

OutWord

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Vote of Support for the LGBTQ Community from Democrats

In a historic move, the Democratic National Committee (DNC) recently adopted language to their charter which will now include gender self-identification and gender nonbinary members. Previously, the rules of men and women in DNC committees, Vice Chairs, delegations: Democrats gender to participate. Now, identify as gender nonbinary as male or female. required an equal number membership, and presidential had to choose a those who self-will not be counted

The gender neutral language is an effort to be more inclusive of the LGBTQ community. State Democratic parties will implement the changes to their own committees and organizations leading up to the 2020 convention.

Additionally, the DNC passed a resolution condemning discrimination against LGBTQ individuals in the name of religious freedom. Specifically, the resolution targets recent efforts by the Department of Justice's Religious Liberty Task Force.

Education Secretary DeVos Learns a Lesson from California's Attorney General

California Attorney General Xavier Becerra is leading a multistate coalition in blasting the U.S. Department of Education. The group, consisting of Attorneys General from 10 states and Washington, D.C., are condemning Secretary Betsy DeVos' attempt to rescind the 2014 school discipline guidance.

Designed to prepare students for success in school and beyond, the guidance provides resources for creating safe and positive environments. It was implemented to protect LGBTQ youth, students of color, and those with disabilities.

By doing so, school districts are able to

develop practices and policies that comply with federal civil-rights laws related to disciplinary measures. However, if the protections are removed, there are growing concerns suspensions and expulsions will be relied upon to address disciplinary issues.



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Nat. Gay and Lesbian Chamber of Commerce
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AIDS Scholarship Fund Helps More Students than Ever

by Joyce Mitchell

Capital City AIDS Fund (CCAF) distributed in August more scholarships to HIV+ students than ever before in the history of the program. Started in 2002, the Helen Veress-Mitchell Scholarship Fund is run by CCAF, and to date, has raised and given to young people attending college nearly \$200,000.

This year, more HIV+ students applied and CCAF was able to award each applicant. Fourteen students received \$1,500 each to assist them with college tuition. "I just wanted to take a moment to thank you for selecting me for the Helen Veress-Mitchell Scholarship," said one student. "I am extremely honored and inspired by this news. This will greatly help me offset the cost of tuition this year."

A total of \$21,000 was awarded to students for the 2018 school year. "I'm always thrilled by this project," said scholarship Chair Stuart Eldridge. Also a member of the CCAF board, Eldridge is passionate about heading up the program. "I find this so rewarding," said Eldridge. "Many of these students face health challenges on top of trying to manage school

and day-to-day life. We believe investing in our students in an investment in society as a whole."

Many of CCAF's students graduate with master's degrees, some are pursuing PhDs. The majority of them head into a field where they serve other young people living with HIV/AIDS. "It was a little bit of a surprise - a nice one - that several of our student applicant referral letters had been signed by Master of Social Work who we helped put through college," said Eldridge. "Now, she's working to help a new generation of young students impacted by HIV/AIDS."

Charisse Ahmed has been funded by CCAF for a couple of years now. She's now studying to get a PhD in Nursing. Ahmed discovered that she was HIV+ after testing

herself at home while she was alone. Her mother had died when she was a teenager. When her family finally told her the cause of her mom's death, Ahmed started volunteering as an HIV/AIDS outreach worker, doing testing. That's when, at home alone one night, she administered her own test. She was only 20-years-old.

Today, Ahmed is a Fullbright Scholar and received a research grant to study HIV in Swaziland for nine months. She presented her research focused on health care experiences among adolescents living with HIV at the 22nd International AIDS Conference in Amsterdam, Netherlands on July 26.

"To say we're proud of our students is an understatement," said Eldridge. "Please come out and help raise money for future scholarships at our Art From the Heart Fundraising event September 29 at 5770 Broadway beginning at 6 p.m. It's amazing because artists are donating 100% of proceeds to help students like Charisse." Together we are strong.

Sacramento Rainbow Chamber of Commerce Names Interim Executive Director

One of Sacramento's leading activists for the LGBTQ community is taking on an additional role. Outword Publisher and founder of Outword Media Marketing and Events Inc., Fred Palmer, will now serve as Interim Executive Director of Sacramento's Rainbow Chamber of Commerce. As a founding member of the Chamber, Palmer has served several terms as president on the organization's board. The new staff position follows a two-year board initiative to plan and budget for permanent, full-time executive staffing for the fast-growing regional Chamber.

"This is an exciting step we have been working toward for some time, as our membership and our footprint in the community have expanded," said Rainbow Chamber President Diana DePaola. "This new staff position will allow us to better manage our growing schedule of networking events, workshops and community advocacy activities."

The Sacramento Rainbow Chamber of Commerce is a regional chamber serving LGBT business owners and professionals across the Sacramento Valley, as well as straight allies who support its mission of

fostering a prosperous, diverse and inclusive business climate. The Chamber will celebrate its 16th anniversary at its annual Boas & Bowties Scholarship & Awards Gala on Thursday, September 20, at the Hilton Sacramento Arden West.

"I am so proud of all the Chamber has accomplished in its 16 years and honored to have the opportunity to serve the organization at this historic turning point," said Palmer.

For more information about the Sacramento Rainbow Chamber of Commerce, visit www.rainbowchamber.com.



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Contributing to the Community – Gender Health Center

by Laura Lee

Recently, I stumbled while trying to respectfully address a transgender person, and thankfully, they compassionately put me on track. That person was Alex Fillippelli, director of programs at Gender Health Center (GHC) in Sacramento. GHC has been a NorCal AIDS Cycle (NCAC) beneficiary for years, and wow, are they making a contribution to the community!

According to Fillippelli, who has been involved with the NCAC for four years, the vision of GHC came from the reality that transgender people are often not safe and welcome in LGBTQ spaces. Trans people often face anti-trans attitudes in LGBTQ spaces and “Trans people have unique needs for access to healthcare compared to our LGBTQ siblings. Homosexuality was removed

Gender Health Center is committed to liberating all trans people from oppression, hence our involvement with NCAC. We understand the marginalization our community experiences to be rooted in racism and colonialism: trans people make up only .3% of the population, yet trans people are living with HIV at five times the rate of the general population. Also, 19% of



Alex Fillippelli, Director of Programs at Gender Health Center.

from the Diagnostic and Statistical Manual of Mental Disorders in 1973, yet gender diversity is still considered a diagnosis and we are still required to undergo a mental health assessment and receive ‘clearance’ from a provider before we can access basic medical care.”

He explained that GHC is both a safe haven for trans folks, where they can be who they are and take refuge from anti-trans attitudes, as well as be a service provider facilitating access to healthcare and other resources promoting the social determinants of health in a way that is also unique trans-centered.

