

outward

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Small Changes
Every Day
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916'ers Basketball League
Readies for New Season

Sacramento's LGBT 916'ers Basketball League 2017 is getting ready for the winter/spring season.

Games will be held Wednesdays, with Open Gym, \$5 per night, running January 18th - February 22nd, and the regular season running March 1st - May 17th. Finals will be held May 24th and the championship game on May 31st.

All games will be held at The Boys & Girls Club in South Sacramento,



5212 Lemon Hill Ave.
New players are welcome. For more information, write playwithus@916s.org.

Aerospace Museum Seeks Volunteer Tour Guides

The Aerospace Museum of California is now seeking interested volunteer tour guides, needed to help Museum guests understand and participate in an upcoming Leonardo da Vinci "Machines in Motion" international traveling exhibit that will be on display at the Museum from February 6 through September 7, 2017.

While much of the exhibit is self-guided, volunteers are needed to demonstrate how some of the machines operate, assist Museum guests as they set a wide variety of machines in motion and help guests understand the mechanical principles da Vinci employed to create each one.

No experience is necessary and a background in aviation or machinery is not required to become a volunteer at the

Aerospace Museum. Training will be provided and a minimum of 20 volunteer hours per month is required of all Museum volunteers.

For more information please call 916-564-3474, contact our Volunteer Coordinator at volunteer@aerospaceca.org or visit www.aerospaceca.org



Study to Examine Involving Teens at High Risk for HIV in Prevention Trials

An Indiana University nursing researcher has been awarded \$1.1 million to study the ethical complexities of involving adolescents ages 14-17 at high risk for HIV in biomedical prevention trials.

The multisite study will explore key issues concerning the requirement that these teens obtain parental permission to participate in HIV prevention trials.

Amelia "Amy" Knopf, an assistant professor of nursing, received the award, which is supported by the national Adolescent Medicine Trials Network(ATN) for HIV/AIDS Interventions.



Amelia "Amy" Knopf
outwordmagazine.com

According to Knopf, HIV infection rates underscore the need to better understand these issues in order to improve recruitment and enrollment of teens at high risk for HIV in biomedical prevention trials.

Knopf said the study has two goals. One is to better understand how parents of youth who are at risk for HIV view the prospect of not being involved in the consent process.

The second goal is to determine how willing the teens are to engage their parents in the consent process for enrollment in a clinical trial, Knopf said.

"If they are not willing to participate in a trial if their parents' permission is required, we want to better understand what their concerns are," she said. "And if they are willing, we want to understand, from a research perspective, if that is a conversation we could help facilitate."

The findings will inform the design of future biomedical trials, which is especially relevant as "we get closer and closer to an HIV vaccine and other biomedical approaches that will need to be tested in adolescents before they can be used with this high risk group," Knopf said.

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Elizabeth Taylor AIDS Foundation Funds CCAF

Capital City AIDS Fund has been awarded a grant for \$5,000 from the Elizabeth Taylor AIDS Foundation (ETAF) in partnership with Macy's. The grant will be used for the Helen Veress Mitchell Scholarship Fund; which is a unique vehicle to help young people attain a higher education.



THE
ELIZABETH TAYLOR
AIDS FOUNDATION

"The work that Capital City AIDS Fund does to help people affected by HIV/AIDS is impressive, and very much aligned with Elizabeth Taylor's passionate commitment to the cause," said Joel Goldman, Managing Director of The Elizabeth Taylor AIDS Foundation. "ETAF and our partners at Macy's are thrilled to present Capital City AIDS Fund with these funds to help further our shared mission."

Through their Cause Marketing Program,

Macy's recognizes their responsibility to the community and their concern for the needs of their neighbors. They are proud to partner with ETAF and have contributed to this grant.

"Capital City AIDS Fund is honored to be recognized for our unique work in the community," said Capital City AIDS Fund President Joyce Mitchell.

Capital City AIDS Fund's mission is to prevent new infections and enhance the lives

of HIV+ people through higher education. The agency distributes 30,000 free condoms each month to establishments where young people gather. This year, the organization awarded 14 scholarships to young people living with HIV and AIDS.

Elizabeth Taylor established The Elizabeth Taylor AIDS Foundation in 1991 to support organizations delivering direct care and services to people living with HIN and AIDS, especially the most marginalized communities. Today, ETAF also provides grants for innovative HIV prevention education and advocacy programs to existing organizations around the world.

With key domestic advocacy funding focused on comprehensive sexual health education and HIV criminalization reform, ETAF continues to bring the marginalized to the center of attention and advocate for their rights.

The Elizabeth Taylor AIDS Foundation has granted to more than 675 organizations in 44 countries and nearly all 50 states in the U.S.

HRC Study Finds LGBTQ Protections Under Threat

Opponents of equality are ramping up efforts to sanction discrimination against LGBTQ people by proposing state-level laws that would undermine existing protections, erode marital rights of legally-joined same-sex couples, target transgender people – including youth – and limit the ability of cities and towns to pass their own inclusive laws.

That's the findings revealed in the third annual Human Rights Campaign (HRC) Foundation's State Equality Index, showing that despite historic federal progress, anti-LGBTQ state bills seek to undermine rights and target vulnerable populations, such as transgender youth

"State governments have a clear choice between sowing the seeds of division and discrimination or building an economy that works for everyone by fostering fairness and inclusion," said HRC President Chad Griffin, "Unfortunately, too many lawmakers have decided to target LGBTQ people for state-sanctioned discrimination

and to interfere with local protections for workers, customers, and residents."

The SEI assesses statewide LGBTQ-related legislation and policies, good and bad, in five areas: parenting laws and policies; non-discrimination laws and policies; hate crimes laws; youth-related laws and policies; and health and safety laws and policies. Based on that review, the SEI assigns states to one of four distinct categories.

Nine states, California, Colorado, Connecticut, District of Columbia, Illinois, Massachusetts, New York, Oregon, Vermont, Washington and the District of Columbia

are in the highest-rated category, "Working Toward Innovative Equality," and have robust LGBTQ non-discrimination laws covering employment, housing and public accommodations, as well as protections in the areas of credit, insurance and jury selection.

Seven states, Delaware, Iowa, Maine, Minnesota, Nevada, New Jersey and Rhode Island, are in the category "Solidifying Equality" and have non-discrimination protections and are considered high-performing, but have not yet adopted innovative equality measures.

Six states, Hawaii, Maryland, New Hampshire, New Mexico, Utah and Wisconsin, are in the category "Building Equality," and have taken steps toward more robust LGBTQ equality, including passing basic non-discrimination and hate crimes laws.

Twenty-eight states are in the lowest-rated category "High Priority to Achieve Basic Equality," including Alabama, Alaska, Arizona, Arkansas, Florida, Georgia, Idaho, Indiana, Kansas, Kentucky, Louisiana, Michigan, Mississippi, Missouri, Montana, Nebraska, North Carolina, North Dakota, Ohio, Oklahoma, Pennsylvania, South Carolina, South Dakota, Tennessee, Texas, Virginia, West Virginia and Wyoming.

Most of these states have many laws that undermine LGBTQ equality, from those that criminalize HIV and sodomy, to measures allowing religious-based discrimination against LGBTQ people.

The full report, including detailed scorecards for every state, as well as a comprehensive review of 2016 state legislation, is available online at www.hrc.org/sei.

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LGBT Inclusive Screening & Discussion

Yolo Hospice and Servant Hearts are hosting a screening and discussion of the PBS FRONTLINE film *Being Mortal*, that explores the hopes of patients and families facing terminal illness and their relationships with the physicians who treat them.

