

outword

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Outword Staff

PUBLISHER
Fred Palmer

ART DIRECTOR/PRODUCTION
Ron Tackitt

GRAPHIC DESIGN
Ron Tackitt

EDITOR
Charles Peer
editor@outwordmagazine.com

ARTS EDITOR
Chris Narloch

SALES
Fred Palmer

CONTRIBUTING WRITERS
Diana Kienle
Colt McGraw
Chris Narloch
Bonnie Osborn
Charles Peer

PHOTOGRAPHY
Charles Peer

DISTRIBUTION
Kaye Crawford
Michael Crawford

ADVERTISING SALES

Northern California
(916) 329-9280
Fred Palmer

National Advertising Representative
Rivendell Media
(212) 242-6863

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Outword Magazine Inc.

Office
372 Florin Road, #133
Sacramento, CA 95831

PHONE: (916) 329-9280
FAX: (916) 498-8445

www.outwordmagazine.com
sales@outwordmagazine.com

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Trump Administration Will Not Ask Supreme Court to Halt Trans Military Recruits

Media reports are indicating that the Department of Justice will not ask the U.S. Supreme Court to intervene and prevent transgender people from entering the military as of January 1.

The Department of Justice (DOJ) announced Friday, Dec. 29th that it would delay challenging the stay on President Trump's transgender recruit ban before the Supreme Court.

"The Department of Defense [DOD] has announced that it will be releasing an independent study of these issues in the coming weeks. So rather than litigate this interim appeal before that occurs, the administration has decided to wait for DOD's study and will continue to defend the

President's and Secretary of Defense's lawful authority in district court in the meantime," the DOJ said in a statement.

"This is a victory for our country and all of the brave men and women who are transgender, and are ready, willing, and able to serve," said Joshua Block, Senior Staff Attorney with the American Civil Liberties Union's Lesbian Gay Bisexual Transgender and HIV Project. "Thousands of men and women who are transgender are already serving and meeting the same standards of

fitness and deployability that apply to everyone else. We will continue to fight for our clients until a final judgment is issued striking down President Trump's unconstitutional ban for good."

Just last week, the U.S. Court of Appeals for the Fourth Circuit had denied the Trump administration's request to delay the January 1 enlistment date in the ACLU's case, *Stone v. Trump*.

"Thousands of trans troops who are currently serving have shown they can do the job. Yet these individuals and their units face continued uncertainty," said Mara Keisling, Executive Director of the National Center for Transgender Equality. "This must be stopped."



New Project to Make 1,500 Issues of BAR Free Online

An initiative to put the full contents of the longest-running continuously published LGBT weekly in the United States online has reached its first milestone with the posting of five years of historic back issues.

The GLBT Historical Society in San Francisco has been working for a year to digitize the Bay Area Reporter (BAR), founded in 1971. The newspaper's own website offers articles published since 2005, but earlier issues of the publication had previously been available only at the society's archives or via microfilm in a handful of research libraries.

"The Bay Area Reporter is an exceptional resource for historians, students, preservationists, writers, filmmakers, genealogy enthusiasts and everyone who's curious about the LGBTQ past," said Terry Beswick, executive director of the GLBT Historical Society. "Through news and features, critical reviews, nightlife reports, editorials and opinion columns published over nearly half a century, the paper has reflected the dynamism and diversity of LGBTQ communities in the Bay Area, a

region internationally recognized as a center of queer culture."

Michael Yamashita, publisher of the Bay Area Reporter since 2013 and majority owner of the publication since December 2017, added the following: "This invaluable resource is made possible thanks to the initiative of the GLBT Historical Society and the generosity of the Bob Ross Foundation. For the first time, readers from all over the world will be able to conveniently access the nearly 50-year archive of the BAR. It's fascinating to browse through the years and appreciate what the LGBTQ community has achieved in San Francisco."

With full funding from the San Francisco-based Bob Ross Foundation, the GLBT Historical Society acquired the specialized equipment and hired the staff needed to undertake the digitization project. Tom Horn, trustee of the foundation, stressed the

exceptional historical value of the content the project is making available:

For more information about the project and to search the historic issues of the Bay Area Reporter that are now posted online, visit www.glbthistory.org/bar.

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Women's March LA 2018's Message Is *Hear Our Vote!*

The Women's March - Los Angeles 2018 is part of a national movement to unify and empower everyone who stands for women's rights, human rights, civil liberties, and social justice for all.



March organizers, Emiliana Guereca and Deena Katz would like to stress that this event will focus on positive, unifying action and will be not only for women but for all who seek women's rights, human rights, civil liberties, and social justice. Their goal is to harness the political power of the Women's March by turning marchers into voters.

The March will take place on Saturday, January 20th, 2018 beginning in Pershing Square in Downtown Los Angeles.

"Women's March Los Angeles 2018 is about having our voices heard, activating

our community and unifying our community. Women's rights are human rights," said Guereca

"In a time when we are all wondering what we can do, we can do this - let them hear our voice!" said Katz

The non-partisan and peaceful event will unite in spirit with marchers locally and nationally in every state and major metropolitan area, to stand in solidarity for the American values represented by the marchers.

For more information, visit www.womensmarchla.org

Folsom Street Events Donates Over \$300,000

The Board of Directors of Folsom Street Events have announced charitable giving in the amount of \$322,484, bringing the agency's charitable donations to well over \$6 million since it first started.

"2017 was an outstanding year for Folsom Street Events. We are so appreciative of our sponsors, beneficiaries, beverage partners, and the leather/fetish community for their ongoing support of our events, said Folsom Street Events Executive Director Patrick Finger. "The size of this check demonstrates the strength, resilience, and support of the community."

Edwin Morales, Board President added, "For every member of the board, the Check Ceremony is our favorite night of the year. Putting on amazing events all year is reward enough, but this night is the icing on the cake, knowing we're making a significant positive impact in the budgets of so many amazing nonprofits benefiting the community nationwide."

Folsom Street Events, a 501(c)3 non-profit

organization, produces Hog Wild, Bay of Pigs, Up Your Alley, ROUGH, LeatherWalk, Magnitude, Folsom Street Fair, DEVIANTS, and more. The mission of Folsom Street Events is to unite the adult alternative lifestyle community with safe venues for self-expression while raising critical funds



for San Francisco-based and national charities. Gate donations at the fairs benefit local and national charities.

