease and chronic health problems. These include diabetes, mobility issues, heart disease, decreased liver function, increased risk of cancer and more.

"We encourage pet owners to talk to their veterinarian about a proper diet and to use

PetPace to monitor their pet's activity to make sure they are getting the proper amount of exercise," Dagan said.

The company has been recognized by pet owners and veterinary professionals for its unique contribution to saving pet lives, streamlining pet healthcare at home and in the clinic, and improving the overall quality of life for dogs and cats. In another recent survey, four out of five veterinarians recommend a health monitoring collar like PetPace for older or sick pets.

The PetPace collar is a smart, non-invasive, sensor-rich wearable technology, which is especially useful for older pets, sick pets and pets that are at-risk for health issues, which includes overweight and obese pets.

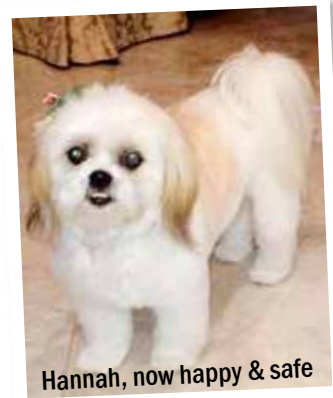
PetPace continuously monitors a range of physiological and behavioral attributes including temperature, pulse, respiration, activity positions, heart rate variability (HRV), calories and more. The system also includes a cloud-based engine for close observation, analysis, timely detection, and alerting of medical and behavioral problems in dogs and cats.

For more information on PetPace, their products and how to improve the health of your pet visit [www.petpace.com](http://www.petpace.com).

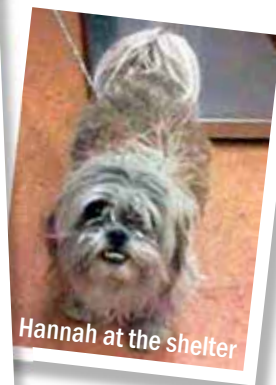
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Scooter's Pals is a 501(c)(3) non-profit organization.



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# A Lifetime Love of Theatre Brings Bob Cooner to the Woodland Opera House

by Matt Burlingame

A second grader nervously fidgets as he waits for his cue to enter the performance area of Mrs. Reid's second grade classroom. Fellow classmates and their parents are gathered around the room in anticipation of the young actor's stage debut in *The First Flowers*, a play the fledgling thespian has also directed.

Wearing an elf costume lovingly made by his grandmother, he steps into the spotlight for the first time, and in many ways, he never leaves.

Even before that glorious day in his second grade classroom, Houston native Bob Cooner, knew that he wanted to be an actor.

"From my earliest childhood, I have loved theatre," says Cooner. "I would beg my parents to take me to see children's plays from the time I was in kindergarten. As I grew older they, along with my grandmother, would take me to see all kinds of plays and musicals."

His love affair with theater led Cooner to the University of Houston and a degree in Dramatic Arts. Soon after graduation he took a leap of faith and moved to New York City where he spent 10 years making a living as a professional actor. He then moved to Chicago where he formed a theatre company with friends from his college days in Houston.

While in Chicago, Cooner went back to school to earn a Master's degree in education. It was during this time that he attended a party where he met his now husband Matthew Abergel. Before long the two men found themselves in California – Abergel's home state – and after several years in the Bay Area, they made Sacramento their home in 2001.

While Cooner spends his days working at Cosumnes Oaks High

School, when he's not in the classroom he pours his many talents into acting in and directing shows for audiences in the Sacramento region. And now, Woodland Opera House (WOH) will be showcasing another of his many talents – playwriting.

On October 28 WHO will debut *Prime Time For The Holidays*, a show, written by Cooner and co-directed by both himself and Abergel.

"I loved the television sitcoms and variety shows of the 1960s and 70s," says Cooner. "The inspiration for this play comes from my fondness for the TV shows of that era. *The Dick Van Dyke Show*, *That Girl*, *The Garry Moore Show*, *The Dean Martin Show*, and *The Carol Burnett Show* among others."

While the play is a comedy, Cooner is quick to point out that there are some serious themes that weave their way through the production.

