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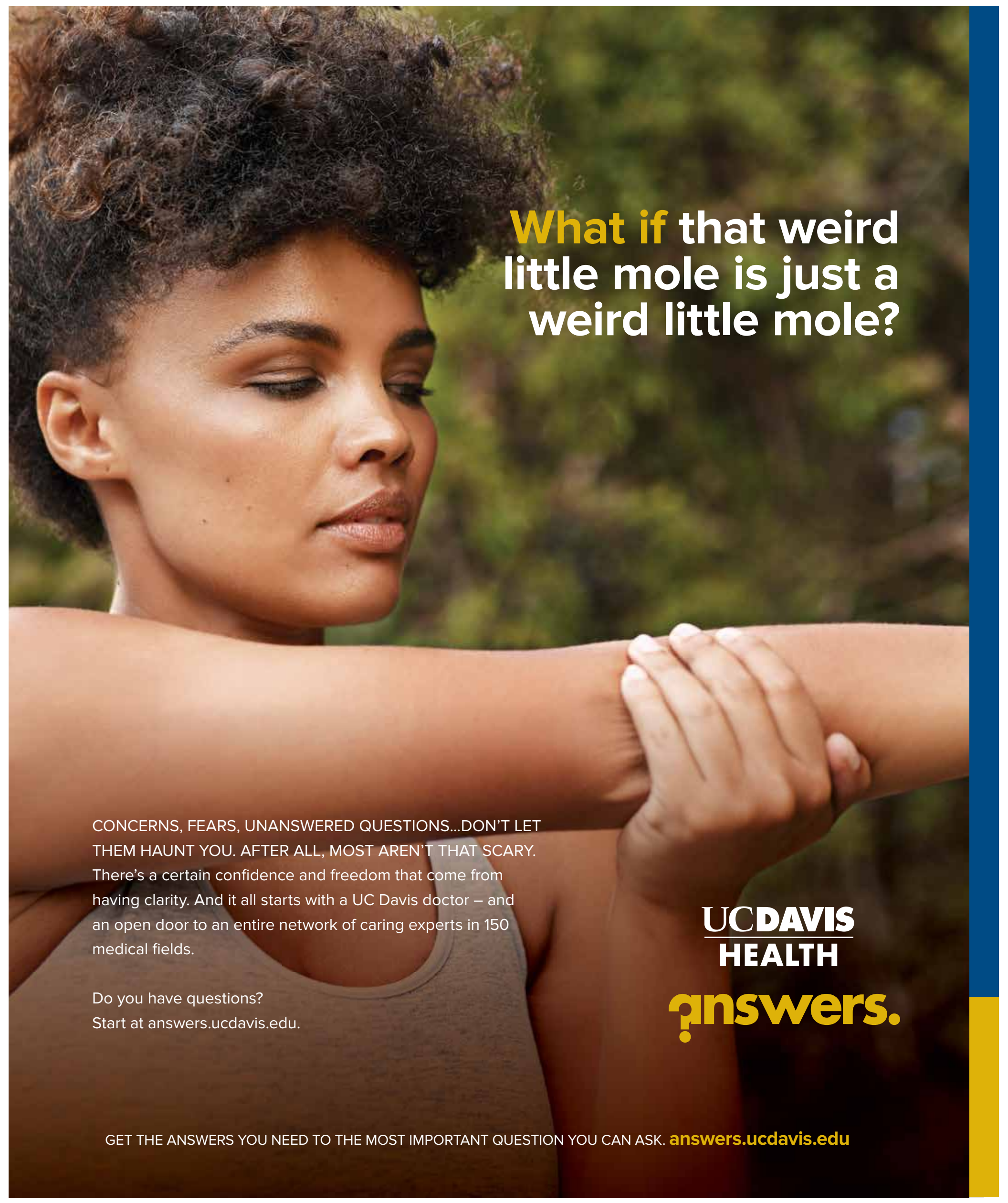
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A close-up photograph of a woman with dark, curly hair. She is looking down at her left arm, which is extended across the frame. On her upper arm, there is a small, dark mole. Her expression is contemplative. The background is a soft-focus green, suggesting an outdoor setting. The overall tone is warm and intimate.

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weird little mole?**

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ON THE COVER
Lifestyle guru Orlando Soria dishes out tricks and tips with style and sass in his new book *Get It Together! An Interior Designer's Guide To Creating Your Best Life*.
Photo by Zeke Ruelas.

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EQCA 2018 Legislation Focuses on LGBT Health

Equality California announced its 2018 sponsored legislative package on Feb. 21, that included seven Assembly bills and one Senate bill that focus on the most vulnerable among the LGBTQ community, addressing disparities in health and well-being that stem from longstanding discrimination and lack of acceptance towards the LGBTQ community.

"California must continue to serve as a beacon of hope for the rest of the nation," said Rick Zbur, Executive Director of Equality California. "In Washington and across the country, the LGBTQ community faces attempts to roll back civil rights and cut programs that LGBTQ people depend on for their health and well-being. Now more than ever, our state must continue to make progress toward our goal of creating a world that is healthy, just, and fully equal for all LGBTQ people."

Equality California is sponsoring the following legislation in 2018 with additional bills anticipated to be announced in coming weeks:

AB 2943 by Assemblymember Evan Low

This bill would make clear that claiming to be able to change a person's sexual orientation or gender identity is a fraudulent business practice that misleads consumers and exposes LGBTQ people to damaging psychological abuse.

AB 2119 by Assemblymember Todd Gloria

This bill makes clear that to meet the obligation for transgender and gender nonconforming youth, child welfare agencies must ensure access to clinicians who provide gender-affirming treatment consistent with established standards of care.

AB 2153 by Assemblymember Tony Thurmond

This bill will provide LGBTQ cultural competency training for teachers and school staff and provide schools with resources to support LGBTQ students and create safer school environments.

SB 918 by Senator Scott Wiener and Assemblymember Blanca Rubio

This bill will establish services for youth

experiencing homelessness and invest in low-barrier and diverse housing opportunities so each county can have an array of options for youth to escape homelessness and require that participating programs be safe, inclusive, non-stigmatizing, and culturally competent to address the epidemic of LGBTQ youth homelessness.

AB 2719 by Assemblymember Jacqui Irwin

This bill will ensure that LGBTQ older adults are recognized as a population in need of special attention, and that they can access the services and support they need to maintain their health and live their lives with dignity.

AB 2639 by Assemblymembers Marc Berman & Patrick O'Donnell

This bill will establish standards for online training on suicide prevention for teachers and school staff to prepare them to assist young people when they need support most. The training must include a focus on high-risk populations, including LGBTQ youth.

AB 2663 by Assemblymember Laura Friedman

This bill would provide retroactive relief to individuals who were registered as domestic partners in municipal jurisdictions and may have had their property taxes increased due to the death of a partner.

AB 1985 by Assemblymember Phil Ting

This bill provides guidance for local law enforcement agencies to update and strengthen their policies on hate crimes, focusing on recognizing hate crimes when they have occurred, engaging in appropriate response given the targeted community and the broader community, and fostering a community environment that prevents future hate crimes and incidents from occurring.