For more information about Folsom Street Fair, please visit www.folsomstreetevents.org.



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EQCA Endorses Candidates in Congressional and State Senate Races

Equality California has announced the endorsement of three strong pro-equality candidates for Congress and California State Senate offices.

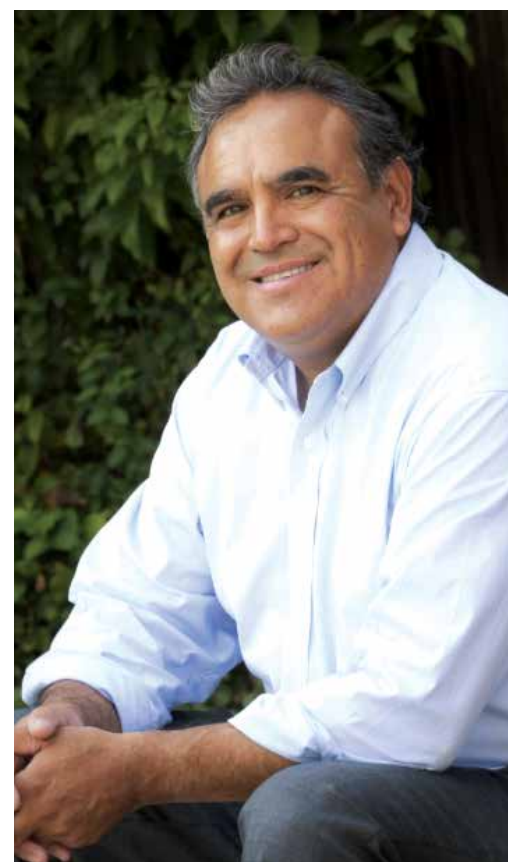
“In light of the Trump Administration’s anti-LGBTQ actions, it is imperative that we continue to promote and support strong pro-equality candidates at both the state and the national level,” said Rick Zbur, Executive Director of Equality California. “The candidates we have endorsed today will fight for equality and for the rights of the LGBTQ community.”

The Equality California-endorsed candidates are as follows:

Katie Hill, CA Congressional District 25, which is located in North Los Angeles County. Hill is a member of the LGBTQ community and has a deep commitment to advance LGBTQ equality and social justice. As Executive Director at People Assisting the Homeless, she worked to address homelessness, and developed a broad understanding of the issues related to LGBTQ youth homelessness. In Congress, she promises to focus on addressing homelessness and fight to increase sentencing for those who commit hate crimes.

Emilio Huerta, CA Congressional District 21 in the San Joaquin Valley. As a civil rights attorney, Huerta has worked with the LGBTQ community as an active board member and officer at the Bakersfield AIDS Project, a Kern County non-profit organization which houses homeless HIV patients and promotes safe sex and AIDS education. He was a vocal and active opponent of Proposition 8 and lead canvasses in his community to win support for marriage equality.

Joy Silver, CA Senate District 28. Silver worked with Equality California on its “Let California Ring” campaign against



Emilio Huerta

Proposition 8 in 2008, and has been an active member of the LGBTQ community for years. She developed a consulting practice focused on addressing the needs of LGBTQ seniors and was part of President Obama’s 2015 LGBT Elder Housing Summit. Silver started a foundation in New Mexico that grants funds to aging LGBTQ people facing financial emergencies. She also chaired Equality New Mexico’s healthcare initiatives and served on various boards serving LGBTQ seniors.

Citizen’s Planning Academy Accepting Applications

The City of Sacramento’s Community Development’s Planning Division is currently accepting applications for its 2018 Citizen’s Planning Academy.

The eleven-class course provides participants with a background in the fundamentals of city planning and covers a broad spectrum of planning and development-related topics and issues. Applications are due by Friday, January 19, 2018.

Topics include the development review process, the City’s General Plan, the Planning and Development Code, regional planning, transportation planning, urban design, economic development, affordable housing, and more.

More than three hundred Sacramento citizens, business owners, and community leaders have graduated from the Planning Academy since its inception in 2002.

Classes will take place over eleven weeknight evenings and two Saturday mornings from March 5 to May 22, 2018, followed by a



2017 Citizens Planning Academy students.

graduation/City Council special presentation.

For more information, please visit www.cityofsacramento.org/Community-Development/Planning/Long-Range/Planning-Academy, or contact Marco Gonzalez, Assistant Planner, at 916-808-2027.

Sac Stonewall Foundation Donates \$7,000 Scholarship



On Dec 19, 2017 the Sacramento Stonewall Foundation delivered a \$7,000 check to CSUS for a full year Laurie McBride Scholarship. Laurie McBride herself is presenting the check to Dr. John Johnson, Director of Student Affairs, with members of Stonewall and the Sacramento State Pride Center. A recipient for the 2018 Scholarship will be selected in the upcoming months, and the Scholarship should cover fees for a full academic year. For more information and to contribute to the scholarship fund, visit sacstonewallfoundation.org

Lambda Literary Announces Prize for Lesbian Nonfiction

Lambda Literary has introduced the Jeanne Córdova Prize for Lesbian Nonfiction, in memory of the beloved activist and author, that will honor lesbian and lesbian-identified queer authors. The award will go to a writer committed to nonfiction work that captures the depth and complexity of lesbian life, culture and/or history. The winner of the prize will have published at least one book and show promise in continuing to produce ground breaking and challenging work. The award includes a cash prize of \$2,500. Lambda Literary is also now accepting applications for the 2018 Judith A. Markowitz Award for Emerging LGBTQ Writers. The Judith A. Markowitz Award honors LGBTQ-identified writers whose work demonstrates their strong potential for promising careers. Two Emerging LGBTQ Writer prizes will be presented, each with a cash prize of \$1,000. Applicants to this prize may be self-nominated or nominated by another member of the community. By emergent writer, they mean those who have published at least one but no more than two books of fiction, nonfiction or poetry. Last year's winners were H Melt & Victor Yates. Applications and guidelines for both Prizes can be found under the Awards Tab at www.lambdaliterary.org.