Based on the best-selling book by Atul Gawande, MD, this film event will be held on Saturday, January 14th, from 10 a.m. to noon at First United Methodist Church, 2100 J St., Sacramento. Refreshments will be provided by Revere Court.

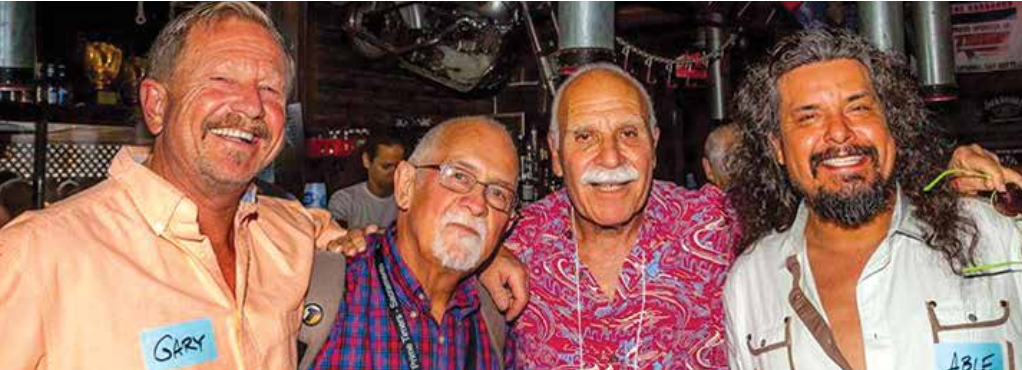
This is an inclusive event and facilitators will include LGBT-identified people. The venue is provided by First United Methodist Church through Wisdom in Maturity, an outreach ministry for older adults offering conscious aging classes and conversation circles that guide and make meaning for elders as they address the challenges and opportunities of aging.

See the film and be part of a national conversation that brings medical professionals and community members together around the shared responsibility of discussing what matters most to patients and families facing difficult treatment decisions and how to have these conversations ahead of a medical crisis.

Please RSVP by calling 530-758-5566 or emailing lromero@yolohospice.org

Find Friends & Good Times at Prime Timers Sacramento

The LGBT community seems often focused on youth, but there is another segment of our community that is made up of fathers and caregivers, businessmen and entrepreneurs, the actively working and the retired. Some are always on the go, while others prefer the quiet company of others at home.



Prime Timers from Sacramento, visiting the Prime Timers of the Desert mixer at the Barracks in Cathedral City.

Many of them are members of Prime Timers, an organization of senior gay men, their partners and admirers, that has chapters worldwide. Here they can come together with other mature gay and bisexual men for friendship, activities, support and personal growth.

The Sacramento chapter was formed in May, 2009 and currently has 59 members, some from as far away as Stockton. One thing that's true about all Prime Timers is they enjoy the opportunities and friendships that develop with other Prime Timers throughout the world.

Prime Timers Sacramento (PTS) is primarily a social organization, but it's also involved with donating funds to the gay community and enrichment of its members through alignment with organizations that are friendly and supportive of the senior LGBT community.

Members often meet for a monthly luncheon meeting on the second Sunday of each month from noon to 2:00 p.m. As an alternative to the monthly luncheon, PTS sometimes holds a picnic or potluck.

Past PTS events have included a trip to the King Tut exhibition in San Francisco, a wine tour, group attendance at movies and art shows, jogs or bike rides along the Sacramento and American Rivers, a visit to

Old Sacramento, a trip to a casino, and holiday dinners and parties.

PTS consistently participates in the annual Sacramento Gay Pride, and has also participated in the Sacramento Rainbow Festival and San Francisco's Gay Pride.

Participation in Prime Timers Worldwide events is also available to all chapter Prime Timers members, including a three day stay in New Orleans followed by a five night cruise of the Yucatan beginning in March and Prime Timers 30th Anniversary Worldwide Convention in Chicago starting in October.

Membership in Prime Timers is only \$20, and you may attend the PTS monthly luncheon as a guest if you prefer to experience the friendly gathering that is the cornerstone of the club before joining.

Cost for the monthly luncheon usually runs between \$15 and \$20 including tax, dessert, and coffee or soda and the board also occasionally subsidizes member meal costs as a way of giving back to members. Door prizes and cake to celebrate member birthdays for the month are also part of each monthly luncheon.

You can learn more about Prime Timers of Sacramento at www.primetimersww.org/ptsacramento.

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Some Progress, But LGBTQ Students Still Face Hostility

U.S. middle and high schools remain hostile environments for LGBTQ students, even though many schools and school districts are showing significant signs of improvement in these areas since 2001.



GLSEN's Biennial National School Climate Survey confirms school-based supports improve school climate and educational outcomes for students.

According to GLSEN's National School Climate Survey, that documents the effects on student outcomes and the availability and benefits of school-based supports for LGBTQ students, improvements, if slow to come and hard fought for, are being made.

"This research provides further evidence for the positive effect of school-based supports – comprehensive anti-bullying policies, Gay-Straight Alliances (GSAs), supportive educators and LGBT-inclusive curriculum – on LGBTQ students' experiences with harassment and discrimination and, ultimately, their educational outcomes," said Dr. Joseph Kosciw, GLSEN's Chief Research & Strategy Officer. "Although many LGBTQ students still experience harassment and discrimination, these supports can be vital for transforming school climates and helping all students thrive."

The biennial report, which began in 1999, includes a sample of 10,528 secondary students from all 50 states and the District of Columbia. The report shows:

- Most LGBTQ students have experienced harassment and discrimination at school. Over eight in 10 (85 percent) experienced verbal harassment based on a personal characteristic, and nearly two thirds (66 percent) experienced LGBTQ-related

discrimination at school.

- Hostile school climates negatively affect LGBTQ students' educational outcomes and mental health. LGBTQ students who experienced high levels of anti-LGBTQ victimization were twice as likely to report they do not plan to pursue post-secondary education.

- The majority of LGBTQ students report hearing biased remarks from school staff, and school staff often fail to intervene when they hear these remarks at school.

- School-based supports, often still lacking but generally growing in availability, have a positive effect on school climate. LGBTQ students in schools with a GSA or a comprehensive anti-bullying policy experienced lower levels of anti-LGBTQ victimization.

- School climates are slowly improving for LGBTQ students. LGBTQ students reported a decrease in homophobic remarks compared to all prior years.

For the first time, GLSEN's National School Climate Survey also includes insights on bisexual student experiences, school policies that specifically affect transgender students, and anti-bullying student education.

The complete report can be found at glsen.org/nscls.

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Being Authentic and the Beauty of It All

by JoAnna Michaels

Being asked about beauty and make up secrets is flattering. My goal here is to describe what I feel makes a beautiful person and how that applies to transgender women. My transition began a long time ago and my striving to be authentic goes back as far as I can remember.

My first goal was to prepare myself as best I could for my role as the woman that I knew myself to be. I started at an early age sneaking peaks from magazines that my mom would have around and looking for make up tips and articles on clothing.

What was it that I wanted in this girl I was becoming? Did I want classic style or was I going to be more of a down home country girl. I imagined myself in all sorts of styles and eventually I knew I was into a classic female look, from business casual to elegant dresses when I would go out to party.

I found the solutions over the years by finding allies that could help me with appropriate clothing styles. We all have girlfriends and professionals that are willing to help us. My best helpers were my hair stylists that I got to know over the years.

Hair was always a key to my look and for me the longer the better. I have hair well past my shoulders now and I love it. I make sure that it is well taken care of on a daily basis and that the color that my hairdresser and I have chosen is perfect for my skin color. Without my fabulous hairdresser I am really silver – someday maybe I will let it go natural.