Annual ZooZoom Run Supports the Sacramento Zoological Society and Promotes Community Health And Wellness



Lace up your athletic shoes and hop, skip, or jump to the finish line Sunday, April 15 at the 38th Annual ZooZoom. It's a 5K walk/run, 10K run, and Kids' Fun Run fundraiser for the Sacramento Zoo, hosted by Fleet Feet Sports Sacramento. All speeds and ages are welcome. Visit www.sacramentozoozoom.com

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Mytesi is not approved to treat infectious diarrhea (diarrhea caused by bacteria, a virus, or a parasite). Before starting you on Mytesi, your healthcare provider will first be sure that you do not have infectious diarrhea. Otherwise, there is a risk you would not receive the right medicine and your infection could get worse. In clinical studies, the most common side effects that occurred more often than with placebo were upper respiratory tract (sinus, nose, and throat) infection (5.7%), bronchitis (3.9%), cough (3.5%), flatulence (3.1%), and increased bilirubin (3.1%).

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What Is Mytesi?

Mytesi is a prescription medicine used to improve symptoms of noninfectious diarrhea (diarrhea not caused by a bacterial, viral, or parasitic infection) in adults living with HIV/AIDS on ART.

Do Not Take Mytesi if you have diarrhea caused by an infection. Before you start Mytesi, your doctor and you should make sure your diarrhea is not caused by an infection (such as bacteria, virus, or parasite).

Possible Side Effects of Mytesi Include:

- Upper respiratory tract infection (sinus, nose, and throat infection)
- Bronchitis (swelling in the tubes that carry air to and from your lungs)
- Cough
- Flatulence (gas)
- Increased bilirubin (a waste product when red blood cells break down)

For a full list of side effects, please talk to your doctor. Tell your doctor if you have any side effect that bothers you or does not go away.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch or call 1-800-FDA-1088.

Should I Take Mytesi If I Am:

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- Studies in animals show that Mytesi could harm an unborn baby or affect the ability to become pregnant
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- It is not known whether Mytesi is passed through human breast milk
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Under 18 or Over 65 Years of Age?

- Mytesi has not been studied in children under 18 years of age
- Mytesi studies did not include many people over the age of 65. So it is not clear if this age group will respond differently. Talk to your doctor to find out if Mytesi is right for you

What Should I Know About Taking Mytesi

With Other Medicines?

If you are taking any prescription or over-the-counter medicine, herbal supplements, or vitamins, tell your doctor before starting Mytesi.

What If I Have More Questions About Mytesi?

For more information, please see the full Prescribing Information at Mytesi.com or speak to your doctor or pharmacist.

To report side effects or make a product complaint or for additional information, call 1-844-722-8256.

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Most LGBT Adults Concerned About Long-Term Care

When it comes to aging-related concerns, older LGBT adults worry most about having adequate family and other social support to rely on as they age, discrimination in long-term care (LTC) facilities, and access to LGBT-sensitive services for seniors, according to a new AARP survey.

Black and Latino LGBT adults report the greatest concern about future family and social supports, and greater worry about potential abuse in LTC facilities because of their race/ethnicity and sexual orientation/gender identity.

The survey, "Maintaining Dignity: Understanding and Responding to the Challenges Facing Older LGBT Americans," found gay men and lesbians have similar concerns about whether they'll have enough family and/or social support. However, gay men are more likely than lesbians to be single, live alone, and have smaller support systems, which may put them at higher risk for isolation as they age.

Transgender adults also report smaller support systems and are at an increased risk of isolation, while bisexuals are least likely to be "out" within health systems.

"Older LGBT adults often have serious concerns about aging with dignity, compounded primarily by fears of discrimination and lack of social support," said Nii-Quartelai Quartey, Ed.D., AARP Senior Advisor and LGBT Liaison. "LGBT adults are clearly saying that they want LGBT-sensitive long-term care and other services."

Over half (52 percent) of LGBT adults said they fear discrimination in health care as they age. A majority are especially concerned about facing neglect, abuse, and verbal or physical harassment in LTC facilities, with Black LGBT adults reporting the highest level of concern.

Most LGBT adults (88 percent) want providers in LTC facilities who are specifically trained to meet LGBT patient needs. They also want some providers or staff who are themselves LGBT.

Nearly one-third of older LGBT adults were at least somewhat worried about having to hide their LGBT identity in order to have access to suitable housing options.

"With well over a million LGBT seniors in the U.S., a number that will double by 2030, this is an opportunity for the health care and housing industries to step up and meet the needs of this growing demographic that aspires to thrive not hide as they age" said Quartey.

Full survey results are here: www.aarp.org/dignitysurvey as well as the guide LGBT Pride: AARP's Online Resources for the LGBT Community. www.aarp.org/pride

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EQCA Endorses Feinstein in 2018 Reelection Race

Equality California has endorsed U.S. Senator Dianne Feinstein (D-CA) for reelection, noting that the LGBTQ community is fortunate to have two dedicated allies running in this race.



“From her time serving on the San Francisco Board of Supervisors with Harvey Milk to her ongoing battle to protect transgender service members and enact long overdue gun safety reform, Senator Dianne Feinstein has been a champion for LGBTQ equality and social justice” said Equality California Executive Director Rick Zbur.

“Senator Feinstein stood with our community back when few others did; she fought for funding to combat the AIDS crisis when many elected officials looked away; and there’s no doubt that she will continue to serve as the fighter California’s LGBTQ community needs in Washington during these trying times,” Zbur added.

Feinstein earned a 100 percent on Equality California’s 2017 federal Legislative Scorecard, indicating a perfect pro-LGBTQ voting record in the Senate at a time when the Trump Administration and their allies in Congress have sought to roll back critical protections for the LGBTQ community, as well as for immigrants and communities of color.

“I’m proud to receive the endorsement of Equality California, a powerful advocate for LGBTQ civil rights in our state. Together, in this campaign and in the US Senate, we will continue fighting for progress and equality for the LGBTQ community in California and across the United State” said Senator Dianne Feinstein.

Equality California has worked closely with Senator Feinstein on critical priorities for the LGBTQ community, including strengthening federal hate crimes laws and providing resources to combat the HIV/AIDS epidemic. Feinstein is an original cosponsor of the Equality Act and was the lead sponsor of the effort to repeal the Defense of Marriage Act. She also was one of just a few members of the U.S. Senate to oppose Don’t Ask, Don’t Tell when the policy was first implemented and she was instrumental in the fight for its repeal. Equality California awarded Feinstein the Equality Leadership Award at the 2012 San Francisco Equality Awards.

Feinstein is being opposed in her bid for reelection by State Senator Kevin de León. During his time in the Assembly and the Senate, de León has earned a pro-equality rating of 100 percent every year on Equality California’s Legislative Scorecard. In 2015, Equality California presented De León with the organization’s Ally Leadership Award.

“Equality California is extremely grateful to Senator De León for his years of service in the California Legislature, leading the way toward a more equal and more just future for our community and all Californians,” said Zbur.

For a full list of Equality California’s 2018 endorsements to date, visit eqca.org/our-endorsements.

