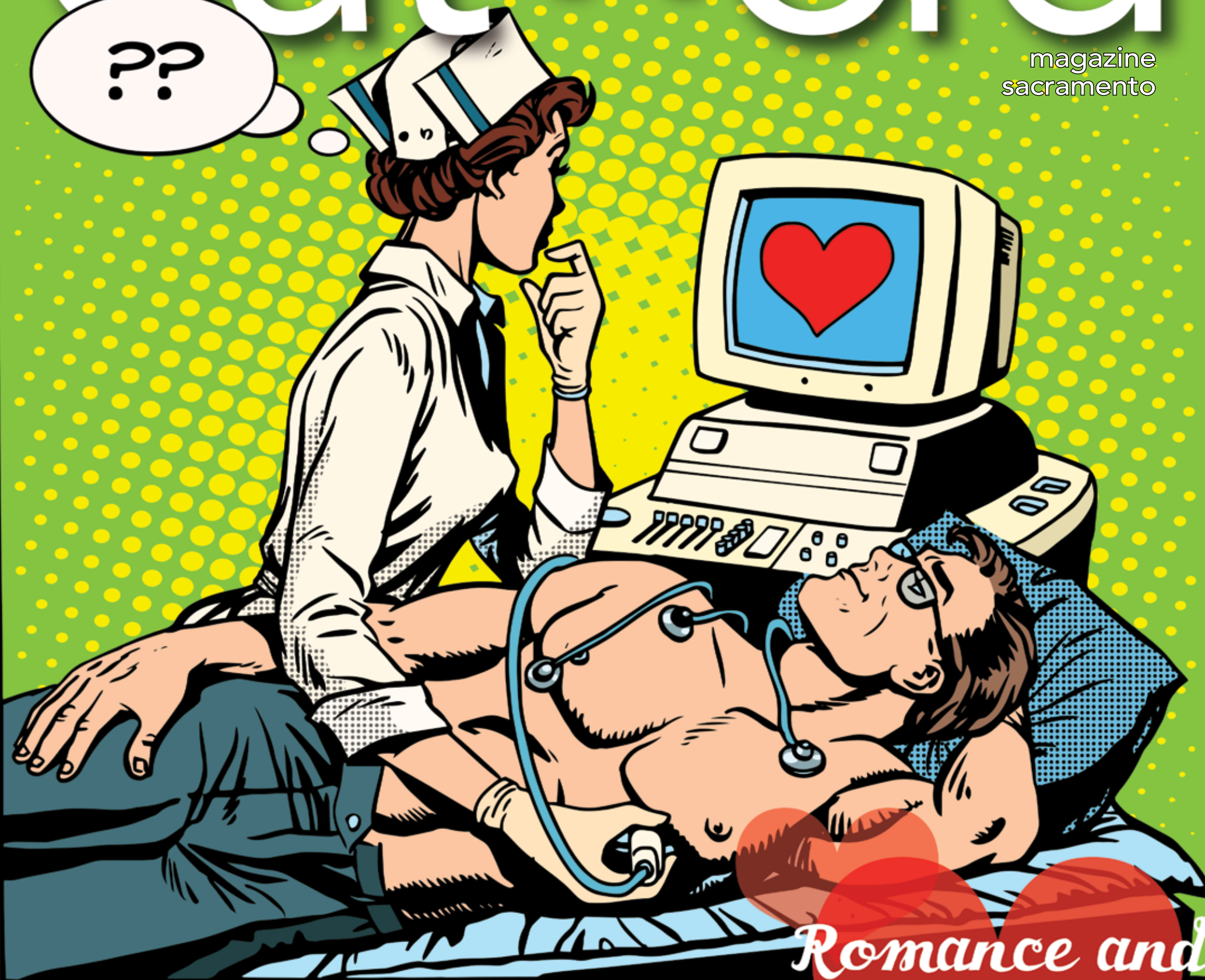


outWord

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sacramento



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LIVE NATION

Japanese Americans Honored on Day of Remembrance

In conjunction with the opening of three exhibitions celebrating the vast and rich culture of Japan, the Crocker will present 7.5 hours of continuous programming commemorating the 75th anniversary of the signing of the United States' Executive Order 9066 during World War II.



The Executive Order, signed by President Roosevelt on February 19, 1942, required the imprisonment of all Americans of Japanese ancestry deemed to be in military areas, which the military defined as the entire West Coast. By June, more than 110,000 Japanese Americans were relocated to remote internment camps built by the U.S. military in scattered locations around the country. For the next two and a half years, many of these Japanese Americans endured extremely difficult living conditions and poor treatment by their military guards.

The Day of Remembrance will begin with a mass meditation, followed by remarks by civic and community leaders, and throughout the day there will be a reading of the names of local men, women

and children imprisoned in the camps. Representing the resilience of Japanese Americans who endured this injustice, there will be art demonstrations, exhibition tours, performances, and the sharing of stories by those who personally experienced the camps as children.

Additionally, the Member Lounge will provide members space for contemplation as well as complimentary plum wine, sake, hot tea and edamame.

The day will close with a screening of *Grave of the Fireflies* directed by Isao Takahata, however, the film screening is already sold out.

The Day of Remembrance is free and will be held Sunday February 19th from 10 a.m. to 5:30 p.m. at the Crocker Art Museum, 216 O Street. www.crockerart.org.

Remembering David Matthew Dilley

David Dilley, May 23, 1966 – January 20, 2017, spent over 30 years raising money for charities across the nation, from United Way in Chicago to Shriner's Hospital here in Sacramento.

David was a former member and Vice President of Administration for Sacramento Capital Crossroads Gay Rodeo Association and Emperor 33 of CGNIE, Inc.

David believed in giving to others everyday in his life. It was not unusual for David to ask whomever was riding in the car with him to "pull over and give me some cash". Then he would get out and give a homeless person some money to grab a coffee to keep warm or a sandwich because they might be hungry.



When he was not trying to help others, you could find him enjoying time with his friends and listening to great country hits. He could relate to the many sides of country music; from the fun in songs like "Tequila makes your clothes fall off" to heart felt songs such as "You know who your friends are" and "Whiskey Lullabies".

David's partner, Polo, would like to invite those who knew him to Badlands, Sunday February 19 from 1p.m. - 3 p.m. for a remembrance gathering. Pictures speak a 1000 words, so if you have a picture of a fond memory, please bring a copy to post for others to enjoy.

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Black History Month: African Americans on the Overland Trails

The Center for Sacramento History, in association with the Sacramento History Alliance, is presenting a special Black History Month Speaker Series event by the author of *Sweet Freedom's Plains: African Americans on the Overland Trails, 1841-1869*.

Historian and CSUS Emerita Professor Shirley Ann Wilson Moore will speak about her recently published book on the westward migration story of black pioneers on Thursday, February 9, at 7 p.m. at the Center for Sacramento History (551 Sequoia Pacific Blvd).