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A story of reconciliation, forgiveness and renewal wrapped in Monty Python-like sketches and a jazzy dance number, *JESUS MEETS THE GAY MAN* is a fun documentary that will have you seeing Jesus in a new light, while at the same time convincing you to work on your abs! Available on DVD/VOD through iTunes, Amazon Instant, and through local cable and satellite providers. Watch the trailer at www.youtube.com/watch?v=xYXabyAzlcU

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How to Succeed in Fitness (Without Really Trying)

by Molly and Jess Jupitus

We've all signed up for the gym on January 1st with the very best of intentions. However, turning those intentions into action can be a very different story.

Here are six simple tweaks that you can try without significantly altering your daily routine that can dramatically alter how you are feeling.

1) Sleep. We're not going to tell you to try for an early bedtime or tuck a lavender sachet under your pillow – although you are welcome to – but better sleep will lead to better recovery physically and mentally. Tip: don't have your phone in the bedroom. Ever. You won't be tempted to scroll Insta to “fall asleep” and your FB feed won't be the first thing you see when you open your eyes. Buy an alarm clock instead.

2) Breathe. Deep belly breathing (diaphragmatic) will de-stress the body and create a positive healing response. Tip: practice diaphragmatic breathing for 5mins before you go to sleep. You know, after you plugged in your phone in the other room. (This deep breathing will also help with sleeping)

3) Drink. Paul Chek (chekinstitute.com) says the solution to pollution is dilution. With illness and external toxins, we gotta flush that stuff out. Tip: drink half your weight in ounces a day. If that seems like a huge amount for you make small obtainable goals e.g. increase by five ounces a week until you hit your target.

4) Move. Shift your focus from exercise to movement. It's not all about being so sore you can't move, quite the opposite. Move your body in different ways that feel good for you. If you struggle to find time/motivation, then add “little and often” movement moments in your day. Tip: Borrow a dog so you can flirt at the park, walk around whilst you brush your teeth, impromptu dance parties whilst you do the dishes.

5) Eat. If healthy eating were easy and cheap, we would all do it! Try to adjust your mind set from “Ooooh, noooo, I can't have that” to “I'm going to eat the whole mother lovin' rainbow.” Tip: eat lots of colors and different types of food. Variety is not only tasty but it's

better for your digestion and you can start to notice the effects of different foods on your body.

6) Think. Every action you do starts as a thought. Not everyone has the luxury of being neurotypical, but for most people, our thoughts become actions in some way or another. Tip: create a positive affirmation for yourself. This can be anything that makes you smile. Set reminders, write it on the bathroom mirror, hide notes to yourself – whatever works for you. We like Colette's “You will do foolish things, but do them with enthusiasm”.

Treat yourself with love in the new year – you only have the one of you.

Molly Jupitus is a CHEK certified personal trainer, holistic lifestyle coach, and reiki healer. She trains folks at the Sacramento Sports Center in Midtown. Jess Jupitus is a public services manager for Sacramento Public Library. Together they run a weekly fitness class called “Queer Movement” on Sunday mornings at 10 a.m. For more information, email queermovement@gmail.com.



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Health Insurance Law Looking Strong In California Despite Uncertainty In Washington

by Larry Hicks

The past year was filled with uncertainty about the future of the Patient Protection and Affordable Care Act – known by many as Obamacare.

Efforts to repeal and replace the health care law were plentiful, but ultimately unsuccessful. Still, damage was done, in the form of a national tax bill that includes a provision to eliminate the requirement that most Americans buy health insurance annually.

However, Covered California, the agency that administers the Affordable Care Act in California, has not been deterred in its mission to help millions of residents get health insurance.

As the calendar turns to 2018, Covered California is in the homestretch of its drive to sign people up for health insurance by Jan. 31, the final day to enroll.

As an incentive, the agency is touting lower prices and financial assistance available to most Californians who qualify.

“The time is now to ring in the New Year with a quality health plan that provides protection and peace of mind,” said Peter V. Lee, executive director of Covered California.

What individuals will pay varies based on their circumstances, including whether they get subsidies to help purchase coverage, where they live and the plan options they choose, Lee said.

The analysis found that consumers who select a Silver-tier plan are on average paying \$3 per month less than they were in 2017, while consumers who select a Gold-tier plan will pay on average \$78 less per month.

Since 2014, more than 3 million people have purchased health insurance through Covered California, and nearly 4 million have enrolled in the state’s Medi-Cal program. Together, the gains have cut the rate of the uninsured in California from 17 percent in 2013 to a historic low of 6.8 percent as of June 2017.

“At the center of Covered California’s efforts are the people it serves, including patients and their families, and small business owners and their employees,” Lee said. “Covered California offers a consumer-

based,” Lee said. “And the evidence lines up behind the strength of what we have done and are doing both in California and across the nation: Millions with coverage, a plummeting uninsured rate in California, premium increases held in check with a competitive market and a good risk mix.

“Whether the years ahead – 2018 and the 2019 plan year – are ones of peril or promise for millions of Americans will be determined by the ability of Congress and the president’s administration to craft bipartisan solutions to deliver needed stability and lower premiums. We remain hopeful, but we will be ready to work for Californians regardless of the path taken.”

