

Special Issue

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outword



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New Book Honors Artists Lost To AIDS

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Utah Set to Become 19th State to Protect LGBTQ Youth from Conversion Therapy

Utah Governor Gary Herbert announced that the Utah Division of Occupational and Professional Licensing will propose a new administrative rule preventing licensed mental health professionals in the State of Utah from subjecting LGBTQ youth to the life-threatening practice of conversion therapy. The new rule will be identical to the language of H.B. 399, legislation that was introduced in the state legislature by Representative Craig Hall in February 2019 and that secured widespread public support before narrowly failing to pass.

“It is vital that our leaders support LGBTQ youth. We are grateful to Governor Herbert for his leadership and for making sure all youth know they are born perfect. It is lifesaving,” said Conversion therapy survivor and NCLR Born Perfect Strategist Mathew Shurka.

“Utah is once again leading the way in protecting LGBTQ youth and their families. We salute Governor Herbert for taking action on this important issue and for this historic accomplishment,” said National Center for Lesbian Rights Legal Director Shannon Minter.

Following publication of the proposed new rule on December 15, the rule will be subject to a 30-day public comment period and is expected to become official state law in

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Toward a Future Without HIV

by Janet Parker, (she, her, hers)
Director of Strategy and Market Development

It's not just a wish or a dream, it's a reality that we can end new cases of HIV. At One Community Health, we are committed to continue our efforts to end this disease that has devastated our community.

Thanks to advances in antiretroviral therapy, the medicine used to treat HIV, individuals with HIV who take their medicine as prescribed and, as a result, maintain an undetectable viral load can live long, healthy lives and have effectively no risk of sexually transmitting HIV to a partner.

As providers of HIV care and prevention for over 30 years, here's what we have learned:

- Keeping people in medical care is the best way to make sure someone continues to take their medication regularly.
- Support services like case management, mental health, and substance abuse

areas. Since Sacramento is one of 48 counties our area will receive extra funding to implement the federal strategy.

This new effort has four strategies: Diagnose, Treat, Prevent, and Respond.

- Diagnose all individuals with HIV as early as possible. Early detection is critical and can lead to quicker results in treatment and prevent transmission to others.
- Treat people with HIV rapidly and effectively to reach sustained viral suppression. Eighty percent of annual new infections are transmitted by those living with HIV who are not receiving HIV care and treatment.
- Prevent new HIV transmissions by

Since the introduction of the new medications, we have been focused on keeping people in care and getting their viral loads to an undetectable level.

treatment all help keep people in medical care.

Since the introduction of the new medications, we have been focused on keeping people in care and getting their viral loads to an undetectable level. While we can always improve, we've done pretty well in finding people who have dropped out of care and have gotten a high number back in care.

But more needs to be done, and thankfully, the federal government is funding a major push to reduce new infections by 90% by 2030. More than 50 percent of new HIV diagnoses in 2016 and 2017 occurred in 48 counties, Washington, DC, and San Juan, Puerto Rico. There are also seven states, mostly in the south, that have a disproportionate occurrence of HIV in rural

using proven interventions, including PrEP and syringe services programs (SSPs). Of the estimated 1 million Americans at substantial risk for HIV and who could benefit from PrEP, less than 1 in 4 are actually using this medication.

- Respond quickly to potential HIV outbreaks to get needed prevention and treatment services to people who need them.

We will keep you posted on the progress of this new initiative. We'll continue to work with our community partners to make Sacramento one of the cities that reduces new infections significantly.

For more information, contact Janet Parker at One Community Health jparker@onecommunityhealth.com.



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I Am A Survivor Of Dignity Health's Discrimination

commentary by Evan Minton

One of the reasons I love living in California is that no matter what is happening in the rest of the country, we are making progress on the causes I care about here in my home state. I think that is why I was so blindsided to learn that one of our most important state institutions, the University of California, was partnering with the health care system that discriminated against me.

As a transgender man, a UC Riverside alum and a survivor of Dignity Health's discrimination, when I learned that UCSF was proposing a major deal with this Catholic hospital system last spring, I had to take action. I went to the UC Board of Regents meeting and I told my story: A Dignity Health hospital denied me a medically necessary and extremely time-sensitive hysterectomy because I am transgender. The day before it was scheduled, they cancelled my surgery when I told the hospital nurse what pronouns I use. My complete charts were in the hospital's possession, but it seems they hadn't noticed I was transgender until I flagged it for them.

When my doctor told me that Dignity Health cancelled my surgery because of who I am, I was distraught, hopeless and terrified. I contended with and fought for my identity for so long, climbing over hill and high mountain to get to this point. For this hospital to cancel my necessary and important health care, based solely upon who I am is painful beyond comprehension. After Dignity Health cancelled my surgery, it was my doctor, a lawyer and I who were forced to do the legwork to get me the care I needed, and I know how lucky I was to have that support. Others aren't so lucky.

Studies show that 60% of transgender and gender non-conforming people who have been refused medical care because of anti-transgender bias reported having attempted suicide at least once in their life. Gender affirming medical care is truly a matter of life and death.

That's why it's critical that our state

institutions provide all kinds of gender affirming and reproductive care without discrimination. And that's why they can't partner with Catholic health care systems like Dignity which are required by their religious affiliation to deny certain kinds of care.

I was literally shaking in my shoes as I delivered my testimony, because I was terrified that other patients would face what I faced. But my testimony was powerful. And it appeared the University heard it. They shelved the proposal and said they would look for other ways to resolve their capacity issues. And we had won. Or so we thought.

The ACLU has since found out that every hospital in the UC system has either a current or former contract that imposes religious restrictions on how UC providers can treat patients. The contracts include provisions that deny appropriate treatment to survivors of sexual assault, prohibit reproductive technologies that same-sex couples rely on to have children, and prohibit abortion even for ectopic pregnancies, which are dangerous to the pregnant person and have no chance of viability. It turns out that while UC was telling me last spring that they wouldn't discriminate in this new deal, they already had contracts in place that explicitly tie UC providers' hands based on religion.

These are not California values. The University needs to end these contracts and not enter new ones. If you agree, you can sign this petition. It's up to us to keep California at the forefront to the nation in LGBTQIA rights. I hope you will join me in fighting for All Care Everywhere.

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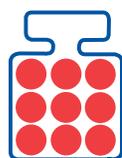
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The Power of Soul *by Lauren Pulido he/him/his*

For most of my adolescence my soul and body remained disconnected, but I always knew deep inside of myself my desires and needs out of life. I never denied myself the freedom of self-expression but limited myself to what I allowed others to see. From a young age I always wanted to be outside, discovering every mud puddle and every species of creature I could catch.

You could always find me climbing a tree or exploring a field. I preferred playing with building block toys, hot wheels, video games and later found a deep interest in sports. At times I would have moments of affirmation drawing me to my understanding of self. In preschool, I had my first experience of gender. I remember casting myself as male roles during our free time and acting out roles as a prince. I expressed this to my preschool teacher at the time and she told me that only boys could be princes. I kept my feelings silent after this moment. It wasn't long until I experienced a pivotal moment of affirmation where my feelings were validated within myself. In first grade, I experienced my first crush. Unlike the rest of my classmates and because of my previous encounter with allowing my feelings to speak, I knew I could not express my newly discovered infatuation, for she was a girl and so was I. I remember feeling a sense of guilt, knowing somehow that this would remain a secret that couldn't be spoken and at the same time feeling alive and awake. This was my first experience of a spiritual awakening.



Lauren Pulido

The event that sparked my understanding of gender took place on a little league baseball team in which I was the only girl on an all boys team. During this time the league in my neighborhood that was closest to my home did not have a girl's baseball team or a softball team so I was put on the boy's team in order to play. This was a silent victory within my eyes, or so I thought. I felt a shift in attitudes upon arrival. Again I found it very difficult to build friendships with the children on my team due to my tomboy behavior and female body. I started to feel this shift in attitude coming from my coaches as well. I would constantly hear them reminding other players, "take it easier on her she's just a girl." I would also not get playing time as often as other because it was "too risky to have a girl on the field." I would

repetitively be asked the question "what if you got hurt" by the coaches but never heard it asked to my male counterparts as if we were not playing the same game.

The concept of gender and the pressure to perform gender has shaped the way that society functions and has had a major impact on the way we as human beings organize our lifestyles. Gender roles have assumed such a major grasp on how society performs as a whole that they are instilled in our everyday performance and our everyday lifestyle. Performing gender has become a staple item in society that has shaped the way we view one another and view ourselves. It is important to note that gender takes a disruption of these roles to notice its existence. This experience of gender along with many others that I will unpack within this column were very pivotal in shaping my understanding of how gender is performed and expected to follow.



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Transgender People of Color Coalition Statement on Introduction of the Fairness for All Act

On Friday December 6, Rep. Chris Stewart (R-UT) introduced the "Fairness For All Act," a bill that would provide federal protections for LGBTQ people in housing, education and public accommodations while simultaneously carving out exemptions for churches and religious organizations. The bill has been endorsed by a number of conservative religious organizations who have been aggressively attacked for doing so by far-right groups that oppose any legal protections for LGBTQ people.

"Fairness For All" is similar in scope to the Equality Act, which passed the house earlier this year. Currently, nearly seven million LGBTQ people live in one of the 30 states that have no laws protecting them from discrimination in critical areas of daily life, such as housing, employment and public businesses.

Statement from Kylar Broadus, Director of TPOCC:

"Today's endorsement of federal antidiscrimination protections by conservative religious organizations marks a historic moment in the struggle for full equality for LGBTQ people. Especially for LGBTQ people of color living in conservative communities, building bridges across political and religious divides is essential to securing the basic legal protections that our community so urgently needs. While we are still analyzing the details of this specific bill, we welcome the opportunity to work with all those who support equality and freedom for LGBTQ people."



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I Won't Be Home for the Christmas (And That's Okay)

by Faith Colburn • she/her

Holidays are supposed to be a joyous occasion. Young students traditionally flock home from college during winter break to do their laundry, eat a home-cooked meal, and see their families for the first time in months. This seems like a simple enough tradition. But for many of us, a warm and inviting holiday home feels like a luxury, not a given.