"The 1960s wasn't all fun and games. The civil rights movement, women's movement and the rise of the youth culture were creating big social changes. This play deals with some of the hot topics of that decade such as race relations, women's liberation and the generation gap."

Cooner began working with WOH in their 2004 production of *Ragtime*. Since then he has gone on to perform in their productions

of *Swinging on a Star*, *She Loves Me*, *Camelot*, and *Tribute*, and direct numerous shows including *Once Upon a Mattress*, *Man of La Mancha*, *Brigadoon*, *Noises Off!*, *Sherlock Holmes: The Final Adventure* and the world premier of his husband's play *Second-Best Bed*.

"When Matthew pitched *Second-Best Bed* to Jeff Kean, the former artistic director of the Woodland Opera House, Kean asked if he had any Christmas plays. They were always looking for holiday plays that haven't been done to death," says Cooner when asked how the idea of his show came about.

"When Matthew told me that story, I thought, 'Hey, I could try writing a holiday play!' So I did."

Cooner is working on a number of future scripts and has plans to direct for WOH in their upcoming season, which will be announced in January 2017. In the meantime, he is inspiring future actors by directing a children's theatre production of *Schoolhouse Rock Live! Jr.* at Cosumnes Oaks High School.

For more information about *Prime Time For The Holidays*, or to purchase tickets, visit [woodlandoperahouse.org](http://woodlandoperahouse.org).

Matt Burlingame is an award-winning journalist and playwright turned novelist. For more information visit his website at [JustKissTheGuy.com](http://JustKissTheGuy.com).

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# More Halloween Horror in Folsom and San Francisco

by Chris Narloch

If you haven't yet decided how to celebrate Halloween this year, consider a drive over to the Bay Area or up to Folsom to get your scare on, with *Evil Dead The Musical* or *Shocktoberfest 17*.

## Evil Dead The Musical

This hilarious live stage show in Historic Folsom takes all the elements of the cult classic horror films *Evil Dead*, *Evil Dead 2*, and *Army of Darkness* then combines them to make one of the craziest theatrical experiences of all time. This will be the fifth season of the hilarious, always sold-out production.

Candorian demons and a forest of evil trees await you at this campy, crazy and bloody stage spectacular. Don't miss *Evil Dead The Musical*, now playing through Halloween night, Oct. 31 at Folsom's Sutter Street Theatre. Get tickets while you can at [www.sutterstreettheatre.com](http://www.sutterstreettheatre.com).

## Shocktoberfest 17: Pyramid of Freaks

This annual festival of Grand Guignol horror-theatre and black comedies turns 17 and plays a limited engagement of only 22 performances at The Hypnodrome, San Francisco's home for horror, courtesy of Thrillpeddlers.

The 17th Annual Festival includes five



new one-act mini plays, plus the ever-popular lights-out spook show finale, created by Nicholas Torre.

This year's company also includes Vagabondage, a folk-punk band fronted by Thrillpeddlers stalwart John Flaw.

*Shocktoberfest 17: Pyramid of Freaks* plays through Nov. 19, at The Hypnodrome in San Francisco.

Tickets are available at [hypnodrome.org](http://hypnodrome.org) or by calling 415-377-4202.

## A Brand New Production of *The Sound Of Music*



The spirited, romantic and beloved musical story of Maria and the von Trapp Family will once again thrill audiences with its Tony, Grammy and Academy Award winning Best Score, including "My Favorite Things," "Do-Re-Mi," "Climb Ev'ry Mountain," "Edelweiss" and the title song. *The Sound Of Music* plays through Nov. 6, at the Sacramento Community Center Theater. Photo by Matthew Murphy. get tickets at [www.californiamusicaltheatre.com/events/sound-of-music/](http://www.californiamusicaltheatre.com/events/sound-of-music/).

The Sacramento Women's Chorus Fall Cabaret Concert

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Sacramento Women's Chorus

A poster for 'Rockin' The Boat' featuring a large rainbow flag and a ship. The text is in a bold, stylized font.

# Mondavi Center

Two dancers in purple outfits performing a contemporary dance move. The background is dark with some stage lights.