Consumers interested in learning more about their coverage options should go to www.CoveredCA.com where they can get help to enroll. They can explore their options and find out if they qualify for financial help by using the Shop and Compare Tool. They can also get free and confidential enrollment assistance by visiting www.coveredca.com/find-help/ and searching among 800 storefronts statewide and the more than 17,000 certified enrollers who can assist



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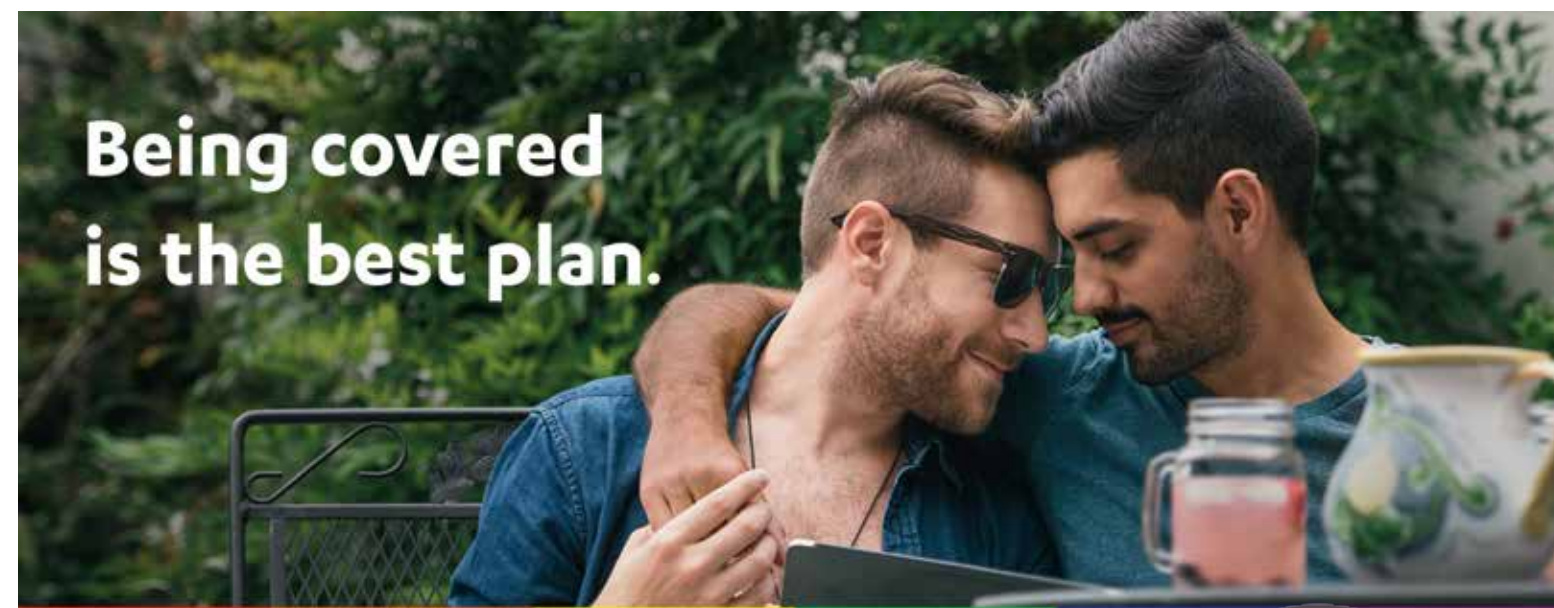
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Recent Covered California ads have featured LGBT images and themes.

“We have seen thousands of people signing up every day as we near this key deadline.”

A recent Covered California analysis found that the net monthly premiums for enrollees who receive financial help are on average 10 percent lower than what new and renewing consumers paid last year. The lower prices are a result of more financial help being available for consumers who qualify for assistance. The Affordable Care Act is designed to protect consumers by providing more premium tax credits when premiums rise.

“With the Jan. 31 deadline approaching, we want to make sure that consumers know about the increased financial help that is available to help bring health care coverage within reach,” Lee said. “When you do the math, hundreds of thousands of Californians are the winners – getting quality coverage at lower rates than last year.”

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friendly experience that is accessible to all Californians, recognizing the diverse cultures, languages, education levels and economic and health statuses of those we serve.”

According to an issue brief by the Kaiser Family Foundation published in November 2016, LGBTQ individuals often face challenges that include inequality in the workplace and health insurance sectors, the provision of substandard care, and outright denial of care because of their sexual orientation or gender identity.

The Kaiser report cited several recent legal and policy changes that have served to increase access to care and insurance for LGBTQ individuals and their families. Among them is the implementation of the Affordable Care Act.

“While I’m sometimes ‘accused’ of being too optimistic, I’m also very much evidence-

consumers in multiple languages. In addition, consumers can reach the Covered California service center by calling (800) 300-1506.

Larry Hicks is the Information Officer, Communications and Public Relations at Covered California




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Managing Change and Loss

by Nicola Simmersbach PsyD

Life is meant to be a series of changes, but that's not what most of us hope for, unless the changes promise to bring desired newness. And yet, on the road to wonderful, the required changes don't all occur with clearly marked progress signs.

Quite to the contrary, much of what we endure at first looks ominously like loss and feels like pain. Yet, once we have enough decades under our belt, the retrospective does seem to be a path of progress marked with transition points of, frankly, no fun losses.

Many people seemed to barely navigate the recent year of 2016 and had hoped 2017 would bring relief. Still, here we are and it does seem to many that what we are dealing with here is a new normal, a life of change and transitions that we don't always seem to be in charge of steering.

Other than hoping 2018 will take us back to a past we remember as less fraught with challenge, we can learn new ways of managing this time and maybe even thrive in it.

So, I've often been asked, just what are the steps to a healthy navigation of a painful life transition?

The first step is a radical and unrelenting self-compassion. If you haven't had a first hand experience of someone being truly compassionate with you, this can seem daunting, but compassion and self-compassion are skills that can be learned.

One of the most well known researchers on self compassion is Kristin Neff, PhD. She teaches a simple (but not easy) three step formula to self-compassion, a skill which has been shown to be even more useful than self-esteem in helping us manage life in all its glory.

The first step is to simply acknowledge that you are struggling. Without trying to

push away the feeling, just allow the awareness. You might even say to yourself "this is what suffering feels like." That's it: just allow that feeling to be there.

The next step is to identify what you're suffering over. It may be a loss, a sense of failure, an old grief. Whatever it is, get very clear about it and then notice if you can feel a sense of connection with all the other people in the world who have felt a similar loss or pain. This is known as shared humanity and is key in helping you feel less alone in your pain.

The third step is the self-compassionate awareness. Here you can give yourself the comfort and nurturing that you might have wanted but never received, or did receive from someone who is no longer available to you.

The energy psychologies have a phrase you can borrow "even though I feel (insert the painful emotion), I deeply love and accept myself." So the task is not to accept the pain, but to love and accept the hurting self that you are.