Fillippelli speaks not only from his position as a director at GHC but also from his own transition. As a 13-year-old, he understood himself as queer. It took a long time to understand himself as trans. “I didn’t have language around gender identity or role models to imagine a future way of being for myself for many more years,” said Fillippelli. “That’s why trans representation in places like GHC, and NorCal AIDS Cycle are so important for our community.”

Black trans women are living with HIV. The struggle for trans liberation and ending HIV/AIDS are very much connected.” Alex said.

I asked Fillippelli what he would say to someone who was experiencing feelings of gender variance. He replied that diversity is a part of who you are. “It’s more common than you can imagine and it leans into all of your greatness!” To cis-gender folks (non-transgender), he would say it goes a long way to remain open to people who don’t fit what society tells us the gender binary looks like. By not policing people’s bodies, mannerisms, or expressions, there is more room for people to express themselves safely. If you are ever questioning how to treat a trans person with dignity, you just need to ask them: they have agency and can best speak to what affirmation looks like for them.

Fillippelli is riding in his third NCAC event this year. He said NCAC brings the love of cycling together with community and a desire to end HIV/AIDS. “These are values that I share and I’m excited to be part of the NCAC again this year.”

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An advertisement for The Healing Touch Chiropractic. It features a logo at the top with two hands reaching towards each other. Below the logo, the text reads "THE HEALING TOUCH CHIROPRACTIC". Three men are shown: two standing on the sides and one sitting in the center. The text lists their names: DR. DARRICK LAWSON, DR. JUSTIN KAMERMAN, and DR. DANIEL MILLER. It also provides the location: "Located in Midtown, 1919 21st Street, Suite 101, Sacramento, CA 95811". At the bottom, it lists services: "Chiropractic • Auto Injury Care • Decompression Therapy" and "Over 25 Years Chiropractic Experience". The phone number 916-447-3344 and website www.FixMyBack.com are also included.

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Can you believe it's Farm to Fork Festival time again? I'm a helpless foodie and never miss Sacramento's annual Farm to Fork Festival that celebrates California's full bounty of agriculture, ranching, food manufacturing and cuisine.



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attraction. We draw travelers from across the world to more than a dozen renowned wine regions, but we also allow easy nonstop access to other world-class wine regions such as the Pacific Northwest with 25 daily nonstops to Vancouver, Seattle, Portland and Spokane.

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Mahalo for flying from SMF!

Mark Haneke is the Director of Marketing and Service Development for Sacramento International Airport as well as a seasoned expert in air service development and a savvy world traveler. His travel column will appear monthly in Outword to share news on new destinations from Sacramento International Airport, peppered with some of his own personal stories and travel recommendations.

Art From The Heart – Together We Stand Strong

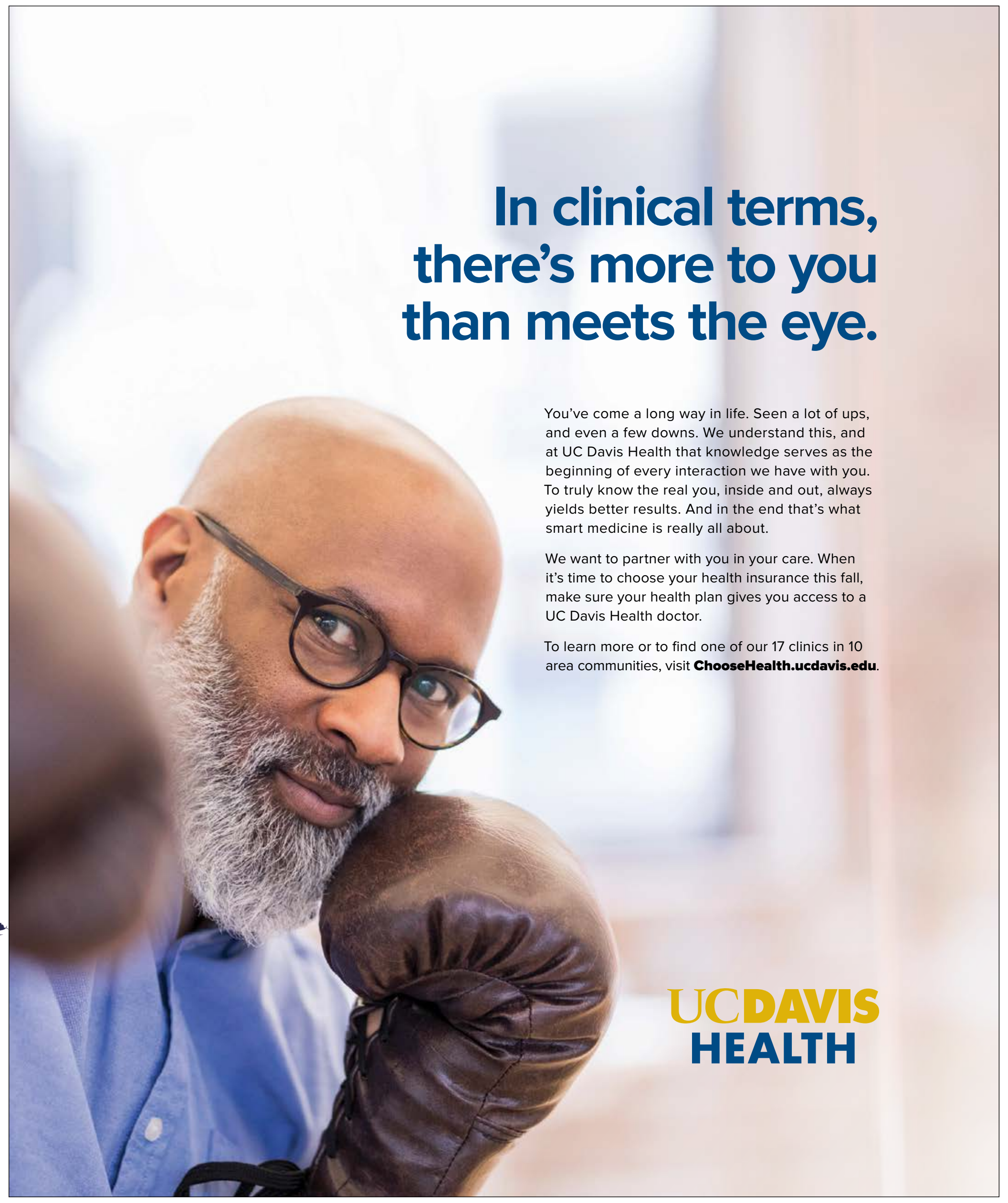
Enjoy an evening of art, food and wine for a good cause. The Apothic Heart Tattoo Collective Art Gallery is featuring Art From The Heart. Capital City AIDS Fund (CCAF) President Joyce Mitchell, and more than 25 local artists are donating nearly 100 paintings to raise college scholarship money for HIV-positive youth.

The proceeds will benefit the Helen Veress-Mitchell Scholarship Fund. Since 2002, the fund has awarded more than \$200,000 in scholarships helping students living with HIV attend college or technical school.