Skin care on a daily basis is also very important. I enjoy getting compliments on my skin and the fact that it is very young looking. So far very little in the way of wrinkles, and I am almost 70 now.

My ritual is to use a good cleansing solution, not over the counter soap and of course a good toner and night cream. My ritual at night is to cleanse my face and remove all make up before bed. It feels great to have a freshly cleaned face each night.

I am fortunate to have found help from friends as well as professionals and it has made all the difference for me.

So how do you get that help? I decided that the only way was to ask. I became a

woman on the hunt for a make up that would help me and give me the look I wanted. I even went to make up counters in department stores and had makeovers. I have tried them all and finally found a dear friend who was with Mary Kay and I have been using her Mary Kay products for over eight years.

For my wardrobe I went to big-and-tall girl shops and talked to the women that know something about fashion. They have been so wonderful, remember they are in sales and they want to make a sale above all else. I have found some real dear friends in those shops.

My goal was always to be a pretty and presentable female so I could move around without hassles. I achieved that goal with a lot of help from my friends and consultants and you can too.

The biggest thing about female beauty to me is a warm friendly smile. It has been with me my whole life and it is a wonderful asset to have, we should all try it.

This was my journey, make your journey your own and be proud of who you are – at last!

JoAnna Michaels is the Administrative Assistant at Volunteers of America Northern, California and Northern Nevada. She is an LGBT activist and frequently speaks at conferences and educational seminars about the Transgender community and Transgender rights. She can be reached at <https://www.facebook.com/joanna.m.michaels>

JoAnna Michaels is the Administrative Assistant at Volunteers of America Northern, California and Northern Nevada. She is an LGBT activist and frequently speaks at conferences and educational seminars about the transgender community and Transgender rights. She can be reached at www.facebook.com/joanna.m.michaels.



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Briefly Put

The Women's Post-Inauguration March and Rally

The First Amendment is alive and well as thousands of women and their allies plan to brave the cold to rally on January 21 in solidarity with others around the world who defend and further women's rights. Women's marches are planned for Washington D.C. and dozens of other U.S. cities on the day after the presidential inauguration, to make their diverse voices heard by a new administration.



In Sacramento, the solidarity march begins at Southside Park, 2115 6th St., at 10:00 am. A pre-march kick off will start around 9:30 am. The Rally will begin at noon on the West side of the California State Capitol with a program featuring recognized advocates, artists, entertainers, entrepreneurs, thought leaders, and others. Visit www.womensmarchsac.com/

North Carolina Continues LGBT Discrimination and Fails to Repeal HB2, Breaking Deal With Charlotte City Council

The North Carolina state legislature has failed to pass legislation repealing HB2 before adjourning a special session. Previously, the Charlotte City Council voted to repeal its local city ordinance that clashed with HB2 after receiving commitment from the state lawmakers to repeal the anti-LGBTQ law.

"Tonight, self-interested North Carolina politicians showed that they will stop at nothing as they resigned themselves to an even worse reputation and an economy that's continuing to plummet," said Rea Carey, Executive Director, National LGBTQ Task Force Action Fund. "If nothing else, these lawmakers not only need to repeal HB2 but also pass comprehensive nondiscrimination protections for LGBTQ people. If they do nothing, HB2 will go down in history as one of the most vindictive and damaging laws in the state's recent history."

Walmart Settles Class-Action Suit Alleging Anti-LGBTQ Bias

Walmart has announced a settlement in the *Cote et al. v. Wal-Mart Stores Inc.* class-action lawsuit, which accused the company of discriminating against employees who were married to same-sex spouses by denying their spouses health insurance benefits.

"We are pleased to hear that Walmart has admitted wrongdoing in *Cote et al. v. Walmart Stores, Inc.*, and that they have agreed to abide by anti-discrimination policies, and to make those who have been discriminated against whole," said Making Change at Walmart (MCAW), the national campaign to change Walmart into a more responsible employer in a released statement. "It is our hope that Walmart accepts how wrong they were so that not one more Walmart worker will have to experience such injustice and bigotry."

Attempt to Defund the UN Independent Expert on Sexual Orientation and Gender Identity Thwarted

Two days before Christmas, a group of conservative states at the United Nations made a final attempt to stop the Independent Expert on the "protection against violence and discrimination based on sexual orientation and gender identity," by stripping the mandate of standard UN funding.

On the last day of the General Assembly, through a vote with 65 states in favor of defunding and 81 states against (with 15 abstentions), the budget for the Independent Expert was maintained.

"States promoting homophobia and transphobia were again unsuccessful in blocking the work of this vital Independent Expert," said Jessica Stern, Executive Director at OutRight Action International. "The fact that they resorted to an attempted undermining of the budget after they were unable to stop the mandate on content shows how desperate they are to stop any inquiries into the violence and persecution that LGBT people face around the world"

Families of Pulse Victims Sue Google, Facebook & Twitter

Family members of Tevin Crosby, Juan Guerrero and Javier Jorge-Reyes who were killed in the ISIS inspired Orlando, Florida shooting at Pulse Nightclub in June 2016, have filed a lawsuit in federal court naming Google, Facebook and Twitter as defendants for providing material support to the terrorist group ISIS.

The lawsuit was filed in U.S. District Court for the Eastern District of Michigan and asserts that the defendants knowingly permitted ISIS to use their platforms for recruiting purposes, spreading propaganda and raising funds to carry-out terror attacks. Each of the defendants place advertisements on ISIS content, profiting directly from their postings. In at least the case of Google's YouTube, advertising revenue is shared with ISIS.

Attorneys for the plaintiffs assert that through the use of the defendants' platforms, ISIS has acquired over 30,000 foreign recruits, countless donations, and a level of prosperity that would have been unachievable otherwise.

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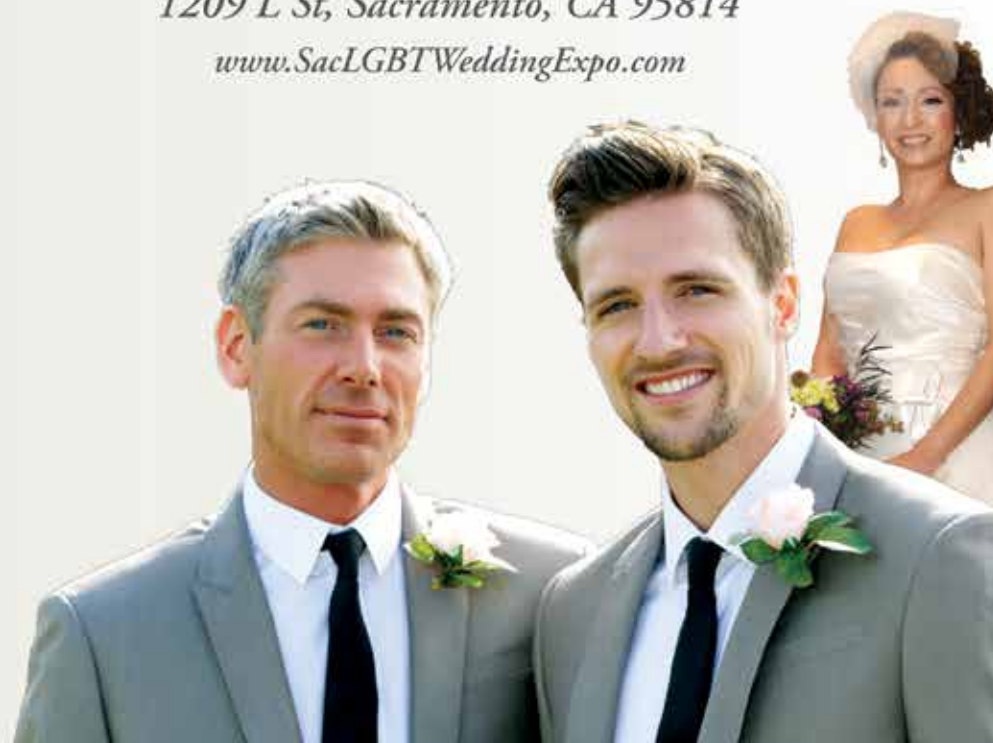
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Small Changes Every Day Add Up to a Healthier You

by Charles Peer

It's a ritual we all take part in as a new year starts. Even if you don't formally call it a "resolution," and even if only subconsciously, we all make promises ourselves to do better in the New Year with our health, our careers and our relationships.