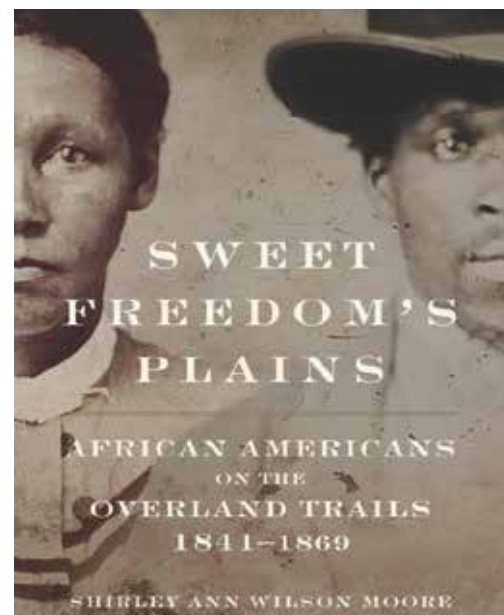
Tracing the journeys of black overlanders who traveled the Mormon, California, Oregon, and other trails, Moore describes in vivid detail what they left behind, what they encountered along the way, and what they expected to find in their new, western homes.

She argues that African-Americans understood advancement and prosperity in

ways unique to their situation as an enslaved and racially persecuted people, even as they shared many of the same hopes and dreams held by their white contemporaries.

For African-Americans, the journey westward marked the beginning of liberation and transformation. At the same time, black emigrants' aspirations often came into sharp conflict with real-world conditions in the West.

Doors open at 6:30 p.m.; admittance includes one drink ticket. Dr. Moore will sign copies of her book, *Sweet Freedom's Plains: African Americans on the Overland Trails, 1841-1869*, at the conclusion of her presentation; cost is \$30.



Advance tickets are \$15 each and are available online only at www.centerforsacramentohistory.org.

Rendezvous with Paris in 2018 for the Gay Games

Since 1982, the Gay Games have brought together people from all over the world - with diversity, respect, equality, solidarity, and sharing. With sport a common theme for inclusion, the Gay Games are open to all, young or old, athlete or artist, experienced or novice, gay or straight.



Athletes, artists, supporters, spectators, donors, volunteers, conference participants, sponsors, or simply anyone interested in this project, has a role to play at the Gay Games and to help progress our society.

Registration is now open for the games that will include 36 sports, 14 cultural events and one academic conference at paris2018.com

To encourage financially-challenged participants to take part in the Gay Games, The Gay Games Scholarship Program can provide assistance. Established in 2002 with support from the Roy M. Coe Scholarship Fund, over 800 scholarship candidates have participated in the Gay Games. Applications can be submitted at www.surveymonkey.com/r/GG10-Scholarship-Application. The number of scholarships depends on generous donations from the community, and if so inclined, you can make a donation at www.paris2018.com/donation/

See video www.youtube.com/watch?v=xbz5Sa1EjY0

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USS Bonhomme Richard Introduces Navy's Transgender Policy Change



Capt. Jeffrey Ward, commanding officer of amphibious assault ship USS Bonhomme Richard (LHD 6), facilitates transgender training with chiefs and officers in the ship's wardroom. The training was conducted to provide command leadership guidance on transgender policy in accordance with Secretary of the Navy (SECNAV) instructions. (U.S. Navy Photo by Mass Communication Specialist 2nd Class Kyle Carlstrom/Released)

A Final Farewell for Sacramento's Gayiel Von




Family, friends and fans came together for a final farewell for Gayiel at the Pioneer Congregational United Church of Christ on January 23rd. Rememberances were shared and the many singers who were fortunate enough to have shared the microphone with her and Jim Jordan sang some of the songs that she had made he own. Photo by Chris Allen

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Briefly Put

UK Pardons Up to 100,000 Men Convicted Under Historic Anti-Gay Laws

The UK government has confirmed the granting of pardons to men convicted under historic anti-gay laws, pre-2003, for consenting adult same-sex behavior, where such behavior is no longer a crime today.

"This pardon is an important, valuable advance that will remedy the grave injustices suffered by many of the estimated 50,000 to 100,000 men who were convicted under discriminatory anti-gay laws between 1885 and 2003 – the latter being the year when all homophobic sexual offences legislation was finally repealed in England and Wales," said human rights campaigner Peter Tatchell, who has pressed for a public apology and pardon for the last 30 years.

"A pardon has connotations of forgiveness for a wrong done. These men and the wider LGBT community believe they did no wrong," he said in a released statement.

Bill Requiring Insurance Coverage of Medical Procedures for Long-Term HIV Survivors Introduced

Senator Scott Wiener (D-San Francisco) has introduced the HEAL (Help End Antiretroviral-related Lipodystrophy) Act, requiring insurance companies and government programs to cover medical treatment for lipodystrophy. The condition, causing changes in body fat distribution, impacts many HIV-positive people who took early, life-saving, highly toxic HIV medication. Equality California is sponsoring the bill.

Insurance companies consider procedures to correct lipodystrophy to be cosmetic, and therefore refuse to cover treatment. However, for people with HIV who experience the condition, it is not a cosmetic need but a medical necessity due to the significant physical and psychological impacts on these individuals. The early HIV medications that caused lipodystrophy are no longer prescribed.

"The early generation of anti-retroviral medications saved thousands and thousands of HIV survivors' lives, yet they scarred many survivors with the disfigurement caused by lipodystrophy," said Sen. Wiener. "Many long-term HIV survivors continue to struggle with this side effect, with both physical and psychological ramifications. It's time to ensure that these long-term HIV survivors receive the healthcare they need, including correction of this debilitating health condition."

New Bill Will Ease Process for Gender Change in Court Orders and on State Documents

Senators Toni G. Atkins (D-San Diego) and Scott Wiener (D-San Francisco) have announced legislation to enable more transgender, intersex and nonbinary people to obtain state-issued identity documents that accurately reflect their gender. The bill is sponsored by Equality California and the Transgender Law Center.

Senate Bill (SB) 179 would accomplish this by creating a third, nonbinary gender marker on California birth certificates, drivers' licenses, identity cards and gender-change court orders. The bill also streamlines the processes for Californians to apply to the state for a change in gender on these identifying documents.

"Our trans brothers and sisters are under attack in far too many parts of this country and this world," said Wiener. Now, more than ever, California must lead on trans inclusion and ensure that our entire community can live with dignity and respect. This legislation is an overdue step forward."

Secretary of the Army Eric Fanning Honors AMPA President Ashley Broadway-Mack With Public Service Award

At a ceremony in the Pentagon, held Jan. 18, Secretary of the Army Eric Fanning awarded AMPA President Ashley Broadway-Mack the Secretary of the Army Public Service Award. The award was presented in Secretary Fanning's office just prior to his official farewell ceremony.

The award from the Secretary of the Army reads:

"Ashley Broadway-Mack is awarded the Secretary of the Army Public Service Award for exceptional service and support to the United States Army and the Department of Defense during my tenure as the 22nd Secretary of the Army. Drawing from more than 19 years as a military spouse, Ms. Broadway-Mack has been an advocate for the timeless importance of military partners and children, while highlighting the need to adjust support and services with an eye for changes in family structure.