The event is scheduled for Saturday,



September 29, from 6 – 8 p.m. at the Apothic Heart Tattoo Collective Art Gallery at 5770 Broadway in Sacramento. For more information, visit the Art From the Heart's Facebook page <https://www.facebook.com/events/477778552645431/>



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The Spirit of the Gay Games Burns Brightly

by Cameron Yee and Aaron Silva

Paris was recently the site of Gay Games 10 (August 4-12). With more than 10,000 registered athletes in 36 sports and held in more than 50 facilities, the marching in of the athletes at the Opening Ceremony was quite spectacular. Fifteen Sacramento athletes travelled to Paris to participate in bowling (King Erasga, Tom Lane, Marvin Noceda, Allan Pearlman, Marshall Perkins, David Pritchett, Joseph Reportente and Elman Trias), track (Saul Arcos, Jeff Barbier, James Brown and Cameron Yee), tennis (Greg Byers and Terry Dyer) and wrestling (Aaron Silva).



Greg Byers and Terry Dyer, Gay Games 10 tennis athletes.

At 40 years old, Silva never thought he would travel to Paris to compete in Freestyle Wrestling at the Gay Games. The journey started about two years ago when he started training with the Golden Gate Wrestling Club and SoCal Wrestling Club. In Paris, Silva won two out of three matches and earned a silver medal. For Silva and for many of the athletes, it was about being their true selves and competing without fear or shame and with unwavering encouragement.

“As someone that never competed in sports as a child, having the inclusion, the accessibility and brotherhood and sisterhood available to me at age 40 is priceless,” said Silva. “I can’t begin to

describe the worldwide network of athletes, friends and chosen family that were made on this trip. Feeling 100% comfortable in my skin, knowing that I was with the right people and in the right place, was utterly priceless.”

The slogan for Gay Games 10 was All Equal (the competitions were open to anyone and everyone. While the Games stressed participation over winning, Sacramento athletes came home with two silver medals (Aaron Silva in wrestling and Cameron Yee in the 1/2 marathon) and a bronze medal in bowling (King Erasga, Marvin Noceda, Joseph Reportente and Elman Trias)

Hong Kong will host the next Gay Games in 2022.

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Sacramento's Farm to Fork Festival Is Back

The 2018 Farm-to-Fork Festival returns to Capitol Mall, September 28 and 29, and new this year is "Friday Night at the Farm-to-Fork Festival," an admission free kickoff party on Sept. 28 at Capitol Mall.



Photo by Octavio Valencia.

On Friday night, the Wood Brothers will headline the music stage, where they'll be joined by Logan Brill and local sensations the IdeaTeam. The new Friday event will feature farm-to-fork food from SaveMart, Raley's, local food trucks and more, alongside exclusive wine selections from Clarksburg Wine Growers & Vintners Association and

pours from area breweries. Friday Night at the Farm-to-Fork Festival will run from 4-9 p.m. on Sept. 28 and span 3rd to 5th streets on Capitol Mall.

On Sat., Sept. 29, the full Farm-to-Fork Festival will return to Capitol Mall, running from 3rd to 8th streets from 11 a.m.-6 p.m. The band Dawes will headline a day-long music lineup that will include Magic Giant, Sunny War and Jessica Malone. Beyond live music, the event will again feature multiple cooking demonstration stages, family activities, interactive exhibits and food, and wine and beer selections that highlight the flavors of Northern California.

Both Friday and Saturday's Farm-to-Fork Festival events are admission-free, and Sacramento RT will offer free rides to and from the Festival. Complimentary bike valets will also be available.

Established in 2013, the Farm-to-Fork Festival has quickly grown to be one of the most popular festivals in the region, attracting more than an estimated 60,000 residents and visitors in 2017.

More information can be found at farmtofork.com.



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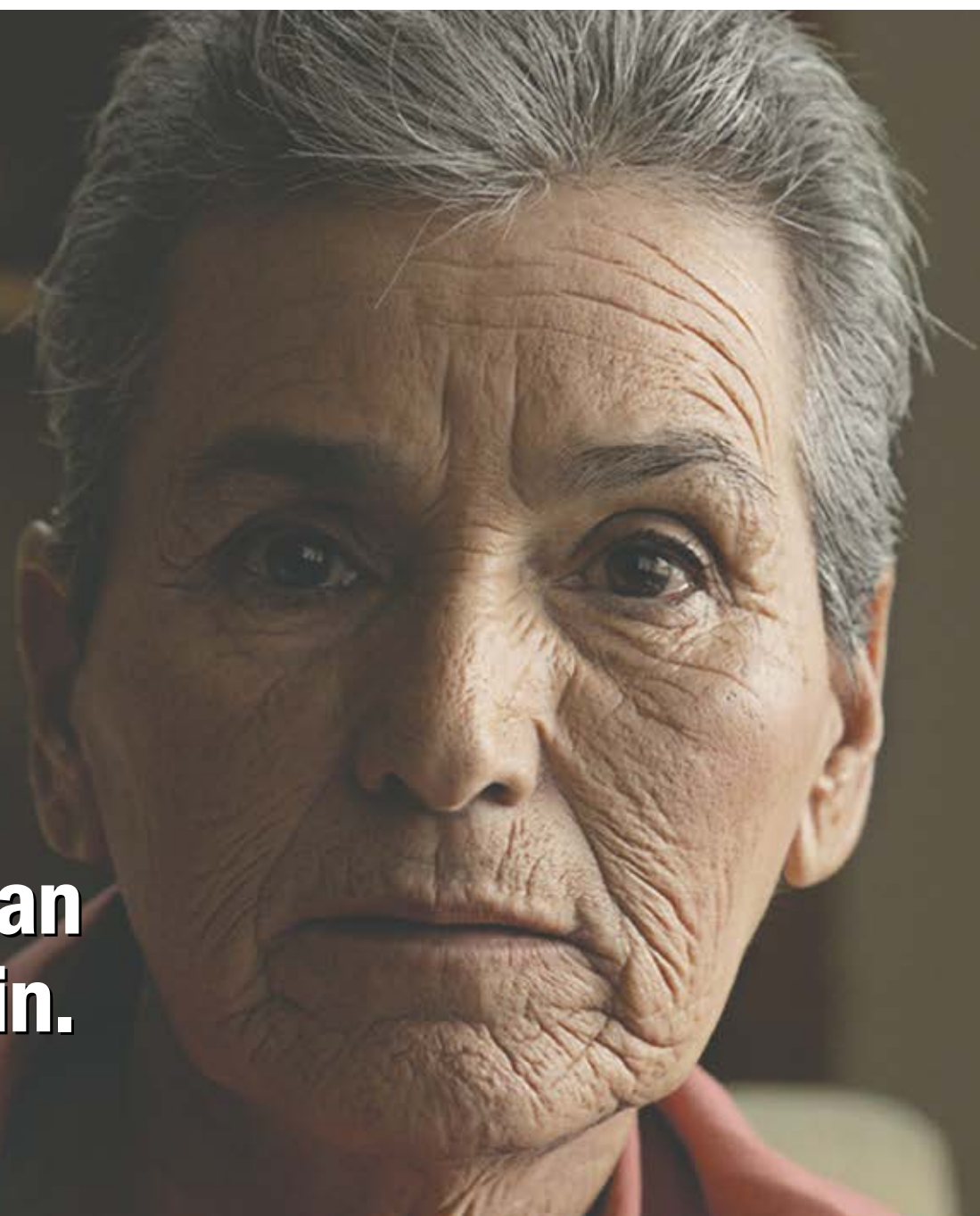


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Out & About With Matt

by Matthew Burlingame

As summer fades and the feeling of autumn creeps evermore into the air, we remember that pearl of wisdom passed down by the great Beverly Sutphin: don't wear white after Labor Day.