Growing up, the holidays stressed me out. Over the years, I became progressively aware of the increased risk of being 'outed' with each new family member who stepped into my house, all eager to dive deep into my personal life with their intrusive questions. They were particularly curious as to the whereabouts of my boyfriend, who seldom existed outside the wishful daydreams of my mother. Nevertheless, and sad to say, I often indulged them. More than anything, I was petrified I would lose the only family I had

ever known. It wasn't until about fifteen that I started to truly be honest with myself about who I was. This joyous revelation was followed by one of terror. What would my family think?

Spoiler alert, they did not take it well. Intrusive questions around the dinner table turned into no questions at all. Soon, I was left to my own devices to figure out how to navigate the world around me. This particularly stung around the holidays when the entire country turned into one big

Christmas card, an almost inescapable expectation of going home for the holidays and surrounding yourself with the family who loves you. We have decided as a country that this is what you do. But in the 21st century, is this still a valid assumption?

This is not a sad article. This is a declaration of triumph. I made it out, and I am thriving. I have found a chosen family that loves and supports me, not just despite who I am but for every part of me. I have worked hard to maintain a healthy mindset that is both positive and productive. So for me, going home would uproot this foundation. My parent's home is not a space filled with love and understanding. Like so many other young gay folks, it represents the guilt, shame, and ostracization that defined my childhood and initial coming out.

The good news is that young people are changing the status quo. We are no longer sitting by while our experiences are invalidated or threatened. And guess what? That's okay. If going home will threaten your wellbeing and mental health, you do not have to go. Blood is not thicker than water. Instead, let's shift our focus to creating our own spaces of light and love that validate our existence and ability to navigate the world safely and proudly.

Note: Faith will be writing a reoccurring column in 'Outword' about the Youth LGBT experience. She is very thankful for the opportunity to be able to share the experiences of herself and other young people to start conversations that lead to a progressive and comprehensive change in Sacramento. She is 21 years old and works in the California State Senate. Opinions are all her own.



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Out & About With Matt

by Matthew Burlingame

While many are already feeling the dread of being sequestered with their antigay relatives who think their opinions matter, the country waits expectantly to see if Santa delivers an impeachment under this year's Yule tree. While we wait, I encourage each of you to get into the spirit of the season and do a little giving to those in need. Whether it's donating a toy at the WEAVE toy drive, dropping a few dollars in the mail to Loaves and Fishes or spending time with a friend who is going through hard times—when we give the gift of kindness, we're choosing to be the best version of ourselves!

Remember the season is about the joy of giving, not getting... at least that's what holiday movies keep telling us. You can test that theory by bringing a new, unwrapped toy to Outward's Monthly Happy Hour & Liquid Therapy on December 13, from 5:30-7:30 p.m. at Badlands Sacramento, 2003 K St. for *Outward's* annual toy drive for WEAVE.

The Rainbow Chamber is teaming up with Hilton Sacramento Arden West, 2200 Harvard St. for their monthly mixer on December 19 from 6-7:30 p.m. The "Naughty or Nice" event will feature complimentary appetizers, festive beverages via a no host bar and an ugly sweater contest. The event is free for members and \$10 for non-members but the parking is free! RainbowChamber.com

Have you purchased your Dear Evan Hansen tickets yet? Did you just say who's Evan Hansen? I'm so giving you the shocked emoji face right now! Dear Evan Hansen, running Jan. 15-26, 2020, is the deeply personal and profoundly contemporary musical about life and the way we live it. This critically acclaimed Tony winning Best Musical addresses a lot of serious issues including suicide, anxiety, depression, bullying and the impact of social media in our lives. It also contains adult language, sexual innuendo, and references to drug use. Such fun! Seriously, get your tickets now!

Broadwaysacramento.com

Looking for a way to get snookered with your pooch? Or better yet, just include them in some holiday fun while raising funds to help animals in need? Come be a part of the Sacramento SPCA's 3rd Annual Jingle Bell Pup Crawl. On December 14 from Noon - 4 p.m. enjoy food and drink specials, photos with Santa Paws and holiday activity stations at each stop. Participating vendors include Truitt Bark Park, Device Brewing Company at Ice Blocks, Federalist Public House, Bottle and Barlow, At Ease Brewing Company, Der BierGarten (weather permitting) and Urban Roots Brewery & Smokehouse. Each ticket purchase supports the animals at the Sacramento SPCA. sspsa.org/pup-crawl

Time to celebrate Ye ole holidays at the Yule Gathering & Viking Feast hosted by the Northern California Black Hat Society. December 14 at the Scottish Rite Masonic Center, 6151 H St experience the largest Norse/Viking themed Yule event in the Sacramento area! Witches, Pagans, Heathens and Healers will gather together to offer a day filled with artisan vendors, guest speakers, workshops, food, drinks, live entertainment and more! There might even be a special visit from Krampus! Costumes are highly encouraged! All proceeds from the event go to benefit the KOV Children's Charities. Nocalbhs.com

Don't forget the Trailer Nasty Comedy Show at 24th Street Theatre, 2791 24th St. on Dec. 12 with local comedians Suzette Veneti and Melissa McGillicuddy opening for Vicki Barbolak. Barbolak will also host a live auction after the show with all proceeds going to Sunburst Projects! Tickets are available at brownpapertickets.com

Congratulations to Leif Jones and all those elected to the Sacramento Valley Bears 2020 board. Heartfelt condolences on the passing of Rev. Elder Freda Smith of the MCC. Rev. Smith was for many years a strong, vibrant cornerstone of Sacramento's LGBTQ community and has truly left a lasting legacy.

Happy birthday to Ellen Pontac, Ron E. Mullins, Kira Healey, Theron McDonald, Josh Dale, Davina Jamison, Francie Milazzo, Mahlon Hall, Michael Dennis, and all the other end of year babies!

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



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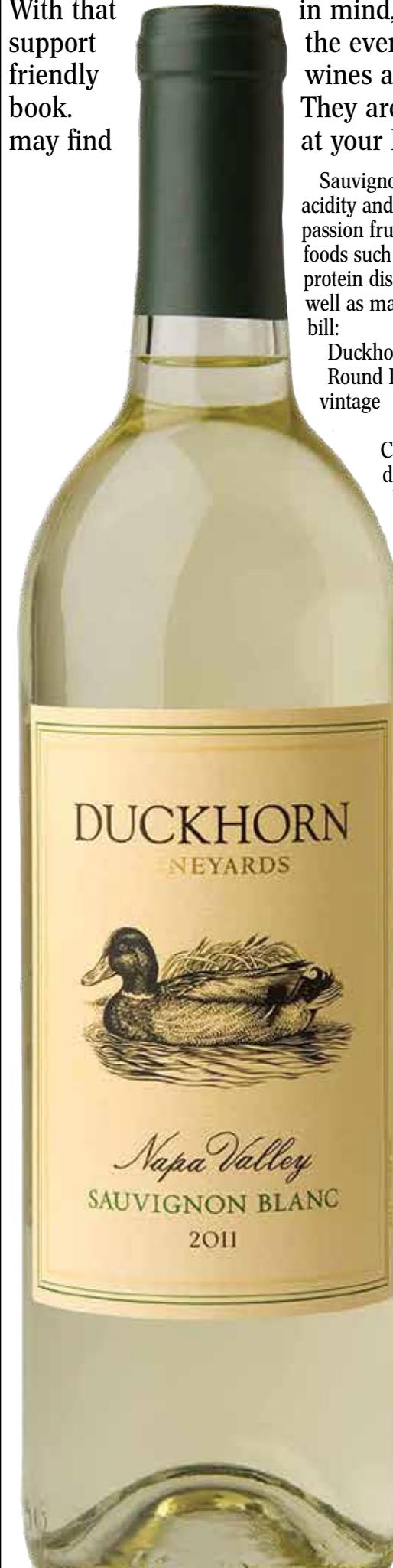
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Wines for a Holiday Gathering

by Diana Kienle

The season is upon us for parties and welcoming friends to our homes. You may find yourself hosting small get-togethers or even large events. In this setting, you may need several bottles to share and even pair with charcuterie or dinner itself. In these settings, it may not be necessary to bring out your best bottles yet — you want quality to complement your event. With that in mind, here are some wines that will support friendly book. They are well distributed wines that you may find at your local “big box” store.



Sauvignon Blanc is a light, crisp wine usually with bright acidity and aromas/flavors of lime, green apple, grass, passion fruit and white peach. It pairs well with green foods such as salads and vegetables. It will complement protein dishes such as chicken, pork chops and turkey as well as many seafoods. Here are a couple that may fit the bill:

Duckhorn Sauvignon Blanc - 2017 vintage
Round Pond Rutherford Sauvignon Blanc - 2017 vintage

Chardonnay many times is soft on the palate, displaying aromas and flavors of tropical fruit, butter, vanilla, butterscotch, caramel, and toast. This varietal pairs well with light body fish dishes and poultry. Two modestly priced wines are:

Brewer Clifton Santa Rita Hills Chardonnay - 2015 vintage
Landmark Overlook Chardonnay - 2017 vintage

Zinfandel is a full-bodied red that is densely pigmented. It has jammy fruit tastes with flavors of raspberry, blackberry and raisin. This varietal pairs well with dishes from the meat aisle. Also, it is great with hearty red pasta dishes. Here is a great example that is available:

Seghesio Sonoma Zinfandel - 2017 vintage

Pinot Noir has characteristic aromas and flavors of cherry, raspberry, strawberry, earth, violet, lilac and mushroom. This is an extremely food friendly varietal and pairs well with salmon, roasted chicken, even duck as well as casseroles and stews, depending on the profile of the wine. Some modest priced examples are:

Domaine Drouhin Pinot Noir - 2016 vintage
Freeman Sonoma Coast Pinot Noir - 2016 vintage
Penner Ash Willamette Pinot Noir - 2016 vintage
Siduri Santa Barbara Pinot Noir - 2017 vintage

The vintage of a wine matters, so please take note when purchasing any of these wines. Mother Nature has a lot to do with the expression of the grapes and impacts the wine.

Please have a Great Holiday Season.

Enjoy!