For most of us at this time of the year, one of our top priorities is our health. We've let ourselves "go" over the winter months and have too often succumbed to the temptations of too many holiday treats – and now we are determined to reverse the damage done.

That determination is a good thing, but it may not be enough. If your goal is to improve your health, either through weight loss, better fitness or living a healthier lifestyle, there are people out there that can help you on that path, and so we asked a couple of them for their suggestions on how you can make a better you.

"Set good goals to put the New Year on a good path," said Stephen Crouse of Getting It Right Fitness (facebook.com/AveGettingItRight). "Things like: I will eat better, go to the gym and get healthier are all too vague and are a set up for disappointment."

"Set goals for yourself!" says Jason Lester of Devil Dog Training (760-774-3480, facebook.com/pg/JasonLesterMasterTrainer) "Being healthy is most important, but most people also want to see additional physical results."

Creating that "dream body" is certainly doable, but more often than not we set

ourselves up for failure with unrealistic goals.

"Set goals that are achievable, measurable, shorter term," says Crouse. "I will eat a healthy breakfast every day in January. I will get at least 30 minutes of medium intensity exercise 3-4 times a week in this month. I will learn how much added sugar I am eating every day and decrease it by 20-50 percent by the end of the month."

These smaller, more achievable daily, weekly and monthly goals will help keep you committed to your overall goal. Additionally, putting an end date on your goals usually makes you work twice as hard to achieve them.

"Make small changes every day" says crouch. "Don't change everything at one time. Small changes are more sustainable for life. Every time you eat is an opportunity to make healthier choices. Portion control, fresh instead of processed, balanced macronutrients are all ways to make healthier choices at every meal. "

Crouse also recommends keeping a food journal. Most of us are unaware of what and how much we are really eating, You don't have to count the carbs or the calories, but a journal, and there are many apps to help you with this, will make it easier to start making



Personal Trainer Stephen Crouse recommends making small changes every day and to whenever possible work in a moment for exercise. Doing planks while waiting for the coffee to brew is a great way to start your day.

overall better choices.

"Speak your commitment," advises Lester. "Write your goal down and post it where you can see it every day. Consider sharing your commitment online. There is something about making a commitment "public" that can make it stronger."

Some people are self-motivated, but many people won't stick to a program without some help and coaching. Also, exercise can be time consuming, tiring and dangerous if done incorrectly. Hiring a personal trainer is a good way to get and stay motivated.

"Personal training can be expensive, but well worth the money if you hire the right

one," says Lester. "They will keep you safe by teaching correct form and posture, minimize your time spent in the gym by maximizing your workouts for faster results, and keep you motivated and excited!"

If personal training is not an option for you, Lester recommends finding a gym buddy with similar goals. Exercising with a friend or family member can keep each of you motivated, accountable and competitive.

Getting healthier and fitter is a big part of Crouse's life philosophy. "It's not about being overweight, underweight, long term illnesses, diets or body building. It's about living healthier, stronger and being more stable."

Don't Let Distractions Get in the Way of Your Health

by Tom Moon MFT, The Examined Life

“The unexamined life is not worth living.” That saying, which Plato attributed to Socrates, succinctly expresses the basic value underlying psychotherapy and most other forms of personal exploration – the idea that self-knowledge is a fundamental value in human life.

All methods of self-understanding, from western psychotherapy to Eastern paths of spiritual self-inquiry, teach that we have to spend time alone with ourselves in order to attain greater awareness. But most of us don't want to know ourselves.

What we really want is to feel good. We spend an amazing amount of time immersed in mood-altering and mind-numbing entertainments, habits, and distractions whose purpose is to increase comfort and to medicate anxiety and other negative emotions.

What all these activities have in common is that they tend to diminish self-awareness. They're really about hiding from inner experience.

The most obvious mind-altering distractions are alcohol and drugs, but there are many others, such as:

1. Food: overeating in search of comfort
2. Sex: avoiding painful feelings through compulsive sexual behavior
3. Television: watching hours of TV every day
4. Computer: spending hours every day on social media, surfing the net, etc.



8. Shopping: seeking comfort in acquiring things

5. Workaholism: constantly working to exhaustion; inability to rest or take time off
6. Exercise: compulsively exercising as a way of avoiding emotional pain
7. Adrenaline: addiction to the rush of frequent and compulsive risk-taking
8. Shopping: seeking comfort in acquiring things
9. Religion: addiction to spiritual ideas and practices to get away from feelings of fear and uncertainty
10. Cleaning: constantly cleaning to avoid anxiety or discomfort
11. Rage: avoiding fear or feelings of powerlessness through inappropriate anger
12. Caffeine: staying buzzed all day on high-octane coffee to diminish awareness of unhappiness or depression

Modern technology provides us with an unprecedented number of opportunities for diversion and self soothing, but the sad irony is that they've also made us the most restless generation that has ever existed. Millions of us are completely incapable of simply being alone and quiet with ourselves.

I believe that our collective need for more intense distracting stimuli is progressing, exactly the way that addictions progress. Many people can't watch a film from the '40s or '50s, for instance, because they seem to move at a

snail's pace compared to the roller coaster rides of current popular movies. More and more of the people I talk with are in such a restless, jumpy state that they give me the impression they've been at a heavy metal concert for the past twenty years.

Anyone interested in pursuing a path of personal growth and greater awareness must first stop running from their inner experience, and that requires that they confront the distractions that obstruct their paths. It isn't necessary to get rid of all distractions, but it's important to have some time free of them.

Spending time in nature is one easy way to return to more natural rhythms; regular hikes or a wilderness backpacking trip can do much to cool down an overactive nervous system. Some people find it useful to practice periodic "media fasts" from all electronic stimuli.

Self knowledge confers subtle satisfactions: greater freedom from self-deception, confusion and anxiety; calm self-acceptance; comfort in one's own skin; independence of thought and action. But this maturity comes only to those who can examine their discomforts and anxieties instead of running from them.

Tom Moon, MFT, is the owner/practitioner of Mindfulness-Based Psychotherapy / EMDR located in San Francisco. He can be reached at examlife@aol.com, 415-626-1346 or tommoon.net



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Lumo Lift Wearable Device Tracks Your Steps and Helps Improve Your Posture

by Peter Milinazzo

Your mother always told you to “Sit up straight” and “Don’t slouch,” admonitions from our youth that are all-the-more pertinent today, given the amount of screen time, both computer and cell-phone, and prevalence of back pain that permeate modern life.



Now you can get those motherly reminders from Lumo Lift, a fitness tracker that monitors your posture, as well as your steps.

The Lumo Lift is worn just under your collar bone by magnetically fastening it to your clothing (ideally an undershirt or bra strap). After setting it to your ideal posture, the device will track the amount of time you spend daily in correct posture while sitting and standing, and give you reminders with a burst of vibration to correct your position each time you deviate from your set point.