This year's Labor Day weekend brought Sacramento the 31st Annual Rainbow Festival. Congratulations to the organizers on a successful event and Ronnie Scharffer for a great entertainment line-up!

As one of the founders of the Lavender Library, I am proud to see the organization celebrating its 20th anniversary this summer! Celebrate the occasion on Sept. 22 from 3-10 p.m. with two FREE events: one family/youth friendly and one 21+. lavenderlibrary.com

The All of Us (AoU) research findings are in. AoU worked with Golden Rules Services and the Sacramento LGBT Community Center to conduct a health study focus group in April 2018. Results show Sacramento's LGBTQ health concerns include stigma and discrimination within healthcare settings, a lack of culturally competent care and transgender exclusion among other important healthcare concerns. Find out more at allofus.nih.gov.

The Rainbow Chamber Board of Directors has named *Outword Magazine's* Fred Palmer as the Chamber's Interim Executive Director. The new staff position follows a two-year board initiative to plan and budget for permanent, full-time



recipients of the scholarships. The event is Sept. 20 from 5:30-9 p.m. Find out more at RainbowChamber.com.

The Capital City AIDS Fund is bringing together two dozen artists to sell their art and raise funds for HIV+ youth. Art From The Heart will take place on Sept. 29 at 6-11 p.m. at the Apothic Heart Tattoo Collective, 5770 Broadway. All proceeds from the art sold will benefit the Helen Veress-Mitchell Scholarship Fund. There will be appetizers, dessert and complimentary wine and beer until 8 p.m.

LGBT Elders mark your calendars for Community Café Night on Sept. 21 from 6-8:30 p.m. in the First United Methodist Terrace Room, 2100 J St. Reservations are required and the deadline is Sept. 16. Don't miss a chance to get to know other LGBTQ seniors thanks to the Wisdom Project. Email Servant_Hearts@hotmail.com for more information.

It's been over two years since comedian Poppy Champlin was last in Sacramento. Thankfully, Jammin' Jo is bringing Poppy back for an afternoon of laughter on Sept. 23, 4-8 p.m. at the Sky Room, 2600 Watt Ave. Then on Sept. 28 from 6-11 p.m. Dance the night away as Jo DJs another awesome dance also at the Sky Room! Email Jo for more information at jamminjo.com.

We hope to see you at Outword's "Liquid Therapy" happy hour Sept. 14, 5:30-7 p.m. at Badlands. Don't forget to check out our new community master calendar section so you won't miss the fun!

G'mar Hatima Tova to those observing Yom Kippur the evening of Sept. 18. Also, a blessed Mabon beginning Sept. 21 to our pagan readers. Happy birthday to Robert Berquette, Emma Haney, Tabitha Stout, Rob Williams, Scott Smoot, Jen Ikemoto, Ginny McReynolds, Penny Kline, Marghe Covino, and all those with mid-September birthdays. Also well wishes to Rich Jones.

Got events, birthdays, anniversaries, or did something awesome happen to you recently? Let Matt know at matthew.burlingame@gmail.com. Check out his writing at JustKissTheGuy.com.



Tina Reynolds will be the Mistress of Ceremonies for the Boas and Bow Ties Gala Dinner.

executive staffing for the fast-growing regional Chamber.

Wear your finest boas and bow ties to an evening of celebration for the Boas & Bow Ties Scholarship and Awards Dinner hosted by the Rainbow Chamber Foundation. The event will feature silent and live auctions by Steven Godfryd of Pacific Auctions benefiting scholarships for LGBTQ and allied students, installation of the new Rainbow Chamber board, recognition of the business leader of the year, and of course, honoring the

The Pineapple Classic Returns for a 2nd Year

Words and Images by Kammy Caruss

Golf hackers rejoice! The Pineapple Classic is back for more shenanigans and a great cause. After their inaugural year in 2017, the founders decided to go bigger and better for 2018. Once again, this casual golf event will benefit the Rainbow Chamber Foundation, a Sacramento-region 501 (c)(3) non-profit organization dedicated to supporting programs that improve the quality of the LGBTQ+ community, including annual scholarships for post-secondary education. This year Rainbow Chamber Foundation will award a record fifteen scholarships at its annual Awards & Scholarship Dinner.



The Pineapple Classic is a friendly, fun golf scramble scheduled for Saturday, October 6th where teams of four tee off concurrently at 1pm in a Shotgun Start. A Scramble means you'll never have to recover a bad shot, because you'll get to pick the "best ball" from your team each shot! You won't need to get "teed off", you can always buy your way to a better score with our absolved cheats! Players receive swag bags, sponsor giveaways and the opportunity to win exciting raffle prizes.

Not a golfer? Sign up as a sponsor for fantastic opportunities to meet some great people and give back to our Sacramento community. Not free that weekend? We have sign sponsorships as low as \$50 just to give your business or organization exposure at the event.

This year we'll be playing at WildHawk Golf Club in Sacramento. Along the

course, there are entertaining contests like Marshmallow Drive, Goofiest Golf Outfit, and the Pink Ball Challenge. For those serious golfers (but who are we kidding, everyone has a shot at these!) there are Hole-in-One Contests, Closest to the Pin, and Longest Drive contests. Prizes include but are not limited to limo rides, shopping sprees, and \$5000 in travel.

A delicious Awards banquet follows with complimentary food & drinks for players and sponsors. Become the next Pineapple Classic champions!

No Team? No problem, individuals are encouraged to register and you'll make great friends on your assigned team. Discounts for foursomes, though, and bonus benefits for team sponsors.

Don't delay - sign up today!
<http://thepineappleclassic.com>



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Capital City AIDS Fund (CCAF) President Joyce Mitchell and over two dozen other Sacramento artists are bonding together to sell their art to raise money for HIV+ youth. 100% of proceeds from art sold will benefit the Helen Veress-Mitchell Scholarship Fund.