As President of the American Military Partner Association she demonstrated a steadfast commitment to ensuring our force provides support to meet the changing nature and needs of our military families. Ms. Broadway-Mack's unwavering commitment and dedication to Soldiers and our nation's Army is in keeping with the highest traditions of public service and reflect distinct credit on her, the United States Army, and the Department of defense."

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How You Can Prevent HIV

by Jon Benordan

Want to help end HIV in Sacramento? You can! There are three ways you can help end HIV: 1) don't have sex or inject drugs or 2) use condoms every time you have sex or 3) Take PrEP.

If option 1 or 2 are not realistic for you, then pick number 3.

PrEP, which stands for Pre Exposure Prophylaxis, is a medication that an HIV negative person can take on a daily basis virtually eliminating their chances of becoming HIV positive if they are exposed. One pill a day. That's it.

Currently the only drug approved by the FDA for PrEP is Truvada. When taken daily as prescribed, it is more than 90 percent effective in preventing HIV infection.

PrEP is only prescribed by health care providers. Most private health insurances, as well as Medicaid, cover the costs of Truvada for PrEP. For those whose insurance does not, rest assured. There are programs that will help cover the cost of some if not all of the prescription.

It's important to note that PrEP does not protect you from other sexually transmitted infections (STI). You can be on the medication and still contract Chlamydia, Gonorrhea, and Syphilis to name a few

common STIs.

Testing for HIV on regular basis is good practice in general but testing for HIV while on PrEP is required every three months while taking the medication.

Your primary care doctor can prescribe PrEP for you. If you want to come to a place where you won't feel embarrassed talking about your sex life, feel free to come to Cares Community Health. You're welcome to come to Cares Community Health for all your healthcare needs - primary care, dental, behavioral health and much more all under one roof.

For more information about PrEP and it's benefits, HIV/STI testing, or to make an appointment to become a patient call 916-443-3299. You can also check out getprepsac.org for information to take to your primary care doctor.

Jon Benorden is a Program Manager at Cares Community Health. He can be reached at www.carescommunityhealth.org

Accepting Your Vulnerability Can Set You Free

by Nicola Simmersbach PsyD LMFT LPCC

I'm no Girl Scout but something tells me you shouldn't be igniting an indoor fire with a steady stream of lighter fluid directly from the can. This is what my friend Erin is doing. (Erin isn't her real name. I'm protecting her identity, not from you, but the fire marshal.) "Relax, I do this all the time" she says. Awesome.

She's not interested in my fire safety lecture but she wants to know why my last article was "too short and cut off right before it got interesting when you talked about being vulnerable and aware". Ah, yes, vulnerable. My feeling right about now as I watch her tempt fate.

You can get lots of great information about vulnerability on YouTube by watching Brene Brown's lectures. Brene's funny, too, so it's an easy and entertaining venue to get a little free therapy. I call vulnerability a super power because it can function as both a protective and healing force. Like all super powers it does have its kryptonite, including shame.

Let's first talk about what vulnerability isn't. It's not reckless self-endangerment. It's not exposing your flaws and then demanding that others pick up the slack for you. It's not an exhibitionistic laying bare your soul to invite judgment or evaluation from others.

It is the courageous willingness to show up with your whole self, even the parts you aren't so sure about, and say "I'm a work in progress; good, bad or ugly, this is me right now". It means dropping all facade and fakery and shape shifting we attempt to make ourselves feel secure and being willing and open to just sitting in the muck of our

own existence. Sounds super fun, right?

Actually, it's not all that bad once you get the hang of it. You can learn to root out shame and drag it out from under the bed, into the light for closer inspection. Heck, invite it to come sit on the sofa and ask it directly "so who are you and what do you want from me?" You'll get some enlightening answers that way. If you need help, ask someone who has experience cleaning out under their own bed. That way you know they have the capacity to sit with you while you fish out the emotional dust bunnies that have probably been drifting there since childhood.

I've had the privilege of accompanying many people on dust bunny excavations over the past 20 years. You learn a lot perched in the therapist's chair that long. Once of those lessons is that shame is more toxic than we allow ourselves to believe. The other is that secrecy is rich fertilizer for shame. Most people are sure their shame and secret are bigger than anyone else's. They're certain they have the worst secret, the deepest scar, the most unlovable flaw. But they're wrong. Life exacts some pretty

VULNERABILITY
continues on page 22

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El Dorado County Masters Speakers Series to Feature Three Cutting-Edge Spiritual Leaders

by Kim East

Three best-selling authors who are known by millions through their books, PBS specials and featured guest spots on the *Super Soul Sunday Oprah Show* will be discussing their work as part of a Masters Speakers Series hosted by The Spiritual Center for Positive Living (SCPL).

Anita Moorjani will speak on April 1st at SCPL, followed by Gary Zukav on August 12th and Greg Braden and Bruce Lipton November 17th, both at the Harris Center in Folsom.

Tickets available for April 1st at SCPositiveLiving.com, and August 12 and November 17 at HarrisCenter.net.

SCPL hosted their first Masters Speakers Series in 2014. The series of seminars and workshops guides participants to expand their own personal spiritual transformation, by bringing renowned spiritual leaders to the area.

Wayne Dyer, Deepak Chopra, Marianne Williamson and many other well know speakers have been featured.

"I trust that by bringing top notch, deeply souled Spiritual Leaders to El Dorado County, genuine healing will happen throughout our Sacramento region. Event goers will gain a fresh new look at their own spiritual identity through the eyes of the evolved and

masterful spiritual leaders who are participating in the Masters Speakers Series," said SCPL's Senior Minister, Rev. Dr. Pattie Weber.

The Spiritual Center for Positive Living in Cameron Park is an interfaith, New Thought spiritual community and is a gathering place for spiritual seekers who wish to grow together and expand their consciousness.

Sunday services with a positive message and a rockin' band, meditations and classes, are only part of what is offered at SCPL. "The vision at SCPL has always been to create a space where people remember who they really are: spirit beings having a human experience. We teach the interconnectedness of all things and assist seekers of Truth to discover the magnificence of their own being and experience the Infinite Power of Love within," says Weber. "We intend to change the consciousness of Northern California and move towards creating a kinder more compassionate world, beginning with our own community," she added.



Don't Miss *When We Rise* on ABC

by Chris Narloch

You don't need cable television or a computer to watch the small-screen LGBT event of 2017, ABC's epic, all-star miniseries about the history of gay rights and activism, *When We Rise*.

Written by Dustin Lance Black, the Oscar-winning screenwriter of *Milk*, the eight-hour period piece is partially inspired by LGBT activist Cleve Jones's memoir *When We Rise: My Life in the Moment*.

The television movie tells the history of the modern gay rights movement, starting with the Stonewall riots in 1969.

The miniseries' stellar cast includes Guy Pearce as Cleve Jones, Rosie O'Donnell as Del Martin, Mary-Louise Parker as Roma Guy, Todd Weeks as Tom Ammanniano, Matthew Del Negro as Gavin Newsom, and Whoopi Goldberg as Pat Norman.

