

outWord

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FARM to FORK

special issue

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Sacramento Pride Awards 2017 Recognize our Best

The Sacramento LGBT Community Center hosted the Sacramento Pride Awards on August 30th at the Tsakopoulos Library Galleria, honoring outstanding youth Maya Steinhart; former ambassador Eleni Tsakopoulos Kounalakis; unsung hero Wayne Panepento; international partnership awardee Selene Barcelo, Mexico Consul for Community Affairs; and long-time volunteer and supporter of the Center Nic Caballero. Learn more about the Center at SacCenter.org. Photo courtesy of Tia Gemmell, Riverview Media Photography, PhotoTia.com



Riverview Media Photography/Tia Gemmell 2017

Frontrunners Sacramento Celebrates 25 Years

You can go through a lot of running shoes in 25 years, but along the way you can make some great friends and get some great exercise, and that has been Frontrunners Sacramento's goal all those years.

Frontrunners Sacramento is a running and walking club for LGBT individuals and sponsors several weekly run/walks as well as monthly social activities. They welcome all skill levels, including the beginner who is training for his/her own first 5K race to the

ultra-marathoner who can run a 100-mile race.

They were established in 1992 by founder Fernando De Leon who ran an ad in the gay newspaper *Mom, Guess What?* looking for fellow gay and lesbian runners and walkers who were interested in running and walking together. Another goal at that time was to provide another means of socializing outside of the bar scene.

Frontrunners Sacramento is part of the International Front Runners, which consists of about one hundred clubs around the world. The first Frontrunner club was started in

San Francisco in 1974.

Currently they meet Monday and Wednesday evenings at McKinley Park and Saturday mornings at Sac State along the American River. They also have a social dinner and a morning breakfast every month at different local restaurants and several other social activities throughout the year.

They also sponsor several outreach/volunteer efforts every year. Every April, they host the 40 mile Aid Station at the American River 50 mile Endurance run and in June they sponsor a booth at the Sacramento Pride Festival. Every December, they organize a Pasta Feed for Frontrunners from both Sacramento and other cities who are participating in the California International Marathon.

This year the club will be celebrating their 25th anniversary with a celebration at Piatti's at the Pavillions on September 30th from 5 to 9 p.m. Cost is \$40/person, but the club plans to do some fund raising to bring the cost down. For more information, visit frsac.org.



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NorCal AIDS Cycle Distributes \$120,000 to Local Beneficiaries



The NorCal AIDS Cycle check distribution party was held on August 16 at Mulvaney's B&L, and distributed \$120,000 to local beneficiaries to help those living with HIV/AIDS in our community. Each beneficiary spoke about their cause and focus and expressed their appreciation for our fundraising. NorCal AIDS Cycle, an all-volunteer based organization, is the last, major fundraiser for HIV/AIDS in the Sacramento area, and registration is already underway for the 2018 Ride to be held May 10th - 13th, visit norcalaidscycle.org.

Rocklin School Supports Transgender Student

The Rocklin Academy according to a report from EQCA is supporting a transgender kindergarten student following the reading of a book geared toward that age group by transgender teen and reality TV star Jazz Jennings.

As a result of activities by right-wing advocacy groups, a number of parents complained after a transgender student brought the book *I am Jazz* to share with students in her kindergarten class. The book discusses Jennings' childhood, what it is to be transgender and a message of respect and inclusion for everyone.

"*I am Jazz* above all teaches children to be kind and have empathy for each other, and is entirely appropriate reading material for a kindergarten class," said Rick Zbur, executive director of Equality California. "Children as young as three have a well-defined sense of gender identity, and children, unlike some adults, have no problem understanding that not everyone fits the same mold."

EQCA is commending the teacher in question, Rocklin Academy and Rocklin Unified School District officials for working to make sure all students are safe, supported and have a welcoming place to learn. The Rocklin Academy Family of Schools are public, tuition-free, charter schools.

"It's not just the right thing to do; it's what state law requires," said Zbur. "It is unfortunate that appropriate activities by a teacher to protect a transgender child were used by right-wing opponents of LGBTQ equality to manufacture a controversy and to spread misinformation about the school and about transgender people in general."

Media reports have added to the confusion, incorrectly stating that the reading was part of a 'reveal' of the child's gender transition

and misrepresenting the American College of Pediatricians, a recognized right-wing hate group, as a mainstream medical organization.

The American College of Pediatricians, quoted in several recent news reports about the Rocklin incident as a neutral medical authority, is a small and extreme right-wing advocacy group at odds with the mainstream American Academy of Pediatrics (AAP) over issues including abortion, corporal punishment of children and same-sex parents.

It has been branded as an anti-LGBTQ hate group by the Southern Poverty Law Center and condemned by organizations including the U.S. National Institutes of Health for misrepresenting research. In contrast, the mainstream AAP issued a statement in July affirming that:

"As pediatricians, we know that transgender children fare much better when they feel supported by their family, school and larger community. Shaming children based on their gender identity or expression is harmful to their social-emotional health and may have lifelong consequences. This includes public discourse that de-legitimizes the contributions that transgender individuals make to society."

Thirteen states including California, the District of Columbia and local school districts across the country have proven that they can successfully implement laws and policies protecting transgender students from discrimination while still meeting the needs of all students.



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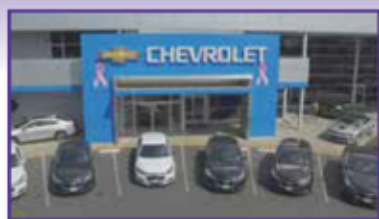


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Lighting The Night for Blood Cancer Cures

by Dawn E. Bell

More than a third of blood cancer patients do not survive five years after their diagnosis, a staggering statistic that has spawned Light The Night, a powerful and unique fundraising campaign from The Leukemia & Lymphoma Society (LLS), which brings together families, communities and companies to honor blood cancer survivors and loved ones lost to the disease.