I trialed the Lumo lift for roughly a week while at work. The initial set-up and pairing with my iPhone (it also works with Android devices) was quick and simple. Once placed about an inch below my clavicle midway between neck and shoulder, I was able to set my ideal posture using the printed and video tips on the app.

Once at work and sitting in front of a computer, the Lumo Lift coached me to sit up straight every time I slouched or leaned forward for more than 15 seconds. The amount of time can be tailored to your preference, but 15 seconds is the recommended period, which allowed me to reach for paperwork or into a drawer without getting a buzz from the device.

Initially, just wearing the Lumo Lift served as a novel “string on my finger” to recall my mother’s childhood advice, but as I engaged in my work, I eventually slipped back into poor posture, with my head and trunk coming forward with a disturbing frequency. As this happened, the Lumo Lift vigilantly, but gently reminded me to correct my posture.

Within a couple of days, the number of “nudges” reduced in frequency, and I maintained good posture with fewer prompts and for greater amounts of time. On the down side, the reminders became a little annoying when I was prone to shifting positions more frequently during meetings I attended. Luckily, the device is easily turned on and off by pressing down on it through my clothing, quickly solving the “meeting” problem.

Over the course of a few days, I was maintaining better posture not only while sitting, but while standing and walking. Granted, it takes a lot more time than a few days to learn a new habit, but the Lumo Lift seems like an easy way to get on the right track.

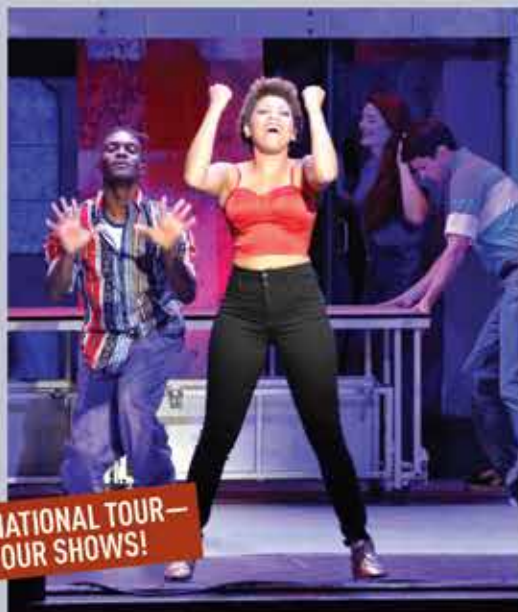
To get the most from the Lumo Lift, I would also recommend setting up your work station to promote good posture, and to make use of the product’s website for healthy tips and other fitness advice to remedy the orthopedic consequences of our screen-centric lifestyles.

A word of caution, the Lumo Lift is not recommended for those with pacemakers because the magnetic aspect of the device can disrupt their functioning.

Overall, if you are someone who sits at a desk all day, has poor posture, suffers from back or neck pain, or is just in the market for a fitness tracker, the Lumo Lift may a good solution for you, and you just might make your mother proud as well.

For more information on the Lumo Lift, or other Lumo products, visit www.lumolift.com. The Lumo Lift is priced on Amazon.com at \$71.99.

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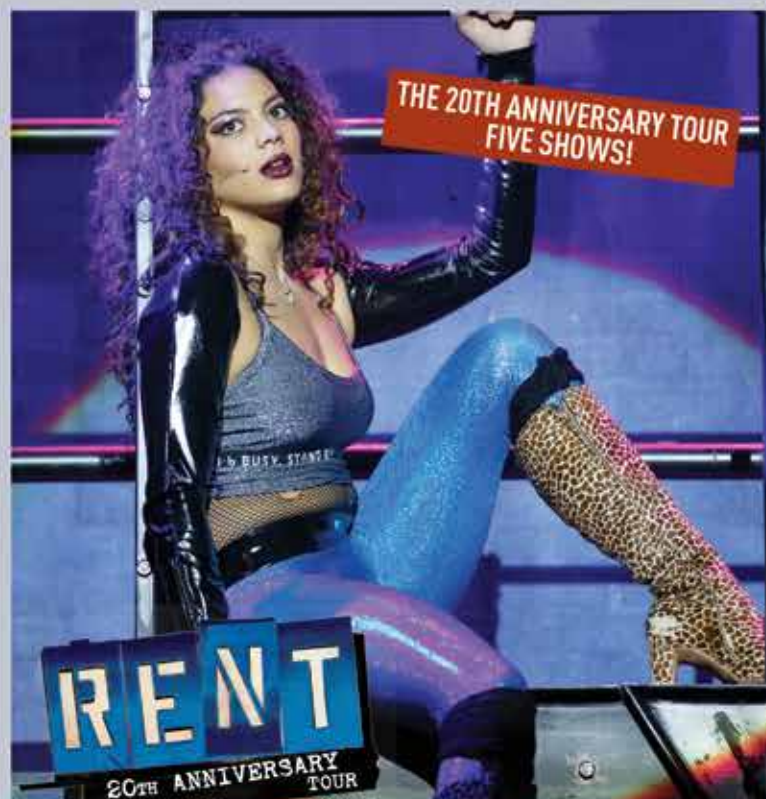
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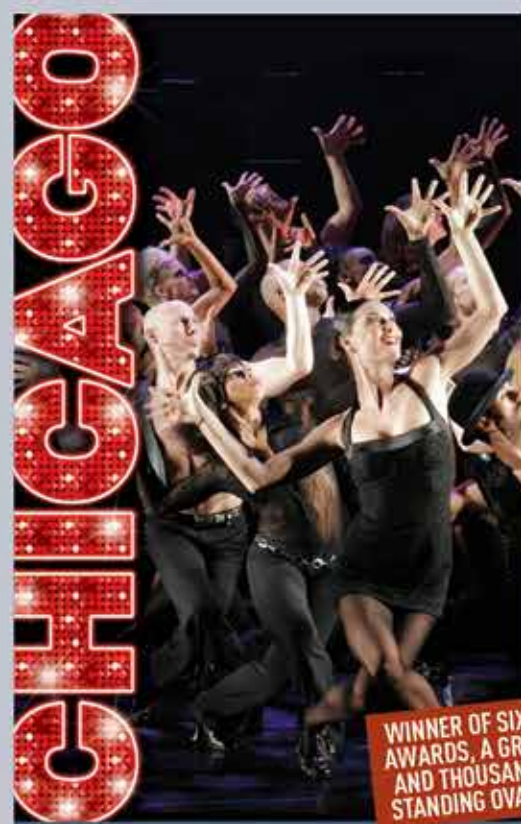


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by Kevin Mefford

This is amazing to see. However, by March there seems to be a steady decline of motivation to continue improving and the majority of people stop going. Whether they are not seeing results, get injured, or simply have no idea what they are doing, they flat out quit.

Not having specific goals is the first mistake people make. Proper goal setting paired with action will help ensure that this year is YOUR year for real and lasting results.

Is it because you are getting married this summer? Attending an event or reunion of some kind that you want to look good for? Has your doctor diagnosed you as pre-diabetic and you want to reverse it to spend more time with loved ones? Once you clearly define your why, you can figure out the how.

The how starts with a plan of

Losing 50 pounds in a year will require losing 4-5 pounds a month, which is very realistic. Then you can further break down the goal by deciding how many days and hours a week you will dedicate to achieving it.

An example would be pledging to yourself that you are going to strength train three times a week and do cardio on days inbetween, one hour each day. This would equate to five days and five hours of solid workouts to get you closer to where you want. You can track your weekly and monthly progress as time goes to ensure that you stay on track. Body measurements using the scale, and general mood are all great indicators to let you know you are on track.

Proper goal setting paired with a plan of action will keep you motivated, engaged, and embrace the process. Every day, week, and month you hit your mico-goals is another victory that should be celebrated – and not with chocolate cake!