Looking To Escape The Winter Chill? Take Flight And Feel The Heat

Sacramento winters might not bring the arctic temperatures and snowfall that our friends in other parts of the country experience, but the chillier weather and occasional fog can make us wistful for sunnier skies. This winter, Sacramento International Airport can whisk you away to your favorite hot spots with direct flights to Hawaii and Palm Springs.

In September 2019, Contour Airlines launched daily service from SMF to Palm Springs International Airport (PSP) that will can get you close to poolside in less than two hours. Palm Springs is truly an oasis in the desert with activities and experiences to warm every traveler. The region is home to famous golf courses, spas, major arts and culture events and natural beauty. The average temperature hovers in the mid-70s all winter – just the right amount of heat to shake off the winter blues. So whether you're attending the Dinah, jamming at Coachella or catching some world-class tennis at the BNP Paribas Open, Palm Springs offers something for everyone!

Contour Airlines' daily service to PSP departs at 10:45 a.m. and return service back to SMF departs at 1:00 p.m.

The Hawaiian Islands are calling and their iconic beaches, lush rainforests and fascinating history are now easier than ever to get to from SMF. The airlines have more than doubled their nonstop flights between SMF and Hawaii this winter versus last year. Southwest added a flight to Honolulu in November and will begin service to Maui in March. These new flights provide new options to the already popular routes on Alaska and Hawaiian Airlines. Winter is a great time to be in Hawaii. With an average temperature in the low 80s, it's the

perfect weather for surfing, swimming, hiking on just relaxing with a tropical drink in your hand.

The Sacramento County Department of Airport is responsible for planning, developing, operating and maintaining the county's four airports: Sacramento International Airport, Executive Airport, Mather Airport and Franklin Field. By July 2019, Sacramento International Airport will offer 175 daily nonstop flights on 14 domestic and international carriers to more than 40 nonstop destinations. In 2018, Sacramento International saw growth of more than 10% year over year passenger growth and served a record 12 million passengers. The regional economic impact of the Sacramento County airport system is more than \$4 billion annually. For more information, visit sacramento.aero.

Thank you for flying from SMF! Please make sure you ARRIVE EARLY!

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

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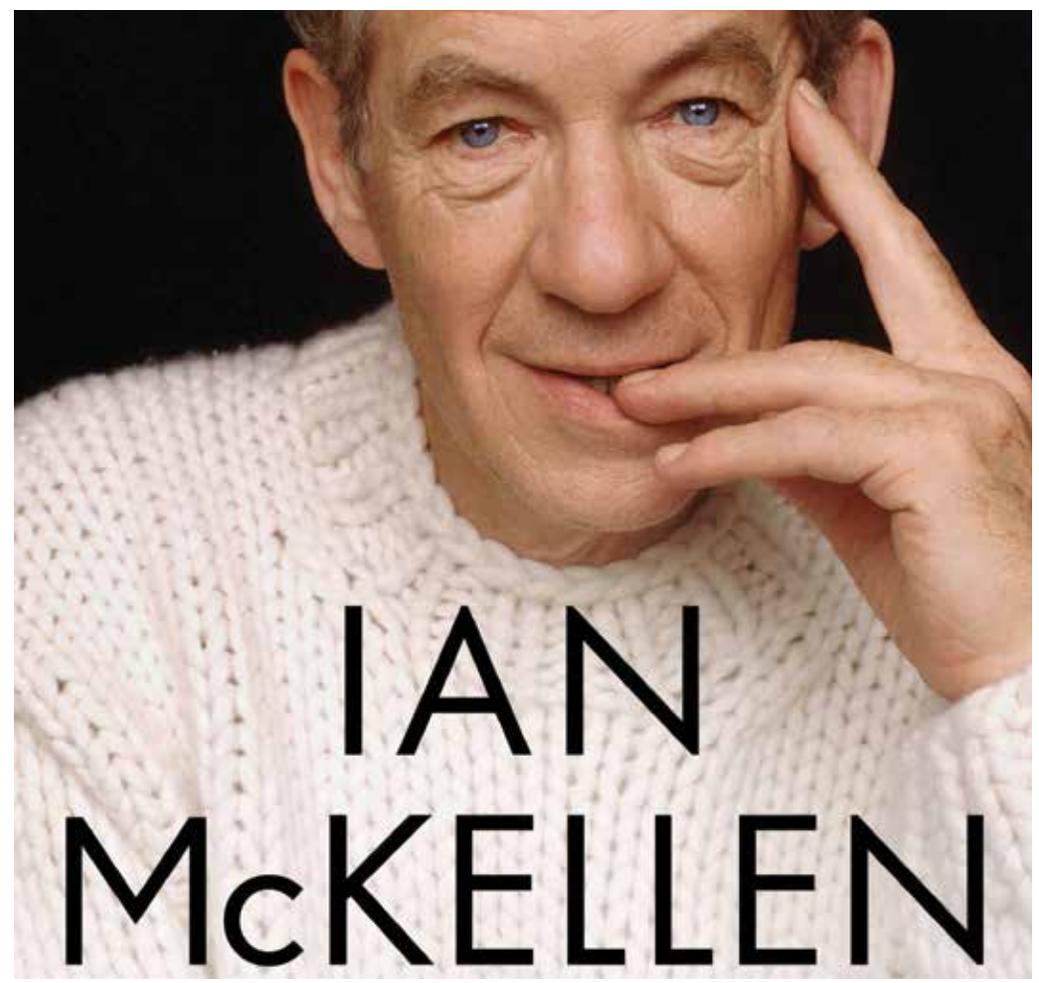
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“Ian McKellen: A Biography” Reviewed

review by Terri Schlichenmeyer

Any old stick would do. When you were a child, that’s what it took to become a wizard: a stick became a makeshift wand, an old towel turned into a cape, and you were ready for spell-making. It worked for imaginations everywhere although, as you’ll see in “Ian McKellen: A Biography” by Garry O’Connor, sometimes, reel magic helps, too.



IAN McKELLEN

On May 25, 1939, mere months before the beginning of World War II, Ian Murray McKellen made his debut into the world. The only son of parents who lived large, passionate lives, young McKellen grew up securely happy despite the War.

Alas, that ended when his beloved mother died of cancer when McKellen was just twelve years old. As years passed, he always regretted that she never knew about him what he knew about himself: he received his “first gay kiss” at age nine and understood even then that he preferred boys to girls.

Though his original plan was to graduate school and work as a journalist, McKellen was denied the chance and instead opted to attend Cambridge. There, others noticed that he had a great aptitude for Shakespearean acting; it was nurtured and a “most extraordinary explosion of talent happened.” His time at Cambridge helped him sharpen his craft; it was also there that McKellen lost his virginity to another man.

O’Connor says that McKellen is “a slow-progress stickler” and never minded using “modest roles” as stepping-stones; every role he played led to bigger parts on better-known stages in larger venues. In 1964, he landed a small part in a BBC-TV production as his first foray into television, and he continued to eye a career in film – a career that “still eluded [him] until the late 1990s.” At that time, he was able to transition from

stage to screen, fast racking up a Tony, a Golden Globe, a SAG award, and an Oscar nomination.

And then a “quick perusal of the Marvel comics... caught his fancy”

For readers who are wild about Shakespeare, “Ian McKellen: A Biography” will be a delight. Those who are not to be, however, may find this book quite tedious.

Author Garry O’Connor, who’s known McKellen for decades, explains in his first chapter how this book came about, in opening words that are carefully off-the-cuff. That chumminess feels as if you’re real-time eavesdropping on a semi-scripted conversation between two friends.

Get past the account of McKellen’s early life, though, and much of the rest of this book is uber-deep into theater, with the occasional reminder of McKellen’s gayness in the narrative. Serious followers of British stage performances will find the former to be irresistible and the latter to make one feel like a close backstage insider. Those who prefer McKellen’s later work might find this all mildly interesting, but far too extra until toward the end.

And so there’s the break-down: Theater fan, yes. You’ll love “Ian McKellen: A Biography.” If you’re a fan of McKellen’s later movie career only, this book is okay if you can stick with it.

Book written by Garry O’Connor - \$29.99 / 356 pages



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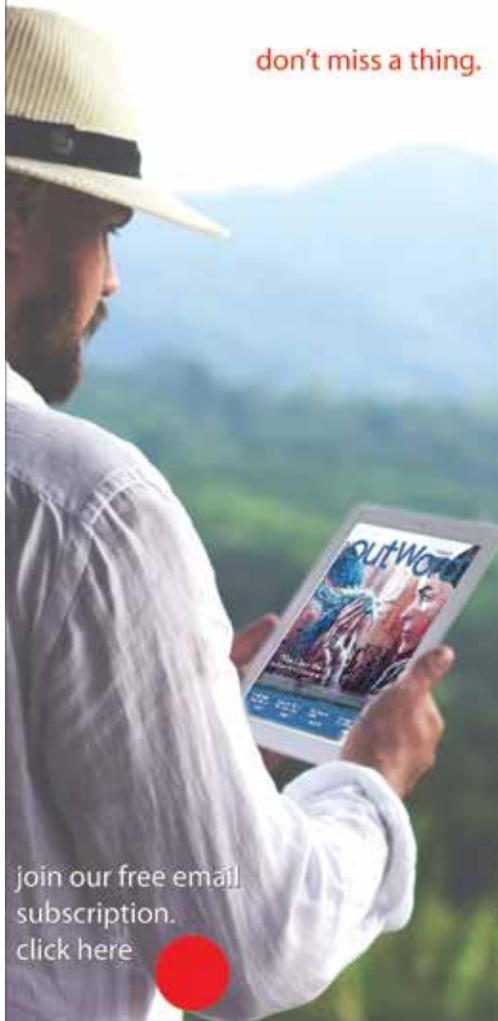
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“Honey Boy,” “Dark Waters” And “Queen & Slim” Reviewed

by Chris Narloch

While we wait for the next round of family-friendly holiday films to be released just before Christmas (including “Cats” and the new “Star Wars” flick), I have reviews of three new Oscar hopefuls that are darker in tone.



Noah Jupe plays a child actor based on Shia LaBeouf in “Honey Boy.”