Survivors celebrate by carrying white lanterns and taking part in an inspiring survivor ceremony within the survivor circle while the white beam of hope reaches up to the sky, illuminating the darkness.

The Leukemia & Lymphoma Society (LLS) is the world's largest voluntary health agency dedicated to blood cancer. The LLS mission is to cure leukemia, lymphoma, Hodgkin's disease and myeloma, and improve the quality of life of patients and their families. LLS exists to find cures and ensure access to treatments for blood cancer patients. We are saving lives not someday, but today.

LLS funds research to advance more breakthrough therapies for blood cancer patients. We are the voice for all blood cancer patients, and we are working to ensure access to treatments for all blood cancer patients. Despite progress, more than a third of blood cancer patients still do not survive five years after their diagnosis, so more funding is needed to advance research and ensure access to treatments to help save more lives. More than \$1 billion has been invested in research through LLS to save the lives of blood cancer.

Light The Night is an annual evening celebration that raises funds for LLS's mission: to cure leukemia, lymphoma, Hodgkin's disease and myeloma, and improve the quality of life of patients and their families.

The event shines a light on the importance of finding cures and providing access to treatments for blood cancer patients, as well as funds treatments that are saving lives of patients today. LLS is accelerating cures by providing patient support services, advocacy

for lifesaving treatments and the most promising cancer research anywhere. And it's all happening now.

During the event, participants symbolically light the dark world of cancer by carrying illuminated lanterns to show how their lives have been affected by blood cancer: red for supporters, white for survivors, and gold for those walking in memory of a loved one lost to cancer.

Light The Night is a family-friendly, non-competitive, less than two-mile walk route and is accessible to all fitness levels. Participants who raise \$100 or more will become a Champion for Cures and will receive a commemorative Light The Night t-shirt and wristband which entitles the wearer to a variety of food and refreshments that evening. This year, all walkers will receive our exclusive, illuminated lantern on the night of the event.

Two Light the Night events are upcoming in Northern California: Napa Valley Light The Night on September 16, at Oxbow Commons, in Napa; and North Bay Light The Night on October 07, at Old Courthouse Square, in Santa Rosa.

When you walk, cancer runs!

For more information or to register or to donate for both events, visit www.lls.org.

Dawn E. Bell is a Campaign Specialist for The Leukemia & Lymphoma Society, Greater Bay Area Chapter and can be reached at www.lls.org



REGISTER TODAY!
www.LightTheNight.org/gba

NAPA VALLEY

Oxbow Commons, Napa
Saturday, September 16th

NORTH BAY

Old Courthouse Square, Santa Rosa
Saturday, October 7th

FOR MORE INFORMATION
Contact Dawn Bell at Dawn.Bell@lls.org



Farm-to-Fork Festival Celebrates the Bounty of Sacramento

This year marks the fifth annual Farm-to-Fork Celebration in Sacramento, and it's on track to be the best one yet, with a large variety of fresh local food, and myriad events in September that all work to celebrate that bounty and showcase what California's capital city has to offer.

Declared America's Farm-to-Fork Capital in 2012, Sacramento celebrates the incredible agricultural bounty with a Host of Farm-to-Fork events, including:

The Farm-to-Fork Legends of Wine event is set in front of the State Capitol at 10th Street and Capitol Mall on Thursday, Sept. 14 and features the best regional wines as selected by two local legends – Darrell Corti of Corti Bros. Market, whom *Saveur Magazine* called the man who knows more about food and wine than anyone alive, and David Berkley, who created the White House Wine list and worked with four U.S. presidents. Purchase tickets online at www.farmtofork.com.

The highlight of the month is the Fifth Annual Farm-to-Fork Festival, a free family friendly event that runs down Capitol Mall on Saturday, Sept. 23. The scope of the festival encompasses everything offered in America's Farm-to-Fork Capital at a variety of vendor tents with, things such as local produce, a farmers market, chef demonstrations, food trucks, animals and local beer and wine for purchase.

All told, it features more than a mile of

vendors, demonstrations and things to do. This year's festival also includes a full set of musical performances from bands Blind Pilot, The Lone Bellow, The White Buffalo, Chuck Ragan and the Camaraderie, Joe Pug, Inland and Manzanita.

Last year's event drew more than 50,000 attendees over the course of the day, and organizers anticipate even more this year. Kid-friendly activities introduce youngsters to eating fresh, sustainable and healthy food at a young age, and show them that "vegging out" can mean something other than sitting on the couch with an iPad.

The sold-out Tower Bridge Dinner on Sept. 24 is a multicourse sit-down dinner for more than 800 people on Sacramento's iconic Tower Bridge. An all-star team of Sacramento chefs will prepare the food for the dinner, which serves as the fundraiser for all the other events produced by Visit Sacramento during the month.

While the above events are some of the most talked-about happenings during the Farm-to-Fork Celebration, they are no means the only ones, and a host of other regional events are listed at www.farmtofork.com.

Use the Fork, uh Force, Luke!

by Jennifer Garland

Did you know, as Sacramento county residents you have a force of experts and a mountain of research to help you bring your farm to your fork?

The University of California Cooperative Extension Master Gardeners of Sacramento County are here to help you be successful in navigating your garden and making it grow.