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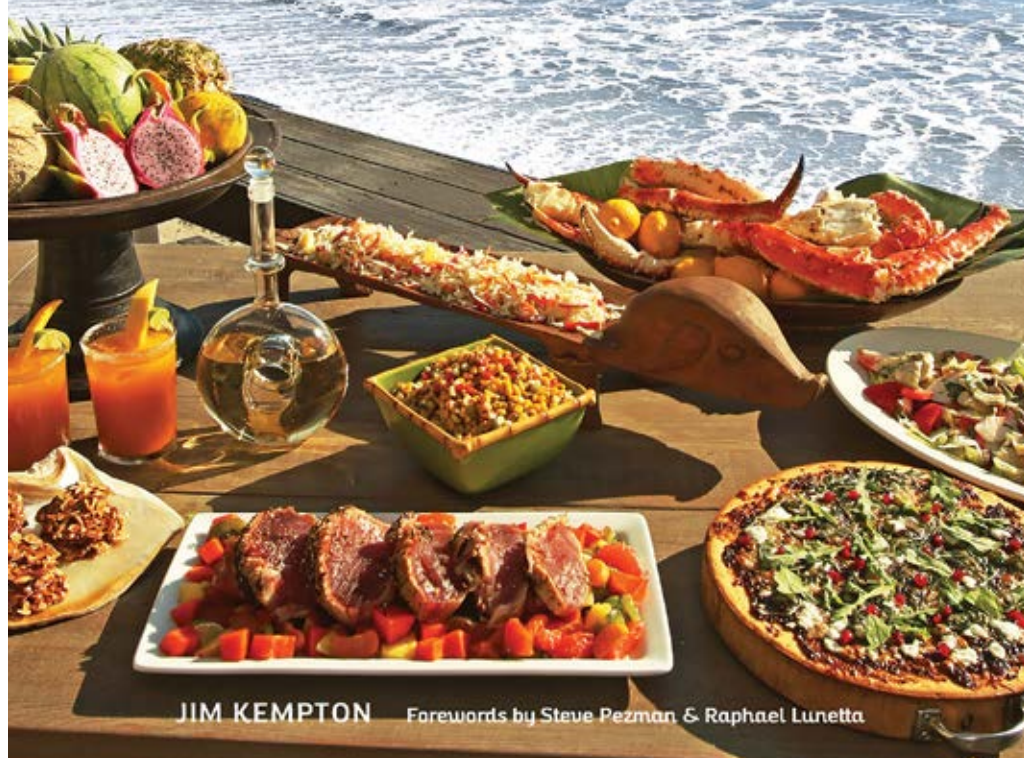
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FIRST WE SURF THEN WE EAT

Recipes from a Lifetime of Surf Travel



JIM KEMPTON Forewords by Steve Pezman & Raphael Lunetta

Hang 10 with First We Surf Then We Eat

A lifetime of traveling, surfing and cooking is captured in a collection of recipes and real-life stories. The former editor and publisher of Surfer magazine, Jim Kempton, presents "First We Surf Then We Eat."

The book is more than just ingredients and measurements: you will feel as if you are traveling on the six continents Kempton has visited - tasting banana bread on a Fiji island or enjoying a cocktail at sunset on a Caribbean beach. The more than 75 recipes and

accompanying adventures capture the reader's imagination by serving a cultural connection to the ocean and the coastal culture.

Learn to cook the beach-loving dishes when First We Surf Then We Eat goes on sale in September.

New Show Features a "RuPaul's Drag Race" Fan Favorite

The no-nonsense, tongue poppin' drag queen from "RuPaul" Season 5 is back and better than ever! Now, she has a show of her own.

Justin Johnson (aka Alyssa Edwards) stars in "Dancing Queen." The Netflix docu-series takes a deeper look at the queen we know and the stories we don't. The eight episode series is filmed in Johnson's hometown of Mesquite, Texas, as he balances his drag life, family life and love life while helping a dance troupe at his studio find their inner queens during a competitive season.

There's sure to be drama, tears and dance moms! "Dancing Queen" launches on Netflix on October 5.



Justin Johnson
(aka Alyssa Edwards)
stars in Netflix's
"Dancing Queen"



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Gays in Nature? It's more Likely than you Think

by Emily DeSanto

Have you ever been lying in your bed late at night and found yourself wondering, "Is my cat gay?" Well, you're not alone! People have been curious about this certain topic for ages.

According to a study done by zoologist Konrad Lorenz in 1995, nearly 450 out of 1,500 animals species showed some homosexual tendencies such as sexual intercourse, courtship, emotional bonds, partnership and even child-rearing behavior. Research indicates that various forms of this are found in every major geographic region and every major animal group.

The sexual behavior of non-human animals takes many different forms, even within the same species, though homosexual behavior is best known from social species.

It has been documented for decades but most of the time they were called "abnormalities" or "curiosities". Some specific animals that have been noted as the most gay are dolphins, cats, dogs, elephants, chicken, swan, turkeys and the list goes on and on. Since these relationships are so common in the animal kingdom, the idea of homophobia doesn't occur to these sweet, caring and understanding animals.

A study conducted in 2005 by Dr. Nathan Bailey confirmed that examples of sexual behavior between same-sex individuals could be found in all species of the animal kingdom. These behaviors were different for each species, but in most cases they were an advantageous, evolutionary mechanism. For example, in the case of dolphins, males use sex to bond with other males and form alliances. In other species, such as fruit flies and insects in general, homosexuality occurs because of their inability to differentiate between sexes.

So, what I have learned in my late night research session is that literally everything is a little gay...and that's okay!



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AmadorArts Offers Arts in Education

words and image by Meghan O'Keefe

For over 36 years AmadorArts, The Amador County Arts Council has maintained a variety of programs and events that enable residents and visitors to engage in the arts. As a 501(c)(3) non-profit organization, our mission is to support, promote, and encourage the arts in our community and schools and we do so in a number of ways. Our Arts in Education Program offers standard-based classes to all Kindergarten through 12th graders in our district as well as incarcerated youth and disabled adults.



Young artist, Aidan Gibbons, interviewing for our radio show with all of his many visual art pieces covering my desk.

In 2018 we are celebrating the 20th year of our TGIF Free Summer Concert Series, with special events, such as free Swing lessons, a VIP sponsorship celebration, and a first of its kind interactive, ArtMixAmador. AmadorArts also continues to act as a resource to our community, working with the Amador Council of Tourism, Chamber of Commerce and Friends of the Amador County Library to incorporate the arts into all aspects of life in our community.

The Amador Art Trek self-guided tour of local artist studios and the Arts Line quarterly newsletter, provide information about arts events of all kinds in our county. Our weekly radio show, Arts Around Amador explores the definition of art as an essential aspect of our community while highlighting arts education and local artists ages 4 through 84. We have recently launched the Amador County Poet Laureate Program to highlight the importance of poetry in gold rush communities. Furthermore, AmadorArts is currently pursuing the establishment of a community arts center so that our residents and tourists can enjoy professional indoor theatre, maker's space, art classes, and more.