Queer director Gus Van Sant (*Milk*, *My Own Private Idaho*) helmed the first two-hour installment, which airs on February 27, at 9 p.m. (The audience at the Palm Springs Film Festival reportedly went nuts for that first episode when it received an advance screening there this January.)

The other three nights of *When We Rise* are currently scheduled to air from March 1 to March 3, 2017 on ABC.

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Are the Benefits of Marriage Worth the Potential Additional Tax Expenses?

by Jason Russel, CPA

Marriage is a wonderful thing, right? More so for same-sex couples who have only been able to enjoy such a human right, for at most, nine years in the state of California.



However, as with any right comes consequences, especially in the area of taxation which does not discriminate for opposite sex couples as much as same-sex couples.

When talking about marriage and money, most experts talk about the tax advantages of getting married. However, these tax advantages are often only available to married partners with large disparities in income.

Sadly, spouses who earn similar amounts of money – especially those who are considered high earners – are often subject to a marriage tax penalty.

What is the marriage tax penalty?

When you marry, you have the option of filing your tax return jointly, or filing separate tax

returns. The marriage penalty takes effect when the taxes you pay jointly exceed what you would have paid if each of you had remained single and filed as single filers.

The marriage penalty is the opposite of what many call the marriage bonus. In a marriage bonus situation, you pay less in taxes because of your married status. The marriage bonus is most likely seen in partnerships where one spouse earns significantly less than the other. Situations in which one spouse stays at home or has a part-time job rather than a full-time job are most likely to result in a marriage bonus.

For those with low incomes, the marriage penalty doesn't usually apply. For tax year 2016, the 15 percent tax bracket tops out at

\$36,900 in annual taxable income for single filers, while the upper limit is exactly twice that for married couples.

Things change in the 25 percent tax bracket though. For a single filer, this bracket ends at an income of \$89,350. If you simply doubled that number to get the top amount for joint filers, you'd see \$178,700. Unfortunately, that's not how it works.

For 2016, the 25 percent tax bracket ends at \$148,850 for married couples filing jointly. Thus, they find themselves penalized for their combined income.

If you make \$50,000 in taxable income and your partner makes \$15,000 working part time, you

TAXES

continues on page 23

Three Essential Tools for Surfing the Web Safely

by Steven Walker

Whether you're checking out online dating, watching adult stories, or simply reading the news – protect your computer from pop-ups, ads, even scams telling you your computer is infected and to call a fake number to Microsoft.

My favorite and most popular tool is Adblock Plus or Ad Block.

Adblock Plus was first created for Firefox users, now supporting all browsers including IE, Edge and Safari. Installation is fast, easy and free.

Ad Block came later in the game but was made specifically for Chrome. Although it works really well, keep in mind it does not like massive amounts of tabs open. I try to keep my tabs to 10-15, closing them as I am done with them.

If using your mobile device don't be concerned about these items. There are no pop-ups or scams that can harm you. Free outwordmagazine.com

apps that you install may have ads where the paid versions do not. Even so, mobile apps are created to not access the phones system directory.

In addition to securing your browser, lock down your computer with an Antivirus/Antispyware program.

YES even Macs can get infected. Ask your IT consultant which they recommend and request they configure for your needs.

Our recommendation for the last seven years has been Kaspersky. Rated #2, Kaspersky has caught the trojans, provided free tools for special uninstallers and even extends intelligent

support from engineers that know their stuff.

Lastly, subscribe to an online backup service. A virus can attack your USB flash drive or external hard drive just as easily as your computer itself. Getting your data to the cloud in an automated fashion is your only peace of mind knowing a good copy of your data will always be accessible.

So don't be afraid to catch a spark online. Play, but play safe!

Steven Walker is the president of Fast Break Tech, Inc., providing IT Support, Telecom and Cloud Services. He can be reached at www.fastbreaktech.com, 916-247-2500 or support@teamFBT.com.



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What Are The Secrets To A Long-Lasting Relationship?

by D. Scott Trettenero

Every Feb. 14, starry-eyed couples celebrating Valentine's Day strive to find just the right setting to create a romantic night on the town. Relationships are about more than candle-light dinners and intimate moments in the moonlight, and making them last beyond the initial infatuation is no easy thing.

"Under the best of circumstances it takes much love, devotion and especially an enduring commitment between partners to make a relationship work," says academic D. Scott Trettenero, author of *Master the Mystery of Human Nature: Resolving the Conflict of Opposing Values* (www.masterthemysterybook.com).

Unfortunately, there is no rule book or instruction manual that guarantees success, however Trettenero says there are a few core concepts about human nature that are necessary to grasp as you try and seek harmony in your relationship. These include:

- **Feelings come and go.** Feelings can change over time, which means if feelings you have for another led you to fall in love, then other feelings could just as easily lead you to fall out of love if you aren't careful. It is important that the relationship not be based on feelings alone, but on a shared commitment to placing the relationship above one's own personal desires.

- **People change over the years.** People have the capacity to grow and evolve in a number of ways. This is a healthy process of life but it doesn't always work out that each partner is growing at the same pace or in the same direction. This calls for both to be able to adapt and embrace the changes each may make.

- **Conflicts will always be present.** The whole system of human interaction is perfectly created for conflict, and any relationship will never be immune to them. Conflicts of interest within a relationship can sometimes escalate into devastating and traumatic experiences. But it's possible to rise above or defuse these situations, Trettenero says. It all begins with understanding yourself so you can be true to who you are. It also means that you make sure that your significant other be true to themselves.

- **With intention and commitment, everything can be overcome.** Conflict resolution in a marriage is one of the most important ways to make it or break it. The best way to handle a disagreement is to try to find a way that allows both parties to feel good about the results rather than try to overpower the other. Discuss each of your points of view and be sure to listen to each other while respecting their opinions.

"Trying to give advice on how to make a marriage work is tricky, especially when speaking in general terms, because what might work for one couple might be exactly wrong for another," Trettenero says. "One thing is clear to those who are married and want to remain married; communication between partners is critical and deserves



equal attention by both.

D. Scott Trettenero is an academic of human temperaments which formed the basis of his first book "Unlocking the T-Code." His recent book *Master the Mystery of Human Nature: Resolving the Conflict of Opposing Values* (www.masterthemysterybook.com), helps readers learn about themselves, others and how the world really works because of our differences.



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Tips for Becoming a Successful Online Dater

by Justin Lavelle

Are you ready to make a good first impression? It's online dating season, after all – time to give love a shot. And to help you hit a bull's eye with Cupid's arrows, here are some tips to make the most of your online dating efforts.

A relationship must start somewhere, and whether online or in the traditional sense, initial contact may be the most nerve-racking part of dating. What you say can either make or break your chances of finding someone special.

Here are some pointers to help:

1. Don't just say hey, hello or hi

Statistics show you can't really have someone at hello. Approaching someone with one of these boring, traditional salutations will get you a measly response rate of 27 percent.