Flip on that computer and let your fingers do the walking tour of abundant, easy to read and use, data on all aspects of gardening. They have a website, sacmg.ucanr.edu, with information on gardening topics like vegetables, orchard, drought gardening, grapes and citrus, or water efficient plants, composting and beneficials.

Want to see best practices in action? Visit the Master Gardener's Fair Oaks Horticulture Center demonstration garden out in Fair Oaks. The demonstration garden will celebrate its 20th year in 2018, and has matured through lots of trial and error much like our own gardens. Check their website for times and events, sacmg.ucanr.edu/Fair_Oaks_Horticulture_Center/

For weed or pest ID and management I turn to the Integrated Pest Management website, ipm.ucanr.edu. There you will find ways to identify problems in

your garden and how to manage them with options starting with prevention, cultural practices, biocontrol, up to chemical control. The website also includes access to some great publications (free and fee based), training and events.

If you have a question and want to speak to a Master Gardener, they can be reached by phone Monday through Thursday from 9 a.m. to noon and from 1 to 4 p.m., and you can also drop by at the same hours with samples, pictures or just questions.

Their contact information is 916-876-5338, and they are located at 4145 Branch Center Rd., 95827.

These amazing tools are right at your fingertips – and it's all free! Use the Force! Grow a better garden!

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



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Peach, Apple or Pear – You Can Grow Them All

by Ann Fenkner

There are few pleasures more satisfying than stepping outside your door and enjoying a piece of fresh fruit ripened by the sun, and the good news is that it is generally easy to grow fruit trees throughout California.



Is there anything better than fresh fruit from your backyard trees?

The following tips will help you be successful in including fruit trees in your home garden:

Buy Local

Local plant nurseries are in business to help you be successful in your gardening efforts. Fruit trees and other plants are selected for the specific growing area. Staff is knowledgeable, and will help guide you to select the best plants for your situation. Big box stores generally do not provide for local growing needs.

Know your Chilling Hours

Deciduous fruit and nut trees require a certain number of hours with temperatures below 45 degrees. If a fruit tree does not receive enough chilling hours, flower buds may fail to develop and leaves may appear later than usual. The trees may produce little to no fruit at all or for fruit that does appear might be deformed or smaller than usual. Different selections of fruit trees need different amount of chilling hours to break dormancy so it is imperative fruit trees are selected for the appropriate chilling hours in your area. In the Sacramento Valley, this ranges from 600-800 hours, in the foothills 800-1,200 hours, and in Los Angeles they only receive about 200-400 chilling hours per year.

Ripening Period

Once fruit reaches its mature size, the period of time it takes to ripen can vary greatly among varieties. Also, most fruit ripens to maturity during a two-week period. Do you tend to be gone a certain time every summer? It doesn't make much sense to have your fruit tree ripen during that time. Select your fruit accordingly.

Grow what you Love.

The varieties of fruit are limited in a grocery store based on contracts, storage and shipping. A home orchard offers much greater possibilities of variety. Fruit trees generally produce for about 20-30 years. So it is worth your while to grow what you like best. How do you know? Conduct your own taste test when your favorite fruit is ripe. Go to a farmers market or specialty market and select several varieties you may not be familiar with. Ask where the fruit is grown (note chilling hours) and when each variety typically peaks. Document your preferences.

Plant Bare

Although you can plant containerized fruit trees anytime, the best selection and price is found in January – February when bare root stock is offered. Bare root fruit trees are shipped in sawdust and have no soil. It is essential to plant a bare root tree within a day of purchase. Select trees with a trunk diameter from 1/2 to 5/8 inch. Give fruit trees room to grow. Try to avoid planting next to fence lines. Fences and wires provide access for rats, opossum and other undesirables.

For a reliable online resource, visit UCCE Master Gardeners of Sacramento County: www.sacmg.ucanr.edu. Dave Wilson Nursery provides wholesale stock to most local nurseries and offers great tips on trees selection, planting and care – check them out at www.davewilson.com. If citrus is your interest, Four Winds Nursery offers good guidance under the tab “tips and Advice” – check them out at www.fourwindsgrowers.com.

Anne Fenkner is a UCCE Master Gardener, ISA Certified Arborist, Municipal Specialist and an Eco-Landscape Instructor.