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Trans Women Share Their Sexual Assault Experiences

For all of the Hollywood #MeToo moment's virtues, there's one major blind spot: How sexual assault and violence against trans women has been omitted from the conversation.



Trans women Xoài, Yael, Munroe and Jari share their experiences of violence in a powerful new video. Photo by Zak Krevitt.

In a new video for *them*, noted transgender model Munroe Bergdorf along with several other trans women of color talk assault, dating violence, how feminists and cisgender people can better include trans women, and how trans women and the larger LGBTQ+ community can help uplift each other's voices.

"In all of this conversation surrounding abuse and rape, and sexual crimes really, there hasn't really been any mention of the fact that trans women are being killed at a higher rate than ever before," said Bergdorf.

Bergdorf believes that is because there is so much judgment of the trans community. "How did you get in this situation?" "Why were you sleeping with someone that you'd only just met?" "Why weren't you acting in a way deemed womanly or ladylike?"

"It's just victim blaming," said Bergdorf. "And all women go up against that. But then when you add the trans level, that's an intersection and that means that I'm going to experience what cis women

experience, but then with another layer."

Bergdorf believes that the #metoomovement is a step in the right direction but is a little disheartened by the fact that Tarana Burke, recognized as the creator of the movement, has received so little credit. "This was her work for eight years, and there wasn't really any recognition of that. Or even where it came from," says Bergdorf "So to see privileged white women within Hollywood essentially co-opting that, and turning it into a different narrative was a little difficult for me to see."

Still, Bergdorff believes that cisgender people, trans women and the larger LGBTQ+ community can help uplift each other's voices:

"I would love cis allies and straight allies especially, making sure that the message is inclusive of queer people, of trans people, of everybody that doesn't really fit into the narrative of what's going on at the moment."

Watch the video at youtu.be/zGnULTNjvks and read more at www.them.us/story/trans-women-me-too

Chyna Gibson's Mural Unveiled at Trans Day of Visibility

Filled with love and community, this historical mural was unveiled at a ceremony held March 31 in Neighbor's Alley, on the building housing the Lavender Library at 1414 21st St. The mural honors trans woman Chyna Gibson from Sacramento who was killed in New Orleans last year, and is believed to be the only mural in Sacramento honoring a trans person and one of the few nationwide. Created by artists Jessica Sabogal and Shanna Strauss, the mural was made possible by support from the Gender Health Center, The California Endowment and a coalition of organizations.





**NATIONAL
TRANSGENDER
HIV TESTING DAY
April 18**



#DOINGIT



APRIL 18



**GENDER
HEALTH CENTER**

www.theGenderHealthCenter.org

In honor of **National Transgender HIV Testing Day**, the **Gender Health Center** will be providing walk-in testing (HIV and STD) from **10 am to 6 pm on Wednesday, April 18th**. They will also be having a gathering that evening here at their offices with food, beverages and will be screening a movie as well.

Also, the Gender Health Center will be providing walk-in HIV and STD testing Monday thru Friday from 10 am to 7:00 pm throughout the month of April.

The Gender Health Center is located at:

**2020 29th St, Ste 201
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City Offers Free Backyard Composting Seminars

Backyard composting allows you to recycle your yard clippings and fruit and vegetable scraps into a valuable soil amendment right in your own yard. It is a great way to save money, reduce the amount of waste that is disposed, and improve the quality of your soil.

Sacramento's Recycling & Solid Waste Division hosts free composting seminars at community gardens throughout the city. Attendees will receive a composting guide and are able to purchase a GEOBIN Compost Bin at a special seminar price of \$15 (limited to one per household, City residents only, must attend seminar to receive exclusive offer, while supplies last). At the seminar you will learn: How composting works; What materials you should and should not compost; Getting the right balance of food, air and moisture; Maintaining your compost pile; Vermicomposting (composting with worms);

And more.

Upcoming seminars are Saturday, April 7, Wild Rose Park Community Garden - 5200 Kankakee Dr.; Saturday, May 5, Ninos Community Garden - Northfield Dr. at Ninos Parkway and Wednesday, May 23, Advance registration is not required. To help plan, you can RSVP on the events page at www.facebook.com/SacRecycle

The Backyard Composting Seminars are taught in partnership with the City of Sacramento, Department of Parks and Recreation Community Garden Program. More information on Recycling and Solid Waste Services at www.sacreecycle.org

Walmart Helps Support Sacramento LGBT Youth with \$50,000 Grant to the Sacramento LGBT Community Center



Surrounded by fellow Walmart employees, Citrus Heights Walmart Personnel Manager Erich Barnard presents a check to Jesse Archer for \$50,000 to support the Sacramento LGBT Community Center Youth Programs. Barnard was particularly proud to present the check as he was once a participant in the Center's youth programs. "I was so proud to be a part of helping a program that made such a positive impact on my life," he told Outward. "Having utilized the center's resources almost 15 years ago, I know first-hand how much of a difference it makes in discovering it's OK to be who you truly are. As a proud, openly gay man, it brings joy to my heart knowing that my company is able to help my community." Archer is the Youth Programs Manager at the Center and says that the grant will be used to provide support and resources for the Center's youth programs. Walmart also made a donation of \$45,000 to Keaton Childs' Cancer Alliance at the presentation that was held April 5th at the Walmart in Citrus Heights. Both Grants were made by the Walmart Foundation, www.giving.walmart.com/foundation.

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Refreshing Your Space

by Alexis Michalovich

If you're like me, it gets to be this time of year, and you are eager for a change. I long for more hours of sunlight, warmer days, flip flops, and open windows on car rides.

With the spring season, I often am ready for some spring cleaning and a change in my home or work space. Because refreshing your space every year or every season can get costly, I have a few tips on how to freshen up your home while making a big impact.

Get to painting

One way to really spruce up your space is by changing out the wall color. Paint is reasonable and can make a big impact. A fresh coat of paint can do wonders for a tired area.

Some of my favorite paint colors for this spring season are Sherwin Williams Functional Gray, Silver Marlin by Benjamin Moore, Valspar Icy Green, Benjamin Moore Pleasant Pink (thinking of painting my daughter's room this color because she LOVES pink or it would be perfect in a flirty powder room), and Sherwin Williams Billowy Breeze. These colors add a lot of light, fresh appeal to any space.

Change out your hardware

This is a simple way to give those cabinets or desk doors a fresh new look. Decorative handles and knobs range in various price points which gives you the flexibility to find something within your range. I love the hardware collections from Anthropologie, SchoolHouse.com, RockyMountainHardware.com and Wayfair.com.

Bring the outdoors in

I love pops of greenery or flowers in my home and office space. Seeing the outdoors on the inside instantly puts me in a better mood. Think about including a small bouquet of flowers on your next shopping run or add succulents or air plants to your space. Both succulents and air plants require very little care so even if you don't have a green thumb, you can still keep them alive. I love the selection of planters and holders from West Elm, Crate & Barrel, and Cost Plus World Market.

Restyle your shelves

Take the time to rearrange your shelves and move things around. Swap out items that were on your floating shelves in your bedroom with items that were on your bookshelves in the study. Look through sale items at Target or Home Goods for some small new accents that will give your shelves a new look.