2. Talk about interests

Relating with someone because of similar interests is an effective way to make a connection. It also shows someone you actually read their profile. You'll have a higher chance of connecting with someone if you use phrase like, "curious what," "your name," "noticed that," "good taste," and "you mention."

3. General, not physical, compliments are best

Mentioning or "complimenting" someone's looks is a big mistake. You

might think it would be flattering for the other side, but it is actually unwanted. Replace negative words like "hot," "beautiful," "sexy," and "cutie," with words that will raise your chances of getting a positive response; such as, "cool," "it's nice that," "fascinating," and "awesome."

4. Don't overthink

"Twitter-like" messages – those that are 40 to 60 characters long – tend to have the highest response, with the average message being just over 100 characters.

5. Write correctly

Making a spelling or grammar error is an almost certain way to not get you a response. Bad slang will give you a terrible first impression. OKCupid found the worst words you can use in a first message are: "ur," "u," "i," "ya," "can't," "hit," "realy," "luv," and "wat."

Justin Lavelle is Communications Director for PeopleLooker (www.peoplelooker.com), a service that gives you fast, affordable, and easy access to public records where you can find out ages, marital status, addresses, email addresses, phone numbers, criminal records, and more.

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- TIE. Juana Bang

*Based on a national survey of 5,000 gay men.
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Gay(ish) V-Day Gifts Ideas For Your Special Someone

by Mikey Rox

There's a growing sect of society raining on everybody's Valentine's Day parade by crying foul on consumerism. It's a Hallmark holiday, they shout. The candy companies just want your money, they howl. You know what we say? So what. Embrace it.

Candy is frickin' delicious, and who doesn't like a thoughtful card every now and then? Thus, go full in this Valentine's Day and throw up a finger to its critics with this list of fab gifts from your gay heart to theirs.

Whisk 'Em Away

If you and bae are sweet on adventure, plan a getaway of fun and friskiness. Eat your weight in favorite foods with culinary tours from Avital Tours, available in select cities, or kick back and relax in the comfort of the quaint bed and breakfasts on BandBFinder.com, which provides a comprehensive list of LGBT-friendly accommodations across the country.

Custom-Printed Comic Book

If you're planning to pop the question this Valentine's Day, skip all that knee jazz; ask your partner in crime to tie the knot with you by creating a custom comic book. YourComicStory.com will design a story from scratch using your memories and other personal details, the last page of which will reveal the big ask. The book also serves as a conversation piece and keepsake so you can relive the proposal over and over again.

Arrow to the Heart Necklace

A bushel and a peck and a charm around her neck. Isabella Grace Jewelry's handmade, fine silver accent-charm necklace features both your names on separate arrowhead charms – so you'll always be near each other's hearts.

DIY Steak & Wine Dinner

Skip the line at your area's most popular restaurants in favor of a DIY dinner featuring perennial Valentine's dinner staples: red meat

and red wine. Snake River Farms offers three decadent Wagyu beef gifts that arrive with everything you need to whip up a chef-quality meal in your own kitchen, prepared on Lagostina's new Nera Hard-Adonized Collection, available at Macy's. Wash it all down

with our red-wine recommendations: Angela Estate's award-winning 2013 Pinot Noir, Hazelfern Cellars' 2014 Willamette Valley Pinot Noir, or Van Duzer Vineyards' 2013 Homestead Block Pinot Noir. To cap the night off, order a bottle of bubbly from

PersonalWine.com that you can have hand-engraved to commemorate the special occasion.

Messages With Meaning

Cards and flowers are old V-Day standbys, but you can add more flair to the tradition with mail from Punkpost, an app-based service (iOS and Android) that sends left-of-center greetings featuring wink-and-a-nod wishes; the Captain Kirk and Spock "I love you/I know" Star Trek/Star Wars mash-up print; full-on fruit

trees from PlantOGram that can be planted outside for years of enjoyment; or a lusty little note written on a spud (yep, that kind), delivered to your beau's door courtesy of MysteryPotato. Half-baked? Absolutely.

Big Spoon + Little Spoon Bracelets

Wear your sleeping proclivities on your sleeve with the impossibly cute Big Spoon/Little Spoon leather-wrap bracelets by Article 22. Made in Laos, the most heavily bombed country per capita in history, the bracelets feature detonated metal bomb scraps

leftover from the Vietnam War in order to help clear the remaining 80 million active bombs that remain scattered around the country.

Same-Day Surprises

Even the most committed

the day for those who forgot to pick up a gift with same-day delivery of flowers; balloons; booze; and tasty treats, like donuts, macaroons, cupcakes, and cookies.

Designer Sex Toys

Sex toys get the designer treatment from Luvoqa, which offers naughty sets of sensual playthings for men and women. Guys will shiver in ecstasy while wearing the Lelo Pino, a powerful vibrating ring, and lady-loving ladies will delight in the dual-vibrator We-Vibe Dreamy Desire Set. For even more convenience when doing the deed, check out nightstand-ready Pulse, an automatic dispenser that delivers warm lube with the wave of a hand.

Sexy Skivvies

The best way to a man's heart is through his skivvies – at least that's how we see it, anyway. Elevate his Valentine's underwear game in striking red pique boxer briefs from Lacoste or get down and dirty from the get-go with Andrew Christian's lip-print 'Kiss Me' jockstrap, available at the Jockstrap Shop. To set the bedroom mood, light the six-wick, handmade soy Saxon candle – the sea salt and hibiscus scent is legit – by Flashpoint Candle.

Original Grain Watches

More than anything else, your better half would prefer the gift of time. Give it this Valentine's both figuratively and literally with help from Original Grain watches.

Available in men's and women's styles, these

handsome pieces feature reclaimed wood and steel for a chic urban-meets-outdoors profile. In addition, each watch sold plants 10 trees for our planet.

Sugarwish Candygrams

Your sugar's sweet tooth will be sufficiently satisfied with a gift from Sugarwish, an experiential choose-your-own candygram that allows recipients to customize their selections. A wide variety of popular and novelty candies are available – like mini Swedish fish, Bit-O-Honeys, candy necklaces, M&M's, caramel creams, and gummies galore – that you can gift in 4 oz. bags of two to 16 or opt for a candy dish, complete with four full 'fills' of their favorite candies.

Mikey Rox is an award-winning journalist and LGBT lifestyle expert whose work has been published in more than 100 outlets across the world. He splits his time between homes in New York City and the Jersey Shore with his dog Jaxon. Connect with Mikey on Twitter @mikeyrox.