Try the steps and with practice you may find that you are stronger and more resilient in managing the changes and losses life throws at you.

If you want to learn more, visit your local bookstore and ask for some of Kristin Neff's books or sign up for a local class on self-compassion.

Nicola Simmersbach PsyD is a Licensed Marriage and Family Therapist and a Licensed Professional Clinical Counselor. She can be reached at www.DrNicola.net.

Princess Cyd Is Full of Hope and Joy



In *Princess Cyd*, 16-year-old Cyd decides to take a break from her depressive single father and spend a summer in Chicago where she encounters Katie, a young barista behind the counter in this film that reimagines that distinct summer feeling when adolescence creeps in, skin is bared, emotions emerge, and everything begins to feel more complicated. Watch the trailer at princesscyd.com.

The Art of the Tattoo

by Zachary Lopez

These days it seems like almost everyone has at least one tattoo or piercing, as they are becoming more popular and socially acceptable, and they are easier then ever to get, as in big cities you can find tattoo and piercing shops all over the place and even small towns have at least one.

With so many places and people offering tattoo and piercing services it must be super easy to just do them yourself, right? Well, honestly, yes and no.

Anyone can pick up a piercing needle or tattoo machine and go ahead and do one, but should they? Probably not.

There is one very important thing to consider before doing a tattoo or piercing: Do I know what I'm doing? Professional tattoo artists and piercers spend years going through an apprenticeship learning and practicing the technical skills necessary to properly perform the procedures.

Without these skills scarring, infection, poorly placed piercings, crappy tattoos that will eventually have to be lasered off or covered. And worse, the transfer of certain bloodborne diseases can occur! If you don't have the proper training you probably shouldn't be doing tattoos or piercings.

Luckily, there are professionals out there that are more than happy to do them for you!

Now that you've decided to leave it to a professional, here are some handy things to keep in mind.

First, tattoos are permanent! That may seem obvious to most of us, but needs to be remembered. Piercings can always be taken out, but can leave a small scar where the piercing was.

Second, yes, they all hurt, at least a little bit. Some places hurt more than others. If you are worried about pain, ask your tattooer or piercer. They will be able to help you make an educated decision on the location.

Third, if you go into a shop and feel at all uncomfortable just leave. There are plenty of kind, talented and professional artists and piercers that would love your business and won't give off creepy or greasy vibes and make you feel gross.

Fourth, a shop should be clean and sanitary. If you go into a place and it seems dirty or gross, go find a better shop!

Fifth, healing can take a while. Tattoos can take several weeks to heal and certain



Zachary Lopez's client Jake shows off a recent tattoo.

piercings can take months! This is normal and should be kept in mind before scheduling an appointment or just walking in to a shop.

A tattoo or piercing is an open wound while it is healing and needs to be properly taken care of to avoid infection and scarring. If you have a camping trip coming up, it's summer and you want to go swimming, you love doing obstacle course mud runs or anything that's going to be excessively dirty you may want to consider waiting until after that kind of event before getting tattooed or pierced.

Lastly, yes, tattoos and piercings done by professionals can be expensive but worth it. It will be something you'll have for the rest of your life. You can literally 'take it with you.'

But if you opt to go with the homie's cousin who will hook it up with a good deal

in his garage and come on man, of course it's clean and safe, yeah he's good – well, buyer beware. Having a tattoo removed is painful and expensive, as is getting a crappy one covered. Best to start with something good and professional.

Zachary Lopez is the owner and operator of Renaissance Man Tattoo and Art Studio. He's been tattooing since 2011, making art his whole life and would love to work with you to design a custom tattoo that you'll love forever. His studio is located at 515 Marina Center in Suisun City on the Bay in Solano County. He can be reached at 707-208-5126 and www.facebook.com/RenManTattoo/



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Our Readers Show Off their Ink

As Zachary Lopez says in the accompanying article “The Art of Tattoo,” it seems like almost everyone has a tattoo. So we thought it would be fun to ask our readers to share their artwork with you, and tell us a little about what their tattoo means to them. We made it a contest too, and the First place winner was Kent McCord. Second place goes to Jenee Rawlings.



Second Place

Jenee Rawlings

This was adapted from an art piece my then 14-year-old daughter designed.



Tyler Riedel

The California Poppy and Texas Bluebonnet represent my home state and my adopted state. Jaime at Royal Six Tattoo in Placerville.



Christopher Swales

The tattoo is the Tardis from doctor who, with the three doctors from the new TV show in Gallifreyan (the fictional language of the doctor's home world). I love the show and it's optimism and focus on non violent resolution to conflicts. Shawn Mahaffety did the art, he's at Old Republic tattoo company.



Grady Harrison

Wyatt Johnson, a very accomplished artist at Anarchy Ink did this adornment of a Polynesian/Maori type of tribal art. It has had more “exposure” in last few years due to the fame of Dwayne, The Rock, Johnson.



First Place

Kent McCord

My tattoo is all about being a good person! The bee hive for example represents many working together for the common good! O'rielly's tattoo parlor in Santa Cruz by artist Edu Cerro.



Renee Daley

This piece is representative of my grandmother who was a full blooded Shoshone Native American. She always said the end is not the end but the birth of something new. So this represents her and my two brothers that have passed away. Artist is Andre Garcia of Apothic Heart Tattoo.



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Now is the Time to Get a Hepatitis A Vaccination

by Gil F. Chavez, MD, MPH

The United States is currently experiencing the largest person-to-person hepatitis A outbreak in more than two decades, predominantly affecting people who are homeless or who use drugs in unsanitary conditions.



At the same time, the California Department of Public Health (CDPH), is closely monitoring an increase in hepatitis A infections among gay, bisexual, and other men who have sex with men (MSM).

From January through December 2017, 59 cases of hepatitis A among MSM were reported in California. For perspective, during the same time period last year, there were 14. Although the majority of the cases among MSM are not part of the larger outbreak of hepatitis A, the increase is significant and has health officials concerned.

California isn't alone in identifying an increase in hepatitis A cases among MSM. According to the European Centre for Disease Prevention and Control, as of December 18, 2017, there have been 3,813 cases reported in 22 European countries. Additionally, the Centers for Disease Control and Prevention has reported dozens of cases in Colorado and New York City.