As the Executive Director of AmadorArts, and a lesbian who was raised in Amador

County, I witness the growing effectiveness of the arts in reaching the needs and hearts of our rural youth, 47% of whom live in socio-economic distress. Many of these teens, just like me, quietly battle the implications of being queer in a small, agricultural community where everyone knows each other. AmadorArts offers the arts as a platform for all kinds of expression and as a means by which to survive and ultimately thrive despite adversity. The arts save lives, keep kids in school, prepare students for the workforce, and help students to practice self-acceptance in a community where they feel different from the norm.

AmadorArts aims to broaden our support of the arts as an essential component of our thriving economy. On November 10, 2018, AmadorArts will hold its 21st annual WineFest fundraiser. This fundraiser is our primary fundraiser and provides residents and tourists an opportunity to enjoy the beauty of historic Sutter Creek while sipping the excellent wines of our region. WineFest features Fine Art & Wine Auctions that you will not want to miss! I hope that you will visit our community, enjoy the rich variety of arts we offer, and come shake my hand at WineFest. For more information on AmadorArts and to purchase WineFest tickets, please visit www.amadorarts.org.

Eating and Drinking with Cavegrl

words and image by Kristy Harris

One of my favorite things to throw together (when the temperature is high and my patience for the heat is low) is a Caprese salad. I only make it this time of year because of the seasonal availability of heirloom tomatoes. You don't have to use heirlooms, but channel your inner Alice Waters for a minute and work with me here. You'll appreciate the outstanding results.

Now, I know you probably already know how to make a Caprese salad, and if you didn't, you could Google it, and then I am useless to you. Instead, I would like to introduce my Southwestern-style Caprese salad. A beautiful mashup born of Italian and Mexican, just like Selena Gomez!

- Southwestern-Style Caprese Salad
- Ingredients:
- 2 Heirloom tomatoes, sliced
 - 2 organic tomatoes, sliced
 - 2 Hass avocados
 - 1 bundle of cilantro (finely chopped)
 - 1/2 cup crumbled Casero or Queso Fresco cheese
 - 1 tsp cumin
 - 2 Tbs olive oil
 - cracked black pepper
 - lime juice



When you are prepping the avocados, squeeze some lime juice over them after you slice them to prevent them from browning. We'll be using all the ingredients in two layers, like making lasagna.

Layer the bottom of a 9x13 in. baking dish with both kinds of tomatoes and one of the sliced avocados, then drizzle with a tiny bit of olive oil over the layer. Add half of the cilantro over that, followed by half of the cheese crumbles. Then sprinkle half of the cumin and then crack some pepper over that. You won't need salt because the cheese will be salty enough to season the salad. Repeat the process to form the top layer. Done! Now, that was easy.

Tip: Make this salad within a few hours before you plan to serve it, or right before you plan to serve it, if possible. I know a few people who didn't age well, and neither do avocados.



Southwestern-Style
Caprese Salad

What's the Wine Pairing?

Now we're talking! You deserve a nice big glass of wine after slaving over a stove for hours. I'll give you two white wines that are refreshing, yet also pair well with the salad you hopefully just made. The first one comes from Tryphon Vineyards (Sierra Foothills), their 2015 Roussanne (roose-ahn). If you have never tried Roussanne, it's probably because it doesn't have a long history in the US as a single varietal (usually blended to make other wines). If you like Chardonnay, you will probably enjoy Roussanne.

Speaking of Chardonnay, the second wine I recommend is a Chardonnay blend from Matchbook Wines, their 2016 The Arsonist Chardonnay. The wine is 100% Chardonnay, but I say blend because it's a combination of grapes from Dunnigan Hills and the Russian River Valley and the perfect answer when you want a balance of oak and fruit.

Cheers!

Kristy Harris is author of the food, wine, and travel blog cavegrl.com. She has been writing about food since 2005 and currently has a cookbook in the works. She is happily married and lives in Curtis Park, Sacramento. You can follow her food and wine adventures on Twitter and Instagram @cavegrl.

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there are guided excursions to medieval villages, wineries, castles, a day in Rome, and more.

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Adrian De Berardinis is the Bear-Naked Chef.



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Ariana Grande & Bebe Rexha Plus Sofi Tukker & Betty Who

by Chris Narloch

This month I review new discs from three pop princesses, plus the current release by Sofi Tukker, a dance duo who are scheduled to play Sacramento's Ace of Spades on Sept. 27.



Ariana Grande from the video for "God is a Woman" from the album "Sweetener."

Sofi Tukker -- Treehouse

Sophie Hawley-Weld and Tucker Halpern make up Sofi Tukker, and their "Treehouse" disc is a real head-scratcher. After several listens, I still can't decide whether their nervy brand of post-EDM disco is the worst thing I have ever heard or a brilliant satire of dance music.

Fun song titles such as "Batshit," "Benadryl," and "Baby I'm A Queen" put a smile on your face initially, but the results don't necessarily hold up after repeat listens.

With its (intentionally?) vapid lyrics and monotonous beats, "Treehouse" reminded me at times of "Too Sexy," the ancient, Euro-trash hit by Right Said Fred from the early '90s.

I guess if you were born after the

early '90s, this type of "homage" sounds like something brand new. So is Sofi Tukker retro-disco or neo-disco? Decide for yourself when the band comes to Ace of Spades later this month.

Betty Who -- Betty Pt. 1

This five-song EP should tide fans over until the gay-friendly artist Betty Who releases a full-length CD sometime in 2019. Her upbeat brand of dance-pop is undeniably addictive especially this disc's "Just Thought You Should Know" and "Ignore Me." I also enjoyed the sweet ballad ("Friend Like Me") that concludes the EP.

Bebe Rexha -- Expectations

Like Meghan Trainor, Bebe Rexha is a successful songwriter

turned pop princess, but unlike Trainor, Rexha (so far) lacks the personality and sense of humor to make that transition believable.

Boring songs like "Ferrari" and "2 Souls On Fire" don't help matters, and after fourteen (mostly tired) tracks I couldn't wait for the CD to be over.

Rexha has a powerful voice to be sure, but she needs better lyrics if she wants to have another smash like "Meant To Be," her duet with Florida Georgia Line that is included at the end of "Expectations."

Ariana Grande -- Sweetener

Ariana Grande's millions of fans can send their hate mail directly to me -- courtesy of *Outword* -- but I am not in love with her fourth studio CD. The singer has a powerful voice, and I enjoyed her first two albums, which stayed in more of a pure pop lane than "Sweetener."

This time out Grande goes for a hip-hop vibe that I don't personally feel suits her girlish pipes, and she repeatedly pushes that often nasal, high voice in to its uppermost register, which I found increasingly irritating.

Even the popular first single from *Sweetener*, entitled "No Tears Left To Cry," can't compare to past hits by the artist, like her superb song "Problem" with Iggy Azalea, from 2015.