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This Valentine's Day Enjoy Bubbles on Any Budget

by Diana Kienle

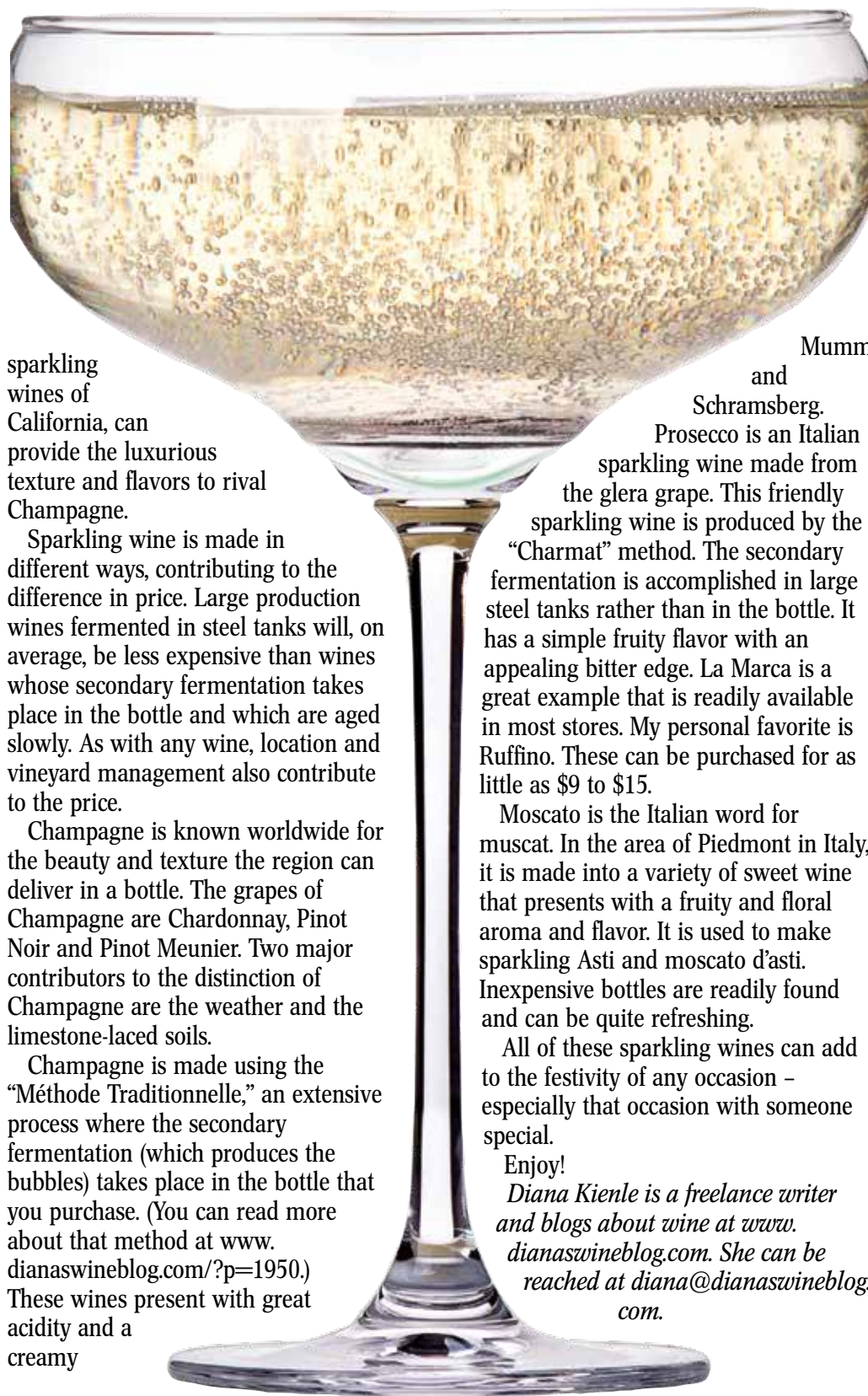
As February begins, the stores are showing the bright red colors of Valentine's Day – a time when our hearts turn toward expressions of love and romance, and for that nothing is more quintessential for the month than sparkling wine!

Real Champagne can be pricey, but there are many lovely expressions of sparkling wine that can fit the occasion and the pocket book.

Sparkling wine is made all over the world, including in Champagne, France, which is the only place real Champagne comes from. It used to be that no other region could challenge the sparkling wine from Champagne, yet that is no longer so. Many wines, especially the

texture. There are modestly priced Champagnes, yet great ones can cost in the hundreds of dollars. The most famous may be Dom Perignon.

Some sparkling wines are produced using this traditional method, as well. One of the large production wines out of California is Roederer Estate Multi Vintage Brut. *Wine Spectator* frequently designates their wines as a "Smart Buy." Other more expensive, well-crafted bottles come from



sparkling wines of California, can provide the luxurious texture and flavors to rival Champagne.

Sparkling wine is made in different ways, contributing to the difference in price. Large production wines fermented in steel tanks will, on average, be less expensive than wines whose secondary fermentation takes place in the bottle and which are aged slowly. As with any wine, location and vineyard management also contribute to the price.

Champagne is known worldwide for the beauty and texture the region can deliver in a bottle. The grapes of Champagne are Chardonnay, Pinot Noir and Pinot Meunier. Two major contributors to the distinction of Champagne are the weather and the limestone-laced soils.

Champagne is made using the "Méthode Traditionnelle," an extensive process where the secondary fermentation (which produces the bubbles) takes place in the bottle that you purchase. (You can read more about that method at www.dianaswineblog.com/?p=1950.) These wines present with great acidity and a creamy

Mumm

and

Schramsberg.

Prosecco is an Italian sparkling wine made from the glera grape. This friendly sparkling wine is produced by the "Charmat" method. The secondary fermentation is accomplished in large steel tanks rather than in the bottle. It has a simple fruity flavor with an appealing bitter edge. La Marca is a great example that is readily available in most stores. My personal favorite is Ruffino. These can be purchased for as little as \$9 to \$15.

Moscato is the Italian word for muscat. In the area of Piedmont in Italy, it is made into a variety of sweet wine that presents with a fruity and floral aroma and flavor. It is used to make sparkling Asti and moscato d'asti. Inexpensive bottles are readily found and can be quite refreshing.

All of these sparkling wines can add to the festivity of any occasion – especially that occasion with someone special.

Enjoy!

Diana Kienle is a freelance writer and blogs about wine at www.dianaswineblog.com. She can be reached at diana@dianaswineblog.com.

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Seven Ways To Impress Your Valentine's Day Date by Justin Lavelle

With Valentine's Day around the corner, thoughts turn to making the best possible impression on that special person in your life. It's not about how much you spend or which hard to get reservation you manage to get.

Too often we measure our feelings against a sum of money spent. But it's really not about that. It's about putting some thought into what you do, to let that person know that you see them: you really see them!

Do you have a skill?

Can you sing? Paint? Draw? Write a poem? Take a beautiful photograph? Do you have a skill that you can leverage to create something that will show your love that you spent actual time to give them something from your heart?

Serenade them with their favorite song. Create a painting for them that they will love. Write a poem to express everything you're feeling. These are all special ways to show your intended that you care.

Think activity versus gift

One of the best gifts you can give is your time. Spending time together doing something meaningful is far more romantic than a box of chocolates and a bouquet of flowers. Is your valentine a book-lover? Take them to their favorite store and hand them a gift card to spend there and then, while you wait patiently. No tapping your foot! Does your love have an interest in marine biology? A trip to the aquarium followed by a picnic might be the ticket. The key is to be tuned in to their interests and to come up with something you can do together that speaks to those passions. There's nothing like noticing the details to create that magical spark.