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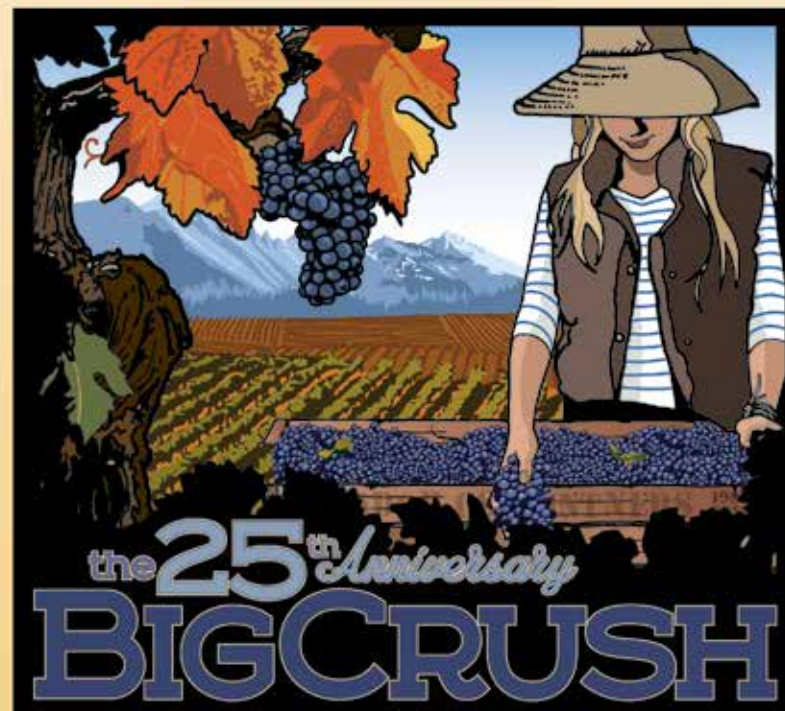
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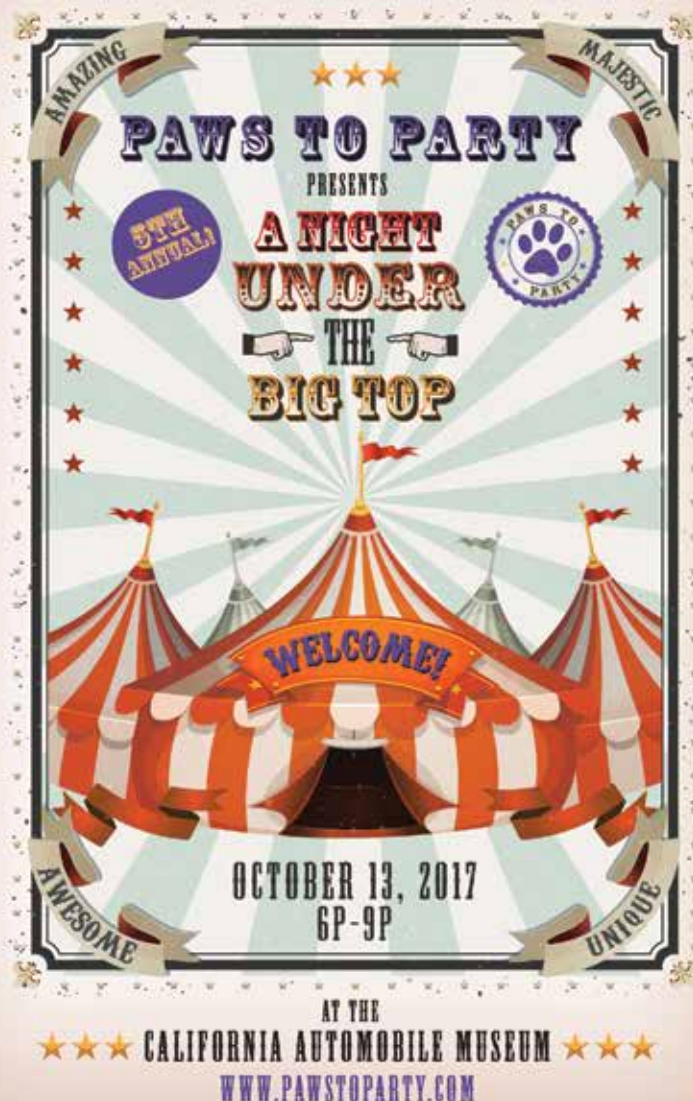
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Helping All Californians Access California Grown Foods

California, despite being one of the most agriculturally productive states in the nation and the largest grower of fruits and vegetables, is home to many food insecure people who do not have sufficient access to the healthy crops the state produces.

To address this, the California Department of Food and Agriculture's, Office of Farm to Fork (Office) was created to increase access to healthy, California grown foods for underserved communities. To do this, the Office focuses on two main strategies – farm to school programs and nutrition incentives.

What better way to help kids eat healthy than to reach them in school? The over 3.2 million meals served to California students every day provide a great opportunity to serve kids healthy, California grown food, teach them about where it comes from, and – mostly importantly – teach them healthy eating habits that can last a lifetime.

The Office recently became the lead of the California Farm to School Network (Network) to do just that. Through the Network, the Office works with school districts, non-profit organizations, local governments and parents to provide resources and support for all types of farm to school activities – including school gardening, nutrition and agriculture education, and meal procurement.

In June 2017, the United States Department of Agriculture (USDA) awarded the Office with a Farm to School Grant to help support this work.

In addition to its farm to school work, the Office also helps individuals and families purchase healthier, California grown food through California's numerous farmers' markets.

In July, the Office launched the California Nutrition Incentive Program, or CNIP. CNIP will offer nutrition incentives to CalFresh (federally Supplemental Nutrition Assistance Program or SNAP, formerly known as food stamps) shoppers at 339 certified farmers' markets and mobile markets throughout California.

For every CalFresh benefit dollar they spend, CalFresh shoppers will receive an additional dollar that can be spent on fruits



Image courtesy of blogs.cdffa.ca.gov/TalesFromTheField/

and vegetables at the market, within set parameters. Any CalFresh shopper can benefit from the program simply by spending their benefits at participating Certified Farmers' Markets.

CNIP is a collaboration with four implementing partners and is funded through a combination of California State funds, a federal Food Insecurity Nutrition Incentive Grant, SNAP-Ed funds, and private match from partners.

The incentive is intended to encourage CalFresh shoppers to purchase healthy food and empower them to increase their consumption of fruits and vegetables, while simultaneously supporting and expanding markets for California farmers.

Farm to fork efforts, be it farm to school or nutrition incentives, strengthen local food systems, increase connections between farmers and consumers, and increase the availability of local food in schools and beyond.

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For more information on the Office check out cafarmtofork.com.