Betty Who -- Betty Pt. 1

Sacramento Ballet Is “Telling Stories”

by Chris Narloch

The Sacramento Ballet continues its tradition of storytelling, exploring tales of fantasy, betrayal, and heartbreak, with “Telling Stories,” the next production by the esteemed local dance troupe, which will grace the stage of The Sofia Tsakopoulos Center for the Arts (The Sofia) later this month.

Featuring choreography by Ron Cunningham, Amy Seiwert, and Adam Houghland, poetry by Neil Gaiman, and music by Patsy Cline, Nick Drake, and Benjamin Britten, among others, “Telling Stories” consists of four parts: Incident at Blackbriar, Cigarettes, Instructions, and World Premiere.

Sacramento Ballet’s “Telling Stories” performs Sept. 27-30 at The Sofia. For tickets, call the Sofia Box Office at (916) 446-5300 ext. 1, or visit <https://bstreettheatre.org> to purchase online.

Photo: Keith Sutter
Photography
Dancer: Kaori Higashiyama



Megan Mullally And Nick Offerman Show & Tell In S.F.

As part of the Curran Theatre’s popular Show & Tell series, the hilarious Hollywood couple Megan Mullally and Nick Offerman will conjoin in conversation this October to celebrate their new book, “The Greatest Love Story Ever Told: An Oral History.”



Hopefully, we will find out just how “oral” that history was when the pair reveal the full story behind their epic romance and the often graphically described passion the two share today.

As one of Hollywood’s favorite couples, Megan Mullally and Nick Offerman are natural performers, having shared their chemistry on-screen as Ron Swanson and Tammy 2 on “Parks & Recreation” and on-stage during their “Summer of 69: No Apostrophe” show.

At this intimate Show & Tell event, the

two will reveal stories from their unlikely beginnings—when she was starring in “Will & Grace” and he was sleeping on a friend’s couch—to their eventual romance and marriage.

San Francisco’s Curran welcomes Megan Mullally and Nick Offerman on Saturday, October 6 at 8 p.m. for this entertaining one-night-only event. Tickets are \$50–\$110 and include a pre-signed copy of “The Greatest Love Story Ever Told.” For more information, visit <https://sfcurran.com>.

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Sacramento's Lavender Library Celebrates its 20th Anniversary

The Lavender Library, Archives, and Cultural Exchange celebrates its 20th anniversary on Saturday, September 22. Two events are planned to mark the survival, and continued role, of such an important community resource. The first is a youth-friendly arts and crafts focused event at the Lavender Library in the afternoon. The second event is an age 21+ reception at Sac Brew Bike in downtown Sacramento (1519 19th Street) in the evening.

In preparation for the anniversary, the Library is collecting stories and memories from the community about the library. Perhaps it is a memory of your first meeting to help found the Library; or maybe it is a memory of our community's beloved Gail Lang, one of the Library's original champions and founders; or maybe it is an awesome event you

attended. Share them with us! Submit your memories at www.tinyurl.com/ybl3fqta or lavenderlibrary4us@gmail.com. Deadline to submit is Wednesday, September 19.

Hope to see you at the celebration!

For more information about the Lavender Library, Archives, and Cultural Exchange visit www.lavenderlibrary.com.

Get Some "Hardly Strictly Bluegrass" For Free *by Chris Narloch*

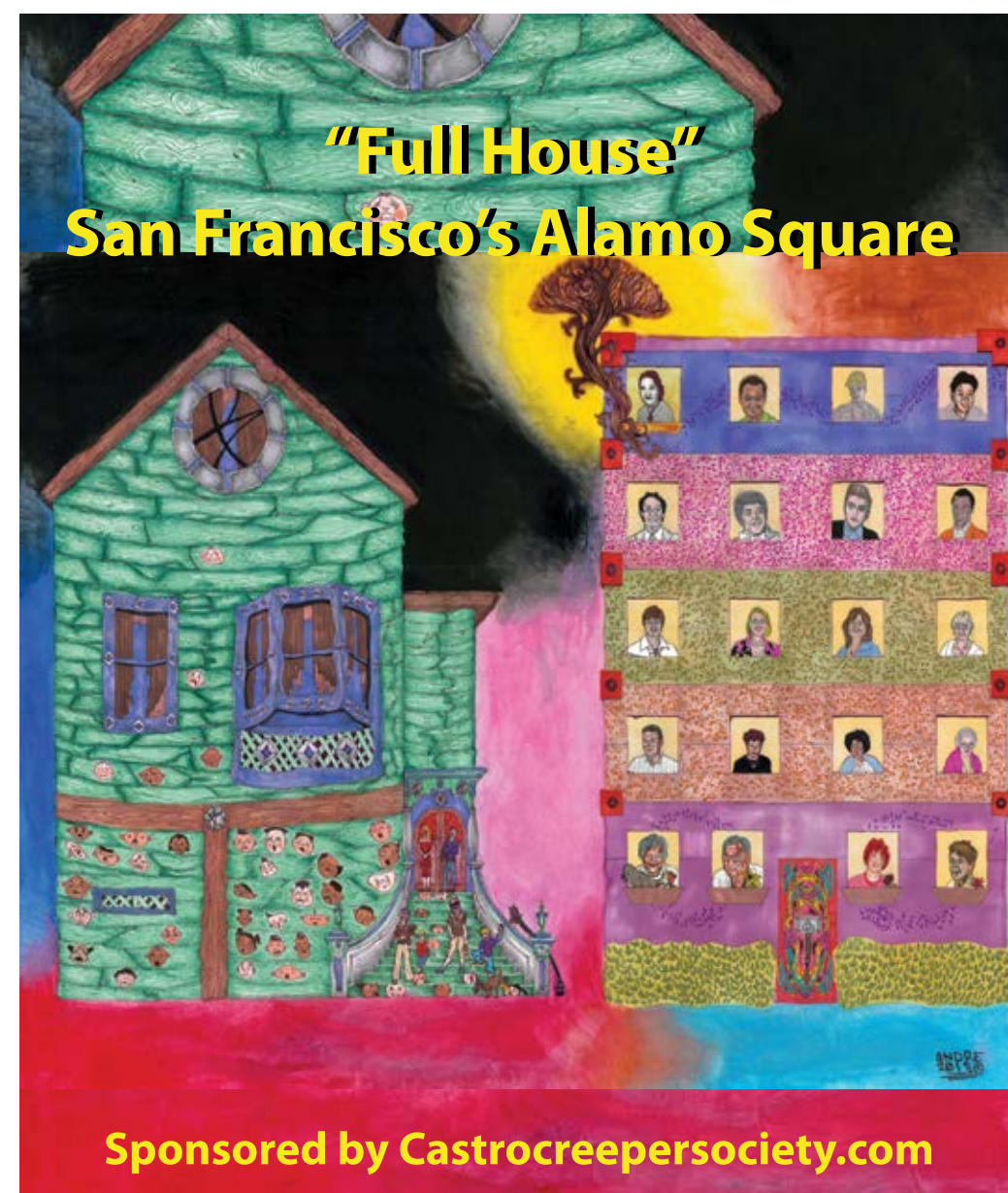
I was too young to attend Woodstock, unfortunately, and I have not yet been to Coachella, although it is on my bucket list. To be honest, I don't much care for big music festivals that go on for days, with the exception of "Hardly Strictly Bluegrass," a totally free, 3-day concert that returns to Golden Gate Park this October 5-7.