Add some new art to the walls

This is a great compliment to freshly painted walls and can transform a space into something new and different. For budget friendly options, try searching on Minted.com or Etsy.com. Swap out old photography for new photography of vacations or family photos that you have been meaning to print.

Tell me the ways you have taken a budget friendly approach to updating your space on Instagram @g.everettdesign or on Facebook. Happy spring!

Alexis Michalovich is the founder and
outwardmagazine.com



New cabinet and drawer hardware is an easy and quick way to give your kitchens a new look

principal interior designer for G. Everett Interior Design & Project Services, located in Columbus, Ohio, serving both residential and commercial design projects all across the U.S. She studied Interior Design at The Ohio State University and has over ten plus years of experience in retail, commercial and residential projects. Alexis is a proud mom to two young children. What Alexis loves most about designing is the belief that an object or a single piece of furniture has the power to transform an entire room and bring inspiration to your space. She believes no two clients have the same needs, approaching each in a unique and different way. www.g-everettdesign.com alexis@g-everett.com.

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The Art of Custom Wood-Turned Vessels & Furniture

Gene Kelly (no relation to the song-and-dance man) is a master woodworker with over forty-five years of experience who in recent years has been busy producing a unique line of handmade furniture honoring the style popularized by the late Sam Maloof (1916 – 2009).



Master woodworker Gene Kelly in his Sacramento workshop. Kelly believes that “If you can dream it, I can build it!”

His mastery of the art of woodworking ranges from wood-turning (with a specialty in segmented-turned artifacts) to furniture design and construction, to sculpture and carving.

Much of Kelly's work is borne of his own imagination and influences, but he has also created a number of pieces as a result of direct commissions. His versatility as a designer and craftsman, and his expertise in such a highly specialized art form, has garnered him national and international recognition.

Several of his recent commissions were presented to The Duke and Duchess of Cambridge, HRH Prince Harry, and Pope Frances.

Kelly's line of furniture, inspired by the aforementioned Sam Maloof, also incorporates aspects of Greene & Greene and the Craftsman movement. He uses the highest quality hardwoods available (Figured hardwood is a personal favorite), which are often locally harvested and dried.

With each piece of handmade furniture, Kelly always ensures that the raw beauty of the wood's natural grain and texture stands out, with special consideration of the design's durability, visual elegance, and comfort. His furniture designs include custom tables,

cabinets, rockers, chairs, and more.

In addition to his furniture, Kelly has carved out an impressive niche creating wood-turned vessels on a lathe (inspired by Native American and other ancient cultures). Many of his vessels use hundreds of individually crafted segments in their construction; they are carved and incised to enhance the design, with intricate oak leaves, eagles' feet, medallions, and other motifs.

Kelly's work can be found in private collections from coast to coast. His functional wood art has also been featured at Gallery M in Half Moon Bay and at the Los Angeles County Museum of Arts. As a General Contractor, he has enjoyed designing and constructing custom homes, kitchens and wine cellars/rooms.

Kelly has a number of pieces on sale at his website, www.gkellywoodworker.com, and is also currently accepting new direct commissions. He can be reached via email at his Sacramento workshop gkellywoodworker@gmail.com or by calling 916-698-1129. You can see an interview with him on the CBS morning show “Good Day Sacramento” at www.youtube.com/watch?v=l1zHn7AhIcM

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Spring Is the Time for Rebirth and Redecorating

by John Nunes-Schiller

Spring's a time for rebirth and new outlooks, and as days get longer and flora begins to bud and bloom, I always get excited to shake off the cold and damp of winter and embrace the rebirth of life.

Changing a few items in your home and outdoor spaces can give your environment new vigor for a new season. Whether this time of year inspires big renovations or small design changes, spring should always motivate and inspire us, to change and update our surroundings.

Whether it's changing out a few throw pillows, the paint color in a room, or renovating a kitchen, inspiration is everywhere. Follow your inner decorator and see everything through the lens of inspiration and possibility. From the colors in a blooming flower, the texture in tree bark, the colors in rocks, to the soft yellow down of a duckling in the park, I've found if you stick with the color combinations and

make a design a bit stale.

When you have been inspired and have your color palate it's time to shop. Although I like buying new, I tend to seek out Sacramento's great variety of vintage and antique stores like Scout Living in Midtown or Schiff's Estate Sale Building in the Woodlake neighborhood. Even the 2nd Sunday, Sacramento Antique Fair, is a great source for nearly every design style.

I personally prefer these second hand shops for a couple of reasons; one, for the unexpected thrill of the hunt in finding unique and unexpected items and secondly, for the environmental aspect. Up-scaling or recycling vintage and antique furniture, that



Scout Living is a Midtown treasure for finding unique items in a warm and inviting space, and specializes in mid-century modern, Danish Modern, and vintage furniture and home accessories.

textures in nature, you can't go wrong.

Mother nature has had millions of years to perfect her color palette, all for our enjoyment. If a combination of colors works in nature they will work in your design. I find a great way to do this is by taking advantage of the great Sacramento landscape and the freedom of new technology.

Use your cellphone to take pictures wherever you are. While on a hike, walking in your neighborhood or even your vacation photos. Having those photos will make it easy when choosing fabrics, drapery, furniture, rugs, dinnerware, lighting, etc..

Stick to the color combinations in the images as your color palate inspiration, while keeping in mind the colors in your existing furniture, wood floors, and hardware and you're half way there. Don't be afraid to mix and match woods or metal finishes, as well. Too much of the same hard finishes can

is already produced, leaves a lighter environmental footprint.

By purchasing pre-owned items and mixing them with new furniture and decor item you'll be helping the environment and still have great design. Not to mention, having pieces you find, reupholstered, rewired, refinished or fabricated supports our local businesses.

Most of all have fun, get inspired and get outside! Take advantage of the beauty and diversity of our Northern California landscape, and of our vintage furniture shops and flea markets. Enjoy nature and the thrill of the hunt. Find unique and original design items and your decor will be as eclectic and original as you.

John Nunes-Schiller is the owner of MODmix at Scout Living (www.scoutliving.com) and the Ebay store GoodeyeJPN. He can be reached at goodeyejpn@comcast.net

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Are There Greener Options When Buying a Mattress?

by Doug Moss and Roddy Scheer, *EarthTalk*

Who would have thought that the comfy mattress you've been sleeping on for years contains dozens of potentially harmful substances and materials, from petrochemicals to adhesives to dyes to flame retardants, among other toxins and carcinogens.



When buying a new mattress, most retailers will recycle your old one, for more information visit www.saccounty.net/news/latest-news/Pages/Bye-Bye-Mattress-Hello-Recycling.aspx

Luckily for green-minded consumers, though, there's never been a better time to find a truly "green" mattress.

"Green technology and innovation have impacted a wide range of industries in recent years, and this growing demand has led many mattress manufacturers to offer sustainable products as well," reports Tuck, a website dedicated to improving sleep hygiene, health and wellness through the creation and dissemination of comprehensive, unbiased, free resources.

However, terms like 'green,' 'natural' and 'eco-friendly' are often misused or exaggerated within the mattress industry." Further complicating matters, there is no regulatory body fact-checking green claims within the mattress industry, although certifications are available for certain mattress materials like foam, latex, and fabrics.