Honey Boy

Few kid actors get out of Hollywood unscathed, and fewer still turn their life stories into art, but that is just what the former child actor Shia LaBeouf has done with “Honey Boy,” a fascinating new film he wrote and stars in, based on his life.

In “Honey Boy,” LaBeouf plays his own father, an abusive fuck-up who became his guardian after the actor’s parents divorced. When LaBeouf was a kid, father and son lived for a time in a seedy motel, where much of this sad but beautiful movie is set.

The talented Alma Har’el directed “Honey Boy,” and she gives the film a somewhat dreamlike feel that helps soften the blows. Noah Jupe and Lucas Hedges are both superb as, respectively, the child and adult versions of LaBeouf.

“Honey Boy” had just opened at Sacramento’s Tower Theatre when we went to press.



Bill Camp, left, and Mark Ruffalo costar in “Dark Water.”

Dark Waters

Mark Ruffalo anchors this sobering true story about a corporate lawyer who sued DuPont after the chemical company knowingly dumped toxic waste near its plant in West Virginia, poisoning the surrounding land and water.

The great Todd Haynes (the openly gay director of “Carol”) might seem like an odd choice to helm this legal drama, but he does a great job of keeping the focus on how a lengthy legal battle can take its toll on victims and crusaders alike.

“Dark Waters” was still playing at Sacramento’s Tower Theatre as we went to press.

Queen & Slim

If, like me, you were a fan of Daniel Kaluuya’s Oscar-nominated lead performance in “Get Out,” you will want to see his equally impressive work in this hypnotic new thriller about a mismatched couple on a blind date who are turned into a black Bonnie and Clyde by a racist white cop.

Beautifully directed by Melina Matsoukas from a screenplay by Lena Waithe, “Queen & Slim” features a terrific costar for Kaluuya in Jodie Turner-Smith, whose lawyer character goes on the lam (and then falls in love) with her unlikely new partner, a retail employee played by Kaluuya.

“Queen & Slim” is currently in wide release.

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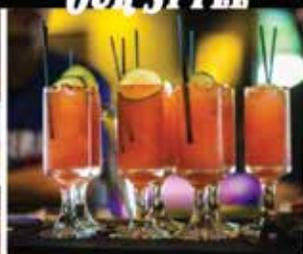
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A Trio Of Christmas Plays In Sacramento

by Chris Narloch

Break out the eggnog and stand under the mistletoe. This month I have three just-opened local theater productions that are sure to get you in the holiday spirit.

The Wickhams: Christmas At Pemberley

If you enjoyed Capital Stage's charming production of "Miss Bennet," which was itself a sequel to Jane Austen's "Pride and Prejudice," then you will want to see this new sequel to the sequel.

"The Wickhams," Lauren Gunderson and Margot Melcon's next installment in their "Christmas At Pemberley" series, takes us downstairs where servants are bustling with the arrival of holiday guests. In the warmth of the Darcy kitchen, family secrets are revealed and loyalties are tested.

"The Wickhams" is a bright new holiday tale full of mirth, wit, and the power of giving back to others. The play will perform through Dec. 29 at Sacramento's Capital Stage. For more information, please visit www.capstage.org.



Photo by Charr Crail from "The Wickhams," at Capital Stage.

Black Nativity

I haven't seen Celebration Arts' new location yet, but I hear it's nice, and you can check it out for yourself by attending the theater's current production of the Christmas classic, "Black Nativity."

A musical re-telling of the nativity story featuring African-American spiritual and gospel music, dance and narration, "Black Nativity" is a thrilling and inspirational holiday piece by the great playwright and poet, Langston Hughes.

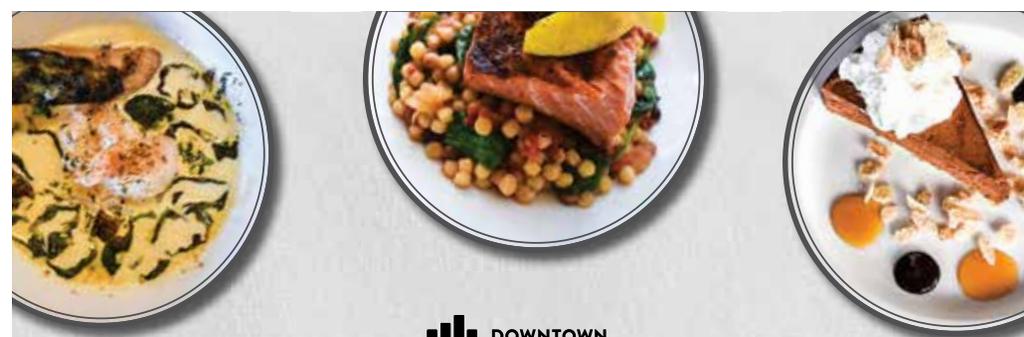
"Black Nativity" performs at Celebration Arts through Dec. 22. For more information and to purchase tickets, go to www.celebrationarts.net.

A Christmas Carol

Matt K. Miller returns as everyone's favorite grinchy guy, Ebenezer Scrooge, in Sacramento Theatre Company's audience-favorite adaptation of Charles Dickens' time-honored tale of holiday redemption, "A Christmas Carol."

It's Christmas Eve, and the greedy Ebenezer Scrooge is visited by a succession of divine spirits. These ghosts force Scrooge to confront his regrettable youth of decades gone by, his icy present devoid of kindness, and what his future holds if he doesn't change his miserly ways.

Bring the whole family for this heartwarming Christmas classic, which performs at STC through Dec. 29. For more information, visit www.sactheatre.org.



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Lina Fat, The Culinary Empress Of Frank Fat's, Dies At 81

You haven't lived until you've tasted the honey walnut prawns, the brandy fried chicken, and the signature banana crème pie at Frank Fat's, a destination dining location on L Street in Sacramento for decades.



The late Lina Fat, who helped turn Frank Fat's into a restaurant dynasty.

Thankfully, that original Frank Fat's location (and others) will continue to feed fans of fine Chinese food for years to come. Sadly, the woman who helped put the various Frank Fat's restaurants on the map has died, at the age of 81.

Coming just three months after the passing of Biba Caggiano, owner of Biba, another landmark culinary destination in the Sacramento area, Lina Fat's death was another shock, leaving Sacramento without two of its most famous celebrity chefs.

Like Caggiano, Fat was a successful cookbook author and a pioneering businesswoman in a field that had been mostly dominated by men before Lina and Biba made their mark on fine dining in Sacramento.

The good news: Frank Fat's restaurants continue to thrive in and around the Sacramento area, the Fat family is still very much involved in their success, and Lina Fat will be remembered for her contributions to foodie culture in our city for many years to come.



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Cookbook Makes Jewish Family Cooking Easy and Delicious by Using Any Brand of Electric Pressure Cooker

The once-lowly and maligned pressure cooker has become the go-to kitchen appliance. This relic of your grandparents' kitchen is not only improved and safer than ever before, but it saves time, creates more flavor, and conserves energy. Food writer and chef, Sharon Matten, has created a cookbook perfect for today's busy Jewish kitchen. *Shabbos Under Pressure* (First Edition - First Impressions/distributed by Feldheim Publishers/November 2019) is a traditional Jewish cookbook with a fresh and current feel. Cooking with an electric pressure cooker has become the preferred way to make delicious meals for the family faster and easier.

Recipes and tips work for every brand of electric pressure cooker, whether an Instant Pot, Crock Pot Express Cooker or any other brand of pressure cooker. Crafted with Shabbos in mind, this is a universal and everyday cookbook as well, appealing to the novice home cook and the more experienced homemaker. The recipes offer a tantalizing blend of traditional and not so traditional, written with easy to follow step-by-step language. Each recipe is paired with beautiful full color photographs of completed dishes. Sprinkled throughout, you'll find welcome time saving ideas, personal stories and delightful anecdotes.

While the book is not specifically gluten free, nearly every recipe has a method for making it gluten free. Recipes range from Appetizers to Soups to Side Dishes and Vegetables to Meal, Poultry, Third Meal

(Seudas Shelishis), Sauces and Dressings and Desserts. Some of the recipes in *Shabbos Under Pressure* include:

- Gefilte Fish Loaves
- Stuffed Cabbage Beef Soup
- Cajun Fried Chicken
- Sweet and Sour Corned Beef
- Greek Saffron and Baby Chickpea Rice
- Fragrant Pistachio Basmati Rice
- Spicy Eggplant Matbucha
- Hot Fudge Pudding Cake
- Hot Tamale Apples

"Today's Jewish home cooks want to feed their families with delicious, yet traditional, recipes more contemporary and faster," Sharon says. "Today's safer pressure cookers remove the fear of disaster and gives us a fabulous way to cook family meals quickly