Take care of the details

Be ready for all eventualities by ensuring that you've thought of them. Planned a picnic? What if it rains? What's Plan B? It turns out your date is allergic to shellfish and you've booked a table at a seafood

restaurant? Don't let that happen. Make sure you know what you need to know, going in, and leave nothing to chance. That attention to detail

in your skin. So if you're afraid of flying, a helicopter ride over the city is likely to leave you a sweating, hot mess. In other words, not exuding confidence! Don't get dressed up and booked in at the most expensive restaurant in the city if you don't have the funds for an appetizer there! You will be off your game all night.

In order to make your date feel good, you need to feel good. Pick an activity that allows you to be you too. That doesn't mean you shouldn't make an effort: you can't just show up after your soccer game, sweaty and gross and hope that your date will be thrilled to see you that way. But you don't need to be something you're not. If they don't like you for you, it probably isn't a good match anyway.

Be on time!

This one cannot be stressed enough. Being ten minutes 'fashionably' late may be cute in the world of cocktail gatherings, but when your date is sitting on tenterhooks waiting for your arrival, being late is just off-putting and not likely to lead to romance.

Bring a little something

If you're not doing 'gifts', it's still a good idea to bring a little something to your date. It doesn't have to be big or even very expensive: a single rose can have more impact than a dozen long stems. Her favorite book. Extra points for a signed or first edition! A jigsaw puzzle that is made from a picture of the two of you. A monthly subscription box to his preferred coffee company. That's the gift that really keeps on giving! Whatever they are into, think about it and offer a token. Even a handmade card with an inside joke written in it will be something to make them laugh and remember the evening fondly.

On the 'don't' list

Don't drink too much. That's just off putting.

Don't brag too much. About what? Anything. Work, money, friends.

Don't complain about your ex. At all.

If it's a new relationship, these are all true, but even a more, long standing attachment needs to be preserved and worked at.

The best first impressions are made when everything seems effortless and fluid, where conversation flows and time flies by in the blink of an eye. If you both are enjoying your time together, that will leave the best impression of all.

Justin Lavelle is Communications Director for PeopleLooker (www.peoplelooker.com), a service that gives you fast, affordable, and easy access to public records where you can find out ages, marital status, addresses, email addresses, phone numbers, criminal records, and more.



will be noted and appreciated, even if the words aren't spoken.

Be confident

Confidence is about feeling good

Be on time!

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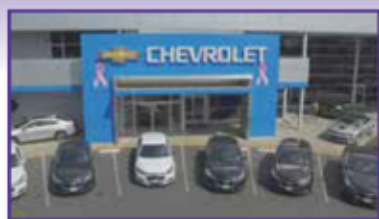


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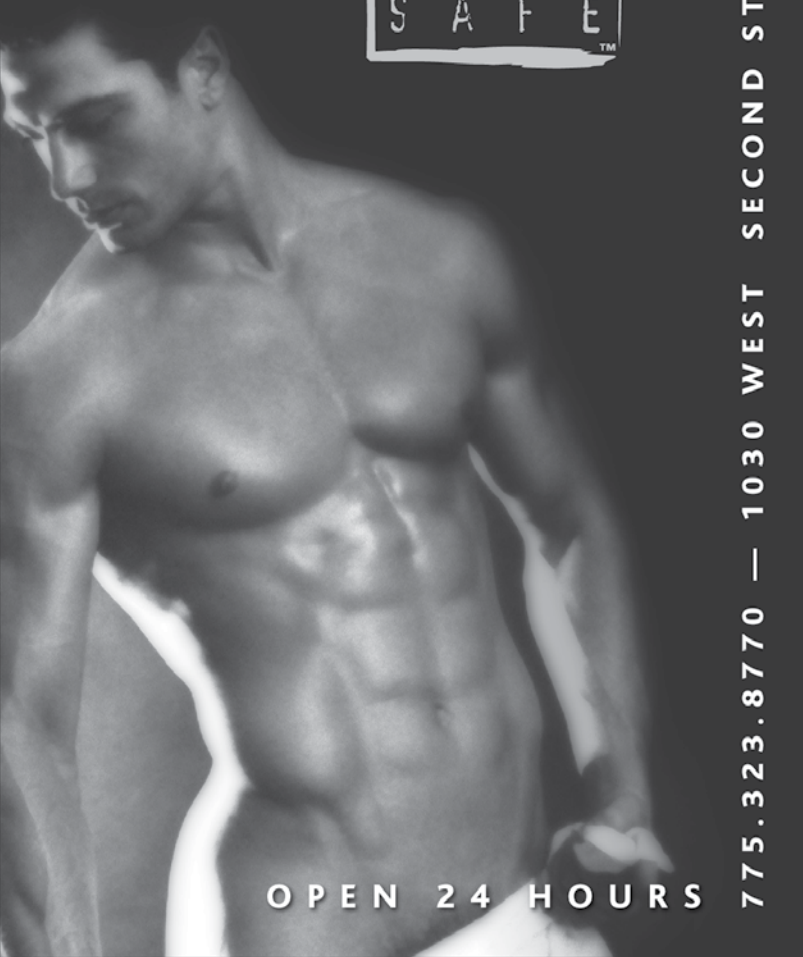
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FAT'S CATERING
916-441-7966
www.fatscatering.com

CHIROPRACTORS

HEALING TOUCH CHIROPRACTIC
Dr. Darrick Lawson, 1919 21st St, Ste. 101,
916-447-3344 www.FixMyBack.com

ROCKLIN CHIROPRACTIC
James Carlson, 916-624-0682
www.RocklinChiro.com

CLEANING SERVICES

HOUSE 2 OM
916-9835-8510
www.house-2-om.com

COUNSELING

BRUCE GUNN, M.F.C.C.
Lic. MM19480, 418 Alhambra Blvd.,
916-443-7171

WEAVE SAFE ZONE
916920-2952 WeaveInc.net

DENTISTRY

SMILE ART DENTAL
3171 Riverside Blvd.
916-446-0203
www.smileartdental.com

DINING/BEVERAGES

BRASSERIE CAPITALE
916-329-8033
www.brasseriecapitale.com

ERNESTO'S
1901 16th St., 916-441-5850
www.ErnestosMexicanFood.com

IL FORNAIO
400 CAPITOL MALL, 916-446-4100
www.ilfornaio.com/sacramento

LUCCA RESTAURANT & BAR
1615 J St., 916-669-5300
www.LuccaRestaurant.com

SCOTT'S SEAFOOD GRILL & BAR
916-379-5995

ESTATE LAW

CORNERSTONE ESTATE LAW CORP.
1000 Q Street, Ste. 103
916-573-3095

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MIDTOWN FINANCIAL
Al Roche, 1330 21st St., Ste. 201,
916-447-9220 MidtownFinancial.net

HAIR

TRENDSETTERS
2115 J Street, Suite 102A
916-455-0514

HEARING

UNIVERSITY AUDIOLOGIC, INC.
Deborah Powell, M.S., 1325 Howe Ave., Ste.
101, 916-927-3137