So, what's a green-minded, health-conscious mattress shopper to do? First and foremost, know what to look for. According to Tuck, a true green mattress features natural and/or organic materials (natural latex, plant-based polyfoam or memory foam, cotton, wool, etc.). Tuck says that any mattress that contains less than 60 percent natural or organic material has no right to market itself as "green."

There is no overall certification for green mattresses per se, but there are certifications that apply to certain types of mattresses and their materials. To wit, if a mattress meets the Global Organic Textile Standard (GOTS), at least 95 percent of its materials are certified organic, while certain noxious chemicals (chemical flame retardants, polyurethane) can't be present

at all.

Meanwhile, the Global Organic Latex Standard (GOLS) certifies that a latex mattress is made from 95 percent organic latex, with similarly stringent restrictions on what can be in the remaining five percent of the mattress.

Another certification to look for is OEKO-TEX, which sets limits on how much a given mattress can off-gas potentially harmful chemicals such as formaldehyde and other so-called volatile organic chemicals (VOCs) linked to respiratory illness, memory impairment and other human health issues.

Foam mattress buyers should keep an eye out for the CertiPUR-US label, which certifies polyfoams and memory foams as made without ozone depleters, chemical flame retardants, heavy metals, formaldehyde and phthalates, and emit little if any volatile organic compounds that can compromise indoor air quality.

Some of the leading green mattress brands out there, as vetted by Tuck and other experts, include Avocado, Bear, Essentia, Happsy, Keetsa, Live & Sleep, LifeKind/OMI, Loom & Leaf, Luxi, My Green Mattress, Naturepedic, Nest Bedding, Organic Mattresses, Plushbeds, Saatva, Sleep On Latex, Soaring Heart, Spindle, Tuft & Needle and Zenhaven.

To learn more, peruse Tuck.com. The freely accessible database contains information on 125,000 different customer experiences from nearly 1,000 individual sources.

Doug Moss and Roddy Scheer write for *EarthTalk* is a weekly syndicated column produced by for the non-profit *EarthTalk*. To find out more, submit a question, or make a donation, visit at EarthTalk.org.

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**"Rich, Aged Leather Is Always a Good Addition to a Historic Home" - Orlando Soria
Photograph by Zeke Ruelas**



Create Your Best Life Through Interior Design

From DIY decorating and room makeovers to entertaining friends, and living with a messy mate, lifestyle guru Orlando Soria dishes out tricks and tips with style and sass to help you get through life in style in his new book *Get It Together! An Interior Designer's Guide To Creating Your Best Life*.

After getting his start years ago on HGTV, Orlando has made his way to the upper strata of the blogosphere with Hommemaker, his blog about home décor, art, style, and life. His distinctive voice – funny, confessional, and honest – has made him the Dan Savage of millennial homemaking.

Now he brings together his most original, endearing, and irreverent advice in one gorgeous book that will help readers out of all kinds of tight spots – whether it's how to throw a dinner party with like no money, hanging art like a gallery owner, or begrudgingly hosting a guest complete with a to-do list and what to have on hand.

In sections on interior style, design, "Homme Life," DIY, and general life lessons, Orlando offers advice on topics such as "How to Make Non-Garbagey Flower Arrangements" and "How to Deal

with a Soul-Sucking Breakup."

He helps readers problem solve, avoid rookie mistakes, and choose a wall color that won't make them puke. Photographer Zeke Ruelas's stunning images accompany Orlando's tips on designing for dudes, making your own coffee table, how to throw a throw, creating an "Orblando," and decorating a kid's room.

If you have ever pondered on how to use pink, mix eras of furniture, or find a hot piece of brass, our style guru has all the answers to those questions. Whether you're short on cash or have money to burn, Orlando's unique and highly contagious take on life will inspire, comfort, and reassure you that anyone can *Get It Together!*

Get It Together! An Interior Designer's Guide To Creating Your Best Life is available now online and at bookstores.



**"Just because the walls are white doesn't mean your house has to be totally colorless. Try adding a fun pop to the door or trim!" - Orlando Soria
Photograph by Zeke Ruelas**

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Crocker & BofA Partner To Conserve Thiebaud Paintings

This spring, the Crocker Art Museum, in conjunction with the Bank of America, is conducting a conservation project of five iconic paintings by one of America's most beloved artists, Wayne Thiebaud.



Wayne Thiebaud's *Boston Cremes*, 1962. Oil on canvas, 14 x 18 in. Image courtesy of Crocker Art Museum.

The oil-on-canvas paintings, which are among the most treasured works in the Crocker's permanent collection, are currently being glazed and reframed thanks to a generous contribution of \$15,000 from Bank of America's Art Conservation Project.

Often associated with the Pop Art movement of the 1960s, Sacramento artist Wayne Thiebaud (born 1920) is known for his distinctive paintings of food, common household items, figures, and landscapes.

Known for his bright palette, consumerist imagery, and graphic presentation, Thiebaud's paintings are thick with impasto, emphasizing the paint as a compositional element in and of itself. The Crocker Art Museum has these five signature Thiebaud paintings on canvas in its permanent collection: *Pies, Pies, Pies*, *Boston Cremes*, *River Intersection*, *Street and Shadow*, and *Betty Jean Thiebaud and Book*.

"Not only are these paintings by Wayne

Thiebaud some of the most important works of art ever produced in California, they have the power to connect future generations," said Scott A. Shields, the Crocker's Associate Director and Chief Curator. "If we take preventive steps now, we can protect these treasures so that future generations will be able to enjoy and appreciate them, just as we do today."

"The Art Conservation Project is a major part of our commitment to provide pathways to greater cultural understanding and contribute to healthy economies around the globe, and reflects our belief that, ultimately, these treasures belong to us all," said Rena DeSisto, Bank of America's global arts and culture executive.

To enjoy these paintings and other art work, visit the Crocker Art Museum at 216 O St. in downtown Sacramento or online at CrockerArt.org.

Young Frankenstein, The Musical Is Monstrously Good Fun



Based on the popular Mel Brooks movie, *Young Frankenstein, the Musical*, is a live production featuring a band, goofy gags, snappy dancing, fantastic singing, hilarious lyrics, and a tap-dancing monster. For mature (or immature!) adult audiences, plays through April 22nd at the Auburn Placer Performing Arts Center. Visit www.livefromauburn.com. Photo by Karen Busse.

The Last Jedi & The Handmaid's Tale Reviewed

by Chris Narloch

Two female-driven films were released on DVD recently, and both are must-see movies for fans of futuristic flicks. Check out *Star Wars: The Last Jedi* and *The Handmaid's Tale* wherever and however you watch movies.

The Handmaid's Tale

The great Elisabeth Moss, who was one of the best reasons to watch seven superb seasons of *Mad Men*, is also terrific in her award winning, starring role as a woman whose job it is to bear children in a military dictatorship formed in what was previously the United States of America. Moss is riveting as Offred, a sexual servant forced to help repopulate a patriarchal society devastated by environmental disasters and a plunging birthrate. A 1990 movie version starring Natasha Richardson and Faye Dunaway was a dud, but this Hulu channel original series is a hauntingly effective adaptation of Margaret Atwood's classic dystopian novel. Ann Dowd and Joseph Fiennes provide superior support in the new version, but it's Moss who has to carry all ten episodes on her shoulders, and this immensely intelligent actress proves once again that she is more than equipped to do the heavy lifting. *The Handmaid's Tale* is available now from Twentieth Century Fox Home Entertainment.