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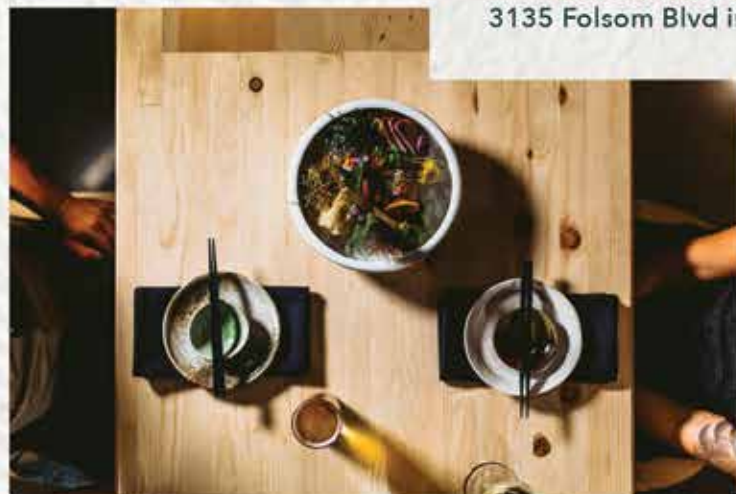
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Farm-to-Fork Is Not Easy, But it Is Living the Dream *by Shayne Zurilgen*

There is a reason you don't know a lot of farmers. There is a reason why the average age of a farmer is 58 or 68 or 108 or whatever it is. The reason is failure. There are many ways to get up close and personal with failure, but farming will generously acquaint you with it daily.

Few professional pursuits require a man or woman to try to wrestle control of so many variables at once that have no interest in being controlled. In addition to the plants themselves, water, wind, temperature, insects, birds, mammals, bacteria, fungi, and the physical, chemical, and biological make up of soil must all work in your favor to pull off a crop of any kind.

Add to that the human variables of taste, individual ecological and social values, economic status, health, and available time that factor into creating a customer interested in produce at all. Further add to that the market variables of competition, supply and demand. Any farmer now reading this is shouting to remind me not to forget to include the fluctuating cost of fuel and the rising cost and increasing scarcity of land.

Most of the time it feels like the default setting on all of these is to be against you.

You have not farmed until you have invested sweat and capital into a vegetable crop only to come out on the seventh day of an absurd heat wave to find that crop being simultaneously preyed upon by rabbits,

cucumber beetles, and crows. Before that folks, you were gardening.

Because when a gardener loses a tomato plant, they shrug it off without too much thought. When a farmer comes out to find the afore-mentioned morass, she first feels a total sense of panic and then begins calculating the loss in dollars.

But then she changes gears. She becomes attuned to the details of the situation, and begins to analyze and find the lessons in this failure.

Before you think me the grumpy, glass-half-empty type, let me tell you this: farming has taught me more about myself than anything else I have done in my life. It has tested my resolve in a way for which I wasn't prepared. I fail every day. And every day I dissect that failure and work to avoid it tomorrow. And with that process the successes begin to build. And nothing is more satisfying.

Folks often say to me, "You are living my dream. I have always wanted to be farmer." It is strange how many times I have heard these exact words from someone. It always kind of rubs me the wrong way. They are idealizing this life and thus not seeing it for



Shayne Zurilgen

what it truly is.

When I was a kid I remember walking out into the ocean and being slammed to the sand by a wave. The wind was knocked out of me, I was choking on a gallon of swallowed salt water, and my head was ringing. When I got back to my feet my first instinct was to do it again. To this day it is possibly the proudest moment of my life.

Now I do that every day. I am living a

dream.

Shayne Zurilgen is a graduate of the California Farm Academy at the Center for Land-Based Learning and a participant in their farm business incubator program. He and co-owner Hope Sippola formed Fiery Ginger Farm in 2015 and operate on two small urban sites in West Sacramento and Davis. He can be reached at www.fieryingergfarm.com.

A white bowl filled with roasted Brussels sprouts, topped with charred orange slices and almonds. The bowl is set on a wooden table. In the background, there are lemons and a wooden cutting board.

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BADLANDS

Farming Ain't Free

by Rubie Simonsen

Sacramento has made great strides within the last five years since former Mayor Kevin Johnson dubbed the City “America’s Farm-to-Fork Capital.”

The grid has become a mecca for homebrewers and food enthusiasts, with more fanfare for local coffee shops than ever. Nobody will argue with you, even the native-Sacramentians, that this boom has been a long time coming.

It seems we have finally settled on an identity that is easily “us” which keeps Sacramento away from being compared to Portland or other hipster magnets. But I hope we don’t kick the dirt off of our cowboy boots too early. Let’s not forget that we were a cow-town. Grandparents talk about the days when Highway-99 was still a dirt road they walked on, and spending summers picking sacks of tomatoes for nickels.

Before our Farm-to-Fork Capital over glamorizes farm living and another neighbor starts selling their homemade pickles for \$20 a mason jar, let me remind you, farming isn’t easy and it sure isn’t cheap. To farm even a small piece of property like First Mother Farms in West Sacramento, you are going to sink nearly \$5,000 your first year – which doesn’t include paying yourself.

Although food is being elevated for its local roots farmers aren’t raking in cash from events like the Tower Bridge Dinner that aim to



Rubie Simonsen

promote the City’s new identity. Frankly it’s just the opposite – their asking for the food for free. Fundraising on the plate shouldn’t be the model in our City. When we profess to support our farmers, and be a City of Locavores we should be putting our money where our mouth is.

If I had started farming because I thought the timing was right in Sacramento I would be a damn fool. To some I still am a fool because the economics of farming has always been broken. It has always functioned on high amounts of government subsidies at large

scale farms because we have aimed to keep our food cheap.

The simple fact is the produce isn’t cheap no matter the scale. The math is simple, the cost of land is

high, the cost of labor is high, water is a limited resource, then add every other tool, seed, and other infrastructure you need to cultivate the soil and harvest a tomato and somehow, we get FREE.