So, what is hepatitis A? Hepatitis A is a viral infection of the liver caused by a virus with the same name. Typically, the virus spreads in settings with limited sanitation (such as toilets and hand washing facilities), or by consuming contaminated food or water.

For MSM, the main risk factor is related to sexual transmission, particularly oral-anal sexual contact. Symptoms may include fatigue, lack of appetite, nausea, diarrhea and jaundice. However, adults, particularly those with other underlying liver disease, are at higher risk of severe or fatal infection. The good news is you can protect yourself.

The best way to prevent hepatitis A infection is to get vaccinated. The hepatitis A vaccine is very effective and safe. Since 1996,

the Advisory Committee on Immunization Practices has recommended that all MSM receive two doses of hepatitis A vaccine administered at least six months apart.

The first dose of hepatitis A vaccine protects more than 90 percent of those who receive it, and a second dose protects more than 95 percent. Hepatitis A antibody can persist, providing protection for at least 20 years in adults who received vaccine as children.

A state declaration in October provided emergency funds and a mechanism to purchase vaccine doses directly from the manufacturer. The declaration allows CDPH to manage vaccine distribution and supply so people most at risk are vaccinated first to help stop the outbreak.

For vaccine distribution, CDPH has prioritized the counties where hepatitis A is spreading or have outbreak-associated cases. CDPH is then fulfilling orders from other counties, based on current available vaccine supply, the potential for spread in the county, and the local health department's vaccination plans.

Since April 2017, the department has provided nearly 120,000 doses of the hepatitis A vaccine for outbreak prevention and control statewide. Vaccine is available in the private sector for administration to high-risk groups including MSM.

For more information, talk to your doctor, call your local health department, or visit this CDPH webpage or the Centers for Disease Control and Prevention.

Gil F. Chavez, MD, MPH is a State Epidemiologist and Deputy Director for Infectious Diseases at the California Department of Public Health.



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 - Wells Fargo History Museum (Capitol Mall)
 - Wells Fargo History Museum (Old Sacramento)
- * Half-price Admission



Mondavi Center to Host Trans Activist Janet Mock

Janet Mock takes the Jackson Hall stage this February to discuss her life and career, in the keystone event of this year's UCD Campus Community Book Project.

Mock is a transgender rights activist, a TV host and the *New York Times* bestselling author of *Redefining Realness: My Path to Womanhood, Identity, Love & So Much More*. From *People* magazine to *Entertainment Tonight*, to founding the #GirlsLikeUs project and becoming a host for MSNBC, Mock has earned her place as one of the most influential trans women and millennial leaders in American media. Mock, who traveled more than 6,000

miles to Thailand for gender reassignment surgery at the age of 18, during her first year of college, will discuss that remarkable journey during her Mondavi appearance, on Monday evening, Feb. 5. Afterwards, there will be a post-performance Q&A moderated by Mikael Villalobos, associate chief diversity officer of the University of California, Davis. For more information, please visit www.mondaviarts.org.

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Davis Museum Opens *Wayne Thiebaud: 1958 - 1968*

by Chris Narloch

If you have yet to visit the charming Manetti Shrem Museum of Art in Davis, you have a wonderful excuse with the new exhibition, *Wayne Thiebaud: 1958 - 1968*.

Thiebaud may have been born in Arizona, but Sacramento adopted him after he went to college locally, and he is still alive at the ripe old age of 97. At an extraordinary moment in art history, Wayne Thiebaud proposed a radical new take on painting, and he did so with a slice of pie. The first exhibition to explore this formative period, *Wayne Thiebaud: 1958 - 1968* brings together more than sixty early paintings gathered from private collections and museums throughout the United States. The exhibition invites viewers to trace Thiebaud's emergence as a mature artist with a singular style, and it will be on view Jan. 16 - May 13, 2018. An opening reception that includes live painting demonstrations is scheduled for Jan. 18. For more information about *Wayne Thiebaud: 1958 - 1968*, please visit manettishremmuseum.ucdavis.edu.

Wayne Thiebaud | 1958-1968



Your 2018 Fat Loss Goals Simplified

by Kevin Mefford NASM-CPT CES

I like simple, I've always liked keeping things as simple as possible when it comes to my fitness goals so as to not overwhelm myself at whatever task or goal I choose to embark on. As they say, "KISS."



Kevin Mefford and clients following a good workout

All the new 'fad diets' and the fancy new gym spaces that are opening up leave us with much room to get confused and complicate things regarding what we should be doing for ourselves when it comes to achieving our health and fitness goals. That's not simple.

If you've read my content in the past, then you know that I am a firm believer in creating and taking action with small daily habits that I like to call victories. Choosing to take a stance and make a firm change in your quest to a happier and healthier life is a journey you are sure to never look back on. But we must have a plan of attack to ensure that the motivation fire stays lit, we are achieving a level of success, and we're excited about further results and goals.

Trying to completely overhaul your lifestyle overnight by attempting to commit to eating nothing but high quality healthy foods, working out religiously, and completely cutting out all the things in life you enjoy can be a surefire way of disaster.

And with that disaster comes feelings of failure that usually leads us back to the freezer grabbing for that pint of ice cream to make us feel better, at least for a short while, until the negative emotions come again.

It is important to be patient because habits take time to develop. Most researchers say that

big changes in habit forming can take months of deliberate action towards the goal.

If this seems like you in the past, then a more habit-based approach may be an optimal place to start. The key to habit forming and long-term successful results is action repeated daily. The best "bang for your buck" when it comes to figuring out which habit to embark on first usually begin with a weight-lifting routine or nutrition control. These are the two subjects I want to highlight here.

Weight-lifting and resistance training is the most important type of formal exercise we can do to transform our body. Resistance training helps you maintain your lean muscle mass when dieting for fat loss. You'll find that lifting weights will not only reshape and sculpt your body, but also burn a lot of calories, which equals more fat loss.

I suggest that you start with what you know you can handle. Commit to a routine schedule of two days a week (say Tuesdays and Thursdays) and stick to that routine. This is a more effective approach over trying to commit to five days a week and feeling that failure emotion if you happen to miss a day. You can always build up from two days a week once it feels like it becomes a habit, without you even putting much thought into it.