The Handmaid's Tale

Star Wars: The Last Jedi
Many *Star Wars* fans were lukewarm on the latest movie, but I loved *The Last Jedi*. The film had a wonderful villain in Adam Driver's Kylo Ren, and it gave the late, great

Carrie Fisher a large supporting role that turned out to be a fond farewell to the actress who brought Princess Leia to vivid life. Best of all, *The Last Jedi* let Mark Hamill display his comedy chops and brought back Daisy Ridley for another run as Rey, the kick-ass heroine who learns the ways of the force from Hamill's Luke Skywalker. Harrison Ford is missed, to be sure, but *The Last Jedi* has perhaps the finest cast of actors in any *Star Wars* movie, including John Boyega, Oscar Isaac, Benicio del Toro, Laura Dern, Andy Serkis, and Lupita Nyong'o. *Star Wars* is now more than forty years old, and different generations of fans want different things from the films. No director is going to make everyone happy, and I do agree with the haters that Disney is diluting the franchise by making too many movies too close together. At this point, there is also so much hype surrounding every *Star Wars*-related project that I think the fans get their hopes too high, and then they trash the film if it's good rather than great. My advice is to make up your own mind about the movie now that you can buy *The Last Jedi*, which is available on DVD, Blu-ray and 4K Ultra HD.

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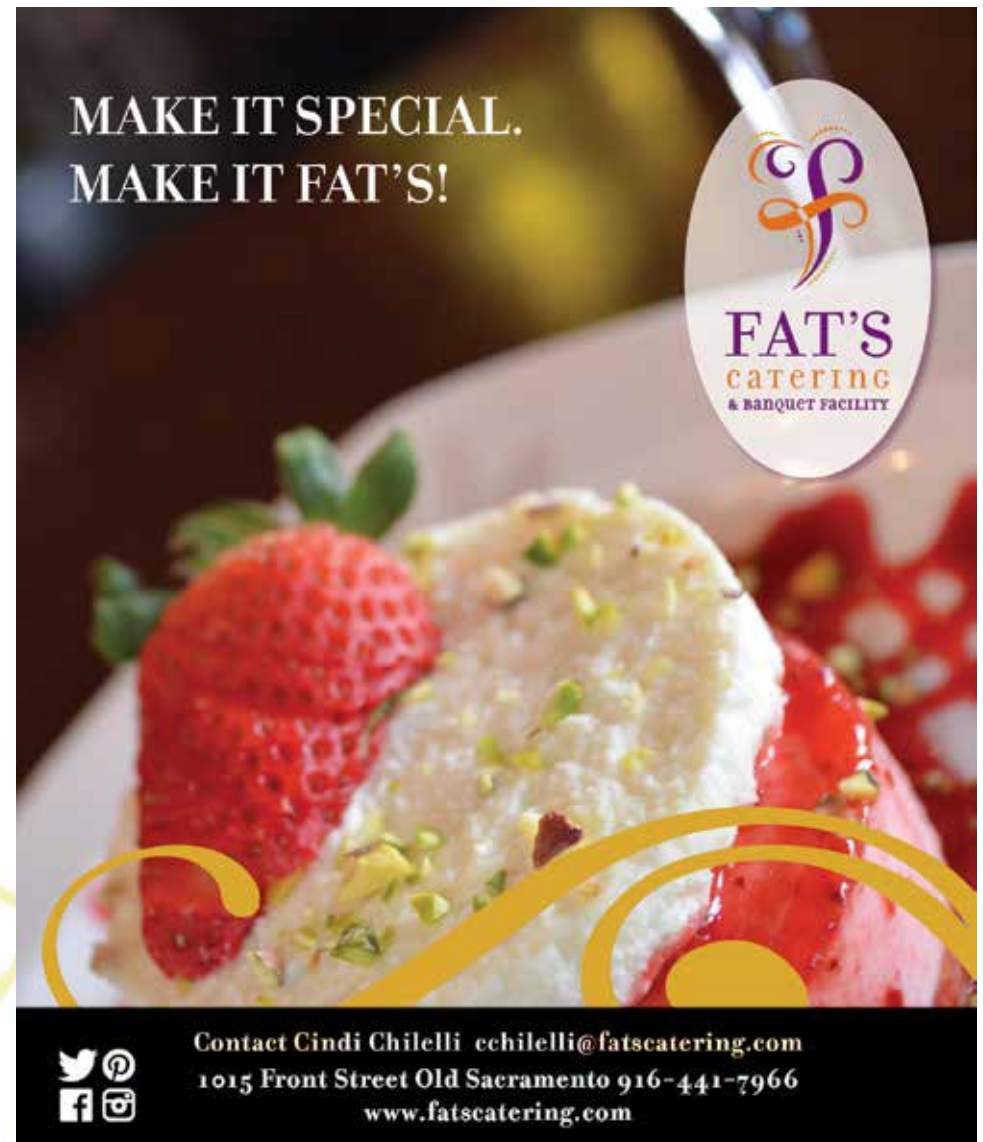
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Sacramento Jewish Film Fest Returns To The Crest

by Chris Narloch

There is a reason that most of the film festivals in town use Sacramento's historic Crest Theatre: it's art deco design and gorgeous large auditorium provide a dramatic backdrop for any swanky movie-related event.

This month, the Sacramento Jewish Film Festival (SJFF) returns to the Crest for three days of entertaining and illuminating movies. In addition to six films, the Festival will feature a discussion with one of the filmmakers, a dance performance, and two receptions.

Several intriguing documentaries will be shown this year at SJFF, including *Hummus! The Movie*, *Shalom Bollywood: The Untold*



Hedy Lamarr is the subject of *Bombshell*, a new documentary

Story of Indian Cinema and *Bombshell: The Hedy Lamarr Story*.

I will definitely be attending the April 21st screening of *Bombshell* which traces the life and career of one of the most beautiful movie actresses in the history of American cinema.

Hedy Lamarr was a refugee from Nazi-occupied Austria, and she was also the unheralded inventor of the technology that led to secure Wi-Fi, Bluetooth, and GPS communications. The actress was never given the credit she deserved for her brilliance – until now.

Bombshell director Alexandra Dean will introduce her film and will also lead a post-film discussion. The SJFF will take over the Crest on Thursday, Saturday and Sunday, April 19, 21 and 22.

You can purchase tickets to individual films and the Saturday night reception before *Bombshell*, as well as an All-Festival Pass, online or at the Crest Theater box office. For more information, visit <http://jewishsac.org>.

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Berkeley Rep Mounts a Major Revival of *Angels in America*

by Chris Narloch

When I saw the original Broadway cast of *Angels in America* at the Walter Kerr Theatre in New York City in 1994 (both parts in one day!), it was one of the peak experiences of my career as a theatergoer and a theater critic.