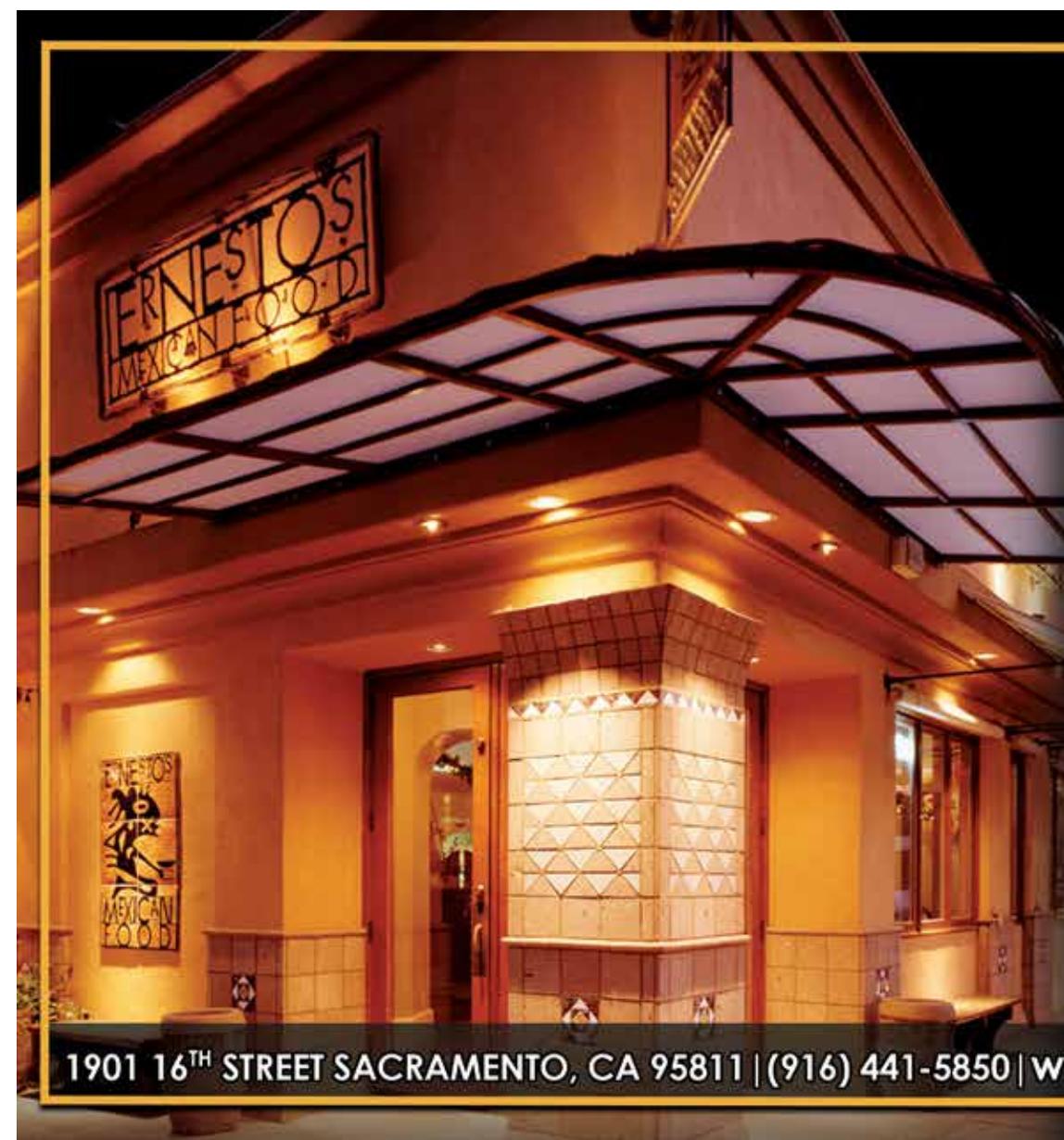
and easily."

If you can boil it, steam it, or braise it, you can pressure cook it! Cooking under pressure equals pressure free cooking with *Shabbos Under Pressure*.

Sharon Matten lives in the awesome city of Chicago and writes for the Chicago Tribune Chicago Now website everydaygluten-free.com, where she talks about Living Life as a GFE (Gluten Free Eater). Sharon is a kosher food blogger on koshereveryday.com, and has also written for the Chicago Tribune Syndication, Mid-Atlantic Media Syndication, Aish.com,

Mishpacha Magazine, and kosher.com. She has done recipe development and product promotion for companies such as Swiss Diamond, Earthly Choice, Bob's Red Mill, Manischewitz, Empire, Sophistiplat, Eli's Cheesecake and Bosch, just to name a few. Sharon has been a cable TV guest chef, cooking demonstrator, freelance pastry chef, Wilton Instructor, cookbook contributing editor, electrical engineer, wife and mom (not in order of importance!). Whew!

For more information about Sharon go to www.sharonmatten.com. Be sure to follow her on Instagram @SharonMatten.



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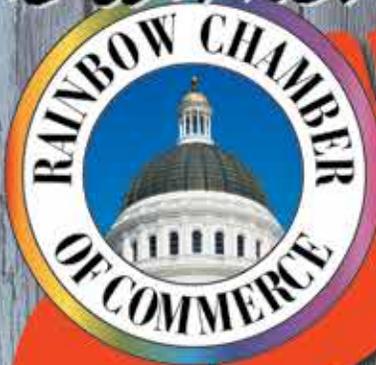
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Give The Gift Of Movies This Holiday Season

by Chris Narloch

Two very different titles arrived on DVD and Blu-ray this year, and each of them are winners that would make great gifts for the movie lover in your life (or the movie lover in you). Read on for more details about both films.

The Cotton Club - Encore

Francis Ford Coppola is famous for tinkering with his old movies – especially “The Godfather” films – and he has a new director’s cut of this 1984 musical drama now available that brings the underrated movie into finer focus for a new generation.

In this lavish, 1930s-era drama, Harlem’s legendary Cotton Club becomes a hotbed of passion and violence as the lives and loves of entertainers and gangsters collide.

“The Cotton Club - Encore” includes a new introduction by Coppola -- who directed and co-wrote the film -- plus never-before-seen scenes and musical sequences.

The re-mastered and restored version deepens the storylines and improves the performances of a fantastic cast that includes Richard Gere, Diane Lane, Nicholas Cage, Laurence Fishburne, Bob Hoskins, Gregory Hines, and Lonette McKee.



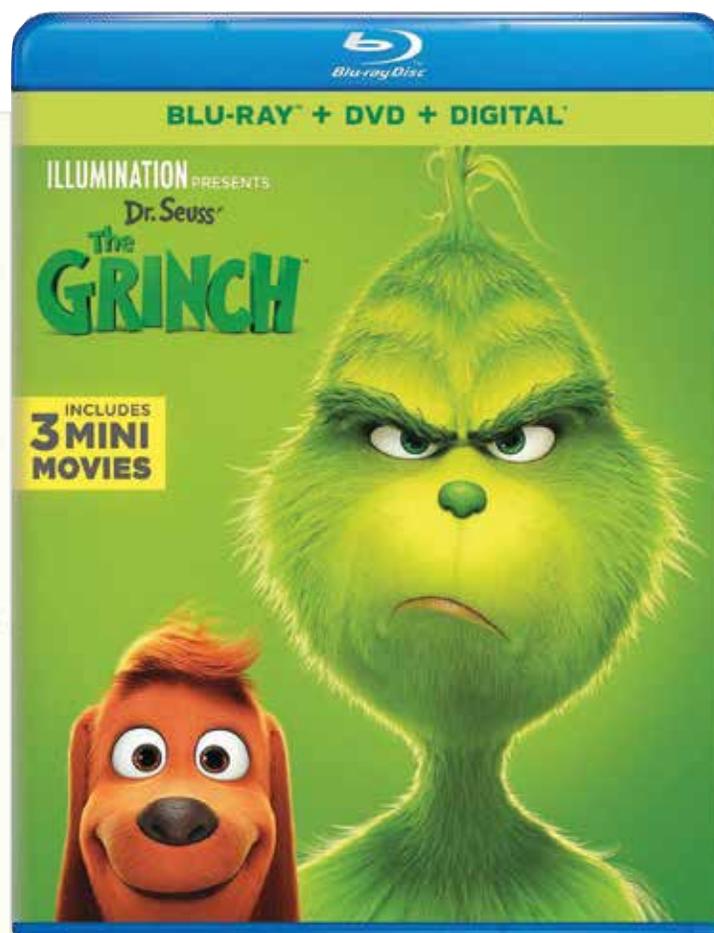
Dr. Seuss' The Grinch

This animated feature-length movie was a hit in theaters last Christmas and stars the great Benedict Cumberbatch as the voice of the Grinch. Some critics scorned it, but I

thought it did a good job of bringing Dr. Seuss in to the 21st Century.

The original 1966 TV version that runs a compact 25 minutes and features Boris Karloff as the voice of the Grinch will always be the gold standard, but I also enjoyed Ron Howard’s live-action movie version of the story from 2000, mostly for Jim Carrey’s over-the-top lead performance.

In short, this classic holiday story is virtually indestructible, and “Dr. Seuss’ The Grinch” will delight fans of colorful and comedic animation. The new 90-minute movie features nice narration by Pharrell Williams and the glorious voice of Angela Lansbury as the mayor of Whoville.



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The New Queens of Country Music

by Chris Narloch

Every time I turn on country radio and hear a lame song like Luke Bryan's "Knockin' Boots" or Luke Combs' "Beer Never Broke My Heart," I want to cry for the great female artists whose superior songs aren't being played as often -- or in some cases at all.

I don't know if radio stations and the industry or country music fans themselves are to blame, but I can't listen to a lot of what passes for country music on the radio nowadays.

Thankfully, there is a new crop of country queens who are ignoring the sexist, testosterone-centered state of mainstream country radio and forging their own musical path.