## Rhythms of Love.

# on next >>

Ronald K. Brown/EVIDENCE  
A Dance Company > NOV 5

One of America's preeminent humor writers, Sedaris remains a master of satire and one of the most observant writers addressing the human condition today.

## David Sedaris

> NOV 11

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A black and white photograph of David Sedaris. He is wearing a light-colored shirt and a striped tie, and is holding his head in his hand, looking thoughtful or distressed.



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# Doctor Strange to Open at IMAX

by Chris Narloch

I am looking forward to two intriguing titles that will be playing on midtown movie screens in the coming weeks, including a brand new, big-screen version of *Doctor Strange* set to open at the Esquire IMAX and an animated classic from Japan coming to the Crest.

## Esquire IMAX

The pairing of Benedict Cumberbatch and Tilda Swinton should be something to see when *Doctor Strange* hits the big screen at Sacramento's Esquire IMAX Theatre on the evening of Thursday, Nov. 3.

Dr. Stephen Strange's (Benedict Cumberbatch) life changes after a car accident robs him of the use of his hands. When traditional medicine fails him, he looks for healing and hope in a mysterious enclave.

Our hero quickly learns that the enclave is at the front line of a battle against unseen dark forces bent on destroying reality. Before long, Strange is forced to choose between his life of fortune and status or leaving it all behind to defend the world as the most powerful sorcerer in existence.

Visit <http://www.imax.com/imax-esquire-00>.



Tilda Swinton and Benedict Cumberbatch star in *Doctor Strange*

## The Crest

This historic movie palace's appreciation for the films of master animator Hayao Miyazaki continues as the Crest brings back to their big screen the 1989 animated classic *Kiki's Delivery Service*, a movie about a young witch striking out on her own to start her own messenger service.

Since this movie is being shown on the Saturday before Halloween, all are invited to wear their Halloween costumes, and there will be a showcase on stage before the film, so dress to impress.

*Kiki's Delivery Service* will be presented in 35 MM and plays twice on Saturday, Oct. 29. I recommend seeing the subtitled version in the evening rather than the dubbed version in the afternoon. Visit [www.crestsacramento.com](http://www.crestsacramento.com) for more information.

## DEVMO Releases Her Battle Cry in Wah Wah Wah



In her new single and music video, bisexual rapper DEVMO takes on shitty past exes and tells the true story of falling for a girl whose family didn't approve of their relationship. So does the girl flip the bird at her narrow minded parents and whisk DEVMO into the sunset on a lovely white mare? Of course not. She dumps DEVMO to the ground and hooks her wagon to a stallion instead. Check out the video at [www.youtube.com/watch?v=JPTIVUlkwqc&feature=youtu.be](http://www.youtube.com/watch?v=JPTIVUlkwqc&feature=youtu.be).



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## August: Osage County Exposes the Dark Side of the Midwestern American Family



*August: Osage County* is the Pulitzer Prize & Tony Award winner that hilariously looks at what happens when the large Weston family unexpectedly reunites after Dad disappears, and their Oklahoman family homestead explodes in a maelstrom of repressed truths and unsettling secrets. Plays through November 20 at Capital Stage. Pictured are Taylor Burris, Amy Resnick and Dena Martinez in a scene from the show, photo by Charr Crail. Visit [capstage.org](http://capstage.org).

## Cheetah in August Returns with New Talent & New Intrigue



*Cheetah in August*, the breakaway drama from the BawnTV Network is returning for season two. The program is an all original series that chronicles the life of former high school track athlete "August" as he explores his relations with those around him and how his decisions impact their lives and his own future. Watch the trailer at [bawntv.vhx.tv/cheetah-in-august](http://bawntv.vhx.tv/cheetah-in-august).

## Please Like Me Returns for Season 3 on Hulu



Life in your 20s can be undeniably hard. At least it is for Josh in the critically acclaimed *Please Like Me*, a comedy that soothes the existential unrest of the under-30 crowd, where, everything is so delightfully awkward. Watch the trailer for this Australian Comedy at [www.youtube.com/watch?v=OuCd6gOul4](http://www.youtube.com/watch?v=OuCd6gOul4). Pictured are Keegan Joyce and Josh Thomas. Photo by Ben Timony.