Cast of *Angels in America* at Berkeley Rep. Photo by Cheshire Isaacs/Berkeley Repertory Theatre.

If you've never seen this monumental American epic live – and even if you have – I highly recommend that you purchase tickets to the star-filled, Bay Area production that opens later this month at Berkeley Rep.

Angels in America: A Gay Fantasia on National Themes will feature the original Prior Walter from Broadway, actor Stephen Spinella, as Roy Cohn. The casting coups continue with Bob the Drag Queen playing Belize in Berkeley and Randy Harrison (the cute blond kid from the American version of *Queer as Folk*, all grown up now) as Prior.

But wait, there's more. Sacramento theatergoers will recognize the multi-talented local actor and director Benjamin T. Ismail from his work at Capital Stage and Big Idea Theatre; Ismail has the plum role of Louis, who deserts his lover after Prior's AIDS-related complex deteriorates.

Angels in America is Tony Kushner's Pulitzer Prize- and Tony Award-winning masterpiece, which arrives at Berkeley Rep in its entirety, directed by artistic director Tony Taccone in his 20th anniversary season.

First staged 26 years ago, and originally commissioned by the Eureka Theatre in San Francisco while Taccone was serving as artistic director, this fierce and astounding two-part drama is at once an epic exploration of American politics, gay identity, and mythology, and a personal story of love and loyalty.

In today's sociopolitical climate, Kushner's universal message of compassion and inclusion makes *Angels in America* as timely as ever. "Part One: Millennium Approaches" and "Part Two: Perestroika" will be performed on separate days and also on marathon days that allow you to see the entire epic consecutively.

Angels in America plays April 17-July 22 at Berkeley Rep's Roda Theatre. For more information, visit www.berkeleyrep.org.

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Toni Braxton, Kim Wilde & Lisa Stansfield Return

by Chris Narloch

Two of my favorite soulful sirens from the '90s, Toni Braxton and Lisa Stansfield, recently released new music. I also review the latest CD from Kim Wilde, the veteran pop-rock singer who hit it big back in the '80s with "Kids In America" and "You Keep Me Hangin' On."



Toni Braxton. Photo by Randee St Nicholas

Toni Braxton – *Sex & Cigarettes*

It's hard to believe that Toni Braxton, who still looks and sounds fabulous, turned 50 in 2017. One of the sexiest singers ever, Braxton cranked out the radio hits in the '90s, with a string of classic soul songs such as "Un-break My Heart," "You're Makin' Me High," and "Breathe Again."

Recently, she became more famous for a reality TV show with her family, but I am happy to report that she is back to making music with her sultry new CD, *Sex & Cigarettes*, the singer's ninth studio album in 25 years of recording.

Braxton's husky, throaty vocal style has always been unmistakable, and she gives it free reign on the new disc's title song, a sonic soap opera that finds the diva putting her cheating man on notice.

Another track that is a perfect fit for Braxton is "FOH," and I like the way she lowers her voice even more than usual so that a listener can just barely hear the last (profane) line in the song's chorus.

To her credit, Braxton keeps things short and sweet, and this successful CD concludes after eight excellent cuts, with "Missin'," an addictive dance track that should bring her gorgeous voice back to the dance floor.

with her eighth studio album, *Deeper*, which sounds like the early records she made almost thirty years ago. It should make her longtime fans very happy.

The beats on *Deeper* don't hit you over the head, which I appreciate, and Stansfield has always had an effortless way with a melody that brings fans of Philly soul and club music together as one.

Standout cuts on *Deeper* include "Everything," "Hercules," "Ghetto Heaven" and the first official single, "Billionaire."

Kim Wilde – *Here Come The Aliens*

This new CD has witty, wonderful album art – it looks like a corny, sci-fi "B movie" poster from the '50s – and the music is pretty sweet as well.

Fans of Kim Wilde will want to buy the disc, since the singer hasn't had a new studio album in seven years, and her trademark tough-chick, pop/rock appeal is still intact on *Here Come The Aliens*.

Tasty tracks like "Pop Don't Stop," "Addicted To You" and "Rock The Paradiso" prove that Kim Wilde can still rock like a UK Joan Jett.

Lisa Stansfield – *Deeper*

Long before Adele showed up, another white UK soul singer showed Americans how it was done with hits like "All Woman," "All Around The World," and "This Is the Right Time."

Lisa Stansfield is back this year



Lisa Stansfield. Photo by Ian Devaney

Out & About with Matt by Matthew Burlingame

In the last month Sacramento has found itself taking center stage in the ongoing debate about gun laws and racial justice. Whatever your personal take on our turbulent times, remember that in any discussion listening is as important as being heard.

So, with public safety in the forefront of our minds, the Sacramento Public Library (Arden-Dimick) at 891 Watt Avenue is playing host to a Public Safety Candidates Forum on April 14 at 6 p.m. The forum will feature Sheriff's candidates Donna Cox and Milo Fitch, as well as District Attorney candidate Noah Phillips discussing the current criminal justice system in Sacramento County and what the future holds.

It was a Drag Queen Bingo record setter on Thursday, April 5 with an amazingly fun crowd. Former host and *Outword* publisher Fred Palmer stepped in to guest host the night and said "It was KRAZZZZZZYYY," raising over \$4,000 for the NorCal AIDS Cycle and another \$1,753 for the Rainbow Chamber Foundation – a total of \$5,753. Drag Queen Bingo, featuring the lovely and irrepressible DoMe Moore, is played every 1st Thursday of the month at Mango's BURGERTOWN at 20th & K, starting at 7

p.m., but get there EARLY, because tables go as fast as you can say O-69!

April 18 is National Transgender HIV Testing Day. Transgender women are at high risk of having HIV and of contracting HIV. Transgender women of color, especially Black/African American and Hispanic/

There will be a Burst of Butterflies as Sac State holds their annual Pride days this month. Events include a showing of the film *Signature Moves* (4/17 @ 2 p.m.) and on the 18th a Pride Fair & Brown Bag Queer Picnic from 10 a.m. to 1 p.m. in the quad That night the Queer Union will host a Pride Week Party & Open Mic Night, get all the details at www.facebook.com/events/308516043007798/

PRIDeNet and the All of Us Research Program National Sexual and Gender Minority Network is conducting a national LGBT health study to better understand what LGBT people think about health issues, health research and preferred ways to share information. There will be a special LGBT health listening session in Sacramento on April 26, from 5 to 8 p.m. in South Sacramento. Local organizers are seeking Sacramento LGBT community members to participate. Participants will receive an opportunity to participate in a national LGBT health study, dinner and refreshments and a \$25 gift card as a token of appreciation. Participants must be 18 years of age and older, identify as a

sexual or gender minority, a resident of Sacramento County and able to attend the full session on April 26, 2018 from 5 to 8pm. Contact Clarmundo Sullivan at 916-427-4653 or Chris Packey at 916-442-0185, ext. 109 for more information.

Let's give a huge Sacramento-welcome to our newest residents Jeff Adams and Will Knauss, best-selling gay romance authors and hosts of the well-known Big Gay Fiction Podcast. Soon they will learn what every new Sacramentan learns – if you don't have allergies yet, you will soon. #truestory

Speaking of authors, congratulations to Sacramento author J. Scott Coatsworth on the release of his latest LGBT science fiction book "Lander," the follow-up to the Rainbow Award-winning "Skythane."