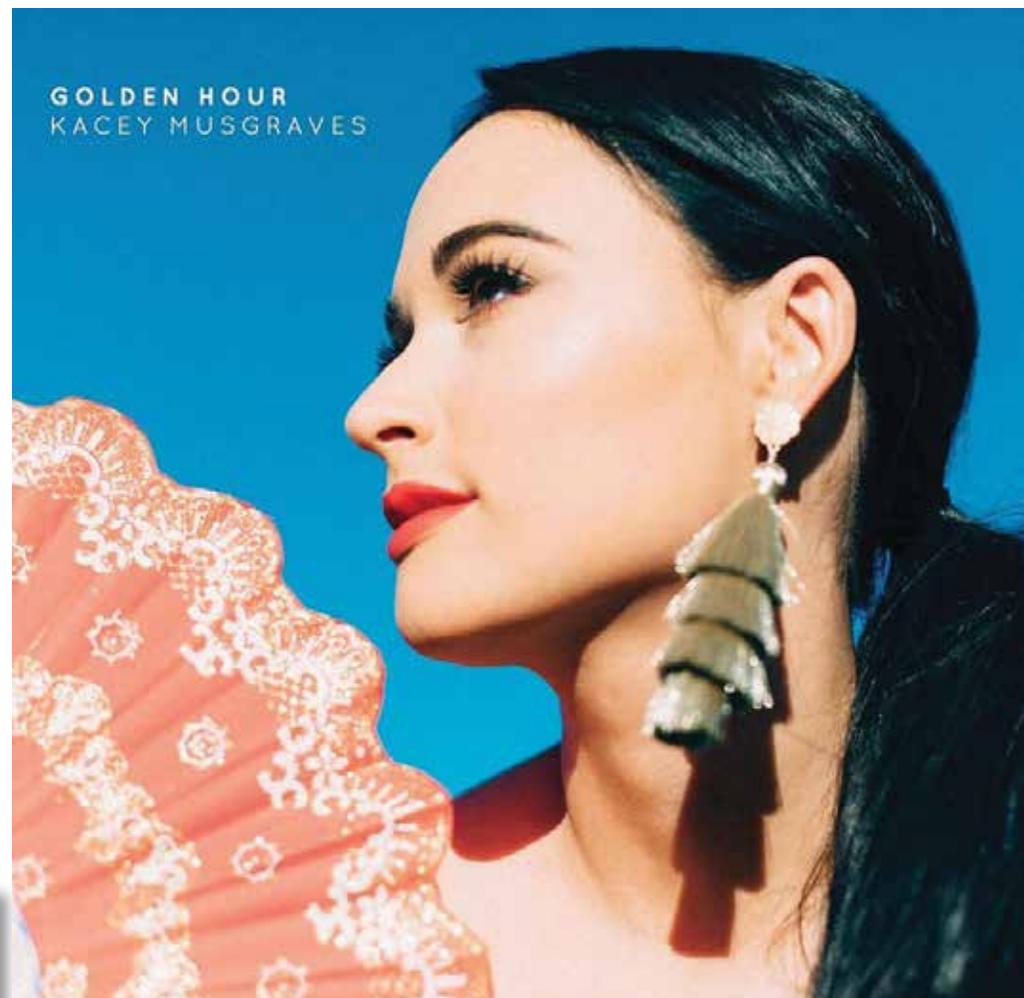
Dolly Parton and Loretta Lynn have attained living legend status and are revered by these younger female artists, who include Brandy Clark, Margo Price, and Ashley McBryde.

No disrespect to Carrie Underwood, who has a big, beautiful voice, but my three favorite new country queens are Miranda Lambert, Maren Morris, and Kacey Musgraves, whose most recent CDs are reviewed below.

Maren Morris – Girl

Whether she's collaborating with Zedd on a dance track like "The Middle" or singing a sad country song, this sexy 29-year-old Texan can really wail. Like Miranda Lambert, Maren Morris released a great record in 2016 ("Hero") and followed it up with another terrific CD earlier this year.

"Girl" is that disc, and Morris has gathered another eclectic batch of songs that flirt with pop, soul, and rock without leaving country behind. Standout cuts include "Flavor," "A Song For Everything," and the tasty title track.



Kacey Musgraves – Golden Hour

This modern country classic actually came out in early 2018, but it keeps finding its way back in to my car stereo, and it received new life when it cleaned up at the Grammy's earlier this year, even winning the all-genre Album of the Year award.

That was a rare feat for a country artist, and Musgraves deserved it. "Golden Hour" is so pristinely produced and perfectly sung that it takes your breath away, and Musgraves' songwriting on great tunes such as "Lonely Weekend," "Space Cowboy," and "High Horse" is nothing short of masterful.



Miranda Lambert – Wildcard

Blake Shelton's 'ex' seems incapable of making a bad record, and "Wildcard" is another winner, after her 2016 masterpiece "The Weight of These Wings." I wasn't sure how Lambert would (or could) successfully follow up that amazing double album, but she did it.

The artist's previous release was a classic post-breakup record, but "Wildcard" is sassier and has more of a country rock feel to it.

Lambert doesn't forget to move us on great songs such as "Bluebird," "Holy Water," and "Tequila Does," but thanks to fun tracks like "White Trash" and "Way Too Pretty for Prison," the new CD mostly sounds as if the singer invited some of her musical friends over for a party that turned into a jam session.



Holiday Gift Book Ideas For 2019

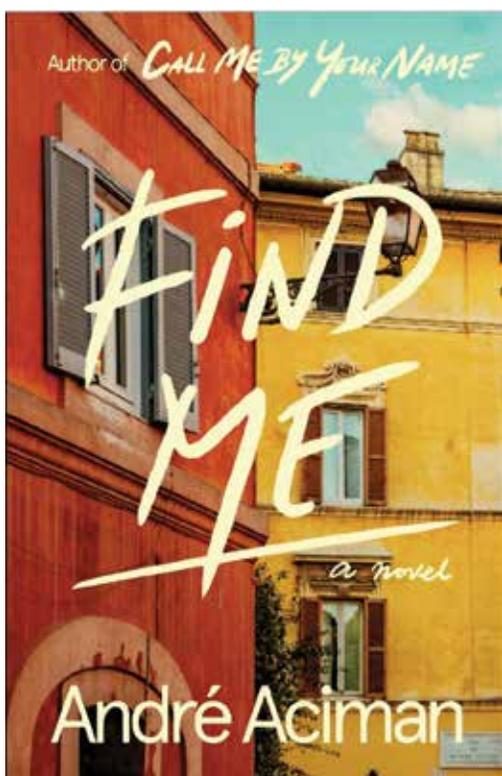
by Chris Narloch

If your significant other or any family member is a book lover, here are three great gift ideas for fans of fiction, celebrity autobiographies, and self-improvement guides.

“Find Me” by Andre Aciman

If you enjoyed the critically acclaimed queer love story in “Call Me By Your Name,” this is the just-released sequel to the novel that became a sexy hit film starring Timothee Chalamet and Armie Hammer as lovers.

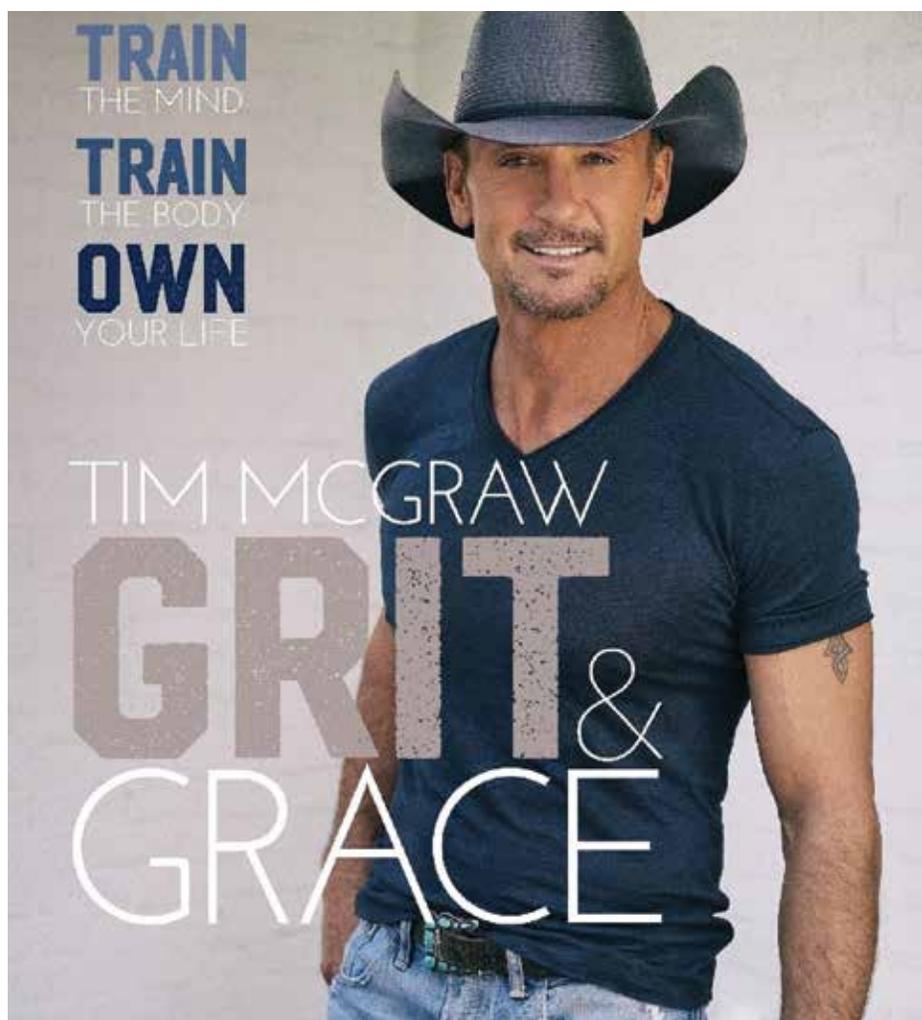
“Find Me” picks up the story of Elio and Oliver and is told in four sections, or movements. Beyond that, you’ll just have to buy a copy because I’m not going to spoil the plot for you.



“The Beautiful Ones” by Prince

The one and only Prince was working on this memoir when he passed, and it was completed after The Purple One’s death by his estate and writer Dan Piepenbring, who contributed a wonderful introduction to the book.

Piepenbring spoke with Prince just four days before his death, and “The Beautiful Ones” fills out the artist’s unfinished manuscript with wonderful behind-the-scenes photos and handwritten lyric sheets provided by the musician’s estate. The result is a must-have for fans of the late, great Prince Rogers Nelson.



“Grit & Grace” by Tim McGraw

This sexy country singer looks pretty hot -- for a 52-year-old straight guy -- and his beautiful wife Faith Hill always looks very happy about it.

McGraw, a chart-topping hit-maker and a movie star to boot, shares his journey and his secrets for a successful life and a sound mind and body. McGraw transformed himself a few years back, and he wants to help you do the same with “Grit & Grace.”