For some, this may seem like a



Kevin Mefford

daunting task. If you are really serious about hitting your goals this year then a truly qualified coach or personal trainer is a very wise investment. I can help guide you through this process and have you started down the right path for YOU.

Kevin Mefford is an Independent Personal Trainer with a specialization in corrective exercise certified through the National Academy of Sports Medicine. He trains clients one-on-one and in group settings out of a private studio in Roseville, CA. For more information, contact him through his website at www.activetrainingperformance.com

D*avis Is Burning* is an annual drag show and competition hosted by the Xi Chapter of Delta Lambda Phi, a fraternity for gay, bisexual, and progressive men. This gender-bending event began in 1990 and has grown to among the Sacramento Region's largest drag shows.

“Come join the divas as they strut down the runway and werk it out in their hottest looks,” said Brother Mason Schmidt in a released statement. “Professional drag artists from the Sacramento area, other campus organizations and dance groups, and of course your DLP divas truly, will light up the stage.”

Davis is Burning is a night of gender-bending fun for everyone, and you are encouraged to come in your best drag ensembles, for a chance to be crowned the Drag King and Queen of the night, based on all the hoots and hollers! fo the audience.

"It's a night worthy of not a princess, but a drag queen, miss thing!" said Schmidt. "So get ready for the drag show of your life!"

In addition to being a lot of fun, *Davis is Burning* is a fundraiser for



Heidi Audacity and Lavender Woods have performed for the past three years at *Davis Is Burning*, and will be bringing some surprises to this year's event. You can get a taste of what's burning at drive.google.com/file/d/0B1JM04_IzGXTWfYwKfUR0trSm8/view

the Trevor Project.

Davis is Burning will be held on Saturday, January 14, from 2:00 to 7:00 p.m. at Wright Theatre, UC Davis Campus. Tickets are available for purchase through the

event website at www.dib27.com or the UC Davis Ticket Office at tickets.ucdavis.edu. Tickets are presold online for \$12.00 or at the door for \$15.00 with a \$2.00 discount if dressed in drag.

Miss Gay California Battles Lou Gehrig's Disease

Current reigning Miss Gay California United States 2016, Kendra Monroe, can no longer wear heels and has trouble applying makeup and using bobby pins.

Monroe is a character performed by Tracy resident Kevin Metzger, who was diagnosed with Lou Gehrig's disease (ALS) early in 2016 at age 44. Metzger has trouble speaking and walking – conditions that led colleagues to believe he was drunk on the job before they knew he had ALS.

ALS is a progressive neurodegenerative disease that affects the motor neurons that control voluntary muscle movement, so people with later-stage ALS can become completely paralyzed and eventually can no longer breathe.

A retail manager by day and female impersonator by night, Metzger was confused, angry and depressed when he received the diagnosis. He now experiences weakness in his extremities, difficulty speaking and fine motor skill debilitation. He can no longer lift things with ease or grip items for any extended time.

"I'm dealing daily with frustration that I can't do the things I used to be able to," Metzger said. "I'm coming to the realization that there are limitations to my daily life now."

His husband, Jeff Gamble, encouraged him to quit his job in retail management to focus on his entertainment career.

"At this point, I'm just trying to keep entertaining the crowd for as long as possible with the help of my cast members and friends," Metzger said. He continues to perform at *Sunday's A Drag* atop the Sir Francis Drake Hotel in San Francisco and *Holotta's Un-BOYlievable Review* at Club 1220 in Walnut Creek.

"I felt we had to reevaluate our priorities and work to ensure we had the best relationship and he had the best life possible, for as long as possible," Gamble said.

Gamble encouraged Metzger to volunteer with the summer high school internship program at the medical center where Gamble works. Together, they trained 25 young adults from underserved communities who indicated they were interested in health care.



Kevin Metzger, Miss Gay California United States 2016 Kendra Monroe

"Kevin brought a level of authenticity, generosity and love to the program that I couldn't have done on my own," Gamble said. "I got to spend more time with him and watch as he made a difference in the world, rather than just sit at home alone."

The two also have begun attending a Stockton support group through The ALS Association Greater Sacramento Chapter, the local chapter of the organization leading the fight to treat and cure ALS through global research and nationwide advocacy. The organization also empowers people with the disease and their families to live fuller lives by providing them with compassionate care and support.

Metzger and Gamble valued The ALS Association support group so much that when the group's host passed away, Gamble helped secure conference room space for the group at the medical office where he works.

"The best you can do and hope for is making every moment count and being grateful for all the time you do have," Gamble said.

For more information about ALS or to make a donation, visit www.alssac.org.

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Jude Law Is The Young Pope

by Chris Narloch

Remember the ‘good’ old days when *The Sopranos* and *Sex and the City* were the only good cable series that you had to worry about watching?

Times have changed, and there are now so many platforms for watching original television and web entertainment that it can be overwhelming.

If you are currently caught up on all the terrific recent shows – *Transparent*, *Westworld*, *Stranger Things*, *Mr. Robot*, and *Mozart in the Jungle* are just a few – then you are a much better binger than I am.

The latest new show I am anxious to see begins airing and streaming on HBO this January 15, and it stars the dynamic duo of Jude Law and Diane Keaton.

The Young Pope is the new project created and directed by the great Italian director Paolo Sorrentino, whose 2013 movie *The Great Beauty* is one of my favorite foreign films of the last few years.

According to a synopsis I found online, “Jude Law is a dangerously iconoclastic Pontiff and Diane Keaton is Sister Mary, an American nun who is his chief advisor and personal secretary in *The Young Pope*, Paolo Sorrentino’s Vatican-set satire.”

Shot in mixed English and Italian, the fictional, 10-part miniseries features Law as the newly elected Pope Pius XIII, a former Archbishop of New York named Lenny



Diane Keaton and Jude Law in *The Young Pope*

Belardo.

Jude Law as a conniving, chain-smoking Pope, and Diane Keaton as a nun? It sounds too delicious for words.

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Hidden Figures is a Must-See

by Chris Narloch

It's rare for a film to tackle racism and sexism at the same time, but the new movie *Hidden Figures*, about a group of African-American women at NASA who helped to turn around the Space Race, does tackle both and does so beautifully.



Three brilliant African-American women at NASA – Katherine Johnson (Taraji P. Henson), Dorothy Vaughan (Octavia Spencer) and Mary Jackson (Janelle Monáe) – served as the brains behind one of the greatest operations in history.

These “human computers,” as they were called, worked at NASA’s Langley Research Center in Virginia during the early ‘60s, when segregation was still very much in existence in that part of the country.

They suffered indignities on the job but rose to the occasion for their country and helped to restore the nation’s confidence with the launch into space of astronaut John Glenn, the first American to orbit the Earth.

If *Hidden Figures* sounds like a history lesson, well, it is and it isn’t. This film is so

fine and funny (and amazingly entertaining) that you’ll probably marvel that its central story is totally unfamiliar. At least it was to me.

The cast couldn’t be better, including singer turned actress Janelle Monae and veteran actors Octavia Spencer and Taraji P. Henson. Kevin Costner also brings star power to the film in a strong supporting role as the boss of Henson’s character.

With all that has happened this past year in the United States, both politically and with regards to race relations, an uplifting, patriotic and historically significant film such as this is just what we need to help make us proud to be Americans again.

Note: For more movie reviews, visit www.outwordmagazine.com.

Sac Philharmonic Presents The Music of David Bowie

Few artists have redefined rock music the way David Bowie did, and so to mark the first anniversary of his passing, the Sacramento Philharmonic will present a symphonic salute to the artist variously known as Ziggy Stardust and The Thin White Duke.