At some point the imbalances we have created will fail. No business can remain sustainable when asked to undercut their value at every turn. Here are my last words of advice for all those passive Locavores wandering Sunday farmers markets, learn to eat less so you can pay what that heirloom tomato is really worth.

Vérité Wines Goal Is Winery-to-Glass Perfection

by Diana Kienle

Vérité is a winery in Healdsburg, California that takes on perfection as their goal at every turn. The winemaker himself brings diligence to each step in the winemaking process, even down to the selection of the wood for the barrels. This is their ambition. The efforts are clear – there is a big commitment to quality.

Big, rich, and silky are all words that come to mind as I recall the tasting at Vérité. What makes these wineries remarkable is their vigilance to represent the terroir and seek a perfect wine. They have been successful to date, as Robert Parker, who is credited with popularizing the 100-point scale, has awarded their wines thirteen 100-point scores.

This is the first time a Sonoma County winery has been awarded so many “perfect” scores, and it is quite an accomplishment! Many wineries strive for this, yet not many achieve it.

So why do I put perfect in quotes? Personally, I think it’s ultimately up to the consumer to determine what is perfect. What is it that fits their palate, their pleasure, and their pocket book?

Yet there are characteristics that come into play to make a great wine. For example, the wine must be well-balanced with fruit, alcohol, acid, and tannins. It should all be harmonious, beg you back for more, and have a long finish. The one thing I have heard that winemakers agree on is that a long finish is indicative of a well-crafted wine.

What about the wine industry though, and what does Robert Parker say about wines of this score? Here’s a quote from him regarding wines that are awarded scores from 96-100 points: “An extraordinary wine of profound and complex character displaying all the attributes expected of a classic wine of its variety. Wines of this caliber are worth a special effort to find, purchase, and

consume.”

Parker himself also states that the last 10 points in this scale are indicative of the wine’s potential for aging. Obviously, the longer the wine can age, the greater the potential for a higher score.

So what does this say about the wines of Vérité? Many are extraordinary wines. They will age gracefully for many years and still provide great drinking experiences. They are available at www.veritewines.com; and, when you are in the Sonoma wine country again, schedule a tasting at the winery, 707-431-3930. Everyone deserves the experience of great wine.

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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LGBT Activist & Actor George Takei Set To Speak In Sac

by Chris Narloch

Beam me up, Scotty! None other than George Takei, the original Sulu from *Star Trek*, will kick off the 2017-18 season of the Sacramento Speakers Series in early October.



George Takei

Although George Takei first became known around the world for his role in the acclaimed TV series *Star Trek*, millions more know him now through his presence on Facebook, Twitter, YouTube, TV, movies, and stage.

The actor and activist revealed publicly that he is gay in 2005.

From his years as a child in a Japanese internment camp during WWII, to becoming one of the country's leading figures in the fight for social justice and marriage equality, Takei remains a powerful – and witty – voice on issues ranging from politics to pop culture.

The Sacramento Speakers Series is a subscription based lecture series that showcases contemporary insights from some of today's most influential figures in a candid and relaxed setting.

Other speakers in this season's series are NASA Astronaut Captain Scott Kelly, presidential historian Doris Kearns Goodwin, lawyer and author Bryan Stevenson, veteran journalist Chris Wallace, and former Israeli Prime Minister Ehud Barak.

George Takei will appear the evening of Oct. 4 at the Community Center Theater. For more information on how to "live long and prosper," visit www.sacramentospeakers.com.

***Fear Of Water* Is a Truly Beautiful, Stunning Lesbian Film**



In this portrait of self-discovery, a budding friendship develops between teenage girls Alexia (Lily Loveless) and Eleanor (Chloe Partridge) over one life-changing summer, and when family tensions escalate, they stand up for one another before knowing what their brave acts of defiance really mean. Watch the trailer at www.ariztical.com/filmsAZ/fear_of_water.html

And Then They Came for Us Is a Timely Panel Discussion

by Pamela Jones

This year we are faced with, among other violations of civil rights, a planned ban of transgender persons from serving in the military; a Muslim registry and travel ban; the rescission of DACA; and the persistent insistence on the construction of the Wall between the United States and Mexico.

Sadly, singling out an entire race, religion or population for exclusion and injustice is not new in this county. Executive Order 9066 was issued by President Franklin D.

incarceration of Japanese Americans during World War II. The film features George Takei, who himself was incarcerated. The film will be followed by a Panel

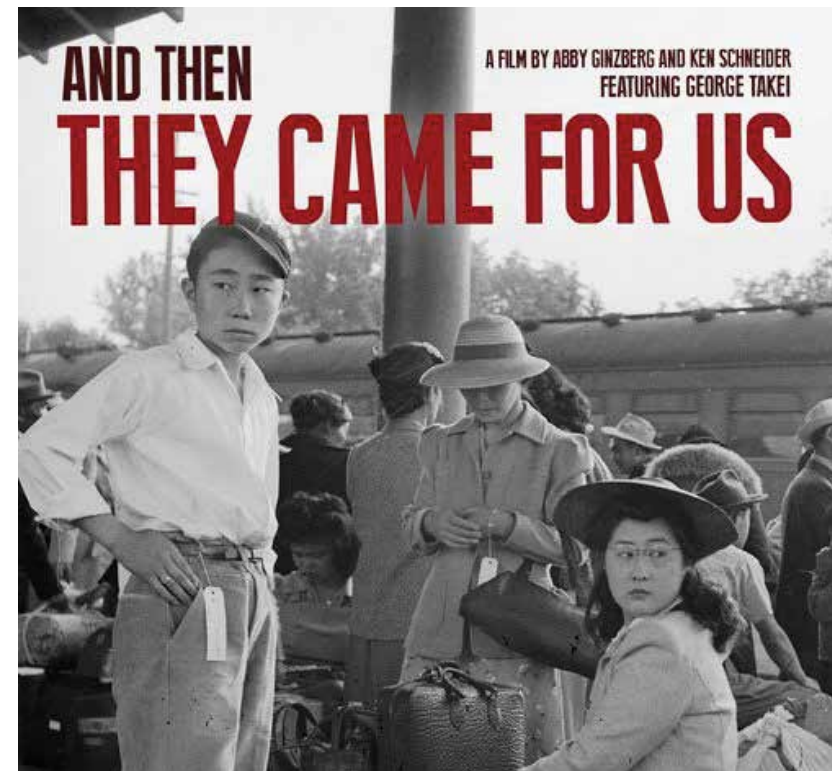
joined the army and served from 1966 to 1968 during the Viet Nam war and was awarded many medals such as the National Defense Service Medal and the Army Commendation Medal.