Nutrition control seems to be the part most of us tend to

overcomplicate. The king of nutrients when it comes to achieving fat loss goals is protein. Protein is the most filling and appetite-suppressing macronutrient and will help cut calories, build muscle, and elevate your metabolism to expedite fat loss.

Make sure you have a protein source at every meal and snack. Increasing your protein intake along with weight-training will surely bring some results your way. The next important nutritional habit to work on would be to make sure you are eating fruits and/or vegetables at every meal. These are unprocessed foods low in calories and high in vitamins and nutrients that will also help the fat loss process go faster. Try a new vegetable every week and you may find new healthier foods you enjoy.

Once these habits are firmly established, I can assure you that you will have achieved some level of success and results. This should feel extremely motivating to look for the next level on your journey.

Focus on the daily victories and be proud of yourself for the choices you make, for it's the choices you make today that will show on your body in the future.

Kevin Mefford NASM-CPT CES, is a Certified Personal Trainer with a specialization in Corrective Exercise from the National Academy of Sports Medicine. His website is www.activetrainingperformance.com

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The Assassination of Gianni Versace on FX by Chris Narloch

A morbid curiosity – and the opportunity to see Ricky Martin naked – will probably compel me to watch Ryan Murphy’s upcoming cable series about the life and death of Gianni Versace.

After all, Murphy (*Glee*, *Feud*) did wonders with the O.J. Simpson story not long ago, and he has assembled a starry cast for his Versace project, including the great Edgar Ramirez as the designer; Penelope Cruz as his sister, Donatella; Martin as Versace’s lover, Antonio D’Amico; and Darren Criss as Andrew Cunanan; plus Annaleigh Ashford, Finn Wittrock, and Judith Light.

The Assassination of Gianni Versace: American Crime Story is the second season of the FX true crime anthology television series *American Crime Story*. The new season will premiere on January 17, 2018, and will consist of a total of nine episodes.

It will explore the murder of designer Gianni Versace by serial killer Andrew Cunanan, based on Maureen Orth’s book *Vulgar Favors: Andrew Cunanan, Gianni Versace, and the Largest Failed Manhunt in U. S. History*.

Executive producer Ryan Murphy directs the season premiere, and Matt Bomer has been announced as the director of the eighth episode, which will mark the actor’s directorial debut.



Ricky Martin portrays Versace’s lover in *The Assassination of Gianni Versace* on FX

These Comics Are Anything But A Drag by Chris Narloch

Not every drag queen is interested in lip-syncing to the latest pop hits. The talented performers coming to the Punch Line in Sacramento at the end of January are ready to strut their stylish stuff and tickle your funny bone.



Punch Line is hosting a LOLGBT Drag Dinner - A Night of Drag and Comedy!

BUT A DRAG
continues on page 22

Outword Salutes Sacramento's Rainbow Chamber of Commerce

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"Tomb Raider" (2018)
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In *Tomb Raider*, Lara Croft, the fiercely independent daughter of a missing adventurer, must push herself beyond her limits when she finds herself on the island where her father disappeared. Look for it in theatres this March and watch the trailer at www.youtube.com/watch?v=8ndhidEmUbl&feature=youtu.be and behind the scenes at youtube.com/watch?v=oWXq7mKcx5s&feature=youtu.be

Find a *Dream Boat* on DVD

If you ever wondered about taking one of those queer cruises, you might want to watch the documentary "Dream Boat" before booking your travel.



The movie sets sail for a weeklong voyage on a luxury liner exclusively for gay men. Far from their families, political restrictions and cultural boundaries, we follow five men from Poland, Palestine, India, France and Australia on a quest to live an authentic life.

For many who come from societies less than friendly to "out" behavior, a gay cruise promises the powerful experience of "being yourself" in an open-air, protective environment.

The queer cruise includes seven days of dancing, sunshine, sex, and freedom – but the men are also faced with loneliness, doubt and insecurity. In the search for a satisfying future, how many hopes will the cruise fulfill?

Find out in *Dream Boat*, which was nominated for Best Documentary at the Berlin Film Festival. The movie is now available for home viewing, and you can watch the trailer, at strandreleasing.com/films/dream-boat/.

Legendary Queens Ready to Battle on *Drag Race All Stars*

After a three-time Emmy Award-winning season of *RuPaul's Drag Race* left fans shook and grasping for their masks, fan-favorite queens from previous seasons are primping and sharpening thier nails to battle it out for their second chance at the crown on *RuPaul's Drag Race All Stars*.

The new season will return with an explosive 90-minute premiere on an all-new night, Thursday, January 25 at 8 p.m. on VH1.

"The rumors are 100 percent true, baby," said executive producer and host RuPaul. "The *All Stars* three debut delivers my most legendary queens, and they're fired up and ready to take over the mother-tucking world. #RealNews #FakeEyelashes."

The nine queens competing for the gold and title of "America's Next Drag Superstar" were previously announced in an hour-long televised pre-season episode, and include: Aja (season nine; from Brooklyn, NY),

BenDeLaCreme (season six; from Seattle, WA), Chi Chi DeVayne (season eight; from Shreveport, LA), Kennedy Davenport (season seven; from Dallas, TX), Milk (season six; from New York, NY), Morgan McMichaels (season two; from Los Angeles, CA), Shangela (seasons two & three; from Los Angeles, CA), Thorgy Thor (season eight; from Brooklyn, NY), and Trixie Mattel (season seven; from Los Angeles, CA).

For more information on *RuPaul's Drag Race All Stars* and up-to-date news, go to www.vh1.com/shows/rupauls-drag-race-all-stars or facebook.com/RuPaulsAllStarsDragRace/.



RuPaul's Drag Race All Stars

STC's Cabaret Series Goes a Little Bit Country

Broadway takes inspiration from many popular genres, and country music is no exception. In *Walkin' After Midnight* STC's first tribute to this unique musical sound, "country tunes" from some of you favorite musicals will take center stage.