“Changes,” “Space Oddity,” “Fame,” “Heroes,” “Rebel Rebel,” and many more – nearly 20 classics in all will be performed, courtesy of conductor Brent Havens and the Sac Phil.

The Community Center Theater is the place to be the evening of January 14, 2017 when the Sac Philharmonic presents ‘The Music of David Bowie: A Rock Symphony’ at 8:00 p.m.

The best of Bowie from A to Ziggy! Are you ready? Then “Let’s Dance.”

For more information, visit www.sacphilopera.org.



David Bowie

Don't Miss Luzia by Cirque du Soleil

You have until January 27, 2017 to experience the sensuous and stunning world of ‘Luzia,’ Cirque du Soleil’s latest touring spectacular, now playing under the redesigned white-and-gold Big Top at AT&T Park in San Francisco.

Luzia was hailed as “thoroughly joyful and sincere” by Bay Area News Group and “a poetic and free-spirited ode to myths and magic, to the history and romance of Mexico” by the *San Francisco Examiner*.

A post-holiday treat for the entire family, *Luzia* is a magnificent show that awakens your senses and transports you to a place suspended between dreams and reality.

Featuring a cast of 44 performers, *Luzia* surprises with acrobatic performances that break down barriers, such as incorporating water into contemporary circus disciplines.

Don’t despair if you can’t make it to San Francisco to see the show before January 27 because it will be reopening in San Jose the very next month.

Beginning February 9, 2017, *Luzia* will perform under the Big Top at Taylor Street Bridge in San Jose. Performances will continue in San Jose through March 19.

To watch a preview video of *Luzia*, visit cirk.me/LuziaPreview. Tickets for both engagements are available at www.cirquedusoleil.com/luzia.



Luzia. Photo by Matt Beard

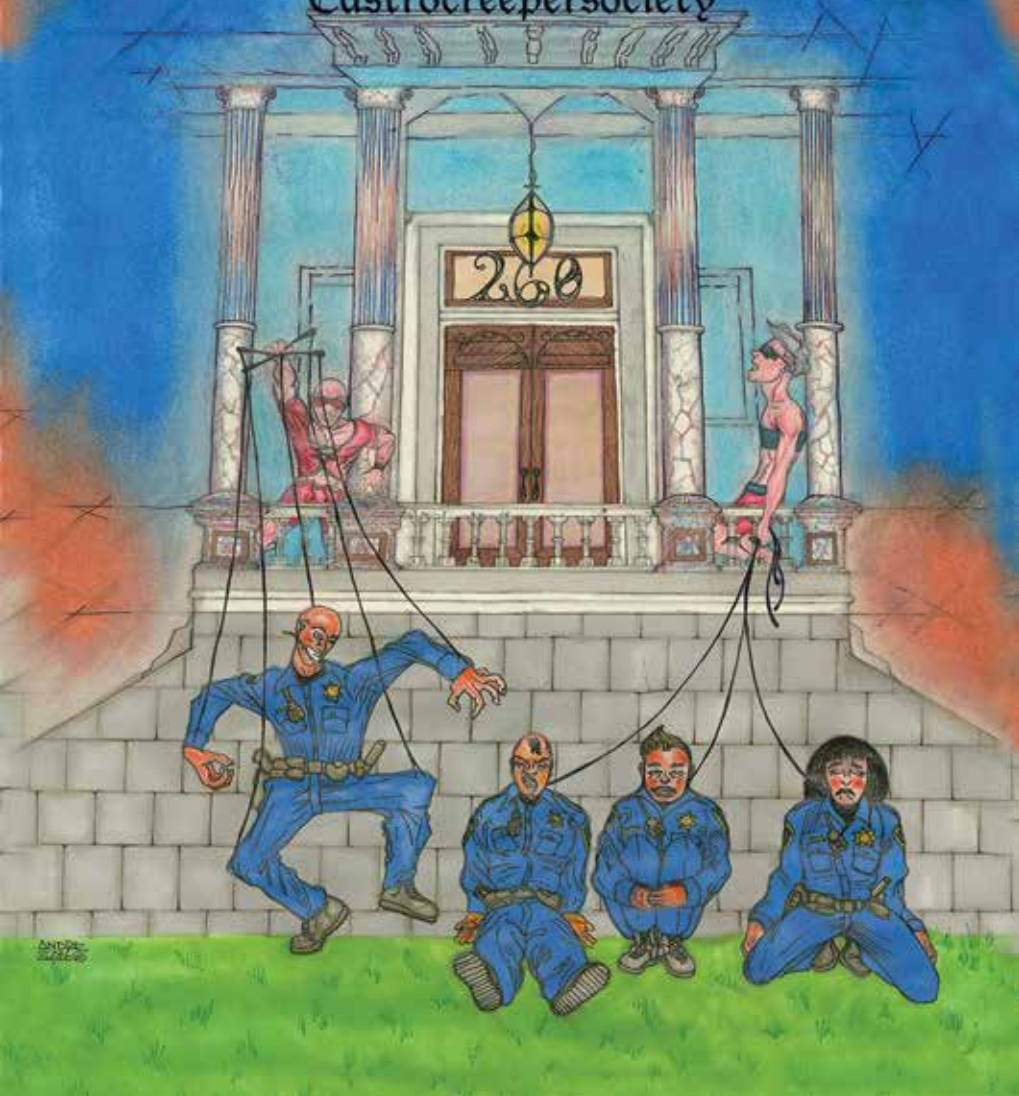
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La Femme Magnifique International Returns

Sequins, feathers and Las Vegas showgirl headdresses take to the Sacramento stage once again this January in the third annual California La Femme Magnifique International and California La Femme Magnifique Plus International pageant.

The pageant celebrates the finest gender illusionists in the state by selecting drag performers to represent California in the La Femme International competitions. Winners receive a sash, crown, cash prize package and gift bags from local businesses, but the real prize is knowing they are considered among

International has been one of the most prestigious female impersonator titles across the globe. The pageant highlights only the most beautiful and glamorous female impersonators from around the world. The pageant was started by legendary drag entertainer Darcelle XV of Portland to find the



CA La Femme Magnifique 2016 Jaymelah Moore (of Modesto) and CA La Femme Plus 2017 Brittany Sebastian (of Rocklin).

the best female illusionists in the world.

Quickly becoming one of the hottest annual events in Sacramento, this year the pageant will take place in a new, expanded venue reflecting the true elegance of the event. The Center At Twenty Three Hundred located at 2320 Sierra Blvd. includes a grand stage, two full service no-host bars and a secured parking.

"La Femme embodies the highest level of excellence in female impersonation through talent, creativity, glamour, costuming and poise," says Pageant producer Michael Kennedy, also known as Misha Rockefeller and La Femme Magnifique International 1997. "I'm proud to again bring this opportunity for recognition to the many talented drag performers in California."

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

"Last year's contest winners, Jaymelah Moore (CLFM) and Brittany Sebastian (CLFMP), were simply amazing," said Kennedy. "We were very well represented in the international contest."

Since 1982 La Femme Magnifique

most glamorous and polished drag queens in the world.

"It's not just about who looks real, but also their creativity, talent, stage presence and glamour," explains Kennedy. "Contestants must be drag queens and not have had any gender augmentation or hormones."

Contestants will be judged in several different categories including black and white dress, evening gown (formal wear), talent and showgirl. The showgirl competition is one of the most important and anticipated segments of the pageant. Contestants must construct a Vegas style headdress and model it with the same poise and grace as professional showgirls.

The event also raises much needed funds for both national and local charities and nonprofits.