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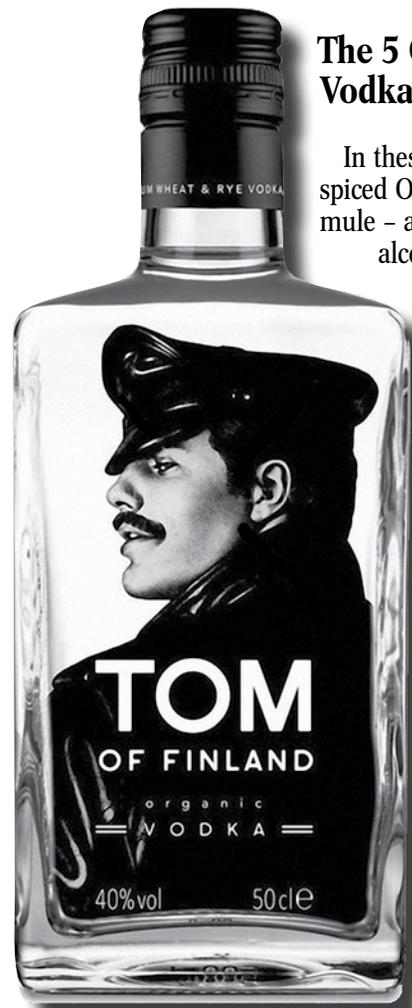
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holiday shopping gift ideas - part two

Mikey Rox's Ultimate Guide to Gay Gift Giving 2019

by Mikey Rox

Gifts galore for him, her, they, and them – because secular Santa doesn't discriminate like hypocrite "Christians" do.



The 5 O'Clock Box & Tom of Finland Vodka

In these three-step kits – available in sparkling rosé, spiced Old Fashioned, smoky margarita, and Moscow mule – all 5-o'clock-somewhere-ers have to do is add alcohol (like Tom of Finland vodka), shake or stir, and garnish to get tipsier than a freshly cut Tannenbaum. \$30, twistyoursprits.com; \$35, tomoffinlandvodka.com

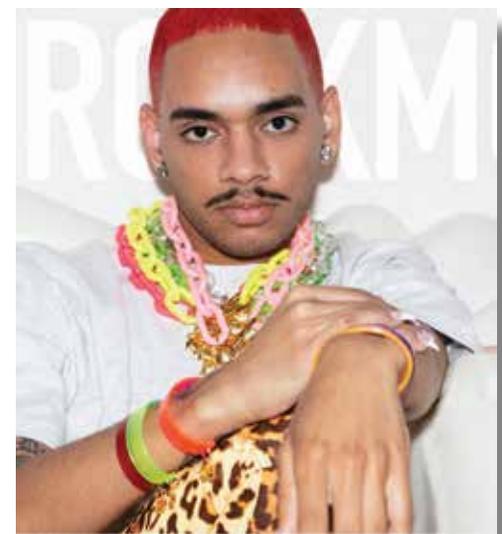
Kombucha Making Kit

Whether you guzzle it or gag on it, kombucha has proven it has staying power, and now the most health-conscious homos in your squad can whip up a fresh batch of their favorite fermented fizz without forking over a bundle per bottle. \$45, farmsteady.com



Sprints Running Hat

The super-light, moisture-wicking Tropical Jaguars hat (unisex) protects athletes and outdoor enthusiasts from noggin burn and wet eyes whenever they feel like running wild. \$29, getsprints.com



Rory Rockmore Pronoun Necklace

Using proper pronouns in the LGBTQ community can be confusing – you'll stand corrected if you accidentally misgender – but these 14K gold or white gold nameplate necklaces (also available in HE/him and SHE/her) remove all the guesswork so you can save face. \$240, roryrockmore.com

Quartz Collective Healing Crystals

You don't have to believe in magic to reap the benefits of this collection of curated stones and crystals – which is backed by scientific research, btw – that can help facilitate healing, luck, confidence, and calm and soothe negative nervous energy like anxiety. Rub 'em hard enough and you might even conjure up a top that can host. \$29, quartzcollective.com



Succulentsbox.com

The best gift for friends in tiny apartments is even tinier plants that don't require a ton of care. Live-and-let-live succulents and minis are the perfect present – because who the hell wants to attend another ficus funeral? \$5-\$228, succulentsbox.com

The Vice Wines

If any of your vices include a 2017 Mount Veeder Merlot, 2017 Spring Mountain District Cabernet Sauvignon, or 2018 Carneros Pinot Noir, stock up and save with these aptly named vinos handcrafted to make you feel naughty and nice. \$28-\$695, thevicewine.com

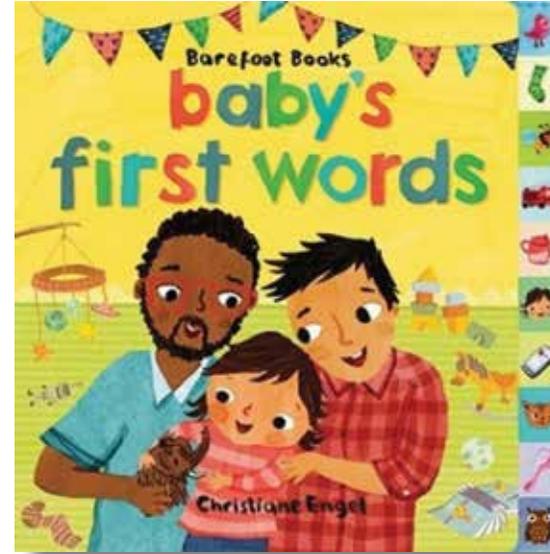
Budsies Selfie and Petsies Dolls

Lookalike dolls made to order from submitted photographs of your human and pet pals are stuffed with so much holiday cheer that this thoughtful treasure will be cherished for years to come. Ideal for drag queens that have everything but this. \$99, budsies.com; \$59-\$199, mypetsies.com



OurShelves Children's Book Box

Guncles and lesbi-aunts will be bedtime-story superstars when they deliver this quarterly subscription box filled with racially and ethnically diverse children's books featuring LGBTQ, feminist, and other traditionally under-represented characters and families. \$20-\$70, ourshelves.com



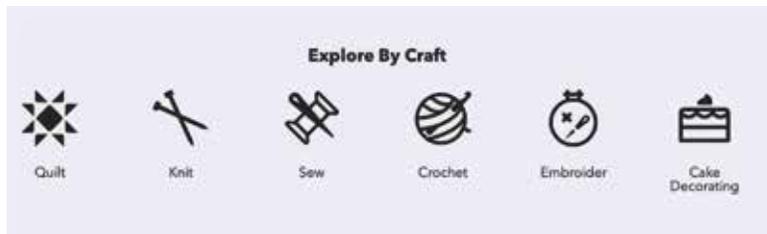
Kimball Quero Boots

Step up your partner's foot-fashion game with these ruggedly constructed wingtip boots featuring mixed leather and rubber for a no-slip stride that are as dapper as they are 'damn, boy - you lookin' fiine!' \$245-\$255, querohms.com



Dessert Gallery Party in a Box

A successful holiday potluck requires two staples: free-flowing booze and plenty of sweet treats. You'll find the latter in this Party in a Box available in Southern Pecan Pie, Tres Leches, To-Die-For Fudge Pecan Pie, or a customizable tasting box. \$40-\$89, dessertgallery.com

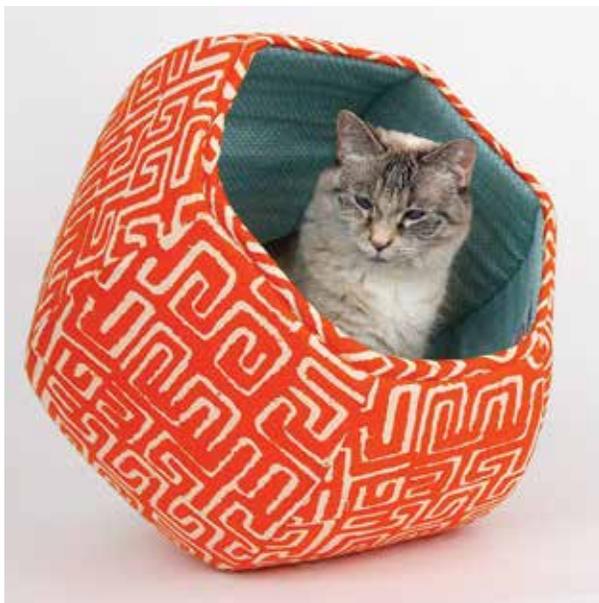


Blueprint Subscription

Kick-start your secret Santa's side hustle with Blueprint - NBCUniversal's digital subscription service that offers classes, projects, and supplies across 20-plus crafting hobbies, like quilting, knitting, embroidery, and crochet - that can easily transform a creative procrastinator into a weekend money maker. \$8-\$200, myblueprint.com

Cat Ball Bed

Cats lick their plates clean when there's fish on the menu, but roles are reversed when cute kitties become shark bait in this killer-cozy bed that's totally fin-tastic. \$85, thecatball.com



Mikey Rox is an award-winning journalist and LGBT lifestyle expert whose work has been published in more than 100 outlets across the world. He spends his time writing from the beach with his dog Jaxon. Connect with Mikey on Instagram @mikeyroxtravels

Mikey Rox's Ultimate Guide to Gay Gift Giving 2019

by Mikey Rox

Stocking Stuffers

Mokuyobi Wallets

This color-blocked, couldn't-be-queerer-if-it-tried collection of clothing and accessories pop so hard Crayola is blue-green with envy.