Coatsworth is one of the founders of the QSAC authors collective, a group of over 30 local authors whose mission is to help connect the Sacramento queer writing community to the general queer community. Any writers of queer works are welcome, as are queer writers who write in any genre. Visit qsac.rocks for more information or visit them at Sacramento Pride on Sunday, June 10!

Let Matt know what's Out & About with you. Send him short notes of your accomplishments, funny happenings and upcoming events to matthew.burlingame@gmail.com.



Latina women, experience disproportionately high rates of HIV. The Sacramento LGBT Community Center, Golden Rule Services and Gender Health Center are all trans-affirming local organizations providing rapid HIV testing.

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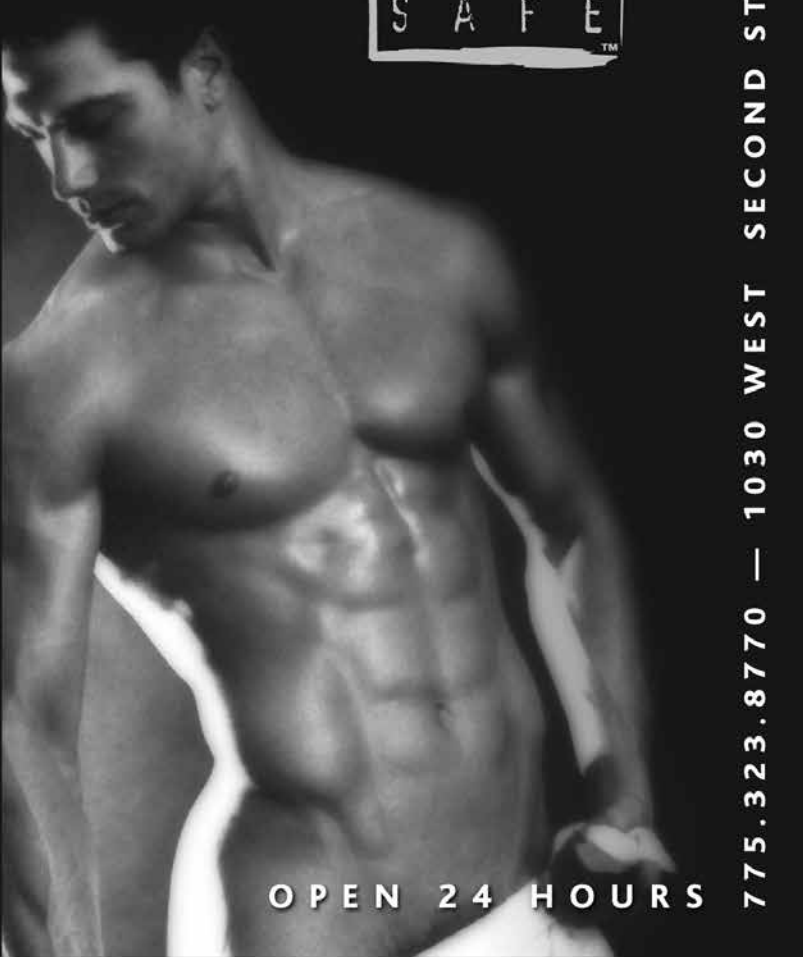
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Sacramento Photography Month Highlights 30+ Events, Activities & Exhibits Throughout the Area



Sacramento's first-ever Photography Month is this April, with approximately 30 events, activities and exhibits designed to celebrate the visual arts while creating an accessible and visually-exciting collective experience that brings people together. A complete – and ever-increasing – list of events and activities is available at www.photomonthsac.org

Get Your Scare On in *A Quiet Place*

by Chris Narloch

In only his second feature film behind the camera, funnyman John Krasinski (*The Office*) turns out to be quite the accomplished director with this chilling new movie, which costars Emily Blunt as a pregnant wife and mother trying to keep her family together after monsters decimate most of the world's population.

The movie is set on and around that family's farm in upstate New York, where Blunt's and Krasinski's characters raise their children to walk around barefoot and never make a sound for fear of attracting alien-like creatures that hunt by their highly-evolved sense of hearing.

My what big ears they have, better to hear a newborn who is doing what most babies do a great deal of after being delivered – cry in order to attract attention.

That is only one of many extremely suspenseful sequences in this classy, intelligent and emotionally satisfying horror flick, which creates a convincing family dynamic that grounds the movie before the suspense really kick in.

Blunt and Krasinski, who are married in real life, are (not surprisingly) great together, and a



Emily Blunt and Millicent Simmonds costar in *A Quiet Place*.

prodigious deaf actress named Millicent Simmonds all but steals the movie as their gutsy daughter.

Long stretches of silence and a superb music score add to the mounting creepiness in *A Quiet Place*, which clocks in at an

economical and very entertaining 90 minutes long.

Don't miss *A Quiet Place*, currently in wide release. For more reviews of new movies in theaters, go to www.outwordmagazine.com.

EastSiders Nominated For Six Daytime Emmy Awards

Kit Williamson's acclaimed LGBT series *EastSiders* was nominated in six categories of the 45th Annual Daytime Emmy Awards, including Outstanding Daytime Digital Drama Series and Outstanding Writing and Directing for Kit Williamson.

Called "Funny and Heartbreaking" by *Entertainment Weekly*, all three seasons of the critically acclaimed LGBT series are now streaming on Netflix worldwide, and are available on DVD and VOD through Wolfe Video. The 45th Annual Daytime Emmy Awards will take place April 29, 2018.

EastSiders also received an Outstanding Actor in a Digital Daytime Drama Series nomination for Van Hansis and Supporting Actor nominations for Stephen Guarino and John Halbach. This marks Hansis' fifth Daytime Emmy nomination, having received a nomination for his role as Thom in season two of *EastSiders* and three nominations for playing the role of Luke Snyder on *As The World Turns* (a role that made history in 2007 by being daytime television's first kiss between two men).

Williamson, who is also known

for playing the role of Ed Gifford on the final two seasons of *Mad Men* says, "The Daytime Emmy Awards are at the vanguard of the indie TV revolution, and I think it's amazing that they have expanded the categories for digital series this year. We're incredibly grateful to be recognized with this many nominations!"

Executive produced by Williamson and his husband John Halbach, season three of *EastSiders* follows the cross-country misadventures of Cal (Williamson) and Thom (Hansis). It was shot on location in New York, New Jersey, Pennsylvania, Ohio, Indiana,

Illinois, Minnesota, Wisconsin, Iowa, South Dakota, Wyoming, Montana, Idaho, Oregon, Nevada and California and features guest appearances from Constance Wu (ABC's *Fresh Off The Boat*), Wilson Cruz (*Star Trek Discovery*), Traci Lords (*Swedish Dicks*), and many more

"We have to thank our incredible fanbase for their support and Netflix for exposing the series to a huge, international audience," continues Williamson. "The positive response from all around the world has been beyond anything we could have hoped for."

www.EastSidersTheSeries.com



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