After serving in the Army she attended UCLA Law School where she co-founded the Asian Pacific Islander Law Student Association. In 1984 she opened her own law practice where she continues to practice criminal defense law today. It wasn't until she opened her own law practice that she decided to transition.

In the face of intolerance Mia's call to action is that we all look beyond our community to learn from other groups and to lend a hand whenever we can. The panel presentation following the screening of *And Then They Came for Us* provides a powerful intersection of groups who are the target of bigotry and who can work together with a unified voice.

The showing of *And Then They Came for Us* will be on Saturday, September 23, at 2 p.m., with the panel following at 3 p.m. and social/action networking at 4 p.m. at the Crest Theater, 1013 K St. Tickets are \$15 (Senior (65+)/student/child \$10) at www.ticketfly.com/event/1536313. Surcharges apply.

Pamela Jones is the Co-Chair of SacLEGAL, Sacramento's LGBT Bar Association, which is a member of the screening planning committee led by the ABAS Law Foundation, and an attorney with Cornerstone Estate Law Corporation. She can be reached at Pam@cornerstoneestatelaw.com.



Roosevelt 75 years ago. That order resulted in the forced incarceration of 120,000 Japanese Americans for over two and a half years during World War II.

"It was a failure of American democracy, and yet because most Americans are not aware of that dark chapter of American history, it's about to be repeated," George Takei, Actor and Activist has said of the law.

History does not have to repeat itself. On Saturday, September 23, you can learn more at a screening of *And Then They Came for Us*, a documentary about the

Discussion moderated by newscaster Sharon Ito. Panel members include Justice Cruz Reynoso; child prisoner and transgender activist Mia Yamamoto; Council on Islamic-American Relations (CAIR) director Basim Elkarra; and filmmaker Abby Ginzberg.

Mia Yamamoto is a transgender woman who was born Michael Yamamoto in Poston Relocation Camp, Arizona, in 1943. She notes that she was "born doing time" based on her race.

From a young age Mia struggled with her gender identity. She

The Legend of Pink Premieres at Theatre Rhinoceros

André San-Chez as Bradford and Charles Peoples III as Pink star in *The Legend of Pink*. The time is the late 20th Century, the place is the streets of West Oakland, CA. Drug wars rage and the beautiful transgender woman, Pink, does her best to bring a bit of beauty to the harsh environment. Sept. 13 - 30, in SF. Visit TheRhino.org.