# Out & About

## Celebrating 25 Years of Bringing LGBT Films to Sacramento

The 25th Annual Sacramento International Gay & Lesbian Film Festival was held the weekend of October 13 - 16 at the Crest Theatre. Sacramento film goers were treated to a wide variety of fun and provocative films, from documentaries covering all aspects of the LGBT to titillating feature films and shorts. SIGLFF celebrated their 25th year with an Anniversary Gala at the Historic Turn Verein Hall, toasting to another 25 years! The films continue on Nov. 12 with a free showing of *REAL BOY*, the coming-of-age story of a transgender teenager on a journey to find his voice – as a musician, a friend, a son, and a man, at the Colonial Theater. Visit [SIGLFF.org](http://SIGLFF.org) and [thegenderhealthcenter.org](http://thegenderhealthcenter.org). Photos by Chris Allan and Charles Peer.





# A Transformative Night of Music

A full week of events are planned here in Sacramento for the annual Transgender Week of Awareness that will include a free showing of an award-winning movie, workshops and end with the annual Transgender Day of Remembrance.

On Saturday, November 12th, the Transgender community here in Sacramento will be kicking off the annual Transgender Week of Awareness at the historic Colonial Theatre with a free movie screening of the Award Winning movie *Real Boy*.

*Real Boy* is described as being the coming-of-age story of Bennett Wallace, a transgender teenager on a journey to find his voice – as a musician, a friend, a son and a man. But for many in the community, it is a story they not only recognize, but one they feel as their own.

Coming-of-age stories in mainstream film-making are trite with the journeys from childhood to adulthood, but how many can say they deal with an actual, physical transition? Obtaining hormones, dealing with family acceptance, learning how to navigate the world from a completely different perspective - these are all par for the course for those in the transgender community.

“This film is important to not only educate allies and showcase a new narrative that increases transvisibility; but it also serves as a great medium to give a vital part of our community the ability to see themselves

positively represented in the media,” said Robyn Learned, Harm Reduction Program Manager at the Gender Health Center. “In addition to Bennett this film features Joe Stevens, a local musician who has found success in the folk-music scene and has always been an outspoken crusader for transgender rights.”

The Transformative Night of Music is a collaborative event being hosted by Transform California, the Sacramento International Gay and Lesbian Film Festival and the Gender Health Center.

Transform California is a campaign led by a diverse coalition of Californians who are committed to making the Golden State a place where all transgender and gender nonconforming people can feel safe and live free from discrimination. SIGLFF is celebrating its 25th year distinguishing itself as one of the oldest LGBT film festivals around.

“The Gender Health Center is proud to be working with these powerful organizations to celebrate this unprecedented time of visibility and acceptance for the transgender and gender nonconforming community here in the State of California,” said Learned.”



Bennett Wallace, left, in a scene from *Real Boy*

Schedule of events:

Transformative Night of Music, Saturday November 12th. A showing of the documentary *Real Boy* at the Colonial Theater at 6:30 p.m.

Trans Awareness Bike Ride & Discussion, Sunday November 13th, at the Sacramento Bicycle Kitchen at 5:00 p.m.

Chalk Art for Trans Awareness, Monday November 14th. Creating upir own chalk art on the sidewalk, Gender Health Center at noon.

Gender 101 + Transition Hormones, Tuesday November 15th, Gender 101 with

Rachael Hudson and Transition Hormones with Dr. Charlene Hauser. UU Church (246 South Church Street, Grass Valley) at 6 p.m.

How to Be a Trans Ally, Wednesday November 16th. Workshop to learn how to be a better ally of trans. CSUS Multi-Cultural Center at 2:30 p.m.

Transgender Day of Remembrance, Saturday November 19th. Sacramento’s 2016 Annual Candlelight Vigil, at Trinity Episcopal Cathedral at 6:30 p.m.

For more information or if you would like to help sponsor these free community events, please visit [thegenderhealthcenter.org](http://thegenderhealthcenter.org).

## Outword Salutes Sacramento's Rainbow Chamber of Commerce

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