HEATING & AIR

PERFECTION HOME SYSTEMS
916-481-0658
www.HotCold.com

HIV/AIDS SERVICES

AIDS HEALTHCARE FOUNDATION
www.AHF.org
CAPITAL CITY AIDS FUND
1912 F Street, 916-448-1110
CARES COMMUNITY HEALTH
1500 21st St., 916-443-3299
carescommunityhealth.org
GOLDEN RULE SERVICES
916-427-4653
www.goldenruleservicesacramento.org

INSURANCE

STATE FARM INSURANCE
Stephanie Slagel, 916-485-4444
StephanieSlagel.com

JEWELRY

STONEY FOLKS JEWELERS
916-363-0898

LANDSCAPING

DEMETRE LANDSCAPES
916-648-8455

LIBRARIES

LAVENDER LIBRARY
1414 21st St., 916-492-0558
LavenderLibrary.com

FRIENDS OF THE SAC. PUBLIC LIBRARY
8250 Belvedere, Ste. E,
916-731-8493

MEN'S CLUBS

STEVE'S
1030 W. 2nd St., Reno 775-323-8770
www.StevesReno.com

OPTOMETRY

CAMERON YEE, O.D.
6407 Riverside Blvd., 916-395-0673
DrCameronYee@aol.com

PET SITTING/CARE

GRATEFUL DOG
430 17th Street, Sacramento
916-446-2501
gratefuldogdaycare.com
LUCKY BUDDY PET CARE
916-505-4375 LuckyBuddyPetCare.com

PHARMACY

PUCCT'S PHARMACY
2821 J Street, Sacramento, 916-442-5891
www.puccirx.com

REAL ESTATE

BETTER HOMES & GARDENS
1819 K St. 916-491-1516
www.BHGHome.com/midtown
Joan Dunn, 916-716-5584
joan@joandunn.net
COLDWELL BANKER
Mark T. Peters, 916-341-7794
www.MarkPeters.biz

THEATERS & MOVIES

BROADWAY SACRAMENTO
MUSIC CIRCUS
916-557-1999
www.BroadwaySacramento.com
MONDAVI CENTER
1 Shields Ave, Davis, 530-754-5000
www.mondaviarts.org/events

The
Word
is out.

Vulnerability

continued from page 8

equal pain on us, only the details vary.

Shame pockets can be emptied over time in trusting relationships – romantic, professional or otherwise. Slow, small steps to closeness build safety and allow for pieces of the puzzle to be shared and healed. You can do a lot of the work on your own but it will eventually require that you allow another person near enough to witness and reflect back what you find. It involves

risk, but that's another story.

Speaking of risk, I'm confiscating the lighter fluid cans before this woman blows up her house.

Nicola Simmersbach PsyD LMFT LPCC is a therapist in Sacramento specializing in helping people heal their pasts to they can enjoy the present and look forward to the future. Her web site is www.DrNicola.net.

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benefit from marriage. As a single person, your \$50,000 income would put you in the 25 percent bracket while your partner paid in the 15 percent bracket.

As your incomes climb, and as partners see more parity in their earnings, the marriage penalty becomes more pronounced. Take the top tax bracket: As a single person, your income has to be at least \$406,750 to reach the 39.6 percent level.

If you and your partner each earn \$300,000 a year, filing individually would put you each in the 33 percent bracket. File jointly, though, and now you're in the 39.5 percent bracket.

Other Penalties

Other penalties include phase outs for certain credits and deductions. Phase outs for personal exemptions and itemized deductions in 2016 begin at \$250,000 adjusted gross income for singles and \$300,000 for joint filers.

You can see how the marriage penalty can impact your ability to reduce taxable income. Also, new taxes on investing and Medicare because of the Affordable Care Act impact

married couples considered high earners, since the threshold is \$200,000 for singles and \$250,000 for joint filers. So, if you and your partner both make \$150,000, neither of you is subject to the new taxes as singles, but as joint filers you are subject to the new taxes.

The bottom line: As you prepare to tie the knot, it makes sense to consider the tax implications of your marriage. In some cases, you can benefit with the married filing separately status.

The best advice we can provide is to consult a tax professional to help you run the numbers to see what getting married would cost in regards to your taxes.

Jason Russell, CPA, is the owner of Russell CPAs and has experience with both large and small clients. He is the treasurer of the Sacramento Zoological Society, Capital City AIDS Fund and Nor Cal AIDS Challenge (NCAC).

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Citrus Heights Community Center
6300 Fountain Square Drive
Citrus Heights, CA 95621
Register or find out more at biaworkforce.com/tradesjobfair
Thank you to our Sponsors
SACRAMENTO AREA SEWER DISTRICT
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Contact elizabethg@northstatebia.org for questions or more information

MYTH:
YOU CAN
TELL IF
SOMEONE
HAS AN STD
BY LOOKING.

1 IN 2

SEXUALLY ACTIVE YOUNG PEOPLE WILL GET AN
STD BEFORE THE AGE OF 25. MOST WILL NOT KNOW IT.

GET YOURSELF TALKING.

MYTH:
I DON'T HAVE
SYMPTOMS,
SO I DON'T NEED
TO BE TESTED.

MYTH:
I'VE ONLY
HAD ONE
PARTNER
SO I DON'T
NEED TO GET
TESTED
FOR STDs.

MYTH:
IF I NEEDED
TO BE TESTED,
MY DOCTOR WOULD
AUTOMATICALLY
TEST ME.

STD/HIV TESTING LOCATIONS IN THE SACRAMENTO AREA:

Cares Community Health
1500 21st Street
Sacramento, CA 95811
916.443.3299
CaresCommunityHealth.org

Gender Health Center
2020 29th Street, Suite 200
Sacramento, CA 95811
916.455.2391
TheGenderHealthCenter.org

Sacramento LGBT Community Center
1927 L Street
Sacramento, CA 95811
916.442.0185
SacCenter.org

Harm Reduction Services
2800 Stockton Blvd.
Sacramento, CA 95817
916.456.4849
HarmReductionServices.org

Sierra Foothills AIDS Foundation
12183 Locksley Lane, Suite 208
Auburn, CA 95602
530.889.2437
SierraFoothillsAIDS.org

Golden Rules Services
4433 Florin Road, Suite 760
Sacramento, CA 95823
916.427.4653
GoldenRulesServicesSacramento.org

Women's Health Specialists
1442 Ethan Way, Suite 100
Sacramento, CA 95825
916.451.0621
WomensHealthSpecialists.org

Women's Health Specialists
10665 Coloma Road, Rooms C & D
Rancho Cordova, CA 95670
916.451.0621
WomensHealthSpecialists.org

Women's Health Specialists
American River College
4700 College Oak Drive
Sacramento, CA 95841
916.451.0621
WomensHealthSpecialists.org



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health

ZERO
NEW HIV INFECTIONS
TOGETHER
A CARES COMMUNITY HEALTH INITIATIVE