You heard me right. Three days of peaceful people and great music, absolutely free of charge. As in past years, no tickets are required for "Hardly Strictly Bluegrass 2018," and the only expenses you will incur are for food and transportation to get you to this unique event.

Among the artists performing at "HSB" this year are Alison Krauss,

Steve Earle, Emmylou Harris, Los Lobos, Don Was, Mavis Staples, Buddy Miller, Ani DiFranco, Graham Nash, Jeff Tweedy, Nick Lowe, and Patty Griffin.

The concerts begin at either 11:00 or Noon, depending on the day, and wrap up at 7 p.m. For concert location and the full lineup of performers, go to <http://www.hardlystrictlybluegrass.com>.



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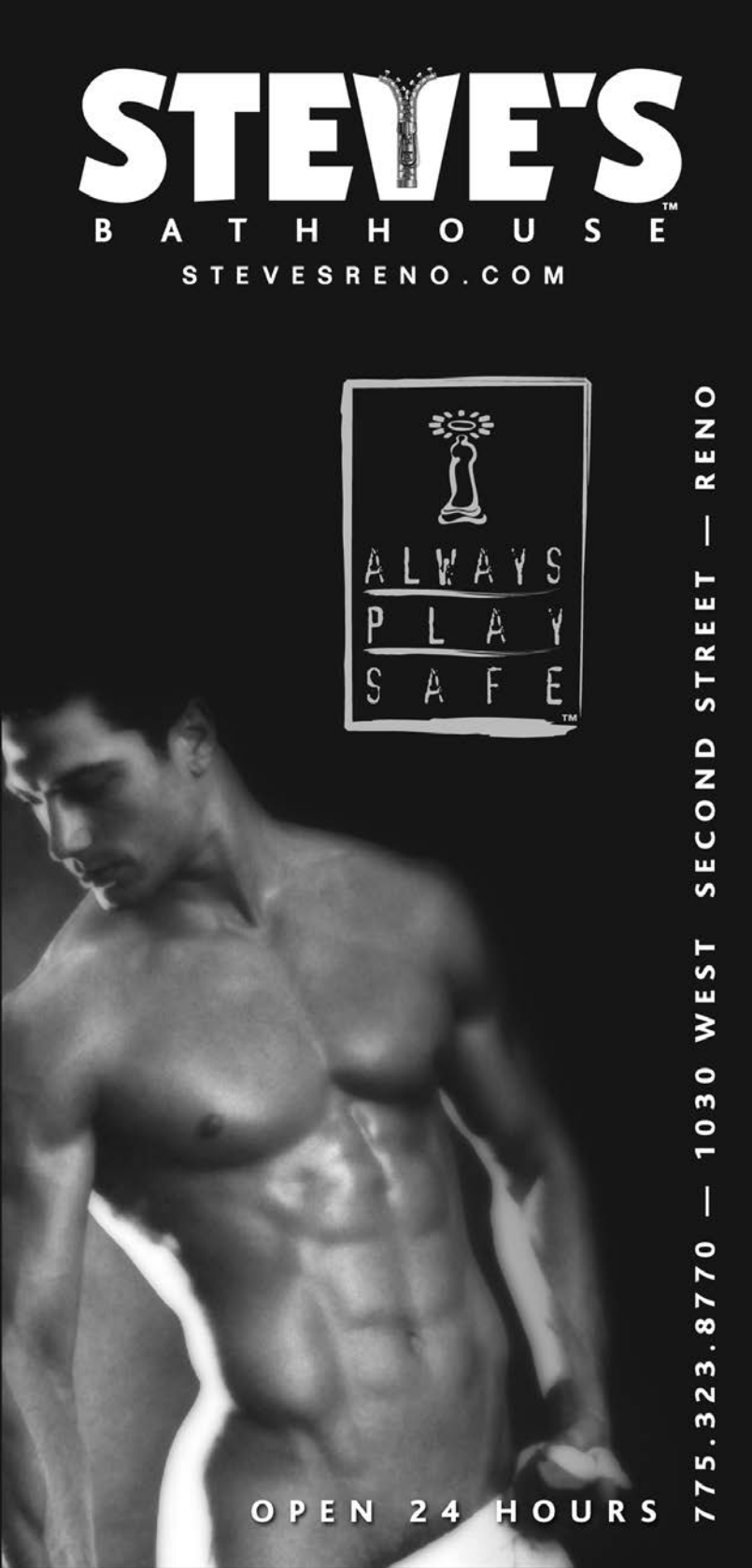
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Terry Sidie of FACES nightclub hosted “Drag Out the Vote” on Thursday, September 6, with Jackie Smith.

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OCT 12 ◀

tue
NOV 6 ◀

SEPTEMBER

- 14 • *Outword* Happy Hour
- 19 • Yom Kippur
- 20 • Boas & Bowties, Rainbow Chamber Annual Dinner
- 29 • Art From the Heart
- 29-30 • Farm To Fork Festival

OCTOBER

- 4 • Drag Queen Bingo presented by Rainbow Chamber of Commerce
- 6 • Pineapple Classic Golf
- 6 • Horizons Foundations Gala, SF
- 8 • Stonewall Democrats Meet
- 12-14 • SIGLFF presents BENT
- 16 • Rainbow Chamber Mixer at Scott's on the River
- 20 • Decades Party - Presented by Jody P and *Outword M*
- 23 • Wisdom Project - LGBT Elders 5th Annual Senior Pride

NOVEMBER

- 1 • Drag Queen Bingo presented by Rainbow Chamber of Commerce
- 6 • **VOTE VOTE VOTE**
- 7 • Vision of Equality Luncheon
- 9 • *Outword* Happy Hour
- 9-11 • Capital City Classic Vball Tournament
- 12 • Stonewall Democrats Meet

DECEMBER

- 10 • RCC Holiday Mixer @ Beast and Bounty
- 14 • *Outword* Happy Hour - Toy Drive for WEAVE

2019 EVENTS FOR YOUR PLANNING

- Jan 26 • Rainbow PAC Annual Crab Feed
- March 10 • 7th Annual LGBT Wedding Expo
- May 16 • Farm to Scholar Dinner - Rainbow Chamber
- May 19 • Davis Pride

- June 1 • Pride Awards
- June 6 • Sacramento Pride
- June 1-9 • Pride Week

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