Wallets so bright they'll make a bish swish harder. \$12-\$156, mokuyobi.com



CBD Under \$20

Pop a literal chill pill when your in-laws start their shit at Christmas supper with CBD hemp capsules or gummies clocking in at under \$20 for more than a week's worth of you-don't-give-a-fuckness. \$7-\$20, cbdfx.com

Axol & Friends

These cute plush critters with a purpose have companion storybooks - Axol is gender neutral, using only the pronoun "they/them" in the books - which teach children about rare endangered species and advocate for sustainable, ethical production and consumerism while donating a portion of proceeds to youth empowerment programs around the world. \$19, axolandfriends.com



Socks That Save LGBTQ Lives

Take a cue from today's black-sock-showing youth and don this out-and-proud rainbow-stripe pair, the proceeds from each will benefit The Trevor Project to provide crisis intervention and suicide prevention for LGBTQ youth. \$17, fairtradewinds.net

Tighty Whities Ornament

Baby, it's really cold outside with these festive, glass-assed skivvies that add some bulge to your bulbs. \$18, alwaysfits.com

HipDot Pressed Glitter Palette

Hey Sis!, Big Boss Miss Ross, and Royal Riot are just a few of the names in HipDot's 15-shade pressed glitter palette designed for all genders to beat their faces like Ziggy Stardust. Proceeds will be donated to the Anti-Violence Project. \$30, hipdot.com

felixSEBASTIAN Earrings

Burl Ives sang the praises of silver and gold in 1964's Rudolph the Red-Nosed Reindeer, but you can accessorize all the same with the very-now Nascence Collection Studs available in three shapes and metal tones. \$50, iamfelixsebastian.com



Mikey Rox is an award-winning journalist and LGBT lifestyle expert whose work has been published in more than 100 outlets across the world. He spends his time writing from the beach with his dog Jaxon. Connect with Mikey on Instagram @mikeyroxtravels

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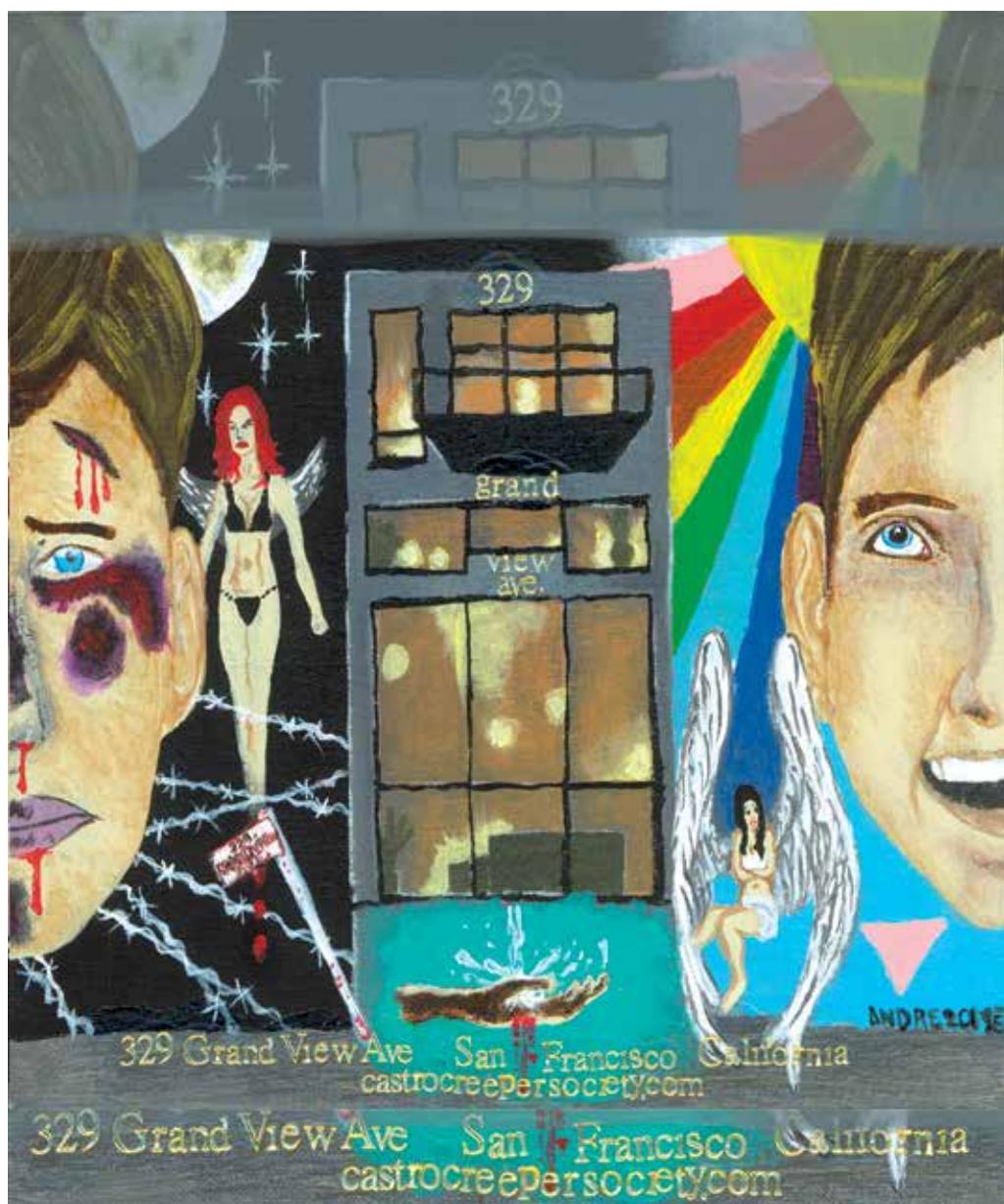
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Tom of Finland Comes To Life On Screen

It's surprising that it took so long, but the iconic Tom of Finland brand has finally partnered with a gay porn studio to produce an anthology series based on and inspired by the classic works of TOF.



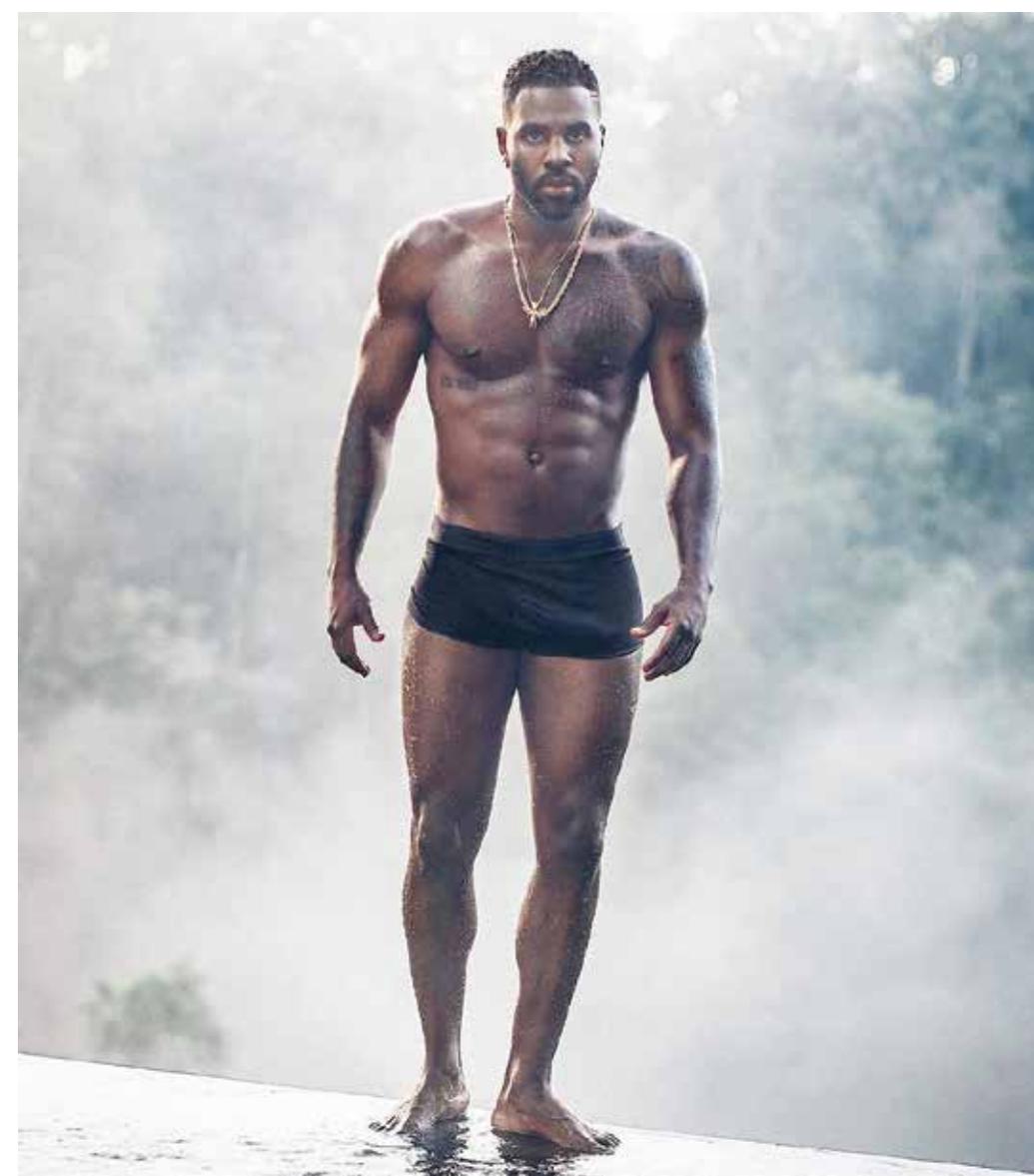
MEN.COM and the Tom of Finland Foundation recently announced their partnership, and episode one of the series, entitled '1957', will be released on Dec. 13, 2019, exclusively at www.MEN.COM.

The first three episodes are period pieces based on classic Tom of Finland works, followed by a contemporary scene set in 2020. The final episode of the series will be set in the future, re-imagining Tom of

Finland for a new generation.

Illustrator Touko Valio Laaksonen (1920-1991), better known as Tom of Finland, is commonly accredited with the birth of modern-day gay pornography through his highly masculine homoerotic artwork.

The influence Tom of Finland has had on the gay community is impossible to calculate, serving as the first introduction to gay sexuality for entire generations of men.



Why don't more male stars strip down to bulging briefs to promote their new movies? This hot shot comes courtesy of Jason Derulo, the sexy soul singer who costars in the upcoming big screen version of "CATS," which opens wide on Dec. 20. Reaction to the film's first trailer was harsh, but we hear that Derulo (who plays Rum Tum Tugger) is fab-u-lous in the movie. Doesn't he look purr-fect without his cat costume on? Meow!

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Utah

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January 2020, making Utah the 19th state to protect youth from the dangerous practice.

For more than 25 years, NCLR has been leading the fight against conversion therapy. Since 2014, NCLR's Born Perfect Campaign has brought survivors and legal experts together to support legislation protecting LGBTQ youth from conversion therapy. In 18 states, the District of Columbia, and more than 60 municipalities.

Momentum on this work continues to build, with a record-breaking number of states and localities taking action to protect youth in recent weeks, including North Carolina, Kansas City, Missouri, and Minneapolis, Minnesota. The announcement of the new rule in Utah comes less than a week after the American Medical Association (AMA) stated that it would support federal and states laws that protect youth from conversion therapy.

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