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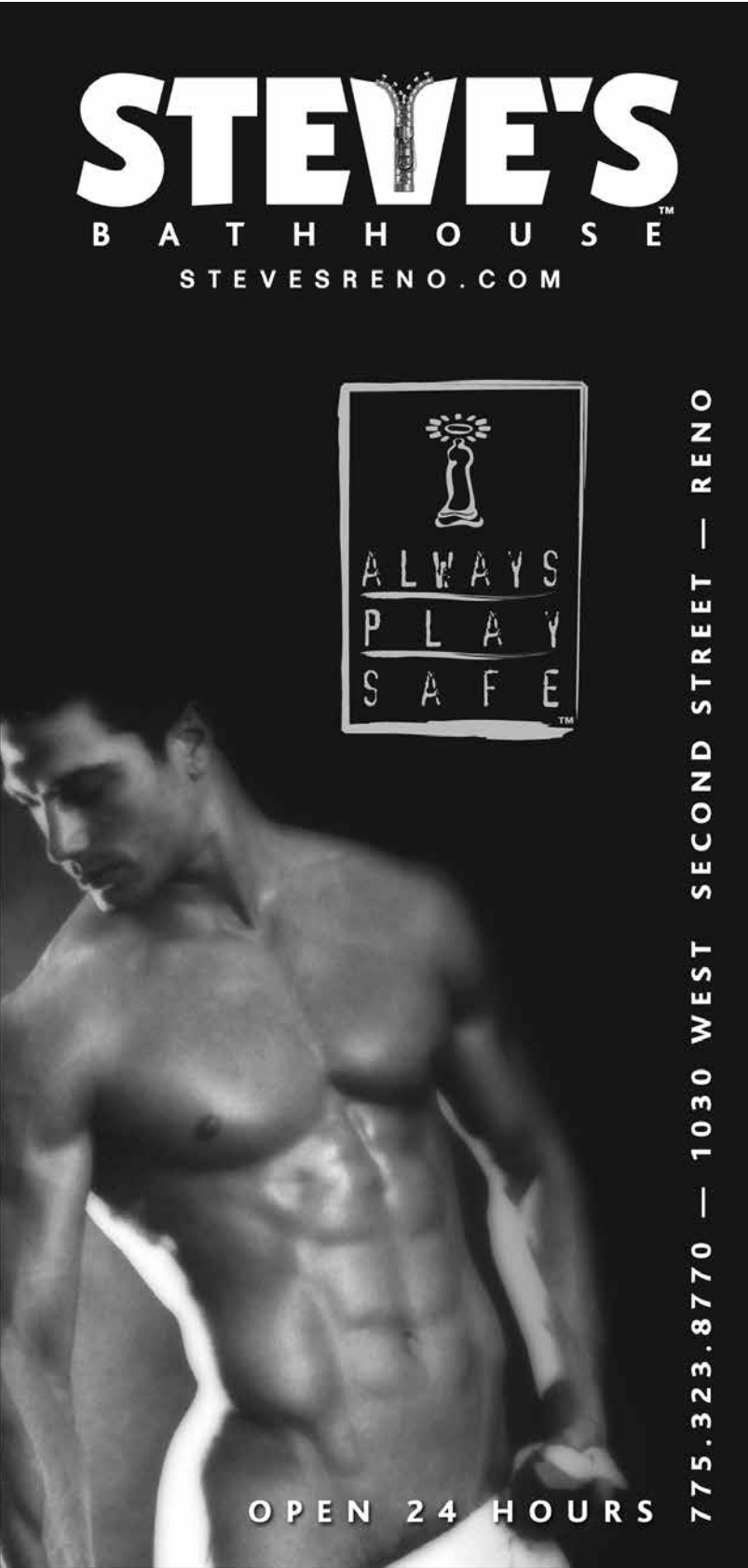
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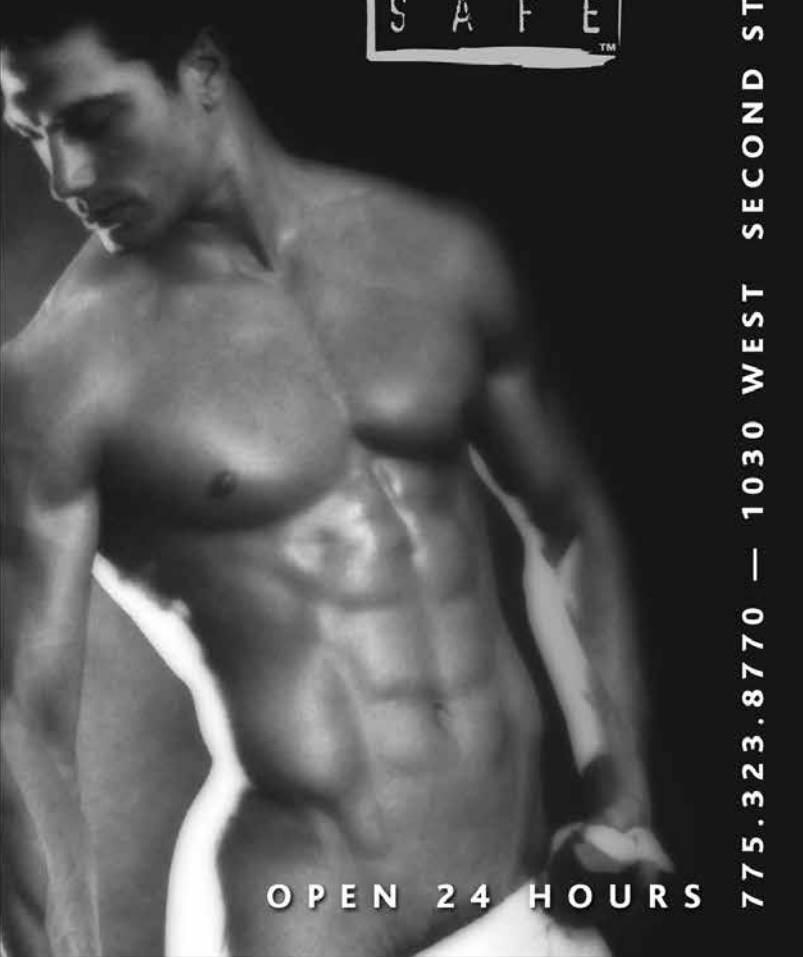
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Ingrid Jungermann's feature film debut *Women Who Kill*, is a daring, smart, humorous film about a person in a state of perpetual confusion – a woman divided between two opposing forces (two women), marriage and mystery, love and infatuation, light and dark, life and death. Available on Amazon Video, iTunes, and Vudu, as well as DVD and Blu-ray. Watch the trailer at www.youtube.com/watch?v=f1kLlxTkJm0

From Farm-to-Fork to Grave

In 1849, gold brought miners to California, but when the mining didn't didn't pan out, the fertile soil kept the former farmers and ranchers here and created a second "Gold Rush" that still exists today.

The stories of these men and women are captured in a unique way, their graves! And thanks to the Historic City Cemetery, you can learn more about the individuals that helped California become a powerhouse in providing food to the nation and the world through a retelling of their lives.

The cemetery tour From Farm-to-Fork-

to-Grave will be led by docents and volunteers on Saturday, September 16th, at 10 a.m. The cemetery is located at 1000 Broadway, and there is free parking on surrounding streets. Tours are free; however, donations are appreciated and benefit cemetery preservation.

For more information, call 916-448-0811 or visit oldcitycemetery.com.



The stories of Sacramento's miners turned farmers will be told as a part of the Historic City Cemetery's From Farm-to-Fork-to-Grave Tour. Pictured here are Steve Thompson and Clint Vigen from a previous Lantern Tour.

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