Walkin' After Midnight, on STC's cabaret stage, will feature showtunes influenced by honky-tonk, bluegrass, Americana, gospel, and contemporary rock from musicals like *Big River*, *9 to 5*, *Bright Star*, *Million Dollar Quartet*, and many more.

Walkin' After Midnight will feature performances by David Crane, Jordan Hayakawa, Michael Jenkinson, Michael Laun, Kirstin Pieschke and Rachel Songer, with Peter Kagstrom on piano and Jesse Winton on guitar/mandolin. The show is directed by Michael Jenkinson with musical arrangements by Samuel Clein & Nicole Sterling.

STC's Cabaret Series consists of three professionally-produced cabarets each year, in which the Main Stage Lobby is transformed into a performance venue, with seating for up to 100 guests at cocktail



David Crane will be one of the featured singers in STC's *Walkin' After Midnight*. He is pictured here in a scene from STC's 2016-2017 production of *The Glass Menagerie*.

tables. The atmosphere is intimate and relaxing. Beer and wine is available, as are light appetizers of fruit, cheese and desserts.

Walkin' After Midnight will be staged Jan 18 – 21, 2018. For tickets and more information cal 916-443-6722 or visit www.sactheatre.org/shows/walkin-after-midnight/



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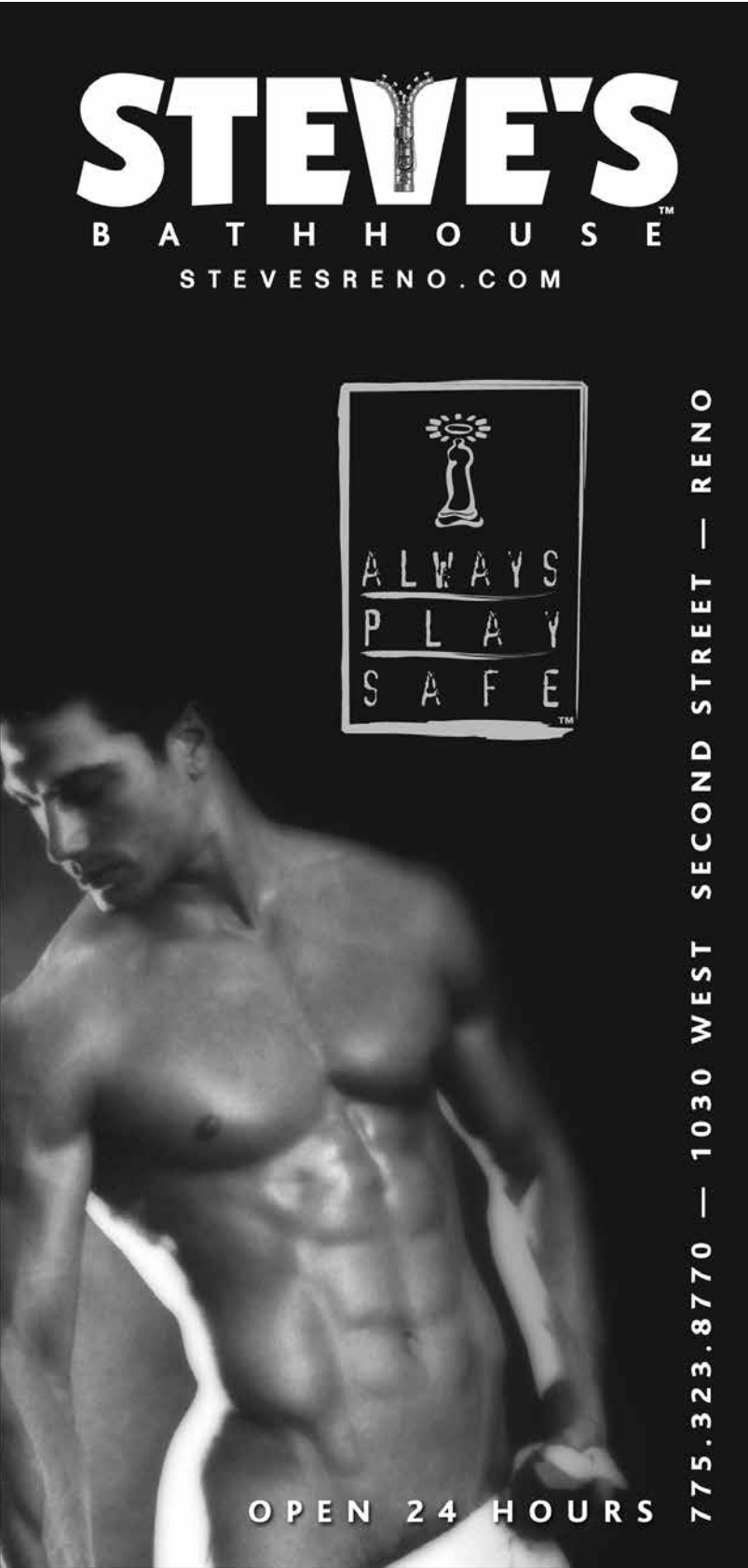
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But A Drag

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This month's LOLGBT Comedy show features eight drag comics, including Apple Adams, Mercury Rising, Anna Mosity, and more, all leading up to a headlining set by Kelly Pryce, whose credits include *Last Comic Standing*, *Lopez Tonight*, and *NickMom Night Out*.

This not-to-be-missed night of queer comedy is scheduled for 7:00 p.m. on Sunday, Jan. 28 at Sacramento's Punch Line, on Arden Way. Tickets are just \$15. Visit www.punchlinesac.com.





MARDI GRAS

A large, ornate, white Mardi Gras mask graphic with intricate patterns and a wide, open mouth, set against a background of colorful, abstract geometric shapes in shades of blue, purple, and green.

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- 2018 -

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Each ticket entitles you to tossed green salad, rolls, home made mac n' cheese and cracked crab. Beer, Wine, Soda & Water will be available for purchase. Desserts will be available through Silent Auction. Raffle, Silent Auction and Live Auction to benefit NorCal AIDS Cycle and its beneficiaries. No ice chests, large bags, backpacks, containers or outside alcoholic beverages. **Must be 21 years of age to attend.**

There's always room for more stories.



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