"The La Femme family is proud to sponsor the Jose Sarria Scholarship Fund for GLBTQ students, The Tijuana AIDS Foundation and Golden Rules Services in our fundraising efforts this year," says Kennedy.

The pageant will be held at the at 5 p.m. on Sunday, January 22. Applications for contestants, as well as tickets for those who wish to attend are available along with further information at calafemme.com.

Short Film NUNE for LGBT Questioning Millennials and Lonely Youth Has a Warm, Uplifting Message



Two dreamers from opposite sides of the high-school popularity spectrum collide in this heart-warming independent short film, nominated for Best Original Screenplay and Best Supporting Actress in a Short Film at the International Filmmaker Festival of World Cinema. Pictured are Jessica Lauren, Joy Chomer and Alexandra Scott. Watch the trailer at nune.gyatri.com

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Carrie and Debbie – May The Force Be With Them by Chris Narloch and Colt McGraw

The shocking news came just after Christmas that both Carrie Fisher and her mother, Debbie Reynolds, had died, back-to-back and long before anyone was prepared to hear the sad news.

With them passed a large cornerstone of Hollywood royalty although, thankfully, the multi-talented pair's enduring legacy will live on in the many projects and scores of films they made, including two of the most beloved movies in Hollywood history.

Fisher, of course, played the feisty Princess Leia in the blockbuster *Star Wars* franchise, while Debbie was the ingénue who somehow kept up with hoofers Donald O'Connor and Gene Kelly in *Singin' in the Rain*, considered by many critics to be the finest American movie musical ever made.

Their rocky, real-life mother-daughter relationship was made even more famous when Meryl Streep and Shirley MacLaine portrayed the pair on the big screen, in the hit autobiographical comedy from 1990, *Postcards from the Edge*.

It's not hyperbole to say that Reynolds was a hero to an older gay generation who remember her terrific performances in classic movies such as *The Unsinkable Molly Brown* and *How the West Was Won*, while younger LGBT fans idolized Fisher for her work in funny films from the '80s and '90s like *Soapdish* and *When Harry Met Sally* but mostly for creating the iconic character of Princess Leia.

Reportedly, Fisher had already finished her scenes for the next *Star Wars* film, 2017's *Episode VIII*, and if you haven't seen it yet, she has a very clever cameo at the end of *Rogue*

Soderbergh-directed biopic of the flamboyantly 'closeted' pianist.

Reynolds was in fact a triple-threat talent – she could sing, dance, and act – and, until her

be 'straight.'

Since my press rep had hooked me up with second row seats and I guess because I am tall, Fisher pointed right at me and asked, "What about you?"

I shook my head from side to side to indicate that I was not in fact 'straight', and Fisher registered genuine shock, grilling me further and saying, "You're gay? Really?!"

(I like to tell myself that I was Fisher's 'type' and that she was disappointed in my confession, because that makes the story better, but in truth the actress probably only called on me because I was laughing my head off during her show.)

In addition to her memorable work on stage and screen, Fisher was a talented author and a sought-after (and often un-credited) Hollywood script doctor.

The double-whammy deaths of Fisher and Reynolds hit their fans and Hollywood hard, especially since Fisher was only 60. (Reynolds was 84 at the time of her death.)

It hit me hard too, since I felt like I knew both women, through their work and their very public 'private' lives. I am sure that I wasn't the only gay man who could relate to the pair's sardonic sense of humor and their bad luck with men.

The lights of Hollywood will be a little dimmer now without the brilliance of Carrie Fisher and Debbie Reynolds, but luckily we have their wonderful work to remember them by.

Note: The excellent 2016 documentary *Bright Lights: Starring Debbie Reynolds and Carrie Fisher* began airing on HBO on January 7.



Debbie Reynolds and Carrie Fisher

One – the stand-alone *Star Wars* story currently in theaters – that is now a bittersweet reminder of her cinematic legacy.

That legacy includes Fisher's very first film, Warren Beatty's *Shampoo*, in which the actress famously and bluntly propositioned Beatty's studly hairdresser character while she was still a teenager.

In addition to that classic comedy, you should check out the funny films Fisher's mother made later in her career, such as 1996's *Mother*, in which the actress hilariously played the meddling mom of Albert Brooks' character, and *In & Out*, a queer-friendly comedy starring Kevin Kline from 1997.

Reynolds also gave skillful dramatic performances on film, most recently as the tough Polish mother of Liberace in 2013's *Behind the Candelabra* the excellent Steven

death on December 28, was one of the last remaining legends from the Golden Age of Hollywood still alive.

I was lucky enough to see Reynolds' nightclub act once, locally, a few years back – she continued to perform live on stage and screen until late in life, traveling 40 weeks a year – and found her to be a gracious and talented performer with a wicked sense of humor.

I had a slightly more personal connection – a moment, really – with daughter Carrie in which Fisher essentially 'outed' me from the stage of a crowded theater in Berkeley, CA.

Fisher was performing her very funny, autobiographical one-woman show *Wishful Drinking* at Berkeley Rep in 2008, and she needed a male volunteer to help her out with a bit on stage. The catch was that the guy had to

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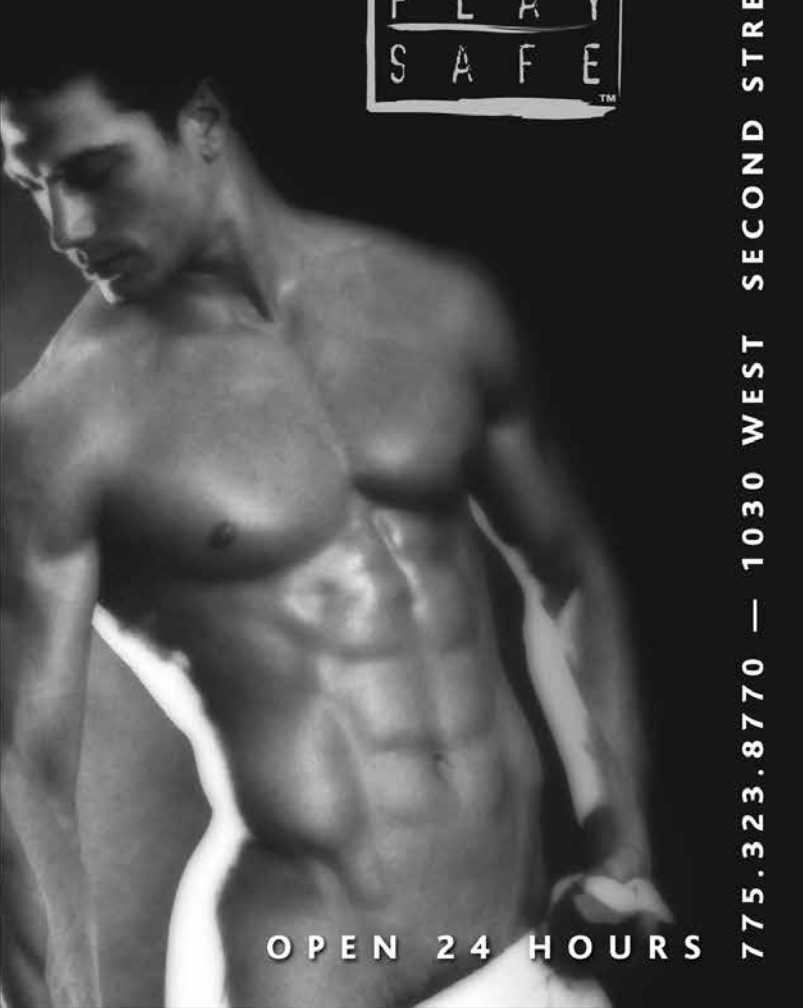
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